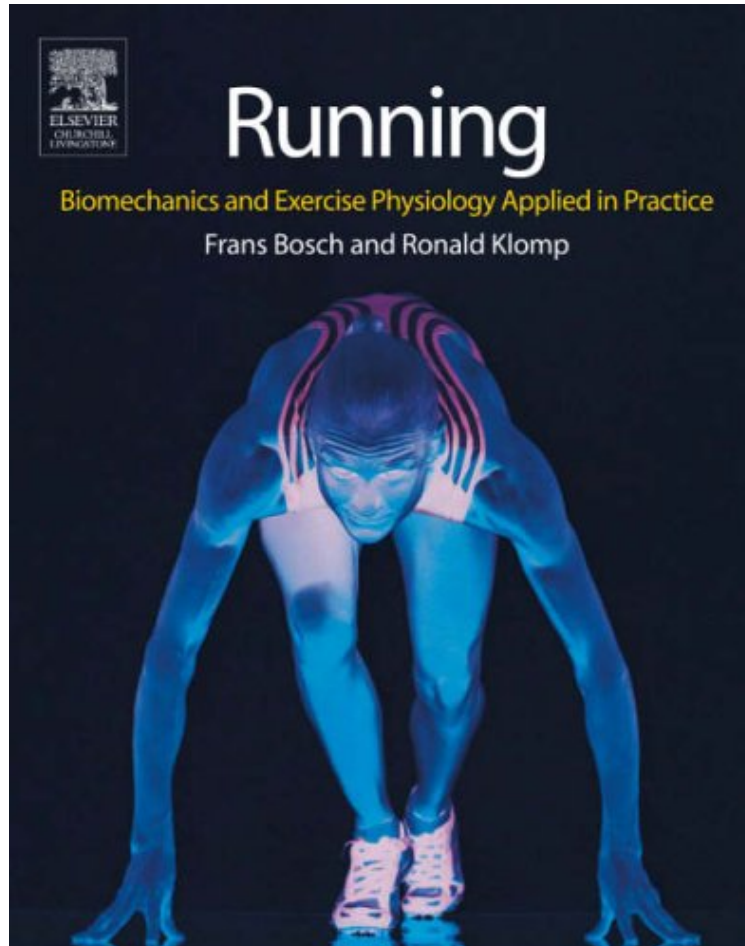


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About the Author Frans Bosch, HBO, BSc, Trainer and Coach, Royal Netherlands Track and Field Association (KNAU), The Netherlands; and Ronald Klomp, DRS. MSC