



11-29-2001



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November 20, 2001

RECORDATION FORM COVER SHEET

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WASHINGTON, D.C. 20231

To the Honorable Commissioner of Patents and Trademarks. Please record the attached original documents or copy thereof.

1. Name of conveying party(ies):
Michael G. Snow; Bernhard H. Kaeferlein; Jeffrey G. Thieret
2. Name and address of receiving party(ies):
Name: Medical Graphics Corporation
Street Address: 350 Oak Grove Parkway
City: St. Paul
State: MN Zip: 55127
3. Nature of Conveyance:

<u>XX</u>	Assignment	_____	Merger
_____	Security Agreement	_____	Change of Name
_____	Other	_____	

Execution Date: November 19, 2001.

4. Application number(s) or registration number(s):
XX If this document is being filed together with a new application, the execution date of the application is:
November 19, 2001

A. Patent Application No.(s):

B. Patent No.(s):

5. Name and address of party of whom correspondence concerning document should be mailed:
Name: Thomas J. Nikolai, Esq.
NIKOLAI & MERSEREAU, P.A.
Street Address: 900 Second Avenue South, #820
City: Minneapolis State: MN Zip: 55402-3325

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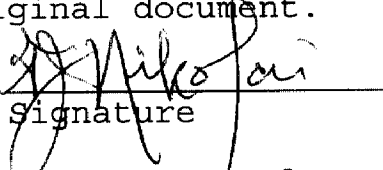
PATENT
REEL: 012319 FRAME: 0977

6. Number of applications and patents involved: One
7. Total Fee (37 CFR 3.41): \$40.00
X A check is enclosed.
8. The Commissioner is authorized to charge any fees or refund any overpayment under 37 CFR 1.16 and 1.17 which may be required by this paper to Deposit Account No. 08-1265.

DO NOT USE THIS SPACE

9. Statement and signature.
To the best of my knowledge and belief, the foregoing information is true and correct and any attached copy is a true copy of the original document.

Thomas J. Nikolai
Name of Person Signing


Signature

Date: Nov. 20, 2001.

Total number of pages including
cover sheet, attachments and document: 4

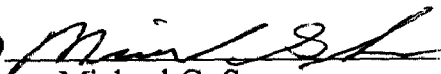
ASSIGNMENT


WHEREAS, we, MICHAEL G. SNOW, a citizen of the United States of America, residing at 4770 Centerville Road, #308, White Bear Lake, MN 55127; BERNHARD H. KAEFERLEIN, a citizen of the United States of America, residing at 8919 Douglas Drive North, Brooklyn Park, MN 55447, and JEFFREY G. THIERET, a citizen of the United States of America, residing at 3515 Owasso Street, Shoreview, MN 55126, are the inventors of that certain invention disclosed and claimed in an application for United States Letters Patent executed by MICHAEL G. SNOW on November 19, 2001, executed by BERNHARD H. KAEFERLEIN on November 19, 2001; and executed by JEFFREY G. THIERET on November 19, 2001, and entitled "METHOD FOR DETECTING ANAEROBIC THRESHOLD AND PRESCRIBING A TRAINING ZONE TO MAXIMIZE FAT UTILIZATION OR IMPROVED CARDIOVASCULAR FITNESS"; and

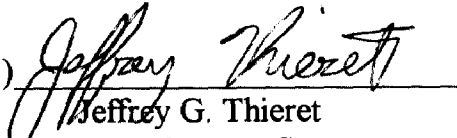
WHEREAS, MEDICAL GRAPHICS CORPORATION, a corporation organized and existing under the laws of the State of Minnesota and having its principal office located at 350 Oak Grove Parkway, St. Paul, MN 55127 is desirous of acquiring the said invention and any and all patents of any and all countries which may be granted on said invention.

NOW, THEREFORE, Be It Known that for and in consideration of the sum of One Dollar (\$1.00) to us in hand paid by said MEDICAL GRAPHICS CORPORATION and for other good and valuable consideration, the receipt of all of which is hereby acknowledged, we, MICHAEL G. SNOW, BERNHARD H. KAEFERLEIN and JEFFREY G. THIERET, have sold, assigned and transferred, and do hereby sell, assign and transfer unto said MEDICAL GRAPHICS CORPORATION the entire right, title, and interest, both legal and equitable, in and to the said above identified invention for all countries, in and to the same above identified application for patent, and in and to any and all patents of any and all countries which may be granted on said invention; and the Commissioner of Patents and Trademarks is hereby authorized and requested to issue, in accordance with this Assignment, any and all patents which may be granted on the above identified application or on the invention therein disclosed.

Signed at this 19th day of November, 2001.

(1) 
Michael G. Snow
4770 Centerville Road, #308
White Bear Lake, MN 55127

(2) 
Bernhard H. Kaeferlein
8919 Douglas Drive North
Brooklyn Park, MN 55445

(3) 
Jeffrey G. Thieret
3515 Owasso Street
Shoreview, MN 55126

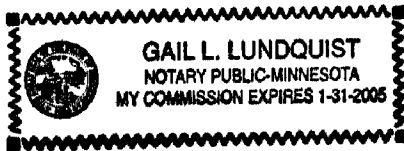
STATE OF MINNESOTA

SS

COUNTY OF Ramsey

On this 19th day of November, 2001, before me, a Notary Public for and within the County aforesaid, personally appeared MICHAEL G. SNOW, BERNHARD H. KAEFERLEIN and JEFFREY G. THIERET to me known to be the persons described in the foregoing Assignment, and they acknowledged to me that they executed the same as their free act and deed.

(Seal)



Gail L. Lundquist
Notary Public