

To whom it may concern,

I am writing to support the application of my patient, Stephen Gaudet, for competing in the Boston Marathon this April. As you may know from his application, Mr. Gaudet suffers from severe, intractable and medication resistant asthma, which substantially impairs his ability to carry out his activities of daily living and makes his competitive walking a remarkable achievement. He has severe, permanent obstructive lung disease, with an FEV1 of 1.16 L, 32% predicted. With such severe obstruction, Mr. Gaudet is consistently breathing at his maximal expiratory flow rates and would have significant difficulty increasing his minute ventilation in response to exertion, which places a substantial challenge on his ability to carry out even normal exertion, making his competition in distance events all the more remarkable. I would not have predicted that he would be able to complete a marathon distance competition with his severe pulmonary impairment but for the fact that he has done so on several occasions. This represents a remarkable accomplishment on his part, one that represents a triumph of perseverance over physical limitations, and one that I hope the Boston Marathon would celebrate by allowing him to compete.

I first met Mr. Gaudet three years ago in the intensive care unit during one of his many asthma exacerbations. I was pleasantly surprised to see him not only survive his life threatening asthma exacerbation but resume his exercise regimen with the goal of speedwalking a marathon. I was delighted when he told me he that he succeeded in completing not one, but several marathons. When he sought my aid in drafting a letter to support his application for a waiver of the time requirement to compete in the Boston Marathon, I offered it to him enthusiastically. I believe he can serve as a potent role model to millions of people with severe lung disease, and I hope you will offer him the opportunity to again surprise us with his perseverance. I would be delighted to answer any questions you may have with regard to his medical condition. Please do not hesitate to e-mail me if you have any questions.

Sincerely,  
Joshua Galanter, MD  
University of California, San Francisco