

REVCO

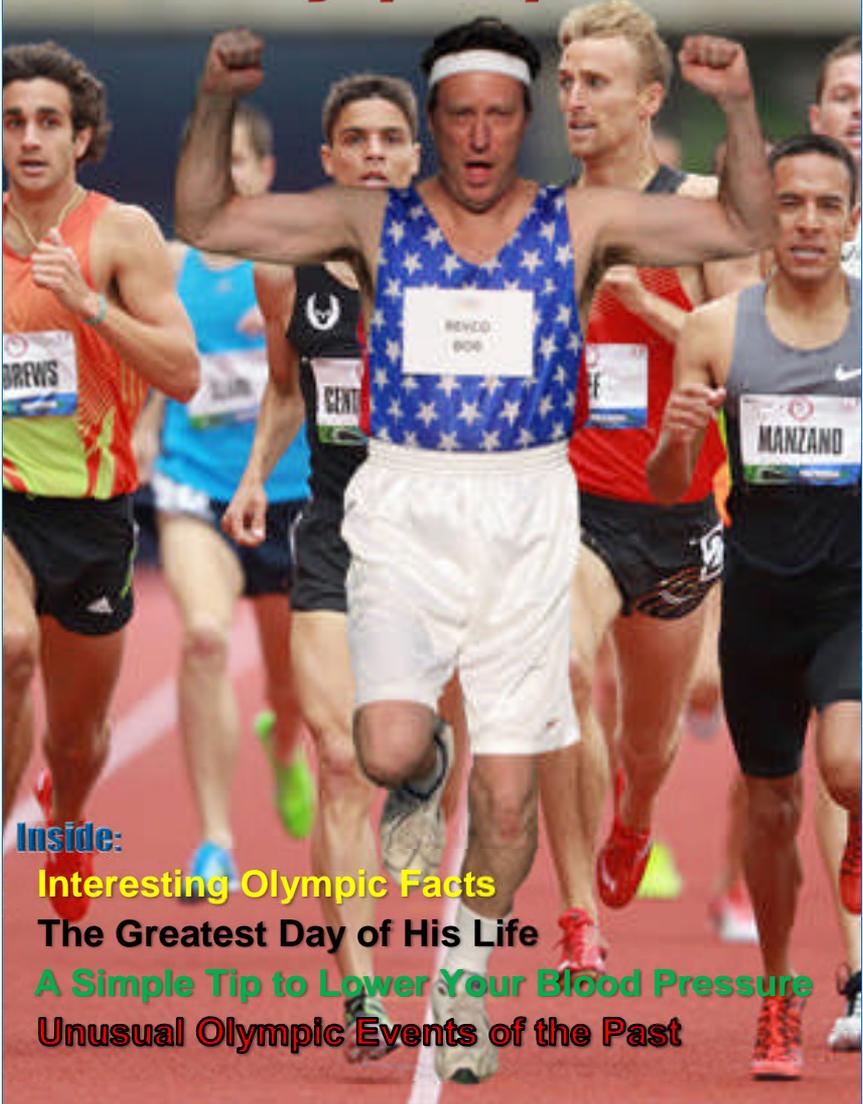
August 2012

Olympics Edition

F. Y. I.

A Monthly Newsletter to Inform and Entertain Our Clients

Summer Olympics Special Issue



Inside:

Interesting Olympic Facts

The Greatest Day of His Life

A Simple Tip to Lower Your Blood Pressure

Unusual Olympic Events of the Past

Do You Know These Olympic Facts?

The Official Olympic Flag: Created by Pierre de Coubertin in 1914, the Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colors were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.



The Exact Length of a Marathon: During the first several modern Olympics, the marathon was always an approximate distance. In 1908, the British royal family requested that the marathon start at the Windsor Castle so that the royal children could witness its start. The distance from the Windsor Castle to the Olympic Stadium was 42,195 meters (or 26 miles and 385 yards). In 1924, this distance became the standardized length of a marathon.

The Medals: The Olympic medals are designed especially for each individual Olympic Games by the host city's organizing committee. Each medal must be at least three millimeters thick and 60 millimeters in diameter. Also, the gold and silver Olympic medals must be made out of 92.5 percent silver, with the gold medal covered in six grams of gold.



Counting Olympiads: An Olympiad is a period of four successive years. The Olympic Games celebrate each Olympiad. For the modern Olympic Games, the first Olympiad celebration was in 1896. Every four years celebrates another Olympiad; thus, even the Games that were cancelled (1916, 1940, and 1944) count as Olympiads. The 2012 Olympic Games are called the Games of the XXX Olympiad.

The Greatest Day of His Life

Pyambu Tuul represented Mongolia in the marathon at Barcelona in 1992. He came in last. When asked why he was so slow, he replied "No, my time was not slow, after all you could call my run a Mongolian Olympic marathon record." Another reporter asked him whether it was the greatest day of his life to which came the reply that can throw anybody off their seats. "And as for it being the greatest day of my life, no it isn't", he said. "Up till six months ago I had no sight at all. I was a totally blind person. When I trained it was only with the aid of friends who ran with me. But a group of doctors came to my country last year to do humanitarian medical work. One doctor took a look at my eyes and asked me questions. I told him I had been unable to see since childhood. He said 'But I can fix your sight with a simple operation'. So he did the operation on me and after 20 years I could see again. So today wasn't the greatest day of my life. The best day was when I got my sight back and I saw my wife and two daughters for the first time. And they are beautiful." Simple, isn't it? It's the races that we run within ourselves that are most important.

Healthy Living

It may sound strange, but a secret weapon against the health hazard of high blood pressure could well be the humble beet. High blood pressure is one of the leading causes of heart disease and stroke, and what makes it all the more frightening is that many people are completely unaware they even have it because there are no symptoms.

According to researchers in the United Kingdom, however, drinking just five hundred milliliters (a bit less than seventeen ounces) of beet juice could help dramatically reduce blood pressure within just one hour. Nor is this the first time that the health benefits of beet juice have been pointed out, with the pink stuff also having been recommended to competitive cyclists, who have found that it actually cuts down on how long it takes them to cycle a certain distance. These are all very good reasons to get on the beet.

Unusual Events of Past Olympic Games

You will be surprised about some of the odd and even weird events that have been part of the Olympic Games at some time. Here's a sample:

- [200m Obstacle Race](#) – Swimming, 1900

Competitors had to climb over a pole and a row of boats, then swim under more boats; a crowd favorite I'm sure!

- [Plunge for distance](#) – Swimming/Diving, 1904

Competitors started from a standing dive and had to remain motionless for one minute or until their heads broke the surface; longest distance won.

- [Tug-of-War](#) – Track & Field, 1900-1920

- [Live Pigeon Shooting](#) – 1900

Person who shot the most birds won, over 300 birds were killed.

- [Rope Climbing](#) – Gymnastics, 1896, 1904, 1906, 1924, 1932

Competitors raced to the top of the rope, using only their arms, in the shortest possible time.

- [Underwater Swimming](#) – Swimming, 1900

Competitors were awarded 2 points for each meter swum underwater and 1 point for each second they remained underwater.

Monthly Quotes

"You can't put a limit on anything. The more you dream, the farther you get."

– **Michael Phelps**

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

– **Jess Owens**

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

– **Wilma Rudolph**

"The Olympics remain the most compelling search for excellence that exists in sport, and maybe in life itself."

– **Dawn Fraser**

MARK YOUR AUGUST CALENDAR ...

August 4 National Mustard Day

August 4 National Coast Guard Day

August 4 National Chocolate Chip Day

August 14 V-J Day

August 30 National Toasted Marshmallow Day

National Clown Week –

August 1 - 7

Little League Baseball

World Series – **August 16 - 26**

Cataract Awareness Month

National Golf Month

Here's a Product That Almost Sells Itself

Our **Liebert MPX** adaptive rack PDUs gives you customized power distribution configurations. But, let's let the **MPX** speak for itself...

- Scalable Modular components includes **Power Rail Chassis, Power Entry Modules, Branch Receptacle Modules and Input Power Cords** – **Custom build your own PDU; most cost effective design available.**

- **Power Entry Module** available in 1-phase 120 VAC or 208 VAC and 3-phase 208-240 VAC 20-60 AMP – **Change input capacity or configuration without replacing the whole PDU; position for either top or bottom rack entrance.**



- Hot swappable **Branch Receptacle Modules** are available with NEMA 5-20R, IEC-C13 and IEC-C19 outlets – **Mix and match modules to meet hardware requirements and add only what you need; add individual modules for capacity as demand grows; Redeploy as needed.**



- Energy metering available at the branch or outlet level – **Maximize data center power**
- Optional outlet control technology – **Give yourself the ability to control power remotely**
- Compatible with **DSView** & **Power Manager** – **Tie everything together for seamless power management.**

The **MPX** is loaded with additional features that I simply don't have room to mention here. But, if you are looking for flexibility and cost savings in your next PDU, let me send you our **FREE** product guide and arrange for your very own custom configured **MPX** 30-day, no obligation evaluation. Call or email me today to get started.

Call me today to discuss your PDU requirements and to arrange for a 30-day evaluation of a custom configured MPX!

800-500-1346



bob@revco-inc.com

Bob Von Stein