

Kell Hall's Olympic Hopefuls

BY EDITH F. KILGO

They're going for the gold over in Kell Hall.

And when the 1988 Olympics begin in Seoul, South Korea, the work being done now at Georgia State University's Center for Exercise Physiology and Pulmonary Function may make the difference for a select group of elite runners.

The GSU cardiopulmonary laboratory, headed by Dr. David Martin, is helping some of America's best runners improve their training in order to run even more competitively. World-class athletes such as 1984 Olympic team members Tom Byers, Craig Virgin, and John Gregorek have tested at GSU. This year's crop of 13 Olympic hopefuls even includes a GSU art major: Linda Shesky, Women's National Champion in the 1,500-meter division.

The elite athlete testing program was developed by GSU's professor of cardiopulmonary sciences, Dr. David Martin. Funding for the program came from the Olympic Committee and from GSU. The University's participation came about when Dr. Martin realized a program such as this could also be beneficial research for GSU's cardiopulmonary students.

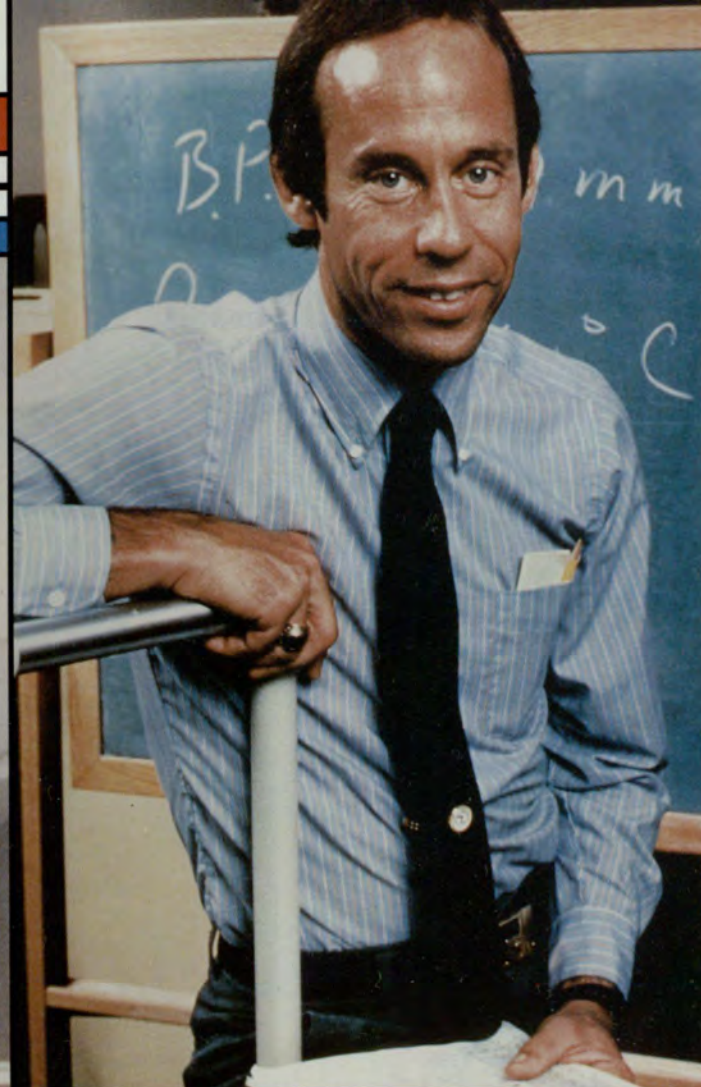


Special

ABOVE: Respiratory technician Sue Pilbeam assists Dr. Martin in monitoring data during the runners' treadmill tests.



Special



Special

LEFT: Great Britain's Tom Byers is only one of several athletes who travel a long distance to train with Dr. Martin.

"We found that we could more easily research the problems relating to human performance by using athletes," Martin says. "Instead of looking at limitations from a disease aspect we look at human performance from both ends of the spectrum."

Martin, who is a runner, a member of The Athletic Congress, and one of the organizers of the Peachtree Road Race, found no shortage of willing subjects. At first Martin sought the athletes; now they pursue him.

The reputation of the GSU laboratory keeps Martin's phone ringing. The voice on the line could be two-time Olympic gold medalist Sebastian Coe, or three-time gold medalist Craig Virgin, or Peachtree Road Race winner Jon Sinclair.

Almost any day of the week Martin, along with his colleagues Don May and Meryl Sheard, will be testing elite runners' lung capacity, oxygen intake, carbon dioxide output, and heart function. As an athlete runs on the tilt treadmill, electrodes monitor heart activity. At the same time, a breathing tube allows the computer to analyze breathing functions. This part of the testing enables the lab to pinpoint the runner's most efficient training

Cardiopulmonary Sciences professor Dr. David Martin started the elite program at GSU in 1979.

speed.

Sophisticated though the equipment is, many parts of it were built from scratch by Martin and his associates. Through funding from GSU, along with small grants from sources such as the Atlanta Track Club, Martin has brought together the resources to provide athletes definite answers to questions other experts have not begun to ask.

"The first group of runners came in 1976," Martin says. "What we had then was primitive compared to what we have now. However, once we acquired a critical mass of data, major questions suddenly became answerable."

The problem then became translation: the average person — even a coach or athlete — does not understand such terminology as "total iron binding capacity," or "forced midexpiratory flow," or "peak expiratory flow rate."

The challenge lay in translating test findings into effective training tips.

"The athletes loved our results," Martin says. "It was the first time they had ever had explained to them in logical fashion just how training affects their performance and how certain kinds of training can do different things to them in terms of performance."

"We look at the whole person and try to teach these people more about themselves," he says.

For runners like GSU's Linda Shesky, such information can mean the difference between being one of many elite runners or being National Champion and an Olympic contender. Since beginning her evaluations in the GSU lab, Linda has learned to lessen fatigue and to reduce her risk of injury — two important factors in winning races.

The GSU lab has also been particularly successful in diagnosing runners with anemia caused by iron storage deficiencies.

"For runners, anemia is an occupational hazard," Martin says. "Yet, standard medical tests are unable to detect the problem before the athlete begins experiencing fatigue and possible injuries. Our specialized testing is able to detect the problem before injuries occur."

Martin expects at least half of GSU's current group of test subjects to be chosen to participate in the 1988 Olympics.

And when some of that Olympic gold comes home, at least a portion of the credit will go to Dr. David Martin and a laboratory located in Kell Hall.



Biology



David Martinez

Left to right; Front row: Dr. Delon Barfuss, Dr. Kristina Wright, Dr. Charles Derby, Dr. Ahmed Abdelel; Chairman, Dr. William Nolan, Dr. Zana Herd, Mrs. Diane Jerkin.

Back row: Dr. Donald Ahearn, Dr. David McMilliam, Dr. Warren Cook, Dr. Donald Reinhardt, Mr. Sidney Crow, Dr. Zona McGuirt, Dr. H.E. Albers, Mrs. Margaret Friend, Dr. Teryl Frey.

Not pictured: Dr. Barbara Baumstark, Dr. Donald Edwards, Dr. Peter Gaffney, Dr. Blanche Griggs, Dr. Sally Meyer, Dr. Fred Parrish, Mr. James Satterfield, Dr. Emily Rumbaugh-Savage.

Chemistry



Special Photo

Dr. David W. Boykin, chairman (pictured above), Dr. Stuart Allison, Dr. Alfons Baumstark, Dr. Hugh Bronaugh, Dr. Robert Cherniak, Dr. Dabney Dixon, Dr. Henry Henneike, Dr. Donald Hicks, Dr. Harry Hopkins, Jr., Dr. Ronald Jones, Dr. Jane Mather, Dr. Curtis Sears, Dr. Jerry Smith, Dr. Lucjan Strekowski, Dr. William Wilson.

Communication



Prentiss Price

Left to right; Front row: Dr. Jack Boozer, Mr. Dorset Noble, Mrs. Betsy Graham, Mr. James Sligh, Mr. George Greiff, Ms. Jimmie Moomaw, Dr. Andrew Apter.

Back row: Mr. Edward Luck, Dr. Harold Davis, Dr. Carolyn Crimmins, Dr. Albert Moffett, Dr. Leonard Teel, Dr. Lawrence Rifkind, Dr. Culpepper Clark, Chairman, Dr. Richard Edwards, Mr. Harry Malone, Dr. Kay Beck.

Not pictured: Dr. Ray Moore.



Shen-lin Lee
Information Systems



Karen Leslie
Curriculum &
Instruction



Cecilia Liu
Information Systems



Hsin-Chuan Liu
Actuarial Science



Ling-Ling Liu
Actuarial Science



Linda Logan
Real Estate



Frank Maddox
Economics



Guravaiah Majety
Finance



Michael Manely
Law



Michael Maxwell
Law



David Morris
Accounting



Munshi
Moyenuddin
Microbiology



Diana Munoz
Business



Thomas Myers
Management



Pasakorn
Nanthatanate
International Business



Johnnie Odom
Industrial Relations



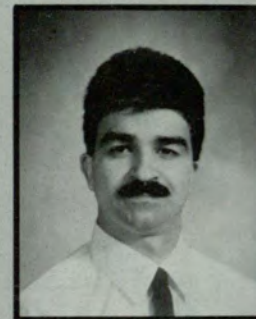
Ching-chih Yang, graduate educational psychology major, works late in the library. (Photo by Patrick Reich)



Graduate student in Biology Debbie Wood and her friend the crayfish (*Pinchititus Hurtis*). (Photo by Scott McKee)



Graham McKinnon
Law



Mohammad
Moeintaghavi
Physics



Priscilla Oliver
Education & Health



Sybille Pajonk



Janice Parisi



E.J. Perkerson
Law



Tanya Persaud
Law



Steve Moeller
Biology



James Moffett
Finance



Michael Philippi
Finance



Gladys Plata
Physical Therapy



Sports nutrition majors Robin Merriman, Banks Helfrich, and Paige Love break for lunch. (Photo by Scott McKee)



Alvin Moore
Marketing



Eleno Morales
Management



Cynthia Moreland
Accounting



Lynne Morelock
Business



Colby Morgan
History & Math



Rudy Prine
Law

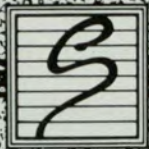


Ellen Pryor
Accounting

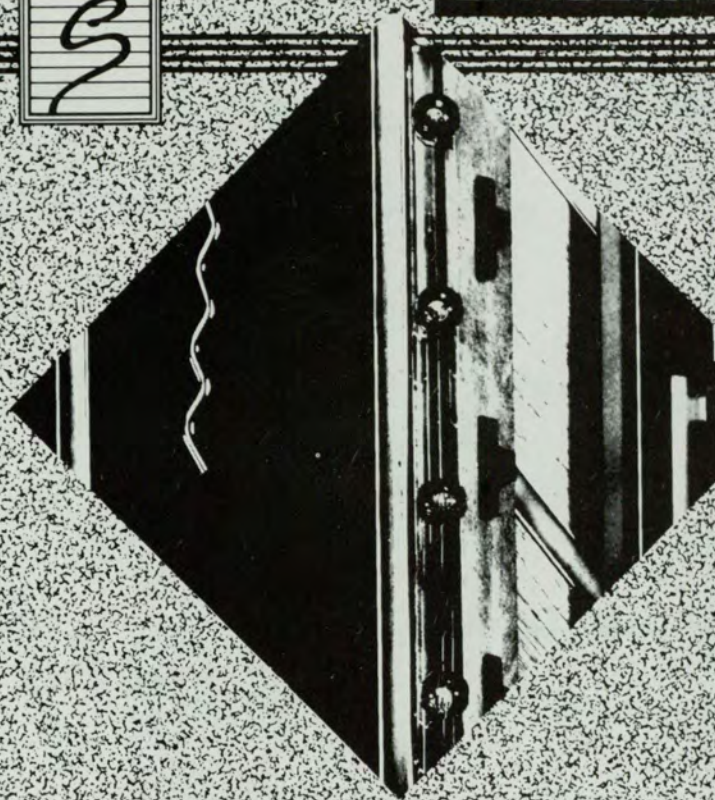


Chemistry Club

Front row — left to right: Ali Mendizadeh, Wille Davis (President), Veronica Caldwell (Treasurer) Lisa Caldwell, Renee Robinson, Back row — left to right: Patty Keenan, Bennett Spetalnick, Stephanie Young, John Crayton (historian). Not Pictured: Dr. Al Baumstark (faculty advisor), Kamin Tehrani, (Vice-President), Lynette Sears, Gina Deadwyler, Mariah Lindsey, Richard Stark, Louisa Amis. *(Photo by Scott McKee)*



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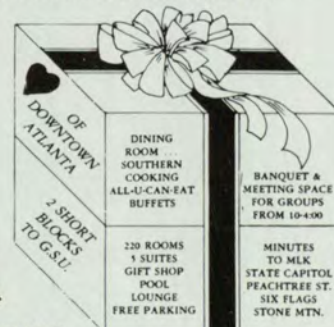
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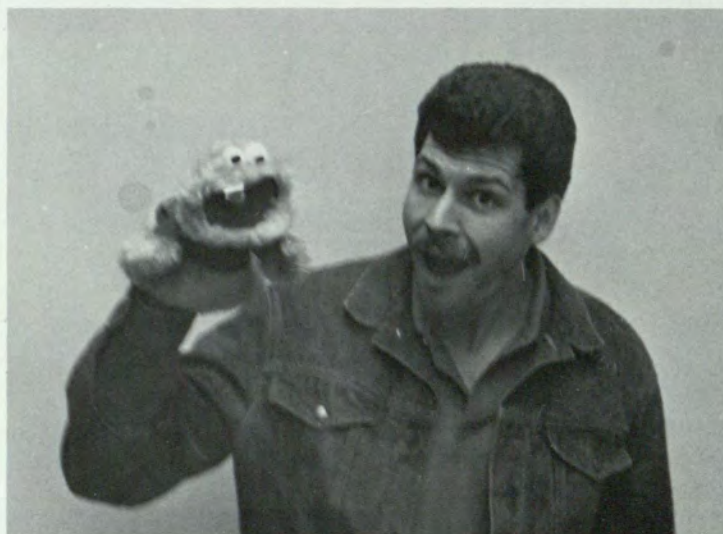


SPECIAL GEORGIA
STATE RATES

The Rampway Staff



David Martinez



David Martinez



Scott McKee



Scott McKee



Patrick Reich

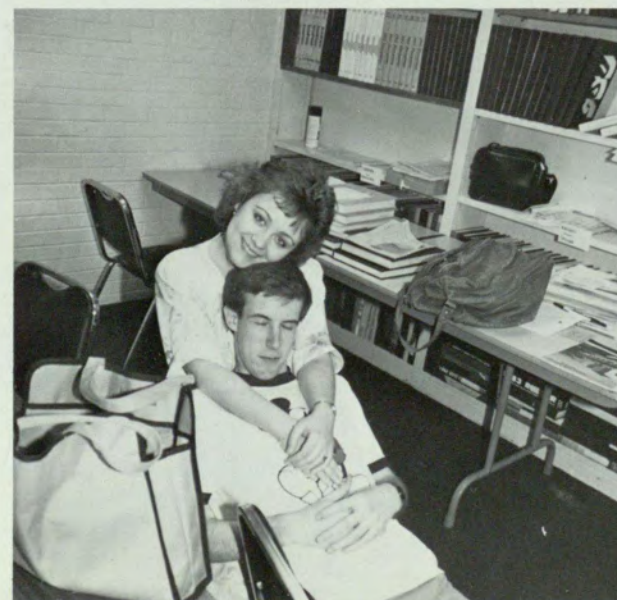
Top left: Photographer Greg Farr can't remember which one is his Coke and which one is the chemical as he works in the darkroom. Top right: Kanan Shah and Larry Bordeaux develop a good working relationship. Middle right: Scott McKee and his friend the Cookie Monster entertain around town in their spare time. Scott is the one on the right. Above: "Dr." Gayle Smith always has a listening ear, busy fingers, and lots of advice for the staff. Left: Rocky Donaldson puts his head on Stephanie Andrews' shoulder.



Scott McKee



Patrick Reich



Larry Bordeaux



Scott McKee

The End

Putting together the 1987 Rampway was an experience the staff members will not soon forget. Each person had a specific job to do, but that didn't stop anyone from pitching in when another section needed extra hands: photographers drew layouts, section editors took pictures, and everyone did some "dirty work." Without the spirit of cooperation and sense of teamwork that developed, the Rampway wouldn't be the success that it is.

Thanks to the assistance of Mrs. Betsy Graham and Dr. Leonard Ray Teel of the Department of Communication, many journalism students contributed stories to the book, which meant they could make a smaller commitment yet still be involved.

All in all, the students who worked on the Rampway received the satisfaction that comes with involvement, working towards a common goal, learning new things, and making friends.

Top: The Rampway staff on the yearbook's namesake in Kell Hall (back to front): Larry Bordeaux, Prentiss Price, Cassidy Hunt, Angie Bratcher, Stephanie Andrews, Patrick Reich, Scott McKee; (far left) David Martinez; (middle) Barbie Poole, Kanan Shah; (left) Greg Farr. Below left: Working on a yearbook is enough to make you pass out. Below: Lack of sleep takes its toll on Cassidy and Barbie.