

# With a little help

The one thing Oregon State University's distance runners' are lacking is training in high altitude, but Gary Sievers, assistant men's track coach, thinks he's found the answer--the PO<sub>2</sub> Aerobic Exerciser.

The PO<sub>2</sub>, or altitude simulator, gives the runner the effect of training at 7,500 feet by reducing the percentage of oxygen intake from the normal 21 percent to 16 percent.

The eye-catching apparatus consists of a pair of small tanks fitted on the back with a mask that fits over the mouth and nose. The mask connects to a regulator which can increase or decrease the amount of air received. The entire package weighs four pounds and the OSU runners say it is relatively easy to train with.

"The one thing that's been hard to get used to are the looks people give you. The other day I ran past a junior high and some kid yelled,

'Mars is the other way,' commented OSU distance runner Gid Rysdam.

Another OSU distance runner, Pete Warner, has been involved in similar experiences.

"I carry my PO<sub>2</sub> on campus and leave it in a locker. I get a lot of double takes. When I'm running with it people ask me if I'm sick or have a disease," chuckled Warner.

Runners from both OSU and the University of Oregon feel there are advantages and disadvantages in the use of the PO<sub>2</sub>.

"Physically, I feel the PO<sub>2</sub> has helped me tremendously," said Warner. "It makes me work harder on less mileage, therefore, not as many injuries. Mentally though, I feel the PO<sub>2</sub> is bad. It's become a hinderance and it takes the fun out of running."

Alberto Salazar, who won this

year's Boston Marathon had this say in an interview with the Eugene Register-Guard: "Now, for the first time in a long time, I feel like I'm working hard again. As far as I'm concerned, running in these machines is as hard or harder than running at altitude. But, I can't say I enjoy using it."

Rysdam feels differently.

"The PO<sub>2</sub> has helped me physically and mentally. It's hard to get up in the morning and put the PO<sub>2</sub> on. It's like running with a handicap. But now, when I'm not running with the PO<sub>2</sub>, it's much easier to run. I'm mentally tougher," said Rysdam.

"The benefits of the PO<sub>2</sub> should become evident in our distance runners at the NCAA championships in Provo, Utah where the elevation is 4,549 feet," explained Sievers. Corvallis' altitude is 224 feet.

The simulator, which took eight years to develop was designed by Melvyn Henkin, and anesthesiologist, and Jordan Laby, an engineer.

Henkin and Laby, both of San Diego, first intended the PO<sub>2</sub> for patients suffering from heart disease. The assumption is that the body will respond to the lowered oxygen supply found at higher altitude, or the altitude simulated by the exerciser, by increasing the efficiency of its oxygen transport system.

"Altitude training is crucial to the training regimen of any serious athlete where endurance is a requisite factor," said Henkin, in an interview with the Los Angeles Times.

Although the PO<sub>2</sub> retails for \$220, it is cheaper than a plane ticket to Colorado, New Mexico or Kenya.

# Who is Ron Galimore?

by Barry Cooper

Quick now, who is the best black basketball player in the world?

Julius Erving? Kareem Abdul-Jabbar?

Okay, who's the best black baseball player?

Reggie Jackson? Dave Winfield?

All right, ace, who's the best black gymnast in the country?

Huh?

Yep, bet you didn't know that Ron Galimore, the son of former National Football League great Willie Galimore, is among the best gymnasts in the world.

He is also the only black gymnast to make the United States Olympic team. He made the 1980 squad, but missed what would have been some invaluable publicity when then President Jimmy Carter ordered the U.S. teams not to compete in the Games in Moscow.

Still, Ron Galimore is making his name known. But instead of grabbing the rings, or striding the horse, or using other tools of

gymnastics, Galimore has taken to the air waves.

And Galimore appears to have enough talent to go a long way in the business, and possibly land a spot with one of the major networks.

That wouldn't be too bad for the world's most unrecognized black gymnast.

Galimore's first TV assignment was with ESPN, the 24-hour all-sports network. Galimore provided commentary for the NCAA Division II men's and women's gymnastics championships in Springfield, Mass.

He did a fine job. Unlike many jocks who turn to television, Galimore didn't stumble over his lines or offer an endless string of "you-knows" and "ha-ha-ha-s."

The man had his stuff together.

So impressed was producer Steve Anderson that he said, "I would have no problem working with him again. For the first time out, he

made some of the mistakes you would expect. But he worked extremely hard, and I would say (his progress) is just a question of him becoming more comfortable on the set."

Though he says he likes the idea of making a living as an announcer, Galimore isn't ready to give up gymnastics. In the fall, he'll begin his second season on the United States Gymnastics Tour.

For Galimore, the pro tour should be just another stepping stone to a spot at one of the major networks.

NOTES: Florida A&M and Bethune-Cookman College have rescheduled their Nov. 27 football game in Tampa for Nov. 20, so as not to conflict with the start of the NCAA Division I-AA playoffs. FAMU, by the way, is the early favorite to win the Mid-Eastern Athletic Conference championship. That tidbit comes from the MEAC office, which conducted a poll of its staffers... Grambling has changed its Sept. 25 game with Morgan State in New York City to Sept. 4. Grambling recently honored New York Yankees' owner George Steinbrenner, Awarding him an honorary doctorate degree. Steinbrenner helps sponsor a Grambling game in New York each year. At a press conference after his award, Steinbrenner said Grambling coach Eddie Robinson and Alabama coach Bear Bryant "were in a class by themselves." ... The newly established United States Football League, which swings into action next summer, should develop into a nice alternative for black college football players who don't latch on with NFL teams...



Roberto Salazar will compete at the Pre Meet Saturday at the University of Oregon in Eugene.



REGGIE... THE BEST?



## Ask Barry

Q. Can you tell me who the highest paid football player is? —James Norman, Miami, Fla.

A. Walter Payton of the Chicago Bears. He makes about \$600,000 a year.

Q. I have been observing some of the salaries pro baseball players make. But a lot of times I watch games on TV and see a lot of empty seats. How can the owners afford to pay this kind of money if the stadiums are not always sold out? —Carrie Johnson, Nashville, Tenn.

A. They can afford it, believe

me. Because those stadiums are not always filled is why major league teams play a 182-game schedule. Over the course of a year, money taken in from ticket sales, concessions, parking and TV adds up. Still, some clubs can hardly stay in the black.

Q. I am thinking about going to the World Series this year no matter who is in it. My friend says I can get tickets just by going to the stadium. Is this true? —Barry Thompkins, Deland, Fla.

A. Tickets are almost always

available for any sporting event, no matter how big it is. You simply have to be willing to pay the scalper's prices. I've heard of Super Bowl tickets selling for as much as \$300 apiece, for example. But if you must buy from a scalper, take a chance and wait until after the game has already started. Scalpers will start getting nervous then, beginning to think that they might not be able to get rid of the tickets. At that point, you might get the ticket at face value.

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