Any Old Shoe Won't Do for Athletic Efficiency

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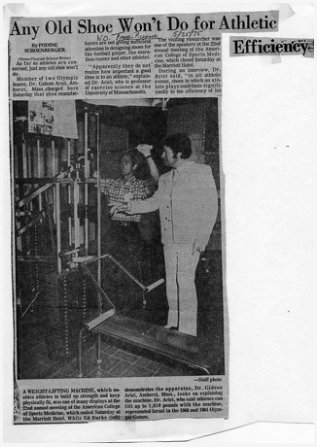
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Article Synopsis

In an interview, Dr. Gideon Ariel, a professor of exercise science at the University of Massachusetts and a member of two Olympic teams, emphasized the importance of shoes in athletic performance. He explained that the interaction between the athlete's gait and the specific sport is influenced by factors such as impact forces, the athlete's weight, and the surface of the activity. He also noted that the material used in the shoe and the individual's stride should be considered.

Dr. Ariel is conducting research on shoes and has developed a weight-lifting machine that allows athletes to strengthen their muscles by lifting up to 1010 pounds.

The article also reports on preliminary plans for the 1976 Olympic games in Montreal, Canada. Dr. Fernand Landry, president of the International Congress of Physical Activity Sciences, shared that a 22,000 square feet medical clinic will be established to provide necessary services for the Olympic athletes.

The American College of Sports Medicine issued a position statement on the prevention of heat injuries during distance running. The statement recommends conducting races in cooler temperatures, encouraging athletes to ingest fluids during competition, and amending rules to allow fluid intake during the first 6.2 miles of a marathon. The college also advocates for race sponsors to provide water stations at regular intervals and to make arrangements with medical personnel for the care of heat injuries.

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Below find a reprint of the 2 relevant pages of the article "Any Old Shoe Won't Do for Athletic Efficiency" in "Times Picayune":

Any Old Shoe Won't Do for Athletic Efficiency

N.O. Times-Picayune 5/25/75

By PODINE SCHOENBERGER
(Times-Picayune Science Writer)

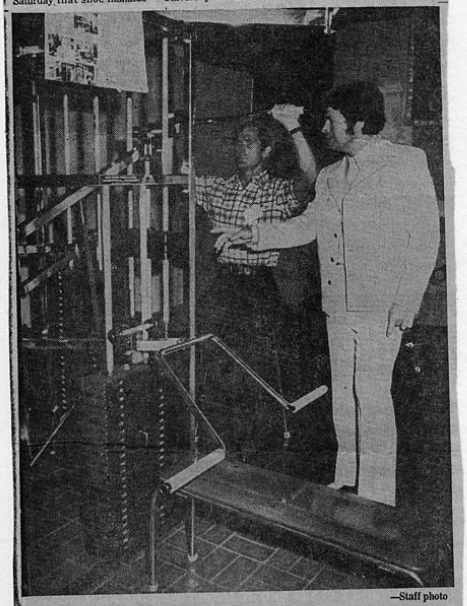
As far as athletes are concerned, just any old shoe won't do.

Member of two Olympic teams, Dr. Gideon Ariel, Amherst, Mass., charged here Saturday that shoe manufacturers are not giving sufficient attention to designing shoes for the football player, the marathon runner and other athletes.

"Apparently they do not realize how important a good shoe is to an athlete," explained Dr. Ariel, who is professor of exercise science at the University of Massachusetts.

The visiting researcher was one of the speakers at the 22nd annual meeting of the American College of Sports Medicine, which closed Saturday at the Marriott Hotel.

During an interview, Dr. Ariel said, "in all athletic events, shoes in which an athlete plays contribute significantly to the efficiency of his performance."



—Staff photo

A WEIGHT-LIFTING MACHINE, which enables athletes to build up strength and keep physically fit, was one of many displays at the 22nd annual meeting of the American College of Sports Medicine, which ended Saturday at the Marriott Hotel. While Ed Burke (left) demonstrates the apparatus, Dr. Gideon Ariel, Amherst, Mass., looks on explaining the machine. Dr. Ariel, who said athletes can lift up to 1,010 pounds with the machine, represented Israel in the 1960 and 1961 Olympic Games.

"The interaction between the gait of the specific sport and the athlete is influenced by factors, such as forces of impact, weight of the athlete, the surface upon which the activity is being performed," explained the researcher, who represented Israel in the Olympic games in 1960 and 1964.

Dr. Gideon, who is carrying on shoe research at the University of Massachusetts, said, "also to be taken into consideration is the material used in the shoe and the individual's stride."

"Shoes used for jumping should be designed differently from shoes used for running or playing football," he added.

Dr. Ariel is also doing research on equipment, which enables the athlete to strengthen his muscles by lifting an increasing amount of weight, up to 1010 pounds. A weight-lifting machine, on which he did part of the research, was on display at the convention.

Another convention speaker reported on preliminary plans for the 1976 Olympic games to be held in Montreal, Canada.

Dr. Fernand Landry, of Montreal, said 22,000 square feet of space will be made available for a medical clinic to provide needed services for the Olympic athletes.

"Such services will include first aid and emergency equipment, radiology, pharmacy, facilities for physiotherapy and a day ward of six beds," explained Dr. Landry, who is president of the International Congress of Physical Activity Sciences.

He said in addition, negotiations are under way with the government of the province of Quebec for the purpose of obtaining a 20-bed ward, with full facilities, to be placed at the disposal of the Olympic Committee at Maisonneuve Hospital. This hospital, Dr. Landry added, is only 600 to 700 yards east of Olympic Village.

A position statement, regarding the prevention of heat injuries during distance running, which was issued recently by the American College of Sports Medicine, was discussed here Saturday by Dr. Charles M. Tipton, Iowa City, Iowa, president of the college.

Dr. Tipton said it is the position of the college that distance races should not be conducted when the temperature is too high; that it is best to conduct such races in hot weather before 8 a. m. and after 4 p. m.

"The college believes it is the responsibility of race sponsors to provide athletes with fluid containing small amounts of salt and electrolytes," he added. "The college also believes runners should be encouraged to ingest fluids during competition and to consume from 13 to 17 ounces of fluid from 10 to 15 minutes before the competition gets under way."

Dr. Tipton said the position statement also advocates an amendment of rules, prohibiting the administration of fluids during the first 6.2 miles of a marathon race. He said the college believes ingestion of fluids at frequent intervals along the race course should be allowed.

"The college believes sponsors of long distance races should provide water stations at two to two and a half mile intervals for all races of 10 miles or more," he stated.

Dr. Tipton said the college is in favor of instructing runners in how to recognize the early warning symptoms that precede heat injury.

"Recognition of symptoms, cessation of running and proper treatment can prevent heat injury," he explained. "Early warning symptoms include chilling, throbbing pressure in the head, unsteadiness, nausea and dry skin."

The visiting executive said the college believes that race sponsors should make prior arrangements with medical personnel for the care of all cases of heat injury.

"Organizational personnel should reserve the right to stop runners, who exhibit clear signs of heat stroke or heat exhaustion," he added.