

5/28/86 11:00

CONVERSATIONS UNLIMITED - Monday, June 11, 1986

INTRO UP AND UNDER

Hi, everybody. Almost all of us like to think we can be good at some sports endeavor. We can hit a golf ball consistently, or even jog a mile or two without collapsing. Some of us are excellent at sporting events. We call them athletes. There is a very special category reserved for those who are exceptionally good. They are called elite athletes. Today we'll be talking with a coach of athletes who are consistently among the world's best. And we'll talk also with an orthopedic surgeon whose special interest is in the elite athlete.

With me in the studio is Dr. Stuart Cherney, who is ~~an orthopedic~~ surgeon on the faculty at the State University of New York at Stony Brook. Dr. Cherney directs the ~~Institute~~ ^{Section} of Sports Medicine at Stony Brook. That's a relative newcomer to the Health Sciences Center at Stony Brook, isn't it, Dr. Cherney.

Joining us by telephone is Gary Westerfield, himself an international competitor when younger and today regarded as one of the world's best coaches in the sport of racewalking. Coach, as we speak today you've just returned from an international meet with some pleasant surprises for American racewalk fans.

INTERVIEW COACH WESTERFIELD AND DR. CHERNEY:

- What is an elite athlete
- Why is he interested in elite athletes
- A brief review of the Stony Brook June "camp"
- Dr. Cherney's interests
- What can be learned about elite athletes at SUSB?
- How can that be applied to other athletes?
- How can that be applied to amateurs and non-athletes?
- Describe racewalking
- Is racewalking for everyone?

10:15-

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14:00

We'll take a short break now, catch our wind, as it were. When we return, we'll be talking with Dr. Cherney about our exercise and sports can help -- and hurt -- our bodies. Please stay with us.

BRIDGE MUSIC UP AND UNDER

Hi. I'm Al Oickle and I'm at the State University of New York at Stony Brook with Dr. Stuart Cherney. We've been talking about a special program at Stony Brook this summer to help us understand more about the human body and exercise. Dr. Cherney, Americans have been accused of being a race of overachievers when it comes to eating. Generally speaking, would most of us benefit from more exercise?

INTERVIEW DR. CHERNEY:

Basics: how what we eat affects our bodies
how exercise affects our bodies

What about steroids?

Is it possible to under-exercise? (Howard Hughes)

Is it possible to over-exercise? (Mr. World)

Describe Sports Medicine patients and work

Best advice for would-be athlete

29:00

OUTRO

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