OHIO RACEWALKER

VOLUME X, NUMBER 1 COLOMBO, OHIO MARCH 1974

BENTLEY AGAIN

Reno, Nev, March 10--Overtaking a determined Bryan Snazelle in the final mile, Jim Bentley, Jr., captured his third straight NAU Junior 15 Km. championship today. In doing so, the 18-year-old Reno HS senior established a new championship record of 1:16:34.5. Snazelle also finished well under the previous best of 1:18:26.2 set by Bentley last year.

The race, for walkers 19 and under, was held on an 8-lap loop in scenic Idlewild Park. Nineteen walkers were at the starting line in cool, but sunny weather. At the start, Bentley and Kim moved into an immediate 20-yard lead over Snazelle and Bob Rosencrantz, with Brad Bentley a few yards back. At one mile, the two leaders had lengthened their lead on all but a fast closing Snazelle as they went through in 7:35. By 5 km, Bryan had taken over and led Bentley by 12 seconds in 25:01. Rosencrantz had also overtaken Kim. There was a shuffling of places for the next 2 miles with Snazelle holding a slight lead, Rosencrantz holding a firm third some 200 yards back and Kim being threatened by Brad Bentley in fourth.

At 10 km, Snazelle had lengthened his lead to 24 seconds with a 51:17 and Rosencrantz was stretching his hold on third. Scott Massinger was challenging both Kim and Brad Bentley, but Randy Miim proved too strong over the final 5 km and held the spot. Bentley, meanwhile, covered the final 5 km in under 23 minutes to pass and lose Snazelle and Rosencrantz easily held third. The results:


MINN WIN 1-MILE

Princeton, N.J., March 3--Bettering her NAU time by nearly a second and aided by one disqualification and one dropout who thought he was disqualified, Ellen Hinkow strolled home an easy winner in the IC4A 1 Mile in 7:36.1. This must make her the first woman to win a title in a major Intercollegiate championship for men (primarily) in any sport. With her best time to date, Ellen actually finished about 15 yards back of Brown's Bill Hanlin but was disqualified during his spurt to win the race. Earlier in the race, Howie Palsmarchuk, with a commanding lead, stepped from the track when given a caution, thinking that an earlier caution to a Temple teammate had been his. Ellen's win, unfortunately,
Jim Bentley, Jr., wins NAAV Junior 15 km in Reno. (See story this issue)

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Don Johnson 8:10 3. Brad Martin 8:35 4. Elliott Densan 8:40 5. 20 km,
Howie Falanarchuk 1:54:15 3. Fred Spector 2:07:09 4. Dr. Daniel Kassano
2. Rob Falciola 1:50:05 2. Hille, Kanawha, W.Va., March 9—1. Fred
Urg (and U. Of Wisconsin Stout Renomanie) 16:07:1. Stan Anderson,
Feb. 2—1. Augie Hirt and Larry Young 5:44:4 3. Jim Breitenbucher 5:07:
7. Jim Hunter 7:00 6. William Tarf 7:15 15 km, Columbus, Feb. 2—
1:41:06....We pause in this compendium for the following "Big Deal"
result; story by Bob Bowman (I think)....

FLOYD GODWIN WINS NATIONAL AAA 35-KM RACE WALK TITLE OVER TOP FIELD

Huntington Beach, Calif., March 17—The first Senior Outdoor National AAA
Race Walking Championship of 1974 was impressively won by Floyd Godwin
of the Colorado Track Club. Although this was Floyd's first senior title,
it was hardly unexpected as he has been knocking at the door for several
years now that he switched from distance running, where he was a 2:20 mara-
toner. Floyd won over a select field of 26 starters in a very fast time
of 2:53:26.6 on the 13.1-mile course along the beach front. The weather
was near ideal—around 60 degrees and overcast for the 9:45 am start.

From the start the race was a classic battle between Godwin; de-
fending champion John Knifton of the NYAC; always tough veteran Bill Ran-
ney, 20-year-old new star Carl Swift of Arizona-Pacific College; and national
team member of last year, Jerry Brown; and the Striders' all-around man,
Ed Bouldin, with several surprises in store because the race was over.

The 5-km mark was reached in 25:36 to 25:38 for the leaders, Godwin
setting the pace. The pace quickened for the next 5 (25:54) as the six
leaders were still bunched. Again the pace quickened between 10 and 15
km (24:39) as they went through in 1:15:09. During this early stage of
the race, caution was handed out to Brown and Knifton.

In the next 5 km, Godwin stepped the pace up again to 2:12:13 and began
to pull away from the others as he hit 1:39:21 for 20. Only Knifton and
Brown were still close, holding to within 8 seconds of the leader. Ran-
ney was now 23 seconds back. Swift almost a minute behind, and Bouldin
well off the pace in 2:12:13.

Between 20 and 25 km Floyd really broke it open with still another
faster 5 km (24:09), passing 25 km in 2:03:30. He now was 1½ minutes up
on Knifton and 2 minutes on Ranney, with Brown and Swift falling even
further back. Meanwhile, back in the field hardly noticed, was high
school senior Bryan Snazelle from San Rafael, Calif. Although only 18,
Bryan has been walking several years and is another of several top junior
walkers coached by Bill Ranney over the years, Jerry, walking a very
strong and sensibly paced race, was in 6th, having caught Bouldin
shortly before 25 km.


I suppose it does sound strange, perhaps even crazy to hear someone say they prepare for a 3 km exactly as they would a race of 520 km. But this so in my case, thus making me, I guess, a true "all-rounder" rather than a specialist. I train for 60 to 75 minutes per night at 8:30-9:15 miles with a longer one of 1½ to 2 hours on Saturday around totaling 320-350 sessions (including races) per annum. For the past 20 years, I have averaged 3000 miles per year so you can easily work out that my motto is "little and often" (walking-wise, that is), in stark contrast to the traditionally popular 5-6 hour spins so beloved of the long-distance men. By keeping my sessions comparatively short the pace is fast enough to enable me to turn in a 13:30-3 km average yet through the sheer volume of spins, I accumulate enough stamina to be able to walk 215 km in 24 hours. The hour per day schedule suits me admirably from a mental viewpoint as I am able to load a relatively (111) "normal" life with varied interests and no overriding dedication (although I am sure my wife would not agree). However, I am displeased when I miss out on a day's training when I have not planned to do so. There is never any deliberate slacking in my session, though the pace does vary due to weather, clothing worn, how I feel, course severity, etc. Also, living in a thickly populated area of London (ask Ron Laird) I have to keep to the sidewalk which means constant vigilance to avoid slow moving pedestrians and the all too frequent car-laden side streets.

Obviously, in these ultra-distance affairs, the mental fitness is equally as important as the physical. It may be peculiar to me, but I feel able to walk a "24" successfully at anytime of the year with little or no notice, whereas this is not the case with much shorter distances, e.g. 20 miles or 50 km. With the 24 hours, I know that I literally will be out there all day with periods of acute suffering that will have to be withstood and though it is not quite true to say I am dominated by this one aspect, I do think the condition of the feet and the way my legs have to cope with the constant motion of the feet is critical to me. I guess another important factor why I am able to get through these things is that from childhood I have always had a great admiration of men who excelled in feats of endurance and based all my efforts, training and racing philosophy on excelling at the very long ones because in my mind, they really separate the men from the boys.

I have learnt from hard experience to be on the move from start to finish and to resist the big temptation to stop for even the briefest period during a "24" but still suffer from lack of concentration and determination around dawn break (generally 14-16 hours stage) and in the latter stages (20-21 hours)---trying to work on this! However, almost without exception, I am able to lift the pace considerably in the last hour.

So far as preparing eating-wise, I have in the past concentrated on a large carbohydrate build-up during the last week prior to the event. However, I will now experiment with the diet of lowfat/high carbohydrate spread over 8 days as used so successfully by marathoners. During the event itself, I drink frequently, but now in smallish quantities as I used to "overdrink", with emphasis on warm (e.g. tea, coffee, soup) until the last 6 hours or so (then often racing in warm sunshine) then I "freshen up" with cooler drinks. I have personally found sweetened liquid jelly an ideal food from an energy and digestive point of view and this together with minced milk rice, grapes, and perhaps a little bread soaked in soup make up my food intake.

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Sat. May 18-12 "mile, Columbia, Mo., 8am (B)
Sun. May 19-15 Km. 2.5 Mile Novice, Westbury, N.Y. # (R)
Sat. May 25-NAU SENIOR 10 KM, STAGFIELD, CHICAGO (P)
2 Mile Invitational, California Relay, Modesto (E)
Sun. May 26-LVN Memorial 10 KM, Chicago (O)
9 Mile Handicap, Lakewood, N.J. (G)
Sat. June 1-5 Km Invitational, Kennedy Games, Berkeley, Cal. 5 Km, Greenwich, Conn. (K)
4 Mile and 2 Mile, Divisions for Men, Women, H.S., Jr. High, and over 30, Keckkuk, 1a., 5 p.m. 0, 6 Mile Handicap, Columbia, Mo., 6 a.m. (D)
AAU SENIOR 20 KM. LONG ISLAND (G) (I think. This was originally scheduled for June 9 but a recent correspondence from Elliott Denman shows this date. Write Steve Hayden to confirm)
Sat. June 8-Iowa AAU 5 Km, Grinnell, 9 a.m. (A)
SPA AU 5 Km, Medford, Calif. (B)
* Walkers Club of America members only ($1.00 dues required)

* Contacts:
A--Dave Eidahl, Box 72, Richland, Iowa 52255
B--Bob Bowman, 1961 Windsor, Pomona, Cal., 91767
D--Joe Duncan, 1OOC Defoe, Columbia, Mo., 65201
E--Doug Walker, 29 Alhambra Ave, Toronto, Ont., Canada
G--Elliott Deman, 28 Locust, West Long Branch, N.J.
H--Floyd Godwin, 935 Ash St., Boulder, Colo., 80302
K--Don Jacobs, Box 2316, Tigard, Ore., 97223
O--Jim Breitenbacher, 1311 Concert, Keokuk, Iowa
P--Ted Haydon, Track Coach, University of Chicago, Chicago, Ill.
Q--Steve Hayden, 56 Verbeno Ave, Floral Park, N.Y., 11010
K--Gary Westphalia, 26 Norman Drive, Centereach, N.Y., 11720
S--Bill Ross, 2815 N. Lincoln, Chicago, Ill.

Before leaving the schedule, the Senior Outdoor TEE "rest," including the 5 km walk has been switched from June 14-15 to June 21-22 because of a conflict with graduation ceremonies at UCLA, where the meet is being held. The Junior Championships, including a 10 km walk, were originally scheduled for the June 21-22 weekend in Gainesville, Fla. but may now be advanced to the June 14-15 weekend so the two meets won't conflict.

A HARD DAY AND NIGHT AND THE LIKE
by Colin Young

To preface the following article, Englishman Colin Young has probably walked as many ultra-distance races (100 miles and up) as anyone active today. In a cover letter to this article Colin states "The lads I met in Lugano said they would be interested in my approach to the ultra-distance affairs and asked that I submit an article to you. Here it is. Colin's next "long one" incidentally will be late this month on the Riviera—a 2-day affair with 96 km one day and 102 km the next.)

It was with some surprise and a great deal of pleasure that I found the majority of your fine Lugano Gap squad eagerly enquiring of my mental and physical buildup to and during those maniacal trips (as he editor puts it) I undertake every so often—in other words, those 2½ hours, Strasbourg-Paris, and various other European endurance events. The boys suggested others would be interested and said they would appreciate an article on the subject, so here goes.
not digest any solid food not even small portions of chicken, etc. to offset the desire to drink too much. I find an occasional swig of a slice of orange or lemon or a glucose sweet is very helpful, refreshing, and beneficial.

My last training session (about an hour) before a "24", I do 36-48 hours before the start. Regarding recovery, following the "happiness" of the immediate finish, I quickly stiffen up, get cold, and very sleepy and generally endeavor to get to bed as soon as possible. (Which reminds your editor of a syndrome Blackburn and I have discussed.) Following 8 hours or so of not too restless sleep, I am normally in good shape apart from general stiffness. My first training session is accomplished 48 or 72 hours following the finish and apart from having to concentrate or maintaining a vigorous arm action, I usually move well and have recorded a 2:16 for 20 miles a fortnight after a 24 hour and a sub 45 min. 10 km just 6 days after. Weight loss is in the region of 6 to 8 lbs but weight is back to normal within 2-3 days.

The Strasbourg-Farla (app. 315 miles) is, however, a race apart. To be anywhere near the front, one does not stop from start to finish other than the compulsory rests (one of 1¾ hours and two of 1 hr) and I have found no benefit from these. They only prolong the agony! As will be understood, the ability to go without any sleep is a great asset and the top European performers do this for 4 days literally without a stroll. He is less of a good cooker, or something, in the latter stages during the event, by the finish I am less sleepy and more with it than in a 24 hour. The travelling to Strasbourg from London is a tiring business and I have always felt quite done in after 80 miles or so. It is also difficult to judge the pace in the early miles but in any case whatever the speed you still get very tired. The first compulsory stop (1¾ hours) after 110 miles does me no good at all. After completing the 24 hour, stopping for an all too brief period, then restarting with the prospect of two more days to come! Every succeeding year I have attempted to eat more because the man who feeds well has no foot troubles, maintains a steady pace, and can overcome lack of sleep is going to be in the frasce at the finish. You cannot hope to train for a 24 hour, one just hopes the selection race, a 24 hour, plus general background of diet, training, and cheer will prove enough. Having said all that, it still remains the most memorable race I have ever competed in. Where else can one be watched by a total of half a million people who help are a fantastic bunch of friends.

**Olympic Report**

Some positive action is now being taken in this country to assure continuation race walking in the Olympics. A meeting was held following the AAU 2 Mile attended by Bob Henderson, Shelly Schutt, Henry Laskau, Bruce MacDonald, James Murrell, Charles Silcock, Gary Westerfield, and Steve Hayden. At this meeting the Committee for the Retention of Olympic Walking was formed. Although this first meeting was on a small, regional basis it is hoped that it will grow into a national organization.

To this end a letter reporting the meeting and suggesting several courses of action was circulated to about 50 influential race walking people. The first action to be taken is a campaign to petition the IOC, the IAAF, and the Montreal Organizing Committee. A copy of the petition is maintained on the next page. They plan to print stationary with an impressive letterhead as possible, to serve as a clearinghouse for all efforts on behalf of Olympic walking in this country, and to do whatever else may appear helpful to the cause. Right now they need ideas, money and people and I imagine any help anyone wants to offer in circulating petitions. Steve Hayden, 56 Verbena Ave., Floral Park, N.Y. 11001.

Write Steve for further information and with any ideas or offers of help. This is no time for serious effort and it is time to stop talking and start acting. Incidentally, Henry Laskau reports from his trip to the Central American Games that they were able to contact many officials from those countries who are apparently ready to throw their weight into any efforts.
INTERNATIONAL APPEAL TO RETAIN OLYMPIC AMATEUR RACE WALKING EVENTS

We, the undersigned, are U.S.A. amateur race walkers, judges, officials, committeemen, and volunteers, dedicated to our sport.

We hereby appeal to all International and National sports governing bodies, including the International Olympic Committee (IOC), International Amateur Athletic Federation (IAAF) Council, IAAF Race Walking Committee, individual member countries of the IAAF, Pan American Games Organizers, USA Olympic Committee, Amateur Athletic Union of the USA, and all other Track & Field (Athletics) organizations, to support our appeal to:

RETAINTHE20KM. AND 50 KM. WALKS IN 1976 AND ALL FUTURE OLYMPIC GAMES ATHLETICS COMPETITION.

The IOC and the IAAF have decided to eliminate the 50 Kilometer Walk from the 1976 Olympic Games in Montreal. This is the only Athletics event to be dropped in efforts to reduce the number of events in the Games. The 50 Km. Walk was singled out partly because of traffic congestion. This objection can easily be met by containing the competition on a closed 5000 meter course as proposed by the Canadian Track and Field Association and the Montreal Organizing Committee.

It should be noted, that with the only exception of the Marathon, the walking events are the only events "free" to the public with no admission tickets are necessary for Athletics. It should also be noted that all 20 of the IAAF member countries in Group "A" (the largest and most prestigious countries in the world), and at least 35 other countries in the lesser groups, participate in race walking events.

Finally, walking events have been Athletics in the Olympic Games since 1906. If it is necessary to eliminate events from the Games, then surely it makes more sense to delete those more recent additions to the Games, such as the 5000 and 10,000 meter runs, the 1600 meter relay, the javelin throw or the decathlon, or many of the women's events which have added many more athletes to the rosters in recent Olympic Games Athletic events.

Therefore, we call upon all those in positions of authority to immediately take any action necessary to reinstate the 50 Km. Walk in the 1976 Games and to retain both walks in all future Olympic Games.

(Prepared at the USA Indoor Track & Field Championships, Feb. 22, 1974)
Please list your preferences in race walking shoes. If the model is available in leather in nylon, indicate which. If you use insoles, heel cups, etc. in any of the models so indicate. Results will be published in the ORW.

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Send to Galen Kohundro, P.O. Box 257, East Alton, Ill. 62024.

Mike Riban has asked us to announce balloting for the annual Ron Zinn Memorial Award given each year to the country's outstanding race walker as selected by those in the sport. Please vote for the six people you feel contributed the most to the sport in 1973 in order of preference and return your ballot to Bill Ross, 2835 W. Lincoln, Chicago, Ill. Competitive record, sportsmanship, and overall contributions to the sport are all factors that should be considered. Mike asked me to include a ballot but I think you can make your own and save a little space here...Oh rats. I have half a letter from Bruce MacDonald discussing international competition for US women this summer. There is a trip to Europe sometime, but I am missing that part of the letter. It is hoped that this trip will cover two or three weeks with several competitions. Unfortunately, it will be a pay your own way deal. There will also be a dual meet with Canada on Sept. 1 on Long Island over 5 km. A junior boy's meet with Canada will be held at the same time. A postal 10,000 meter dual meet with Great Britain for Juniors (men) is also planned. The competition has to be held on a 440 track sometime during June. Write Bruce at 39 Fairview Ave., Fort Washington, N.Y. 11050 for further details. And maybe he can write me again and fill me on what I lost...Besides the Knatt and Daniel letters I have letters of interest and import from Elliot Doman and Pete Van Arsdale both of which need about a page. It looks like no pictures next month or I will run out of space again...Good News. Manfred Steinbach, a sports doctor in Germany and former great long jumper surveyed sex lives of 800 competitors at Munich and cheerfully reports that sex and track do mix. Of greatest interest in the report, which I find chronicled in Track and Field News which just arrived today, is that he found that many athletes claimed rigorous training made them feel sexy. So Blackburn and I are normal after all.

LOOKING BACK

5 years ago (From the March 1969 ORW)---Dapper Dave Dominates was the headline. What he dominated was the Indoor 1 Mile winning in 6:21:9 in a race to make a later splash in the ORW with some revealing pictures of many competitors. Dapper Dave, if you don't know, was Dave Romansky. He beat Ron Laird (6:24.6) and Italian Abdon Pamich (6:28.8)...A week earlier, Pamich beat Ron Daniel in Albany with a 6:32:9...The ICRA race went to Bob Kitchen in 6:41...In Canada, Ron Laird blistered a 12:52:6 3000 meter to win their title race...Tough Guy of the Month was 30-year-old Detroit social worker name of Jerry Bocchi...This issue also featured a nearly blank line (two letters on it) typed by one Derek Mortland, then 7 months old, who we noted was ultra-tough on the space bar.

Nikolai Smaga, many-time Soviet international walker, eyes the lens of Tom Dooley's camera.

West Germany's Gerhard Weidner, world record holder at 50 km, passes over to Heinz Mayr in last fall's Airolo-Chiasso relay.