

Ohio Race Walker
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OHIO RACEWALKER



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MARCH 1974

BENTLEY AGAIN

Reno, Nev., March 10--Overtaking a determined Bryan Snazelle in the final mile, Jim Bentley, Jr. captured his third straight NAAU 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 Mimm moved into an immediate 20-7ard 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 the 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 Mimm. 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 Mimm being threatened by Brad Bentley in fourth.

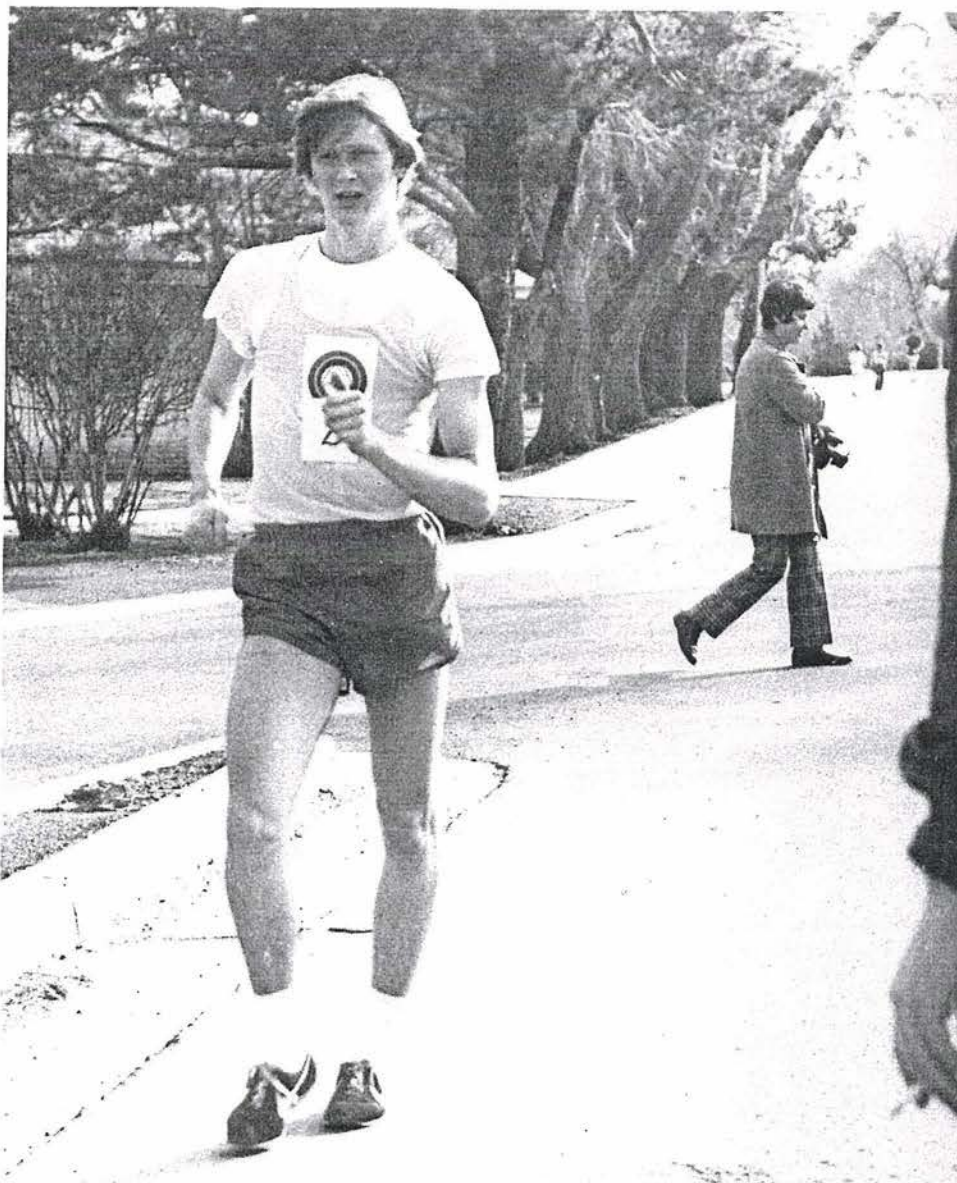
At 10 Km, Snazelle had lengthened his lead to 24 seconds with a 51:17 and Rosencrantz was stretching his hold on third. Scott Massinger was challenging both Mimm and Brad Bentley, but Randy proved too strong over the final 5 km and held the spot. Bentley, meanwhile, covered the final 5 km in under 25 minutes to pass and lose Snazelle and Rosencrantz easily held third. The results:

1. Jim Bentley, Jr., Sierra Race Walkers 1:16:34.5 2. Bryan Snazelle, un. 1:17:02 3. Bob Rosencrantz, U. Of Washington 1:19:11.0 4. Randy Mimm, Rutgers U. 1:20:29.2 5. Brad Bentley, SRW 1:21:48 6. Scott Massinger, Portland TC 1:23:00 7. Mark Randle, Beverly Hills Striders 1:26:19 8. Mike Benner, St. George TC 1:29:18 9. Dave Swift, SRW 1:29:43 10. Eugene Quilantang, St. George TC 1:29:48 11. Felix Leos St. George TC 1:40:44 12. Trevis Veon (age 11), Maturango Milers 1:48:39 13. Mike Slates, MM 1:52:33 14. Joe Lyons, MM 1:52:37 15. Danny Rugg (age 9), 2:03:34 (2 disqualifications and 2 did not finish)

MINKOW WINS IC4A MILE

Princeton, N.J., March 3--Bettering her NAAU time by nearly a second and aided by one disqualification and one dropout who thought he was disqualified, Ellen Minkow 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 Hamlin but he was disqualified during his spurt to win the race. Earlier in the race, Howie Palamarchuk, 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,

FIRST CLASS MAIL



Jim Bentley, Jr., wins NAAV Junior 15 km in Reno. (See story this issue)

did not help her Syracuse University teammates, the walk still being a non-scoring event in the semi-enlightened IC4A. She did, however, get a women's locker room opened for her at Princeton, something more than she gets at Syracuse, where she is a member of the track team, but has to change in her dormitory room. The results:

1. Ellen Minkow, Syracuse Un. 7:36.1 2. Wayne Danker, St. Johns U. 8:01.5 3. Bill Hungelman, USMMA 8:06.2 4. Bob Lamb, USMMA 8:27.7 5. Ed Woods, St. Johns 8:29.9

OTHER RESULTS;

Collegiate Track Conf. 1 Mile, New York, March 9--1. P. Stewart, USMMA 7:22.2 (despite being just back from a cruise) 2. Seaman, Fairfield U. 7:22.5 3. T. Wilder, Maris 7:50.8 4. V. Davies, C.W. Post 8:03.2 5. B. Hungelman, USMMA 8:04.8 Nassau (L.I.) County H.S. 1 Mile, March 11--1. Jim Murchie, Port Washington 7:23.2 2. Ed Mullins, Baldwin 8:17.9 3. Kopinchinski, Uniondale 8:24.0 4. Carline, Minella 8:26.3 5. Haldin, Uniondale 8:45.6 6. Harrus, Claric 8:48.8 2 Mile, Albany, N.Y., Feb. 23--1. John Fredericks, Shore AC 14:50.4 2. Tom Knatt, NYC 14:53 3. Bob Falciola, Shore AC 15:42 4. Bob Ross, Marist Col. 16:31 5. Ron Salvio, Shore AC 16:35 6. Fred Spector, Shore AC 17:16 (Elliott Derrman credits Knatt with a 14:51, but Tom himself said 14:53. Per Elliott it was neck and neck all the way and the most exciting race of the meet as both improved over their NAAU 2 Mile of the night before. Elliott also reports that the mysterious Fred Spector Fan Club, Albany Branch made its reappearance. Fred, the gallant secretary of the Shore AC, became the meet's most cheered athlete as for each of his 20 trips past the west grandstand a deafening 'let's go Fred' cheer was heard. Fred was happy to sign autographs for his legion of fans afterward but rumors that he is weighing an offer from Mike O'Hara are not true at the present time.) 15 Mile, Westbury, L.I., March 16--1. Gary Westerfield 2:11:17.6 2. Jim Murchie 2:14:37 3. Bill Hungelman 2:31:57 4. Lynn Hayden 2:33:06.2 (Steve Hayden out at 12 miles) 2.5 Mile, same place--1. Bob Kopschianski, Uniondale HS 22:50 (see above and you will see that Bruce MacDonald and Gary Westerfield disagree somewhat on the spelling of this cat's name) 2. Joanne Shima, Pt. Washington 22:50.8 3. Debbie Mayber, Pt. Washington 25:12 4. Mike Dragonetti, Uniondale 25:29.6 10 Mile Hdcp, Long Branch, N.J., Nov. 2--1. Wayne Normandin 1:33:14 2. Don Johnson 1:31:40 3. Fred Spector 1:33:30 4. Alan Price 1:30:34 5. Bill Lloyd 1:51:45 (he was 6th) 5. George Garland 1:45:20 7. Elliott Derrman 1:39:03 8. Dr. George Marzano 1:52:39 10 Km (road), Long Branch, Dec. 16--1. John Knifton 45:02 2. John Fredericks 50:41 3. Bob Mimm 52:29 4. Alan Price 54:16 5. Fred Spector 57:33 6. Dr. Alan Marzano 72:43 (Bob Falciola did 52:52 starting 25 minutes late) 10 Mile, Asbury Park, N.J., Dec. 23--1. Bob Falciola 1:23:47 2. Don Johnson 1:33:30 3. Marcus Boatwright 1:37:22 4. Wayne Normandin 1:38:14 5. Elliott Derrman 1:39:02 6. Alex Turner 2 Mile (outdoor), Monmouth Col., Dec. 30--1. Dan O'Connor 14:38.5 2. John Fredericks 14:42 3. Dave Semar 15:58 4. Jim Murchie 15:59 5. Fred Spector 16:54 Women's 2 Mile, same place--1. Ellen Minkow 16:53 Men's 1 Mile, same place--1. John Fredericks 7:01.4 2. Jim Murchie 7:52 3. Alex Turner 8:53 Women's 1 Mile, same place--1. Mary Foster 9:49 (3-min handicap) 2. Ellen Minkow 8:33 10 Mile, Long Branch, Jan. 13--1. John Fredericks 1:24:26 2. Alan Price 1:25:06 3. Alan Wood 1:43:01 Marathon, Asbury Park, Jan. 20--Shalu Ladany 4:29:30 (Only walker)

1 Mile (outdoors), Metuchen, N.J., Jan. 6--L. John Fredericks 7:35 2. Don Johnson 8:10 3. Brad Martin 8:35 4. Elliott Derman 8:49.5 20 Km, Long Branch, Feb. 10--1. Bob Falcicola 1:53:17 (very icy roads) 2. Howie Palamarchuk 1:54:15 3. Fred Spector 2:07:09 4. Dr. Daniel Marzano 2:33:07 2 Mile, South Orange, N.J., Feb. 12--1. Ron Kulik 14:20.4 2. Bob Falcicola 15:06.5 2 Mile, Menomarie, Wis., March 9--1. Fred Kuhn, UCTC (and U. of Wisconsin Stoutin Menomarie) 16:09.1 2. Stan Anderson, un. (SW Minnesota State) 16:10.4 3. Mark Pfluger, U.W. River Falls 16:33.4 2 Mile, Chicago, March 16--1. Fred Kuhn 16:46.6 2. Dennis Carter 17:52.2 3. Art McLendon 19:02.7 Iowa 50 Km, Feb. 23, Richland--1. Augie Hirt 4:48:01 2. Jim Breitenbucher 5:28:30 6 Mile, Columbia, Mo, Feb. 2--1. Augie Hirt and Larry Young 51:44 3. Jim Breitenbucher 57:03 4. Dave Leuthold 59:40 5. Albert Vay Dyke 62:18 6. Rob Spier 63:01 7. Jim Hunter 70:00 8. William Taft 78:15 15 Km, Columbia, Feb. 16--1. Jim Breitenbucher 1:30:11 2. Dave Luethold 1:30:30 3. Rob Spier 1:41:06.....We pause in this compendium for the following "Big Deal" result; story by Bob Bowman (I think)....

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

Huntington Beach, Cal., March 17--The first Senior Outdoor National AAU 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 since he switched from distance running, where he was a 2:20 marathoner. Floyd won over a select field of 26 starters in a very fast time of 2:55:28.6 on the 13 $\frac{1}{2}$ -lap 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, defending champion John Knifton of the NYAC; always tough veteran Bill Ranney, 20-year-old new star Carl Swift of Azusa-Pacific College; and national team member of last year, Jerry Brown; and the Striders' all-around man, Ed Bouldin, with several surprises in store before 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 (24:54) 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, cautions were handed out to Brown and Knifton.

In the next 5 km, Godwin stepped the pace up again to 24:12 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. Ranney was now 23 seconds back, Swift almost a minute behind, and Bouldin well off the pace in 1:42:10.

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 1 $\frac{1}{2}$ 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, Cal. Although only 18, Bryan has been walking several years and is another of several top junior walkers coached by Bill Ranney over the years. Bryan, walking a very strong and sensibly paced race, was now in 6th, having caught Bouldin shortly before 25 km.

From 25 Km to the finish, Floyd continued to lengthen his lead over Knifton in second, slowing only over the last 5 km as he had the race firmly under control. Knifton, himself walking a very strong race, gradually pulled away from Ranney to also go under 3 hours. Ranney always consistent in the nationals, came home in an excellent 3:01:15, doggedly holding off a very tough Carl Swift, who recorded a fine 3:02:08 in his longest race to date. Carl is a real hope for the future, especially in the long ones, as only time will tell how fast he can really go. Jerry Brown, a little short on training this winter, faded badly in the last 10, but was still good enough for fifth and a minute margin over A TREMENDOUS PERFORMANCE BY Snazelle. (I hit the shift lock purely by accident. There is no reason for all those big letters) What Bryan lacks in speed, he sure makes up for in strength, employing good solid form. Only Godwin and Knifton walked their last 5 km faster.

Other good performances were turned in, especially by the new comers and younger walkers. Steve DiBernardo, 21-year-old Strider and a 4:07 miler, surprised all with a 10th place finish. Bob Hickey, also in his first race of this distance, showed he has what it takes crossing the line in 12th, despite being a doubtful starter due to a bad cold. All the walkers owe Bob a Special thanks for handling most the arrangements for this race and making it a real first class national. It's unselfish athletes like Bob that keep our sport alive in a world of professionalism, greed, and the "whats in it for me" attitude that seems to prevail today. Noteworthy performances were also turned in by youngsters Bob Rosencrantz (18) in 13th, Mark Randle (19) in 19th, and Leonard Burkhead (only 14) in 20th. The results:

1. Floyd Godwin, Colo. TC 2:55:28.6 (25:36, 50:30, 1:15:09, 1:39:21, 2:03:39, 2:28:20) 2. John Knifton, NYAC 2:59:42.2 (25:37, 50:31, 1:15:10, 1:39:29, 2:05:02, 2:32:25) 3. Bill Ranney, un. 3:01:15.6 (25:37, 50:30, 1:15:09, 1:39:44, 2:05:31, 3:32:38) 4. Carl Swift, BH Striders 3:02:08.4 (25:37, 50:31, 1:15:10, 1:40:18, 2:06:25, 2:33:26) 5. Jerry Brown, CTC 3:07:31.2 (25:38, 50:31, 1:15:10, 1:39:29, 2:06:05, 2:38:19) 6. Bryan Snazelle, un. 3:08:35.6 (27:52, 54:26, 1:20:53.....2:40:05) 7. Jim Bean Ore. Col. of Educ. 3:13:51.8 8. Wayne Glusker, West Valley TC 3:15:13.6 9. Ed Bouldin, BH Striders 3:17:06 10. Steve DeBernardo, BH Striders 3:22:32.8 11. John Kelly, BH Striders 3:24:52 12. Bob Hickey, LAPD 3:27:46.6 13. Bob Rosencrantz, U. of Wash. 3:29:55.2 14. Mike Ryan, BH Striders 3:34:28.4 15. Bryon Overton, BH Striders 3:36:38.6 16. Chuck Hunter, CTC 3:37:49.6 17. Roger Duran, WVTC 3:47:50.4 18. Chris Clegg, BH Striders 4:02:51.6 19. Mark Randle, BH Striders 4:07:07.2 20. Leonard Burkhead, Sutter Jr. HS 4:27:16.8. Teams: 1. Colorado TC-14 2. Beverly Hills Striders--14 3. BH Striders "B"--31.

Back to other results, with more in from the East: 5 Mile, Lowell, Mass Feb. 27--1. Fred Brown Sr. 60:47 (actual time in handicap race) 2. Steve Reiman 52:03 3. Dave Merency 50:17 4. Tony Medeiros 52:26 5. Sig Podlozny 66:12 8.5 Mile, Lowell, Feb. 24--1. Dennis Slattery 1:20:06 2. Keith Ryan 1:21:07 3. Tony Medeiros 1:23:24 7.5 Mile, Cambridge, Mass. March 2--1. Francis Maher 65:28 2. Sig Podlozny 86:08 3. Fred Brown Sr. 86:26 4. Steve Reiman 88:18 5 Mile plus, Lowell, March 6--1. Dennis Slattery 46:36 2. Paul Schell 45:55 (handicap, actual times shown) 3. Fred Brown Sr. 59:33 4. David Merency 50:12 5. Sig Podlozny 65:42 6. Mark Grimshaw 70:50 7.5 Mile, Cambridge, March 9--1. Francis Maher 64:40 2. Dennis Slattery 66:50 3. Keith Ryan 71:35 4. Dave Merency 87:40 5. Tony Medeiros 98:35 6. Fred Brown Sr. 85:55 5 Mile, Cambridge, March 16--1. Francis Maher 44:40 2. Fred Brown Sr. 57:23

49:02 (actual time in handicap) 2. Keith Ryan 49:28 3. Mike Regan 53:15 4. Tony Medeiros 51:15 5. Dennis Slattery 46:39 6. Fred Brown Sr. 60:30 7. Paul Schell 46:19 8. Sig Podlozny 72:35 9. Peter Ansara 76:00 10. Steve Reiman 62:56 5 Mile plus, Lowell, March 20-- 1. Steve Reiman 54:21 (a classic case of sandbagging the week before and catching a good handicap for this one) 2. Tony Medeiros 49:29 3. Sig Podlozny 57:54 4. Dave Kerency 50:23 5. Paul Schell 45:17 6. Keith Ryan 50:36 7. Fred Brown Sr. 60:41 8. Dennis Slattery 48:37 9. Peter Ansara 76:50 Girls Half Miles, Boulder, Colo., Feb. 24: 9 and Under--1. Kristal Wolfe 5:18 10-11 yrs--1. Debbie Taylor 4:36 2. Rhonda Thornton 4:56 3. Roberta Lewark 5:01. 12-13 yrs--1. Michelle Wood 4:26.4 2. Norma Howitt 4:35 3. Cara Pratt 4:56. Women's 1 Mile, Boulder, Feb. 24-- 1. Ingrid Martin 8:38.3 2. Martha Iverson 8:49 Men's 2 Mile, Boulder, Feb. 24--1. Jerry Brown 14:19.8 2. Floyd Godwin 14:20.5 3. Mike Young 16:24.9 Girl's Half Miles, Boulder, Feb. 10-- 9 and under--1. Crystal Wolfe 5:04 10-11 yrs--1. Portia Bowman 4:37.8 2. Rhonda Thornton 4:47 3. Debbie Taylor 4:52 4. Cara Pratt 4:57 5. Roberta Lewark 5:02 12-13 yrs--1. Norma Howitt 4:20.9 2. Michelle Wood 4:31 3. Brenda Jesser 4:38.2 Womens 1 Mile, Boulder, Feb. 10--1. Lori Thomas 8:40 2. Martha Iverson 9:06 3. Ingrid Martin 9:26.4 Mens 2 Mile, Boulder, Feb. 10--1. Floyd Godwin 15:51 2. Mike Young 19:06.7 Rocky Mt. AAU 50 Km, Boulder, March 2 (high winds; 40-50 mph with gusts up to 70 mph. Floyd Godwin had sense enough to watch)--1. Chris Amoroso 5:18:35 (57:10, 1:55:50, 2:54:40, 3:57:45) 2. Jerry Brown 5:18:35 (59:02, 1:58:16, 2:56:50, 3:57:47) 3. Chuck Hunter 5:27:33 4. George Lundmark 6:24:39-- race was on the track--those splits are at six mile intervals, not 10 km, I now see. Colorado Invitational 2 Mile, Boulder, March 16 (Indoors) 1. Floyd Godwin 14:43.4 (before flying to IA for his 35 km win the next day) 2. Bill Greene, Colo. U. 17:29.6 3. Norm Rostecki, CU 18:29.4 Womens 1 Mile, Boulder, March 16--1. Ingrid Martin 8:43.3 2. Martha Iverson 8:48 3. Eijisa Haire 9:06.2 10 Km (road), Indio, Cal., Feb. 17-- 1. Ed Bouldin 47:22 2. Carl Swift 47:28 3. Rudy Haluza 48:10 3. John Kelly 49:26 5. Bob Hickey 51:43 6. Mike Ryan 54:26 7. Brad Bentley 54:26 8. Carl Warrell 57:58 9. John MacLachlan 58:22 10. George Mercure 60:17 11. Hal McWilliams 60:43 12. April Hickey 71:15 13. Travis Veon 73:40 14. Joe Lyons 76:26 1 Mile, Walnut, Cal., Dec. 29-- 1. Rudy Haluza 7:04 2. Bob Hickey 7:18 3. Hank Klein 7:28 4. Mark Randle 7:55.8 5. Ferri Teegarden 8:30 6. Cindy Johnson 9:10.4 7. April Hickey 9:49.6 1 Mile, Irvine, Cal., Jan. 26--1. Don DeNoon 6:39.5 2. Bob Hickey 7:12 3. Hank Klein 7:12.5 4. Mark Randle 7:30 5. Bob Long 8:00 2 Miles, Cal. State Northridge, Feb. 1--1. Larry Walker 13:38 2. Mike Ryan 15:01 3. Jim Hanley 17:02 4. Leonard Burkhead 18:11 2 Mile, Walnut, Cal, Feb. 2--1. Hank Klein 16:11 2. Bob Long 18:01.6 3. Jane Janousek 19:56 5 Mile, Seattle, Jan. 15--1. Bob Rosencrantz 42:02 Pac. Northwest AAU 10 Km, Feb. 2--1. Jim Bean 48:56 2. Rob Frank 49:29 3. Bob Rosencrantz 52:04 4. Dick Arkley 57:55 1 Mile, Seattle, Feb. 2--1. Jim Bean 6:46 2. Rob Frank 7:14 3. Bob Rosencrantz 7:38 4. Dick Arkley 7:44 5. Steve Geiver 8:03 6. Ed Glander 8:33 7. Dean Ingram 8:48 8. Cliff Griffin 9:47 Trails End Marathon, Seaside, Ore. Jim Bean 3:56:42, Rob Frank 4:10:46 finished 261st and 285th among 350 finishers 1 Mile, Gresham, Ore., 1. Doug Van Meer 7:58 2. Mike Sprinker 9:00 Quebec 5 Km Championship, Quebec City, Feb. 24--1. Marcel Jobin 22:50.5 US-USSR 5 Km, Moscow, March 2--1. Vavilov, USSR 20:44.4 2. Nikolai Smaga, USSR 20:47 3. Todd Scully, USA 21:04.4 (American record) 4. Don DeNoon, USA 22:19.8--no details yet but Todd would also have been under the record at 3 Miles but probably no time was taken.)

12th Central American Games, 20 Km, Santa Domingo--1. Raul Gonzalez, Mex. 1:35:22.8 2. Pedro Aroche, Mex. 1:35:32 3. Ernesto Alfara, Columbia 1:38:52.6 4. Rafael Vega, Col. 1:43:35.8 5. Fernandez Garrido, Cuba 1:43:56.2 6. Hipolito Lopez, Honduras 1:46:51.4 7. Raphael Genao, Dom. Rep. 1:50:09 8. Ruddy Castillo, Dom. Rep. 1:50:34.8 9. Raul Lanza, Hond. 1:55:25.6--Domingo Colin, Mex. DQ'd at 16 km in 3rd place, one Cuban DQ'd, and one DNF. Judges were Henry Laskau (Chief), Bill Chisholm, Joe Tigerman, and Murray Rosenstein. Henry reports that the race was very well organized with the road cleared of all traffic and that there were more people on the course than in the Stadium Canadian 5 Km (Indoors), Quebec City, March 9--1. Marcel Jobin 13:10.2 2. Roman Olszewski 13:16 3. Tom Manske 13:24 4. Neville Conway 13:32 5. Yvon Groulx 14:16 6. Pierre LeBlanc 14:25.8 7. Hermann Beaulieu 15:01 8. Donald Erennan 15:21.4 Ontario 3 Km (Indoor), Toronto, Feb. 23-- 1. Roman Olszewski 13:26.4 2. Neville Conway 13:45.8 3. Helmut Boeck 14:13.8 4. Glen Sweazy 14:29 5. Geoff Banner 15:26.8 20 Km, Downsview, Ontario, March 24--1. Roman Olszewski 1:41:18 2. Pat Farrelly 1:44:02 3. Helmut Boeck 1:44:36.4 DNF--Karl Merschenz 1500 Meters, Toronto--1. Roman Olszewski 6:17.2 2. Helmut Boeck 6:34 Allegheny Mt. AAU Girl's 12-13 880--1. Cindy Bertolotti 4:48 2. Kathy Dvorsak 4:56 3. Julie Hodder 5:11 4. Valerie Kay 5:13 Veterans 50 Km, Hamburg, WG, Sept. 29 (up to the date results)--1. Stig Lindberg, Swed (42) 4:43:29 2. Kurt Ohlander, Swed. (42) 4:52:42 3. H. Will, WG 4:52:53 4. John Hedgethorpe, Eng. 4:57:21 20 Km (age 40-50), same place--1. K. Hartwig, WG 1:38:05.2 10 Mile, Hayes, Eng, Jan. 5--1. Paul Nihill 77:15

RACE SCHEDULE

Sat. April 13--3.6 Mile, Toronto, Can. (E)
 Sun. April 14--NAAU SENIOR 1 HOUR, BOULDER, COLORADO--Floyd Godwin reports that the Colorado Podiatry ASSOCIATION is backing this one and inducements to go include silver bowls on a wood base to the top ten, in addition to regular prizes; t-shirts to all competitors; race-walking shoes to the top competitors; three sets of team medals; and free housing available. (H)
 20 Miles, Hamilton, Ontario, 9 a.m. (E)
 Sat. April 20--Los Angeles Municipal Games age group and open walks (B)
 Sun. April 21--NAAU SENIOR 75 KM, MONMOUTH COLLEGE, WEST LONG BRANCH, NJ (G)
 Sat. April 27--6 Mile and Women's 3 Mile, Ottawa, Ontario (E)
 Open 10 Km, Invitational 5 Km, Mt. SAC Relays, Walnut, Cal (B)
 Walk-run Pentathlon, Columbia, Mo. (D)
 NAAU "B" 15 KM, SPOKANE, WAHS. (L)
 Sun. April 28--NAAU SENIOR 25 KM, DES MOINES, IOWA (A)
 10 Mile Handicap, Westbury, N.Y., 9 a.m. * (R)
 Sat. May 4--5 Miles, Brantford, Ontario (E)
 Missouri Cup 20 Km, Columbia, Mo. (track), 2 p.m. (D)
 10 Km Men, 5 Km Women, Broomfield, Colo. (H)
 NAAU SENIOR 15 KM, SANTA MONICA, CALIF (B)
 Sat. May 11--RMAAU 20 Km (Track), Boulder, Colo. (H)
 5 Km Handicap, Los Angeles, 10 a.m. (B)
 Sun. May 12--Ontario 50 Km, Etobicoke, Ont. (E)
 NAAU JUNIOR 5 KM, DELTA PARK, PORTLAND, ORE, (Qualify for US-Canada dual) (M)

- Sat. May 18--12 Mile, Columbia, Mo., 8am (D)
 Sun. May 19--15 Km, 2.5 Mile Novice, Westbury, N.Y. * (R)
 Sat. May 25--NAAU SENIOR 10 KM, STAGG FIELD, CHICAGO (P)
 2 Mile Invitational, California Relays, Modesto (B)
 Sun. May 26--ZINN Memorial 10 Km, Chicago (S)
 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, Keokuk, Ia., 5 p.m. (O)
 6 Mile Handicap, Columbia, Mo., 9 a.m. (D)
 NAAU SENIOR 20 KM, LONG ISLAND (C) (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)
 SPAAU 5 Km, Redlands, Calif. (B)

* Walkers Club of America members only (\$1.00 dues required)
 Contacts:

- A--Dave Eidahl, Box 72, Richland, Iowa 52585
 B--Bob Bowman, 1961 Windsor, Pomona, Cal. 91767
 D--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 E--Doug Walker, 29 Alhambra Ave, Toronto 3, Ontario, Canada
 G--Elliott Denman, 28 N. Locust, West Long Branch, N.J.
 H--Floyd Godwin, 935 Ash St., Broomfield, Col. 80020
 M--Don Jacobs, Box 23146, Tigard, Ore. 97223
 O--Jim Breitenbucher, 1311 Concert, Keokuk, Iowa
 P--Ted Haydon, Track Coach, University of Chicago, Chicago, Ill.
 Q--Steve Hayden, 56 Verbena Ave, Floral Park, N.Y. 11001
 R--Gary Westerfield, 26 Norman Drive, Centereach, N.Y. 11720
 S--Bill Ross, 2835 N. Lincoln, Chicago, Ill.

Before leaving the schedule, the Senior Outdoor T&F Meet, 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 out 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 Cup squad eagerly enquiring of my mental and physical buildup to and during those maniacal trips (as the editor puts it) I undertake every so often--in other words, those 24 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.

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 is so in my case, thus makin 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 Sundays all year 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 3-5 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 anytime, 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 lead a relatively (!!!) "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 can turn them out one after another they now certainly hold little fear for 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 warmth (e.g. tea, coffee, soup) until the last 6 hours or so (then often racing in warm sunshine) when 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 tinned milk rice, grapes, and perhaps a little bread soaked in soup make up my food intake. I must say

not digest any solid food not even small portions of chicken, etc. to offset the desire to drink too much. I find an occasional suck of a slice of orange or lemon or a glucose sweet is very helpful, freshening, 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 Elackburn and I have discussed.) Following 8 hours or so of not too restful 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 2:46 for 20 miles a fortnight after a 24 hour and a sub 49 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 Stra sbourg-Paris (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 1½ hrs 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 wink....must have a good doctor, or something, in their set-up? Funnily enough, on the three occasions I have raced, although in desperate straits during the event, by the finish I am less sleepy and more with it than in a 24 hour. The traveling 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 (1½ hrs) after 110 miles does me no good as it is like completing a 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 frame at the finish. You cannot hope to train for a S-P, one just hopes the selection race, a 24 hr., plus general background of distance racing, training, and sheer guts 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 spectators? A championship distance expert I would love to be, but I am not sorry I am an ultra-distance man because the men you race and the people who help are a fantastic bunch of friends.

Oh yes, the syndrome I mentioned. I am not sure how this has escaped these pages before. But Jack and I have both found that after a particularly hard race of 15 km and up we too feel a greater than usual urge to get into bed. But sleep is only the second thing on our minds. Not that it matters since we are generally starting a several hundred mile drive anyway. Is this post-race horniness typical of other walkers? And does it carry over into the ultra-long ones, Colin?

The Ohio Race Walker is published monthly in Columbus, Ohio by a horny race walker name of Jack Mortland bringing you news, views, trivia, and miscellany on the sport of race walking. Subscription rate \$3.00 per year. Address: 3184 Summit St., Columbus, Ohio 43202

Another day's mail in and a few more results:

2 Mile (Exhibition), Wisconsin State University Conference, LaCrosse, March 23--1. Fred Kuhn, UW Stout 16:13 2. Mark Pflueger, UW River Falls 17:03.3 3. John Moody River Falls 18:06.9 4. Pat Hauser, UW LaCrosse 19:23.3 5. Kevin Mahoney, LaCrosse 21:13.4 6. Dave Franke, LaCrosse 22:13.7--the latter three learned to walk an hour before the race. (Well, actually, unless they are very retarded they learned several years ago. But race walking they just learned.) Moody was in his first race. This conference will also have a 2-mile exhibition in their outdoor meet and then plan to add it as a scoring event for next year. RMAAU Women's 1 Mile, Boulder, March 17--1. Lori Thomas 8:35.8 2. Ingrid Martin 8:42.9 3. Martha Iverson 8:57.5 Age 12-13 1 Mile: 1. Howitt 9:20.9 2. Michele Wood 9:29.4 3. Schurwann 9:34.3 Age 1-11 880: 1. Portia Bowman 4:30.8 2. Dobbie Taylor 4:34.5 3. Roberta Lewark 4:39.9 9 and Under 880: 1. Lora Larson 5:38.9 2. Tonya Welch 5:46.5 3. Laura Bare 5:46.8 British Commonwealth 20 Mile (Partial results last month)--1. John Warhurst, Eng. 2:35:23 2. Roy Thorpe, Eng. 2:39:02.2 3. Peter Fullager, Aus. 2:42:08.2 4. Graham Young, Isle of Man 2:42:55.2 5. Ian Hodgkinson, Aus. 2:44:55.4 6. Les Stevenson, NZ 2:46:56.2 7. Ross Haywood, Aus 2:50:56 8. John Callow, Isle of Man 2:53:12.2 9. Len Duquemin, Guernsey 2:53:37.4 10. John Moullin, Guernsey 2:57:27.2 11. R. Waterman, Guern. 3:00:14.2 12. J. Harrison, Isle of Man 3:00:32.4 DNF: Carl Lawton, Eng and E. Kasuku, Kenya. DQ: K Taylor, NZ--Warhurst and Thorpe hit 10 miles in 1:17:05 with nearly a 2 minute lead. Warhurst started to pull away at about 14 miles. Lawton, usually a strong performer, went through 10 in 79:25 but then hit a very bad patch and had to retire at 15. 10 Mile, Basildon, Jan. 26--1. Steve Gower 72:40 2. John Webb 74:40 3. Amos Seddon 76:04 4. Roger Mills 76:29 5. L. Mockett 78:33 6. Ken Carter 79:05 10 Mile, London, Jan. 26--1. Paul Nihill 76:27 (had not race walked for 3 weeks but had been running thrice weekly) 10 Mile, Sudbury Eng., Jan. 19--1. Eric Crompton 76:59 2. Stuart Maidment 77:05

OLYMPIC REPORT

Some positive action is now being taken in this country to insure continuation race walking in the Olympics. A meeting was held following the AAU 2 Mile attended by Bob Henderson, Shaul Ladany, Henry Laskau, Bruce MacDonald, James Murchie, Charles Silcock, Gary Westerfield, and Steve Hayden. From 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 reproduced on the next page. They plan to print stationary with as impressive a 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 and money 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 a very 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:

RETAIN BOTH THE 20 KM. 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, sports, competitors, and officials. 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 & 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 where no admission tickets are necessary for Athletics. It should also be noted that all 20 of the IAAF member countries in Group "AA" (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)

FROM HEEL TO TOE

I must retract my statement of last month that the fact that Dave Romansky and John Knifton were allowed to stay on the track after their disqualifications did not affect the outcome of the race. Indeed it did. Ron Daniel was disqualified in an attempt to get by Todd Scully thinking that he had to do so to win the Russian trip. Had he known that Romansky was out, and already knowing that Larry Walker had made it clear before the race that he would not be available for the trip, he would have been quite content to ease into third and get the trip. It also appears that the 13:50 given to Don DeNoon was probably about 20 seconds too fast, but times will never be known for sure. I have some comments both from Ron Daniel and Tom Knatt regarding organization of judging to avoid such fiascos in the future but it appears that space will force me to hold those until next month....The ORW has goofed royally and taken Track & Field News down with it in ranking Stefan Tzukev of Bulgaria among the top ten 20 km walkers in the world. Ray Somers points to the pages of the October ORW "Wherein it is written that the aforementioned gentleman was wumped by Zamboldo and Campos" (neither of whom were ranked or close to it. I searched for such a result, knowing Bulgaria competed in that Zone, but couldn't find it. Probably won't be asked by Mr. Bowman to help with the T&FN rankings again next year after this....On the more serious side, Ray reports that he may not be able to walk anymore because of a persistent shoulder injury dating from last April. We hope he will be able to overcome this as Ray has certainly deserved greater rewards than he has been able to get from the report because of many nagging injuries....Phil McDonald's incomplete 50 Km on our all-time list is now known to be 4:49:52 thanks to Roger Duran. Roger found the result in a Spring 1964 issue of the Midwest Race Squawker, which had somehow escaped from my file. Thanks to Rog, I now have a copy. Also, thanks to Ray Leach, my ORW file is once again complete as he supplied the missing May-June 1969 issue (a big 2-month special featuring flyers in the Indoor mile)...Speaking along those lines, during a recent trip to the shoe store, I was looking at some Hushpuppy high-top shoes, or low-top boots, or whatever you might call them. They had none to fit me but did have a similar shoe with a nice fleecy lining, soft leather uppers, and thick, treaded rubber sole. After purchasing these I was trying them on at home and speculating to my wife on how they might me for race walking. After a few tentative strolls through the living room, I suddenly remembered the name on the shoes and cast away all thoughts of using them for walking. I can see being asked at a race, "What kind of shoes are those, Jack?" "Oh, those are my Bates Floaters." "Yeh, that figures Mortla nd.".....While speaking of shoes, Galen Mohundro, a novice race walker in Illinois has been in a quandary as to what is the best shoe. Through books, conversations, and letters he has identified 14 different models of shoes being worn by race walkers. He would like to survey the readership as to what shoes are being worn for races and training and asks you to complete the following and return it to him at P.O. Box 257, East Alton, Ill. 62024. He will compile the results and then send them to me for publication. The following will be at the top of the next page, since I won't have room here....Mark Oct. 27 (Sunday) on your calendar. As part of their 100th Anniversary Celebration, the 92nd Street YMHA in New York is sponsoring an Eastern Regional 20 Km Walk in Central Park. Meet Director Henry Laskau promises an outstanding event....

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

| RACING BRAND NAME | MODEL | COMMENTS |
|-------------------|-------|----------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |

| TRAINING BRAND NAME | MODEL | COMMENTS |
|---------------------|-------|----------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |

Send to Galen Mohundro, 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 N. 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 Elliott Denman and Pete VanArsdale 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 cheerily 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 (6:24.4) and Italian Abdon Pamich (6:28.8)...A week earlier, Pamich beat Ron Daniel in Albany with a 6:32.9....The IC4A 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 Galt of the Month was 30-year-old Detroit social worker name of Jerry Bocci...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 Airollo-Chiasso relay.