HAPPY HOLIDAYS!

The Ohio Racewalker is proud to announce its annual world and U.S. rankings for both men and women at the primary distances. As usual, the whole world has been impatiently awaiting the momentous announcement of these prestigious rankings. Of course, those honored receive absolutely no reward and may never even hear of their selection—only a few hap.

This marks the 14th consecutive year the ORW has ranked the world’s top male walkers at 20 and 50 kilometers, the 12th time we have ranked U.S. men at the same two distances, and the seventh year for ranking women, both world and U.S., at 5 and 10 kilometers. (Actually, we have not ranked U.S. women at 5 km this year, because there was just too little action, at least reported to us, to justify rankings.) The rankings are based on the athletes’ record over the season and represent a consensus of opinion between your editor and absolutely nobody else—they are subjective and arbitrary. Criteria used are times, record in major competition, head-to-head competition, and personal bias. The rankings at each distance are followed by lists of the top times for the year.

1984 WORLD 20 KM RANKINGS

1. Ernesto Canto, Mexico
   1:26:13 (2) Guadalajara 4/1
   1:18:40 (1) Bergen 5/5
   1:23:13 (1) Olympia 5/5

   1:21:13 (1) Potsdam 3/24
   1:20:59 (1) Copenhagen 5/12
   1:24:30 (1) Stockholm 5/26
   1:22:16 (1) DDR Champ. 6/2
   1:19:56 (1) Berlin 7/26

   1:22:16 (1) Naumburg 5/1
   1:25:00 (3) Copenhagen 5/12
   1:25:25 (2) Stockholm 5/26
   1:20:45 (1) Berlin 7/20

4. Sergei Protasov, USSR
   1:24:17 (3) Sov. Champ. 6/8
   1:21:57 (1) Moscow 8/16

5. Nikolai Polozov, USSR
   1:23:22 (1) Armavir 4/22
   1:23:53 (1) Sov. Champ. 6/9
   1:25:25 (2) Phtipodas 6/23
   1:22:40 (3) Moscow 8/16

6. Anatoly Solomin, USSR
   1:23:36 (2) Moscow 8/16
   1:22:40 (3) Moscow 8/16

7. Maurizio Damilano, Italy
   1:21:00 (1) lt. Champ. 5/13
   1:23:16 (2) Olympia 5/5

   1:22:36 (1) Naumburg 5/1
   1:25:00 (3) Copenhagen 5/12
   1:25:25 (2) Stockholm 5/26
   1:20:45 (1) Berlin 7/20

   1:21:13 (1) Potsdam 3/24
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    1:22:16 (1) Naumburg 5/1
    1:25:00 (3) Copenhagen 5/12
    1:25:25 (2) Stockholm 5/26
    1:20:45 (1) Berlin 7/20

11. J. Raul Gonzales, Mexico
    1:25:15 (1) Guadalajara 4/1
    1:21:46 (1) Bergen 5/5
    1:23:20 (2) Olympia 5/5

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The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $7.00 per year ($8.00 for First Class Mail, $10.00 for Overseas Air Mail.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3104 Summit St., Columbus, Ohio 43202. Second Class postage paid at Columbus, Ohio. Some changes to the Ohio Racewalker, 3104 Summit St., Columbus, Ohio 43202.

9. Erling Andersen, Norway
   "Note: t = track race, DNF = did not finish, DQ = disqualified"

1984 WORLD LIST — 20 KM

1. Ronald Weigel, GDR
   1:22:44 (1) Naumburg 5/1
   1:22:31 (2) Berlin 7/20

2. Hartwig Gauder, GDR
   1:22:44 (2) Naumburg 5/1
   1:22:26 (1) Stockholm 6/26

3. Nikolai Polozov, USSR
   1:22:12 (1) Moscow 6/16

4. Raul Gonzales, Mexico
   1:22:24 (2) Sov. Champ. 6/9
   1:22:16 (1) Moscow 6/16

5. Bo Gustafsson, Sweden
   1:22:10 (3) Olympics 8/11
   1:22:08 (2) Moscow 6/16

6. Sandro Bellucci, Italy
   1:22:10 (3) Olympics 8/11
   1:22:08 (2) Moscow 6/16

7. Valeri Suntsov, USSR
   1:22:10 (3) Olympics 8/11
   1:22:08 (2) Moscow 6/16

8. Martin Bermudez, Mexico
   1:22:10 (3) Olympics 8/11
   1:22:08 (2) Moscow 6/16

   1:22:10 (3) Olympics 8/11
   1:22:08 (2) Moscow 6/16

10. Reimaa Salonen, Finland
    1:22:10 (3) Olympics 8/11
    1:22:08 (2) Moscow 6/16

The two East Germans beat Olympic Champion Gonzales in Naumburg and then walked even faster in their national race and earned the top two spots. Gonzales' Olympic win clearly stamps him for the number three spot. Weigel and Gonzales hold the same positions as last year. Gauder moves up from fifth. Perlov had two excellent races to rank ahead of the other two Olympic medallists. Suntsov showed well in Naumburg and then improved his time in his national. Bermudez beat Suntsov in Naumburg, but is hurt by his DQ in the Olympics. Sokkora did well in two international races. Salonen, after a slow start in Naumburg, did well in LA and then put in a fast late season time.

1984 WORLD LIST — 50 KM

1. Ronald Weigel, GDR
   3:53:19 (1) Olympics 8/11
   3:53:16 (2) Berlin 7/20

2. Hartwig Gauder, GDR
   3:53:16 (2) Berlin 7/20
   3:53:12 (1) Moscow 6/16

3. Nikolai Polozov, USSR
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

4. Raul Gonzales, Mexico
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

5. Bo Gustafsson, Sweden
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

6. Sandro Bellucci, Italy
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

7. Valeri Suntsov, USSR
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

8. Martin Bermudez, Mexico
   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

   3:53:12 (1) Moscow 6/16
   3:53:06 (2) Sov. Champ. 6/9

10. Reimaa Salonen, Finland
    3:53:12 (1) Moscow 6/16
    3:53:06 (2) Sov. Champ. 6/9

The East Germans beat Olympic Champion Gonzales in Naumburg and then walked even faster in their national race and the top two spots. Gonzales' Olympic win clearly stamps him for the number three spot. Weigel and Gonzales hold the same positions as last year. Gauder moves up from fifth. Perlov had two excellent races to rank ahead of the other two Olympic medallists. Suntsov showed well in Naumburg and then improved his time in his national. Bermudez beat Suntsov in Naumburg, but is hurt by his DQ in the Olympics. Sokkora did well in two international races. Salonen, after a slow start in Naumburg, did well in LA and then put in a fast late season time.
1984 U.S. 20 KM RANKINGS

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<th>Rank</th>
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<tr>
<td>1</td>
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<td>1:25:53</td>
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<tr>
<td>2</td>
<td>Tim Lewis</td>
<td>1:25:56</td>
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<tr>
<td>3</td>
<td>Dan O'Connor</td>
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<tr>
<td>4</td>
<td>Carl Schueler</td>
<td>1:25:58</td>
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<tr>
<td>5</td>
<td>Marco Evoniuk</td>
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The Olympic Trials race was decisive. The first three were clearly superior to the rest of their records bears that out... Shick and Schueler had only the one race at the distance, but were well clear of other challengers... McMillan failed to finish in the trials but had a very impressive record otherwise... Aged newcomer Funkhouser won the National title race, had a very fast race at the National Master meet, and generally showed he is a very tough newcomer... The veteran Scully looked like a has-been in the National meet but showed he still has something left in the Olympic Trials... Pecinovsky had a very fast race early, but was hurt by his DQ at the Trials... Masters walker Walker continues to amaze with a very strong and consistent season.

1984 U.S. LIST - 50 KM

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Sculier won the National title and was magnificent in the Olympics, so despite his less than brilliant performance in the Final Trials is a clear first... Evoniuk's great race in the Final Trials earn him second... O'Sullivan, with seconds in both races of national import, is clearly third... Tom Edwards had two excellent races to earn fourth... O'Connor's good race in Spain earns him fifth over fifth-place Trials finisher, Randy Mimm, Dan was injured in the Trials race... Troy Engle proved twice that he is better than any of the rest... Tim Lewis had a fast race early, but failed to finish in the Trials... Glusker and Fenton traded wins over each other, but Wayne's was more decisive in the more important race.

1984 U.S. LTT-50 KM

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DNF U.S. Trials 6/23
Both of the first two suffered early season defeats, but then came on to go undefeated from there. Both broke the world record, but Kristop had the faster time and another quick one to back it up. Xu pressed Yan in her countrywomen's race to take fourth... Peel had no real fast times, but competed very well in Europe... Underova competed well in Bergen and then beat all her countrywomen, except Kristop in a domestic race... With her good win in Copenhagen, an argument could be made for having Guan ahead of both Underova and Peel, and indeed, these three are very close... Underova has a poor early season race, but then came on very strong and in all close to the three above her. These four could be put in most any order with some justification... Cook, always ranked very high, did not compete as well this year and can do no better than ninth... Osipova is in a clear tenth ahead of Italy's Maria Salce, the former world record holder.

1984 WOMEN'S WORLD LIST -- 5 KM

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<tr>
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<td>Olga Kristop</td>
<td>21:37</td>
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<tr>
<td>2</td>
<td>Hong Yan</td>
<td>22:14</td>
</tr>
<tr>
<td>3</td>
<td>Vova Yarutkina</td>
<td>22:16</td>
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<tr>
<td>4</td>
<td>Rosa Underova</td>
<td>22:17</td>
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<tr>
<td>5</td>
<td>Natalia Serbinenko</td>
<td>23:05</td>
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<tr>
<td>6</td>
<td>Ann Peel</td>
<td>23:16</td>
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1984 WOMEN'S WORLD LIST -- 10 KM

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<th>Rank</th>
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<tbody>
<tr>
<td>1</td>
<td>Olga Kristop</td>
<td>24:19</td>
</tr>
<tr>
<td>2</td>
<td>Vova Yarutkina</td>
<td>24:27</td>
</tr>
<tr>
<td>3</td>
<td>Maria Salce</td>
<td>24:33</td>
</tr>
<tr>
<td>4</td>
<td>Rosa Underova</td>
<td>24:35</td>
</tr>
<tr>
<td>5</td>
<td>Natalia Serbinenko</td>
<td>24:46</td>
</tr>
<tr>
<td>6</td>
<td>Ann Peel</td>
<td>25:07</td>
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Kristop is easily on top with her two world bests... Yan had two losses, but beat a good field in fast time in the Copenhagen race. . . Gao also beat second in the Soviet championships and was third... Yan's time was fourth in Sochi, had a super-fast time behind Kristop in France and is fourth ahead of Underova... Jansson beat Yan in an International in Italy, but then finished only third in her National. . . Vera-Tsanev won that race and had a good time in Spain to edge Salce, third in the Lomelio race, for seventh... Gunnarsvon had consistent times and beat Jansson in the Swedish national. Peel did not compete against others at 10, but for seventh... Kristop is easily on top with her two world bests....

48:11 Maria Cogoli, Italy
48:10 Nin Å Fessenko, USSR
46:43 Natalia Serbinkova, USSR
46:41 Olga Yarutkina, USSR
46:40 Veronika Osipova, USSR
45:40 Hong Yan, China
48:01 Olga Yarutkina, USSR
47:49 Teresa Vaill, USA
47:42 Rachel Thompson, Australia
47:40 Ping Gao, China
47:39 Ann Peel, Canada

1984 U.S. WOMEN'S 10 KM RANKINGS
1. Exter Lopez
51:29 (1) Walnut 4/29
19:15 (2) U.S. Champs 4/8
2:49:56 (1) Los Angeles 10/28
50:55 (3) Columbia 11/3
2. Teresa Vaill
49:01 (1) Lexington 5/5
49:17 (2) Los Angeles 6/23
50:55 (2) Nag. Falls 7/14
51:49 (1) Empire Games 8/18
51:29 (6) Columbia 11/3
3. Debbie Lawrence
53:31 (9) Williamsburg 3/10
54:22 (1) St. Louis 4/15
53:55 (2) Fayetteville 4/2
50:08 (17) Lomelio 5/1
51:01 (1) U.S. Champs 6/8
54:58 (6) Los Angeles 6/23
52:46 (5) Nag. Falls 7/14
4. Susan Liers
53:47 (2) Pinckney 4/2
53:20 (2) U.S. Champs 6/8
53:01 (3) Los Angeles 6/23
51:03 (21) Lomelio 5/1
52:08 (4) Nag. Falls 7/14
5. Gwen Robertson
52:29 (2) Empire Games 8/18
54:13 (8) Columbia 11/3
6. Chris Anderson
52:11 (1) Starling 4/9
54:06 (1) Chestnut Hill 11/4/19
55:10 (2) Lexington 5/5
55:11 (4) U.S. Champs 6/8
55:18 (4) Los Angeles 6/23
55:11 (11) Columbia 11/3
7. Carol Brown
54:17 (2) Lexington 5/5
55:10 (2) Quebec 5/12
57:13 (8) U.S. Champs 6/8
54:17 (5) Los Angeles 6/23
54:24 (3) Empire Games 8/18

Lopes beat Vaill all three times they met and in clearly number one. Vaill had the best set of times and easily ranks second. Lawrence had a fast time in Italy and won the U.S. title, but then had superb races to end her season. Liers improved as the season progressed and with thirds in both big races (National and Olympic Trials exhibition) is easily fourth. Robertson did not get to any of the important domestic meets, but did well enough locally to rank fifth. Anderson competed well, with her best times of the year and fourth place finishes in both of the major races. Brown was somewhat below par in the big ones, but had a good set of times otherwise. Kemp broke even with Brown the two times they met, but did not have the impressive times that Carol posted. Boccie improved as the season went on and edged Miller, who had some better times, but fellway off when it counted.
AND NOW... SOME RACE RESULTS


OVERSEAS

Natascha Buchan, age 20 1:43.9 4. Troy O'Donnell 20:44.1 Km Seattle, Nov. 18--1. Ma. Kojimi 25:05.1

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NEWS FROM THE RACE WALKING COMMITTEE AT THE NATIONAL ATHLETICS CONGRESS

Convention

Sal Corrallo has been elected to replace Bob Kitchen as National Race Walking Chairman. Bob has served two terms (2 years each) during which he has moved the sport ahead, communicated well, and always acted only in the best interests of race walking and race walkers.

Sal is already moving ahead and has appointed an Executive Council to help him come to grips with the needs in all aspects of the sport. Lori Maynard, Redwood City, Cal. is Operations Chairperson, her duties include newsletter, records, and national championship scheduling. Gary Masterfield is National Team Coordinator in charge of team selection, training, coaching, travel, and equipment. Gary is from Saltlawn, New York. Frank Soby, Detroit, is the Finance Chairperson heading up budgeting/auditing and fund raising.

Howie Jacobson, New York City, is Development Chairperson where he will oversee promotion of walking, conduct of clinics, and college, high school, and club contacts. Lawrie and Gwen Robertson, Redwood City, Cal., are Program Chairperson and Assistant Program chairperson, respectively. Their responsibilities include officiating, course certification, rules, law and legislation, youth, masters, and special Olympics, Sports Festival, sports medicine, and women's advisory affairs. Bob Kitchen is a member of the Council for special events, primarily Lugano Cup competition. Special Advisors to the Council are Dean Ingrao, Seattle, the Representative to the TAC Board of Directors; Ron Daniel, Pasadena, Cal., also Representative to TAC Board of Directors; and Bob Bowman, Oakland, Cal., Representative to the IAAF. The Council will include two athlete members to be named, and Carl Schueler is Acting Chairperson.

The other major item to report at this time in National Championship Races for 1985. They are:

Men's Indoor 2 Mile and Women's 1 Mile, New York City, Feb. 22. Standards:

Men—6:15 (mile: 5:10) (3000 meters) 13:30 (2 Mile), or 12:15 (3 Ke)

Women—7:50 (mile) or 7:20 (1500 m)

Men's 20 Kms and Women's 10 Kms (both track), Indianapolis, June 14-16. Standards:

Men—1:13:50, Women—1:55:00

Men's Indoor 3000 M, New York City, Jan. 25. Contact Tracy Sundlun, P.O. Box 1312, Ansonia Station, New York, NY 10023, (212) 741-2774

Jr. Men's 3 Kms, Fordham Univ., Bronx, NY, Jan. 27. Contact Gary Masterfield, P.O. Box 490, Saltlawn, NY 11787, (516) 979-9603

Sr. Jr., Master Men's and Women's Team 20 Kms, Carmel, Cal., March 30. Contact Giulio di Petra, P.O. Box 2957, Carmel, CA 93921


Sr. Men's 50 Kms (also Masters), New York City, May 11. Contact Howie Jacobson, 424 E. 86th St., New York, NY 10028

Sr. Jr., Masters Men's and Women's 5 Kms, Denver, Col., May 25. Contact Joe Barrow, Jr., Suite 700, 55 Madison St., Denver, CO 80206

Sr. Jr., Masters Men's and Women's 10 Kms, Niagara Falls, NY, July 13. Contact Dan Stanek, 131 Meadowview Lane, Williamsburg, NY 14172

MR. J R., Masters Men's and Women's 15 Kms, Santa Monica, Calif., Sept. 1. Contact John Kelly, 1024 Third St., Santa Monica, CA 90403

Sr. Masters Men's and Women's 50 Kms, Santa Monica, CA 90403

Sr. Masters Men's and Women's 2 Hour, Paramus, NJ, Sept. 10. Contact Randy Krook, 453 E. 86th St., New York, NY 10028

Sr. and Masters Men's 40 Kms, Port Monmouth, NJ, Oct. 13. Contact Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764

Sr. and Jr. Men's Indoor 5 Kms, Princeton, NJ, Dec. 22. Contact Tracy Sundlun, P.O. Box 1312, Ansonia Station, New York, NY 10023

Sr., Jr., Masters Men's and Women's 1 Hour Postal, Jan. 1 to Nov. 30. Contact Ray Funkhouser, 37 East Acres Dr., Yardville, NJ 08640

Sr. Men's 100 Miles, Columbus, Missouri, date to be announced. Contact Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65201.

The 30, 50, and 100 Kms Championships have not yet been awarded.

There will also be a women's 10 km and Men's 20 and 50 km in the National Sports Festival, to be held in Baton Rouge, La., from July 26 to August 4.

# # # #

REPORT ON THE FIRST TAC RACE WALK SPORTS MEDICINE AND SCIENCE SEMINAR

From Dr. Howard Palaamarchuk

Friday, November 30 witnessed the first organized sports medicine and science seminar devoted to race walking. The site was the Athletics Congress National Race Walking meeting in San Diego.

The seminar was well attended and well received by the race walk enthusiasts. Dr. Palaamarchuk gave a 15-minute presentation using slides to demonstrate common athletic injuries and how to treat them, shoe construction and features to look for in shoes, foot biomechanics and orthotics, and injury prevention. A question-and-answer period followed.

Leonard Jansen, race walker and computer genius, took the podium next and absolutely dazzled and astounded the audience with his presentation of race walking biomechanics. Through the use of high-speed film, computer analysis, and old-fashioned Newtonian physics, Leonard demonstrated that, through motion analysis, individual training programs for more efficient walking technique can be developed. There are ideals of motion that can be patterned into a race walker in training. Leonard demonstrated that the elite East German walkers' strides do not vary by more than a ½-inch throughout an entire 20 K race, and that this is no accident. It is scientific methodical training. Leonard then demonstrated the erratic stride lengths of the American walkers in the same race.

Leonard also proved beyond a doubt that race walking is a "pull" action rather than a "push" motion, as widely believed.

Finally, thanks to the work of Jansen, Mark Fenton, and Fabian Kniazsky, the world's largest raw data bank on race walking biomechanics has been assembled. Leonard boasted that if all the data were to be printed out it would be the equivalent of 30 volumes of "Lord of the Rings!!" This astounding work will yield valuable information for the future.

Dr. Jim Coots, psychologist by day and race walk theorist by night, gave a 15-minute presentation on his ideas of applying biomechanics to actual training and how one could teach these principles to aspiring race walkers. Jim was also elected to chair the sports science of race walking.

Frank Alongi, noted scientist for NASA and Ford, revisited his paper on ground strike forces and the height of foot fall as it relates to injury prevention.
Chris Legg of Toronto won the National AAU 20-kilometer walk today, setting a new course record of two hours 51 minutes and two seconds. John Deni of Pittsburgh came in second, five minutes behind him. Bill Mihalo of Detroit was third. Ray Funkhouser is doing his part to promote our sport. He was third in the past years. Larry Larson, who tells us that Frank Longi was seriously injured in a very freakish way while preparing to leave San Diego following the Athletics Congress Convention. Larry says: “He was walking in the boiler room) for his wife were able to return to Detroit. He has been at home since and is not able to go back to work for some time. It was a sudden thing, and really puch Frank out of commission for a while.” Friends can write Frank at 26530 Woodsire, Dearborn Heights, MI 48127. Bill Clark, a long time friend of race walking in Columbia, Missouri, is now a double Hall of Famer. He was elected to the National Weightlifting Hall of Fame and will be inducted in May, 1985. He was also inducted into the Columbia Bowling Hall of Fame last year. He continues to scint for the Cincinnati Reds, edits two weightlifting publications, and was featured in the July edition of Audubon Magazine as the non-typical birder— He edits his State’s Audubon Society quarterly. Bill keeps his finger in a few pies.

Oly. 20 & 50 K Walk Videos Available - Also Trials
Baucast Prod. have finished editing of the long awaited L.A. Olympic 20 K Walk Videotape (VHS & Beta). The 50 K will be available around Dec. 14 —just in time for Christmas. The tapes include a four minute intro with pictures of prior Olympic walks from 1948 on to the Olympic fanfare music, the start on the track, the road course from 3 cameras (with running time shown on screen), the finish on the track, the awards ceremony (20 k only), and a minute closing sequence to music. Documentation also included has map of course, list of judges, dossier of each athlete, split times and newspaper coverage of race (20 k only). Copies will be purchased by mail with Dennis Reilly @ 322 Monte Vista Ave. #205, Oakland, California 94611. Price is $44.00/tape or $83.00 for both 20 & 50 k tapes. Also available is the videotape of the 20 & 50 k Olympic Trials races on one tape at $25.00 per tape. Specify tape format with order. Make checks payable to Dennis Reilly. The Olympic tapes are a COMPLETE record of these events and of great value for training, clinics, fund raising (last 4 minutes) & P.R.

A Joyous New Year to All