



# USA Track and Field Pacific Association COVID-19 VIRTUAL Race Walk Grand Prix

## 5,000-Meter Race Walk Summary Report

Our second event in the COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series was a 5,000-meter Virtual Race Walk, conducted from May 31 to June 7, 2020. Race rules were distributed prior to the race.

The event was conducted on city streets and sidewalks, school tracks, parking lots, paved park pathways, and treadmills across the USA. There were 30 participants ranging in age from 14 to 80.

### Winners Podium

#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Robyn Stevens 25:02	Nick Christie 21:50	David Swarts 83.52%
2	Talia Green 27:13	David Swarts 24:55	Nick Christie 82.43%
3	Maryanne Daniel 32:07	Adrian Zamudio 26:25	Robyn Stevens 80.20%

Prizes (California- and Nevada-shaped rock pins) will be awarded at the luncheon following the 10-km Grand Prix race walk in Carmichael/Sacramento on Sunday, 27 September 2020, to the top three females, top three males, and top three age-graded athletes in each of the contested virtual race walk events. Winners must be present on September 27 to receive their prizes; if a winning athlete is not present, the prize will be given to the next athlete in that category.

### Judging Summary

As with the recent virtual 3,000-Meter Race Walk, all officiating and judging was virtual, and all of the highly-qualified virtual officials and judges were everywhere at the same time while still managing to maintain safe distancing.

The Virtual Penalty Zone was in place for all races in all locations. At the 5,000-meter distance, the penalty for receiving 3 red cards is 30 seconds in the Penalty Zone, or 30 seconds added to the finish time if the athlete has already crossed the finish line.

Each participant is identified by a bib number which corresponds to his/her/their initials.

30-Second Penalties – Bib #NG  
 DNF (Did Not Finish) – Bib #BM  
 DQ (Disqualification, due to 4 red cards) – none  
 Red Cards – too numerous to list here (refer to virtual DQ Boards from around the country)

## Results Details

PAUSATF COVID-19 VIRTUAL 5,000-Meter Championship May 31 - June 7, 2020									
First Name	Last Name	Age	Sex (M/W)	Team	Association?	Time	by speed	Graded %	Age Graded %
Adrian	Zamudio	44	M	Pegasus	no	0:26:25	M3	74.05%	10
Alex	Price	38	M	Walk USA	no	0:29:37	M4	62.89%	20
Anthony	Davis	56	M	Reno Tahoe	yes	0:40:08	M12	52.03%	27
Beth	Price**	68	W	Unattached	yes	0:47:41	W14	55.44%	26
Brian	Kirshner	60	M	Unattached	no	0:37:11	M10	56.95%	23
Chantay	Jones	59	W	Reno Tahoe	yes	0:43:39	W13	55.93%	25
Charles	Mansbach	75	M	NEW	no	0:40:06	M11	63.74%	18
David	Swarts	55	M	Pegasus	no	0:24:55	M2	83.52%	1
George	Mercure	72	M	RWNW	no	0:35:39	M9	68.71%	14
Ginger	Palmer	57	W	CTRW	no	0:36:44	W9	65.02%	17
Helen	Storrs	54	W	Unattached	yes	0:40:22	W11	57.37%	22
Joanne	Figone	67	W	Sierra	yes	0:32:43	W6	80.12%	4
Jon	Price**	70	M	Unattached	yes	0:40:54	M13	58.27%	21
Joseph	Darcy	48	M	Unattached	yes	0:31:43	M7	63.73%	19
Karen	Stoyanowski	65	W	Sierra	yes	0:32:35	W5	79.04%	6
Katherine	Clausen de Contreras	57	W	Unattached	yes	0:42:08	W12	56.68%	24
Mark	Green**	64	M	Pegasus	yes	0:30:48	M6	71.96%	13
Maryanne	Daniel	61	W	CTRW	no	0:32:07	W3	77.52%	8
Michael	Bennett	69	M	Unattached	yes	0:34:55	M8	67.42%	16
Nick	Christie**	28	M	Newfeel	yes	0:21:50	M1	82.43%	2
Nicolle	Goldman	61	W	Sierra	yes	0:36:29	W8	68.25%	15
Robyn	Stevens**	37	W	Newfeel	yes	0:25:02	W1	80.20%	3
Stephanie	Lyness	64	W	CTRW	no	0:32:51	W7	77.73%	7
Susan	Mears**	65	W	Sierra	yes	0:32:34	W4	79.09%	5
Talia	Green	14	W	Oakland Cubs	yes	0:27:13	W2	77.35%	9
Torn	Finn	63	M	CTRW	no	0:29:42	M5	73.77%	11
Trish	Caldwell	74	W	Sierra	yes	0:38:48	W10	72.40%	12
<b>Non-Finishers</b>									
Bill	Misner	80	M	Unattached	no	DNF			
Joseph	Berendt	64	M	Sierra	yes	DNS			
Paula	Mendell	70	W	Sierra	yes	DNS			

\*\* Altitude-Adjusted

### Team Name Glossary:

- CTRW = Connecticut Racewalkers
- Mark Day = Mark Day School
- NEW = New England Walkers
- Newfeel = Newfeel-DecathlonUSA
- Pegasus = Pegasus Athletic Club
- Reno Tahoe = Reno Tahoe Athletics Track & Field Club
- RWNW = Race Walkers North West
- Sierra = Sierra Race Walkers
- Walk USA

The race results and the updated Grand Prix results are available on the Race Walking page of the PAUSATF.org website at <https://www.pausatf.org/race-walking/race-walk-event-schedule/>

## How the Event was Conducted SAFELY (and Other Comments)

In same order as in Photo Gallery...

- Bib #BP: Stayed at least 2 meters from others. No red cards; the virtual judges were busy fishing along the Truckee River. Post-race photo by the back-yard model of Stonehenge (made from Gilbert Andesite columns).
- Bib #JP: Stayed at least 2 meters from others. Time included brief stops to (1) mail a letter to my 95-year-old mother, (2) pick up a penny in Idlewild Park, and (3) pick up another penny on Booth Street. No red cards; the virtual judges were distracted, worried about the overnight riot restarting. Nonetheless, multiple western goldfinches signaled yellow tattles. We're waiting to see what our attitude-adjusted race times will be. Post-race photo by the back-yard model of Stonehenge (made from Gilbert Andesite columns).
- Bib #BK: Race walked at a comfortable pace at a cool time of day. This was my PR at a 5K distance! No photo.
- Bib #JD: Maintained social distance, masking as needed, avoided the lure of a puppy who wanted to be petted. No photo.
- Bib #CM: I did my race on neighborhood roads; some flat, some gently rolling. I measured my course with my GPS watch during Sunday's workout and again during today's race and got two different finish lines, about 28 seconds apart. I'm reporting my time from the farther finish line to guarantee that my virtual race was genuine. I wore my mask during the race but saw few people and never came within 20 feet of anyone. In all, I saw 15 walkers, 2 runners, 7 assorted workmen, 1 scooter rider and 1 friend sitting on a stoop. No one gave me a second glance, so I conclude that there was nothing inappropriate-looking about my form and I did not warrant virtual red cards or warnings. The last time my wife watched one of my races was back in the 20th century, but she was happy to stand at the end of our driveway today and photograph my post-race form.
- Bib #AZ: On treadmill. Sorry no pics today, or video, kids were not up to take them for me.
- Bib #NG: I wanted to turn in a time so I put my community-protecting bandanna and big-girl skort on and went out early on a day that was 20 degrees cooler than the preceding 105F days; turns out there was a reason it was cooler – WIND; had to ask phantom officials three times for Permission to Leave the Course to retrieve my blown-off hat (causing one spectator to comment that parts of me were falling off); took extra steps dodging small groups and dog walkers but each

one counted because I was using my Garmin to measure the distance in meters; spent the last 5-10 minutes race walking while staring at my wrist and willing my Garmin to click over to 5,000 meters; spent 30 seconds in the virtual Penalty Zone and then waited breathlessly after the Finish to see if a fourth card would come in. It didn't. So my Finish Time includes :30 seconds penalty. Glad it's over. Photos post-race (and that sure looks like someone race walking in the background).

- Bib #GP, Bib #MD, Bib #SL, Bib #TF Connecticut Racewalkers: Overheard at the track (college age kid talking to their Mom) "I have no idea what they are doing but they did a good job of distancing themselves...it's some weird walking thing, it must keep them in shape because they kind of look old". Photos of racers distancing on track.
- Bib #AP: Because it was muggy with an impending thunder storm, not many people were out. I only saw 11 other people out on the street while I was walking, and never got closer than 3 meters to any of them. A few times I had to cross the street and walk with traffic instead of facing traffic to keep my distance, but luckily there were no cars nearby at those times. Because I was measuring my distance with the GPS watch instead of walking a certified course, I was fortunate not to have to add distance to be safe. My foot and my workload at the office are starting to heal, so I hope to find time to train more seriously in the future and hope to be able to maintain a similar pace for the upcoming hour event. Photo selfie.
- Bib #GM: Walked at Grant HS track in Portland, OR. area. No photo.
- Bib #TG: Doing my best to distance from other runners and walkers on the open track by going around them as much as possible. Photo taken trackside with race stats.
- Bib #KCdC: Walked alone, maintaining 6 feet distance or greater from others who used the track while I was there (3 off and on). My daughter helped time me and took a few pictures. Wanting to look happy in lap 11, I smiled and ended up with what appears to be a bent knee 🐶... decent push to the finish. Photos of time display, walking on track, (focus on the smile, not the bent knee).
- Bib #DS: I walked alone. Photo trackside with race result.
- Bib #KS: 1) My Crazed Covid look from the 3K Virtual Race worked so well to keep others away that I came out in fashion with another Crazed Look – Skeleton Eye Glasses, one messy big pony tail to flip out for anyone getting too close; my Skeleton racing top (actually pictures of my ancestors that I've been digging up in my genealogy research) to match my eyes!; 2) I was the only racer today, so no staggered start! Woo hoo, the best part I finished first! Boo Hoo, the worst part I finished last!; 3) My Course Monitor and Photographer (Bib #JB) of my 1K splits maintained what seemed to be "miles" of social distancing; I think he's getting a bit concerned that I've been sequestered too long; 4) And last of all my COVID

Coyote Course Monitor kept me safely distanced from all!!! Photos of racing on certified 1km loop course.

- Bib #CJ & Bib #AD: Completed at UC Davis track. Photos of each happy on the track, and the Reno Tahoe Track Club logo.
- Bib #BM: DNF (Did Not Finish). (*Ed. Note: Bill Misner, age 80.5, completed 1,600 meters at Shadle Park HS Track, Spokane, WA., in a fantastic time 9:41.09 which age grades inexactly because 1,600 meters isn't an official distance for race walking but which would be 81.39 - 87.47%. Unfortunately that spectacular performance falls into the DNF category because his distance was less than 5,000 meters required for this race.*] Photo from 2019 NVGAG VA Article.
- Bib #JF: I got there early in the am and had my mask around my neck in case it was needed. Luckily, I only had to cover my face briefly during the race when a couple of people came too close to me for comfort. Photos of Garmin showing my time and racing on track.
- Bib #HS: Started event early to avoid larger crowds. Was able to stay in lane 1 until the 12th lap and then had to move in lane 2 due a fast running group. Wore a face covering around neck in case within 6 feet of others and had to put on (new SF mask covering rule). Judging myself – I would give me a bent knee call during the 12th lap as I slowed down due to hamstring tightness. Otherwise, it went well considering the circumstances. Photo race walking at track.
- Bib #TC: I raced on a 1K loop on the American River Parkway, and was able to safely distance myself from other walkers, runners and bicyclists. The coyote that crossed the parkway during my warmup also kept himself at a safe distance. [*Ed Note: I think that coyote must really like race walking 'cause it also watched Bib #KS on the same course on a different day.*] Photo in Sierra race tank.
- Bib #MG & Bib #SM: Raced on a little used asphalt path and maintained at least 6 feet distance from any other person.
- Bib #MB: An interesting experiment to do a 5K fully masked. I did it masked because the City of Berkeley has a new ordinance that requires masking while running or biking if less than 30 feet distancing is not possible. I found it to be a very anaerobic experience with elevated heart rates, despite trying to go slower.
- Bib #NC & Bib #RS: Stayed at least two meters away from others and brought mask in case others were present... but nobody else was present. I did mine [just under 4,000 feet at Mt Tehachapi] during a long workout (took my split). Theme song of the day “Push It” by Salt-n-Pepa. Judging sheet: Clean. Looking forward to seeing the pics and everyone's synopsis! Hoping Bib #AG had a more successful attempt this time around sans pot smokers and trains holding her up. haha. Photos on the Tehachapi trails with route maps.
- Bib #JB: Did Not Start, still recovering from broken toe. [*Ed. Note: he doesn't seem quite sure it's the same toe?*] No photo.
- Bib #PM: Did Not Start, hasn't been training. No photo.

## Photo Gallery



Bib #BP



Bib #JP



Bib #CM



Bib #AZ



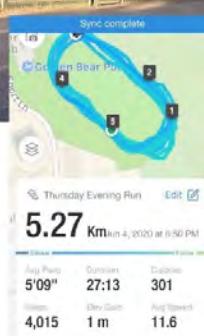
Bib #NG



Bibs #GP, #MD, #SL, #TF Connecticut Racewalkers



Bib #AP



Bib #TG

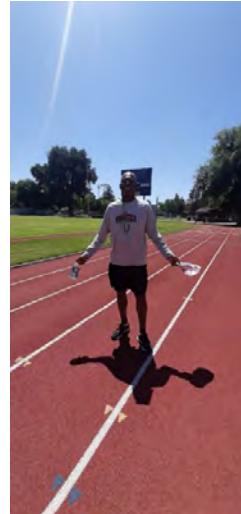
Bib #KdC



Bib #DS



Bib #CJ



Bib #AD





Bib #BM



Bib #JF



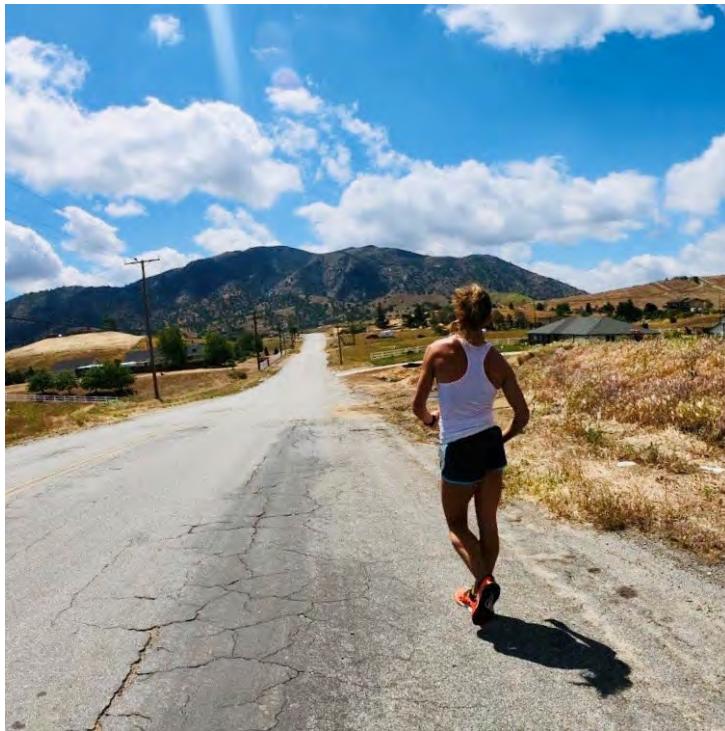
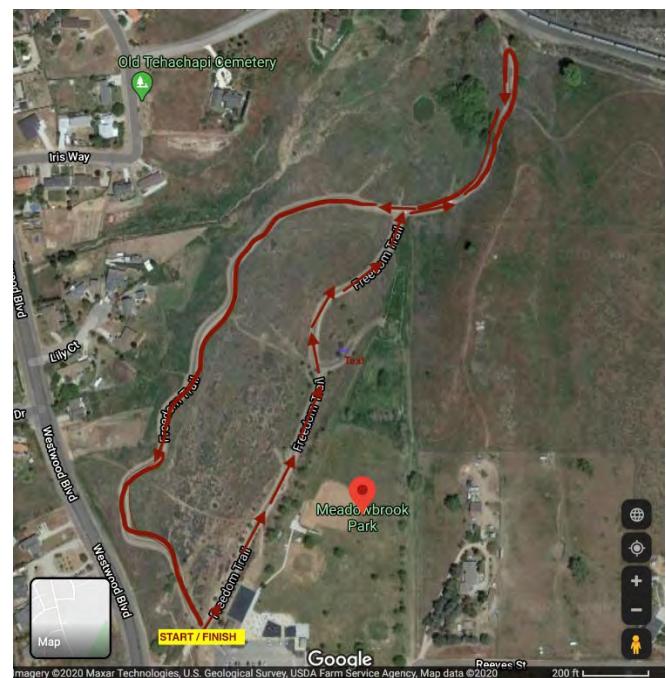
Bib #HS



Bib #TC



Bib #NC



Bib #RS



## **Closing**

Thank you to everyone who participated in this virtual event. The race results and the updated Grand Prix results are available on the Race Walking page of the PAUSATF.org website at <https://www.pausatf.org/race-walking/race-walk-event-schedule/>

We'll "see" you at our next VIRTUAL COVID-19 #AloneTogether event...  
One Hour Race Walk from July 4 -12, 2020.

Questions? Contact Nicolle Goldman at [nicolle goldman @ comcast.net](mailto:nicollegoldman@comcast.net)

Keep Walking!