

PAUSATF 20K Championships and 5K, Carmichael, CA, September 22, 2013

20K PAUSATF Championship Results:

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %
Alex	Price	31	M	PRO	yes	1:57:18	M1	66.01%	5
Joseph	Berendt	58	M	Sierra	yes	2:17:16	M2	67.42%	4
Karen	Stoyanowski	58	W	Sierra	yes	2:17:28	W1	77.26%	2
Susan	Mears	58	W	PRO	yes	2:19:50	W2	75.95%	3
Doris	Cassels	74	W	Marin	yes	2:37:40	W3	86.78%	1

5K Race Results:

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %
Walter	Stewart	68	M	Marin	yes	37:14	M1	65.67%	2
Melissa	Woodburn	60	W	Marin	yes	37:29	W1	65.93%	1

The 5K and the 20K were run simultaneously, on a 1K loop course at William Pond Park
 The weather was pleasantly overcast and calm and about 60 degrees for most of the race.
 Both races were clean, with no DQ's.

Judges: Helen Storrs (chief judge), Beth Price, Jon Price, Patricia Caldwell, Sandy Backer, and Ajay Padgaonkar
 And numerous other volunteers - recorder, runner, lap counters, water table, ... without whom this race would not have been possible.
 Race organized and hosted by the PAUSATF. Thanks Ann Gerhardt and all of your volunteer crew!

Team Name Glossary:

LSI = LSI Sprint
 Marin = Marin Race Walkers
 Oak Hill = Oak Hill Racing
 PRO = Pacific Racewalkers Organization
 SCTC = Santa Cruz Track Club
 Sierra = Sierra Race Walkers
 SSS = Silver State Striders