

West Region 20K Championships and 5K, Carmichael, CA, October 26, 2014

20K West Region & 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 %
Robyn	Stevens	31	W	Wolfpack	yes	1:46:13	W1	79.88%	2
Nicolle	Goldman	55	W	Sierra	yes	2:16:48	W2	74.83%	3
Mark	Green	58	M	Pegasus	yes	1:55:14	M1	80.32%	1
Alex	Price	32	M	PRO	yes	1:56:22	M2	66.63%	5
Marc	Kaiser	28	M	PRO	yes	2:10:27	M3	59.29%	7
Joseph	Berendt	59	M	Sierra	yes	2:18:39	M4	67.36%	4
Walter	Stewart	69	M	Marin	yes	2:37:38	M5	65.98%	6

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 %
Tammy	Stevenson	44	W	Wasatch	no	28:50	W1	73.58%	2
Joanne	Figone	62	W	Marin	yes	33:06	W2	76.45%	1
Natalie	DeJarlais	57	W	Marin	yes	37:37	W3	63.55%	3
Melissa	Woodburn	61	W	Marin	yes	39:36	W4	63.14%	4
Claudia	Wilde	61	W	Westwind	yes	41:32	W5	60.20%	5

The 5K and the 20K were run simultaneously, on a 1k loop course in William Pond Park

The weather was sunny and about 50 degrees at the start, warming up to about 60, with a light breeze for the whole race.

The athletes who were disqualified or did not finish are not listed.

Judges: Sandy Backer (chief), Jon Price, Beth Price, Ann Gerhardt, Helen Storrs, Trish Caldwell. Recorder: Susan Porth

And numerous other volunteers - sweeper, runner, lap counters, water table, ... without whom this race would not have been possible.

Race organized as a joint effort by the entire PAUSATF racewalking community. Thanks Ann Gerhardt and all of your volunteer crew!

Team Name Glossary:

Marin = Marin Race Walkers

Pegasus = Pegasus Athletic Club

PRO = Pacific Racewalkers Organization

Sierra = Sierra Race Walkers

Wasatch = Wasatch Walkers (Utah)

Westwind = Westwind Flyers

Wolfpack = Wolfpack Running Club