

## PAUSATF 10K Championships and 5K, Carmichael, CA, September 7, 2014

### 10K 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	0:54:05	W1	75.75%	7
Karen	Stoyanowski	59	W	Sierra	yes	1:01:46	W2	82.82%	2
Nicole	Goldman	55	W	Sierra	yes	1:05:33	W3	74.52%	8
Susan	Mears	59	W	PRO	yes	1:07:15	W4	76.07%	6
Paula	Mendell	64	W	Sierra	yes	1:08:53	W5	79.22%	4
Doris	Cassels	75	W	Marin	yes	1:14:21	W6	87.51%	1
Natalie	DeJarlais	57	W	Marin	yes	1:15:52	W7	65.86%	13
Helen	Storrs	48	W	Sierra	yes	1:22:59	W8	54.85%	14
Mark	Green	58	M	Pegasus	yes	0:55:20	M1	81.67%	3
Alex	Price	32	M	PRO	yes	0:56:17	M2	66.41%	12
Shoja	Torabian	65	M	Marin	yes	1:02:17	M3	77.91%	5
Joseph	Berendt	59	M	Sierra	yes	1:06:59	M4	68.10%	11
Bill	Penner	68	M	PRO	yes	1:10:10	M5	71.58%	9
Walter	Stewart	69	M	Marin	yes	1:14:09	M6	68.55%	10

### 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 %
Terri	Brothers	58	W	PRO	yes	38:41	W1	62.47%	2
Claudia	Wilde	61	W	Westwind	yes	42:23	W2	59.00%	3
Dick	Petruzzi	81	M	PRO	yes	44:03	M1	66.34%	1

**Team Results:** Team score is the average of the top 3 age grade percentages (only racers in the 20K qualify for the grand prix).

Team	Average Top 3	Points	Top 3 Places
Sierra	78.85%	10	2nd, 4th, and 8th
Marin	77.99%	8	1st, 5th, and 10th
PRO	71.35%	7	6th, 9th, and 12th

The 5K and the 10K were run simultaneously, on a 1k loop course in William Pond Park  
 The weather was sunny and about 65 degrees with a light breeze for the whole race.  
 Both races were clean, with no DQ's, but one athlete in the women's race did not finish.

Judges: Jon Price (chief judge), Manuel Loverde, Beth Price, Ann Gerhardt, and Sandy Backer  
 And numerous other volunteers - recorder, runner, lap counters, water table, ... without whom this race would not have been possible.  
 Race organized and hosted by Sierra Race Walkers. Thanks Joe Berendt 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  
 Westwind = Westwind Flyers  
 Wolfpack = Wolfpack Running Club