



Inaugural Awards Banquet

February 1, 2020 • San Francisco, CA

Guest Speaker - Shannon Rowbury

Hall of Fame Inductees

2019 Competition Awards

2019 Service Awards

Visit pausatf.org to learn more!

2019 Officials Awardees

USATF National Officials Hall of Fame

John Shirey

USATF Pacific Dick Connors Meritorious Service Award *(ten years experience as a Track & Field Official AND must be certified as Masters level official with the USATF)*

Bob Podkaminer

USATF Pacific George Newlon Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Track event officiating)*

John Busto

James Starmer

USATF Pacific Dick Barbour Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating.)*

Jay Abbott

USATF Pacific Horace Crow Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating.)*

Ajay Padgaonkar

James Hart

USATF Pacific Lori Maynard Special Recognition Award *(Recipient must be a person involved, other than as a spectator, in Track & Field, LDR, or Race Walking in any capacity AND has exhibited exceptional dedication to the sport of Track & Field, LDR or RaceWalking)*

Phil Leake

2019 Coaches Legacy Awardee

Ken Grace

Career and Honors Timeline

(excerpted from the Legacy Coaches Awardees' page at pausatf.org/coaches/coaches-legacy-awardees/)

1980, Spring: Ken Grace started coaching track and field at Chabot College
1980, Fall: Ken began teaching at Las Positas College (then called Valley Campus) and began his career as a cross country coach at City College of San Francisco. Annually hosted the Lou Vasquez Cross Country Invitational in Golden Gate Park.

1985: Became a certified USA Track and Field level 1 coach

1986: Became a level 1 lead instructor.

1992: Become a certified level 2 coach in both the jumps and endurance.

1992 California Community College Coach of the Year in Cross Country

1993 thru 1995: President, CCCAA Intercollegiate Athletic Association forums for California Community College Track and Cross Country Coaches

1994: Distance coach for the winning West Team at the USA Olympic Festival in St. Louis, MO.

1995: California Community College Coach of the Year in Track and Field

1995: Became Dean of Athletics and Physical Education at Chabot College.

1995-2010: Hosted the Chabot College Summer All Comer's Track Meet Series.

1998: Returned to the Chabot classroom as a teacher and the track as a coach.

1996: Assist, Supervisor of the warm-up track (Cheney Stadium) for both USA Olympic Trials and the Olympic Games in Atlanta.

1996: Ken with Dr. Dave Shrock began hosting the Level 1 Coaches School at Chabot College. To date over 1200 coaches have gone through their schools.

2000 and 2004: Supervised the warm-up track at Hornet Stadium in Sacramento for the USA Olympic Trials.

Ken has coached numerous Conference, NorCal and State champions at both the JC and High School levels. He has had several national champions, an Olympic Trials qualifier and a US team member for the World Cross Country Championships.

Banquet Schedule

5:00pm - No Host Bar and Social Hour

6:00pm Dinner

- Guest Speaker - Shannon Rowbury
- Sports Competition Awards
- Service Awards
- Hall of Fame Inductees

8:30pm - Closing

2019 USATF Pacific Hall of Fame Inductees

Visit pausatf.org for more detailed information.

Bill Clark

Elite Distance Runner
Founder of West Valley Track Club
And so much more...

Irene Herman

USATF Pacific member since 1985, Irene is currently an athlete, a master official, an event manager, a race director, an NOC subcommittee Insurance Chair, and serves on the PA Board of Directors as a 1st VP. She has also served as a Past President multiple times and as the Membership Committee Chair for many years.

Mark Winitz

Mark has been involved with the PA since the early 1980s as a competitor and volunteer. He served as the LDR Committee Chair for many years and is hugely responsible for the success of the LDR Grand Prix series. His public relations and reporting skills continue to highlight PA events and PA athletes' accomplishments. Top this off with his dedicated work with LDR Officials and his PA Strategic Plan leadership.

2019 Masters Track & Field Awards

Congratulations to winners of PA USATF 2019

MTF Grand Prix Awardees!

Sprints

- 1) Irene Obera**
- 2) Stephanie Lain**
- 3) Larry Barnum**

Middle-Distance

- 1) Bryan Mayberry**
- 2) David White**
- 3) Liisa Nichols**

Distance

- 1) Lynne Hurrell**
- 2) David White**
- 3) Kevan Chu**

Hurdles

- 1) Brian Conley**
- 2) Robert McDaniels**
- 3) Joseph Ols**

Jumps

- 1) Irene Obera**
- 2) Richard Harmon**
- 3) Doug Holland**

Throws

- 1) Elsbeth Padia**
- 2) Gary Patterson Sr**
- 3) Gary Wuest**

All Around

- 1) Joseph Ols**
- 2) Richard Harmon**
- 3) Irene Obera**

Club Teams

- 1) Sierra Gold T&F Club**
- 2) Joy's Jackrabbits T&F Club**
- 3) San Francisco T&F Club**

Employer Teams:

- 1) OLS Controls**
- 2) Joy's Jackrabbits Track Club**
- 3) Kaiser Permanente**

2019 Open Track & Field Awards

2019 USATF Pacific Open T&F Grand Prix Final Standings

ATHLETE	EVENTS	POINTS	AWARD
Jenna Hinkle	1,500	6,421	\$2,500
(Scored in 5 meets; 2 in PA; bonus points at USATF nat'l's)			
Elizabeth Patterson	High Jump	6,119	2,000
(Scored in 4 reg. season meets incl. PA champs; bonus points at USATF Nat'l's)			
Tasia Potasinski	800, 1500	5,052	1,500
(Scored in 5 meets; 2 in PA)			
Brysun Stately	Pole vault/Dec.	4,977	1,250
(Scored in 5 meets; 2 in PA including women's dec. PV)			
Darius Terry	1500, 5K	3,933	1,000
+\$1,000 bonus as top other gender (male) scorer; (Scored in 4 meets, 1 in PA)			
Connor Clark	5K	2,803	900
(Scored in 3 meets)			
Kate Jamboretz	1,500	2,710	800
(Scored in 3 meets, 2 in PA)			
Alycia Cridebring	5K	2,130	700
(Scored in 2 meets)			
Channing Wilson	Javelin	1,813	600
(Scored in 2 meets, 1 in PA)			
Asaundra Dalton	200	972	500
(Scored in 1 meet – in PA)			
Kendall Spencer	Long Jump	916	400
(Scored in 1 meet)			

NOTES:

- Minimum of 900 points on IAAF tables to score in an outdoor track & field meet during PA GP season (no road races).
- Only one event (highest scoring) at any meet/day may scores.
- Maximum of 3 meets outside PA region and 5 total meets score (prior to USATF Championships/OT).
- USATF Championships/Olympic Trials are a bonus meet for those who qualify.
- Double points awarded for best event mark at Pacific Assoc. Championships.

2019 LDR Awards - Cross Country

Male XC Runner of the Year - **Peter Gilmore** (WVTC)
 Female XC Runner of the Year - **Karlie Garcia** (SRA Elite)
 XC Volunteer of the Year - **Carl Rose** (Strawberry Canyon)

Men's Individual Champions

Open - Dustyn Saloman, HOKA Aggies
 (40+) - **Peter Gilmore, WV TC
 (50+) - Jorn Jensen, WVJ&S
 (60+) - Tom O'Reilly, Tamalpa
 70+ - Don Porteous, Tamalpa
 Fountain of Youth (80+) - Elmo Shropshire, Tamalpa

Women's Individual Champions

Open - **Karlie Garcia, SRA Elite
 (40+) - Alyssa Barrett, WVTC
 (50+) - Nancy Thomas, Impala
 (60+) - Joanna Siegler, GVH
 70+ - Jo Anne Rowland, Impala
 Fountain of Youth (80+) - Carol Mikkelsen, HOKA Aggies

**Denotes Athlete of the Year

Men's TEAMS

Open - HOKA Aggies
 (40+) - West Valley TC
 (50+) - West Valley Joggers & Striders
 (60+) - Tamalpa
 (70+) - Tamalpa
 Fountain of Youth (80+) - Tamalpa

Women's TEAMS:

Open - SRA Elite
 (40+) - Impala RT
 (50+) - Impala RT
 (60+) - Impala RT
 (70+) - Impala RT
 No 80+ teams listed

2019 LDR Awards Mountain, Ultra, Trail (MUT)

MUT Runners and Volunteer of the Year will be Announced at the Banquet.

Men Individual Champions

Under 30 - Reed Breuer, SRA Elite
 30-39 - Christopher, Concannon, WVTC
 40-49 - Jonah Backstrom, WVTC
 50-59 - Jean Pommier, Quicksilver
 60-69 - Chuck Amital, Pamakids
 70-79 - Jim Magill, Quicksilver

Women Individual Champions

Under 30 - Kristina Vogt Randrup, Excelsior
 30-39 - Simone Winkler, Excelsior
 40-49 - Jing Xiang, Excelsior
 50-59 - Kristine Barrios, LMJS
 60-69 - Karen Bonnett-Natraj, Quicksilver

Team Champions

Women - Excelsior RC
 Men - Excelsior RC

Mixed - Pamakids
 Overall - Pamakids

2019 Race Walk Awards

The final race of the USATF Pacific Association's Race Walk Grand Prix Championship Series for 2019 was held on Sunday, September 29, in William B. Pond Park in Sacramento. Robyn Stevens won the women's 10K race with a time of 49:02 (84.66% age graded) and the 20K at 1:41:54 (84.38%). Nick Christi won the men's 10K with a time of 43:01 (86.41%) and the 20K at 1:34:48 (81.59%). Awards (gift certificates at Trader Joe's) for the 2019 Grand Prix were presented.

2019 Race Walk Volunteer of the Year Dr. Ann Gerhardt

Race Walk judge at numerous Pacific Association open & youth races.

2019 Top 3 Age-graded Awardees

- 1 Karen Stoyanowski (81.10% average of 3 races)
- 2 Nicolle Goldman (77.32%)
- 3 Michael Bennett (75.76%)

2019 Race Walk Grand Prix Top 3 Men (speed based)

- 1 Mark Green
- 2 Michael Bennett
- 3 Paul De Meester

2019 Race Walk Grand Prix Top 3 Women (speed based)

- 1 Karen Stoyanowski & Nicolle Goldman tied.
- 3 Robyn Stevens

2019 Youth Track & Field and XC Awards

Youth Cross Country Club of the Year - Thunderhawks

Youth Track & Field

- Outstanding Service to Youth - **Don Harding**
- Outstanding Service to Youth - **Virginia Simms**
- Club of the Year - **Menlo iGreyhounds**
- Male Athlete of the Year - **Miles Roberts**, Umoja Track Club
- Female Athletes of the Year - **Harper McClain**, St. Helena Track Club; **Galadriel Mellion**, unattached

2019 T & F Junior Olympics National Champions

Listed by age division group.

Kedari Hogan, Hercules Running Rebels, (7-8) Boys Natl. Champion Long Jump
Lucas Boyd, Marin Waves, (7-8) Boys Natl. Champion Turbo-Javelin
Marquese Brewer, Sheldon Jr. Huskies, (7-8) Boys Natl. Champion 400m
J. Hardaway III, Hercules Running Rebels (9-10) Boys Natl. Champion 800m, 1500m
Osani Gayles, God's Speed, (9-10) Boys Natl. Champion Long Jump
Shea Elmore, Los Gatos TC, (11-12) Girls Natl. Champion 3000m
Miles Roberts, Umoja TC, (13-14) Boys Natl. Champion 100H & Pentathlon
Broen Holman, Foothill Gold (13-14) Boys Natl. Champion 1500m, 3000m
Galadriel Mellion, unatt., (13-14) Girls Natl. Champion Discus, Shot Put
Nickolas Miller, East Bay Elite, (13-14) Boys Natl. Champion 200H
Harper McClain, St. Helena TC (15-16) Girls Natl. Champion 1500m & 3000m
Lake Tahoe, (15-16) Boys Natl. Champion 4 X 800m Relay
Jaydyn Marshall, God's Speed, (15-16) Boys Natl. Champion 110H
Malachi Bibbs, unattached, (15-16) Boys Natl. Champion 100m
Adeline Johnson, Marin Waves, (15-16) Girls Natl. Champion 3000M RW
Rithika Vatturi, Mission Valley, (17-18) Womens Natl. Champion 3000m RW
Omodiagbe Oboh, ISC InterNatl., (17-18) Mens Natl. Champion 400m
Jamar Marshall, God's Speed, (17/18) Mens Natl. Champion 110H
Kyra Pretre, Menlo iGreyhounds TC, (17-18) Womens Natl. Champion 1500m
Menlo iGreyhounds TC, (17-18) Women Natl. Champion 4 X 800m Relay
Menlo iGreyhounds TC, (17-18) Men Natl. Champion 4 X 800m Relay