



Inaugural Awards Banquet

February 1, 2020 • San Francisco, CA

Hall of Fame Inductees

2019 Competition Awards

Service Awards

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 - end

2019 USATF Pacific Hall of Fame Inductees

Bill Clark

Elite Distance Runner (2nd to Amby Burfoot at the 1968 Boston Marathon in 2:22.49); placed in Boston's top 10, 1970 and 1971. Long time competitor, volunteer and coach of the 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 LDR Awards - Road Racing

2019 Male Runner of the Year - **Jorn Jensen, WVJ&S**

2019 Woman Runner of the Year - **Jane Kibii, SRA Elite**

2019 Volunteer of the Year - **Rick Berman, Official**

2019 Club of the Year - **Impala Racing Team**

2019 Top Age Graded Performances

- **Christopher Olley** - Silicon Valley Turkey Trot- 92.41%
- **Jenny Hitchings** - California International Marathon - 97.43%
- **Shannon Rowbury** - Silicon Valley Turkey Trot - 94.77%

Men's Individual Champions

Open (Long) - Adam Schroer, WVTC

40+ (Long) - Jason Reed, Excelsior

50+ (Long) - Jorn Jensen, WVJS

60+ (Long) - Terry Baucom, River City Rebels

70+ (Long) - James Morris, Tamalpa

80+ (Long) - David Norlander, WVJS

Open (Short) - Darius Terry, HOKA Aggies

40+ (Short) - Jaime Heilpern, HOKA Aggies

50+ (Short) - Mark Callon, WVTC

60+ (Short) - Norry Mcallister, WVJS

70+ (Short) - Donald Porteous, Tamalpa

80+ (Short) - Elmo Shropshire, Tamalpa

Women's Individual Champions

Open (Long) - Jane Kibii, SRA Elite

40+ (Long) - Lan Clayton

50+ (Long) - Lan Clayton

60+ (Long) - Karen Kunz, Buffalo Chips

70+ (Long) - JoAnn Hall, SWEAT

Open (Short) - Maddy Berkson,
Peninsula Dist. Club

40+ (Short) - Claire Saxton, Wolfpack

50+ (Short) - Eileen White, Lake Merritt J&S

60+ (Short) - Ruby Ghadially, Impalas

70+ (Short) - Jo Anne Rowland, Impalas

80+ (Short) - Eve Pell, Tamalpa

Men's Team Champions

Open - Strawberry Canyon

40+ - Excelsior

50+ - West Valley J&S

60+ - West Valley J&S

70+ - Tamalpa

80+ - West Valley J&S

Women's Team Champions

Open - Impala Racing Team

40+ - Impala Racing Team

50+ - Impala Racing Team

60+ - Impala Racing Team

70+ - Impala Racing Team

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, WVTC
(50+) - Jorn Jensen, WVJ&S
(60+) - Tom O'Reilly, Tamalpa
(70+) - Don Porteous, Tamalpa
Fountain of Youth (80+) - Elmo
Shropshire, Tamalpa

***Denotes Athlete of the Year*

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
Mikkelson, HOKA Aggies

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)

Male MUT Runner of the Year - **Tim Tollefson** (SRA Elite)

Female MUT Runner of the Year - **Meghan Laws** (Tamalpa)

MUT Volunteer of the Year - **Steve Jaber** (Tamalpa)

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

Team Champions

Women - Excelsior RC
Men - Excelsior RC

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

Mixed - Pamakids
Overall - Pamakids

2019 LDR National Records

ROAD

M40-44 1 mile 4:22

Neville Davey 43 CA Mile of Truth Danville CA 5/16/18 (ratified 2019)

F55-59 5 km 18:05

Jenny Hitchings 55 CA Susan B Anthony Sacramento CA 8/11/18
(ratified 2019)

F55-59 10 km 37:27

Jenny Hitchings 55 CA Run to Feed the Hungry Sacramento CA
11/22/18 (ratified 2019)

F40-44 1 mile 4:50

Magdalena Boulet 40 CA Liberty Mi. Pittsburgh PA 8/9/13 (ratified
2019)

F55-59 Marathon 2:50:36

Jenny Hitchings 56 CA TCS New York New York NY 11/03/19

LDR TRACK

M60-64 20000m 1:22:51

Mark Richtman 63 CA One Day in Auburn Auburn CA 1/12/19

M60-64 25000m 1:43:45

Mark Richtman 63 CA One Day in Auburn Auburn CA 1/12/19

M60-64 30000m 2:04:58

Mark Richtman 63 CA One Day in Auburn Auburn CA 1/12/19

M60-64 20 mi 2:14:12

Mark Richtman 63 CA One Day in Auburn Auburn CA 1/12/19

M60-64 2 hr 28810m

Mark Richtman 63 CA One Day in Auburn Auburn CA 1/12/19

M80-84 12 hr 72245m

Manuel Lovorde 84 CA One Day in Auburn Auburn CA 1/12/19

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

Women

- 1 Karen Stoyanowski (81.10% average of 3 races)
- 2 Nicolle Goldman (77.32%)
- 3rd 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 Junior Olympics Track & Field 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

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 score.
- 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 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 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.

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 Annual Officials Awards

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

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

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

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