



USA Track and Field Pacific Association COVID-19 VIRTUAL Race Walk Grand Prix

1,500-Meter Race Walk Summary Report

Our first event in the 2021 COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series was a 1,500-meter Virtual Race Walk, conducted from February 6 to 28, 2021. Race rules were distributed prior to the race.

The event was conducted on city streets and sidewalks, school tracks, parking lots, paved pathways, park trails, and treadmills across the USA. There were 24 participants ranging in age from 15 to 82.

Winners Podium

#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Adeline Johnson 6:34.35	Nick Christie 6:22.25	Adeline Johnson 89.44%
2	Robyn Stevens 6:55.50	Adrian Zamudio 7:30.10	Karen Stoyanowski 83.21%
3	Aleshka McPretl 8:05.56	Alex Price 8:30.00	Robyn Stevens 83.10%

Prizes (California- and Nevada-shaped rock pins) will be awarded at the luncheon following the 10-km and 20-km Grand Prix Race Walks in Carmichael/Sacramento on Sunday, 26 September, 2021, to the top three females, top three males, and top three age-graded athletes in each of the contested virtual race walk events. Winners must be present to receive their prizes; if a winning athlete is not present, the prize will be given to the next athlete in that category.

Judging Summary

Most officiating and judging was virtual, and all of the highly-qualified virtual officials and judges were everywhere at the same time while still managing to maintain safe distancing. One Apprentice Judge, under the guidance of an Association Judge, viewed race walkers while masked and maintaining physical distance.

The Virtual Penalty Zone was in place for all races in all locations, including treadmills. At the 1,500-meter distance, the penalty for receiving 3 red cards is 30 seconds in the

Penalty Zone, or 30 seconds added to the finish time if the athlete has already crossed the finish line.

Each participant is identified by a bib number which corresponds to his/her/their initials.

Although statistically improbable, there were no Disqualifications (DQs) as no athlete received 4 red cards. Virtual red cards are too numerous to list here (refer to virtual DQ Boards from around the country).

Results Details

PAUSATF COVID-19 VIRTUAL 1,500-Meter Championship Feb 6 - 28, 2021								
First Name	Last Name	Age	Sex (M/W)	Team	Time	by speed	Graded %	Age Graded %
Adeline	Johnson	16	M	Unattached	6:34.35	W1	89.44%	1
Adrian	Zamudio	45	M	Pegasus	7:30.10	M2	75.30%	9
Aleshka	McPretl	15	M	Unattached	8:05.56	W3	73.55%	11
Alex	Price	39	M	Walk USA	8:30.00	M3	63.12%	15
Beth	Price**	68	M	Unattached	16:32.79	W12	45.19%	23
Brian	Kirshner	61	M	Unattached	10:07.00	M6	61.00%	16
Felice	Stahl	64	M	Unattached	9:41.00	W9	74.62%	10
Helen	Storrs	54	M	Unattached	11:45.00	W11	56.24%	20
James	Beckett+	82	M	Unattached	10:11.00		79.99%	
Jim	Brown	66	M	Sierra	11:38.00	M10	56.47%	19
Joanne	Figone	68	M	Sierra	9:34.22	W7	78.14%	6
Jon	Price**	71	M	Unattached	16:26.00	M11	42.67%	24
Joseph	Berendt	65	M	Sierra	11:25.55	M9	56.76%	18
Joseph	Darcy	49	M	Unattached	9:19.00	W6	67.96%	14
Karen	Stoyanowski	66	M	Sierra	8:50.00	W5	83.21%	2
Keith	Bunker	51	M	Sierra	10:37.00	M7	55.56%	21
Mark	Green**	65	M	Pegasus	9:06.85	M4	71.16%	12
Martin	Ross	51	M	Sierra	9:58.20	M5	59.16%	17
Nick	Christie	29	M	Newfeel	6:22.25	M1	80.58%	5
Nicolle	Goldman	62	M	Sierra	8:36.50	W4	82.55%	4
Robyn	Stevens	37	M	Newfeel	6:55.50	W2	83.10%	3
Steve	Popell	82	M	Unattached	10:46.00	M8	75.65%	8
Susan	Mears**	66	M	Sierra	9:36.09	W8	76.55%	7
Trish	Caldwell	75	M	Sierra	11:36.00	W10	68.17%	13

** Altitude-Adjusted

+ Power Walk (not Race Walk)

Team Name Glossary:

Newfeel = Newfeel-Decathlon USA

Pegasus = Pegasus Athletic Club

Sierra RW = Sierra Race Walkers

Walk USA

The race results and the updated Grand Prix results are available on the Race Walking page of the PAUSATF.org website at <https://www.pausatf.org/race-walking/race-walk-event-schedule/>

How the Event was Conducted SAFELY (and Other Comments)

From the safely distanced race course at Maidu Regional Park...

Five athletes (Bib #JB, #JB, #KB, #KS), a Judge (Trish Caldwell) and Apprentice (Laura Barger, from Los Banos) came to Maidu Park early on a Saturday morning. Joe Berendt brought the clock, measured a 1,500 meter course with a wheel, and swept it. Joe raced before the course opened, and the others raced two at a time while maintaining distance.

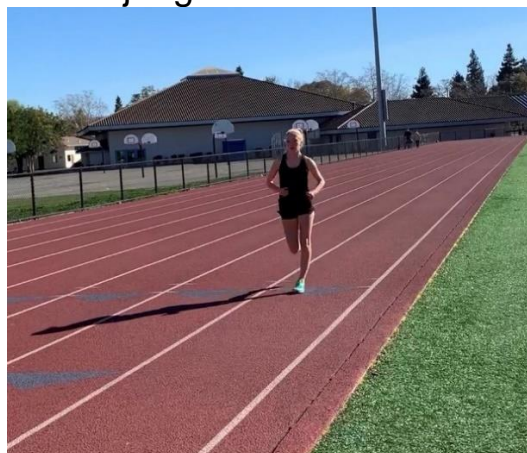


Left: Judges (Trish Caldwell and Laura Barger)

Right: Athletes group left to right back row: #MR Martin Ross, #JB Jim Brown, #KS Karen Stoyanowski and front row left to right: #JB Joe Berendt and #KB Keith Bunker

Athlete Comments...

- Bib #AJ: Mountain View, CA. Solo time trial on track with nobody in lanes 1-3 besides racer. Coaches and judge in masks.



- Bib #AP: Port Jefferson, New York (Port Jefferson high school track). I went walking in a short window between when the rain stopped and the sun set, but strangely very few other people were out. I only saw four other people out walking in the hour I was out, and was able to walk on the opposite side of the street from all of them. Probably thanks to the fact that part of the track was still under the snow, I had the track to myself.
- Bib #AZ: On treadmill, by myself.



Bib #AZ

- Bib #BK: I got a good night's sleep last night and felt pretty good this morning so I was hoping for a reasonable time in the 1,500M. I pushed the pace hard all the way through and finished with a time of 10:07 which was sixteen seconds faster than my previous best time! My age grade % was 61.0 which was a personal best for any distance. To be safe I wore a double mask and maintained a social distance of at least 6 feet.
- Bib #BP & #JP: This was the first ever “SURPRISE VIRTUAL UPHILL AND DOWNHILL BIRDWATCHING 1500-meter RACE WALK in NEVADA TIMED AND MEASURED WITH GPS WATCH”. It was a surprise, because Jon didn’t tell Beth the race was on until they left their driveway. There were two 1,500-meter races: one mostly uphill and one mostly downhill. The following birds were seen or identified by call: magpie, flicker, mourning dove, towhee, California quail. Stayed at least 2 meters from others



Bib #BP Post-Race



*Bib #JP Post-Race
(ignore the walking stick)*

- Bib #HS: At Kezar Stadium, San Francisco, wore a mask and did race in the evening on a Friday night so the track would not be crowded.
- Bib #JaB: Al Patch Memorial Park, Vacaville, CA, on a 400-meter track. No one near me at any point. Caveat: I power walked.



Bib #JaB (Power Walk Division)

- Bib #JiB: I enjoyed doing the 1500. Now to get ready for the mile.

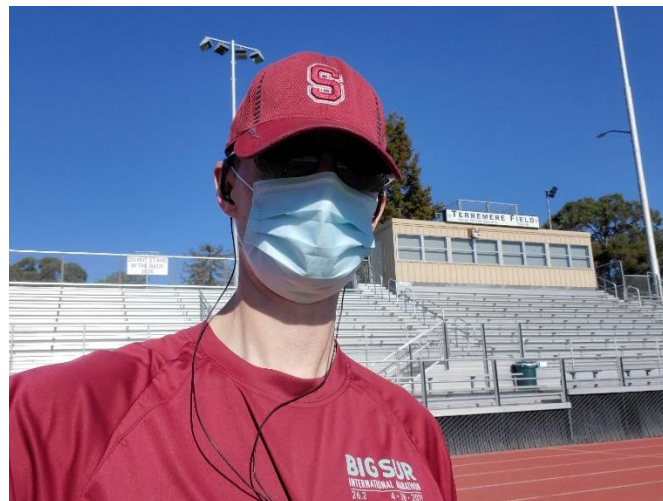


Bib #JiB



Bib # Jib

- Bib #JoB: Competed solo and early before [Maidu] park became busier.
- Bib #JD: Terremere Field track, Sequoia High School, Redwood City, CA, masked up, social distance.



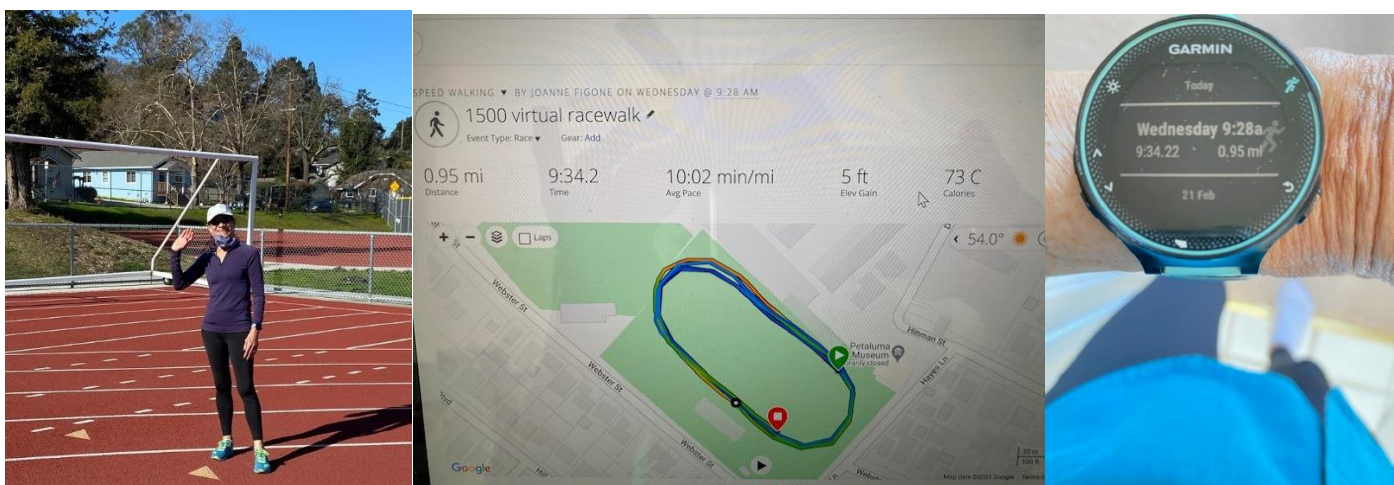
Bib #JD

- Bib #FS: On SF Bay Trail Foster City, CA, I wore good quality race walking shoes, wore a mask, warmed up first, stretched after.

No.	Duration	Distance
1	00:03:19.0	0.50 km
2	00:03:10.0	0.50 km
3	00:03:12.0	0.50 km
4	00:00:01.0	0.00 km

Bib #FS Lap Results (race time = first 3 laps)

- Bib #JF: Petaluma High school track. Raced by myself with only husband watching my form and time. Had a mask around neck ready to put on if I came close to anybody. Luckily there were only a few people at the track when I was there.



Bib #JF

- Bib #KB: Safely racewalked by completing race alone, and safely distanced from officials, spectators and fellow competitors. Photos from the course.



Bib #KB



Bib #KB

- Bib #KS: First race alone in early morning on the streets of Loomis. Second race at Maidu Regional Park on a wheel-measured 1500 meter course. Only two racers in my race and we were socially distanced. Hazards on the course: people and dogs that I had to dodge. Time from first attempt was faster so that is the one used in the results. Photos from both races.



Bib #KB



Bib #KB

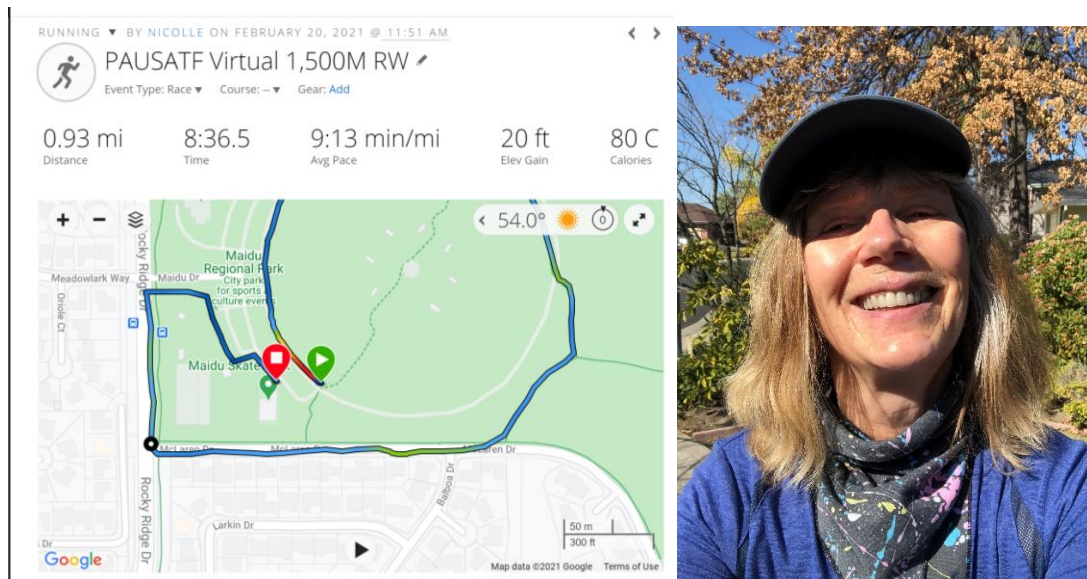
- Bib #MR: American River Parkway, around 10 a.m. Competed in semi-isolated social distanced road/walk/pathways. Also participated in the group race at Maidu Park. Time submitted is from the first race. Photo of watch includes non-race time.



Bib #MR

- Bib #NC & #RS: Yokuts Park trails in Bakersfield, CA. Social distancing of 6' or more and wore a mask.
- Bib #NG: Outdoors at Maidu Park, on a paved path on the course marked out by Joe Berendt using a wheel. Having chosen my race start time poorly (mid-day Saturday), I had to divert significantly to maintain safe distance from people and dogs. This was my second attempt; I made a mistake the week before and finished a mile before realizing we were racing 1,500 meters. Sigh. This time, I changed my Garmin watch to metric. On the watch, I saw exactly 1,500 meters when I pushed the Stop button, but uploading converted it into miles. None of the virtual judges commented on my form so I suppose on a short race I can still

be legal enough to finish without penalty. My best race of the year! (ha ha).
Photo from a recent workout.



Bib #NG

- Bib #SP: Treadmill at home, with a 30-second penalty.
- Bib #TC: I was out early [on the American River Parkway paved multi-use trail, near Mile 19] on a cold morning and took care to distance myself from what few pedestrians I passed. I vowed not to look at my time from last year, and it was remarkably liberating and effective.

Closing

The race results and the updated Grand Prix results are available on the Race Walking page of the PAUSATF.org website at <https://www.pausatf.org/race-walking/race-walk-event-schedule/>

We'll "see" you at our next VIRTUAL COVID-19 #AloneTogether event...
One Mile Race Walk from March 6 to 28, 2021.

Questions? Contact Nicolle Goldman at nicollegoldman@comcast.net

Keep Walking!