



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

### One Mile Race Walk Summary Report

Our second event in the 2021 COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series was a Virtual One Mile Race Walk, conducted from March 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 20 participants ranging in age from 15 to 82.

#### Winners Podium

#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Robyn Stevens 6:49.78	Nick Christie 6:20.37	Robyn Stevens 90.46%
2	Aleshka McPretl 8:34.52	Adrian Zamudio 7:58.00	Nick Christie 87.02%
3	Karen Stoyanowski 9:38.38	Mark Green 9:18.18	Karen Stoyanowski 81.87%

Prizes (California- and Nevada-shaped rock pins) will be awarded at the picnic lunch 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 viewed race walkers outdoors while masked and maintaining physical distance.

The Virtual Penalty Zone was in place for all races in all locations, including treadmills. At the One Mile 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

<b>PAUSATF COVID-19 VIRTUAL One Mile Championship Mar 6 - 28, 2021</b>								
<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Sex (M/W)</b>	<b>Team</b>	<b>Time</b>	<b>by speed</b>	<b>Graded %</b>	<b>Age Graded %</b>
Adrian	Zamudio	45	M	Pegasus	7:58.00	M2	76.19%	7
Aleshka	McPretl	15	W	Unattached	8:54.32	W2	71.75%	11
Beth	Price**	68	W	Unattached	16:08.74	W9	49.73%	18
Brian	Kirshner	61	M	Unattached	11:17.00	M6	58.77%	15
Felice	Stahl	64	W	Unattached	10:14.00	W6	75.82%	8
James	Beckett+	82	M	Unattached	11:11.00		78.28%	
Jim	Brown	66	M	Sierra	12:50.00	M9	55.01%	16
Joanne	Figone	68	W	Sierra	10:09.00	W4	79.11%	4
Jon	Price**	71	M	Unattached	15:30.98	M10	48.57%	19
Joseph	Darcy	49	M	Unattached	9:50.00	M4	63.80%	13
Karen	Stoyanowski	66	W	Sierra	9:38.38	W3	81.87%	3
Keith	Bunker	51	M	Sierra	10:44.00	M5	59.05%	14
Mark	Green**	65	M	Pegasus	9:18.18	M3	74.92%	9
Martin	Ross	51	M	Sierra	11:48.00	M8	53.71%	17
Nick	Christie**	29	M	Newfeel	6:20.37	M1	87.02%	2
Nicolle	Goldman	62	W	Sierra	10:22.00	W7	73.61%	10
Robyn	Stevens**	37	W	Newfeel	6:49.78	W1	90.46%	1
Steve	Popell	82	M	Unattached	11:29.00	M7	76.23%	6
Susan	Mears**	66	W	Sierra	10:13.66	W5	77.16%	5
Trish	Caldwell	75	W	Sierra	12:19.00	W8	69.04%	12

\*\* 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)**

In Sacramento, a small group of athletes and officials met on a high school track to conduct an informal socially-distanced facsimile of a race.

Joe Berendt brought the clock and acted as Informal Timer and Unofficial Photographer. Desiree Love was present as Informal Apprentice Judge. Michael Crockett served as Informal Spectator.

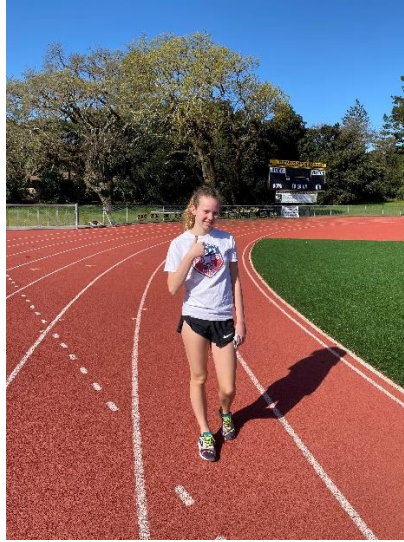


*One Mile Group: (top, l to r) Jim Brown, Keith Bunker, Trish Caldwell, Desiree Love, Karen Stoyanowski, Michael Crockett, Martin Ross*

*(bottom, l to r) Timer Joe Berendt timing himself holding the timer; Keith Bunker and Martin Ross; Trish Caldwell and Jim Brown*

## Athlete Comments...

- Bib #AM: Novato High School, the only one on the track



*Bib #AM*

- Bib #AZ: On the treadmill.



*Bib #AZ*

- Bib #BK: Today I finished the mile in 11:17. Not my best, but still a pretty good pace for me. I decided to keep going and racewalked a 5k. I set a new personal best at that distance by three seconds: 35:25! To be safe I wore a double mask and maintained a social distance of at least 6 feet.

- Bib #BP & #JP: Our times for the mile were better than for the 1,500. Must be less uphill. [Each athlete raced on a slightly different course (no coins found) on consecutive days in Reno, NV.] The following birds were seen on Saturday: Cooper's hawk, flicker, seagull, mallard, golden eye, hooded merganser, robin, Stellar's jay, scrub jay, turkey vulture, Canada goose, crow. Birds seen on Sunday were: ring-necked duck, ruddy duck, mallard, Barrows golden eye, Canada goose, crow, flicker, robin, gold finch, house finch, house sparrow, mourning dove, band-tailed pigeon. Saturday start temp 33F, gusty wind. Sunday colder, 25F. Elevation 4,750 feet (1448 m) above sea level. Stayed at least 2 meters from others.



*Bib #JB & Bib #BP Post-race at "Stonehenge"  
(constructed from columnar Gilbert Andesite, Esmeralda County, Nevada),  
one day after the spring equinox, 21 March 2021*

- Bib #FS: On SF Bay Trail, Foster City, CA, I wore good quality race walking shoes, wore a mask, warmed up first, stretched after.
- Bib #JBe: Virtually no one else on the track due to weather: 52 degrees and windy. How I measured the mile: 4 laps at 400 meters per lap. Plus I used an engineer's wheel to measure the extra 9 meters: 1 mile=1609 meters. Caveat: I Power Walked.



*Bib #JBe [Power Walk Division]*

- Bib #JBr: Participated with the group on the track in Sacramento.



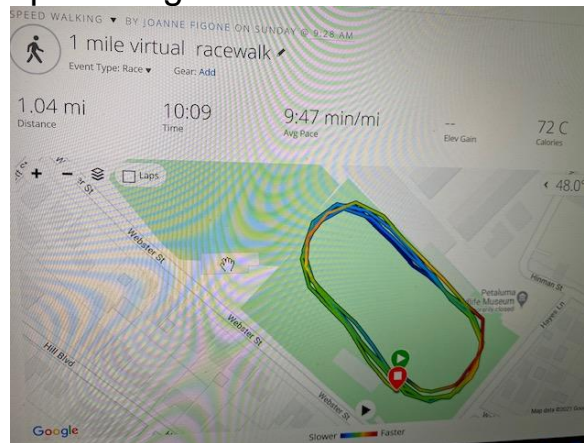
*Bib #JBr with finish time on clock*

- Bib #JD: Sequoia High School, Redwood City, CA, track, masked up, social distance. I'm looking forward to in-person races again, but have been a bit spoiled by being able to pick the best out of several race attempts ;-)



*Bib #JD*

- Bib #JF: Petaluma High School, I had a mask ready, but due to it being a windy day there was hardly anyone at the track. There was a nasty wind on the back side of the track that day. However I am not up to redo it a second time, since I received my second vaccine dose two days ago, and I have been pretty tired and feeling off the last two days. I am glad I got the vaccine, and hopefully have built up some good antibodies.



*Bib #JF*

- Bib #JP: see Bib #BP & #JP, above
- Bib #KB: Participated with the group on the track in Sacramento.



*Bib #KB with finish time on clock*

- Bib #KS: [Participated with group on the track in Sacramento, but opted to use a different day's time.] Okay I did one more track mile today with Joe's help. No one else out racing. It was pretty consistent to a week ago track time. However, I've also done two road One Milers and they both have been slightly faster than the two track times. For me, it seems to help to be on a straighter course without all of the turns of a track and as long as I'm not dodging people and animals :) So I'll go with the faster road mile earlier this month.



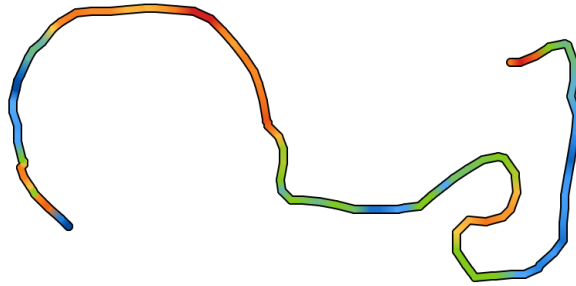
*Bib #KS*

- Bib #MR: Participated with the group on the track in Sacramento.



*Bib #MR with finish time on clock*

- Bib # NC: Social distancing of 6' or more. We were at 1,252m of altitude. We had the trail to ourselves (Bib #RS and I, same household).
- Bib #NG: Outdoors in Maidu Park, again at a poorly chosen time due to many people and dogs enjoying the park on a lovely spring day. Several male turkeys were strutting their stuff; not sure who was more impressed by themselves – the turkeys dragging their feathers on the ground or me flying by with my straight knees. No paddles from the virtual judges.



*Bib #NG [Not a tapeworm; it's the race route map from Garmin!]*

- Bib #RS: Social distancing of 6' or more. We were at 1,252m of altitude. We had the trail to ourselves (Bib #NC and I, same household).
- Bib #SP: On a treadmill, with a 30-second penalty.
- Bib #TC: Participated with the group on the track in Sacramento.



*Bib #TC finish time on clock*

## 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...  
**3,000 Meter Race Walk from April 3 to 25, 2021.**

Questions? Contact Nicolle Goldman at [nicollegoldman@comcast.net](mailto:nicollegoldman@comcast.net)

Keep Walking!