



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

3,000-Meter Race Walk Summary Report

Our third event in the 2021 COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series was a 3,000-meter Virtual Race Walk, conducted from April 3 to 25, 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 19 participants ranging in age from 15 to 82.

Winners Podium

#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Aleshka McPretl 17:08.02	Alan Pochi 16:04.00	Alan Pochi 81.06%
2	Nicolle Goldman 18:33.40	Adrian Zamudio 17:13.00	Karen Stoyanowski 80.09%
3	Karen Stoyanowski 18:52.40	Joseph Darcy 18:54.00	Joanne Figone 79.01%

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.

The Virtual Penalty Zone was in place for all races in all locations, including treadmills. At the 3,000-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 3,000-Meter Championship Apr 3 - 25, 2021								
First Name	Last Name	Age	Sex (M/W)	Team	Time	Rank by Speed	Age Graded %	Rank by Age %
Adrian	Zamudio	45	M	Pegasus	17:13.00	M2	66.98%	11
Alan	Pochi	64	M	Unattached	16:04.00	M1	81.06%	1
Aleshka	McPretl	15	W	Unattached	17:08.02	W1	71.01%	9
Beth	Price **	68	W	Unattached	26:52.07	W10	57.25%	16
Felice	Stahl	64	W	Unattached	19:11.00	W4	77.46%	7
Helen	Storrs	54	W	Unattached	23:16.00	W8	58.14%	15
Joanne	Figone	68	W	Sierra	19:28.00	W6	79.01%	3
Jon	Price ** +	71	M	Unattached	26:18.33		54.05%	
Joseph	Darcy	49	M	Unattached	18:54.00	M3	63.07%	13
Karen	Stoyanowski	66	W	Sierra	18:52.40	W3	80.09%	2
Keith	Bunker	51	M	Sierra	20:36.00	M5	58.47%	14
Manuel Andrés	Ruiz Suarez	45	M	Unattached	24:59.00	M8	46.16%	18
Mark	Green**	65	M	Pegasus	18:55.10	M4	69.68%	10
Martin	Ross	51	M	Sierra	22:38.40	M7	53.20%	17
Nicolle	Goldman	62	W	Sierra	18:33.40	W2	78.75%	4
Pris	French	72	W	Unattached	24:00.00	W9	66.47%	12
Steve	Popell	82	M	Unattached	21:18.80	M6	78.12%	6
Susan	Mears**	66	W	Sierra	19:20.25	W5	78.17%	5
Trish	Caldwell	75	W	Sierra	22:48.00	W7	72.02%	8

** 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, CA, a small group of athletes and supporters met on a high school track to conduct an informal socially-distanced facsimile of a race.

Joe Berendt brought the clock and acted as Unofficial Timer. John Twilling was the Unofficial Official Photographer. Don Donofrio volunteered as Unofficial Starter.



Above Left (l-r): Don Donofrio, Martin Ross, Pris French, Trish Caldwell, Keith Bunker, Karen Stoyanowski

Above Right (l-r): same name order but without Don Donofrio as Starter



Above Left (l-r): Jim Brown (distant), Karen Stoyanowski, Trish Caldwell, Martin Ross

Above Middle (l-r): Jim Brown, Martin Ross, Karen Stoyanowski

Above Right (l-r): Keith Bunker, Martin Ross



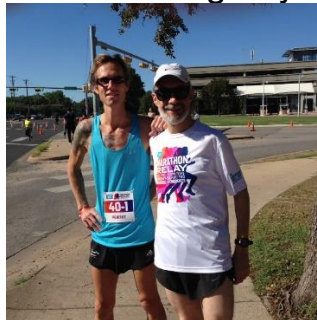
Above Left (l-r): Keith Bunker, Pris French, Trish Caldwell, Jim Brown, Joe Berendt with clock, Martin Ross

Above Right (l-r): Trish Caldwell, Pris French

Bonus Photo: special fan

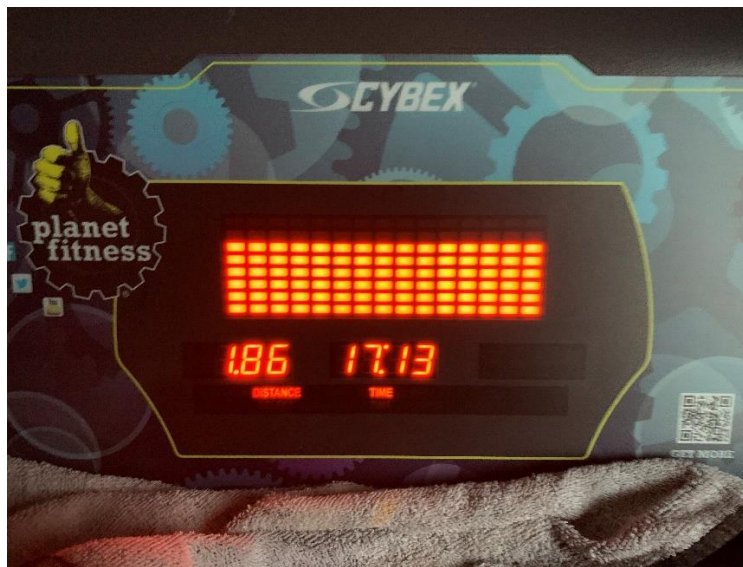
Athlete Comments...

- Bib #AM: I was the only one on the track [near Novato, CA], besides my dad.
- Bib #AP: [Lamar Middle School Track, Austin, TX] Was by myself in lane 1 (two amblers were in lanes 5 and 6). I added a penalty to my time, because I'm sure I'd have gotten 3 red cards for bent knee after contact, although the virtual judges would probably have had a hard time seeing anything at 5:30 in the morning.



Bib #AP (on Right) in 2014 with Boston Marathon friend

- Bib # AZ: On treadmill.



Bib #AZ

- Bib #BP & #JP: Stayed at least two meters from others. The following birds were seen on Saturday: Cooper's hawk, towhee, mallard, robin, scrub jay, quail, gold finch, house finch, house sparrow, band-tailed pigeon, pigeon (rock dove). Beth's time includes picking up 24 cents in the Reno High School parking lot during the race. She found another 1 cent after the race, on the way home, and Jon found 16 cents on the way home after the race.



Grandson's first day of crawling – future race walker; DQ'd – bent knees

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

- Bib #HS: Wore a mask and did the race in the morning when there weren't many people on the track [at Kezar Stadium, San Francisco, CA]. Only a stationary photo. No action shots as my photographer was running intervals as well.



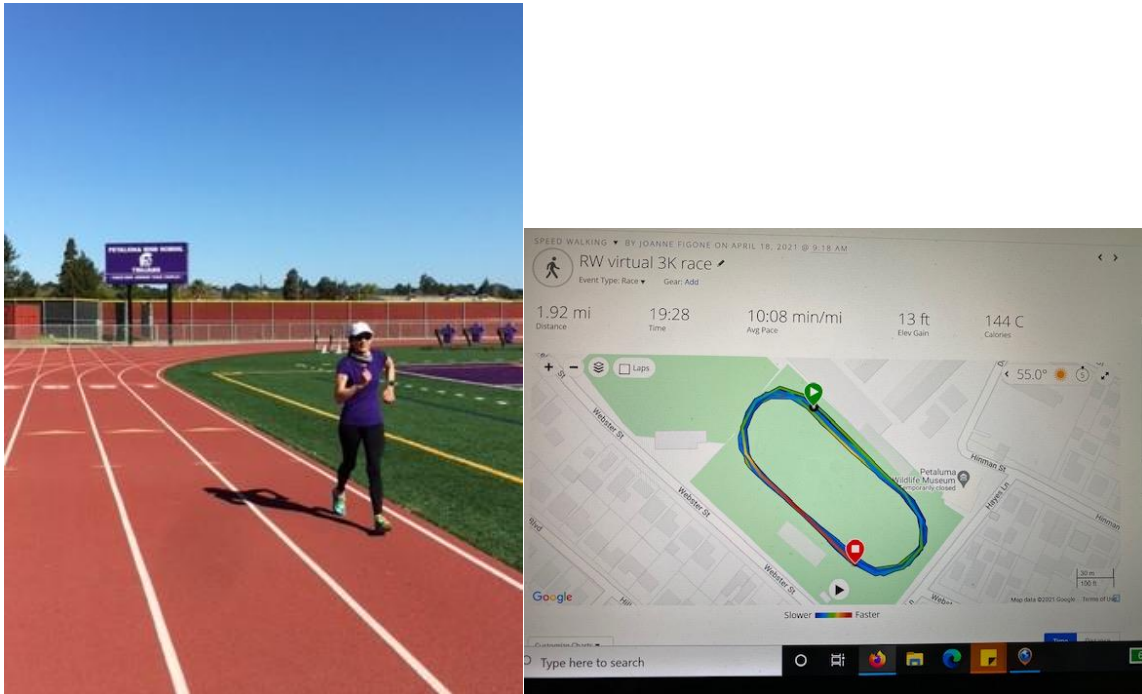
Bib #HS

- Bib #JB: Participated with the Sacramento group on the high school track, but as a workout, not a race. So, DNS + DNF = no finish time.



Bib #JB

- Bib #JD: [On Terremere Field track, Sequoia High School, Redwood City, CA] Masked up, social distance.
- Bib #JF: There was no one else on track [near Petaluma, CA], so though I had a mask with me, I did not need it.



Bib #JF

- Bib #KB: Participated with the Sacramento group on the high school track.



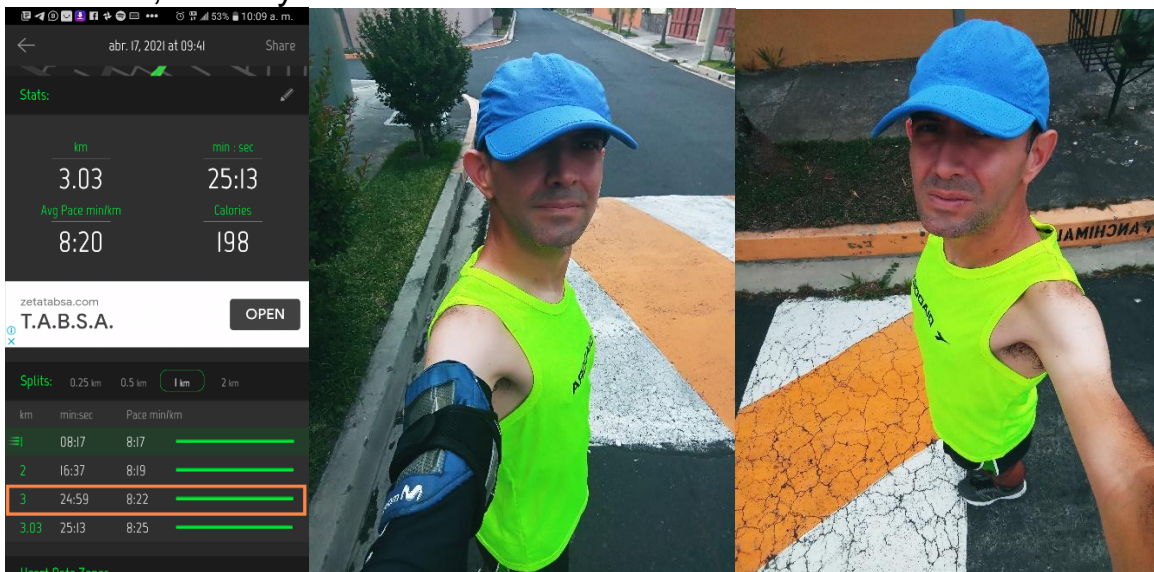
Bib #KB

- Bib #KS: In Maidu Regional Park, Roseville, CA, on a course that Joe Berendt measured by wheel. Earlier in the morning, so not as many people to go around. Photos from both Maidu Park and track race.



Bib #KS

- Bib #MARS: At Antiguo Cuscatlán, El Salvador-Central America, I completed the event alone, nobody was with me.



Bib #MARS

- Bib #MG & SM: Race was at Damonte Ranch Wetlands in Reno, elevation about 4500 feet.
- Bib #MR: Participated with the Sacramento group on the high school track.



Bib #MR

- Bib #NG: Outdoors at Maidu Park, on a paved path near my home, dodging at least two meters around people, dogs, and turkeys (especially the male ones doing courtship displays). I changed my Garmin watch to metric – it showed exactly 3,000 meters when I pushed the Stop button. Virtual judges continued their silence. Photo with time and distance shown on Garmin watch.



Bib #NG

- Bib #PF: Participated with the Sacramento group on the high school track.



Bib #PF

- Bib #SP: I did the 3K on the treadmill, and getting a proper time is not a small issue. That is primarily due to the fact that 3K equals 1.8645 miles. And, of course, we need to add the 30-second penalty for bent knee.
- Bib #TC: Participated with the Sacramento group on the high school track.



Bib #TC

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/>

Our next 2021 Grand Prix event is the 5,000 Meter Race Walk. The situation is dynamic with respect to our ability to gather for an in-person race, possibly July 9-11 at American River College in Sacramento, CA. Stay tuned for email updates from Jon Price (Jonathan G Price jprice@unr.edu).

Questions? Contact Nicolle Goldman at nicollegoldman@comcast.net

Keep Walking!