



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

5,000-Meter Race Walk Summary Report

Our fourth event in the 2021 COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series was a 5,000-meter Virtual Race Walk, conducted from May 1 to 23, 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	Robyn Stevens 22:38.00	Nick Christie 20:06.00	Nick Christie 89.55%
2	Aleshka McPretl 31:33.00	Allan Pochi 28:17.00	Robyn Stevens 89.37%
3	Karen Stoyanowski 32:49.50	Mark Green 31:11.50	Tom Dooley 81.30%

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 5,000-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.

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

Results Details

PAUSATF COVID-19 VIRTUAL 5,000-Meter Championship May 1 - 23, 2021								
First Name	Last Name	Age	Sex (M/W)	Team	Time	Rank by Speed	Age Graded %	Rank by Age %
Alan	Pochi	64	M	Unattached	28:17.00	M2	78.37%	8
Aleshka	McPretl	15	W	Unattached	31:33.00	W2	65.81%	14
Brian	Kirshner	61	M	Unattached	35:06.00	M8	61.01%	16
Felice	Stahl	64	W	Unattached	33:45.10	W7	75.66%	10
Helen	Storrs	55	W	Unattached	40:19.00	W9	58.01%	18
James	Beckett +	82	M	Unattached	37:03.00		76.96%	9
Joanne	Figone	68	W	Sierra	33:07.00	W6	79.83%	5
Joseph	Darcy	49	M	Unattached	33:21.00	M6	61.12%	15
Karen	Stoyanowski	66	W	Sierra	32:49.50	W3	79.14%	6
Keith	Bunker	51	M	Sierra	34:08.00	M7	60.36%	17
Mark	Green**	65	M	Pegasus	31:11.50	M3	71.90%	12
Martin	Ross	52	M	Sierra	31:13.90	M4	66.13%	13
Nick	Christie	29	M	Newfeel	20:06.00	M1	89.55%	1
Nicolle	Goldman	62	W	Sierra	32:50.50	W4	76.45%	9
Robyn	Stevens	38	W	Newfeel	22:38.00	W1	89.37%	2
Steve	Popell	82	M	Unattached	35:42.00	M9	79.87%	4
Susan	Mears**	66	W	Sierra	33:03.71	W5	78.57%	7
Tom	Dooley	75	M	Shore	31:26.48	M5	81.30%	3
Trish	Caldwell	75	W	Sierra	38:18.00	W8	74.15%	11

** Altitude-Adjusted

+ Power Walk (not Race Walk)

Team Name Glossary:

Newfeel = Newfeel-Decathlon USA

Pegasus = Pegasus Athletic Club

Shore = Shore Athletic Club

Sierra RW = Sierra Race Walkers

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 fully vaccinated athletes and supporters met on a high school track for an informal socially-distanced facsimile of a 5,000 meter race.

Joe Berendt acted as Unofficial Starter and Timer. John Twilling was the Unofficial Official Photographer (*who, by the way, did NOT take the 3,000 Meter group shot that was marred by a finger in front of the lens*). Don Donofrio provided a cheering section.



Above Left (l-r): Before the Start: Joe Berendt, Nicolle Goldman, Trish Caldwell, Keith Bunker, Karen Stoyanowski

Above Right (l-r): After the Finish: Trish Caldwell, Nicolle Goldman, Karen Stoyanowski, Joe Berendt, Keith Bunker



Above Left (l-r): Keith Bunker (distant), Nicolle Goldman, Trish Caldwell, Karen Stoyanowski

Above Middle (l-r): Nicolle Goldman, Karen Stoyanowski

Bonus Photo: special fan

Athlete Comments...

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

- Bib #AM: At Bel Marin Keys, Novato, CA.

- Bib #AP: I walked alone. Only a couple of runners and strolling people to move over for, plus I'm fully vaccinated...Only two red cards (I had a real long straightaway in the middle of the course to and from the only turnaround, and half the virtual judges seem not to have showed up.
- Bib #BK: [Race 1 of 2] Race walked at a comfortable pace at a cool time of day. I set a new record of 35:14 which is 13 seconds faster than my previous best! Just started to do stretches on my "off" days when I'm not doing sprint or tempo workouts. I think that helped. [Race 2 of 2] Just finished a 5K RW. I set a new record of 35:06 which is 8 seconds faster than my previous best! Nice to see that my training sessions are continuing to pay off.
- Bib #FS: I wore good quality race walking shoes, wore a mask, warmed up first, stretched after.
- Bib #HS: Fully vaccinated but still wore mask around my neck just in case someone got too close. Not many people on the track (48 degrees @ start). I was able to walk in lane 3 the entire race. A pandemic first. The virtual judges were on Haight Street sightseeing so no calls.



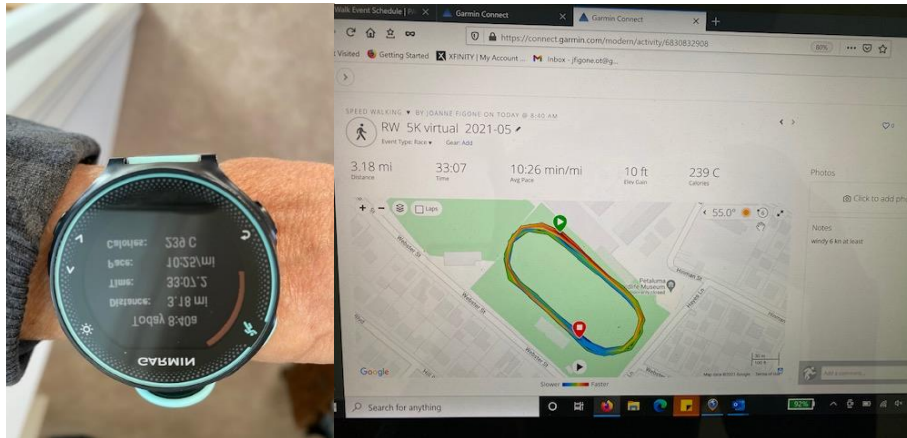
Bib #HS

- Bib #JB: Al Patch Memorial Park, Vacaville, CA, on the track. In the Power Walk Division. No one near me at any point.



Bib #JB

- Bib #JD: Sequoia High School, Redwood City, CA track, masked up, social distance
- Bib #JF: At Petaluma High School, hardly anyone else on the track, probably because it was so windy.



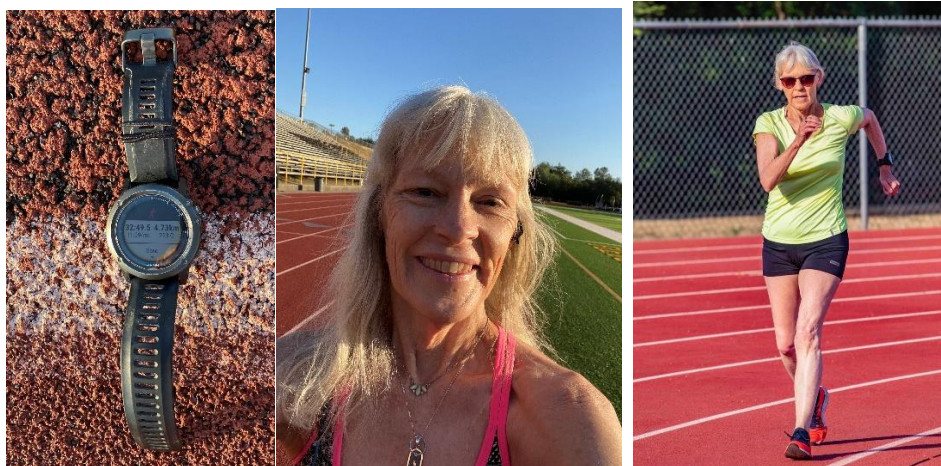
Bib #JF

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



Bib #KB

- Bib #KS: Del Oro High School, Loomis, CA, only 1 person on the track and I had to veer around a bench each lap. [Also was part of the group on the Sacramento track, but the better finish time was from the other race.]



Bib #KS

- Bib #MG & SM: On Damonte Ranch Wetlands bike path, elevation about 4500 feet.
- Bib #MR: I've been doing a lot of training on the treadmill during the week, and today felt fairly good! (Also, I am now starting Portland to Coast training and obligation now for August 28 and 29th!)



Bib #MR

- Bib #NC: At Lake Murray, San Diego, CA, social distancing of 6' or more, outdoors, and fully vaccinated. The mom rode bike ("the card runner") and she is also fully vaccinated. A cyclist rode passed me and told me I have excellent form.
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- Bib #NG: [Race 1 of 2] Fully vaccinated and outdoors so no mask (yay!), set my Garmin watch to measure meters to make sure I got my full 5,000 while focusing on technique. Time was uninspiring but I'm still glad I did it. [Race 2 of 2] I joined the handful of race walkers at a local track and easily knocked a couple of

minutes off the first time. It felt good to be around other race walkers for the first time in more than a year.



Bib #NG

- Bib #RS: At Grossmont High School Track, San Diego, CA, social distancing of 6' or more, outdoors, and Fully Vaccinated.
- Bib #SP: On a treadmill; time includes 30 second penalty.
- Bib #TC: Participated with the group on the track in Sacramento.



Bib #TC

- Bib #TD: Paul Demeester was the [*unofficial*] judge and [*unofficial*] race official who wheel measured the course. There were no other people walking and less than 10 pedestrians on the out and back course. I'm fully vaccinated.



Bib #TD

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/>

The situation with the COVID-19 pandemic continues to be dynamic with respect to in-person races.

Our next **VIRTUAL** Grand Prix event is the **One Hour Race Walk**, to be raced from **June 1 to July 18**. That's not a typo – the timeframe for this race is longer due to other races expected in June and July.

In addition to the above, we are looking for opportunities to include a 5,000 meter combined women's and men's race walk in an upcoming PAUSATF **Open/Masters Track Meet**. Date and location are to be determined (but definitely not early June).

Stay tuned for email updates from Jon Price (Jonathan G Price jprice@unr.edu).

Questions? Contact Nicolle Goldman at nicollegoldman@comcast.net

Keep Walking!