



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

10-Km and 20-Km Race Walks Summary Report

Our final events in the COVID-19 #AloneTogether virtual version of the USA Track and Field Pacific Association Race Walk Grand Prix Series were the 10-Kilometer and 20-Kilometer Virtual Race Walks, conducted from September 1 to 30, 2021. Race rules were distributed prior to the race.

The events were conducted on city streets and sidewalks, school tracks, and paved park pathways across the USA. There were 15 entries from athletes ranging in age from 39 to 75. Some participants raced both distances.

Winners Podium

10-Km RACE WALK			
#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Nicolle Goldman 1:07:04	Alex Price 59:36	Susan Mears 80.96%
2	Susan Mears 1:07:32	Mark Green 1:05:28	Nicolle Goldman 78.76%
3	Felice Stahl 1:09:15	Keith Bunker 1:09:16	Karen Stoyanowski 78.44%

20-Km RACE WALK			
#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	-	Joseph Darcy 2:20:39	Joseph Darcy 60.88%
2	-	Keith Bunker 2:27:24	Keith Bunker 58.67%
3	-	-	-

Prizes (California- and Nevada-shaped rock pins) will be awarded at the first race that can be conducted with a physical presence, 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

One Race Walk Judge and one Apprentice Judge were present at the unsanctioned informal race in Sacramento, CA. Thus, no athlete received three recommendations for disqualification from three different judges. All other judging and officiating were virtual. No athlete reported being disqualified.

Results Details

PAUSATF COVID-19 VIRTUAL Championships

10-Kilometer Race Walk Sep 1 - 30, 2021

First Name	Last Name	Age	Sex (M/W)	Team	Association?	Time	Rank by Speed	Graded %	Rank by Age Grade %
Alex	Price	39	M	Walk USA	no	0:59:36	M1	64.82%	7
Felice	Stahl	64	W	Unattached	yes	1:09:15	W3	77.59%	4
Helen	Storrs	55	W	Unattached	yes	1:23:27	W6	58.70%	10
John	Swartz	67	M	Unattached	no	1:40:41	M6	46.63%	13
Joseph	Darcy	49	M	Unattached	yes	1:09:41	M4	59.99%	9
Karen	Stoyanowski	66	W	Sierra	yes	1:09:42	W4	78.44%	3
Keith	Bunker	52	M	Sierra	yes	1:09:16	M3	61.06%	8
Mark	Green	65	M	Pegasus	no	1:05:28	M2	70.36%	6
Martin	Ross	52	M	Sierra	no	1:21:32	M5	51.87%	12
Nicolle	Goldman	62	W	Sierra	yes	1:07:04	W1	78.76%	2
Rachana	Kalia	59	W	Unattached	no	1:27:29	W7	58.64%	11
Susan	Mears	66	W	Sierra	yes	1:07:32	W2	80.96%	1
Trish	Caldwell	75	W	Sierra	yes	1:21:54	W5	73.72%	5

20-Kilometer Race Walk Sep 1 - 30, 2021

First Name	Last Name	Age	Sex (M/W)	Team	Association?	Time	Rank by Speed	Graded %	Rank by Age Grade %
Joseph	Darcy	49	M	Unattached	yes	2:20:39	M1	60.88%	1
Keith	Bunker	52	M	Sierra	yes	2:27:24	M2	58.67%	2

Team Name Glossary:

Mark Day = Mark Day School
NEW = New England Walkers
Newfeel = Newfeel-DecathlonUSA
Oakland Cubs = Oakland Cub Athletes
Pegasus = Pegasus Athletic Club
Reno Tahoe = Reno Tahoe Athletics Track & Field Club
RWNW = Race Walkers North West
Shore = Shore Athletic Club
Sierra Gold = Sierra Gold Masters Track & Field 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/>

Age-Grading Background

In Track & Field, which includes race walking, scoring is based on the performance of an athlete (how fast they run, how high they jump, etc.). An athlete's performance typically improves during youth and declines as they age. Age grading is a type of "handicap" used in Track & Field that is based on the athlete's age.

The form of age grading used in the PA USATF Grand Prix for race walking provides the athlete with a percentage value of the world record for their sex. The percentage can be used over a number of years to compare an athlete's performance. The percentage can also be used for comparing men and women equally.

Typical percentages are as follows:

- 100% = Approximate World-Record Level
- 90+% = World Class
- 80+% = National Class
- 70+% = Regional Class
- 60+% = Local Class

[The above information is paraphrased from the USA Track & Field Masters website at <https://usatfmasters.org/wp/age-grading/> -- more information there including history, and links to various tables.]

How the Event was Conducted SAFELY (and Other Comments)

In the Sacramento, CA, area a small group of fully vaccinated athletes and supporters gathered on the certified 1km loop course in William B Pond Park for an unofficial in-person 10 Kilometer racewalk.

The racewalkers were Karen Stoyanowski, Trish Caldwell, Keith Bunker, Martin Ross, and newcomer Rachana Kalia. Joe Berendt managed the timing clock, tracked the laps, and provided other support. John Twilling provided photography and helped clear debris from the course. Race Walk Judge Nicolle Goldman provided unofficial judging and feedback while mentoring Apprentice Race Walk Official Kelly Brown.



Top Row, Pre-Start (left) (l-r): Rachana Kalia (obscured), Joe Berendt, Trish Caldwell, Nicolle Goldman, Keith Bunker, Karen Stoyanowski, Kelly Brown
Top Row, Race Start (right) (l-r): Rachana Kalia, Martin Ross, Joe Berendt, Trish Caldwell, Keith Bunker, Kelly Brown, Karen Stoyanowski
Bottom Row, Post-Race: Rachana Kalia, Trish Caldwell, Kelly Brown, Nicolle Goldman, Karen Stoyanowski, Joe Berendt, Keith Bunker, Martin Ross

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

- Bib #AP: Port Jefferson, NY high school track. There were only two other people on the track at the time, and they were going more slowly (one of them was running :)) in the outside lanes. ...achieved my goal of getting under an hour, although not by much - I wasn't sure if I was going to be able to make it until the last kilometer. I don't think I could have gone much faster with my current fitness level - although maybe a smidge faster if I had gotten up early and gotten to the track before noon like I had planned. Luckily it was breezy and dry and only 70F at noon, so I didn't pay too much for that delay. My pacing was pretty good ... all of my laps were within 3 seconds of my target pace except for a slow 13th lap when I stopped to grab my water bottle and a kick on the last lap. I also don't have a picture for you - I was running late and didn't find time to get one beforehand, and was too exhausted afterwards. Cheers!
- Bib #FS: I wore good quality race walking shoes, a mask, hydrated, sunblock, warmed up first, stretched after.

- Bib #HS: San Francisco, Golden Gate Park. Started early in morning and wore neck gaiter in case someone got too close. It came in handy as a cyclist was way too close and almost hit me. Part of my course is one of SF's slow streets. Unfortunately, not all cyclists get the slow part:). Course was 3 one mile loops on JFK drive from Conservatory to 8th ave and then on 4th loop continued west on JFK drive to the Great Hwy/Ocean Beach. Finish at the Beach Chalet. Didn't see any apprentice coyote judges during this race or any virtual judges. Weather was very SF - 55 degrees and foggy :)



Bib #HS

- Bib #JD: Both my 10k and 20k times are splits from the San Francisco half-marathon.
- Bib #JS: On a high school track in Campbell, CA. I went very slowly and did not get in anyone's way. I stayed in the 3rd lane as 1 and 2 are for runners. I am definitely not a runner!

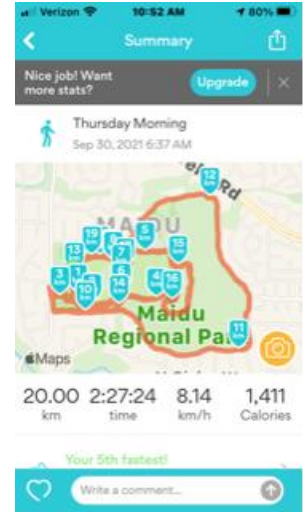


Bib #JS

- Bib #KB [10K]: Participated in the informal race in Sacramento.



Bib #KB [10k]



Bib #KB [20k]

- Bib #KB [20K]: I really can't believe I moved for 2.5 hrs, the last time I did this workout I was 20 years old
- Bib #KS: Participated in the informal race in Sacramento.



Bib #KS

- Bib #MG: On Waldport Oregon high school track, same location as #SM but different day.

- Bib #MR: Participated in the informal race in Sacramento.



Bib #MR

- Bib #NG: Slogged around Maidu Park a couple of times, keeping my eyes on my watch so I could push Stop the instant it read 10,000 meters. Not my proudest race ever, but I'm glad I did it. Looking forward to next year.
- Bib #RK: Participated in the informal race in Sacramento.



Bib #RK

- Bib #SM: On Waldport Oregon high school track, same location as #MG but different day.

- Bib #TC: Participated in the informal race in Sacramento.



Bib #TC



Friendly Fan

Closing

Thank you to everyone who participated in these and other races in the #AloneTogether COVID-19 VIRTUAL Race Walk Grand Prix.

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 hope to “see” you again for the 2022 Race Walk season.

Questions about these races? Contact Nicolle Goldman nicollegoldman@comcast.net

Keep Walking!