



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

### One Hour 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 One Hour Virtual Race Walk, conducted from June 1 to July 18, 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 15 participants ranging in age from 39 to 82.

#### Winners Podium

#	TOP 3 FEMALES	TOP 3 MALES	TOP 3 AGE GRADES
1	Joanne Figone 9,012.3	Allan Pochi 10,360.0	Joanne Figone 82.83%
2	Karen Stoyanowski 8,958.0	Keith Bunker 9,157.0	Karen Stoyanowski 80.85%
3	Susan Mears 8,840.0	Mark Green 9,130.0	Susan Mears 79.70%

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. A penalty is incurred when three different judges issue red cards for the same athlete

at any time during the race. The standard penalty adopted for this One Hour race is 500 meters (see Appendix for details, if interested).

Virtual red cards are too numerous to list here (refer to virtual DQ Boards from around the country). Although statistically improbable, no athlete received more than two virtual red cards. Thus, the Penalty Zone was not used and no athletes were disqualified.

## Results Details

### PAUSATF COVID-19 VIRTUAL One Hour Championship Jun 1 - Jul 18, 2021

<b>Individual Results</b>								
First Name	Last Name	Age	Sex (M/F)	Team	Distance (meters)	Place by dist.	Age Graded %	Place by Age Graded %
Alan	Pochi	64	M	Unattached	10,360.0	M1	78.87%	4
Alex	Price	39	M	Walk USA	7,837.5	M7	49.96%	14
Felice	Stahl	64	F	Unattached	8,524.0	F4	75.30%	6
Helen	Storrs	55	F	Unattached	7,270.0	F7	57.95%	12
James	Beckett +	82	M	Unattached	8,020.4		77.78%	
Joanne	Figone	68	F	Sierra	9,012.3	F1	82.83%	1
Joseph	Darcy	49	M	Unattached	8,609.0	M5	59.68%	11
Karen	Stoyanowski	66	F	Sierra	8,958.0	F2	80.85%	2
Keith	Bunker	51	M	Sierra	9,157.0	M2	64.25%	10
Mark	Green	65	M	Pegasus	9,130.0	M3	69.88%	8
Martin	Ross	52	M	Sierra	8,191.5	M6	57.40%	13
Nicolle	Goldman	62	F	Sierra	7,998.4	F5	69.13%	9
Susan	Mears	66	F	Sierra	8,840.0	F3	79.70%	3
Tom	Dooley	75	M	Shore	8,643.5	M4	74.89%	7
Trish	Caldwell	75	F	Sierra	7,709.0	F6	75.61%	5

+ Power Walk (not Race Walk)

Team Name Glossary:

Pegasus = Pegasus Athletic Club

Shore = Shore Athletic Club

Sierra = 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 the Sacramento, CA, area a small group of fully vaccinated athletes and supporters met on a high school track for an unofficial in-person One Hour racewalk.

The three racewalkers were Karen Stoyanowski, Trish Caldwell, and Keith Bunker. The support crew of Joe Berendt, Jim Brown, Don D'Onofrio and John Twilling were invaluable. Joe tracked laps, and brought the time clock, water table, and a wheel to measure the distance. John provided photography. All provided encouragement to keep the athletes motivated. An early morning start helped avoid the summer heat.



*Top Row, Race Start (left) (l-r): Trish Caldwell, Keith Bunker, Karen Stoyanowski  
Top Row, Post-Race (right) (l-r): Karen Stoyanowski, Keith Bunker, Trish Caldwell  
Bottom Row: Keith Bunker (white top), Karen Stoyanowski (colored top), Trish Caldwell  
(black top)*



*Race Supporters (l-r): Don D'Onofrio, Jim Brown, Joe Berendt, John Twilling(-ish)*

Also, a group of Sacramento-area racewalkers (and walking friends) took advantage of the 4th of July Run for Hunger 10K Run/Walk Race in Elk Grove to get a One Hour distance.



*Group picture before the race (l-r): Keith Bunker (racewalker), Karen Stoyanowski (racewalker), Rachel Kalia (walker), Linda Ramirez (walker), and Pris French (racewalker).*

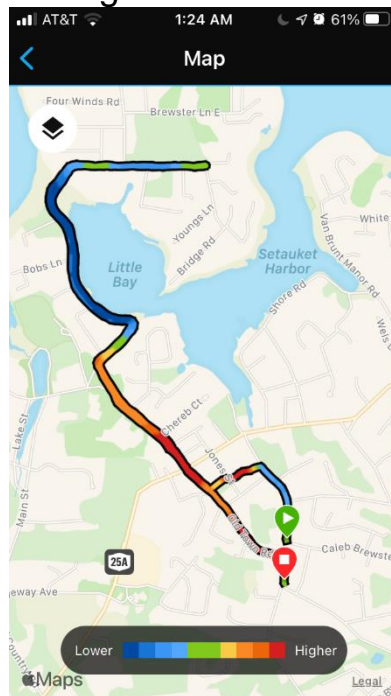
## Athlete Comments...

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

- Bib #APo: Stayed in lane 1; two strolling walkers were in lanes 7 and 8 (both were masked, I'm fully vaccinated). Conditions were ideal (for June in Austin): 68 degrees, light breeze, had a good negative split over the last 3000m, and I managed to set a 10K PR of 57:35 on the way (I probably would have hit 3 red cards, if not a DQ, but I never saw the board, so I'm calling it a race walk result. It's a power walk PR, too...)



- Bib #APr: I managed to find time to walk for an hour (on empty roads at dinner time), but didn't get a chance to take a selfie or fill out the virtual race form. See map below if you're curious where I went. The elevation looks exciting with the colors, but the scale is pretty boring: blue is about zero and red is about 50 feet.



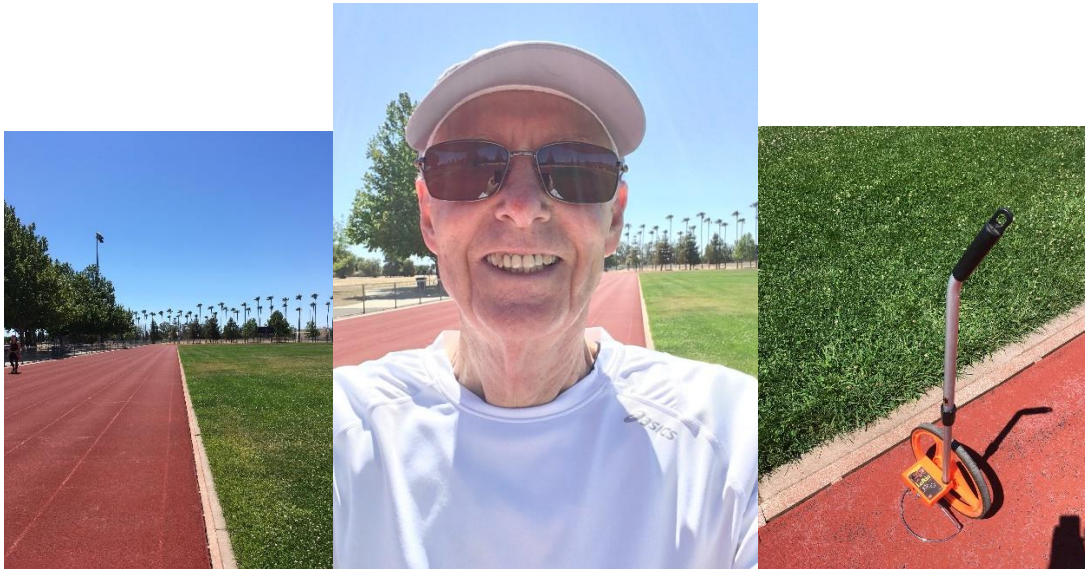
*Bib #APr*

- Bib #FS: I wore good quality race walking shoes, hydrated, sunblock, warmed up first, stretched after.
- Bib #HS: Started early. Not many people in Golden Gate Park as it was a foggy morning. Didn't see any virtual judges but did see an apprentice coyote judge. No calls from the coyote.



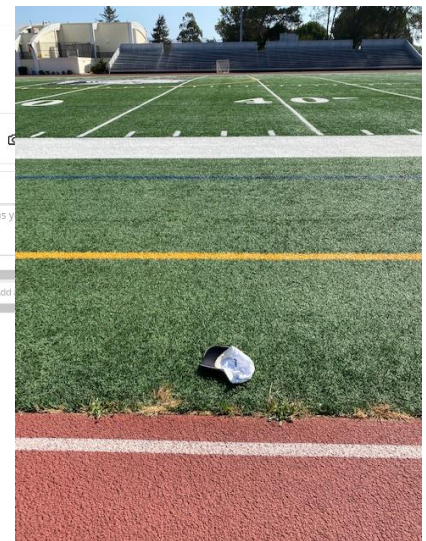
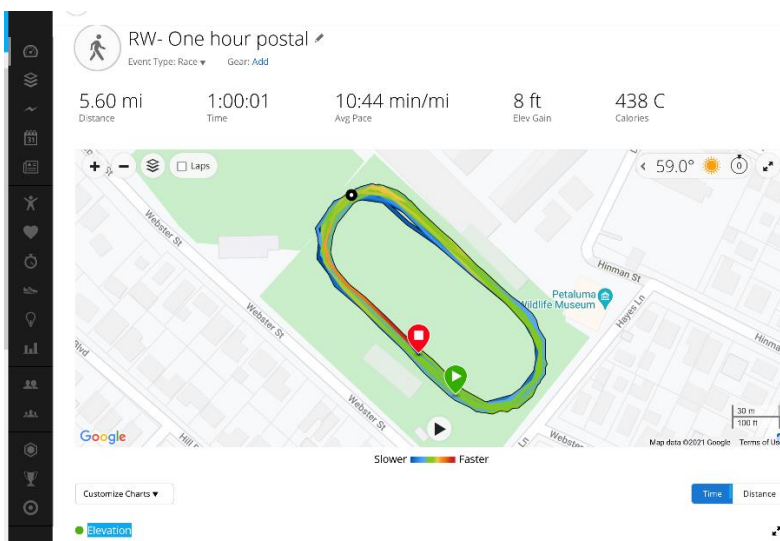
*Bib #HS*

- Bib #JB: At Al Patch Memorial Park track in Vacaville. I used an engineer's wheel to measure the distance from finish line to the end point. The weather was 63 degrees and very breezy at the start, so I wore a long sleeve shirt. To my great pleasure, race walking expert Nick Christie joined me for about 3 laps as part of his cool down. Then he sped up because his cool down speed is faster than my race pace.



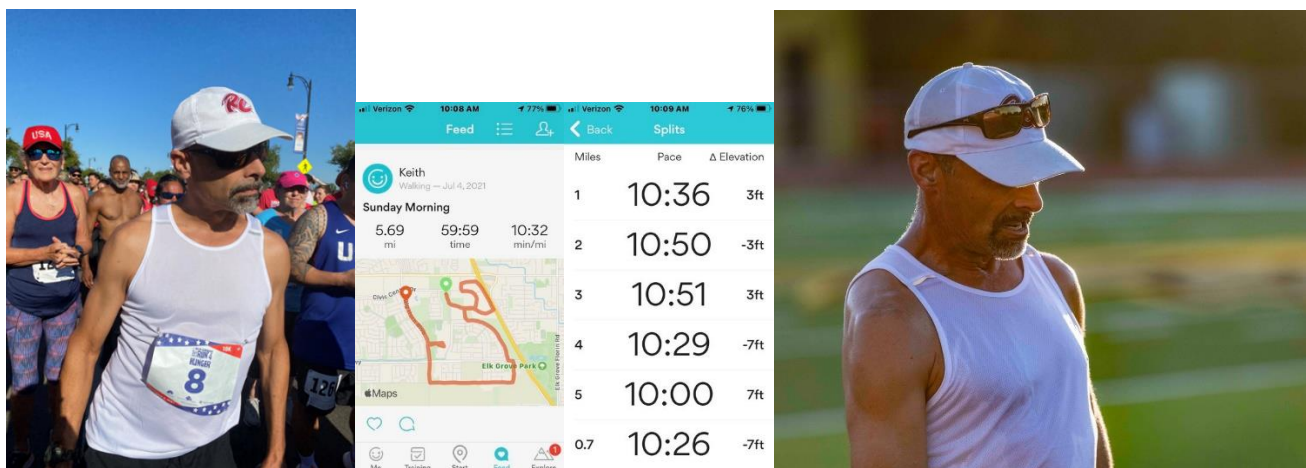
*Bib #JB*

- Bib #JD: Socially distanced at Sequoia High School track, Redwood City, CA.
- Bib #JF: Only a few people on track at Petaluma High School and I walked a distance around them.



*Bib #JF*

- Bib #KB: Here is the data for the 1hr postal I'm submitting from July 4th and the fun run we walked in down in Elk Grove. Thanks for everyone showing up to Del Oro's Track and cheering us on.



*Bib #KB*

- Bib #KS: Participated in both the group in-person One Hour Racewalk and the 4th of July Run for Hunger 10K Run/Walk Race in Elk Grove.



*Bib #KS*

- Bib #MG: At Waldport Oregon high school track, with Bib #SM.
- Bib #MR: My schedule is a bit busy so I needed to do my 1 Hour on the American River Parkway.





*Bib #MR*

- Bib #NG: Slogged around Maidu Park an hour. Looking forward to some in-person racing after this summer heat passes.
- Bib #SM: At Waldport Oregon high school track, with Bib #MG.
- Bib #TC: Participated in group in-person One Hour Race.



*Bib #TC*

- Bib #TD: [My distance] was wheel measured in feet then converted to meters. I was accompanied by Stephanie Morimoto who let me know when each 10 minute segment passed. She marked the spot on a cinder bike path when the hour was up and then I used my wheel to certify.



## 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 Grand Prix events are the concurrent **10 Km and 20 Km Race Walks**, to be held in person, COVID-19 restrictions permitting, at William Pond Park in Carmichael, CA, (Sacramento area) on **Sunday, 26 September, 2021**.

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

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

Keep Walking!

## Appendix – Penalty Zone in a One Hour Race Walk

Background: The USATF rules state the penalty times for incurring three red cards in a race which uses a Penalty Zone: "For races up to and including 5km - 0.5 min; 10km - 1 min; 20km - 2 min; 30km - 3 min; 40km - 4 min; 50km - 5 min."

So, the penalty for races 5k and less is 30 seconds, >5k and no longer than 10k is 1 minute, >10k and no longer than 20k is 2 minutes.

When USATF adopted the IAAF time penalties, it was noticed that 15km and 25km were not listed. There was discussion and it was decided that, just like the rest of the world, the US would live with a 2 minute penalty for 15k and a 3 minute penalty for 25k, etc.

There are no rules specifically addressing a Penalty Zone penalty for a 1hr or 2hr race.

So, the One Hour race organizer consulted with a handful of race walk officials and leaders for assistance in determining the appropriate penalty for a One Hour racewalk.

The suggested penalty of 500 meters and the supporting logic came from Dan Pierce, a racewalker who has been involved in several aspects of the sport for many years.

“ ...

*The following is how I'm trying to apply that same or similar logic to a time determined event. Good race walkers (female, male, U-20, Open and some Masters) go farther than 10km in an hour, no race walkers are going farther than 20k in an hour. If we are applying a 2 minute penalty to 11km, 12km, 13km and 15km race walks, I think it's kind of hard to argue that the penalty for a 1hr walk should be different than 2 minutes. I also believe this whole concept needs to be kept as simple as possible and as easy to understand as possible, so I'm trying to find a one size fits all solution. I'd suggest a 2 minute penalty for a 1 hour race.*

*The tricky part is what to do when the third Red Card comes in after the hour is up. Again trying to keep it to a simple, one size fits all answer. The current accepted world records are 1:23:39 for women and 1:16:36 for men. The average of those times is close to 1:20 or 80 minutes. Covering 20000m in 80 minutes means the athlete is going 250 meters per minute. A 2 minute penalty would cost the athlete 500 meters. So I'll suggest a 500m penalty for a third Red Card that arrives after the athlete has finished.*

...”