

Club vs. Club vs. Club

Virtual Races June through September

By Paul Carlin

As noted last issue, the Corona Virus Pandemic and the associated restrictions on events, starting in mid-March, left Masters Runners with no road races. At the onset, many of us thought that after a few weeks, there would be an easing of restrictions and we could all get back to competing. Little did we know that nine months later we would be no closer to seeing major road races or USATF Masters LDR Championships restarting.

Luckily, Masters athletes are resilient. They continued to train and a few USATF-Affiliated clubs created Virtual Challenges to provide motivation and boost morale in the Masters running community. Last issue I provided details on efforts in the spring. This issue focuses on late spring and summer. I report on the **Cal Coast Track Club's Virtual Distance Carnival** and the **Boulder Road Runners' Virtual 60+ Summer Holiday Challenge**. As I write this, the **Garden State Track Club's Quarantine Games** are still in progress.

CAL COAST VIRTUAL DISTANCE CARNIVAL

Cal Coast athletes contacted key runners on other teams to encourage their participation in the Carnival, which included races from 800 to 10,000 meters, plus a Long Distance Medley Relay. The window for racing was set for May 11-23. Both Open and Masters athletes competed and the Masters (Age 40+) results are reported below. **Sara Van Dyke** did a terrific job of organizing the event and keeping track of results. Masters athletes from California, Missouri, Ohio and Oregon on their respective teams; the Bowerman Track Club (BTC), Cal Coast (CC), Dayton Distance Project (DDP); the Jane's Elite Racing (JE), and Team Runners High (TRH) competed.

800m > **Eric Hartmann**, BTC, won by over five seconds in 2:17.0 over **Kurt Whittington's**, CC, 2:22.8. CC's **Brad Peterson**, 56, the oldest runner in the two lapper, turned in a respectable 2:24.2, edging teammate **Trevor Cox** by a tenth of a second for the last spot Masters podium spot. 5th **Greg Keyes** CC 2:26.0, 6th **Godwin** BTC 2:29.0, 7th



Wesley Sealand BTC 2:32.0, 8th **Kevin Barda** CC 2:40.7. 'Ironman' Godwin ran in every event; no other masters runner was such a glutton for punishment!

Only two women signed up for the Masters 800 Meters. **Beth Wells** of DDP clocked 2:44.1 for a first place effort and **Elizabeth Hawkins**, 60, TRH, ran 4:40.

1 Mile > This distance runner's glamor event garnered the highest number of Masters entrants: 32. **Enrica Bonifacio**, 88, was the oldest competitor by far but for the women, **Ann Alyanak**, DDP, and **Nancy James-Klinger**, JE, were the headliners. This race went to the 2020 Olympic Trials Marathoner, Alyanak, but it was tight. Two seconds separated the athletes at the end, with Alyanak prevailing in 5:06! James-Klinger's second was well ahead of the rest of the field. **Julie Mercado**, DDP, took third with 5:31. 4th **Christina Johnston** DDP 5:36.1, 5th **Gwen Twist** CC 5:38.2. Age-Grading, compiled using the track calculator; For the women, Alyanak, 41, had the faster time but being a year older allowed James-Klinger, 42, to edge her in age grading, 88.12 to 87.71%. The age grading podium was completed by Mercado, 46, at 85.85%.

For the men, **Roosevelt Cook**, CC, cruised to a 16-second win in 4:38.0. Hartmann, Peterson and Keyes, who went 1-3-5 in the 800 meters battled for the final two podium positions. This time Keyes prevailed with a fine 4:54.0, edging Hartmann by two seconds. 4th Peterson CC 5:08.5, 5th Cox CC 5:10.7, 6th Godwin BTC 5:12.7. On the men's side, Keyes, 52, recorded an 87.99%, topping Hartmann's, 52, 87.4%. Peterson's, 56, 86.68% put him on the podium too.

2 Mile > Five men had a shot at the win. CC's **Christian Cushing-Murray** took the victory by a hair, using a classic, but in this case, virtual, lean to edge Godwin 10:45.7 to 10:46.1. **Rob Arsenault**, CC, claimed the final spot on the podium with a 10:49. With a full second to spare on his teammate, **Adam Van Berckelaer**, Arsenault passed on the virtual lean. 5th Keyes CC 10:55. In age grading, Arsenault, 54, topped the charts at 86.39%. Godwin, 53, was second at 86.05%, with Cushing-Murray, 52, rounding out the podium at 85.41%.

Mercado, DDP, dominated the women's race; her 11:24.9 was a half-minute over **Cambria Wu**, JE. Wu, at 12:02.0, in turn, had almost a minute cushion over the field. Janes Elite teammates, **Tania Fischer and Kelle Taylor**, vied for the final podium spot. Fischer needed every bit of speed she could muster, edging her teammate 12:59.5 to 12:59.9. 5th **Silvia Alvarez** TRH 14:55.9. Taylor, 56, edged the overall women's winner, Mercado, 46, for age-grading honors, 88.09% to 88.04%. Fischer was well ahead of the remaining women, claiming the third spot with 85.7%.

5000m > Keyes had an upset win in 16:58 while teammate, **Jacques Sallberg**, followed in 17:08. Hartman made his third podium in 17:25. 4th Godwin 17:31, 5th Whittington 17:28. Keyes, 52, not only took the overall 5000m crown, but the men's age grading win as well with an 86.44%. Godwin claimed second with an 84.4 and Hartman was third, just 0.19 percentage points behind at 84.21.

Mile Champion Alyanak had no trouble making it two wins. Her 17:29 was nearly a minute ahead of her teammate, Mercado, who edged **Mary Lynch**, JE, and 18:21 to 18:26.0 for second. 4th **Shannon Teslow** JE 19:20, 5th **Tamar Gamliel** JE 19:59.0. Lynch, 53, took the age grading honors; meriting



▲ Alda Cossi Nora Mann and Karen Lein

a 94.3%, two points ahead of the 92.33% turned in by **Teslow**, 55. **Mercado**, 46, edged **Alyanak** for third, 86.62 to 86.46%.

10,000m > 'Iron-Man' **Craig Godwin**, the reigning M50 15k Champ, took both the Overall and Age-Grading titles, with a 35:35 that graded at 86.70%. **Randy Parker**, 58, TRH, outlasted his teammate, **Gavin McKiernan**, 45, 48:36 to 49:53, for second and third. The oldest runner in the field, **Dave Kunst**, 68, TRH, finished fourth at 1:01:05. No women entered this event.

Long Distance Medley Relay > (1 Mile, 2 Mile, and 5000m) The runners did not run separate races to score this event. Relay times were compiled from the Individual events. Just for fun, the description below is written as if it were a live event.

Cal Coast and Team Runners High mixed it up in the coed relay. **Lindsay Lauria** got Cal Coast off to a good start with a 6:59.0 on the first 1-mile leg, edging TRH's **Barry George** by two seconds. TRH came roaring back to take the lead on the second mile leg when **Hiroko Barringer**, TRH, turned in a 7:07.26 to CC's **Lorene Kong's** 7:23.66. A 14-second edge is not much though and CC's **Dennis Ryan's** 13:17.9 reversed the tables providing a lead of over a minute when **Alvarez** of TRH crossed the line in 14:55.9. As befits a seesaw battle, **Tony Bugarin**, TRH, almost caught **Kevin Kong**, CC, with his 19:59.0, but fell a half minute short; Kong cruised across the line in 20:52.8 giving Cal Coast the victory, 48:33.4 to 49:03.2.

It was a shoot out between the men's teams, with Cal Coast and the Bowerman Track Club lining up toe-to-toe, virtually. **Jeff McCormick** got BTC a half-minute lead by posting a 5:33.0 to **Gus Quinonez's** 6:05 for CC. On leg two Hartman kept things rolling for BTC with a 4:56.0 to **Mark Steyvers's** 5:39. This gave BTC a cushion of 1:15 over CC. Enough? **Cushing-Murray** reduced the gap with his 10:45.7 2-mile leg but could not eliminate it. BTC's **David Rees** clocked 11:19 keeping BTC 40 seconds ahead. On the final 5000m leg, **Keyes** clocked a 16:58 to the 17:31 turned in by BTC's Godwin which made it closer, but **Godwin** closed it out a BTC win, 39:19.0 to 39:31.7.

The **Dayton Distance Project** and the **Jane's Elite Racing** teams were fired up for this competition. **Gwen Twist** gave JE a 15-second lead by clocking 5:38.2 to the 5:53.9 turned in by DDP's **Beth Wells**. **Cristina Johnson** clawed back half of that on her leg, running 5:36.1 to **Grace Padilla's** 5:44.2.

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It mattered little though, as the final two legs were a one-sided affair. DDP's two aces, **Mercado** and **Alyanak** turned in times of 11:24.9 for 2 miles and 17:29 for 5000m. Those two times swamped the fine runs turned in by JE's Taylor at 12:59.9 and **Gamliel** at 19:59. DDP took the win with a margin of almost four minutes, 40:23.9 to 44:21.3! Competing for fun, **Team Runner's High** took third.

TEAM SCORING Here is the score among just Masters runners.

800m Men BTC 6, CC 4 Women DDP 6, TRH 3
1 Mile Men CC 9, BTC 1 Women DDP 7, JE 3
2 Mile Men CC 7, BTC 3 Women DDP 6, JE 4
5000m Men CC 9, BTC 1 Women DDP9, JE 1
10000m Men BTC 6, TRH 4

Long Distance Medley Relays

Coed CC 6, TRH 3
Women DDP 6, JE 3, TRH 1
Men BTC 6, CC 3

Final Team Scores

Men: Cal Coast Track Club 38, Bowerman Track Club 23, Team Runners High 7

Women: Dayton Distance Project 34, Janes Elite Racing 11, Team Runners High 7

a close battle for the remaining podium spots; Westenberg poured it on to edge Dundas by four seconds, 18:32 to 18:36, with McCormack another four seconds back. McCormack, 66, of ATC earned the second best age grade of 90.0%. GLRR's Westenberg, 62, completed the podium, his 18:32 earning an 87.59%.

The top five scores are summed for a team score.

MEN > 1st Atlanta Track Club 88.0%: 93.52 Youngers +90.0 McCormack +85.84 Dundas +85.79 Larson +84.84 Anderson, 2nd Boulder Road Runners 83.22%: 84.86 Bell +84.02 Pottle +83.89 Sayre +82.69 Braun +80.63 Nicolaides 3rd Greater Lowell Road Runners 82.42%: 87.59 Westenberg +84.81 Hadcock +81.53 Stewart +79.58 Christie +78.59 LaGoy, 4th Shore Athletic Club 81.41%, 5th Athletics Boulder 79.00%. Atlanta has won the past two Masters Club Grand Prix Championships and demonstrated here that they are still the team to beat! Boulder and Greater Lowell were closely matched, with Boulder coming out on top this time around.

The Greater Lowell Road Runners and the Shore Athletic Club had the race to themselves. Individually Shore's **Barbara Donelik**, 73, crushed it, clocking 24:16 to age grade at 90.80% taking the win. Lowell's **Sally Reiley**, 60, ran 22:38 to earn an 81.29% and second place. Her teammate, **Liane Pancoast**, 62, was not far back, clocking 24:00 for 79.17%.

Team Scoring is the sum of the top three athletes on each team.

WOMEN > 1st Shore Athletic Club 79.84%: 90.80 Donelik +75.27 Stirrat +73.45 Ciccone, 2nd Greater Lowell Road Runners 78.23%: 81.89 Reiley +79.17 Pancoast +73.64 Haynes.

BOULDER ROAD RUNNERS VIRTUAL 60+ SUMMER HOLIDAY CHALLENGE

Roger Sayre, ace of the **Boulder Road Runners'** M60+ team, and the 2019 Masters LDR Runner of the Year, with the assistance of Team Captain **Bruce Kirschner**, created a plan for a virtual series. They invited the 60+ teams from recent MLDR Championships. **Athletics Boulder** (AB), the **Atlanta Track Club** (ATC), the **Greater Lowell Road Runners** (GLRR), and the **Shore Athletic Club** (SAC) eagerly joined in. Throughout the summer, they offered a 3-race series in their Holiday Challenge with events scheduled for Memorial, Independence, and Labor Days.

The rules stated that races could be run on any surface but the drop from start to finish could be no more than 10' per kilometer and the start to finish separation could be no more than one-third of the total distance (1.67k for a 5k). Team scoring was based on age-graded scores, not raw times as this provided all ages a fair chance of winning. Only one athlete 70+ could score for a 60+ team. Men's teams needed five runners to score, women's teams three.

Memorial Day > The athletes could choose a 5 or 10k and all but three men chose the 5k course. The race was likely to come down to **Jeff Dundas**, **Tom McCormack**, **David Westenberg**, and **Ken Youngers**. ATC's Youngers, 63, left nothing to chance, uncorking a 17:30 to charge across the finish line first with a 92.31%. Dundas, McCormack, and Westenberg had



▲ Adam Feerst

Independence Day > Run from July 3rd to July 12th, the second installment provided plenty of fireworks! Host Boulder made a rule change adding an altitude adjustment wrinkle. The rule stated that if the course was run at 3,500' or higher, an altitude adjustment equal to the adjustment the NCAA makes was applied. This recap first uses the raw times for age-grading, then indicates how the altitude adjustment changes things. Eight teams competed in the men's race, five in the women's.

Shore AC's Donelik ran 24:39 for an 89.18% age grade score. Greater Lowell's **Reiley** ran 22:00 for the second best grade of 84.09%. **Alda Cossi**, 65, of the Liberty Athletic Club (LAC) grabbed the final podium spot with a 23:29 for 83.89%. The Greater Philadelphia Track Club's (GPTC) **Sandra Folzer**, 81, clocked 30:44 for 81.29% ranking fourth, while BRR's **Lynn Hermanson**, 69, turned in a 25:40 for 80.91%. Each team placed a runner in the top five but in the end Shore added the Independence Day win to their Memorial Day conquest.

WOMEN > 1st Shore Athletic Club 81.29%: 89.18 Donelik +78.90 Rothman +75.78 Stirrat, 2nd Greater Lowell Road Runner 79.43%: 84.09 Reiley +79.34 Pancoast +74.87 Haynes, 3rd Liberty Athletic Club 75.45%: 83.89 Cossi +73.96 Butterson +68.49 Shreffler, 4th Greater Philadelphia Track Club 73.86%.

Altitude-Adjusted Results Adjusting for altitude Hermanson's, at 5348', time adjusted to 24:54, raising her age grade from 80.91 to 83.42% moving her from fifth to fourth.



▲ Liberty runners at Harvard

Labor Day > September 7th-13th were the dates of the final series installment and a 1-Mile Run was added to the 5 and 10k options.

Lowell's **David Westenberg**, 62, reigning M60 Road Mile Champ, blasted the fastest men's mile at 5:10, earning a 91.64%, a percentage exceeded in the series only by Youngers Memorial Day 17:30 5k. Greater Philadelphia's **Mark Carver**, 60, clocked 5:13 for second at 89.14%. Third went to Lowell's **Charlie Muse**, 64.

MEN > 1st **Boulder Road Runners** 85.60%: 87.32 **Bell** +85.34 **Hughes** (10k) +85.16 **Barros** +85.11 **Sayre** (10k) +85.06, 2nd **Greater Lowell Road Runners** 84.07%: 91.64 **Westenberg** +87.95 **Muse** +81.23 **Reeder** +80.57 **Haddock** +78.98 **Glenn Stewart** (10k), 3rd **Greater Philadelphia Track Club** 82.56%: 89.14 **Carver** +84.91 **Reynolds** +84.66 **Conheady** +71.76 **Jones** +70.92 **Smith**, 4th **Shore Athletic Club**: 81.58%.

Philadelphia's **Cheryl Bellaire**, 61, clocked 6:34 in the women's mile for an 81.75% age grade. Right behind her in age grade was teammate, **Sandra Folzer**, 81, whose 8:47 mile merited an 81.40%. Third place went to Boulder's **Lynn Hermanson**, 69, with a 54:06 10k for 79.21%. Philadelphia's **Kyra McGrath**, 65, took fourth; her 25:35 5K earned a 77.00%.

WOMEN > 1st **Greater Philadelphia Track Club** 80.04%: 81.75 **Bellaire** +81.40 **Folzer** +77.00 **McGrath**, 2nd **Liberty Athletic Club** 76.21%; 84.13 **Cossi** +73.24 **Shreffler** +71.26 **Dru Pratt-Otto**, 3rd **Boulder Road Runners 'A'** 72.55%: 79.21 **Hermanson** +69.31 **Antos** (10k) +69.14 **Sutton** (10k), 4th **Boulder Road Runners 'B'** 63.67%.

Altitude-Adjusted Results Adjusting for altitude elevated Boulder's 7,000' + athlete, **Paul Hughes**, to the #2 spot behind **Westenberg** with a 90.55%. **Doug Bell** climbed into third with a 90.11. Team Boulder extended its lead over Greater Lowell and Greater Philadelphia, but the order remains the same. For the women, the adjustment vaulted **Lynn Hermanson** into the lead, passing **Bellaire** and **Folzer** with an 82.17%. Team **The Boulder Road Runners** moved further ahead of Shore AC, but remain in second.

Labor Day wrapped up the Boulder Virtual Race Series. Despite the Corona Virus, athletes kept training; the results were 'virtually' impressive! Westenberg captured the feelings of many in his note to the organizers: "The series gave purpose to training in an otherwise race-less period; our team is very grateful for it. One member noted that this series has been one of the very few highlights of this Covid-constrained summer."



Hermanson's BRR teammate, **Nancy Antos**, at 5331', time adjusted from 29:40 to 28:46 raising her age grade from 71.01 to 73.22%. Philly's **Mary Fanelli Lund**, at 3600', saw her time decrease from 29:05 to 28:36, increasing her age grade from 64.36 to 65.44%. Both BRR and Philly had average scores rise, BRR's AAP average is 74.47 compared to Philly's 74.22% moving BRR to fourth and dropping Philly to fifth.

The Bowerman Track Club's **Doug Winn**, 70, posted a 19:42 to earn the men's top age grade of 88.49%. Atlanta's Youngers battled GPTC's **Nick Vetere**, 63, for the last two podium spots. Vetere took second with a virtual lean, 18:32 to 18:33; that moved Vetere 0.08 percentage age grading points ahead of Youngers 86.17 to 86.25%. Lowell's Westenberg, 62, clocked 18:26, the fastest raw time, for 87.61% and fourth.

MEN > 1st **Greater Philadelphia Track Club** 84.73%: 87.95 **Vetere** +86.17 **Conheady** +83.88 **Carver** +82.88 **Bob** +82.77 **Shields**, 2nd **Athletics Boulder** 82.49%: 86.50 **King** +87.28 **Lascalles** +82.21 **Littlepage** +80.28 **Bruess** +76.17 **Kennedy**, 3rd **Atlanta Track Club** 82.46%: 86.25 **Youngers** +85.46 **Larson** +82.96 **Anderson** +81.23 **Dundas** +74.76 **Feather**. 4th **Boulder Road Runners** 82.13%, 5th **Greater Lowell Road Runners** 81.30%, 6th **Bowerman Track Club** 79.89%, 7th **Shore Athletic Club** 78.11%, 8th **Silverbacks** 76.67%.

Altitude-Adjusted Results Altitude adjustment changed the individual podium. Hughes ran his 18:59 at just over 7,126'. The adjusted individual podium is: **Paul Hughes**, 63, 18:04 (18:59) 90.18%, **Dan King**, 61, 17:53 (18:31) 89.53%, **Doug Winn**, 19:42, an 88.49%. With four of the five AB runners receiving adjustments their team average became 84.57%, just shy of Philly's 84.73%. BRR got bumped up as all of their top-five ran at 5000' or higher; their average rises to 85.16% and first place. The altitude-adjusted team podium: **Boulder Road Runners** 85.16%, **Greater Philadelphia Track Club** 84.73%, **Athletics Boulder** 84.57%.

There was some pushback over only adjusting for high altitude from runners who ran in hot, humid conditions, which also affect performance. In the end, it was all for fun; the altitude adjustment is included as an additional lens for viewing the results. Boulder's **Bruce Kirschner** summed up the series, "Credit **Roger Sayre** for coming up with the idea, and doing most of the work. If it's helped to keep others motivated and challenged, that is all we could ask for. We are just happy to see so many people have fun with it."