

2016 New Jersey Race Walk Series
USATF-NJ 10k Race Walk Championship - Including Open 5k Race Walk
Harry Wright Lake, Whiting, NJ
Hosted by The Freehold Area Running Club
10/22/2016 - Rainy, 55°, 10:00am

10k Race Walk

1: John Soucheck	M51	SAC	7:09	14:07	21:15	28:18	35:24	42:26	49:34	56:38
2: Tim Chelius	M60	SAC	8:14	16:29	24:39	32:57	41:10	49:11	57:09	1:04:59
3: Tom Quattrocchi	M65	SAC	8:02	16:22	24:34	32:57	41:17	49:35	57:55	1:06:29
4: Dorit Attias	F54	Walk USA	8:40	17:42	26:58	36:33	45:49	55:07	1:04:32	1:14:04
5: Panseluta Geer	F70	SAC	9:01	18:20	27:42	37:05	46:23	55:48	1:05:28	1:14:58
6: Pat Bivona	M75	SAC	10:09	19:52	29:27	38:56	48:22	57:48	1:07:26	1:17:25

5k

1: Maryann Daniels	F58	CT R/W	7:09	14:46	22:33	30:07				
2: Susan Middaugh	F61	FARC	9:50	19:40	29:00	38:41	>>> (1 min penalty)		39:41	
3: Ross Miano	M67	FARC	8:57	18:14	27:93	37:18	>>> DQ			

Judges: Avram Shapiro (Chief), Master
Marcia Shapiro, Master
Ron Daniels, Master
Elliott Denman, Master
Wayne Baker, Assoc.
Barbara Tupper, Assoc.
Steven Tupper, Assoc .

Lap Counters/Timers:
Janet Bergum (Chief)
Gene Geer
John Fredericks

Course Biker: Mike Bergum

Set-up/Hospitality: John Fredericks

Hydration: Kristen Soucheck

Race/Series Director: Ron Salvio (FARC) 609-758-5454, Ron@Salvio.com

With rainy conditions and all of us getting soaked, 9 Race Walkers toed the line this past Saturday. On this cold, wet day, the New Jersey Race Walk Series used the new "Pit Lane" concept as a training exercise for both the athletes and officials. Its use in the future will hopefully encourage the participation of both Junior and Novice walkers of all age groups.