

**San Diego Walking Festival**  
**February 17, 2013 - Cuyamaca College**

This race was the San Diego Association 5,000m racewalk championships as well as the Western Regional 5,000m Championships

Here are the results of the 1st edition of the San Diego Walking Festival. Special thanks to the judges who came down from Riverside to help judge the event and to Coach Anthony Garcia, the Women's Head Cross Country Coach at Cuyamaca College, for doing the official FAT timing.

There were 3 events today. First up was the MILE racewalk. Here are the results:

**1-mile race walk**

1. Deo Jaravata - 10:10.95
2. Jim Olson - 11:11.25

This was Deo's 2nd race of the day. He racewalked the half marathon at the Rock and Roll Half in Pasadena and then made the drive down to San Diego to support the event!

**3,000m Race walk**

1. Andreas Gustafsson - (SWEDEN) 11:38.69 (split)
2. Tim Seaman - (NYAC) 12:06.24 (split - NEW US Masters American Record 40-44)
3. John Nunn - 12:09.05 (Meets the qualifying time for the US Indoor Nationals)
4. Rick Campbell - 18:37.28

**5,000m Race walk - Men**

1. Andreas Gustafsson - (Sweden) 19:24.80 (Breaks the Gustafsson family record for 5,000m on the track!)
2. Tim Seaman - (NYAC) 20:23.25 (NEW US Masters American Record 40-44)
3. Joe Nieroski - 29:49.79
4. Deo Jaravata - 34:16.41
- Jim Olson - DNF
- Larry Kloha - DQ

**5,000m Race Walk - Women**

1. Liz Salvato - (Walk2Win) - 28:56.04
2. Concepcion Vasquez (Club Deportivo Velazco - Tijuana, Mexico) - 32:09.15
3. Gina Bentley - 33:12.00
4. Jolene Steigerwalt - 34:05.00
4. Mary Kloha - (Walk2Win) - 38:33.29

Congrats to all of the competitors, especially Deo who completed the "Triple Crown" of a half marathon, a mile and a 5km all in one day!