

ISKO-lympics 3.0 Challenge

By Winston C. Umali, MD
Chair, Ways & Means Committee
Director, Iskolympics 3.0 Virtual Fitness Challenge

The Iskolympics 3.0 Virtual Fitness Challenge concluded last September 30, 2020 after an exciting 3 months of physical efforts, personal challenges, commitments, and a genuine show of dedication from the organizing committee, formidable teams and generous sponsors which all culminated in a successful inaugural fund-raising event. Achieving the primary goal of the Ways and Means Committee, which was to engage the members of UPAAA, Inc. in a friendly showcase for physical fitness., strength and creativity in sports despite the restrictions we all faced at the time of the COVID-19 Pandemic, we were able to identify the potential of this activity as a good recurring event that will always foster the vibrance of our organization by promoting health and fitness and simultaneously continuing our cause to raise money for the “Iskolars ng Bayan.”

We were able to raise a net amount of \$6,028.00, with 135 participants, mostly from the team of Aida and Rudy Sarmiento, Sarmy Army, with 46 members; followed by 7 vets from Team VetMed, led by Maria Solicito. Rowena Sese, an NJ resident formed the JDTeam with 3 members.

We cannot thank enough the support we got from The Parrado Family who led the sponsorship’s list, capping the gold sponsor spot (\$1000). Much appreciation as well goes to the 12 bronze sponsors who gave \$250 each - Dr. Rudy and Aida Sarmiento; Evelyn and Sid De la Cruz; The Filipino Press, Inc.; Dr. Jose M. David of The Practice of Family Medicine; President Daisy Rodriguez, in memory of Amado Khaya Canham Rodriguez; UPAA-Nevada; Randy Ferrer of Premier Finance Alliance; Rene Aleria of New York Life company; Gary Camacho of Camacho and Camacho, LLC; Philippine-American Charity Foundation, Inc.; Dina Barros Ellorin of SAMAHAN Filipino-American Performing Arts & Education Center, Inc.; and Dr. Winston C. Umali of Winston C. Umali, M.D., P.C.. A few more additional donors contributed like Mario Santos, Edgardo Asuncion and Dr. Thaddeo Oconer.

We had a total of 135 participants with 18 signed up for Competitive 3 Mile Run. 19 did the Non-competitive 3-Mile Run while 17 did the Non-competitive 3-Mile Walk. The rest did different forms of workout and other interesting activities like yoga, surfing, skateboarding, biking and dance routines, even the famous TikTok dance moves. It was fun indeed and quite heartwarming to note some other unexpected results from the concept of this event that we just propagated. The children of Juanita Nacu rode their bikes and cross states for the weekend to represent their mom. The entire family and friends of Rudy and Aida Sarmiento showed us how to mobilize a troop from all over the United States. Some did more days of the challenge to reap the full benefit of physical fitness. Everyone else showed a thing or two about what else each one is good at, besides being a dedicated member of UPAAA, Inc.

Here are the overall winners of Competitive 3 Mile Run: For the Men’s division - Michael McGuire (First Place) of Sarmy Army, son-in-law of Aida Sarmiento; Florencio Garcia (Second Place), UPCM’93, a nephrologist from Danville, VA, and Winston Umali (Third Place), UPCM ’94, UPAAA Ways and Means Committee chair and Iskolympics Director. For the women’s division, the winners are Angelina Sarmiento (First Place) “Lightning Lina” of Sarmy Army and gran ddaughter of Aida Sarmiento from Gainesville, GA; Sherry Ann Parrado (Second Place), daughter of Nelsie Parrado, form Nutley NJ; and Letty Umali (Third Place), Dr. Winston Umali’s half marathoner -wife from Jersey City, NJ.

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Category: Competitive 3 Mile Virtuz Search: Results/Page: 25

Place	First Name	Last Name	Age	M	Time	City	State	Sex/Pos	Pace
1	Michael	McGuire	49	M	22:25	Chula Vista	California	1	07:28
2	Florencio	Garcia	52	M	22:54	Danville	Virginia	2	07:38
3	Winston	Umali	53	M	23:44	Jersey City	New Jersey	3	07:55
4	Alex	Sarmiento	16	M	24:14	Gainesville	Virginia	4	08:05
6	Christian	Lintag	42	M	30:03	Jersey City	New Jersey	5	09:53
9	Mark	Umali	15	M	42:02	Jersey City	New Jersey	6	14:01
10	Ariadne	Postrero	52	M	42:49	Jersey City	New Jersey	7	14:05
12	Richard	Sarmiento	46	M	48:09	Gainesville	Virginia	8	15:56
13	Kerwin	Postrero	16	M	48:10	Jersey City	New Jersey	9	16:03

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Place	First Name	Last Name	Age	F	Time	City	State	Sex/Pos	Pace
5	Angelina	Sarmiento	14	F	28:58	Gainesville	Virginia	1	09:39
7	Sherry-Ann	Parrado	45	F	31:58	Nutley	New Jersey	2	10:39
8	Letty	Umali	54	F	32:31	Jersey City	New Jersey	3	10:50
11	Daisy	Postrero	53	F	45:29	Jersey City	New Jersey	4	15:10

Special Mention are the medalists for doing 3 challenges or more - Daisy Rodriguez, Anna Parcon and Zeny Ply. Also deserving of many medals are Aida and Dr. Rudy Sarmiento, who did more than 3 challenges each to represent some of the members of their Sarmy Army. All participants who did the running challenges will receive medals as initially proposed. The commemorative finisher T-shirts, medals, award certificates and certificates of completion will be mailed on October 31, 2020.

I would like to thank everyone, and I extend a special shout-out to our Iskolympics Committee members - Kellie Sabas and Aileen Dizon for the promotions and marketing; Aida Sarmiento and Zeny Ply for registration; Cristy Colmenar and Anna Parcon for finance; Minnie Corpus-Castillo, Daisy Macadaeg and Nelsie Parrado for logistics and shipping of commemoratives.

We will see you all on the next season of the UPAAA Iskolympics 3.0 Virtual Fitness Challenge in Spring 2021! Para sa U.P.!