

July 13th and 14th, 2013 – San Ramon, California

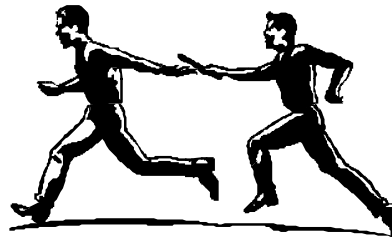


**July 8
Final?**

The Texas Instruments Track & Field Team **2013 USCAA Corporate Cup National Meet**

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Congratulations on making the 2013 Texas Instruments Track & Field

Team. Please keep this info with you for reference. DO NOT leave it lying around where other teams can view our strategy.

As a member of the team you are representing Texas Instruments and are expected to conduct yourself in a professional manner at all times.

Please become familiar with the information in this booklet and be responsible for being at the track in plenty of time to prepare for your events. Be available at all times to substitute in case of injuries.

This is a team event and we all support each other. We come to compete, have fun, and give our best effort.

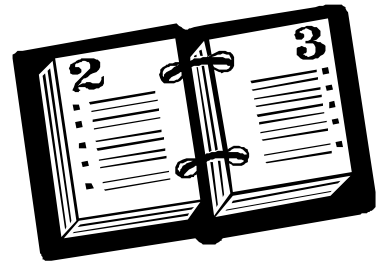
And before you ask a question – check and see if the info is already in this book.



Itinerary

Friday, July 12th

7:30am (some) carpool to DFW from South Bldg Parking Garage
10:35am (most) American Airlines flight departs DFW AA#1677
12:10pm (most) American Airlines flight arrives SFO (Terminal 2)



on arrival AirTrain Blue Line to Avis Car Rental (**all meet at the Car Rental Center lobby**)
Other arrival times: Sze, Fulce, Hathaway, & Westbrook – prior days; Pearson 9:00A; Grant 9:52A; Hull 10:41A; McCauley 11:05A; Phillips ?; Luo 8:15P; Roberson 8:25P

Meet in the rental car center lobby.
Rent cars and head to lunch / hotel when your passengers are accounted for.
Many lunch stops on Forest City Blvd/Hillsdale just before the San Mateo Bridge.
Check in at hotel.

3:00pm Road Racers can review the 5K / 10K course (at Dougherty High School).
All track people meet at Dougherty High School (10 min drive) for jog/handoffs

5:00pm **Team Meeting (mandatory)** in hotel (Salon A-C Rooms) – bring your printed trip book and matrix. Introductions, Uniforms, Matrix Update, Road Race Plan
Group up for dinner plans

Saturday, July 13th

6:30am Men's and Women's 5K teams in lobby to drive to 7:30am start at Dougherty High.

9:45am **ALL** – Depart for the track for 10:30am opening ceremony. Plan to spend the day.

5:30pm **Team Meeting (mandatory)** in the hotel (Salon A-C Rooms) to review status/changes. Group up for dinner plans

Sunday, July 14th

6:15am Men's & Women's 10K in lobby to drive to joint 7:00am start at High School

9:30am **ALL** –to the track– events start at 10:00am. Spend the day there.

1:50pm **TEAM PHOTO** – We'll announce location in the tent, get done, then get back for the awards.

Stay available in case of injury. Turn in team uniform (singlet) to Michael Reynolds when done.

Sun flights Luo 10:39P

8:00pm Post Event Party – TBD. (Buy tickets at the track)

Monday, July 15th

Morning Sleep, run, hike, breakfast, check out and tour San Francisco, etc.
Early flights: McCauley 8:15A

11:45pm Latest check-out and carpool to airport. Refill car first and each carpool member chips in for gas.

12:30pm Return rental cars (try to meet or beat the Fri checkout time so we don't get extra charges)
2:35pm (most) American Airlines flight departs SFO AA#432; Hull 2:24P; Grant 3:15P

8:10pm (most) arrive at DFW airport. Catch shuttle back to South Bldg Garage or depart airport.

2012 Rookies (19 – a new record)

Allouard, Barnabe
Bilhan, Haydar
Boarman, Andrea
Fagnani, Anthony
Fulce, Mitchel
Garrett, Michael
Geiger, Heather
Gerik, Kaitlyn
Glotzbach, John

Hilbun, Stephanie
Kanevsky, Benjamin
Matthews, Donald
Nguyen, Hieu
Oden, Rick
Roberts, Matt
Rogers, Annalisa
Sze, Vivienne
Torma, Adam
Williams, Scott

2012 Team Stats

53 members: 36 males, 17 females; (up from 46 members in 2012)

Average age = 42.0, max=74, min=21

Employees = 36, Retirees = 12, Coops = 2, Contractors = 0, Alumni = 3

Qualifying: Auto qual =11 (21%), Min qual = 11 (21%)

Rookies = 19 (36%)

Friday Meeting Agenda – 5:00pm Hotel: Salon A-C Rooms

Travel – remaining members coming in / pickup

Intro rookies and returning members

Meet scouting report

- Prelims – EASY all qualify
- Typical day in the tent – be available
- Check in sheets – turn in in advance, team should check in (get number for last runner)
- Lead leg gets baton from bag, anchor returns it

Matrix changes

Volunteers – assigned USCAA task, grocery store, timers, torch relay

Road numbers

Uniforms

Saturday Meeting Agenda – 5:30pm Hotel: Salon A-C Rooms

Introduce any members missing from Friday's meeting

Team standing and status

Any USCAA update (rules, party tickets, etc.)

Matrix changes for Sunday

Team Photo plan at 1:50pm on Sunday – Location TBD

Sunday departure plans and Monday morning plans

Phone/Contact List

Name (last, first)	Cell Phone
Allouard, Barnabe	469-432-2072
Ball, Amy	616-862-0268
Bilhan, Haydar	
Boarman, Andrea	214-929-1981
Bosshart, Pat	214-213-5160
Brantmeier, Paul	
Burton, Brandy	214-226-9660
Capps, Wally	214-543-4935
Cirba, Claude	214-205-8030
Fagnani, Anthony	972-742-2781
Fulce, Mitchel	469-999-7105
Garrett, Michael	707-980-4296
Geiger, Heather	214-727-7622
Gerik, Kaitlyn	972-876-9535
Glotzbach, John	214-592-7441
Gonzalez, Terry	972-824-6297
Gordon, Greg	214-682-7409
Grant, Chris	512-696-3256
Hathaway, Alvin	443-418-6855
Hilbun, Stephanie	214-882-3780
Howard, Vonnie	972.754.9354
Hull, Chuck	715-497-7185
Jenkins, JJ	214-549-3836
Johnson, Stephanie	972-7627475
Jorio, Ismail	408-644-9855
Kanevsky, Benjamin	978-201-2614
Kennard, Mary	972-768-1177

Name (last, first)	Cell Phone
King, Rio	214-868-6008
Laugesen, Lawrence	214-384-1654
Luo, Luke	720-375-2059
Matthews, Donald	248-709-8492
McCauley, Heidi	480-415-0053
Michalak, Beth	214 491-8787
Nguyen, Hieu	808-383-2408
Oden, Rick	469-450-6571
Papermaster, Barry	972-268-2695
Pearson, Mark	651-470-6262
Phillips, Sheri	972-530-7014
Reynolds, Michael	817-929-2306
Roberson, Todd	281-344-7897
Roberts, Matt	979-224-7942
Rogers, Annalisa	
Samilton, Cynthia	214.882.1190
Sarpong, Benjamin	214-663-3578
Schmidt, Brian	214-914-6461
Simon, Mike	214-535-9112
Smith, Steve	214 882 8659
Sulser, Dianna	214-926-3368
Sze, Vivienne	617-309-8863
Toliver, Robin	972-839-0297
Torma, Adam	
Vanbesien, Bies	214-264-5951
Westbrook, Paul	214.882.4685
Williams, Scott	214-797-7546

Flight / Master Alpha Schedule



Dallas Group Flights:

AA Group Record Locator: **HBCMMM** or **NXNPYW** or **KLNJSC**
 12Jul **AA1677** DFW10:35A SFO12:10P; 15Jul **AA432** SFO2:35P DFW8:10P

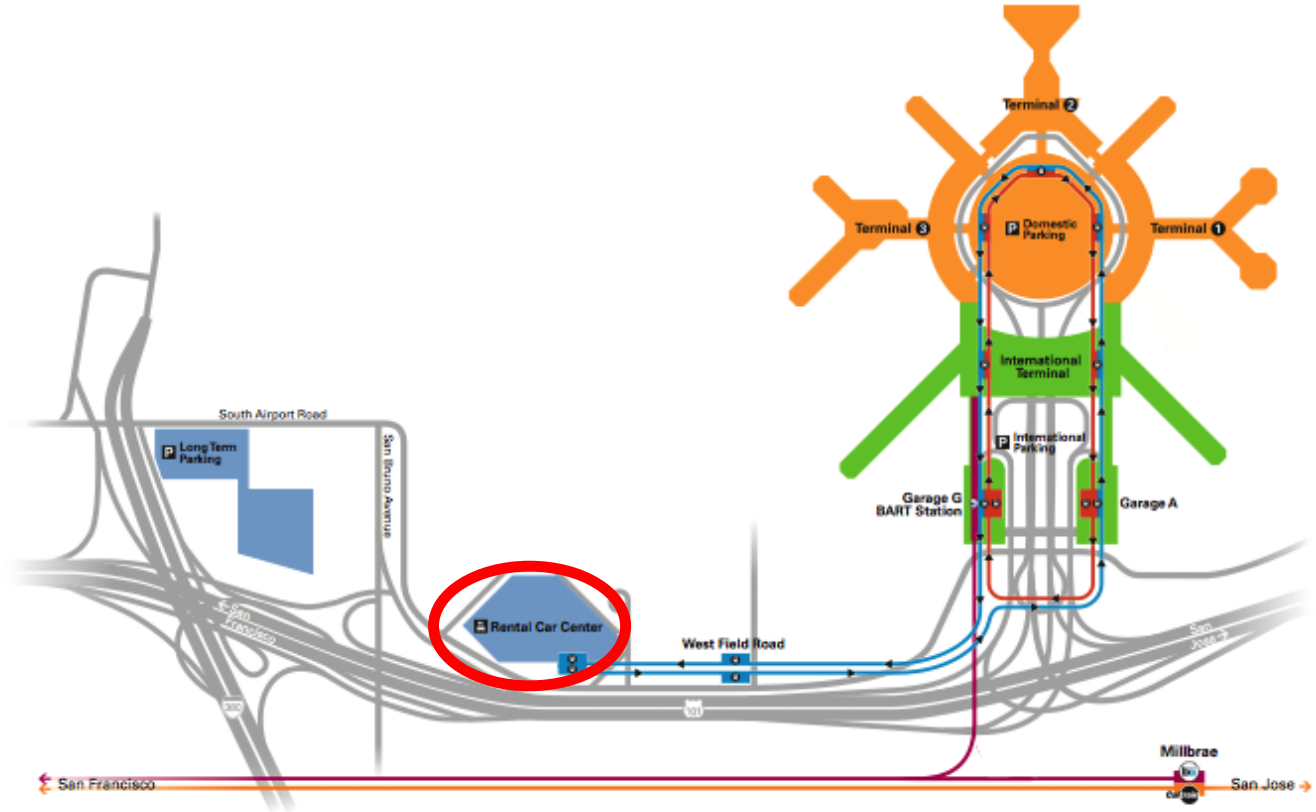
Name (last, first)	Rec Loc	Flight	Car	Rm #
Allouard, Barnabe	HBCMMM	group	01p	4
Ball, Amy	HBCMMM	group	03p	10
Bilhan, Haydar	NXNPYW	group	13p	14
Boarman, Andrea	NXNPYW	group	07p	5
Bosshart, Pat	local	local	loc	0
Brantmeier, Paul	HBCMMM	group	12D	15
Burton, Brandy	HBCMMM	group	03D	10
Capps, Wally	?	group	02p	13
Cirba, Claude	HBCMMM	group	01D	4
Fagnani, Anthony	HBCMMM	group	12p	15
Fulce, Mitchel	own	business trip arriving Wed, back with grp	16D	25
Garrett, Michael	local	local	loc	0
Geiger, Heather	HBCMMM	group	07p	6
Gerik, Kaitlyn	HBCMMM	group	07D	5
Glotzbach, John	KLNJSC	group	02p	7
Gonzalez, Terry	KLNJSC	group	05p	12
Gordon, Greg	HBCMMM	group	06D	16
Grant, Chris	EQQAHC	Fri, Jul 12; JetBlue1413 AUS8:11A-SFO9:52A; Mon, Jul 15; JetBlue1414 SFO3:15P-AUS8:43P	11p	21
Hathaway, Alvin	BEXAJC	out early - back with team	16p	16
Hilbun, Stephanie	HBCMMM	group	09D	18
Howard, Vonnie	HBCMMM	group	08D	17
Hull, Chuck	JVPIIK	Fri, Jul 12; EAU-ORD-SFO10:41A; Mon, Jul 15 SFO2:24P-ORD-EAU	05p	22
Jenkins, JJ	KLNJSC	group	04p	23
Johnson, Stephanie	local	local	loc	0
Jorio, Ismail	local	local	loc	0
Kanevsky, Benjamin	KLNJSC	group	03p	19
Kennard, Mary	drove	driving	d*	1
King, Rio	KLNJSC	group	15p	3

Continued on next page

Name (last, first)	Rec Loc	Flight	Car	Rm #
Laugesen, Lawrence	HBCMMM	group	11p	24
Luo, Luke		Fri, Jul 12; ALB2:45P-CLE4:17P;6:00P SFO8:15P; Sun, Jul 14 SFO10:39P-CLE6:27A;7:10A-ALB8:34A	10p	23
Matthews, Donald	KLNJSC	group	06p	8
McCauley, Heidi	YJOATU	Fri, Jul 12; SW3126 PHX9:00A-SFO11:05A; Mon, Jul 15 SW296 SFO8:15A-PHX10:10A	08p	9
Michalak, Beth	HBCMMM	group	08p	17
Nguyen, Hieu	HBCMMM	group	03p	19
Oden, Rick	NXNPYW	group	01p	26
Papermaster, Barry	KLNJSC	group	06p	2
Pearson, Mark	own	Fri, Jul 12 Delta#929 arr 9:00A- Tue, Jul 16 Del#1447 11:03A	14D	22
Phillips, Sheri	own	own flight	08p	9
Reynolds, Michael	KLNJSC	group	10D	20
Roberson, Todd	IJJMUR	Fri, Jul 12; AA1355 DFW6:50P-SFO8:25P; back with grp	10p	20
Roberts, Matt	HBCMMM	group	11p	24
Rogers, Annalisa	NXNPYW	group	07p	6
Samilton, Cynthia	HBCMMM	group	04D	11
Sarpong, Benjamin	HBCMMM	group	11D	21
Schmidt, Brian	KLNJSC	group	02D	7
Simon, Mike	own	own flight - out with team; back late	09p	26
Smith, Steve	HBCMMM	group	13D	14
Sulser, Dianna	KLNJSC	group	05D	12
Sze, Vivienne	MNASOR	Tue, Jul 9; AA881 DFW 8:20P-SFO 9:55P; back with grp	09p	18
Toliver, Robin	NXNPYW	group	04p	11
Torma, Adam	HBCMMM	group	12p	8
Vanbesien, Bies	KLNJSC	group	05p	13
Westbrook, Paul	own	business trip arriving Wed, back with grp	15D	3
Williams, Scott	HBCMMM	group	13p	25

SAN FRANCISCO AIRPORT TERMINAL

AA arrives in Terminal 2 – there are several food choices at the terminal if you want to eat before renting the car (coordinate with your car riders). Take the BLUE AirTrain to the Rental Car Center



Airport arrival Terminal 2 gate area food: Andalé Mexican Restaurant, Burger Joint, Lark Creek Grill, Napa Farms Market, Peet's Coffee and Tea, The Plant Café & Pinkberry, and more.

BART (Bay Area Rapid Transit) – no one planning to take at this time

If taking BART follow these directions. The fare should be \$10.40:

The BART station at SFO is located in the International Terminal. You can walk or take the free AirTrain from all terminals directly to the BART station. Just follow the signs to AirTrain and board the Red Line train. When you arrive, take the escalator down to the departures level and walk straight ahead to the BART station.

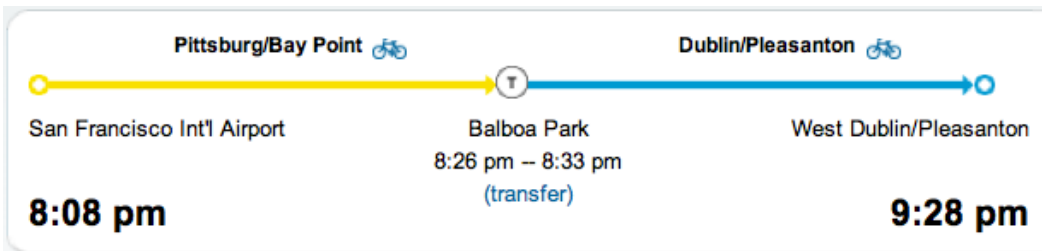
To/from Downtown San Francisco

Board the Pittsburg/Bay Point train toward downtown San Francisco. You will be on the Yellow line on the transit map (next page). At the Balboa Park station switch to the Blue Line toward West Dublin/Pleasanton.

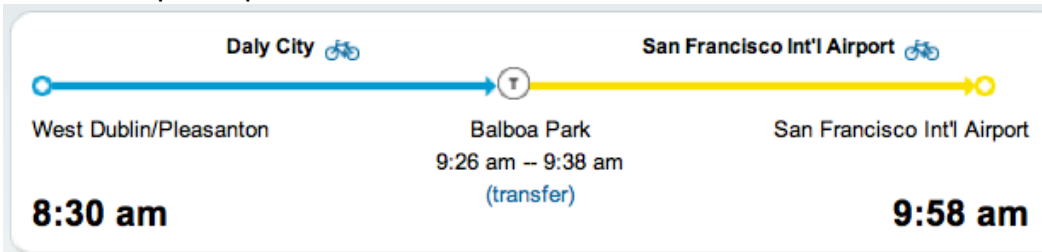
Then call a team member to pick you up from the Pleasanton Station – just 6 miles from the hotel. From hotel take I-680 South. Take exit 30B to I-580 East toward Stockton. Keep right at the fork and exit toward Dublin Blvd. Take a slight right on St. Patrick Way. Then left onto Golden Gate Drive.



Sample schedule – the trains run every 15 to 20 minutes.



Reverse trip sample:





Car Assignments

SAN FRANCISCO AIRPORT CAR RENTAL LOCATION (take the Blue AirTrain to the Car Rental Center - Avis)

Drivers will show Drivers License and Credit Card. Decline all the optional coverage, as your regular car insurance will normally cover you while driving a rental car. Save your receipt, as you will submit an expense statement.

AVIS Preferred express pickup - When you get off the train gather your passengers, then walk to your right, and go down the escalator after the chip stand on your right. Go down one flight only, and look to your right for the board. It will show name and the spot number of your car. Go directly past the sign, into the garage, and retrieve your car. Have your driver's license ready to show at the gate.

Drivers should transport passengers to/from track as well. Drivers and passengers should chip in for gas used. Drivers always check the lobby to see if anyone needs a ride. Car number is your car. The driver has a shaded number. Passengers are suggested – you can switch, just make sure everyone is accounted for.

Other arrival times: Pearson 9:00A (has car). Grant 9:52A, Hull 10:41A, McCauley 11:05A, Phillips ? – wait for team at the AA gate or rental car center. Luo 8:15P; Roberson 8:25P (Reynolds will pick up both). Sze will meet us at the hotel.

Name (last, first)	Car
Cirba, Claude	01D
Allouard, Barnabe	01p
Oden, Rick	01p
Schmidt, Brian	02D
Capps, Wally	02p
Glotzbach, John	02p
Burton, Brandy	03D
Ball, Amy	03p
Kanevsky, Benjamin	03p
Nguyen, Hieu	03p
Samilton, Cynthia	04D
Jenkins, JJ	04p
Toliver, Robin	04p
Sulser, Dianna	05D
Gonzalez, Terry	05p
Vanbesien, Bies	05p
Hull, Chuck	05p
Gordon, Greg	06D
Matthews, Donald	06p
Papermaster, Barry	06p
Gerik, Kaitlyn	07D
Boarman, Andrea	07p
Geiger, Heather	07p
Rogers, Annalisa	07p
Howard, Vonnie	08D
McCauley, Heidi	08p
Michalak, Beth	08p
Phillips, Sheri	08p

Name (last, first)	Car
Hilbun, Stephanie	09D
Simon, Mike	09p
Sze, Vivienne *at hotel	09p
Reynolds, Michael	10D
Roberson, Todd	10p
Luo, Luke	10p
Sarpong, Benjamin	11D
Laugesen, Lawrence	11p
Roberts, Matt	11p
Grant, Chris	11p
Brantmeier, Paul	12D
Fagnani, Anthony	12p
Torma, Adam	12p
Smith, Steve	13D
Bilhan, Haydar	13p
Williams, Scott	13p
Pearson, Mark	14D*
Westbrook, Paul	15D*
King, Rio	15p
Fulce, Mitchel	16D*
Hathaway, Alvin	16p
Kennard, Mary	d*
Jorio, Ismail	local
Johnson, Stephanie	local
Bosshart, Pat	local
Garrett, Michael	local
D*- separate rental car contracts	

Alternate Airport Transportation – Shuttle Service - East Bay Connection, reservation required.

www.eastbayconnection.net

1 way 1 passenger - \$47.00 (as low as \$20.50 with 4 passengers)

BAY AREA FM RADIO STATIONS

Note to younger members – the radio used to be the only way we could listen to music in the car.

KZSC	88.1	UC Santa Cruz
KQED	88.5	Public Broadcasting
KUSP	88.9	Public Radio
KCEA	89.1	Big Band
KMTG	89.3	Variety (San Jose Pioneer H.S.)
KOHL	89.3	Modern Mix (Ohlone College)
KPFB	89.3	Variety (Berkeley)
KPOO	89.5	Soul, Jazz, Blues & Oldies
KSMC	89.5	Variety (Saint Mary's College)
KFJC	89.7	Cutting Edge Radio
KZSU	90.1	Stanford - Eclectic
KUSF	90.3	USFCA
KSJS	90.5	SJSU
KVHS	90.5	The Edge - new rock
KWMR	90.5	Point Reyes Community
KALX	90.7	Cal Berkeley
KCSM	91.1	College of San Mateo
KKUP	91.5	Cupertino
KALW	91.7	Information, Local Public Radio
KLVR	91.9	KLove
KKDV	92.1	Diablo Valley's Hometown Station
KREV	92.7	The Revolution (San Francisco)
KTOM	92.7	Hot Country (Santa Cruz)
KFGY	92.9	Country
KPFA	94.1	Variety
KBAY	94.5	Soft Rock
KRTY	95.3	Today's Country

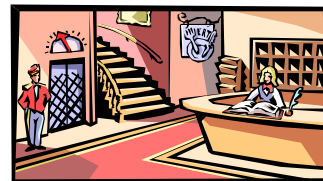
KBWF	95.7	The Wolf - Country
KOIT	96.5	Light Rock, Less Talk
KWAV	96.9	FM Light Rock
KLLC	97.3	Hot Adult Contemporary
KFFG	97.7	KFOG Rock
KISQ	98.1	Old School R&B
KUFX	98.5	KFox - Classic Rock
KMVQ	99.7	Movin' 99.7
KIOI	101.3	Hot Adult Contemporary
KCDU	101.7	The Beach - 80's, 90's, now
KKIQ	101.7	Hot Adult Contemporary
KDFC	102.1	Classical
KDON	102.5	Urban Mix
KBLX	102.9	The Quiet Storm 70's & 80's R&B
KSCU	103.3	SCU
KKSF	103.7	"The Band" Classic Hits
KHIP	104.3	The Hippo Classic Rock
KFOG	104.5	Rock
KCNL	104.9	Alternative / Rock
KOCN	105.1	K Ocean R&B Oldies
KITS	105.3	Alternative
KMEL	106.1	Hip Hop, R&B
KEZR	106.5	Mix
KCBS	106.9	All News Radio
KPIG	107.5	Rock Americana
KSAN	107.7	Classic Rock

HOTEL

MARRIOTT

2600 Bishop Drive, San Ramon, CA 94583

Tel: 925-867-9200 (\$10 daily parking fee waived for USCAA teams)



The hotel is about 4 miles from the track.

Name (last, first)	Rm #	Name (last, first)	Rm #
Bosshart, Pat	0	Smith, Steve	14
Garrett, Michael	0	Bilhan, Haydar	14
Johnson, Stephanie	0	Brantmeier, Paul	15
Jorio, Ismail	0	Fagnani, Anthony	15
Kennard, Mary	1	Gordon, Greg	16
Papermaster, Barry	2	Hathaway, Alvin	16
Westbrook, Paul	3	Howard, Vonnie	17
King, Rio	3	Michalak, Beth	17
Cirba, Claude	4	Hilbun, Stephanie	18
Allouard, Barnabe	4	Sze, Vivienne	18
Gerik, Kaitlyn	5	Kanevsky, Benjamin	19
Boarman, Andrea	5	Nguyen, Hieu	19
Geiger, Heather	6	Reynolds, Michael	20
Rogers, Annalisa	6	Roberson, Todd	20
Schmidt, Brian	7	Sarpong, Benjamin	21
Glotzbach, John	7	Grant, Chris	21
Matthews, Donald	8	Pearson, Mark	22
Torma, Adam	8	Hull, Chuck	22
McCauley, Heidi	9	Jenkins, JJ	23
Phillips, Sheri	9	Luo, Luke	23
Burton, Brandy	10	Laugesen, Lawrence	24
Ball, Amy	10	Roberts, Matt	24
Samilton, Cynthia	11	Williams, Scott	25
Toliver, Robin	11	Fulce, Mitchel	25
Sulser, Dianna	12	Oden, Rick	26
Gonzalez, Terry	12	Simon, Mike	26
Capps, Wally	13		
Vanbesien, Bies	13		

MAPS

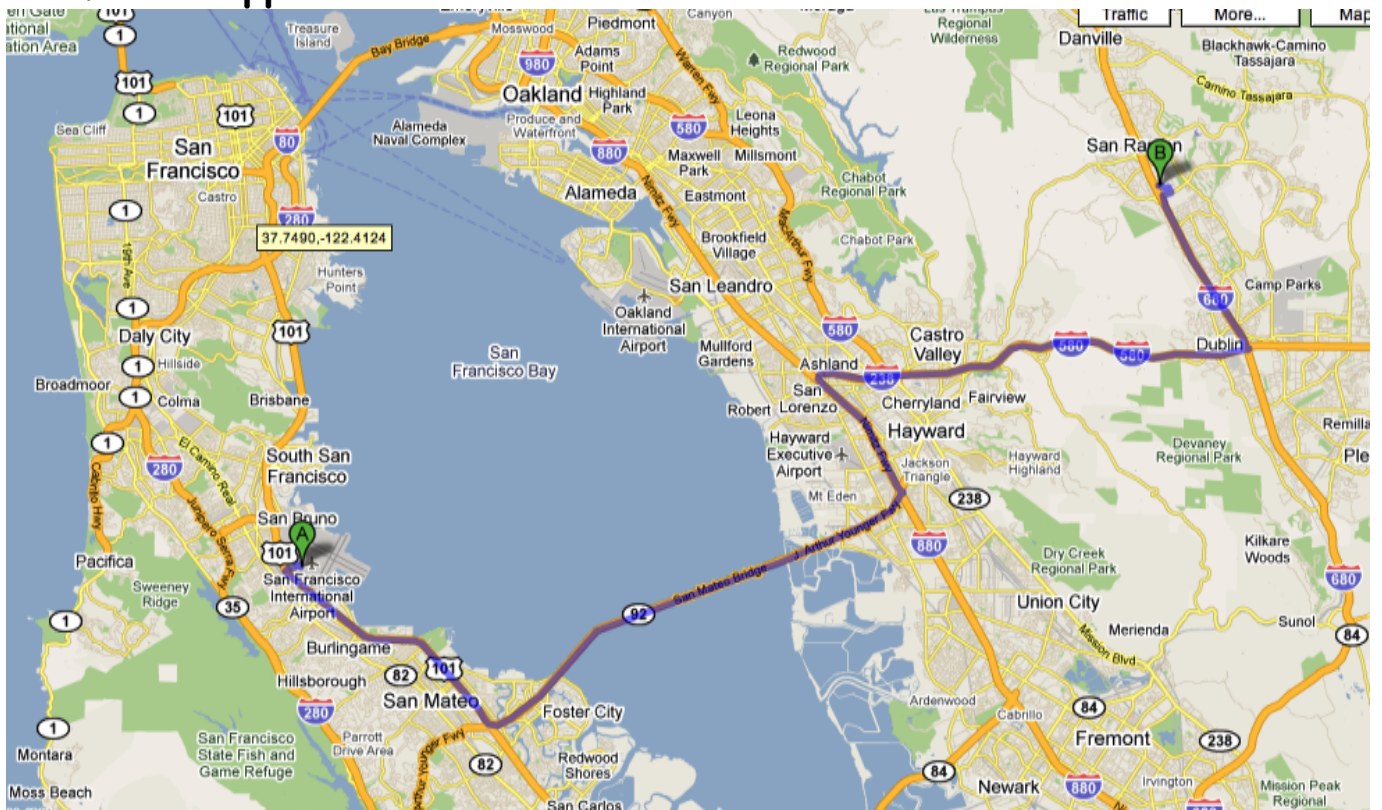
NORTH ^

Airport / Avis Car Rental to Hotel (Marriott, 2600 Bishop Dr, San Ramon, CA)

San Francisco Intl, San Francisco, CA 94128

1. Take the ramp to **US-101 S** 0.1 mi
3. Keep left at fork to continue toward US-101 S - merge onto US-101 S 6.8 mi
4. Take **exit 414B for Fashion Island Blvd** toward Hayward 0.3 mi
5. Follow signs for **CA-92 E/Hayward** and merge onto CA-92 E 13.2 mi
6. Take the exit toward **I-880 N** 0.5 mi
7. Slight left at I-880 N 3.4 mi
8. Take **exit 31A to I-238 S** toward Castro Valley/Stockton/I-580 2.8 mi
9. Merge onto I-580 E 9.2 mi
10. Take the I-680 S exit toward San Jose 0.1 mi
11. Keep left at the fork, follow signs for **I-680 N** 4.8 mi
12. Take **exit 34 for Bollinger Canyon Rd** 0.3 mi
13. Turn right at Bollinger Canyon Rd 0.2 mi
14. Take the 1st left onto Sunset Dr 0.2 mi
15. Turn left at Bishop Dr; Destination will be on the left 0.3 mi

43 miles - approx 1 hour



A. SFO TO B. HOTEL

Reverse – Hotel to Airport

2600 Bishop Dr, San Ramon, CA 94583

- | | | |
|----|---|---------|
| 1. | Merge onto I-680 S via the ramp to San Jose | 4.6 mi |
| 2. | Take the exit onto I-580 W toward Dublin/Oakland | 9.9 mi |
| 3. | Slight left at I-238 N (signs for I-880) | 1.7 mi |
| 4. | Take the exit onto I-880 S toward San Jose/San Mateo Bridge | 4.2 mi |
| 5. | Take exit 27 for CA-92 E toward San Mateo Bridge/Jackson St | 0.4 mi |
| 6. | Merge onto CA-92 W; Partial toll road | 12.7 mi |
| 7. | Take exit 13B to merge onto US-101 N toward San Francisco | 6.6 mi |
| 8. | Take the exit toward San Francisco International Airport | 0.4 mi |

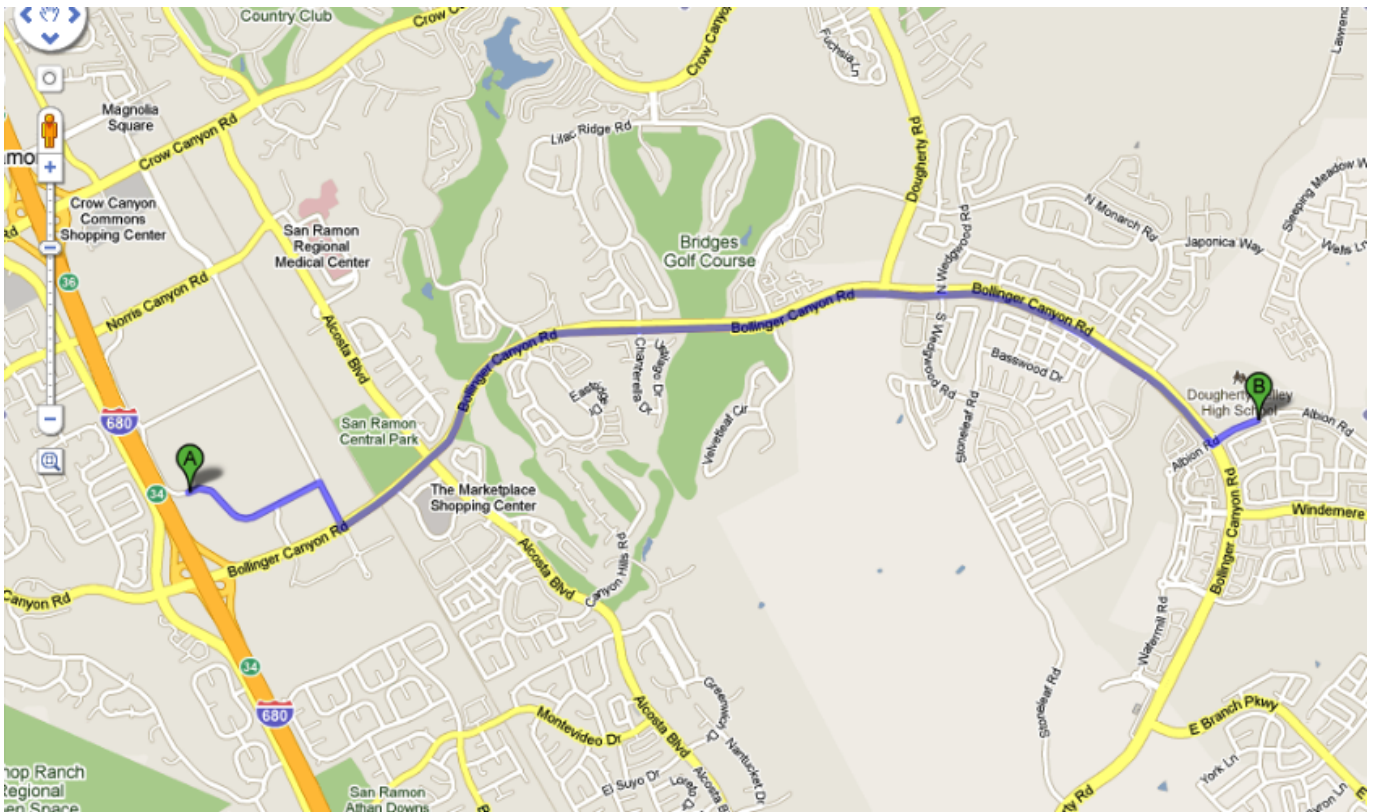
Hotel to Track

Driving directions to Dougherty Valley High School, 4.1 mi – about 9 mins

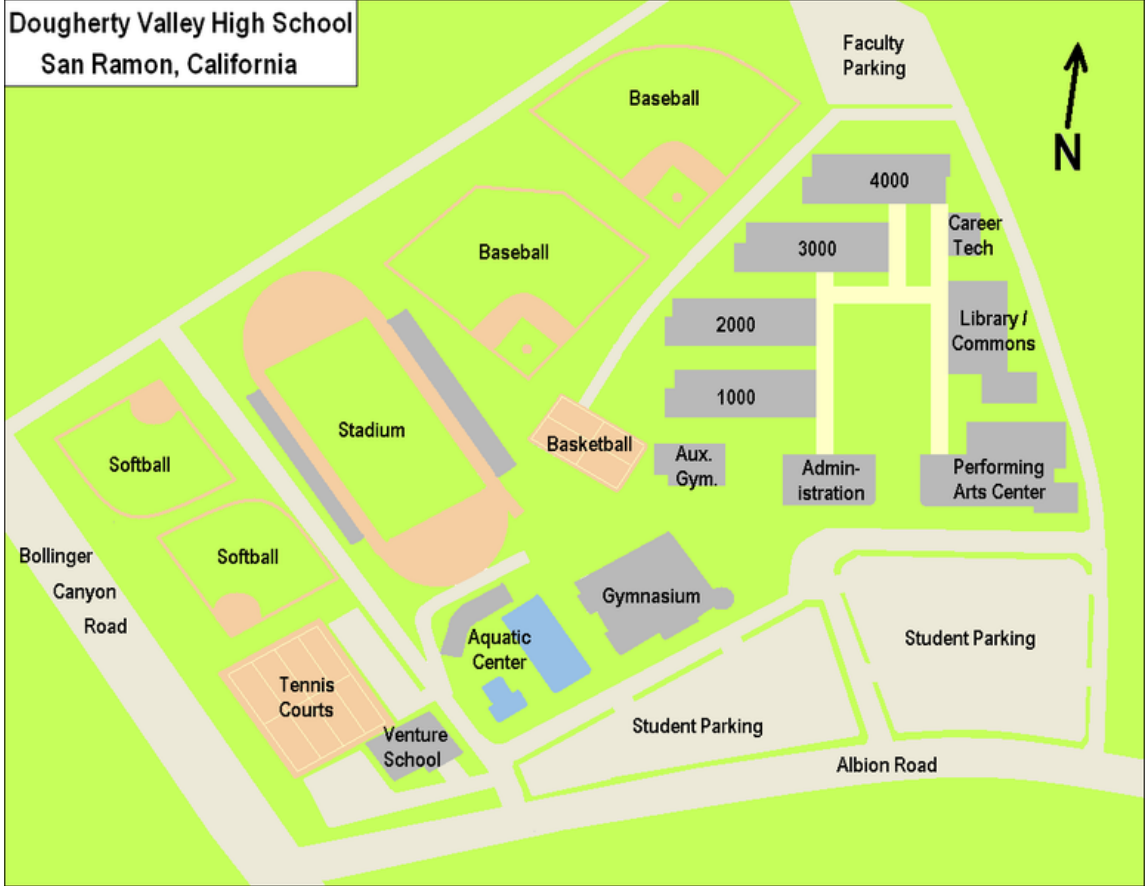
2600 Bishop Dr, San Ramon, CA 94583

- | | | |
|----|--|--------|
| 1. | Head east on Bishop Dr toward Sunset Dr | 0.5 mi |
| 2. | Turn right at Camino Ramon | 0.2 mi |
| 3. | Take the 1st left onto Bollinger Canyon Rd | 3.3 mi |
| 4. | Turn left at Albion Rd | 0.2 mi |

Dougherty Valley High School



Dougherty Valley High School (track is in stadium)



Hotel to Golden Gate Bridge, to Fisherman's Wharf, then to Airport

2600 Bishop Dr, San Ramon, CA 94583

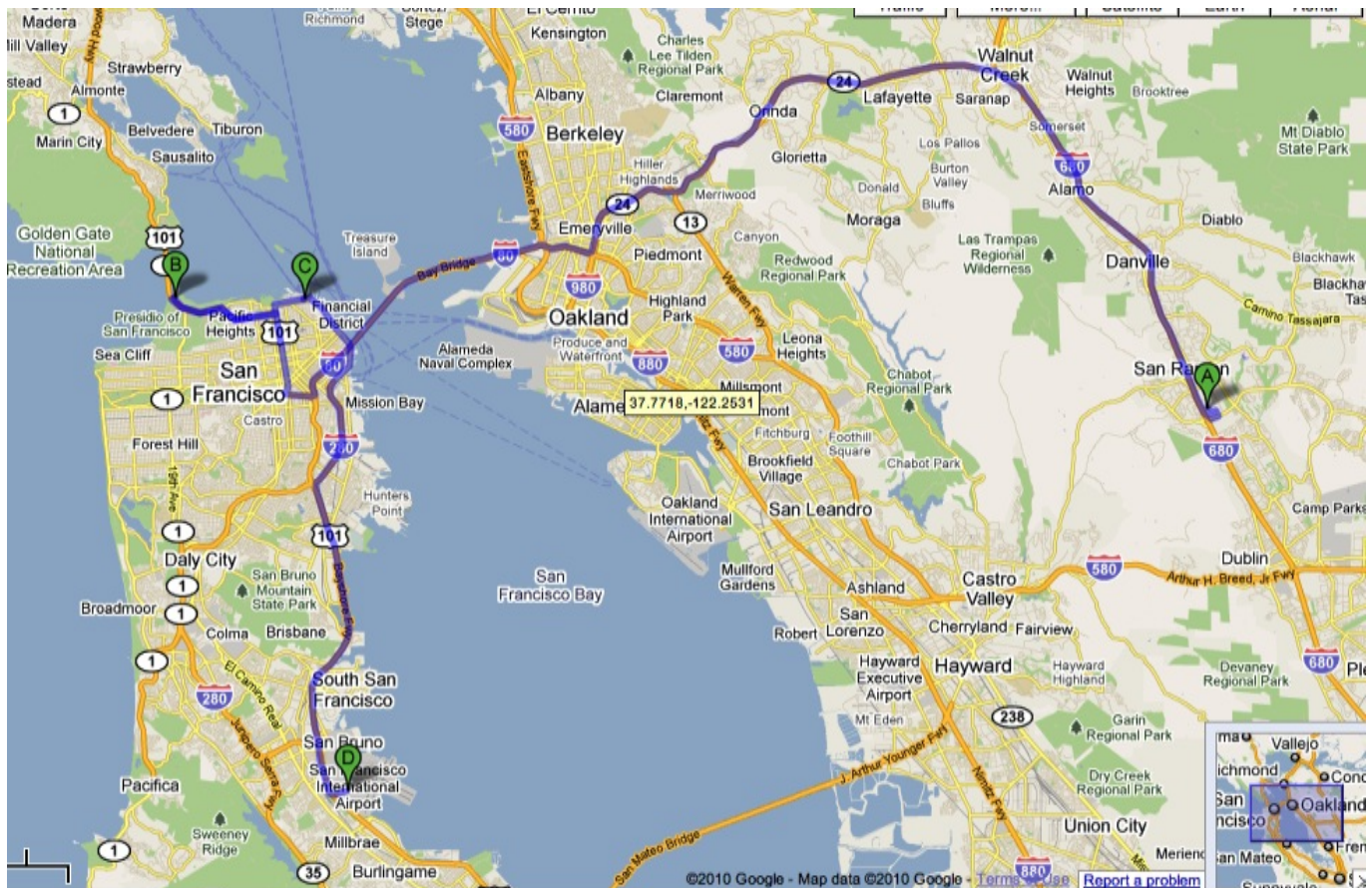
Driving directions to the Golden Gate Bridge

HOTEL TO GOLDEN GATE BRIDGE PARK

- | | |
|--|---------|
| 1. Merge onto I-680 N via the ramp to Sacramento | 10.9 mi |
| 2. Take the exit onto CA-24 W /State Route 24 toward Lafayette/Oakland | 13.5 mi |
| 3. Take the exit to I-580 W | 1.5 mi |
| 4. Take the exit on the left onto I-80 W toward San Francisco Partial toll road | 8.3 mi |
| 5. Take the exit onto US-101 N toward 1B/Golden Gate Bridge | 0.7 mi |
| 6. Take exit 434A to merge onto US-101 N/Mission St toward G G Bridge | 0.4 mi |
| 7. Turn left at S Van Ness Ave | 2.0 mi |
| 8. Turn left at Lombard St | 1.1 mi |
| 9. Continue onto Richardson Ave | 0.2 mi |
| 10. Continue onto US-101 N/Doyle Dr / Continue to follow US-101 N | 1.7 mi |
| 11. Take the exit toward View Area Presidio/Golden Gate NRA | 387 ft |
| 12. Slight left / Destination will be on the right | 449 ft |

40.9 mi – about 53 mins up to 1 hour 30 mins in traffic

Golden Gate Bridge/Parking Lot, Highway 1



A = hotel; B = Golden Gate bridge; C = Fisherman's Wharf; D = SFO Airport

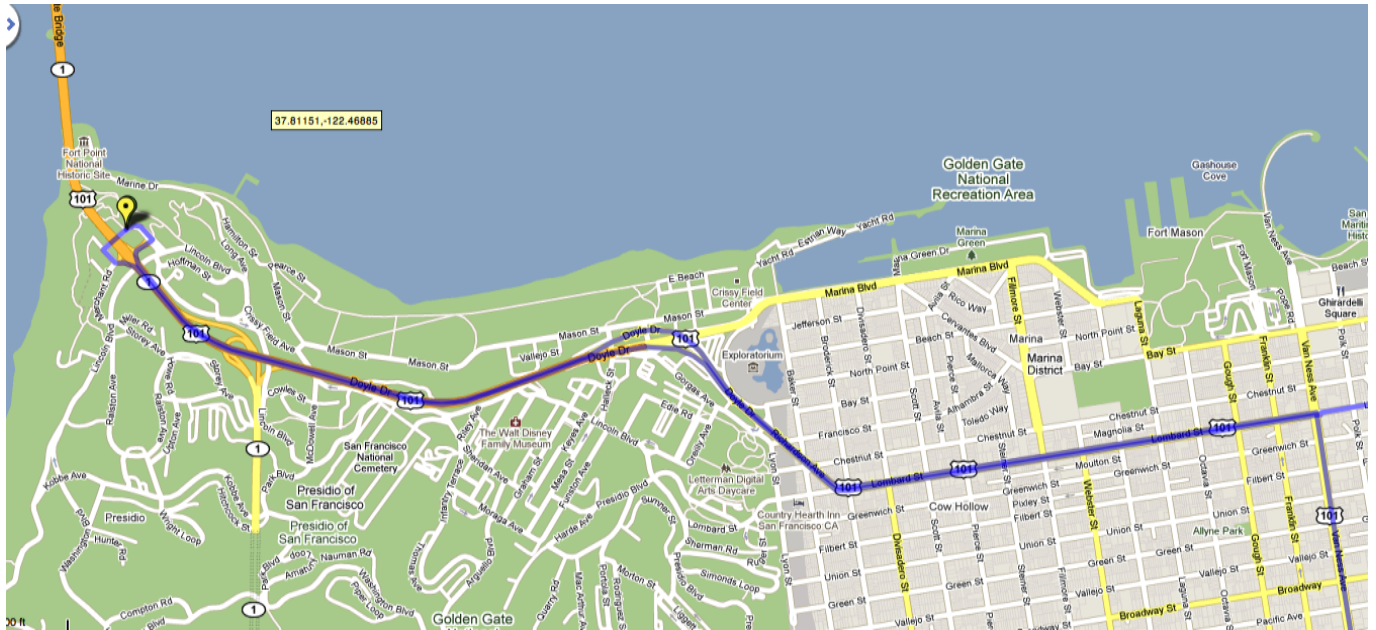
Golden Gate Bridge/Parking Lot to Fisherman's Wharf

- | | | |
|------------------------|--|--------|
| 1. | Head southwest toward Cranston Rd | 374 ft |
| 2. | Turn left at Cranston Rd | 223 ft |
| 3. | Turn left to merge onto US-101 S toward San Francisco | 3.0 mi |
| 4. | Continue onto Lombard Street (crooked steep section) | 0.7 mi |
| 5. | Turn left at Levinworth St | 0.3 mi |
| 6. | Turn right on North Point St. | 0.2 mi |
| 7. | Turn left onto Taylor St. (parking lot at 2830 Taylor) | 0.1 mi |
| 4.3 mi – about 13 mins | | |

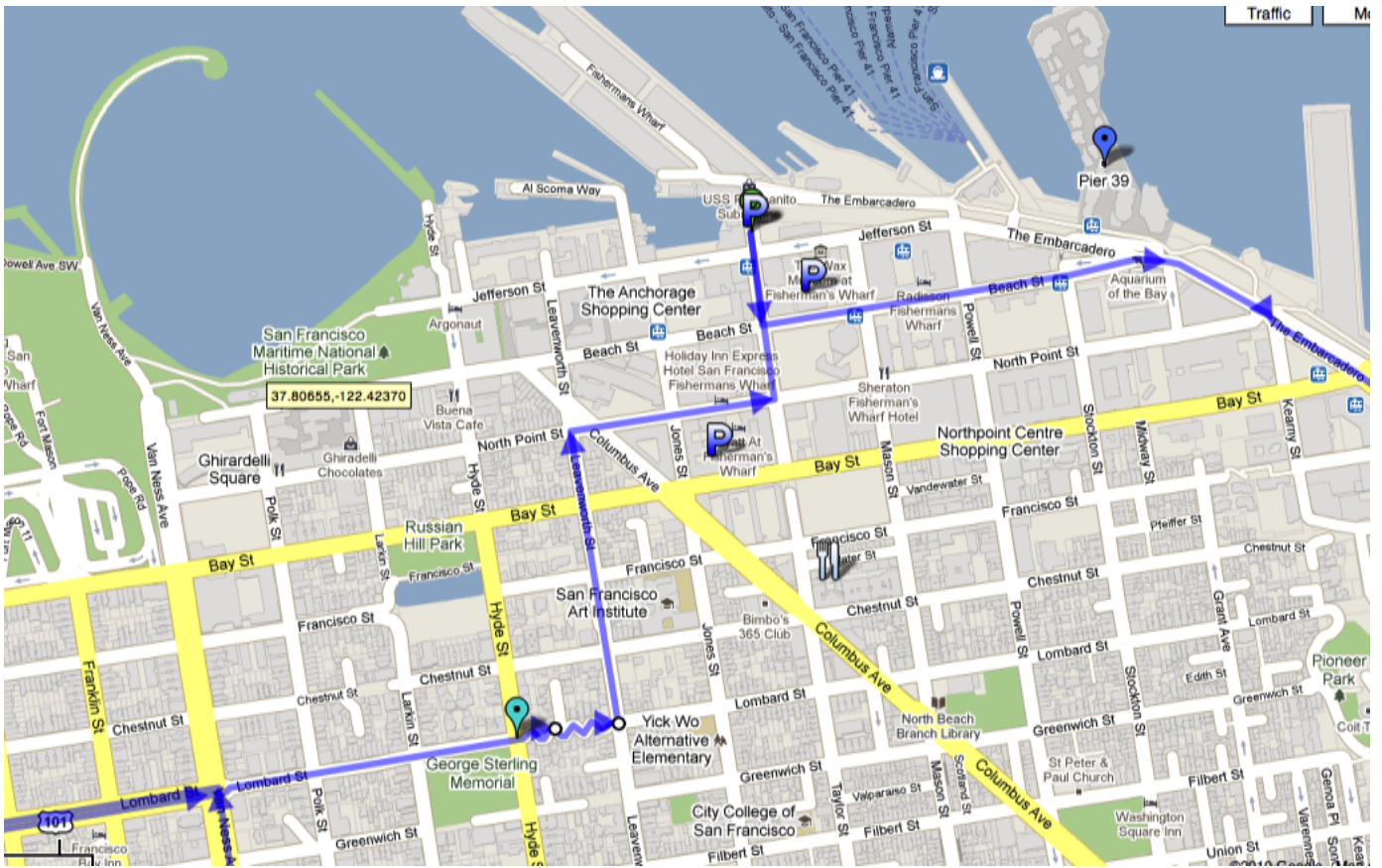
GOOD BREAKFAST / BRUNCH – PAT'S CAFÉ, 2330 TAYLOR ST, (415) 776-8735

Fisherman's Wharf to SFO Airport

- | | | |
|-------------------------|--|--------|
| 1. | South to North Point St – left on North Point (go E) | 0.2 mi |
| 2. | Turn right at The Embarcadero | 2.2 mi |
| 4. | Continue onto King St/Willie Mays Plaza | 0.6 mi |
| 5. | Continue onto Southern Embarcadero Fwy (signs for I-280 S) | 0.5 mi |
| 6. | Continue onto I-280 S | 2.4 mi |
| 7. | Take the exit on the left onto US-101 S toward San Jose | 7.4 mi |
| 15.5 mi – about 24 mins | | |



GOLDEN GATE BRIDGE PARKING



FISHERMAN'S WHARF AREA

Alternate Monday morning - <http://www.everytrail.com/guide/mt-diablo-summit-trail-to-rock-city>
<http://www.everytrail.com/guide/mt-diablo-state-park-exploration>

RESTAURANTS AND FOOD OPTIONS

There are 3 malls/shopping areas between the Marriott and Dougherty Valley High School, all along Bollinger Canyon Road – The Shops at Bishop Ranch (right next to the Marriott), The Marketplace (about 0.3 mile from the Marriott), and The Plaza at Gale Ranch (about 2.0 miles from the Marriott, and 1.0 mile from the High school.

<http://www.sanramon.ca.gov/econdev/documents/restaurant.pdf>

THE SHOPS AT BISHOP RANCH (next to hotel)

Extreme Pizza, Pasta Pomodoro, Baja Fresh, Peats Coffee and Tea, Yogurtland; Whole Foods Market (Grocery & Café), Target, Borders Books, Music and Café.

THE MARKETPLACE (.3 miles from hotel)

Izzy's Steaks and Chops, Thai Café, Café Tandoor, The Hopyard, Round Table Pizza, Imperial Delight, Papaya Grill, Stephens Pizza Café, Mykonos Mediterranean Grill, Subway Sandwiches, Digby's Donuts, Starbuck's, Cold Stone Creamery; Nob Hill Foods (Grocery Store), CVS Pharmacy, Vallero Gas Station.

THE PLAZA AT GALE RANCH (between hotel & track)

Fat Cactus Grill and Bar, King Palace Chinese Cuisine, Ascona Pizza Co., Peats Coffee and Tea, Top This Yogurt, Subway Sandwiches; Safeway (Grocery), Starbucks, and Jamba Juice.

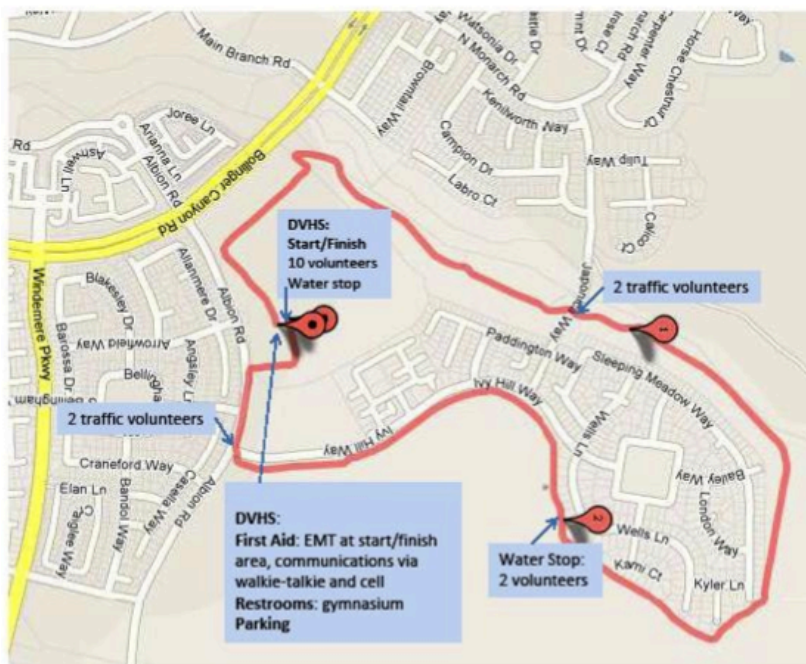
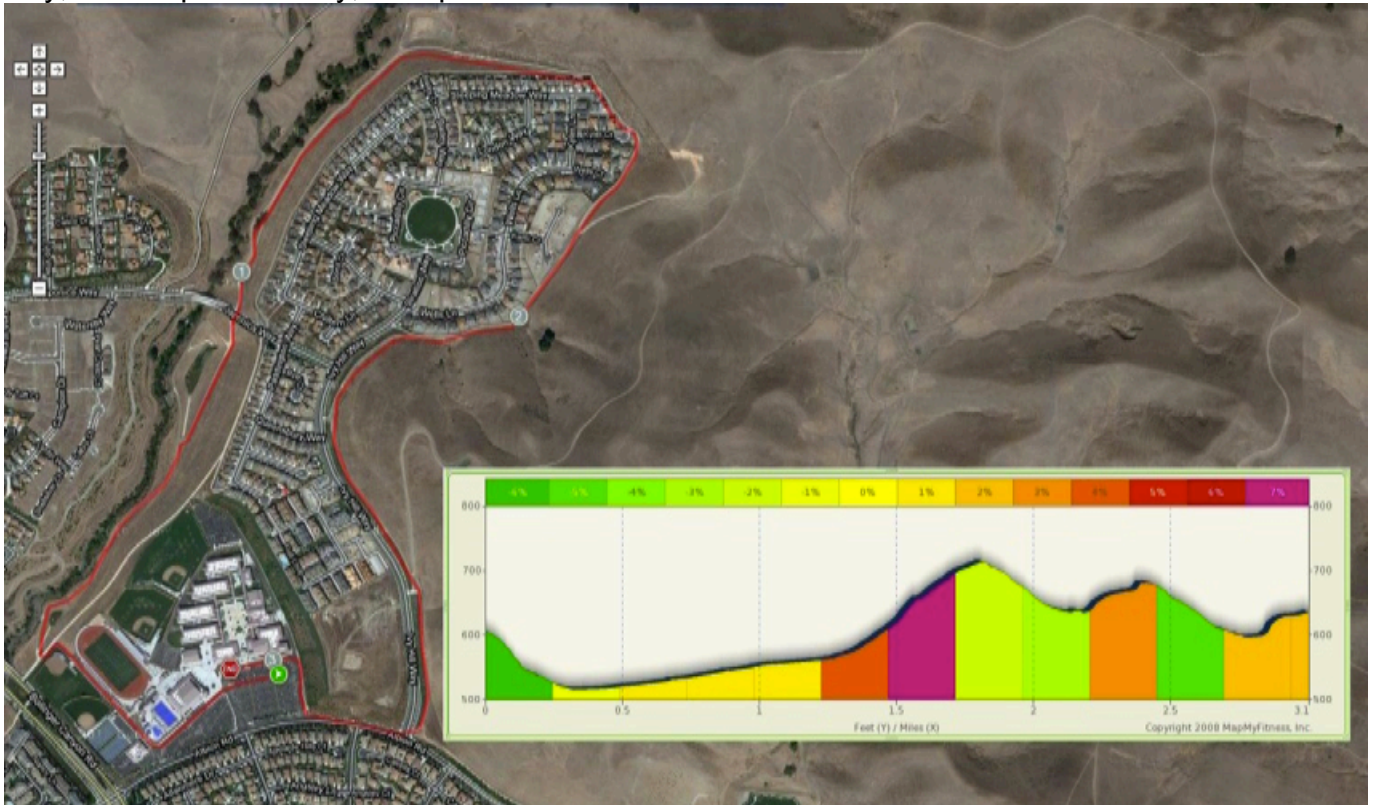
Shopping List

This is the list for the first day. The 2nd day was supplement, maybe half this much depending on what is left.

Bananas - 4 bunches	
Grapes - 2 bunches	
Apples - 1 bag	
Fig/Strawberry/etc Newtons - 12 bags	
Gatorade - 8 large containers	
Paper cups – large 200	
Water - 1 gal jugs (8)	
Pretzels - 3 bags	
Granola Bars/Nutrigrain - 4 boxes	
Bagels - 3 dozen (plain, whole wheat, raisin)	
Muffins – 1 dozen	
Peanut butter - squeeze jar – 2	
Sandwich meat / cheese	
	Ice - 4-6 bags
	Paper Towels - 3 rolls
	Trash Bags - 1 box
	Hand wipes - 1 box
	First aid;:
	Tape - also for marking track
	Icepacks - 2
	Band-Aids
	Sunscreen
	Icy Hot patches

Road Race Info (5K / 10K course)

We are only racing against Division 1 teams. Runners score in 5 year age groups. Top 4 women add for the women's score and the top 5 men add for the men's. If two teams tie, then the fastest runner (scored against WAVA standards) is the tie-breaker. The runs will be both start / finish at the high school. Course is challenging, narrows down to 1 car lane at some parts, hilly, water spot half way, 2 loops for 10k.



Note: *Differences for this year: Awards (medals) will be given out this year IMMEDIATELY FOLLOWING EACH RELAY IN THE MIDDLE OF THE INFIELD JUST WEST OF THE FINISH LINE. THE TOP THREE TEAMS WILL GO DIRECTLY TO THE MEDAL PICKUP TABLE AND CLAIM THEIR AWARDS.* This process is being instituted to reduce the long drawn out awards presentations during the course of the meet. Photograph opportunities will be available outside the track near the t-shirt vendor and massage therapist. The 1 - 2 - 3 podium will be available in that area through the course of the meet for photo ops.

Event Schedule - Saturday (7/13)

Warning - schedules may change, so double check everything daily *

NOTE: We are in Division I

Start Time	Event	Division	or Heat
07:30 AM	Men's/Women's 5K Road Race	1,2,3	FINAL
09:00 AM	Volunteer Meeting		
09:30 AM	Field implement weigh-in		
10:30 AM	Opening Ceremonies		
11:00 AM	Team Jump - high jump	1,2,3	Flight 1
12:30 PM	Team Jump - high jump	1,2,3	Flight 2
02:00 PM	Team Jump - high jump	1,2,3	Flight 3
11:00 AM	Team Throw - discus	1,2	Flight 1
12:00 PM	Team Throw - discus	3	Flight 1
01:00 PM	Team Throw - discus	1,2	Flight 2
02:00 PM	Team Throw - discus	3	Flight 2
10:45 AM	4 x 100 Sprint Relay	1,2	Heat 1
10:50 AM	4 x 100 Sprint Relay	1,2	Heat 2*
10:55 AM	Submaster Distance Relay	1,2,3	FINAL
11:15 AM	Individual Men's 200	1, 2 2 and/or 3 1, 2 2 and/or 3 1, 2 2 and/or 3	Men 18+ Men 18+** Men 50+ Men 50+** Men 60+ Men 60+** Men 70+
11:45 AM	Individual Women's 200	1, 2 2 and/or 3 1, 2 2 and/or 3	Women 18+** Women 18+ Women 40+ Women 40+**

		1, 2 2 and/or 3	Women 50+ Women 50+** Women 60+
12:15 PM	Women's 800m Team Race	3	FINAL
12:25 PM	3-Lap Sprint Relay	1,2	Heat 1
12:30 PM	3-Lap Sprint Relay	1,2	Heat 2*
12:35 PM	<i>Awards Presentations</i>		
01:20 PM	Executive Relay	1,2	FINAL
01:40 PM	4 x 200 Relay	1,2	Heat 1
01:45 PM	4 x 200 Relay	1,2	Heat 2*
01:50 PM	Distance Relay	1,2	FINAL
02:30 PM	Individual Men's 400	1, 2 2 and/or 3 1, 2 2 and/or 3	Men 30+ Men 30+** Men 40+ Men 40+**
02:55 PM	Individual Women's 400	1, 2 2 and/or 3 1, 2 2 and/or 3	Women 30+ Women 30+** Women 40+ Women 40+**
03:20 PM	Senior's Relay	1,2	Heat 1
03:30 PM	Men's Mile Team Race	3	FINAL
03:45 PM	Submaster Sprint Relay	1,2	Heat 1
03:55 PM	Submaster Sprint Relay	1,2	Heat 2*
04:05 PM	Master's Relay	3	FINAL
04:20 PM	Sprint Relay	1,2	Heat 1
04:30 PM	Sprint Relay	1,2	Heat 2*
04:40 PM	Team Captains' Meeting at track (1 hour)		

Schedule – Sunday (7/14)

Start Time	Event	Division	or Heat
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07:00 AM	Men's/Women's 10K Road Race	1,2	FINAL
10:00 AM	<i>Opening Remarks</i>		
10:10 AM	<i>Torch Relay</i>		
10:20 AM	<i>Korporate Kids' Run</i>		
10:45 AM	Team Jump - long jump	1,2,3	open pit
12:45 PM	Team Jump - long jump	1,2,3	open pit
10:45 AM	Team Throw - shot	1,2	Flight 1
11:30 AM	Team Throw - shot	3	Flight 1
12:15 PM	Team Throw - shot	1,2	Flight 2
01:00 PM	Team Throw - shot	3	Flight 2
10:45 AM	4 x 100 Sprint Relay	3	FINAL
10:50 AM	4 x 100 Sprint Relay	1,2	FINAL
11:00 AM	Women's 800m Team Race	1,2	FINAL
11:10 AM	3-Lap Sprint Relay	3	FINAL
11:20 AM	3-Lap Sprint Relay	1,2	FINAL
11:30 AM	Men's Mile Team Race	1,2	FINAL
11:40 AM	4 x 200 Relay	3	FINAL
11:50 AM	4 x 200 Relay	1,2	FINAL
12:00 PM	<i>Host Welcome & Awards Presentations</i>		
12:50 PM	Senior's Relay	3	FINAL
01:00 PM	Senior's Relay	1,2	FINAL
01:10 PM	Women's Relay	1,2,3	FINAL
01:20 PM	Submaster Sprint Relay	1,2	FINAL
01:30 PM	President's Relay	3	FINAL
01:40 PM	President's Relay	1,2	FINAL
01:50 PM	4x200 Special Olympics Relay		
01:55 PM	<i>TI Team Photo (school steps ? TBD)</i>		
02:10 PM	<i>Awards / HoF awards</i>		
02:55 PM	Pyramid Relay	3	FINAL

03:10 PM	Pyramid Relay	1,2	FINAL
03:25 PM	Master's Relay	1,2	FINAL
03:40 PM	Sprint Relay	3	FINAL
03:50 PM	Sprint Relay	1,2	FINAL
04:10 PM	<i>Awards Ceremony & Closing</i>		
08:00 PM	<i>Post-Championship Party!</i>		

The Competition

We are Division 1 (>10,000 employees). Sites we draw from added to 10,300 employees. They added a Club Division this year to put more people on the track. Clubs will run with Div 1 but score separately. Div 3 runs separately (except for road races) and is scored separately. Don't worry about the club or Div 3 teams – only focus on Div 1.

10 teams registered (8 team entry fees recorded) and 318 total estimated athletes as of: Saturday, June 29, 2013

DIVISION 1 (10,000 or more employees)

Team Name	Roster	Form	Pay	Fee Received	Stadium Priority*
AT&T				7-30-12 12:00:00 AM	2
Booz Allen Hamilton				6-17-13 12:00:00 AM	7
ExxonMobil				4-17-13 12:00:00 AM	6
GE Runners				7-1-12 12:00:00 AM	1
Texas Instruments Inc				12-15-12 12:00:00 AM	3
The Boeing Corporation				4-15-13 12:00:00 AM	4

DIVISION 3 (under 10,000 employees)

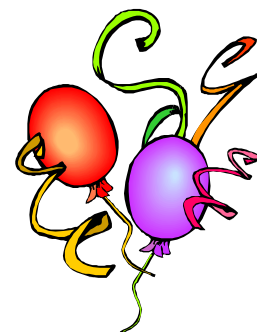
Team Name	Roster	Form	Pay	Fee Received	Stadium Priority*
Aerospace				4-15-13 12:00:00 AM	5
California State University San Marcos F&S			\$		awaiting confirmation
SCVAL				7-12-13 12:00:00 AM	8

Additional features - Dan Audick will again be on hand taking pictures at the meet and road races. Any donations for Dan are greatly appreciated. He will again be handing out mailers to have DVDs made available after the meet. Peter Block will be available again for massages, our T-Shirt vendor will be on site selling meet T-shirts, and Valerie Grischy, who has been a message therapist at meets in the San Diego area will have a booth displaying her track and running artwork and will take orders for paintings. Valery did the artwork for this years meet program

They will be running a "mini" web-server (range is limited to the DV track) that will have the results. So, with your iPhone, iPad, etc connect to the wireless network called "TRACKandFIELDresults". Then in your browser, type any address that you know is not cached, like www.xyz.com and you will then be captured with the splash page that will take you to the results. Click on any link on the left index to see the results within 2 minutes after last place finishes. This is only for track events, I'll see what I can do about RR and Field results.

Party Info

Sunday, 7/14



Post Event Celebration - the Marriott is making space available for us (different from just the bar area we had last year), for music, drinks, etc. The plan is for the USCAA teams to do dinner on their own and then come back to the Marriott for additional celebration. We'll talk about dinner at our Sat evening meeting.

EVENT MATRIX (EVENT SORT)-separate
Always check for late updates

EVENT MATRIX (NAME SORT) - separate
Always check for late updates

USCAA Rules and Regulations

We'll have several copies in the stands if you need to check a rule.

Get Ready for the year 2014 National Meet

*** NEW LOCATION - TBD - probably San Marcos (near San Diego)**

The Texas Instruments Track Team

www.enerjazz.com/track1

Stay tuned for details of next year's meet. We'll post the information as soon as it's available. In a few weeks we'll have a team party to share pictures and view the track team video.

Thanks,

Your 2013 Team Officers and Coaches

Benjamin Sarpong & Paul Westbrook – Co-Captains

Rio King & Paul Westbrook - Coaches

Cynthia Samilton & Dianna Sulser – Treasurer/Travel Coordinators

Paul Westbrook – Data Manager, Matrix Maker, Book Publisher

Michael Reynolds – Equipment Manager

C:/DOS; C:/DOS RUN; RUN DOS RUN; END