

TI Track & Field Team 2018 HCAA Corporate Cup Meet Results – Houston, TX on May 19th, 2018

In 2017 we brought a large team (48 people) to Houston for the meet – and we won the team title by a comfortable margin. As 2018 practices began a theme emerged – where the heck is everyone? We had a few more date conflicts and injury issues than usual. That, combined with a much lower turnout of rookies, had us scrambling to even fill the events.

Houston is a one-day meet so most of us departed on our bus from Dallas at mid-day Friday, got some sleep in Houston, and got rolling early Saturday morning. A few team members drove or flew down. The chartered bus was nice and the weather was the hot and windy this year.

The meet had 5 companies that entered most of the 17 events and 3 companies that entered a few. Houston allows you to run multiple teams in any event so several of the races had B and C teams helping fill up the track.

You may be tempted to think this is a story about a track meet and running. But it's really a story about people – amazing people. There are a few characteristics I see in the people who run with us every year. I see talent, but more importantly I see work ethic, determination, fearlessness, dedication, and a spirit of selflessness. Those other traits are usually more important than talent. Some have trained hard to get everything they can from their natural talent. Others were still moving up their talent potential, but they were coming out and trying – and not giving up. This is a group of people that you would be happy to do any activity with – they are winners, not necessarily because they won a race. They are winners at life and teamwork.

But there is another key element to assembling a good team. You need someone with enthusiasm and passion to organize things. Claude really stepped up in that role this year and did a great job. Then, you need some coaching to guide people and help them develop their talent. Rio King continues to freely share his knowledge and experience in all levels of track and field. We are a fortunate group of people to have him with us.

2018 TI Team Stats

- Team members= 35 (25 males, 10 females)
- Returning from 2017 (22 of the 46 who ran last year – 48%)
- Average age = 42.9 (youngest = 23; oldest = 76)
- Auto qual = 4 (11%); goal qual = 11 (31%)
- Employees=24; Retirees=7; Alumni=3; Contractors=1

Photos – Some photos and videos have been posted here:

<https://photos.app.goo.gl/ApK3CGecFkfVHQ4v2>

Let the Events Begin - Sat, May 19th

3200m Team Races

The 3200m on the track is scored by place in 10-year age groups. For the women, the top 4 places count toward the score. The men count the 5 top place finishes toward the team score.

Women's 3K (2nd)

We were down to just four women – and three were in the same age group. That means we just gave away points in the 20-29 and 30-29 age group. Despite that handicap, the quality women we had ran great and secured enough points to take 2nd place as a team. Had Jill not had an injury a few weeks ago she would have taken 1st in the 30-39 and we would have won this event.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
3200m Women	A	9:00	3200m	F			20-29	#N/A	
3200m Women	A	9:00	3200m	F			30-39	#N/A	
3200m Women	A	9:00	3200m	F	12:30	1	40-49	41	Angeles, Becky
3200m Women	A	9:00	3200m	F	15:42	2	50+	51	Brothers, Gosia
3200m Women	A	9:00	3200m	F	16:13	4	50+	55	Nagel, Heidi
3200m Women	A	9:00	3200m	F	16:00	3	50+	56	Howard, Vonnie
Total-3200m Women	A					10	pl>	2	

Men's 3K (1st)

The men we also had a team heavily weighted in the upper age groups. We had no 20-29 runners and just one 30-39 runner. Jim Drumm pulled a calf just a couple of weeks ago so we were down to 6 men. Fortunately, they were all good. We took the 40, 50, and 60-year-old AG wins and added a 2nd and 3rd to win by one point. I was really happy for Tobi. He came out last year and trains with us – always bringing a smile and good attitude. He just ran a marathon a few weeks ago and thought my time estimate for him in the 3200m was too fast – then he proceeded to beat it by almost a minute and become a gold medalist. Brian and Chuck were both back this year, and showed why we miss them when they are away. Dan was considering not coming, but I told him he would make a difference – and he did.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
3200m Men	A	8:15	3200m	M			20-29	#N/A	
3200m Men	A	8:15	3200m	M	13:41	3	30-39	30	Oluwafemi, Tobi
3200m Men	A	8:35	3200m	M	11:36	1	40-49	49	Schmidt, Brian
3200m Men	A	8:35	3200m	M	10:54	1	50-59	58	Dietz, Jim
3200m Men	A	8:35	3200m	M	13:05	2	50-59	57	Cowles, Dan
3200m Men	A	8:35	3200m	M	13:14	1	60+	65	Hull, Chuck
3200m Men	A	8:35	3200m	M	14:30	3	60+	65	Roman, Mark
Total-3200m Men	A					8	pl>	1	

Men's Mile (did not enter)

We didn't have any stronger milers under the age of 49, so we didn't enter this event. The top times were 5:02, 5:03, 5:14, and 5:24. Had Will Luppino been available this year I could have paired him with Dietz and they would have won.

Submaster Distance Relay (1st)

This is a race for people over 30. Two of our team members were over 50. Alvin got us off to a great start and Sara, making her return to the team after 4 years away, shattered my predicted time and ran our fastest female 400m of the day. David Cannon is an amazing athlete and kindly moved up to a 1200m leg against some youngsters. They built a big lead for the leg of the day. Jim Dietz returned to the team after a 15 year absence and it was worth the wait. At age 58 Dietz powered to a 5:07 mile and held off a young miler from Exxon by just 5 seconds to win the event.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
SubMaster Dist Relay	A	10:15	800	M	02:22.0		35/30	35	Hathaway, Alvin
SubMaster Dist Relay	A	10:15	400	F	01:09.9		30+	37	Harmsen, Sara
SubMaster Dist Relay	A	10:15	1200	M	03:46.0		35/30	54	Cannon, David
SubMaster Dist Relay	A	10:15	1600	M	05:07.0		30/35	58	Dietz, Jim
Total-SubMaster Dist	A				12:24.9		pl>	1	zNeed 12:40-13:00

Women's 800 Team Race (did not enter)

We didn't have any young female 800m runners, so we had to sit this one out and watch other teams collect valuable points. The top times were 2:25, 2:29, 2:34, 2:40, 2:45, and 2:52.

3-Lap Sprint (4th)

A few weeks ago I was ready to drop this race. We had no young male 400m runners and few sprinters. Then two of our rookies (David and Daniel) started recruiting and found Adam and Andy. This occurred when I asked David and Daniel to get a 400m time – they decided outsourcing it was the best strategy. Adam and Andy came to practice just a couple of weeks before the meet and bravely jumped in to 400m time trials with zero training.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
3 Lap Sprint	A	10:45	200	F	00:29.0		20+	25	Adamolekun, Modupe
3 Lap Sprint	A	10:45	200	M	00:25.6		20+	25	Carlson, Daniel
3 Lap Sprint	A	10:45	400	M	01:01.3		20+	23	Snawerdt, Andy
3 Lap Sprint	A	10:45	400	M	00:58.3		20+	23	Daluga, Adam
Total-3 Lap Sprint	A				02:54.2		pl>	4	zNeed:2:43

Executive Relay (2nd)

This final is for managers of managers or senior members of the technical staff. Our team is all very "experienced" compared to most of the competition since the minimum age in this event is just 30. We struggled to even get 4 people. Steve Smith had been battling a calf issue all spring and it seemed to flare the most when he tried to do speed work. I gambled and hung him out there on the mile anchor knowing his team would build a decent lead for him. They did give him a big lead and Steve bravely ran an amazing 6:08 in the heat but the young guy from Exxon caught Steve in the final 100m and nipped us by a second. I had tried to find an exec who could run a 6 min mile and we had a couple, but they had date conflicts and couldn't attend.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
Executive Relay	A	11:00	800	M	02:30.0		30+E	35	Hathaway, Alvin
Executive Relay	A	11:00	400	M	01:06.0		30+E	53	Cirba, Claude
Executive Relay	A	11:00	800	M	02:20.2		30+E	40	Lewis, Damian
Executive Relay	A	11:00	1600	M	06:09.3		25+E	60	Smith, Steve
Total-Executive Relay	A				12:05.5		pl>	2	zNeed 11:15-11:45

Distance Relay (2nd)

We had a pretty solid team, except we were still missing a young mile anchor runner. Jim Dietz may disappear for another 15 years off after the abuse I put him through, but there he was in his 3rd race of the day running his 4th mile in the heat. I also had to move Anthony into the 800m after Larry wiped out his knee playing soccer a few weeks before the meet. Larry was having his best year ever. Dietz chased a young miler from an unexpectedly strong BP team but couldn't quite catch him despite running a strong time. We were just 2 seconds behind in a 21+ minute race.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
Distance Relay	A	11:15	1600	F	05:56.0		20+	41	Angeles, Becky
Distance Relay	A	11:15	1600	M	05:23.0		40+	49	Schmidt, Brian
Distance Relay	A	11:15	800	M	02:28.0		20+	30	Fagnani, Anthony
Distance Relay	A	11:15	800	M	02:23.0		20+	28	Potter, Timothy
Distance Relay	A	11:15	1600	M	05:14.6		20+	58	Dietz, Jim
Total-Distance Relay	A				21:24.6		pl>	2	zNeed 21:00 - 21:30

Women's Relay (3rd)

Without a young 800m female I tapped Becky to lead this off again. The team ran well and managed a 3rd place finish. Modupe was a real workhorse for our team running an excellent 200, 400, and 100 at the meet.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
Women's Relay	A	11:45	800	F	02:47.4		20+/30+	41	Angeles, Becky
Women's Relay	A	11:45	400	F	01:20.6		30+/20+	36	McCaskill, Janet
Women's Relay	A	11:45	400	F	01:11.2		20+/30+	25	Adamolekun, Modupe
Total-Women's Relay	A				05:19.2		pl>	3	zNeed 4:30-5:00

Submaster's Sprint (3rd)

We had a pretty solid team, but the competition was strong for this one. Angela continues to be one of the hardest working people on the team and her times all came down this year. Her form looks great and she finishes the legs strong.

2018 Event	Team	Time	Dist	Sex	18 Result	18 PI	AG / WMA	18 Age	18 Name
Submasters Sprint	A	11:55	200	F	00:33.0		30+	30	Marsalia, Angela
Submasters Sprint	A	11:55	200	M	00:27.9		35+/30+	35	Clark, Eddie
Submasters Sprint	A	11:55	400	M	01:04.0		35+/30+	30	Fagnani, Anthony
Submasters Sprint	A	11:55	800	M	02:25.0		30+/35+	40	Lewis, Damian
Total-Submast Sprint	A				04:29.9		pl>	3	zNeed 4:05-4:15

Senior's Relay (1st)

If we had more young people and a couple more of our Senior's had made it this year I would have been able to put together several Senior's Relay teams. We could have possibly taken 1st, 2nd, and 3rd. I did have a B team on paper, but after abusing Steve in that mile earlier I opted to not run the B team. We decided to just enter one strong team and they dominated. I was planning to run the opening leg until a week before the meet when Joe DeLaCruz broke a 12 year absence and showed up at time trials. He beat my time by 0.1 seconds and earned the leg. Then Joe earned the unexpected drama award right before the race. They lined up and the entire bottom plate on his track spiked fell off. A scramble ensued as he tried on various team members shoes like some bad Cinderella episode. Claude came sprinting toward me in the stands asking if I had my spikes. I thought he wanted me to run, but was relieved when he just wanted my shoes. The replacements were already fitted though – some hot pink shoes from Janet. They worked well as Joe opened up a lead and the team stretched it way out from there. Vonnie ran a very impressive 200m and David Cannon ran a great 600 as always. Captain Claude brought it home for the gold.

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
Seniors Relay	A	12:25	400	M	01:04.9		50+	58	De La Cruz, Joe
Seniors Relay	A	12:25	200	F	00:36.0		50+	56	Howard, Vonnie
Seniors Relay	A	12:25	600	M	01:39.0		50+	54	Cannon, David
Seniors Relay	A	12:25	400	M	01:07.2		50+	53	Cirba, Claude
Total-Seniors Relay	A				04:27.1		p>	1	zNeed 4:30

4x100 (3nd)

I wasn't sure we would have a team this year, but I decided to build one around one of our rookies. Jason Green has been on our mailing list for many years and finally decided to come out this year. He was a very strong 110m and 300m hurdler in high school. He lost some weight last year and showed up this year. He ran great this year and will probably be even a little stronger and faster next year. Modupe made her 100m debut and did well. Daniel, who was also long jumping and high jumping (as was Janet), sprinted over for a very good anchor sprint.

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
4 x 100 Relay	A	12:35	100	F	16.7		35+	36	McCaskill, Janet
4 x 100 Relay	A	12:35	100	F	13.7		20+	25	Adamolekun, Modupe
4 x 100 Relay	A	12:35	100	M	11.5		40+	41	Green, Jason
4 x 100 Relay	A	12:35	100	M	11.5		20+	25	Carlson, Daniel
Total-4 x 100 Relay	A				53.4		p>	3	zNeed 50.0

Pyramid Relay (3rd)

This was one of the last events I was able to fill. I had to ask Anthony to run a 3rd event. Timothy bravely tried a 1200m a couple of weeks ago and he kept getting better. And Kris came out in the final weeks. Kris was battling a bad hamstring, but powered through. With Sara running another excellent 400m and Min running very well to bring it home they secured a 3rd place finish.

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
Pyramid Relay	A	12:45	400	F	01:10.7		20+	37	Harmsen, Sara
Pyramid Relay	A	12:45	800	M	02:30.0		20+	30	Fagnani, Anthony
Pyramid Relay	A	12:45	1200	M	04:05.0		20+	28	Potter, Timothy
Pyramid Relay	A	12:45	800	M	02:32.0		20+	23	Burney, Kris
Pyramid Relay	A	12:45	400	F	01:14.0		20+	36	Chu, Min
Total-Pyramid Relay	A				11:31.7		pl>	3	zNeed 10:45

Master's Relay (1st and 2nd)

Again, we are flush with older runners. Note that half of the two Master's team runners were over 50 – and one other is almost there. I gambled a little and put Damian on the anchor of the B team. Based on times, he should have been on the A team, but he's a total team player. Brian and Mitchel led the first lap (and Mitchel ran an excellent time). Gosia, making her 400m track debut ran great. David, on his 3rd race of the day was great as always and cruised to a solid win. But the excitement was unfolding behind him. BP and Shell were both ahead of our B team and their runners started battling in the first lap of their 800. Damian was quite a bit back. At about the 500m mark Damian rounded the turn and noticed both of them were starting to struggle. As they rounded the final turn at 700m both were struggling and Damian kicked in the sprint speed and passed both of them in the last 100m to propel the team from 4th to 2nd. Thanks to Damian for making my decision look good and for being such a great person.

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
Masters Relay	A	1:00	800	M	02:25.0		40+	49	Schmidt, Brian
Masters Relay	A	1:00	400	F	01:24.0		40+	51	Brothers, Gosia
Masters Relay	A	1:00	800	M	02:25.0		40+	54	Cannon, David
Total-Masters Relay	A			###	06:14.0			1	zNeed 6:10-6:30
Masters Relay B	B	1:00	800	M	02:35.6	40+	40+	40	Fulce, Mitchel
Masters Relay B	B	1:00	400	F	01:30.6	40+	40+	55	Nagel, Heidi
Masters Relay B	B	1:00	800	M	02:20.1	40+	40+	40	Lewis, Damian
Total-Masters Rel -B	B				06:26.3		pl>	2	

Sprint Relay (3rd)

Wendy came out just a few weeks before the meet and frankly didn't look promising at first. But she kept coming back and her time kept getting better. 38 seconds to 37 seconds then down to 34 seconds on the final Saturday practice. And then she ran another one the same morning and got down even further. With her spikes and some race adrenaline she knocked off even more time. Andy and Adam were back and doing a great job again. Then Jason ran a blazing 200m leg and handed off to Eddie. Eddie's work schedule doesn't allow him to train with us, but he asks for workouts and does them – and it pays off.

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
Sprint Relay	A	1:15	200	F	00:32.3		20+	26	Arguijo, Wendy
Sprint Relay	A	1:15	200	F	00:32.8		20+	30	Marsalia, Angela
Sprint Relay	A	1:15	400	M	01:05.7		20+	23	Snawerdt, Andy
Sprint Relay	A	1:15	400	M	00:58.7		20+	23	Daluga, Adam
Sprint Relay	A	1:15	200	M	00:25.5		40+	41	Green, Jason
Sprint Relay	A	1:15	200	M	00:26.0		20+	35	Clark, Eddie
Total-Sprint Relay	A				04:01.0		pl>	3	zNeed 3:34

Jump Relay (2nd)

The jumps are scored decathlon style (based on the world record for your age group). The team score is the best pair of combined high jump/long jump scores. David and Daniel came out to the team to jump – and jump they did. They are both primarily high jumpers, but they worked on their long jump and got their combined scores up. Together they added to 2676 points and a 2nd place win for the team. Janet came in from Tucson and jumped and ran for the team – enthusiastic as always (and she also provided the critical replacement shoes for Joe DeLaCruz.)

2018 Event	Team	Time	Dist	Sex	18 Result	18 Pl	AG / WMA	18 Age	18 Name
Jump Relay	A	11:00	LJ	M/F	16'7.5"	577	Any	24	Shumate, David
Jump Relay	A	11:00	LJ	M/F	18'2.5"	645	Any	25	Carlson, Daniel
Jump Relay	A	9:15	LJ	M/F	12'1"	533	Any	36	McCaskill, Janet
Jump Relay	A	9:15	HJ	M/F	6'0"	758	Any	24	Shumate, David
Jump Relay	A	9:15	HJ	M/F	5'6"	695	Any	25	Carlson, Daniel
Jump Relay	A	11:00	HJ	M/F	3'8"	579	Any	36	McCaskill, Janet
Total-Jump Relay	A					2676	pl>	2	zNeed 3200

Throw Relay (did not enter)

Similar scoring to the jumps – decathlon style. We didn't have any throwers this year so we didn't enter this one.

Overall Results

Each team drops their lowest 3 scores. We were fortunate to at least be able to enter 14 of 17 events to get all the points we could. When you look at the point totals below I can tell you that if we just had three (3) more people the results would have been vastly different. We probably would have won the meet. You just have to come out and try – work at it for a few months and you can contribute. Make a resolution to be there next year and help the team.

With our small team my pre-event projection was Exxon 174; BP 164; Shell 162; and TI 156. Shell was a little weaker this year. We overachieved, but BP had a much stronger team than last year and won.

The final top scores this year were: BP 182; Exxon 176; **TI 166**; Shell 117; BHP 97.

EVENT	Place 2018							Points 2018						
	TI	Exxon	Shell	BP	BHP	Other		TI	Exxon	Shell	BP	BHP	Other	
3K Mens	1	2	3	4	5	x	x	15	12	10	8	7	0	
3K Womens	2	4	3	1	5	x	x	12	8	10	15	7	0	
MENS MILE	x	1	x	2	3	4	x	0	15	0	12	10	8	
SUB-MASTERS DISTANCE	1	2	4	3	5	x	x	15	12	8	10	7	0	
WOMEN'S 800M	x	3	2	1	x	4	x	0	10	12	15	0	8	
THREE-LAP SPRINT	4	1	3	2	5	6	x	8	15	10	12	7	6	
EXECUTIVE RELAY	2	1	x	3	x	x	x	12	15	0	10	0	0	
DISTANCE RELAY	2	3	5	1	4	x	x	12	10	7	15	8	0	
WOMEN'S RELAY	3	1	4	2	5	6	x	10	15	8	12	7	6	
SUB-MASTERS SPRINT	3	4	1	2	5	x	x	10	8	15	12	7	0	
SENIORS RELAY	1	3	x	2	x	x	x	15	10	0	12	0	0	
4X100 METER RELAY	3	2	x	1	5	4	x	10	12	0	15	7	8	
PYRAMID	3	1	4	2	5	6	x	10	15	8	12	7	6	
MASTERS RELAY	1	5	3	4	x	2	x	15	7	10	8	0	12	
SPRINT RELAY	3	2	5	1	6	4	x	10	12	7	15	6	8	
Jump Relay	2	1	5	x	3	4	x	12	15	7	0	10	8	
Throw Relay	x	4	7	1	5	2	x	0	8	5	15	7	12	
17 team events >								166	199	117	198	97		
14 counted events (drop 3) >								166	176	117	182	97		

Thanks

Overall it was a great, competitive meet. Thank you to those who work behind the scenes – our co-captains Claude Cirba and Michael Reynolds, and equipment manager, and stinky uniform launderer, Mitchel Fulce. And big thanks to the timeless Coach Rio King who can turn anyone who wants to try into a valuable contributor. I love this team and what it represents – people selflessly working together for a common goal. You are improving your health and fitness too. And thanks to TI for proving us some funding to be able to attend the meet.

And next year we just need more people. Rio can coach you into shape and we can optimize the placement of everyone. Let's go win back the team title in 2019.

Go TI,

Paul Westbrook (matrix maker, data manager, webmaster, coach, and captain emeritus)

2018 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet
www.enerjazz.com/track

