

Give It A Try - Compete For TI

Come be a part of a winning team – **TI Track & Field**

USCAA Corporate Cup

2017 Corporate Meet in Houston (~ mid-May)

Team Site – enerjazz.com/track

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TI has participated since 1979 and won the Corporate Cup National Championship 16 times. The national meet is no longer held, but we are competing in a strong regional meet in Houston. TI won the 2016 meet by a single point. The team needs athletes for every running distance from 100m sprints to a 3K race. Field events are high jump, long jump, shot put, discus, and javelin. Every event is a team or relay event and legs are segmented by age group and sex. The team has runners from age 19 to 70+. Active and retired TI employees, co-op students, and TI contractors are eligible for this event.

The team will begin a weekly practice in February and will build up to strength by mid-May. Anyone is welcome to attend – even if you just want to improve your general fitness or trim a little time off your road race. Many of the team members have never run track before joining the TI team, so it's never too late to start. Join the team e-mail list at ti-track@list.ti.com

The Houston meet allows you to enter multiple teams in any event, so there is room for everyone to participate.

We're also planning a "**Fastest Man and Women at TI**" contest in March. Stay tuned for more details.

Fun & Fitness Combined

Top Questions and Concerns

Concern: “I haven’t run in years and don’t think I could be competitive anymore.”

Fact: A number of members of the team have made successful comebacks after a 20-year absence from running. They lose weight, get fit, and some even break personal bests that they set in high school. Many of the races have legs for certain age groups (i.e. female over 30, male over 40, etc.) so you compete against your peers.

Concern: “I’ve never run track before so I don’t think I can contribute.”

Fact: Quite a few people on the team have never run track before joining TI. If you are a decent athlete and are willing to put in a little effort you might be able to contribute to the team.

Concern: “The team has won a number of National Championships so there is probably no way I can help them.”

Fact: Absolutely false. The team wins with ordinary people, like you, doing extraordinary things - together. The team hasn’t come close to reaching its potential. We are consistently short of the younger age group athletes and especially pressed for females in many events. You can make a difference.

Question: “How do I get started?”

Answer: First, go to the team webpage and sign up for the team e-mail list. Then visit the Training link to get information on how to get started. The team will begin holding a weekly practice starting in February and that’s a great time to come out and visit with the coaches – and start out slowly. Web page: enerjazz.com/track

Question: “I run distance; do you think I can help on the track?”

Answer: Absolutely. There is a 3K at the meet (scored by places in a 10-year age group) and a number of distance runners find that a track workout program greatly boosts their road times. Many road racers make good 800m and mile runners too.

Concern: “I don’t think I can find the time to train.”

Fact: You can make great improvements with just a few workouts a week. Everyone can benefit from an exercise program. Skip a few TV shows each week and begin running instead. Attend one track practice once a week after work and before long you’ll start seeing results.

Concern: “I looked at those qualifying times and there is no way I can meet that standard.”

Fact: Don’t worry about those right now. Half of the team does not reach a goal qualifying time. We set the standards high, but fill the team with the best available people. And the Houston meet allows you to run multiple teams – so if you want to participate we can find a slot for you.

Concern: “I work an odd shift and can’t attend the weekly practice.”

Fact: A few team members work shifts and manage to train on their own. Some follow the web page program, others get advice from the coaches, and some have their own program. If we have several people on a shift they can set up their own training time. Training with a partner is the absolute best way to go, but you can still workout and turn in times to be eligible for the team.

At worst you’ll lose weight, get in shape, and make new friends. With a little work you’ll have the chance to participate on a great team – it’s a great feeling. Go to the web page, sign up, and get started. www.enerjazz.com/track