

TI Track and Field Team Captures 6th Straight National Corporate Cup Championship Sweatin' In San Ramon

As most of you know we were quite depleted this year due to a variety of factors. We normally carry around 55 athletes to the national meet, but could only get 48 on the plane this year, including 11 rookies. It took everything we had last year to pull off the "Miracle in Maine" so I was concerned that we might relinquish our team title this season. However, I learned what we lacked in quantity, we made up for in quality. Here's the way the weekend unfolded:

Women's 5K Team Race – 2nd place

We had 3 aces in age groups, but needed a 4th to capture first overall. Pam Fales, Mary Salter, and Mary Kennard (set new AG 65-69 record at 23:47) won their age groups as predicted and Lisa Wesneski and Vonnie Howard both ran well but met some tough competition. We took 2nd.

2005 Event	Fin/Pre	Day/Time	05Goal	05Result	05Place/ WAVA	Dist	Sex	05 Age	05 Name
Women's 5K (30-34)	Final	Sat 7:00	22:50	23:27	2 / 61.4	5K	F	31	Wesneski, Lisa
Women's 5K (40-44)	Final	Sat 7:00	23:20	23:20	2 / 66.4	5K	F	43	Howard, Vonnie
Women's 5K (45-49)	Final	Sat 7:00	21:30	21:08	1 / 74.6	5K	F	45	Fales, Pam
Women's 5K (45-49)	Final	Sat 7:00	23:45	23:50	2 / 68.5	5K	F	49	Sulser, Dianna
Women's 5K (60-64)	Final	Sat 7:00	28:45	28:59	1 / 65.1	5K	F	63	Salter, Mary
Women's 5K (65-69)	Final	Sat 7:00	24:15	24:37	1 / 79.5	5K	F	66	Kennard, Mary
Total-Women's 5K				5 pts	2nd				

Men's 5K Team Race – 1st place

I hadn't even seen Scott Steffen this year until we showed up at the airport but was I glad to see him flying across the finish line well under my predicted time. I gambled by tossing Brian Schmidt and rookie Ken Heap in the road race, [hoping one of the two would win their AG – Brian did](#). It turned out Stealthy Scott was the final piece of the puzzle and allowed us to take (5) 1st place AG finishes. JJ Jenkins, Trevor Ward, and Rio King all ran superb races [to round out the 5 1st place AG slots](#).

Men's 5K (30-34)	Final	Sat 7:30	18:45	18:27	3 / 70.3	5K	M	34	Heap, Ken
Men's 5K (35-39)	Final	Sat 7:30	17:00	17:43	1 / 73.2	5K	M	36	Schmidt, Brian
Men's 5K (40-44)	Final	Sat 7:30	18:30	17:49	1 / 77.2	5K	M	43	Steffen, Scott
Men's 5K (45-49)	Final	Sat 7:30	18:30	19:02	2 / 74.5	5K	M	47	Drumm, Jim
Men's 5K (50-54)	Final	Sat 7:30	18:30	19:21	1 / 76.9	5K	M	53	Jenkins, JJ
Men's 5K (55-59)	Final	Sat 7:30	19:45	19:43	1 / 76.8	5K	M	55	Ward, Trevor
Men's 5K (60-64)	Final	Sat 7:30	21:30	21:35	1 / 75.6	5K	M	63	King, Rio
Total-Men's 5K				5 pts	1st				

After the 5K, most of Saturday is devoted to qualifying prelim races. Everyone ran well (except for a few slightly overzealous prelims runners who shall remain nameless) and the handoffs were very nice. The temperature was a blazing 104 degrees, making for some tough running conditions. There were 3 finals held on Saturday:

Submaster Distance Relay – 2nd place

We loaded up a very good team and they were in control until the final leg. That's when UNUM's anchor turned in a 4:20 mile leg to win it. Luke Luo, however, provided some highlight footage. In the final 60m of the mile the BAH runner appeared to pass Luke, but at 30m to go Luke turned on a sprinter kick and raced back ahead for the silver.

SubMaster Dist Relay	Final	Sat 10:20	02:05.0	02:07.1		800	M	30	Money, Steve
SubMaster Dist Relay	Final	Sat 10:20	01:08.0	01:05.1		400	F	30	Michalak, Beth
SubMaster Dist Relay	Final	Sat 10:20	03:36.0	03:39.5		1200	M	35	Schmidt, Brian
SubMaster Dist Relay	Final	Sat 10:20	04:41.0	04:42.6		1600	M	35	Luo, Luke
Total-SubMaster Dist			11:30.0	11:34.3	2nd				

Executive Relay – 1st place

We had a good team here too and they won quite handily allowing Steve Money to just cruise the mile anchor. I had pulled Brian out of this because he already ran a 5K and Sub Dist race. Unfortunately he would have cruised to an easy gold medal. Way to take one for the team Brian! Vonnie finally figured out how to run the 800m evenly and rookie Todd Fortenberry tuned in a very nice 400m leg. Dennis Wade stretched it out and the race was ours.

Executive Relay	Final	Sat 11:20	02:53.0	02:51.4		800	F	30	Howard, Vonnie
Executive Relay	Final	Sat 11:20	00:59.0	00:57.4		400	M	30	Fortenberry, Todd
Executive Relay	Final	Sat 11:20	02:23.0	02:29.3		800	M	30	Wade, Dennis
Executive Relay	Final	Sat 11:20	05:05.0	05:24.6		1600	M	30	Money, Steve
Total-Executive Relay			11:20.0	11:42.7	1st				

Distance Relay – 2nd place

This is a LONG event. Though every leg but one is an open age, we ran runners ages 45, 47, 42, 48, and 52. And we still took 2nd place! I'm beginning to think that youth is wasted on the young.

Distance Relay	Final	Sat 12:25	06:10.0	06:18.9		1600	F	Open	Fales, Pam
Distance Relay	Final	Sat 12:25	02:19.0	02:17.0		800	M	Open	Johnson, Mark
Distance Relay	Final	Sat 12:25	05:16.0	05:24.5		1600	M	40	Tolbert, Danny
Distance Relay	Final	Sat 12:25	05:15.0	05:34.8		1600	M	Open	Wade, Dennis
Distance Relay	Final	Sat 12:25	10:49.0	11:00.9		3200	M	Open	Hull, Chuck
Total-Distance Relay			29:49.0	30:36.1	2nd				

We survived the broiling heat and by Saturday night we were in decent shape. We shifted a few runners around to maximize our chances of winning the title and headed to bed to prepare for Sunday.

Women's 10K – 1st place

Like the 5K I was still searching for that 4th AG winner. A few weeks back I called one of my favorite people on the team (Beth Shockley) to see if she could run a 10K. Our scouting work of the opposition showed her AG to be a little thin. Brian Schmidt helped me a great deal with scouting this year and, of course, I rewarded him by pulling him out of that winning Exec relay. But back to Beth. Beth, as always, cheerfully accepts whatever challenge I throw at her. Once again it paid off handsomely. She joined Pam and the two Mary's for a perfect team score and a set of gold medals. Beth has been called up for reserve duty and will be dispatched to Iraq in a few months. I'll be waiting with open arms to greet her on her return in a couple of years. We will sure miss her in 2006.

Women's 10K (30-34)	Final	Sun 7:00	49:00	48:58	2 / 61.1	10K	F	31	Wesneski, Lisa
Women's 10K (35-39)	Final	Sun 7:00	52:00	51:47	3 / 57.8	10K	F	32	Hancock, Tonya

Women's 10K (40-44)	Final	Sun 7:00	49:00	49:11	1 / 63.5	10K	F	40	Shockley, Beth
Women's 10K (45-49)	Final	Sun 7:00	46:30	45:06	1 / 72.2	10K	F	45	Fales, Pam
Women's 10K (45-49)	Final	Sun 7:00	51:00	49:08	2 / 68.6	10K	F	49	Sulser, Dianna
Women's 10K (60-64)	Final	Sun 7:00	59:45	60:00	1 / 64.9	10K	F	63	Salter, Mary
Women's 10K (65-69)	Final	Sun 7:00	52:00	51:44	1 / 78.1	10K	F	66	Kennard, Mary
Total-Women's 10K				4 pts	1st				

Men's 10K – 2nd place

We couldn't enter enough age groups to grab up the (5) winning slots in this one. We had several outstanding performances, including Chuck Hull's 36:21, which for a 52 year old equates to a WAVA of almost 84. That means he ran at 84% of the world record for his age.

Men's 10K (30-34)	Final	Sun 7:00	?	40:37	2 / 66.4	10K	M	32	Heap, Ken
Men's 10K (30-34)	Final	Sun 7:00	?	40:21	2 / 66.8	10K	M	37	Stotzer, Eric
Men's 10K (40-44)	Final	Sun 7:00	42:00	37:58	3 / 75.0	10K	M	43	Steffen, Scott
Men's 10K (45-49)	Final	Sun 7:00	41:00	39:28	2 / 74.4	10K	M	47	Drumm, Jim
Men's 10K (50-54)	Final	Sun 7:00	38:30	36:22	1 / 84.0	10K	M	53	Hull, Chuck
Men's 10K (55-59)	Final	Sun 7:00	43:00	40:01	1 / 78.2	10K	M	55	Ward, Trevor
Men's 10K (60-64)	Final	Sun 7:00	46:00	45:47	1 / 73.7	10K	M	63	King, Rio
Total-Men's 10K				7 pts	2nd				

4x100 Relay – 1st place

We hold the national record in this and have never lost it when either Benjamin or I have run a leg. However, the credit for this year's win goes to Cynthia Samilton and rookie Loretta Faluade. They ran GREAT and by the time the baton reached me I was all alone in front.

4 x 100 Relay	Final	Sun 10:05	15.0	14.6		100	F	40	Samilton, Cynthia
4 x 100 Relay	Final	Sun 10:05	13.5	13.4		100	F	Open	Faluade, Loretta
4 x 100 Relay	Final	Sun 10:05	12.2	12.4		100	M	40	Westbrook, Paul
4 x 100 Relay	Final	Sun 10:05	11.0	10.5		100	M	Open	Sarpong, Benjamin
Total-4 x 100 Relay			51.7	50.9	1st				

Women's 800m – 3rd place

We didn't have the depth this year in this event. Heidi Nagel and rookie Tonya Hancock picked up a pair of bronze medals for their fine efforts. Any females out there? Note - this is an opportunity area for next year.

Women's 800 Team	Final	Sun 10:15	03:00.0	03:04.8		800	F	Open	Nagel, Heidi
Women's 800 Team	Final	Sun 10:15	03:00.0	03:05.5		800	F	Open	Hancock, Tonya
Total-Women's 800			06:00.0	06:10.3	3rd				

3 Lap Sprint – 1st place

We have been really short on young male quarter milers this year. This is an open age event. We just found young rookie Jared Girroir a few weeks ago and we tapped a 36 year old Steve Boedeker and 37 year old Chris Grant to run the open age quarters. We also tapped 40+ sprinter Mariquita Gordon to round out the team and they powered to victory. Chris grant anchored the team with a smokin' 49.6 400m leg.

3 Lap Sprint	Final	Sun 10:35	00:29.0	00:28.5		200	F	Open	Gordon, Mariquita
3 Lap Sprint	Final	Sun 10:35	00:25.5	00:24.9		200	M	Open	Girroit, Jared
3 Lap Sprint	Final	Sun 10:35	00:53.0	00:53.5		400	M	Open	Boedeker, Steven
3 Lap Sprint	Final	Sun 10:35	00:51.0	00:49.6		400	M	Open	Grant, Chris
Total-3 Lap Sprint			02:38.5	02:36.5	1st				

Men's Mile – 3rd place

Here is another great opportunity. We desperately need some young male milers. I tossed in a 42 year old and a 52 year old into this open age event and they came away with bronze medals. Come on young males – we need you.

Men's Mile Team	Final	Sun 10:50	04:47.0	05:27.4		1600	M	Open	Tolbert, Danny
Men's Mile Team	Final	Sun 10:50	04:50.0	05:06.1		1600	M	Open	Hull, Chuck
Total-Men's Mile	drop		09:37.0	10:33.5	3rd				

4x200 – 1st place

Strong performances on every leg propelled this team to victory. This team started a great string of victories for us.

4 x 200 Relay	Final	Sun 11:10	00:25.5	00:26.7		200	M	40	DeLaCruz, Joe
4 x 200 Relay	Final	Sun 11:10	00:28.8	00:27.6		200	M	50	Jenkins, JJ
4 x 200 Relay	Final	Sun 11:10	00:28.5	00:29.1		200	F	Open	Faluade, Loretta
4 x 200 Relay	Final	Sun 11:10	00:23.5	00:23.5		200	M	Open	Sarpong, Benjamin
Total-4 x 200 Relay			01:46.3	01:46.9	1st				

Senior's Relay – 1st place

We have a LOT of very talented 50+ athletes making it very hard to choose who gets to run. We could probably take 1st and 2nd if they would let us run two teams. Even in this group I can reach up into the older age groups and find talent. Mary Kennard at age 66 ran a blazing 40 second 200m after running a 5K and 10K. And 69 year old Tony Deatherage ran a 30 second 200m out of the blocks. Wrap the talented trio of John McGehee, Robert Iles, and Russ Haschke to win this one by a big margin.

Senior's Relay	Final	Sun 12:20	00:31.0	00:30.2		200	M	60	Deatherage, Tony
Senior's Relay	Final	Sun 12:20	01:06.0	01:04.9		400	M	50	McGehee, John
Senior's Relay	Final	Sun 12:20	00:40.0	00:40.3		200	F	50	Kennard, Mary
Senior's Relay	Final	Sun 12:20	01:41.0	01:38.1		600	M	50	Iles, Robert
Senior's Relay	Final	Sun 12:20	01:06.0	01:05.9		400	M	50	Haschke, Russell
Total-Senior's Relay			05:04.0	04:59.4	1st				

The magic number needed to secure the team title was down to just three more wins. The next few events made it interesting.

Women's Relay – 1st place

Our ace 800m/400m female Beth Michalak came down with a nasty illness on Saturday and we weren't sure if she could go. Beth is quite competitive though. You would have to have a team of 40 horses to pull Beth away from the track. So we lined up with Beth, Mariquita, and on the critical anchor leg, rookie Sara Harmsen. Sara had never run track before joining our team. She had run a total of two 400m runs in her entire life before this race – one in Houston in 2004 and one a few weeks before at practice. Beth powered us out to the lead with a great 2:33 800m opening leg.

Mariquita opened up a little margin with a strong leg and Super Sara clocked in an impressive 68.1 anchor leg to win it going away.

Women's Relay	Final	Sun 12:40	02:32.0	02:33.9		800	F	40	Michalak, Beth
Women's Relay	Final	Sun 12:40	01:10.0	01:09.4		400	F	Open	Gordon, Mariquita
Women's Relay	Final	Sun 12:40	01:10.0	01:08.2		400	F	Open	Harmsen, Sara
Total-Women's Relay			04:52.0	04:51.5	1st				

Submaster Sprint – 1st place

This was the most amazing performance of the day. The temperature had cooled down a little to 101, but the dry air made it tough to keep hydrated. Robin Toliver was in the lead off 200m leg. As she came out of the turn she suddenly slowed dramatically and began to hop and limp – the usual signs of a pulled muscle. A giant gasp went out under the TI tent. And then, as if suddenly being healed by a TV preacher, she began to pick up speed and started running again – faster and faster she went right through the handoff. The rest of the team took it from there and powered to victory. It turned out to be a quad strain – probably a cramp - and Robin showed great strength and courage to get the baton around to her teammates. After the race she said all she could think of was me telling the team to get that baton to your teammate even if you have to crawl. I might have to tone down next year's pep talk!

Submasters Sprint	Final	Sun 12:50	00:29.9	00:32.2		200	F	30	Toliver, Robin
Submasters Sprint	Final	Sun 12:50	00:25.0	00:24.5		200	M	30	Fortenberry, Todd
Submasters Sprint	Final	Sun 12:50	00:54.0	00:54.7		400	M	35	Boedeker, Steven
Submasters Sprint	Final	Sun 12:50	02:07.0	02:09.8		800	M	35	Luo, Luke
Total-Submast Sprint			03:55.9	04:01.2	1st				

We were one more gold away from locking up the team title and the President's Relay was up next. To run this you have to be a VP, TI Fellow, or a direct VP report. We were edged out by a couple of seconds last year, so I swung Mariquita Gordon into the opening leg this year for some insurance.

President's Relay – 1st place

Mariquita blasted out to a lead with a 29.6 200m leg. Chief Technology Officer Hans Stork clocked an impressive 400m leg, and then Pat Bosshart ran a 2:26.7 800m leg with no one near him. The President's Relay had just sealed the team title.

Presidents Relay	Final	Sun 1:20	00:30.0	00:29.5		200	M/F	30	Gordon, Mariquita
Presidents Relay	Final	Sun 1:20	01:06.0	01:07.0		400	M/F	30	Stork, Hans
Presidents Relay	Final	Sun 1:20	02:26.0	02:26.5		800	M/F	30	Bosshart, Pat
Total-Presidents Relay			04:02.0	04:03.0	1st				

With three events to go, the pressure was off. Frankly, we could have packed it in and headed for the pool. A smarter captain probably would have done just that. But not this group – they love to run.

Pyramid Relay – 2nd place

We were missing Fabrice to run the middle 1200m leg, but we put a good team on the track. Steve Money, Brian Schmidt, and Luke Luo played a game of rock, paper, scissors to divvy up the middle legs and Sara Harmsen took the opening 400m. Beth (a little illness never stopped anyone) Michalak took the anchor. That dam UNUM mile runner was in the 1200m leg and cost us the gold, but what a fine run by our team.

Pyramid Relay	Final	Sun 2:50	01:12.0	01:10.6		400	F	Open	Harmsen, Sara
Pyramid Relay	Final	Sun 2:50	02:24.0	02:07.5		800	M	Open	Money, Steve
Pyramid Relay	Final	Sun 2:50	03:26.0	03:37.9		1200	M	Open	Schmidt, Brian

Pyramid Relay	Final	Sun 2:50	02:09.0	02:11.6		800	M	Open	Luo, Luke
Pyramid Relay	Final	Sun 2:50	01:08.0	01:05.5		400	F	Open	Michalak, Beth
Total-Pyramid Relay			10:19.0	10:13.1	2nd				

Master's Relay – 1st place

Like the Senior's, we could field multiple winning teams in this one. We tossed in two rookies, Stacy Lewis and Rick Washington, and we still won by a large margin. One more note of team work. I had scheduled Randy Wight to run this anchor, which is almost a certain gold. Rick Washington just started with us a few weeks ago and I was concerned about his conditioning. Rick looked good in the prelim so I asked Randy if I could put Rick in this final. Unselfishly (a great characteristic of this whole team) Randy said yes. Randy Wight – another TI Team hero.

Masters Relay	Final	Sun 3:05	02:18.0	02:17.8		800	M	50	Iles, Robert
Masters Relay	Final	Sun 3:05	00:57.5	00:56.4		400	M	40	Lewis, Stacy
Masters Relay	Final	Sun 3:05	02:19.0	02:16.9		800	M	40	Johnson, Mark
Masters Relay	Final	Sun 3:05	00:32.0	00:32.3		200	F	40	Samilton, Cynthia
Masters Relay	Final	Sun 3:05	00:26.0	00:25.9		200	M	40	Washington, Rick
Total-Masters Relay			06:32.5	06:29.3	1st				

Sprint Relay – 2nd place

Since Robin was out I had to ask Cynthia (who had just run the Master's) to turn around and run again. Benjamin had a slight hamstring pull and backed off on his anchor leg. The team did a super job, but was out-youthed by BAH and we took 2nd place.

Sprint Relay	Final	Sun 3:30	00:31.0	00:33.8		200	F	30	Samilton, Cynthia
Sprint Relay	Final	Sun 3:30	00:29.0	00:28.3		200	F	Open	Faluade, Loretta
Sprint Relay	Final	Sun 3:30	00:56.0	00:55.9		400	M	Open	Girroi, Jared
Sprint Relay	Final	Sun 3:30	00:51.5	00:49.9		400	M	Open	Grant, Chris
Sprint Relay	Final	Sun 3:30	00:26.0	00:26.3		200	M	40	Wight, Randy
Sprint Relay	Final	Sun 3:30	00:24.0	00:28.1		200	M	Open	Sarpong, Benjamin
Total-Sprint Relay			03:37.5	03:42.3	2nd				

Throws – 3rd place

The shot and discus were taking place during the weekend too. Our two ace throwers were missing this year, so we took a chance on Charles Hutchinson and Chuck Tolsma. They ended up very close to taking the 2nd place medals but missed by a few feet.

Team Throw Discus	Final	Sat 10:15	450	369	79'10"	Disc	M	35	Hutchinson, Charles
Team Throw Discus	Final	Sat 10:15	475	514	75'4.25"	Disc	M	47	Tolsma, Chuck
Team Throw Shotput	Final	Sun 10:00	500	390	31'2.5"	Shot	M	35	Hutchinson, Charles
Team Throw Shotput	Final	Sun 10:00	600	561	27'8"	Shot	M	47	Tolsma, Chuck
Total-Team Throw			2025	1834	3rd				

Jumps – Did Not Enter

We could even field anyone in the long jump and high jump. Another big opportunity slot for someone to step up. It's decathlon style age group scoring, so any age can contribute.

OVERALL

What a great team of folks. From age 22 to 69. From summer co-op students to the Chief Technology Officer of TI. Our diversity really is our strength. How many people at TI can say they are a National Champion? It's a very select group – a group of people with a combination talent, great attitude, and dedication. It's always so rewarding to see people come out, work out, and achieve great things.

TI took 1st, BoozAllenHamilton (BAH) took 2nd; UnumProvident (UNUM) took 3rd.

Next year the meet will be held in Golden, Colorado on July 22nd and 23rd. **MARK YOUR CALENDAR NOW.** Rio is already scheming up a training modification for the middle distance folks and road racers to prepare them for altitude. As you see from the race descriptions above we are in great need of 800m runners and milers. We could use young people in almost every event.

Thanks to every single one of you. Regardless of the event outcome you are each a true champion.

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