

The Texas Instruments Track and Field Team captured their 7th consecutive National Corporate Cup Championship on July 22nd and 23rd in Golden, Colorado.

GOLDEN IN GOLDEN

We knew going in that it would be tight. BAH has been getting stronger and the wildcard team of QWEST returned to the event in 2006. I predicted we would need at least (9) 1st place finishes in the 21 events to retain our title. We brought a big team of 57 with 10 rookies. This team had the lowest number of auto-qualified runners in our history – so we were going to have to win it with a concerted team effort.

Men's 5K Team Race – 2nd

It took no longer than this first event to know it was going to be a very tight meet. The top 5 age group runners for each team score and the best WAVA score is the tiebreaker. We had (4) 1st place AG's but the fifth one eluded us by 0.53 seconds. We were watching for UNUM and BAH, but QWEST sneaked into the 5K and had a guy beat us by 0.53 seconds in the 45-49 AG. In another AG we lost by 11 seconds. BAH tied us and it went to the tiebreaker. Trevor Ward (TI) scored a 75.84 but a BAH runner scored 75.93 beating us by 0.09 points! That's about 1.5 seconds on a 20 minute run.

Men's 5K (0-24)	Final	22:42	5K	M	20	Weitzel, Jared	3/57.09
Men's 5K (0-24)	Final	27:59	5K	M	24	Ledbetter, Christopher	4/46.33
Men's 5K (30-34)	Final	17:59	5K	M	33	Kukel, Scott	1/72.04
Men's 5K (35-39)	Final	18:11	5K	M	37	Schmidt, Brian	2/71.30
Men's 5K (40-44)	Final	18:43	5K	M	44	Steffen, Scott	2/74.11
Men's 5K (45-49)	Final	20:02	5K	M	47	Wade, Dennis	2/71.96
Men's 5K (50-54)	Final	21:04	5K	M	54	Jenkins, JJ	2/71.28
Men's 5K (55-59)	Final	20:08	5K	M	56	Ward, Trevor	1/75.84
Men's 5K (60-64)	Final	24:38	5K	M	64	King, Rio	1/66.90
Men's 5K (65-69)	Final	23:19	5K	M	66	Vanbesien, Bies	1/72.19
Total-Men's 5K						2nd	

Women's 5K Team Race – 1st

For the women, the top 4 AG places are your score and we had a perfect 4. Had we needed it, Mary Kennard had the best female WAVA score and would have been the tiebreaker.

Women's 5K (30-34)	Final	26:05	5K	F	33	Hancock, Tonya	4/55.20
Women's 5K (35-39)	Final	27:39	5K	F	37	DeLoach, Juanita	2/52.06
Women's 5K (45-49)	Final	23:40	5K	F	46	Fales, Pam	1/67.19
Women's 5K (45-49)	Final	27:56	5K	F	49	Askawool, Pam	6/58.47
Women's 5K (50-54)	Final	24:21	5K	F	50	Sulser, Dianna	1/67.69
Women's 5K (60-64)	Final	31:31	5K	F	64	Salter, Mary	1/60.54
Women's 5K (65-69)	Final	26:35	5K	F	67	Kennard, Mary	1/74.59
Total-Women's 5K						1st	

There are 3 final events held on Saturday along with prelims for all other events. We did well in prelims and qualified for all the Sunday finals. Part of the jumps and throws are also held on Saturday.

Submaster Distance Relay – 2nd

Everyone on our team ran very well, but a strong BAH team kept us off the top step of the awards platform.

SubMaster Dist Relay	Final	02:11.7	800	M	30	Heap, Ken	
SubMaster Dist Relay	Final	01:08.3	400	F	30	Toliver, Robin	
SubMaster Dist Relay	Final	03:34.5	1200	M	35	Thelen, Brian	
SubMaster Dist Relay	Final	04:56.5	1600	M	35	Luo, Luke	

Total-SubMaster Dist		11:51.0				2nd	
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Executive Relay – 1st

Solid performances all around gave us a comfortable win in this event.

Executive Relay	Final	02:58.1	800	F	30	Howard, Vonnie	
Executive Relay	Final	00:59.1	400	M	30	Fortenberry, Todd	
Executive Relay	Final	02:23.2	800	M	30	Heap, Ken	
Executive Relay	Final	05:34.4	1600	M	30	Wade, Dennis	
Total-Executive Relay		11:54.8				1st	

Distance Relay – 2nd

Particularly punishing this year at altitude. Everyone ran well, but we couldn't overcome the young BAH team. This is an open age event in most slots, but our team had three folks over 40 and two in their 30's.

2006 Event	Fin/ Pre	06 Result	Dist	Sex	Age	06 Name	PI/Wava
Distance Relay	Final	07:11.4	1600	F	Open	Nagel, Heidi	
Distance Relay	Final	02:15.2	800	M	Open	Thelen, Brian	
Distance Relay	Final	05:15.4	1600	M	40	Steffen, Scott	
Distance Relay	Final	05:18.2	1600	M	Open	Schmidt, Brian	
Distance Relay	Final	11:16.4	3200	M	Open	Kukel, Scott	
Total-Distance Relay		31:16.6				2nd	

Sunday morning kicked off with the 10K road races.**Men's 10K – 1st**

Steffen and Schmidt were laser focused on chasing the BAH guys who edged them in their age groups in the 5K. Falk Alicke joined us at the last minute from the TI Longmont office and we lined it up. Rio, Trevor, and Bies all took 1st again and we had some cushion as we grabbed 3 other firsts – Steffen, Alicke, and Tucker all took 1st to give us more than enough to win. Had we needed the WAVA tiebreaker Steffen would have won that. Great comeback by the men's road team.

Men's 10K (0-24)	Final	49:08	10K	M	23	Weitzel, Jared	2/54.88
Men's 10K (30-34)	Final	42:11	10K	M	33	Kukel, Scott	4/63.92
Men's 10K (30-34)	Final	39:04	10K	M	34	Alicke, Falk	1/69.03
Men's 10K (35-39)	Final	37:52	10K	M	37	Schmidt, Brian	2/71.20
Men's 10K (40-44)	Final	38:20	10K	M	44	Steffen, Scott	1/74.81
Men's 10K (45-49)	Final	41:12	10K	M	47	Tucker, Dave	1/41:12
Men's 10K (45-49)	Final	43:46	10K	M	47	Drumm, Jim	2/67.55
Men's 10K (55-59)	Final	42:23	10K	M	56	Ward, Trevor	1/74.50
Men's 10K (60-64)	Final	51:28	10K	M	64	King, Rio	1/66.21
Men's 10K (65-69)	Final	48:24	10K	M	66	Vanbesien, Bies	1/71.93
Total-Men's 10K						1st	

Women's 10K – 1st

The women repeated their 5K feat, but it wasn't easy. Pam Fales was hurting and held on like a true team player to secure that fourth 1st place and give the women their second road victory.

Women's 10K (30-34)	Final	56:12	10K	F	33	Hancock, Tonya	5/53.23
Women's 10K (45-49)	Final	51:05	10K	F	46	Fales, Pam	1/64.27
Women's 10K (50-54)	Final	50:56	10K	F	50	Sulser, Dianna	1/66.82

Women's 10K (60-64)	Final	68:02	10K	F	64	Salter, Mary	1/57.89
Women's 10K (65-69)	Final	57:09	10K	F	67	Kennard, Mary	1/71.55
Total-Women's 10K						1st	

4x100m relay – 2nd

We saw an impressive QWEST team in the prelims with the 1998 world indoor 200m champ Kevin Little on anchor. We were focused and knew we needed a great time. We were all flying around the track and well ahead of our competition – until the final baton pass. It was a beautiful blind exchange at top speed, but the baton squirted out of Aaron's hand (sweat, sunscreen, or a combo?). What's amazing is that he chased it down, picked it up, and still got us in 2nd place. BAH won and the overall race tightened.

4 x 100 Relay	Final	15.3	100	F	40	Samilton, Cynthia	
4 x 100 Relay	Final	12.7	100	F	Open	Faluade, Loretta	
4 x 100 Relay	Final	11.3	100	M	40	Westbrook, Paul	
4 x 100 Relay	Final	15.2	100	M	Open	Hall, Aaron	
Total-4 x 100 Relay		54.5				2nd - baton drop	

Women's 800m Team – 3rd

Viola S and Beth M couldn't make it this year, so we were without out two strongest 800m females. Heidi and Vonnie have been working hard all year, and they looked great running in this open age event. BAH won however.

Women's 800 Team	Final	03:09.7	800	F	Open	Nagel, Heidi	
Women's 800 Team	Final	02:54.7	800	F	Open	Howard, Vonnie	
Total-Women's 800		06:04.4				3rd	

3 Lap Sprint – 2nd

Despite running a very strong team we fell a few seconds short on this event. BAH won again.

3 Lap Sprint	Final	00:29.9	200	F	Open	Larzelere, Tara	
3 Lap Sprint	Final	00:23.7	200	M	Open	Sarpong, Benjamin	
3 Lap Sprint	Final	00:52.6	400	M	Open	Girroi, Jared	
3 Lap Sprint	Final	00:50.5	400	M	Open	Grant, Chris	
Total-3 Lap Sprint		02:36.6				2nd	

Men's Mile Team – 3rd

Young male milers and young female 800m runners are apparently an endangered species at TI. We threw a couple of guys over 45 into an open age event. They got some nice bronze medals for their effort. BAH won this one and the team title was starting to tilt in their favor. They had (7) 1st places to our (4).

Men's Mile Team	Final	05:33.4	1600	M	Open	Tucker, Dave	
Men's Mile Team	Final	05:40.5	1600	M	Open	Wade, Dennis	
Total-Men's Mile	drop	11:13.9				3rd	

Everyone on the TI team had been running very well, but BAH was running great and we were missing a couple of top athletes. As I looked around the stands I didn't see worry – I saw confidence. I didn't see concern – I saw focus. I don't know what happens with this group of people, but for the last 7 years they have refused to quit and refused to lose. Maybe it's the way Rio can take an average athlete and turn them into a track competitor. Maybe it's the inspiration provided by Tony, who is about to turn 70. I don't know exactly what it is, but it's sure a great thing to be around. I began scanning the upcoming races to make sure everything was optimized.

4x200 Relay – 1st

This team ran so well that Benjamin was coasting to save energy in case I needed him later. He didn't see Kevin Little coming up on him, but the team lead was too great even for a world champion to make up. We won by almost 3 seconds.

4 x 200 Relay	Final	00:25.7	200	M	40	Elliott, Mike	
4 x 200 Relay	Final	00:28.5	200	M	50	Jenkins, JJ	
4 x 200 Relay	Final	00:27.5	200	F	Open	Faluade, Loretta	
4 x 200 Relay	Final	00:25.1	200	M	Open	Sarpong, Benjamin	
Total-4 x 200 Relay		01:46.8				1st	

Seniors Relay – 1st

We are so talented and deep in the older age groups that we would probably take 1st and 2nd if they let us enter two teams. Tony had just been inducted into the USCAA Hall of Fame and he kicked it off and the team never looked back.

Senior's Relay	Final	00:30.7	200	M	60	Deatherage, Tony	
Senior's Relay	Final	01:04.0	400	M	50	Bosshart, Pat	
Senior's Relay	Final	00:34.8	200	F	60	Walker, Sheila	
Senior's Relay	Final	01:44.4	600	M	50	McGehee, John	
Senior's Relay	Final	01:03.0	400	M	50	Haschke, Russell	
Total-Senior's Relay		04:56.9				1st	

Women's Relay – 2nd

Robin Toliver stepped up a few weeks ago and ran a couple of 800m legs to try and give us a chance here. This was probably the most exciting finish I've seen in a long time. UNUM was out in front of us and Robin and Claire kept it close. Mariquita got the baton for the final 400m run and was about 5 seconds back. She made up a little ground in the first 200m, but then put it in high gear. The UNUM runner could hear the crowd and feel the pressure. Mariquita kept gaining and the UNUM girl fought toward the finish. In the end we fell short by 0.26 seconds – but what an inspiring performance from Mariquita – and by Robin to get her in position.

Women's Relay	Final	02:52.7	800	F	40	Toliver, Robin	
Women's Relay	Final	01:13.9	400	F	Open	Schoene, Claire	
Women's Relay	Final	01:08.5	400	F	Open	Gordon, Mariquita	
Total-Women's Relay		05:15.1				2nd	

Submaster Sprint Relay – 1st

Juanita DeLoach came out to the track this year and at age 37 ran the first 200m sprint of her life. She had 3 previous runs before this final, but blasted out of the blocks for a personal best 29.9 to get this team rolling. Todd put Steven, who was coming off an early season major hamstring injury, right in position. Steven ran great to set Luke up for the final charge. Luke won going away and we had pulled into a tie with BAH for the team title with 7 victories each.

Submasters Sprint	Final	00:29.9	200	F	30	DeLoach, Juanita	
Submasters Sprint	Final	00:25.4	200	M	35	Fortenberry, Todd	
Submasters Sprint	Final	00:54.4	400	M	35	Boedeker, Steven	
Submasters Sprint	Final	02:08.0	800	M	35	Luo, Luke	
Total-Submast Sprint		03:57.7				1st	

Though we had tied BAH, the jumps and throws were still going and BAH had won both those events the previous year. We had only 4 track events remaining and needed to win 3 of the 4 to secure the victory.

Presidents Relay – 1st

I really appreciate all the VP's who have taken time to participate over the years. Most have busy travel schedules, but manage to fit the meet in and contribute. This year they did it again with a strong victory.

Presidents Relay	Final	00:30.1	200	M/F	30	Gordon, Mariquita	
Presidents Relay	Final	01:06.5	400	M/F	30	Stork, Hans	

Presidents Relay	Final	02:39.6	800	M/F	30	Bosshart, Pat	
Total-Presidents Relay		04:16.2				1st	

With three events remaining we had to try and win two. I felt comfortable with the Master's Team, but unsure about the other two. Rio and I began visiting with several athletes and discussing where our best chance was for victory – the Pyramid or Sprint Relay. After much thought we juggled the lineup to optimize the Sprint Relay – the final event of the day. We moved Jared out of the Pyramid into the Sprint Relay then added Benjamin on the anchor.

Pyramid Relay – 2nd

We still had a strong Pyramid team, but the young middle distance folks from BAH were too strong. But it really got interesting when Robin and the runner from UNUM took the baton together in the final lap. It looked like the UNUM runner cut Robin off on the first turn and they were toe to toe. Robin made a daring move and passed the UNUM runner on the inside coming out of the final turn and beat her down the stretch for the Silver. It was exciting.

Pyramid Relay	Final	01:14.4	400	F	Open	Schoene, Claire	
Pyramid Relay	Final	02:09.3	800	M	Open	Luo, Luke	
Pyramid Relay	Final	03:37.8	1200	M	Open	Thelen, Brian	
Pyramid Relay	Final	02:16.7	800	M	Open	Heap, Ken	
Pyramid Relay	Final	01:07.5	400	F	Open	Toliver, Robin	
Total-Pyramid Relay		10:25.7				2nd	

Master's Relay – 1st

Like the seniors, we are very strong in this event. We won by over 30 seconds and we could have fielded an even stronger team if I wasn't using a number of the masters in open age events. Mary DeLaCruz, wife of Joe, ran under the spouse rule this year and bagged a gold medal for her excellent effort. Not bad for someone with about 3 months of track experience.

Masters Relay	Final	02:19.3	800	M	50	Iles, Robert	
Masters Relay	Final	00:57.7	400	M	40	Lewis, Stacy	
Masters Relay	Final	02:22.2	800	M	40	Johnson, Mark	
Masters Relay	Final	00:32.7	200	F	40	DeLaCruz, Mary	
Masters Relay	Final	00:26.0	200	M	40	Wight, Randy	
Total-Masters Relay		06:37.9				1st	

Team Jump – 3rd

Team Throw – 3rd

The throw results came in and stunningly UNUM won both events. We were close in the jumps and a bit back in the throws. This was after some last minute changes to the throw team. I can't say enough about a guy like Charles who will run, jump, or throw to try and help the team. A team player on a team that really knows the meaning of the word.

2006 Event	Fin/ Pre	06 Result	Dist	Sex	Age	06 Name	PI/Wava
Team Jump (High)	Final	5'10"	HJ	M	29	Hall, Aaron	760
Team Jump (High)	Final	5'0"	HJ	M	36	Hutchinson, Charles	722
Team Jump (Long)	Final	21'0.5"	LJ	M	29	Hall, Aaron	721
Team Jump (Long)	Final	15'7.75"	LJ	M	36	Hutchinson, Charles	603
Total-Team Jump		2806				3rd	
Team Throw Discus	Final	83'5"	Disc	M	36	Hutchinson, Charles	385
Team Throw Discus	Final	83'9"	Disc	M	49	Tolsma, Chuck	433
Team Throw Shotput	Final	28'6"	Shot	M	36	Hutchinson, Charles	469
Team Throw Shotput	Final	29'1.75"	Shot	M	49	Tolsma, Chuck	591

Total-Team Throw		1878				3rd	
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The 1st place scores stood at (9) for TI and (8) for BAH with one event remaining. As best I could tell, if BAH won we would be in a deadlock for the title. If we won, it was ours. The sprint relay is always interesting with 6 runners and 5 handoffs.

The gun went off and so did Mariquita. She blasted out of the blocks and handed off to Loretta. Both were running their third final, but dug deep and put us in great position. Jared showed us that we made the right move putting him in as he blasted a great 400m. Chris Grant, at age 37, ran a sub 50 400m to get us way out front. Joe and Ben ran like the champions they are and carried the team title around the final lap and across the finish. We did it again.

Sprint Relay – 1st

Sprint Relay	Final	00:28.6	200	F	30	Gordon, Mariquita	
Sprint Relay	Final	00:27.8	200	F	Open	Faluade, Loretta	
Sprint Relay	Final	00:52.9	400	M	Open	Girroi, Jared	
Sprint Relay	Final	00:49.6	400	M	Open	Grant, Chris	
Sprint Relay	Final	00:25.7	200	M	40	DeLaCruz, Joe	
Sprint Relay	Final	00:23.2	200	M	Open	Sarpong, Benjamin	
Total-Sprint Relay		03:27.8				1st	

Overall Results

EVENT	TI06	UNUM06	BAH06	Qwest06	TI06	UNUM06	BAH06	Qwest06
SUB-MASTERS SPRINT	1	3	2		03:57.7	04:10.7	04:06.4	
WOMEN'S 5K	1	2	3		4	5	6	
MEN'S 5K	2	4	1	3	6	14	6	13
WOMEN'S 10K	1	3	2		4	7	5	
MEN'S 10K	1	3	2		5	20	6	16
SUB-MASTERS DISTANCE	2	3	1		11:51.0	12:40.3	11:42.6	
THREE-LAP SPRINT	2	3	1	4	02:36.6	02:45.8	02:33.0	03:49.6
EXECUTIVE RELAY	1	3	2		11:54.8	18:18.3	13:27.0	
800 METER RELAY 4x200	1		3	2	01:46.8		01:57.2	01:49.4
SENIORS' RELAY	1	3	2		04:56.9	07:24.8	06:16.7	
WOMEN'S RELAY	2	1	3		05:15.1	05:14.8	05:46.8	
DISTANCE RELAY	2	3	1		31:16.6	36:22.8	30:15.9	
PYRAMID	2	3	1		10:25.7	10:26.4	10:04:06	
PRESIDENTS' RELAY	1	2			04:16.2	04:45.1		
4X100 METER RELAY	2	3	1	4	54.36	55.31	51.4	57.09
MENS MILE	3	2	1		11:13.9	10:25.0	09:47.2	
TEAM JUMP	3	1	2		2806	2819	2921	
TEAM THROW	3	1	2		1878	2256	2216	
MASTERS RELAY	1	3	2		06:37.9	08:09.0	07:10.7	
SPRINT RELAY	1	3	2		03:27.8	03:47.6	03:35.9	
WOMEN'S 800M	3	2	1		06:04.4	05:25.1	05:21.0	
1st	10	3	8					
2nd	7	4	9					
3rd	4	12	3					

Summary and Farewell

At the beginning of the season I announced that win or lose I was going to step aside as team captain after this season. It has been an incredible 8 years but it's time for someone else to take the reins of this great team. In our run of 7 consecutive titles there are three that really stand out: 2000 – the year we edged out Qwest to win the first

in our string; 2004 (Miracle in Maine) – the year we came roaring from behind and beat UNUM on their home field; and 2006 (Golden in Golden) when we came back to beat a very strong BAH team. I saw the fire in the eyes of Brian Schmidt in the 10K, the charge of Mariquita in the Women's Relay, the faces of track rookies standing on the top platform with their gold medal around their neck. I saw the selfless athlete who only ran a prelim to rest someone else for those needed few seconds in the final. I saw champions in every TI team singlet.

Health permitting I'll be trying to make the team as a runner next year. When you are allowed the opportunity to hang around with champions you can't pass that up.

We'll be wrapping up the finances and holding officer elections soon. I've got some work to do on the web page (a hard disk crash in Feb and a corrupted back up file will have me rebuilding everything sometime this fall).

Splits, Results, Photos

Our splits are now posted at <http://www.enerjazz.com/track/results/2006nat.htm>. I'll link it to the results page when I rebuild the site.

<http://www.uscaa.org/natls/2006/index.html> has the official USCAA results posted.

Thanks to Pam for the photo post:

http://public.fotki.com/PamFales/texas_instruments/2006_uscaa_-_golden_co/

Mark will be editing video and photos and we'll have a party soon to view and celebrate.

I will be captaining my final year of the Richardson Corporate Challenge in the coming months. Don't forget the track (Sat, Aug 26th morning) and 5K (Sun, Sep 10th morning) events there. We'll be communicating via the rcc-track@list.ti.com and rcc-5K@list.ti.com groups. Sign up at <http://list.ti.com> if you are not already on those list.

My family and I had a great vacation in Colorado. We posted some shots at <http://enerjazz.com/pics/2006CO/>.

Thanks to all,

Paul Westbrook

www.enerjazz.com