

The TI Track and Field Team captured their 9th consecutive national title at the 2008 United States Corporate Athletic Association Corporate Cup Championship. The meet was held just north of San Diego at U. Cal San Marcos on July 19th and 20th. Our two main competitors in Div II (company population of 10,000 – 50,000) were back – UNUM and Booz Allen Hamilton (BAH). BAH brought 73 athletes, TI brought 55, and UNUM came with 43. We came in with 8 straight national titles, but most of those were down to the wire so we knew it would be close again.

Of out 55 participants we had 13 rookies, ranging in age from 22 to 68. Three of them were coop students at TI and a number were relatively new employees. The average age of the team dropped from 43.1 in 2007 to 41.6 in 2008. It was a real youth movement. We had one international participant from TI Germany and the event took on a real international flair when one of our rental car groups missed a turn and accidentally ended up in Mexico. Fortunately, they were allowed back in the US and everyone arrived safely. Let the 21 events begin:

WOMEN'S 5K

This team road race is scored in 5 year age groups. Your best 4 places add to your team score. The girls hit the road first and hit the finish line first too. Dianna Sulser won the critical head to head match by 30 seconds to help garner (4) 1st places, but BAH got (4) too. We went to the tie breaker – best WAVA score. WAVA rates your performance against the world record for your age and Mary Kennard's 79.20 did the trick.

2008 Event	Fin/ Pre	08 Result	Age/ 08 PI	Dist	Sex	08 Age	08 Name
Women's 5K (0-24)	Final	24:20	3/59.18	5K	F	23	Sen, Sujata
Women's 5K (30-34)	Final	18:51	1/76.37	5K	F	34	Schaffer, Viola
Women's 5K (45-49)	Final	21:25	1/75.55	5K	F	48	Fales, Pam
Women's 5K (50-54)	Final	24:09	1/69.56	5K	F	52	Sulser, Dianna
Women's 5K (50-54)	Final	25:20	4/65.67	5K	F	51	Aswakool, Pam
Women's 5K (65-69)	Final	25:43	1/79.19	5K	F	69	Kennard, Mary
Total-Women's 5K			1st				

MEN'S 5K

The men use the best 5 places for the team total and we knew we had two very tight age groups. Brian Schmidt and Peter Borian held off tough BAH competitors to give us (5) 1st place AG finishes and the gold medal. Brian was just 19 seconds ahead of the BAH runner.

Men's 5K (35-39)	Final	16:34	1/78.29	5K	M	39	Schmidt, Brian
Men's 5K (40-44)	Final	16:43	1/81.22	5K	M	41	Borian, Peter
Men's 5K (45-49)	Final	17:58	1/78.39	5K	M	46	Steffen, Scott
Men's 5K (55-59)	Final	18:54	1/83.0	5K	M	59	Ward, Trevor
Men's 5K (65-69)	Final	21:27	1/80.28	5K	M	68	Capps, Wally
Total-Men's 5K			1st				

Those critical age group victories turned this into TI=2 wins instead of BAH=2 wins.

SUBMASTER DISTANCE RELAY

After being a bridesmaid for several years we weren't expecting a win this year. We ran a little slower than last year, but still prevailed with good performances all around. We were off to a good start with (3) 1st place finishes.

SubMaster Dist Relay	Final	02:11.5	35/30	800	M	36	Jara, Pedro
SubMaster Dist Relay	Final	01:10.4	30+	400	F	45	Toliver, Robin
SubMaster Dist Relay	Final	03:39.3	35/30	1200	M	33	Heap, Ken
SubMaster Dist Relay	Final	05:00.8	30/35	1600	M	44	Luo, Luke
Total-SubMaster Dist		12:02.0	1st				

EXECUTIVE RELAY

This event is for managers of managers (or the tech equivalent). The other team's executives looked much younger than ours and we came in 3rd, despite good performances by all. If this was age graded our team would have won!

Executive Relay	Final	03:00.8	30+	800	F	45	Nagel, Heidi
Executive Relay	Final	00:59.5	30+	400	M	48	Westbrook, Paul
Executive Relay	Final	02:37.4	30+	800	M	55	Bosshart, Pat
Executive Relay	Final	05:52.4	30+	1600	M	59	Ward, Trevor
Total-Executive Relay		12:30.1	3rd				Need 11:20

DISTANCE RELAY

We haven't fared well in this one but put a team together and picked up a nice round of bronze medals for everyone.

Distance Relay	Final	06:41.0	Open	1600	F	48	Fales, Pam
Distance Relay	Final	02:24.9	Open	800	M	33	Heap, Ken
Distance Relay	Final	05:42.3	40+	1600	M	45	Cooley, John
Distance Relay	Final	05:22.6	Open	1600	M	46	Steffen, Scott
Distance Relay	Final	11:01.6	Open	3200	M	41	Borian, Peter
Total-Distance Relay		31:12.4	3rd				Need 27:45

The rest of Saturday was filled with prelims to qualify for the other finals on Sunday. We had a number of runners who only ran prelims so we could rest our aces for the finals. These runners are valuable team members and contribute greatly to our team title every year.

MENS 10K

In a repeat of the 5K we held off tough competition to get (5) 1st place slots and the gold medal. There were several personal bests run at the meet and the WAVA scores were all very high. The highlight was Peter Borian (after running a 5K and 2 mile leg the day before) holding off a BAH runner by just one second after over 34 minutes of running hard. Turns out the guy was not in Peter's age group, but had he been that would have been critical.

Men's 10K (0-24)	Final	42:59	2/62.73	10K	M	23	Gupta, Arun
Men's 10K (35-39)	Final	33:18	1/80.98	10K	M	39	Schmidt, Brian
Men's 10K (40-44)	Final	34:38	1/81.05	10K	M	41	Borian, Peter
Men's 10K (45-49)	Final	36:28	1/79.85	10K	M	46	Steffen, Scott
Men's 10K (45-49)	Final	41:37	3/69.45	10K	M	45	Cooley, John
Men's 10K (55-59)	Final	38:18	1/84.72	10K	M	59	Ward, Trevor
Men's 10K (65-69)	Final	42:43	1/83.33	10K	M	68	Capps, Wally
Total-Men's 10K			1st				

WOMEN'S 10K

The women pulled it off again and won the WAVA tie breaker. The critical matchup was Dianna, who won it by over a minute. Viola got the WAVA tiebreaker on this one.

Women's 10K (0-24)	Final	48:59	3/61.06	10K	F	23	Sen, Sujata
Women's 10K (30-34)	Final	37:58	1/78.79	10K	F	34	Schaffer, Viola
Women's 10K (45-49)	Final	45:37	1/73.24	10K	F	48	Fales, Pam
Women's 10K (50-54)	Final	48:19	1/71.73	10K	F	52	Sulser, Dianna
Women's 10K (50-54)	Final	51:57	4/66.11	10K	F	51	Aswakool, Pam

Women's 10K (65-69)	Final	53:39	1/78.28	10K	F	69	Kennard, Mary
Total-Women's 10K			1st				

After the first seven events we had (5) 1st place finishes and UNUM and BAH each had one. We were off to a great start.

4x100

We own the fastest two times ever run in this event and our only loss this century was on a baton drop a couple of years ago. We dominated again with a great team performance. Rookie Elizabeth Ferguson really opened up a lead with her blazing 2nd leg.

4 x 100 Relay	Final	15.3	40+	100	F	49	Samilton, Cynthia
4 x 100 Relay	Final	12.2	Open	100	F	26	Ferguson, Elizabeth
4 x 100 Relay	Final	12.0	40+	100	M	48	Westbrook, Paul
4 x 100 Relay	Final	10.8	Open	100	M	36	Sarpong, Benjamin
Total-4 x 100 Relay		50.3	1st				Need 51

WOMEN'S 800M TEAM RACE

Despite running a time that would have easily won in 2007, we found ourselves in 2nd place to a pair of young females from BAH.

Women's 800 Team	Final	02:30.7	Open	800	F	34	Schaffer, Viola
Women's 800 Team	Final	02:39.3	Open	800	F	44	Michalak, Beth
Total-Women's 800		05:10.0	2nd				Need 5:00

3 LAP SPRINT

Good opening legs all around, including rookie Nathaniel Lawson, put Chris Grant in position to catch and pass the leader to take the gold. Chris turned 40 this year, but is still running great times against the open age group runners.

3 Lap Sprint	Final	00:30.3	Open	200	F	22	Vales, Liz
3 Lap Sprint	Final	00:23.4	Open	200	M	36	Sarpong, Benjamin
3 Lap Sprint	Final	00:55.0	Open	400	M	24	Lawson, Nathaniel
3 Lap Sprint	Final	00:52.5	Open	400	M	40	Grant, Chris
Total-3 Lap Sprint		02:41.2	1st				Need 2:39

MEN'S MILE TEAM RACE

We haven't fared any better than 3rd in many years. We had two young rookies this year that might have been able to take 2nd, but I asked them to conserve their legs for the Pyramid Relay later in the day. As you'll see later it was a good call.

Men's Mile Team	Final	05:16.7	Open	1600	M	24	Eash, Aaron
Men's Mile Team	Final	05:16.6	Open	1600	M	25	Southard, Eric
Total-Men's Mile		10:33.3	3rd				Need 9:20

4x200 RELAY

Coop Terence Frederick had pulled a hamstring a few weeks earlier and I was concerned about his ability to anchor this if he got into a tight race. We didn't want to see him go down with an injury. After careful consideration we went with him and his team members made sure he had a large lead. Russ Haschke opened it way up on the 50 year old leg and we cruised to victory.

4 x 200 Relay	Final	00:26.5	40+	200	M	43	Cirba, Claude
4 x 200 Relay	Final	00:27.6	50+	200	M	53	Haschke, Russ
4 x 200 Relay	Final	00:28.3	Open	200	F	27	Larzelere, Tara

4 x 200 Relay	Final	00:24.2	Open	200	M	24	Frederick, Terence
Total-4 x 200 Relay		01:46.6	1st				Need 1:48

SENIOR'S RELAY

We have won this one for as long as I can remember and this year was no exception. A solid team all around with a very strong 600m leg by John McGehee to put it away.

Senior's Relay	Final	00:32.5	60+	200	M	66	King, Rio
Senior's Relay	Final	01:06.9	50+	400	M	56	Jenkins, JJ
Senior's Relay	Final	00:33.8	50+	200	F	54	Gonzalez, Terry
Senior's Relay	Final	01:42.8	50+	600	M	59	McGehee, John
Senior's Relay	Final	01:02.1	50+	400	M	50	Johnson, Mark
Total-Senior's Relay		04:58.1	1st				Need 5:22

At this point, after 13 of the 21 events, we had already secured (9) 1st place finishes and BAH and UNUM had just two each. One of them would have to sweep the remaining 8 events to take the team title from us. The magic number was down to just one win.

WOMEN'S RELAY

I had told rookie Elizabeth Ferguson many weeks ago that she would likely be coming from behind and need about a 63 second 400m to win it. Beth was coming off a calf injury and got the needed setup time in the 800m. Tonica pulled it closer and Elizabeth blasted a 61.1 400m leg to blow past the competition for a decisive win.

Women's Relay	Final	02:39.4	40+/Op	800	F	44	Michalak, Beth
Women's Relay	Final	01:07.8	Op/40+	400	F	35	Pool, Tonica
Women's Relay	Final	01:01.1	Op/40+	400	F	26	Ferguson, Elizabeth
Total-Women's Relay		04:48.3	1st			105	Need 4:52

SUB-MASTERS SPRINT

Solid running right through the lineup put Luke in position to cruise to victory. Greg, in his 2nd year, improved his 400m time again.

Submasters Sprint	Final	00:28.9	30+	200	F	45	Gordon, Mariquita
Submasters Sprint	Final	00:25.5	35/30	200	M	37	Fortenberry, Todd
Submasters Sprint	Final	00:54.2	35/30	400	M	35	Gordon, Greg
Submasters Sprint	Final	02:06.2	30/35	800	M	44	Luo, Luke
Total-Submast Sprint		03:54.7	1st				Need 4:02

PRESIDENT'S RELAY

This race is for VP's or their direct reports, and the technical staff equivalent. Like the exec relay we were no match for their younger runners. We were the only team to run (2) females in the race – and we still did very well. We need to get some more high level running support on the track team! The President's and Executive Relays need improvement.

Presidents Relay	Final	00:34.6	30+	200	M/F	45	Nagel, Heidi
Presidents Relay	Final	01:12.5	30+	400	M/F	45	Gordon, Mariquita
Presidents Relay	Final	02:36.3	30+	800	M/F	55	Bosshart, Pat
Total-Presidents Relay		04:23.4	3rd				Need 4:04

PYRAMID

On paper I thought we needed about 10:00 to win this 5-person event. We had a team capable of that, but the race was even tougher this year. Tara opened with an outstanding 400m leg and rookie Aaron Eash ran an excellent 800m leg to keep us just ahead of BAH. Then, Brian

Schmidt, after running outstanding 5K and 10K races earlier showed the kind of heart and guts that makes our team so tough. He kept the BAH runner at bay for 3 full laps – speeding up just a bit if he tried to pass. Rookie Eric Southard ran the best 800m on the team this year, but fell several seconds back of a strong BAH runner. It was down to just 400m to go and we were about 5-6 seconds behind. Elizabeth took the baton and rocketed off the line. She closed the gap in the first 300m to pull even right at the home stretch. Then she and the BAH girl took turns surging back and forth until Elizabeth put on a final surge to take the victory and her 3rd gold medal of the day. The team was going wild in the TI tent.

Pyramid Relay	Final	01:05.2	Open	400	F	27	Larzelere, Tara
Pyramid Relay	Final	02:09.9	Open	800	M	24	Eash, Aaron
Pyramid Relay	Final	03:30.8	Open	1200	M	39	Schmidt, Brian
Pyramid Relay	Final	02:05.8	Open	800	M	25	Southard, Eric
Pyramid Relay	Final	01:01.5	Open	400	F	26	Ferguson, Elizabeth
Total-Pyramid Relay		09:53.2	1st				Need 9:54

MASTER'S RELAY

We usually dominate this one, but BAH came out with a strong team in 2007 and nipped us. We often run some of our good 40 year olds in the younger age brackets, but with our surge of good rookies this year we were able to load this race for a comfortable win.

Masters Relay	Final	02:26.0	40/50	800	M	45	Tolbert, Danny
Masters Relay	Final	00:59.4	40/50	400	M	46	Wight, Randy
Masters Relay	Final	02:09.4	40/50	800	M	44	Luo, Luke
Masters Relay	Final	00:31.1	40+	200	F	49	Samilton, Cynthia
Masters Relay	Final	00:27.9	50/40	200	M	53	Haschke, Russ
Total-Masters Relay		06:33.8	1st				Need 6:45

SPRINT RELAY

The meet was wrapped up at this point and Robert Gordon was worn out from his excellent 54.2 400m leg earlier in the day so we subbed in one Michael for a 400m leg. Even giving up a few seconds we kept it close and finished out with a silver medal performance.

Sprint Relay	Final	00:30.5	30+	200	F	35	Pool, Tonica
Sprint Relay	Final	00:29.9	Open	200	F	22	Vales, Liz
Sprint Relay	Final	00:58.1	Open	400	M	22	Reynolds, Michael
Sprint Relay	Final	00:53.5	Open	400	M	40	Grant, Chris
Sprint Relay	Final	00:26.1	40+	200	M	43	Cirba, Claude
Sprint Relay	Final	00:22.8	Open	200	M	24	Lawson, Nathaniel
Total-Sprint Relay		03:40.9	2nd				Need 3:35

JUMPS

In the long jump / high jump there is just one word to describe it – dominant. Sheri, Jarvis, and Elaine were all outstanding and we won by several hundred points. The two best scorers add for the team times and any combo of ours would have won.

Team Jump (High)	Final	822	4'3"	HJ	M	46	Phillips, Sheri
Team Jump (High)	Final	790	4'1"	HJ	M	47	Iba, Elaine
Team Jump (High)	Final	695	5'4"	HJ	M	28	Leverson, Jarvis
Team Jump (Long)	Final	820	13'9"	LJ	M	46	Phillips, Sheri
Team Jump (Long)	Final	860	14'5"	LJ	M	47	Iba, Elaine
Team Jump (Long)	Final	685	20'0"	LJ	M	28	Leverson, Jarvis

Total-Team Jump		3292	1st				Need 2950 pts
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THROWS

We had searched all year for some throwers and thought we might have a shot at 2nd. The day before we left Dan Stowe twisted his ankle at work and couldn't make the trip. We subbed a coop student in and gave it a toss, but were a bit short of moving up in the rankings. Mariquita even threw just to see how she could score.

Team Throw Discus	Final	357	81'6"	Disc	M	46	Wolff, Ryan
Team Throw Discus	Final	468	83'10"	Disc	M	46	Phillips, Sheri
Team Throw Discus	Final	325	58'3"	Disc	M	45	Gordon, Mariquita
Team Throw Shotput	Final	376	27'2"	Shot	M	46	Wolff, Ryan
Team Throw Shotput	Final	544	26'8"	Shot	M	46	Phillips, Sheri
Team Throw Discus	Final		any	Shot	M	#N/A	
Total-Team Throw		1745	3rd				Need 2400 pts

Overall it was a great year. Each team drops their lowest 5 scores of the 21 events. After the drops we had a total of (14) 1st places and (2) 2nd places making up our team score. However, had those key road race matchups and tie-breakers not gone our way the meet would have come down to that Pyramid relay which we won by less than a second. It was that close. Every person counts and every person makes a difference in a team victory. We have now won 9 titles in a row. Everyone knows that the path to the championship starts in the winter and spring with good base training and early base track work.

OVERALL DIV II RESULTS 2008

EVENT	T108	UNUM08	BAH08		T108	UNUM08	BAH08
MEN'S 5K	1	3	2		5	14	6
WOMEN'S 5K	1	3	2		4	6	4
SUB-MASTERS DISTANCE	1	2	3		12:02.0	12:25.0	12:30.7
EXECUTIVE RELAY	3	1	2		12:30.1	11:16.4	11:29.9
DISTANCE RELAY	3	2	1		31:12.4	29:30.4	27:46.9
MEN'S 10K	1	3	2		5	10	7
WOMEN'S 10K	1	3	2		4	6	4
4X100 METER RELAY	1	2	3		50.30	52.02	52.22
WOMEN'S 800M	2	3	1		05:10.0	05:26.6	04:59.5
THREE-LAP SPRINT	1	3	2		02:41.2	02:56.5	02:42.7
MENS MILE	3	1	2		10:33.3	09:21.4	09:26.7
800 METER RELAY 4x200	1	3	2		01:46.6	02:10.4	01:51.1
SENIORS' RELAY	1	3	2		04:58.1	08:00.1	05:26.6
WOMEN'S RELAY	1	2	3		04:48.3	05:06.2	05:11.9
SUB-MASTERS SPRINT	1	3	2		03:54.7	04:37.6	04:05.1
PRESIDENTS' RELAY	3	1	2		04:23.7	04:04.7	04:05.9
PYRAMID	1	3	2		09:53.3	10:18.4	09:54.1
MASTERS RELAY	1	2	3		06:33.8	06:42.2	07:01.9
SPRINT RELAY	2	3	1		03:40.9	03:57.1	03:32.2
TEAM THROW	3	2	1		1745	2213	2239
TEAM JUMP	1	3	2		3292	2550	2737
1 st	14	3	4				
2 nd	2	6	13				
3 rd	5	12	4				

NEEDS FOR NEXT YEAR

We have quite a few needs.

- Female 800m runners.
- Young (<35) female road racers.
- Throwers (shot/discuss) - it's scored by sex/age so it is wide open to all.
- Male 400m / 200m runners.
- Young male (<40) road racers.
- Executive and VP athletes.

The medals will fade over time, but the memories of the team work and the friends we all made will last forever.

Official results at <http://uscaa.org/natls/scoring/2008/>

Paul Westbrook