

# TI Track & Field Team 2014 USCAA Corporate Cup Meet Results – San Marcos, CA on July 12<sup>th</sup> and 13<sup>th</sup>

Due to a dwindling number of teams the USCAA announced that the 2014 meet, the 37<sup>th</sup>, would be the last national meet. In 2012 we had to move up to the big division due to the dwindling number of teams. In 2013 we edged AT&T to take 2<sup>nd</sup> overall and we had our sights set on GE for 1<sup>st</sup> place this year. Here's how it all unfolded.

## 2014 TI Team Stats

60 members: 39 males, 21 females

Average age = 41.5, max=75, min=22

Employees = 41, Retirees = 12, Interns = 2, Contractors = 0, Alumni = 5

Qualifying: Auto qual =13 (22%), Min qual = 25 (42%)

Rookies = 13 (22%)

The meet returned to San Marcos, California in the San Diego area. We were last there in 2008. After a busy day of travel on Friday we had a good handoff practice at a local high school and were ready to go. We did have one injury at handoff practice when Heather Geiger strained her quad, so we were already shuffling the lineup.

## Sat, Jul 12<sup>th</sup>

### 5K Team Road Race

The road race scoring is based on best WMA (WAVA) scores. The best 5 men and best 4 women score for the team. For the women, Heidi came back this year very strong. Terry Gonzalez was running great this year, but was injured just a few weeks before the meet. Dianna is always running - always. And we had the Mary's. Mary Salter was running very well this year and Mary Kennard was still kicking at age 75. We also had Janet McCaskill from Tucson join us for the event.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Women's 5K	Fin	Sat 7:30	5K	F	22:34	77.2	53	McCauley, Heidi
Women's 5K	Fin	Sat 7:30	5K	F	34:27	70.4	75	Kennard, Mary
Women's 5K	Fin	Sat 7:30	5K	F	27:11	68.4	58	Sulser, Dianna
Women's 5K	Fin	Sat 7:30	5K	F	33:57	67.8	72	Salter, Mary
Women's 5K	Fin	Sat 7:30	5K	F	25:24		51	Nagel, Heidi
Women's 5K	Fin	Sat 7:30	5K	F	26:09		32	McCaskill, Janet
<b>Total-Women's 5K</b>						<b>3rd</b>		<b>283.8</b>

We had a solid men's team and they all performed great – almost all of them reaching or exceeding the 80 scoring mark, which is considered a national class runner. Chuck had just started running again after a long battle with a stress fracture. They upset GE in the 5K to take 1<sup>st</sup>.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Men's 5K	Fin	Sat 7:30	5K	M	16:55	83.8	45	Schmidt, Brian
Men's 5K	Fin	Sat 7:30	5K	M	21:01	79.8	65	Ward, Trevor
Men's 5K	Fin	Sat 7:30	5K	M	22:27	83.0	74	Vanbesien, Bies
Men's 5K	Fin	Sat 7:30	5K	M	18:48	80.3	53	Pearson, Mark
Men's 5K	Fin	Sat 7:30	5K	M	20:22	79.5	61	Hull, Chuck
Men's 5K	Fin	Sat 7:30	5K	M	18:48		22	Kilberg, Brian
Men's 5K	Fin	Sat 7:30	5K	M	19:18		27	Laugesen, Lawrence
Men's 5K	Fin	Sat 7:30	5K	M	20:48		46	Bilhan, Haydar
Men's 5K	Fin	Sat 7:30	5K	M	21:57		36	Fulce, Mitchell
<b>Total-Men's 5K</b>						<b>1st</b>		<b>406.4</b>

Several of the events have prelims to qualify for finals. We can use different people in these and one of our strategies is to rest a few aces for the finals. The prelim runner is a valuable and integral member of our team as they allow the finals runners to rest.

#### **4x100 Relay Prelim**

We run the finals team in this so they can practice the critical high speed handoffs. They all ran very well and had the fastest qual time by a wide margin.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
4 x 100 Relay	Pre	Sat 10:45	100	F	14.9	40+	52	Phillips, Sheri
4 x 100 Relay	Pre	Sat 10:45	100	F	11.7	Open	24	Goodman, Chalonda
4 x 100 Relay	Pre	Sat 10:45	100	M	12.6	40+	42	Sarpong, Benjamin
4 x 100 Relay	Pre	Sat 10:45	100	M	11.3	Open	25	Roberson, Todd
<b>PreTot-4 x 100 Relay</b>					50.5			

#### **Submaster Distance Relay**

The first track final of the event is for 30+ runners and we had a strong team. GE was a bit stronger and we had a comfortable 2<sup>nd</sup> place finish. Sara made her return after several years away and Luke ran better than many people well younger than him. Stefan was able to join us from Freising this year and ran well all weekend.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
SubMaster Dist Relay	Fin	Sat 10:55	800	M	02:24.8	35/30	37	Williams, Scott
SubMaster Dist Relay	Fin	Sat 10:55	400	F	01:10.2	30+	33	Harmsen, Sara
SubMaster Dist Relay	Fin	Sat 10:55	1200	M	03:56.0	35/30	50	Luo, Luke
SubMaster Dist Relay	Fin	Sat 10:55	1600	M	04:48.1	30/35	33	Herzer, Stefan
<b>Total-SubMaster Dist</b>					12:19.1	2nd		

#### **High Jump**

The field events are scored decathlon style. You can enter up to 3 competitors and your top 2 scores add together for your team total. Rio, Sheri, and Dave all jumped well. If any one of them had cleared one more height we would have been 2<sup>nd</sup>. The Exxon team was amazing with one member tying the world record for his age group.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
High Jump	Fin	Sat 11; 12:30: 2	HJ	F	4'0"/842	Any	52	Phillips, Sheri
High Jump	Fin	Sat 11; 12:30: 2	HJ	M	4'2"/925	Any	72	King, Rio
High Jump	Fin	Sat 11; 12:30: 2	HJ	M	4'10"/840	Any	50	Cannon, David
<b>Total-High Jump</b>					1767	2nd		

#### **Discus**

We had throwers lined up, but one had to work so neither came. Robin, with her competitive nature, recruited another of our team members to throw shot and discus. Had our 2 original throwers come we would have probably won this and displaced a GE win.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Discus Throw	Fin	Sat 11 or 1	Disc	M	49'/296	Any	51	Toliver, Robin
Discus Throw	Fin	Sat 11 or 1	Disc	M	68'10"/339	Any	53	Tucker, David
Discus Throw	Fin	Sat 11 or 1	Disc	F		Any	#N/A	
<b>Total-Discus Throw</b>					635	4th		

### Individual 200's

A couple of years ago they added some individual races. They each count ¼ as much as a relay, but it all adds up. With this being the final USCAA meet a bunch of teams and runners came back and made these much stronger than the previous year. Everyone medaled and Chalonda Goodman set a new national record for the 18+ 200m. Chalonda has been at TI for a year now after an outstanding track career at UT and a run to the semifinals for the 2012 US Olympic Team. It goes without saying that we are happy to have her on our team.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Indiv M 200m 18+	Fin	Sat 11:15	200	M	(3) 24.7	Open	23	Boyda, Nolan
Indiv M 200m 50+	Fin	Sat 11:17	200	M	(2) 26.7	50+	54	Westbrook, Paul
Indiv M 200m 60+	Fin	Sat 11:19	200	M	(3) 28.6	60+	60	Pappermaster, Barry
Indiv M 200m 70+	Fin	Sat 11:21	200	M	(2) 36.6	70+	74	Vanbesien, Bies
Indiv F 200m 18+	Fin	Sat 11:55	200	F	(1) 25.2	Open	24	Goodman, Chalonda
Indiv F 200m 40+	Fin	Sat 11:56	200	F	(3) 33.4	40+	41	Hilbun, Stephanie
Indiv F 200m 50+	Fin	Sat 11:57	200	F	(2) 32.2	50+	52	Phillips, Sheri
Indiv F 200m 60+	Fin	Sat 11:58	200	F	(3) 46.8	60+	75	Kennard, Mary
<b>SubTotal- Open 200m</b>								

### 3 Lap Sprint Prelim

We ran a group of all 2<sup>nd</sup> season team members and they did a fine job and qualified us easily for the finals.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
3 Lap Sprint	Pre	Sat 12:45	200	F	00:34.4	Open	29	Rogers, Annalisa
3 Lap Sprint	Pre	Sat 12:45	200	M	00:24.9	Open	25	Nguyen, Hieu
3 Lap Sprint	Pre	Sat 12:45	400	M	01:03.9	Open	27	Laugesen, Lawrence
3 Lap Sprint	Pre	Sat 12:45	400	M	00:58.6	Open	26	Fagnani, Anthony
<b>PreTot-3 Lap Sprint</b>					<b>03:01.8</b>			

### Executive Relay

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. Vonnie ran in a 3-way pack for second then at 500m she blasted down the back stretch and left the other two behind. The others all added to that lead for a solid 2<sup>nd</sup> place finish. It was good to have Dave Tucker from MFAB back with us after a few year absence.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Executive Relay	Fin	Sat 1:40	800	F	03:15.3	30+	52	Howard, Vonnie
Executive Relay	Fin	Sat 1:40	400	M	01:08.6	30+	56	Smith, Steve
Executive Relay	Fin	Sat 1:40	800	M	02:33.1	30+	53	Tucker, David
Executive Relay	Fin	Sat 1:40	1600	M	05:32.6	30+	48	Baldwin, Greg
<b>Total-Executive Relay</b>					<b>12:29.6</b>	<b>2nd</b>		

#### **4x200 Prelim**

Good running and handoffs. Kaitlyn was so confident that she didn't cut in and ran a wider curve and longer distance than needed. No problem though – we were in the finals.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
4 x 200 Relay	Pre	Sat 2:00	200	M	00:29.7	40+	49	Cirba, Claude
4 x 200 Relay	Pre	Sat 2:00	200	M	00:31.6	50+	53	Tucker, David
4 x 200 Relay	Pre	Sat 2:00	200	F	00:36.3	Open	25	Gerik, Kaitlyn
4 x 200 Relay	Pre	Sat 2:00	200	M	00:26.7	Open	28	Reynolds, Michael
<b>PreTot-4 x 200 Relay</b>					02:04.3			

#### **Distance Relay**

We have no young women on the team willing to run a mile, so Heidi stepped in against some runners half her age and turned in an impressive start. The rest of the team was really solid and got us close, but not quite enough for Stefan to turn it on and go after the GE guy. This is a long event. Rookie Brian Kilberg is a summer intern at TI. David Ericson returned as an alumni after a 14 year absence.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Distance Relay	Fin	Sat 2:10	1600	F	06:29.1	Open	53	McCauley, Heidi
Distance Relay	Fin	Sat 2:10	800	M	02:14.1	Open	31	Jorio, Ismail
Distance Relay	Fin	Sat 2:10	1600	M	05:21.0	40+	49	Ericson, David
Distance Relay	Fin	Sat 2:10	1600	M	05:08.0	Open	22	Kilberg, Brian
Distance Relay	Fin	Sat 2:10	3200	M	10:47.0	Open	33	Herzer, Stefan
<b>Total-Distance Relay</b>					29:59.2	2nd		

#### **Individual 400m**

We were very consistent and grabbed four 2<sup>nd</sup> places in this set of individual 400m races. Rookie Damian Lewis had his 400 down under 56 until a hamstring injury slowed him a month ago. He still held on for a silver. Beth ran down with the younger girls and beat all but one of them.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Indiv M 400m 30+	Fin	Sat 2:50	400	M	(2) 62.0	30+	36	Lewis, Damian
Indiv M 400m 40+	Fin	Sat 2:55	400	M	(2) 56.4	40+	46	Grant, Chris
Indiv F 400m 30+	Fin	Sat 3:15	400	F	(2) 1:13.3	30+	33	Harmsen, Sara
Indiv F 400m 40+	Fin	Sat 3:20	400	F	(2) 1:13.4	40+	50	Michalak, Beth
<b>SubTotal- Open 400m</b>								

#### **Senior's Relay Prelim**

Again, good running to qualify us for finals. David Cannon was the only one who got a little too excited about the prelims and ran way too fast. It was his first year back since 1992, so I can understand how he might get carried away a bit. He last ran with us before one of our new team members was even born. And Cynthia, who is always so helpful with team travel and grocery runs for us, got to jump in and run.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Senior's Relay	Pre	Sat 3:40	200	M/F	00:37.0	60+	72	King, Rio
Senior's Relay	Pre	Sat 3:40	400	M	01:02.8	50+	50	Cannon, David
Senior's Relay	Pre	Sat 3:40	200	F	00:39.6	50+	55	Samilton, Cynthia
Senior's Relay	Pre	Sat 3:40	600	M	01:54.9	50+	53	Pearson, Mark
Senior's Relay	Pre	Sat 3:40	400	M	01:10.0	50+	56	Smith, Steve
<b>PreTot-Senior's Relay</b>					05:24.3			

### Submaster's Sprint Prelim

Nice work by this group qualifying us for finals. Rookie Stephen Smith is coming back to track running after many years and had some great improvement over the training season. Next year he'll make even more gains.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Submasters Sprint	Pre	Sat 4:05	200	F	00:34.7	30+	51	Toliver, Robin
Submasters Sprint	Pre	Sat 4:05	200	M	00:27.5	35/30	37	Williams, Scott
Submasters Sprint	Pre	Sat 4:05	400	M	01:03.0	35/30	36	Fulce, Mitchell
Submasters Sprint	Pre	Sat 4:05	800	M	02:20.4	30/35	32	Smith, Stephen
PreTot-Submast Sprint					04:25.6			

### Sprint Relay Prelim

Janet got to join us on the track and did great. Rookie Lauren Sykes finally had a breakthrough and earned a spot in the final the next day. John Griffith worked very hard in the final month to make the team and had a breakthrough 400m run as well. Anthony, a true team player, ran his 2<sup>nd</sup> prelim of the day. Steve Smith was also a prelim workhorse for us after he ran the Executive final.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Sprint Relay	Pre	Sat 4:40	200	F	00:33.3	30+	32	McCaskill, Janet
Sprint Relay	Pre	Sat 4:40	200	F	00:30.9	Open	29	Sykes, Lauren
Sprint Relay	Pre	Sat 4:40	400	M	00:58.9	Open	27	Griffith, John
Sprint Relay	Pre	Sat 4:40	400	M	01:00.6	Open	26	Fagnani, Anthony
Sprint Relay	Pre	Sat 4:40	200	M	00:31.6	40+	56	Smith, Steve
Sprint Relay	Pre	Sat 4:40	200	M	00:25.0	Open	25	Nguyen, Hieu
PreTot-Sprint Relay					04:00.3			

Day one wrapped up with all good news. We qualified for all finals and almost everyone was healthy.

### Sun, Jul 14<sup>th</sup>

#### 10K Team Road Race

This is a complex meet and trying to place the right people in the right slot is always a bit of art and science. Based on the 5K road results we had planned to sub Steffan for Brian so Brian could rest for the mile and Masters. We thought about putting Brian back in but decided to go with the lineup. GE edged us for 1<sup>st</sup>, though resting Brian paid off later in the day - twice.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Men's 10K	Fin	Sun 7:00	10K	M	36:18		33	Herzer, Stefan
Men's 10K	Fin	Sun 7:00	10K	M	44:28	78.5	65	Ward, Trevor
Men's 10K	Fin	Sun 7:00	10K	M	48:57	79.2	74	Vanbesien, Bies
Men's 10K	Fin	Sun 7:00	10K	M	40:43	77.3	53	Pearson, Mark
Men's 10K	Fin	Sun 7:00	10K	M	40:30	75.2	49	Ericson, David
Men's 10K	Fin	Sun 7:00	10K	M	44:12	76.2	61	Hull, Chuck
Men's 10K	Fin	Sun 7:00	10K	M	43:51		53	Tucker, David
Men's 10K	Fin	Sun 7:00	10K	M	48:43		36	Fulce, Mitchell
Total-Men's 10K						2nd		386.4

With Terry going down in the final weeks we were low on women road racers. My original plan was to run Kennard only in the 5K and Salter only in the 10K. Because of the situation they both had to run both of them. Mary Kennard was featured in the [Dallas Morning News](#) a few weeks ago when she turned 75 and it's easy to see why she is such a role model. Her toughness and determination kept her going when it seemed that she was spent. I almost pulled her out about halfway, but she just kept plugging away and it helped the women take 2<sup>nd</sup> place by a narrow margin.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Women's 10K	Fin	Sun 7:00	10K	F	49:26	72.2	53	McCauley, Heidi
Women's 10K	Fin	Sun 7:02	10K	F	1:19.4	62.4	75	Kennard, Mary
Women's 10K	Fin	Sun 7:03	10K	F	58:48	64.8	58	Sulser, Dianna
Women's 10K	Fin	Sun 7:00	10K	F	1:10.6	66.5	72	Salter, Mary
Women's 10K	Fin	Sun 7:00	10K	F	58:04		32	McCaskill, Janet
<b>Total-Women's 10K</b>						<b>2nd</b>		<b>265.9</b>

### **Kids Race**

It doesn't count for team points, but the kids race is always fun to watch. I think a couple of companies were even seen recruiting.

### **4x100 Final**

We had the fastest team, but just like 2012 and 2013 a handoff cost us the gold. This time the final exchange just didn't happen and we went out of the zone for a DQ. Too bad, as TI and GE were neck and neck going into that final handoff.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
4 x 100 Relay	Fin	Sun 10:50	100	F	16.1	40+	52	Phillips, Sheri
4 x 100 Relay	Fin	Sun 10:50	100	F	11.4	Open	24	Goodman, Chalonda
4 x 100 Relay	Fin	Sun 10:50	100	M	11.6	40+	42	Sarpong, Benjamin
4 x 100 Relay	Fin	Sun 10:50	100	M	dq	Open	25	Roberson, Todd
<b>Total-4 x 100 Relay</b>						<b>dnf</b>		

### **Women's 800 Team Race**

We didn't have enough females to think about fielding a team. Rookies Lexi and Katie were coming on strong, but I needed them in other events.

### **Men's Mile**

One of the two has to be over 40. I knew there was no one over 40 who could hang with Brian Schmidt and this year we had a young team member to pair with him. They both ran well and beat GE by 12 seconds. Brian is the hardest working guy on the team so it was great to see him get this win. Donald was healthy this year and running very well too.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Men's Mile Team	Fin	Sun 11:05	1600	M	04:48.0	Open	23	Matthews, Donald
Men's Mile Team	Fin	Sun 11:05	1600	M	04:52.0	40+	45	Schmidt, Brian
<b>Total-Men's Mile</b>					<b>09:40.0</b>	<b>1st</b>		

### Senior's Relay

We had several people turn a new age group, so I knew our chances were good. On paper we were within a ½ second of the winning time from 2013. I was running anchor and looked over and saw the AT&T anchor who had won silver at the world masters track championship last year. Yikes! However, he was battling a tight hamstring, so I knew we had a chance. Then my teammates wrote a script like a Hollywood movie. There were great battles on every leg and TI and AT&T emerged together at the 600m leg. Luke ran an amazing 600m (WMA of 90, which is world class) with a surge at the end to give me a cushion. Luke was wearing his magical Happy Holidays socks – seriously.

I had decided that the last thing I wanted was to give AT&T any hope so I took the first 200 out very fast. I hoped AT&T would start worrying about holding 2<sup>nd</sup> instead of taking 1<sup>st</sup>. It worked as I was up by about 30 meters at the 250m point. I fought the lactic acid off and we won by 4 seconds. Later I learned that we set the new national record for the Senior's Relay by over a second. A storybook way to end my 30 years of USCAA National Meets thanks to my fabulous teammates.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Senior's Relay	Fin	Sun 11:25	200	M	00:28.3	60+	60	Pappermaster, Barry
Senior's Relay	Fin	Sun 11:25	400	M	01:01.3	50+	50	Cannon, David
Senior's Relay	Fin	Sun 11:25	200	F	00:34.2	50+	52	Phillips, Sheri
Senior's Relay	Fin	Sun 11:25	600	M	01:32.1	50+	50	Luo, Luke
Senior's Relay	Fin	Sun 11:25	400	M	01:01.8	50+	54	Westbrook, Paul
<b>Total-Senior's Relay</b>					<b>04:37.7</b>	<b>1st</b>		<b>new national record</b>

### 3-Lap Sprint

We knew Chalonda would give us a big lead, but we just haven't had any top notch 400m males out this year. I tapped Nolan and Todd and they both ran their best 400m runs of the year by far, but we fell just a bit short of GE who had a sub 50 second anchor. Rookie Rashon looked very good too.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
3 Lap Sprint	Fin	Sun 11:45	200	F	00:24.6	Open	26	Hogan, Rashon
3 Lap Sprint	Fin	Sun 11:45	200	M	00:24.1	Open	24	Goodman, Chalonda
3 Lap Sprint	Fin	Sun 11:45	400	M	00:53.8	Open	23	Boyda, Nolan
3 Lap Sprint	Fin	Sun 11:45	400	M	00:53.1	Open	25	Roberson, Todd
<b>Total-3 Lap Sprint</b>					<b>02:35.6</b>	<b>2nd</b>		

### 4x200 Relay

Benjamin got us off to a good start, but Russ's hamstring pulled and he bravely held on to give us a chance at a medal. Chalonda took us from 4<sup>th</sup> to 2<sup>nd</sup> with a great leg and Rashon ran his best of the year to solidify the silver. GE was stacked and even a healthy Russ may not have been enough.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
4 x 200 Relay	Fin	Sun 12:55	200	M	00:26.5	40+	42	Sarpong, Benjamin
4 x 200 Relay	Fin	Sun 12:55	200	M	00:30.5	50+	59	Haschke, Russell
4 x 200 Relay	Fin	Sun 12:55	200	F	00:24.8	Open	24	Goodman, Chalonda
4 x 200 Relay	Fin	Sun 12:55	200	M	00:23.3	Open	26	Hogan, Rashon
<b>Total-4 x 200 Relay</b>					<b>01:45.1</b>	<b>2nd</b>		

### President's Relay

This is for VP's or their direct reports and for TI Fellows. We had a good team and Heidi and Rick set up Greg perfectly. Greg got the baton just behind the GE runner and he pulled up behind him for the 2 laps. Coming out of the final curve Greg kicked and pulled ahead down the home stretch for the win. The victory was even sweeter when I later heard that the GE anchor was telling his teammate that he would beat us while Greg was standing right there. Also, we were the only team to have a female member running.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Presidents Relay	Fin	Sun 1:15	200	M/F	00:38.0	30+	51	Nagel, Heidi
Presidents Relay	Fin	Sun 1:15	400	M/F	01:08.4	30+	49	Oden, Rick
Presidents Relay	Fin	Sun 1:15	800	M/F	02:20.9	30+	48	Baldwin, Greg
<b>Total-Presidents Relay</b>					<b>04:07.3</b>	<b>1st</b>		

### Women's Relay

Katie and Lexi are two very promising rookies and made great strides in just a short time. Katie's sport is soccer and Lexi is a swimmer. Now they are both track & field athletes. The always reliable Beth Michalak rounded out a solid team that took 2<sup>nd</sup> place.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Women's Relay	Fin	Sun 1:25	800	F	02:40.5	Op/40+	24	Cummiskey, Katie
Women's Relay	Fin	Sun 1:25	400	F	01:15.6	40+/Op	50	Michalak, Beth
Women's Relay	Fin	Sun 1:25	400	F	01:10.7	Op/40+	22	Farrar, Lexi
<b>Total-Women's Relay</b>					<b>05:06.8</b>	<b>2nd</b>	<b>96</b>	

### Submaster's Sprint

Brandy ran lights out from the blocks and Claude subbed in after Damian's sore hamstring kept him out. Claude to Scott was one of the best handoffs I saw all day. Ismail finished it off for a solid 2<sup>nd</sup> place.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Submasters Sprint	Fin	Sun 1:35	200	F	00:29.8	30+	37	Burton, Brandy
Submasters Sprint	Fin	Sun 1:35	200	M	00:27.3	35/30	49	Cirba, Claude
Submasters Sprint	Fin	Sun 1:35	400	M	01:02.3	35/30	37	Williams, Scott
Submasters Sprint	Fin	Sun 1:35	800	M	02:15.5	30/35	31	Jorio, Ismail
<b>Total-Submast Sprint</b>					<b>04:14.9</b>	<b>2nd</b>		

### Pyramid Relay

We had super rookies Lexi and Katie on the bookends of this one and a solid set of guys in the middle. Lexi had another breakthrough and Eric turned in his best 800 this season. Donald really kicked in his final stretch and put Alvin in a comfortable 2<sup>nd</sup> place where he easily held it. Katie set her personal best 400 to close out a 2<sup>nd</sup> place win.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Pyramid Relay	Fin	Sun 3:05	400	F	01:09.2	Open	22	Farrar, Lexi
Pyramid Relay	Fin	Sun 3:05	800	M	02:13.5	Open	31	Southard, Eric
Pyramid Relay	Fin	Sun 3:05	1200	M	03:35.3	Open	23	Matthews, Donald
Pyramid Relay	Fin	Sun 3:05	800	M	02:22.0	Open	31	Hathaway, Alvin
Pyramid Relay	Fin	Sun 3:05	400	F	01:08.8	Open	24	Cummiskey, Katie
<b>Total-Pyramid Relay</b>					<b>10:28.8</b>	<b>2nd</b>		



### Master's Relay

We won this last year and knew the others would be coming after us. This is one of the reasons I kept Brian out of the 10K, so I hoped he would make my decision look good. And he did. Chris fought off an Achilles issue for a great 400m leg and then Luke was back with those Happy Holidays socks. He stalked the other runner a bit, and then kicked us up into the lead. Stephanie gave us a good scare by rocketing out for the handoff and just getting it inside the zone, but she held the lead and gave Claude enough cushion to hold off a very fast GE anchor for the win. Claude thrust his arms in the air as he crossed the finish line.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Masters Relay	Fin	Sun 3:20	800	M	02:18.5	40/50	45	Schmidt, Brian
Masters Relay	Fin	Sun 3:20	400	M	00:56.8	40/50	46	Grant, Chris
Masters Relay	Fin	Sun 3:20	800	M	02:16.1	40/50	50	Luo, Luke
Masters Relay	Fin	Sun 3:20	200	F	00:33.2	40+	41	Hilbun, Stephanie
Masters Relay	Fin	Sun 3:20	200	M	00:27.2	50/40	49	Cirba, Claude
<b>Total-Masters Relay</b>					<b>06:31.8</b>	<b>1st</b>		

### Sprint Relay

Brandy ran great again and Laruen ran her first final. The 400m guys were pretty spent. Ben filled in for the previously wounded Russ and Michael Brantley ran his first event as the very last leg of the very last race of the USCAA nationals – nice patience, and nice running. GE was way out front and we were just behind Exxon.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Sprint Relay	Fin	Sun 3:45	200	F	00:29.0	30+	37	Burton, Brandy
Sprint Relay	Fin	Sun 3:45	200	F	00:31.1	Open	29	Sykes, Lauren
Sprint Relay	Fin	Sun 3:45	400	M	00:56.7	Open	23	Boyda, Nolan
Sprint Relay	Fin	Sun 3:45	400	M	00:57.7	Open	28	Reynolds, Michael
Sprint Relay	Fin	Sun 3:45	200	M	00:25.9	40+	42	Sarpong, Benjamin
Sprint Relay	Fin	Sun 3:45	200	M	00:24.2	Open	24	Brantley, Michael
<b>Total-Sprint Relay</b>					<b>03:44.6</b>	<b>3rd</b>		

### Long Jump

Sheri and Rick were jumping again this year and I had already worn Sheri down pretty well. There was strong competition and we were just a bit out of 2<sup>nd</sup> place.

2014 Event	Fin/Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Long Jump	Fin	Sun10:45:12:45	LJ	M	17'9" / 783	Any	49	Oden, Rick
Long Jump	Fin	Sun10:45:12:45	LJ	F	11'0" / 725	Any	52	Phillips, Sheri
Long Jump	Fin	Sun10:45:12:45	LJ	M		Any	53	Tucker, David
<b>Total-Long Jump</b>					<b>1508</b>	<b>3rd</b>		

## Shot Put

Robin and Dave jumped in and took a bronze medal for their efforts.

2014 Event	Fin/ Pre	Day/ Time	Dist	Sex	14 Result	AG / WMA	14 Age	14 Name
Shot Put Throw	Fin	Sun10:45:12:15	Shot	M	30'8" / 672	Any	51	Toliver, Robin
Shot Put Throw	Fin	Sun10:45:12:15	Shot	M	30' / 550	Any	53	Tucker, David
Shot Put Throw	Fin	Sun10:45:12:15	Shot	M		Any	#N/A	
<b>Total-Shot Put Throw</b>					<b>1222</b>	<b>3rd</b>		

## Overall Results - <http://www.uscaa.org/natls/scoring/2014/?mdID=76>

(Raw results with finish photos -

[http://www.prepcaltrack.com/ATHLETICS/USCAA/2014/USCAA\\_CSUSM.htm](http://www.prepcaltrack.com/ATHLETICS/USCAA/2014/USCAA_CSUSM.htm))

In this final year Boeing returned with a solid team in a few events. Exxon had their good jumpers back. GE had really stocked up on talent (they have 10x as many employees as TI). AT&T was a bit off in a few areas this year, but had some strong individuals in a few events.

We finished with a solid 2<sup>nd</sup> place overall, well ahead of the 3<sup>rd</sup> place AT&T. We had to have everyone out and everything go right to catch GE and it didn't happen. Looking back we were about 5 key people short of taking the national title. If Terry hadn't been injured and either Viola had come or Becky wasn't 8.9 months pregnant we would have taken both Women's Road races. Had our throwers come we would have probably taken both throws. And had Lita not been at a wedding I could have split Sheri's load and one more event would have flipped. At that point, a good final handoff on the 4x100 relay would have put us neck and neck with GE for the team title.

But don't fret over what could have been. Remember what was – an incredible weekend of fun, friendship, and fierce competition. Everyone dug deep and gave it their all and heads should all be held high.

We enjoyed our team dinner on Sunday evening, and then we headed back home on Monday afternoon – after a great beach visit and a little well earned relaxation time.

GE – 741

TI – 668

AT&T – 588

Exxon – 584

Boeing – 429

BAH - 254

Each team develops a specific personality. This one displayed youthful exuberance. We were far and away the most spirited group under the team tents.

Finally, thank you to those who work behind the scenes – my co-captain Benjamin Sarpong, travel wizards Dianna Sulser and Cynthia Samilton, and equipment manager Michael Reynolds. And big thanks to the timeless Coach Rio King who can turn anyone who wants to try into a valuable contributor. Thanks to the volunteers and the prelim runners too. Everyone who came out is special. We all have the same work, family, and other challenges as everyone else yet somehow your character, will, and determination won out and got you there. I love this team and what it represents – people selflessly working together for a common goal. You are improving your health and fitness too.

For 2015 with no national meet planned we'll shift our focus to the Houston Regional Meet.

Final team scores on the next page.

Paul Westbrook, Sustainable Development Manager, SMTS, LEED AP  
Texas Instruments Facilities 214.567.7311  
Senior Fellow, US State Dept [Energy & Climate Partnership for the Americas](#)

EVENT	Place 2014						Points 2014						Boeing
	TI	ATT	GE	EXX	BAH	Boeing	TI	ATT	GE	EXX	BAH		
WOMEN'S 5K	3	1	2	4	9	5	31	40	34	28	0	25	
MEN'S 5K	1	3	2	5	9	4	40	31	34	25	0	28	
SUB-MASTERS DIST	2	4	1	3	9	5	34	28	40	31	0	25	
EXECUTIVE RELAY	2	3	1	9	9	4	34	31	40	0	0	28	
DISTANCE RELAY	2	9	1	3	9	9	34	0	40	31	0	0	
MEN'S 10K	2	3	1	9	9	4	34	31	40	0	0	28	
WOMEN'S 10K	2	3	1	4	9	5	34	31	40	28	0	25	
4X100 METER RELAY	9	3	1	2	4	9	0	31	40	34	28	0	
WOMEN'S 800M	9	3	1	2	9	9	0	31	40	34	0	0	
THREE-LAP SPRINT	2	5	1	3	9	4	34	25	40	31	0	28	
MENS MILE	1	9	2	3	9	4	40	0	34	31	0	28	
4x200 RELAY	2	4	1	3	6	5	34	28	40	31	22	25	
SENIORS' RELAY	1	2	3	4	5	9	40	34	31	28	25	0	
WOMEN'S RELAY	2	9	1	3	4	9	34	0	40	31	28	0	
SUB-MASTERS SPRINT	2	4	1	3	9	9	34	28	40	31	0	0	
PRESIDENTS' RELAY	1	3	2	9	9	9	40	31	34	0	0	0	
PYRAMID	2	9	1	3	9	9	34	0	40	31	0	0	
MASTERS RELAY	1	3	2	4	9	5	40	31	34	28	0	25	
SPRINT RELAY	3	4	1	2	9	5	31	28	40	34	0	25	
High Jump	3	2	4	1	6	5	31	34	28	40	22	25	
Long Jump	3	2	4	1	5	6	31	34	28	40	25	22	
Shot	3	9	1	2	4	5	31	0	40	34	28	25	
Discus	4	9	1	2	3	5	28	0	40	34	31	25	
Indiv M 200m 18-29	3	2	1	9	9	4	7	8	10	0	0	6	
Indiv M 200m 50-59	2	9	1	3	4	5	8	0	10	7	6	5	
Indiv M 200m 60+	3	1	4	9	9	2	7	10	6	0	0	8	
Indiv M 200m 70+	2	1	9	9	9	9	8	10	0	0	0	0	
Indiv F 200m 18-29	1	5	2	3	9	4	10	5	8	7	0	6	
Indiv F 200m 40-49	3	9	2	5	1	4	7	0	8	5	10	6	
Indiv F 200m 50+	2	1	3	5	4	6	8	10	7	5	6	4	
Indiv F 200m 60+	3	2	9	4	1	9	7	8	0	6	10	0	
Indiv M 400m 30-39	2	9	1	9	9	3	8	0	10	0	0	7	
Indiv M 400m 40-49	2	9	1	9	3	9	8	0	10	0	7	0	
Indiv F 400m 30-39	2	9	1	9	9	9	8	0	10	0	0	0	
Indiv F 400m 40-49	2	1	3	9	4	9	8	10	7	0	6	0	
23 team events >	21	17	23	20	8	15	723	527	857	635	209	387	
17 counted events (drop 6) >							602	527	668	554	209	387	
12 individual events >	12	7	10	5	6	7	94	61	86	30	45	42	
8 individual (drop 4) >							66	61	73	30	45	42	
Raw Total							817	588	943	665	254	429	
FINAL ADJUSTED TOTAL							668	588	741	584	254	429	
							2nd	3rd	1st	4th	6th	5th	

	Data 2014					
EVENT	TI	ATT	GE	EXX	BAH	Boeing
WOMEN'S 5K	293.5	310.75	289.6	239.16	x	x
MEN'S 5K	398.6	333.4	408.3	298.8	x	x
SUB-MASTERS DIST	12:19	13:36	12:02	13:28	x	13:55
EXECUTIVE RELAY	12:30	13:15	11:24	x	x	14:22
DISTANCE RELAY	29:59	x	28:25	31:27	x	x
MEN'S 10K	386.6	313.0	405.5	100.2	125.42	x
WOMEN'S 10K	281.0	287.8	282.9	233.0	x	x
4X100 METER RELAY	x	51.6	49.6	51.2	51.6	x
WOMEN'S 800M	x	6:07	4:43	5:00	x	x
THREE-LAP SPRINT	2:36	3:48	2:32	2:46	x	3:03
MENS MILE	9:42	x	9:54	11:06	x	12:25
4x200 RELAY	1:45	1:49	1:40	1:48	1:59	1:57
SENIORS' RELAY	4:38	4:42	4:44	4:59	5:57	x
WOMEN'S RELAY	5:07	x	4:37	5:55	6:16	x
SUB-MASTERS SPRINT	4:15	5:14	4:07	4:37	x	x
PRESIDENTS' RELAY	4:07	5:36	4:09	x	x	x
PYRAMID	10:29	x	9:43	x	x	x
MASTERS RELAY	6:32	6:53	6:34	7:49	x	7:58
SPRINT RELAY	3:45	4:28	3:26	3:42	x	4:49
High Jump	1767	1773	1621	1953	1360	1618
Long Jump	1508	1562	1379	1874	1280	1215
Shot	1222	x	1559	1339	1160	x
Discus	635	x	1251	1192	906	584
Indiv M 200m 18-29	24.7	23.79	23.02	x	x	24.74
Indiv M 200m 50-59	26.73	x	24.7	29.91	30.58	33.53
Indiv M 200m 60+	28.65	26.55	32.08	x	x	28.55
Indiv M 200m 70+	36.6	30.35	x	x	x	x
Indiv F 200m 18-29	25.25	31.42	27.11	27.97	x	30.85
Indiv F 200m 40-49	33.4	x	32.1	50	30.8	42.4
Indiv F 200m 50+	32.2	30.5	33.6	41.5	28.6	43.3
Indiv F 200m 60+	46.8	42.8	x	67.6	38.8	x
Indiv M 400m 30-39	61.9	x	50.5	x	x	66.8
Indiv M 400m 40-49	56.4	x	53.5	x	59.2	x
Indiv F 400m 30-39	73.3	x	66.6	x	x	x
Indiv F 400m 40-49	73.4	65.5	81.4	x	87.4	x

Team Photo on next page



2014 TI Track & Field Team at Cal State San Marcos, CA for the 37<sup>th</sup> USCAA Track & Field National Championship.