

TI Track & Field Team Info Sheet

WEB PAGE – <https://enerjazz.com/track>

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**The Texas
Instruments Track
& Field Team**

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Schedule / Time Trials

Practice – Every Wednesday - arrive as early as 5pm, as late as 6pm.

Practice/Time Trials – Every Saturday: 8:30am – warmup/drills – workouts; 8:40am – 3200m on the track (8 laps); 9:00am – 1600m; 9:10am – 800m; 9:20am – 400m; 9:30am – 200m; 9:40am – handoff work (all)

Location: **JJ Pearce High School** (map below); Park on Senior Way next to the tennis courts.

If Pearce is unexpectedly occupied, go to Plano Senior High School (north on Coit, east on Park, north on Westside Dr. The track is on the left behind the Plano Aquatic Center (2301 Westside Dr, Plano).

Practice tips: Go to the restroom before you leave work. Change at work or in your car (what most do). Bring water with you. Always keep some warm up pants / jacket in your car – the weather changes quickly in the spring. We run in the rain, but not when there is lightning. Sometimes the track restrooms will be open, but don't count on it.

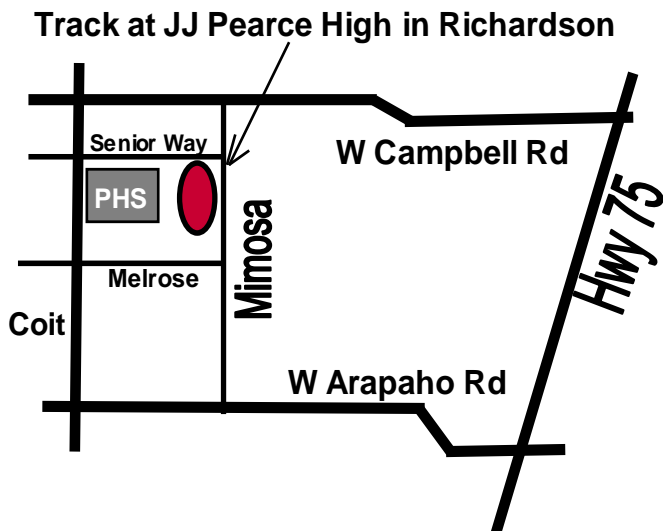
Enter your info directly into Roster (Google Sheet) linked on this page – <https://enerjazz.com/track> (click the sheet link, then the roster tab) – inside of TI you'll have to wait for the timer to access this.

Corporate Track Meet 2018

Saturday, May 19th - USCAA Corp Cup Championship in Houston, TX
Depart Dallas on Fri (May 18) at noon, return Sat night by 10pm.

MAP (map link - <https://goo.gl/maps/JjMLv9vUGa12>) - park along Senior Way or next to the Tennis Courts JJ Pearce High - from the south: Take Spring Valley west, turn right (north) on Coit, turn right (east) on Senior Way just past the school.

From the north: Take Campbell Rd west, go 2.8 miles, turn left (south) on Mimosa, turn right on Senior Way.



Eligibility

TI Employee – must be working 32 hours/week. Summer interns are eligible if they are employed by the time of the meet.

TI Contractors – must be working 32 hrs/week

Retirees – must be pension eligible, former employees

Alumni – Up to 5 ex-employees who have competed in at least one regional/national meet are eligible as alumni.

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 40, male over 50, 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 in February and that’s a great time to come out and visit with the coaches – and start out slowly. Web page:

<https://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 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 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. Each year about 30% of the national team does not reach a minimum qualifying time. We set the standards high, but fill the team with the best available people. We can run multiple teams in the events, so we will find a slot for anyone who wants to participate.

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.

Concern: “I am not a runner, but I do field events. Can I participate?”

Fact: Absolutely, we have long jump, high jump, discus, javelin, and shot put all scored decathlon style (points awarded based on score vs the record for your age group). We need help here.

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. <https://enerjazz.com/track>