

2007 USCAA Corporate Cup National Track and Field Meet TI Team Summary

In our string of consecutive track and field championships there have been a number of close calls and we knew going into this season it would not be easy. Booze Allen Hamilton has been getting better every year and UNUM, after having an off year in 2006, was back with a stronger team. Plus, Shell Oil entered our division this year and brought an unknown factor to the mix.

This year we had two good road racers move into the same age group as our other road racers so we were struggling to fill the roads. Then Chuck Hull injured his hamstring weeks before the meet. Other injuries cropped up late in the planning and finally the night before we left Scott Steffen, who was running better than he has in years, had to drop out. Could we pull off 8 in a row? It will be tough but this is a team with a history of somehow finding a way to win.

The Men's and Women's 5K

On Friday afternoon Mark Johnson felt a twinge in his hamstring while doing handoffs at the track. This would result in a slight shuffling of a few slots for us. We shuffled the men's lineup to try and secure (5) 1st place AG finishes, but it was not to be. Shell had a sniper in one of our best AG categories (55-59) and our men took 2nd overall. BAH took first. The women, however, prevailed with (4) 1st place AG finishes to garner a team 1st place.

2007 Event	Fin/ Pre	07 Result	07 place	Dist	Sex	Age	07 Name
Men's 5K (0-24)	Final	21:50	3/59.34	5K	M		Weitzel, Jared
Men's 5K (35-39)	Final	16:42	1/77.65	5K	M		Schmidt, Brian
Men's 5K (45-49)	Final	21:21	1/67.5	5K	M		Johnson, Mark
Men's 5K (50-54)	Final	20:12	4/74.34	5K	M		Roman, Mark
Men's 5K (55-59)	Final	18:56	2/79.94	5K	M		Iles, Robert
Men's 5K (55-59)	Final	19:16	3/80.67	5K	M		Ward, Trevor
Men's 5K (65-69)	Final	23:31	1/70.80	5K	M		King, Rio
Total-Men's 5K			2nd				
30 e	Final	18:33	1/77.6	5K	F		Schaffer, Viola
Women's 5K (30-34)	Final	23:01	3/62.55	5K	F		Wesneski, Lisa
Women's 5K (45-49)	Final	22:16	2/72.03	5K	F		Rambin, Christie
Women's 5K (45-49)	Final	22:06	1/72.5	5K	F		Fales, Pam
Women's 5K (50-54)	Final	23:13	1/71.62	5K	F		Sulser, Dianna
Women's 5K (50-54)	Final	25:59	4/63.44	5K	F		Aswakool, Pam
Women's 5K (65-69)	Final	25:21	1/79.29	5K	F		Kennard, Mary
Total-Women's 5K			1st				

Three Saturday Finals

We have been 2nd in the **Submasters Distance** for several years and couldn't pull off a win this year either. UNUM won and BAH took 3rd. 2nd place finishes, however, will become very important as the meet goes on.

SubMaster Dist Relay	Final	02:11.9		800	M	35/30	Jara, Pedro
SubMaster Dist Relay	Final	01:08.0		400	F	30+	Toliver, Robin
SubMaster Dist Relay	Final	03:28.7		1200	M	35/30	Heap, Ken
SubMaster Dist Relay	Final	04:51.6		1600	M	30/35	Luo, Luke
Total-SubMaster Dist		11:40.2	2nd				Need 11:25

We haven't been challenged in the **Executive Relay** in years and we have moved some of our eligible athletes to fill other key race slots. BAH snuck up on us this year and took the Exec by 5 seconds. Note Vonnie's breakthrough 2:50 800m leg.

Executive Relay	Final	02:50.4		800	F	30+	Howard, Vonnie
Executive Relay	Final	00:59.5		400	M	30+	Fortenberry, Todd
Executive Relay	Final	02:28.9		800	M	30+	Wade, Dennis
Executive Relay	Final	05:07.8		1600	M	30+	Heap, Ken
Total-Executive Relay		11:26.6	2nd				Need 11:44 (now 11:20)

We thought we had a winning team for the **Distance Relay**, but BAH and UNUM both stepped it up this year. Sub 29:00 would have won it the past 3 years. We ran an excellent 28:36 and came in 3rd! We need some young distance runners – even with Steffen there we would have probably still taken 3rd. Good running by all in a tough event.

Distance Relay	Final	05:30.6		1600	F	Open	Schaffer, Viola
Distance Relay	Final	02:11.9		800	M	Open	Jara, Pedro
Distance Relay	Final	04:50.3		1600	M	40+	Luo, Luke
Distance Relay	Final	05:25.4		1600	M	Open	Heap, Ken
Distance Relay	Final	10:38.0		3200	M	Open	Schmidt, Brian
Total-Distance Relay		28:36.2	3rd				Need 29:00 (27:45)

Places have points, but I find it easiest to just count 1st and 2nd place finishes. There are 21 events and each team drops the lowest 5 scores. At the end of Saturday the standings were:
 BAH – (3) 1st, (2) 3rd
 TI – (1) 1st, (3) 2nd, (1) 3rd
 UNUM – (1) 1st, (2) 2nd, (2) 3rd
 Shell – (3) 4th

10K Road Races

On Sunday the Women repeated their domination of the roads by taking (4) 1st place AG finishes in the 10K. Note that Pam Aswakool ran PR's in the 5K and 10K. The Men finally hit paydirt. Mark Johnson, who we switched to the roads, won his AG. Jared Weitzel was a gamble for the 0-24 AG and it finally paid off as he won his AG. Trevor, Brian, and Rio won as expected and we took the Men's 10K.

Women's 10K (30-34)	Final	37:51	1/79.04	10K	F		Schaffer, Viola
Women's 10K (30-34)	Final	49:25	3/60.53	10K	F		Wesneski, Lisa
Women's 10K (45-49)	Final	47:58	2/69.03	10K	F		Fales, Pam
Women's 10K (45-49)	Final	45:55	1/72.11	10K	F		Rambin, Christie
Women's 10K (50-54)	Final	47:35	1/72.17	10K	F		Sulser, Dianna

Women's 10K (50-54)	Final	57:34	5/59.11	10K	F		Aswakool, Pam
Women's 10K (65-69)	Final			10K	F		Kennard, Mary
Total-Women's 10K			1st				
Men's 10K (0-24)	Final	46:59	1/57.39	10K	M		Weitzel, Jared
Men's 10K (35-39)	Final	35:21	1/76.30	10K	M		Schmidt, Brian
Men's 10K (45-49)	Final	41:18	1/72.14	10K	M		Johnson, Mark
Men's 10K (50-54)	Final	43:06	3/72.03	10K	M		Roman, Mark
Men's 10K (55-59)	Final	39:08	1/82.17	10K	M		Ward, Trevor
Men's 10K (65-69)	Final	47:54	1/71.89	10K	M		King, Rio
Total-Men's 10K			1st				

Our strong **4x100** team had the fastest qualifying time and we were on track to go even faster until my quad muscle suffered a slight tear in the turn. Aaron waited for me and we still won by over 2 seconds. Most importantly Shell took 2nd pushing BAH and UNUM back. Summer coop Stephanie Redfern ran the fastest 100m female leg that I can recall with a blazing 12.0 split.

4 x 100 Relay	Final	14.6		100	F	40+	Gordon, Mariquita
4 x 100 Relay	Final	12.0		100	F	Open	Redfern, Stephanie
4 x 100 Relay	Final	12.5		100	M	40+	Westbrook, Paul
4 x 100 Relay	Final	11.2		100	M	Open	Hall, Aaron
Total-4 x 100 Relay		50.3	1st				Need 51.3

The **Women's 800** was almost a drop event for us until we found alumni Heidi Denton and got her back on the track after a long absence and Beth Michalak got healthy enough to train a bit. They both ran great for people with only a few weeks of training but UNUM had a strong team. We took 2nd and edged BAH by just a couple of seconds. Another important 2nd place finish.

Women's 800 Team	Final	02:41.8		800	F	Open	Denton, Heidi
Women's 800 Team	Final	02:39.7		800	F	Open	Michalak, Beth
Total-Women's 800		05:21.5	2nd				Need 5:12 (now 5:15)

The **3 Lap Sprint** was next. We have been struggling for young male 400m runners so we had converted ironman triathlete Leonardo Pierre and 39 year old Chris Grant handling the tough 400 legs. Loretta and Benjamin ran great legs to get us in front. Leonardo got Chris in position and he blazed a sub 50 400m leg to give us a 4 second win. Shell edged out BAH by 0.5 seconds for 2nd.

3 Lap Sprint	Final	00:28.1		200	F	Open	Faluade, Loretta
3 Lap Sprint	Final	00:23.5		200	M	Open	Sarpong, Benjamin
3 Lap Sprint	Final	00:56.1		400	M	Open	Pierre, Leonardo
3 Lap Sprint	Final	00:49.7		400	M	Open	Grant, Chris
Total-3 Lap Sprint		02:37.4	1st				Need 2:33 (now 2:35)

We haven't had a competitive **Men's Mile** pair in years and we decided not to even run it this year. We need a pair of 4:36 milers to win it, so this one will take some work. UNUM won and BAH was 2nd.

Overall we were now leading based on wins by our road and sprint teams.

Next was the **4x200**. A solid team effort led to 0.5 second margin of victory over UNUM. On the 3rd leg BAH, UNUM, and TI were running dead even when Tara passed the UNUM girl and was closing on BAH. The BAH girl slipped and fell as Tara moved past her. Lane 1 was in poor shape. Russ also ran an excellent 50 year old time.



Tara moving past UNUM and pulling up on BAH in the 4x200

4 x 200 Relay	Final	00:26.7		200	M	Open	DeLaCruz, Joe
4 x 200 Relay	Final	00:26.9		200	M	Open	Haschke, Russ
4 x 200 Relay	Final	00:29.2		200	F	Open	Larzelere, Tara
4 x 200 Relay	Final	00:24.7		200	M	Open	Sarpong, Benjamin
Total-4 x 200 Relay		01:47.5	1st				Need 1:48

Next was the **Senior's Relay**, which we have dominated. This year was no different. Rio King, subbing for the injured Tony Deatherage, ran a great 32.5 opening 200m leg. Russ was capable of a low 60 anchor, but had such a lead he cruised a 75 and we still won by 9 seconds. I had tapped Russ the night before to move into the Master's after I saw an unexpectedly strong BAH prelim team. That team decision put Mark Johnson in the 10K (which secured that win) and kept Luke in the Submaster's Sprint which we thought we might win.

Senior's Relay	Final	00:32.5		200	M	60+	King, Rio
Senior's Relay	Final	01:06.3		400	M	50+	McGehee, John
Senior's Relay	Final	00:35.4		200	F	50+	Walker, Sheila
Senior's Relay	Final	01:46.4		600	M	50+	Wade, Dennis
Senior's Relay	Final	01:15.4		400	M	50+	Haschke, Russ
Total-Senior's Relay		05:16.0	1st				Need 5:14

We had a good lineup for the **Women's Relay**, but the opening 800m legs were very strong. UNUM got out well in front. Robin was putting on a charge when her hamstring cramped on the home stretch. She got Stephanie the baton about 16 seconds back. She blasted a 63.7 400m leg but had too much distance to make up and we took 2nd.

Women's Relay	Final	02:43.7		800	F	40+	Denton, Heidi
Women's Relay	Final	01:11.6		400	F	Open	Toliver, Robin
Women's Relay	Final	01:03.7		400	F	Open	Redfern, Stephanie
Total-Women's Relay		04:59.0	2nd				Need 5:00 (now 4:52)

OVERALL - At this point the count of 1st places stood at:

TI – 7

UNUM – 4

BAH – 3

However, BAH is strong in the Pyramid, Sprint Relay, and showed a very strong team in the Masters Relay. The Throw's and Jump's were still unknown so the meet was far from over.

Next came the **Submaster's Sprint**. Juanita and Todd got us out to a great start and Greg Gordon left it all on the track (including himself after the handoff) to get Luke in front. Luke cruised to victory and it gave us our 8th win. The title was not locked up, but was looking better. In hindsight we could have shifted Luke to the Master's and had Pedro anchor this race, but you don't know these things for sure until the race is over.

Submasters Sprint	Final	00:29.3		200	F	30+	DeLoach, Juanita
Submasters Sprint	Final	00:25.1		200	M	35/30	Fortenberry, Todd
Submasters Sprint	Final	00:55.4		400	M	35/30	Gordon, Greg
Submasters Sprint	Final	02:08.3		800	M	30/35	Luo, Luke
Total-Submast Sprint		03:58.1	1st				Need 4:02

We have done well in the **President's Relay** but Hans Stork sustained an injury a few weeks ago, Brian Bonner couldn't make it, and Pat Bosshart was behind in training due to an early season injury. We ran 2 females and 1 male against all male teams. Heidi got us off to a good start and Mariquita ran a nice 400. Pat got the baton way back, but gave one of the best performances of the day. He just kept digging and passed the BAH runner on the back stretch on the second lap of his 800. He took the UNUM guy just before the turn and looked like he might win it. Unfortunately, the UNUM guy used his early lead to rest and kicked on the stretch to take the win. Pat ran a great time and was a great example of the heart and courage that every team member showed all day.

Presidents Relay	Final	00:34.7		200	M/F	30+	Nagel, Heidi
Presidents Relay	Final	01:12.9		400	M/F	30+	Gordon, Mariquita
Presidents Relay	Final	02:35.9		800	M/F	30+	Bosshart, Pat
Total-Presidents Relay		04:23.5	2nd				Need 4:20? (4:17)

We are short on young male middle distance runners and cobbled together a **Pyramid Team**. BAH won it. Rookie Scott Smith came off a hamstring injury and got to run and Tara showed me I should have put her in the Women's Relay 400 leg – this is why it's important to submit those qualifying times so we can get the right people in the right place.

Pyramid Relay	Final	01:07.3		400	F	Open	Larzelere, Tara
Pyramid Relay	Final	02:31.2		800	M	Open	Smith, Scott
Pyramid Relay	Final	03:39.9		1200	M	Open	Jara, Pedro
Pyramid Relay	Final	02:30.9		800	M	Open	Weitzel, Jared
Pyramid Relay	Final	01:08.7		400	F	Open	Redfern, Stephanie
Total-Pyramid Relay		10:59	4th				Need 9:55

About this point we found the results of the **Throws**. Lonnie and Chuck did very well, but BAH won that and were making a run.

Team Throw Discus	Final	467	94'8"	Disc	M	any	Lewis, Lonnie
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Team Throw Discus	Final	472	95'8"	Disc	M	any	Tolsma, Chuck
Team Throw Shotput	Final	674	36'9"	Shot	M	any	Lewis, Lonnie
Team Throw Shotput	Final	587	32'	Shot	M	any	Tolsma, Chuck
Total-Team Throw		2200	2nd				Need 2300 pts

The 1st place **overall** count was now:

TI – 8

BAH – 5

UNUM – 5

With only 3 events to go those 2nd place finishes came into play. Each team drops their lowest 5 scores and both UNUM and BAH both had more than 5 finishes at 3rd or worse. We only had 3. That meant that if one of them tied us in 1st places we would still win based on 2nd place finishes. We just needed to finish 2nd or better in one of the final 3 events to take our 8th straight title. Sheri had been using her pencil and paper skills (along with an abacus) to figure that we were sitting well in the jumps, but the official results had not yet been posted.

BAH took the **Masters** by just over 1 second even though our team ran very well. No one has been within 30 seconds of us the past few years, but BAH brought a strong team. Next year we'll let some of our stronger Master's runners actually compete in their age group and remedy that. Great 200 by Beth and excellent performance this weekend by Claude in just his 2nd year of track. He held off Shell to take 2nd.

Masters Relay	Final	02:29.8		800	M	40/50	Hachke, Russ
Masters Relay	Final	01:00.3		400	M	40/50	Wight, Randy
Masters Relay	Final	02:21.9		800	M	40/50	Iles, Robert
Masters Relay	Final	00:31.2		200	F	40+	Shockley, Beth
Masters Relay	Final	00:27.4		200	M	50/40	Cirba, Claude
Total-Masters Relay		06:50.6	2nd				Need 7:00 (6:45)

We were still waiting on the jump results and we lined up the **Sprint Relay**. The women got us off to a great start and Leonardo fought through a tough final stretch. Grant busted a great 49.5 400m to get us in the race and Joe put us in front. Unfortunately the anchor for BAH caught us and we took 2nd.

Sprint Relay	Final	00:29.7		200	F	30+	DeLoach, Juanita
Sprint Relay	Final	00:27.9		200	F	Open	Falluade, Loretta
Sprint Relay	Final	00:58.1		400	M	Open	Pierre, Leonardo
Sprint Relay	Final	00:49.5		400	M	Open	Grant, Chris
Sprint Relay	Final	00:25.9		200	M	40+	DeLaCruz, Joe
Sprint Relay	Final	00:25.0		200	M	Open	Yancy, Arthur
Total-Sprint Relay		03:36.1	2nd				Need 3:35

About this point we learned that we had won the **Jumps** which definitely secured the title. You can jump 3 folks and the top 2 scores count. Turns out we had the 3 best jumpers of the day. Sheri and Aaron won, but Sheri and rookie Jarvis would have won too. Jarvis is a great story. He came out late and was making progress but didn't make the team. He kept coming out to practice even after the announcement and when a late ticket opened up he was selected. Just a couple of weeks after not making the cut he stood proudly on the stand with a gold medal around his neck. There is a lesson here for everyone on our team list – persistence can pay off.

Team Jump (High)	Final	727	5'4"	HJ	M	any	Hall, Aaron
Team Jump (High)	Final	774	4'	HJ	M	any	Phillips, Sheri
Team Jump (High)	Final	695	5'4"	HJ	M	any	Leverson, Jarvis
Team Jump (Long)	Final	723	19'10.75"	LJ	M	any	Hall, Aaron
Team Jump (Long)	Final	796	13'4"	LJ	M	any	Phillips, Sheri
Team Jump (Long)	Final	692	20'2.5"	LJ	M	any	Leverson, Jarvis
Total-Team Jump		3020	1st				Need 2950 pts

OVERALL

We won our 8th consecutive national championship. The formula for success is simple to write, but difficult to execute:

1. Recruiting - get people out to the track to give it a try.
2. Coaching - We have an outstanding coach in Rio and people like Tony who work hard and lead by example.
3. Strategy – Brian Schmidt and I spent many hours of planning to put the right people in the right event (the matrix). As Benjamin said this year “We believe in the power of the matrix.” Usually we guess perfectly, but we got caught in a couple of events this year, which meant we needed the last item.
4. Heart – This is a team that refuses to lose. Since our breakthrough win in 2000 I have seen people step up year after year to make a difference. And everyone counts –prelim runners, 2nd place finishers, etc. It all goes toward assuring the overall team victory.

EVENT	TI	UNUM	BAH	Shell	TI	UNUM	BAH	Shell
MEN'S 5K	2	3	1	4	8	10	5	14
WOMEN'S 5K	1	2	3		4	5	6	
SUB-MASTERS DISTANCE	2	1	3	4	11:40.2	11:25.0	11:47.9	13:51.8
EXECUTIVE RELAY	2	3	1		11:26.6	14:27.3	11:21.3	
DISTANCE RELAY	3	2	1	4	28:36.2	28:14.2	27:47.4	29:30.1
MEN'S 10K	1	3	2		5	9	6	
WOMEN'S 10K	1	2	3		4	5	6	
4X100 METER RELAY	1	4	3	2	50.3	56.2	55	52.4
WOMEN'S 800M	2	1	3		05:21.5	05:17.1	05:23.7	
THREE-LAP SPRINT	1	4	3	2	02:37.4	03:13.9	02:41.6	02:41.1
MENS MILE		1	2	3		09:12.3	09:33.5	09:38.3
800 METER RELAY 4x200	1	2	3	4	01:47.5	01:48.0	01:54.7	01:55.5
SENIORS' RELAY	1	3	2		05:16.0	06:25.5	05:25.2	
WOMEN'S RELAY	2	1	3	4	04:59.0	04:52.8	05:23.7	05:38.9
SUB-MASTERS SPRINT	1	3	2		03:58.1	04:32.4	04:10.6	
PRESIDENTS' RELAY	2	1	3		04:23.5	04:18.5	04:31.7	
PYRAMID	4	2	1	3	10:59.1	10:13.1	10:02.1	10:16.8
MASTERS RELAY	2	4	1	3	06:50.6	08:07.2	06:49.2	06:51.8
SPRINT RELAY	2	4	1	3	03:36.1	04:07.3	03:35.4	03:57.4
TEAM THROW	2	3	1	4	2200	2154	2341	2070
TEAM JUMP	1	2	4	3	3020	2932	2573	2858
1st	9	5	7	0				
2nd	9	6	4	2				
3rd	1	6	9	5				

Thanks to Mariquita for leading the team in 2007. Thanks to Cynthia for managing the massive travel effort. Thanks to Rio for being one of the best running coaches in the country. Thanks to Tony for his spirit and dedication (and his stopwatch). Thanks to Heidi Nagel for being our representative on the USCAA Board. Thanks to Brian Schmidt for his work on the matrix. And thanks to everyone who took a chance, came out, worked hard, and achieved a team championship. Now it's already time to start plotting for next year!

Paul Westbrook

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