

2009 did not start well. We had our team budget cut in half, we lost a few team members through the layoff, Beth Shockley was called to serve again in Iraq, and then our dear friend and coach Tony Deatherage passed away. When the counting was done we had 21 people from the 2008 team not able to make it to the 2009 meet. At one point I stated that this was not even a rebuilding year, but was a year that we would start rebuilding from.

We had quite a few new folks show up at practice though and Rio began working his magic. Brian and Greg recruited, Cynthia and Dianna worked to keep travel costs down, and the veterans and rookies kept working hard. A few early season injuries started healing and there was a glimmer of hope.

Times started coming in during May and June but several gaps still existed. An emergency call for help and a frenzy of late activity managed to get 52 athletes out to the meet. BAH had almost 70 people so we had to stress quality and strategy if we were going to take our 10th consecutive national title. We arrived in San Diego with a chance, but things would have to go our way.

Sat, Jul 18th
Men's 5K

We felt pretty good about our men's 5K team. Scoring is by 5 year age groups and we were solid in 5 of them and took a gamble on a 6th. Your best 5 places by AG add to your score. Ties are broken by best WAVA score. We didn't need the tie breaker as we hit five 1st place AG finishes. One down.

Men's 5K (0-24)	Final	20:20	5K	M	2	20	Daniels, Jarryd
Men's 5K (40-44)	Final	16:31	5K	M	1/80.84	40	Schmidt, Brian
Men's 5K (45-49)	Final	18:36	5K	M	1/76.32	48	Tucker, Dave
Men's 5K (55-59)	Final	18:00	5K	M	1/84.16	56	Hull, Chuck
Men's 5K (60-64)	Final	19:13	5K	M	1/81.60	60	Ward, Trevor
Men's 5K (65-69)	Final	21:46	5K	M	1/78.31	69	Capps, Wally
Total-Men's 5K					1st		

Women's 5K

With Viola home taking care of her new baby we kept searching for more help here. Women's 5K takes the top 4 AG scores. When your youngest female running is 49 years old we are limiting our options for victory. Mary Salter rejoined us, Mary Kennard and Terry Gonzales healed up in time and we picked up three 1sts. Dianna and Pam were edged out by other teams so we took 2nd overall. Mary Kennard set a

new age group record for the 70+ group. Even injured she beat the old mark by about 2 minutes!

Women's 5K (45-49)	Final	22:37	5K	F	2/72.96	49	Fales, Pam
Women's 5K (50-54)	Final	24:41	5K	F	2/	53	Sulser, Dianna
Women's 5K (50-54)	Final	24:48	5K	F	3/	52	Aswakool, Pam
Women's 5K (55-59)	Final	23:58	5K	F	1/74.48	55	Gonzalez, Terry
Women's 5K (65-69)	Final	31:46	5K	F	1/67.20	67	Salter, Mary
Women's 5K (70+)	Final	29:01	5K	F	1/77.36	70	Kennard, Mary
Total-Women's 5K					2nd		

Saturday is mostly filled with prelims, but a few finals are held on Saturday.

Sub-Master Distance Relay

This race has varied over the years. We had a strong team and it came down to the mile anchor. The UNUM runner pulled up on Brian and even pressed him into the curve on the 3rd lap. Brian held him off and broke him with a strong kick at about 200m to go. Two wins.

SubMaster Dist Relay	Final	02:10.3	800	M	35/30	37	Jara, Pedro
SubMaster Dist Relay	Final	01:11.1	400	F	30+	46	Gordon, Mariquita
SubMaster Dist Relay	Final	03:29.7	1200	M	35/30	45	Luo, Luke
SubMaster Dist Relay	Final	04:50.6	1600	M	30/35	40	Schmidt, Brian
Total-SubMaster Dist		11:41.7			1st		Need 12:00, 11:25 in07

Executive Relay

We use a high JG threshold for this which appears to be tighter than the other companies. Good legs by all against people nearly half our age. We need some more executive support in the form of runners.

Executive Relay	Final	02:56.0	800	F	30+	46	Nagel, Heidi
Executive Relay	Final	00:59.9	400	M	30+	49	Westbrook, Paul
Executive Relay	Final	02:20.0	800	M	30+	43	Baldwin, Greg
Executive Relay	Final	05:49.2	1600	M	30+	60	Ward, Trevor
Total-Executive Relay		12:05.1			3rd		Need 11:16

Distance Relay

We didn't have enough people to even think about entering this one.

Distance Relay	Final	DROP	1600	F	Open	40	drop
Distance Relay	Final	DROP	800	M	Open	40	drop
Distance Relay	Final	DROP	1600	M	40+	40	drop
Distance Relay	Final	DROP	1600	M	Open	40	drop
Distance Relay	Final	DROP	3200	M	Open	40	drop
Total-Distance Relay		00:00.0			3rd		Need 27:45

Thanks to the folks who ran prelims to rest the aces for the finals. You are a valuable part of our team strategy. Special thanks to Randy

Wight, who injured his knee a few weeks ago and was listed as doubtful. Not only did he make it out, but he covered 3 prelim legs on Saturday. Total team player.

Sunday, Jul 19th

Men's 10K

Same results as the 5K - 1st place. We now had 3 wins.

Men's 10K (40-44)	Final	35:02	10K	M	1/79.52	40	Schmidt, Brian
Men's 10K (45-49)	Final	38:30	10K	M	1/76.97	48	Tucker, Dave
Men's 10K (55-59)	Final	38:04	10K	M	1/83.09	56	Hull, Chuck
Men's 10K (60-64)	Final	40:21	10K	M	1/81.12	60	Ward, Trevor
Men's 10K (65-69)	Final	44:45	10K	M	1/79.51	69	Capps, Wally
Total-Men's 10K					1st		

Women's 10K

Mary Kennard was supposed to just run the 5K, but couldn't contain herself. She ran anyway and took 1st in her AG. Mary Salter and Terry also took 1st, but we couldn't get that elusive other 1st place AG finish. 2nd place for the team.

Women's 10K (45-49)	Final	53:00	10K	F	2	49	Fales, Pam
Women's 10K (50-54)	Final	51:48	10K	F	2/68.78	53	Sulser, Dianna
Women's 10K (50-54)	Final	52:21	10K	F	3	52	Aswakool, Pam
Women's 10K (55-59)	Final	50:14	10K	F	1/72.93	55	Gonzalez, Terry
Women's 10K (65-69)	Final	68:13	10K	F	1/64.57	67	Salter, Mary
Women's 10K (70+)	Final	69:32	10K	F	1/66.73	70	Kennard, Mary
Total-Women's 10K					2nd		

4x100

This is the only race we do blind handoffs so there is an element of danger. We had a drop in the prelim but still easily qualified for the finals in a good lane. We had a drop and fall in the final and couldn't recover so we finished 3rd. This was a race we were counting on so it just added to the suspense for the team title.

4 x 100 Relay	Prelim	15.6	100	F	40+	40	DeLoach, Juanita
4 x 100 Relay	Prelim	12.4	100	F	Open	27	Ferguson, Elizabeth
4 x 100 Relay	Prelim	12.3	100	M	40+	49	Westbrook, Paul
4 x 100 Relay	Prelim	14.4	100	M	Open	37	Sarpong, Benjamin
PreTot-4 x 100 Relay		54.7					qual safe 54
4 x 100 Relay	Final	15.4	100	F	40+	40	DeLoach, Juanita
4 x 100 Relay	Final	15.4	100	F	Open	27	Ferguson, Elizabeth
4 x 100 Relay	Final	12.2	100	M	40+	49	Westbrook, Paul
4 x 100 Relay	Final	11.4	100	M	Open	37	Sarpong, Benjamin
Total-4 x 100 Relay		54.4			3rd		Need 51

Women's 800m

Chantly Smith is a rookie and has attended almost every practice. She

reached a plateau at about 2:44 and we were hoping she would break through at the meet - and did she ever. And Beth Michalak was her usual excellent self to allow a 2nd place finish.

Women's 800 Team	Prelim	02:54.9	800	F	Open	45	Michalak, Beth
Women's 800 Team	Prelim	02:55.0	800	F	Open	47	Howard, Vonnie
PreTot-Women's 800		05:49.9					qual safe
Women's 800 Team	Final	02:41.9	800	F	Open	45	Michalak, Beth
Women's 800 Team	Final	02:36.6	800	F	Open	23	Smith, Chantly
Total-Women's 800		05:18.5			2nd		Need 5:00

3 Lap Sprint

Tara wasn't planning to come this year but she saw we needed help and made arrangements despite the fact she had to take a 10:30pm flight on Sunday to make a Monday morning customer meeting in Chicago. She opened it up and the team never looked back with a strong win. Nathaniel Lawson had battled shin splints and had given up on the year. With a few weeks to go we were hurting for young male 200m sprinters so he came out and trained enough to run without flaring his shin pain - it worked to perfection. Rookie Adam Baltutis held the lead and veteran Chris Grant beat anchor runners about half his age. Four team wins.

3 Lap Sprint	Prelim	00:32.0	200	F	Open	30	McCreight, Terra
3 Lap Sprint	Prelim	00:26.5	200	M	Open	47	Wight, Randy
3 Lap Sprint	Prelim	00:59.8	400	M	Open	30	Pierre, Leonardo
3 Lap Sprint	Prelim	00:57.0	400	M	Open	23	Reynolds, Michael
PreTot-3 Lap Sprint		02:55.3					qual safe 2:59
3 Lap Sprint	Final	00:28.8	200	F	Open	28	Larzelere, Tara
3 Lap Sprint	Final	00:23.6	200	M	Open	25	Lawson, Nathaniel
3 Lap Sprint	Final	00:54.4	400	M	Open	25	Baltutis, Adam
3 Lap Sprint	Final	00:53.3	400	M	Open	41	Grant, Chris
Total-3 Lap Sprint		02:40.1			1st		Need 2:41

Men's Mile

We haven't had a good pair of young milers in a long time. Eric was running well this year and summer coop Jarryd had a few weeks of training so we tossed them in. Eric ran strong with a great kick and Jarryd was a few more weeks shy of having that final kick. They took a hard earned bronze medal for their efforts.

Men's Mile Team	Prelim	06:07.0	1600	M	Open	20	Daniels, Jarryd
Men's Mile Team	Prelim	06:07.0	1600	M	Open	33	Cruse, Kevin
PreTot-Men's Mile		12:14.0					qual safe 12:00
Men's Mile Team	Final	05:16.5	1600	M	Open	20	Daniels, Jarryd
Men's Mile Team	Final	04:58.5	1600	M	Open	26	Southard, Eric
Total-Men's Mile		10:15.0			3rd		Need 9:20

4x200 Relay

Another strong team here with Claude running a personal best and Russ opening up a big lead. Tara was back to give Chris a big cushion and we cruised to victory. Team win #5.

4 x 200 Relay	Prelim	00:27.4	200	M	40+	44	Cirba, Claude
4 x 200 Relay	Prelim	00:27.7	200	M	50+	54	Haschke, Russ
4 x 200 Relay	Prelim	00:29.6	200	F	Open	28	Larzelere, Tara
4 x 200 Relay	Prelim	00:26.7	200	M	Open	47	Wight, Randy
PreTot-4 x 200 Relay		01:51.4					qual safe 1:56
4 x 200 Relay	Final	00:26.5	200	M	40+	44	Cirba, Claude
4 x 200 Relay	Final	00:27.9	200	M	50+	54	Haschke, Russ
4 x 200 Relay	Final	00:28.8	200	F	Open	28	Larzelere, Tara
4 x 200 Relay	Final	00:23.7	200	M	Open	41	Grant, Chris
Total-4 x 200 Relay		01:46.9			1st		Need 1:48

Seniors Relay

In honor of Tony we pulled his personal baton out of the bag for this team to run with. This was the last race Tony ran with our team 2 years ago. They did him proud with a large margin of victory for team win #6.

Senior's Relay	Prelim	00:31.9	200	M/F	60+	67	King, Rio
Senior's Relay	Prelim	01:07.3	400	M	50+	57	Jenkins, JJ
Senior's Relay	Prelim	00:34.8	200	F	50+	50	Samilton, Cynthia
Senior's Relay	Prelim	01:51.3	600	M	50+	56	Bosshart, Pat
Senior's Relay	Prelim	01:10.2	400	M	50+	50	Smith, Steve
PreTot-Senior's Relay		05:15.5					qual safe 6:00
Senior's Relay	Final	00:31.2	200	M	60+	60	McGehee, John
Senior's Relay	Final	01:05.1	400	M	50+	57	Jenkins, JJ
Senior's Relay	Final	00:32.9	200	F	50+	50	Samilton, Cynthia
Senior's Relay	Final	01:42.4	600	M	50+	57	Iles, Robert
Senior's Relay	Final	01:07.1	400	M	50+	50	Smith, Steve
Total-Senior's Relay		04:58.6			1st		Need 5:20

Women's Relay

Chantly came back for her 2nd 800 of the day and kept it close. Beth then got us near the lead and handed it to Lightning Ferguson. She dispensed

with the competition in the first turn on her way to a 60.8 400m split and a wide margin of victory. We were on a roll - team win #7.

Women's Relay	Prelim	02:45.2	800	F	40+/Open	23	Smith, Chantly
Women's Relay	Prelim	01:18.8	400	F	Open/40+	47	Howard, Vonnie
Women's Relay	Prelim	01:19.1	400	F	Open/40+	46	Nagel, Heidi
PreTot-Women's Rly		05:23.1			add90	116	qual safe 5:38
Women's Relay	Final	02:45.8	800	F	40+/Op	23	Smith, Chantly
Women's Relay	Final	01:07.6	400	F	Op/40+	45	Michalak, Beth

Women's Relay	Final	01:00.6	400	F	Op/40+	27	Ferguson, Elizabeth
Total-Women's Relay		04:54.0			1st	95	Need 4:55

Submaster's Sprint

Robin got us off to a good start and Ben was eating up the field, until he got a slight pull. Robert gave it his all - I'm glad it was 400m because I don't think he could have gone 401. That left it up to Luke who toyed with the competition before blasting a kick down the back stretch to open it up. Win #8 and the magic number was down to 2 for the team title.

Submasters Sprint	Prelim	00:34.4	200	F	30+	30	Reese, Ashley
Submasters Sprint	Prelim	00:26.8	200	M	35/30	41	Andrews, Gerard
Submasters Sprint	Prelim	00:59.1	400	M	35/30	36	Gordon, Greg
Submasters Sprint	Prelim	02:44.9	800	M	30/35	45	Luo, Luke
PreTot-Submast Sprint		04:45.2					qual safe 4:55
Submasters Sprint	Final	00:31.3	200	F	30+	46	Toliver, Robin
Submasters Sprint	Final	00:24.4	200	M	35/30	37	Sarpong, Benjamin
Submasters Sprint	Final	00:56.5	400	M	35/30	36	Gordon, Greg
Submasters Sprint	Final	02:08.3	800	M	30/35	45	Luo, Luke
Total-Submast Sprint		04:00.5			1st		Need 4:02

President's Relay

This is for VP's or their direct reports. Fellows are also eligible. We were the only team with a female in this event - and we had two.

Heidi blasted out of the blocks to beat all the men. Mariquita held off all but one but the young anchor runner from BAH edged us out despite Pat's best 800 this year.

Presidents Relay	Final	00:35.0	200	M/F	30+	46	Nagel, Heidi
Presidents Relay	Final	01:10.4	400	M/F	30+	46	Gordon, Mariquita
Presidents Relay	Final	02:32.5	800	M/F	30+	56	Bosshart, Pat
Total-Presidents Relay		04:17.9			2nd		Need 4:04

Pyramid Relay

We didn't have a strong team in this but everyone who ran did great.

The real race was between our two strong competitors. In a tight race they traded leads through the first 4 legs and left it to the 400m anchor. UNUM out kicked BAH and lowered our magic number to one.

Pyramid Relay	Prelim	01:16.1	400	F	Open	46	Toliver, Robin
Pyramid Relay	Prelim	02:36.3	800	M	Open	33	Cruse, Kevin
Pyramid Relay	Prelim	04:05.1	1200	M	Open	26	Southard, Eric
Pyramid Relay	Prelim	02:45.8	800	M	Open	37	Jara, Pedro
Pyramid Relay	Prelim	01:12.0	400	F	Open	28	Larzelere, Tara
PreTot-Pyramid Relay		11:55.3					qual safe 11:58
Pyramid Relay	Final	01:13.8	400	F	Open	46	Toliver, Robin
Pyramid Relay	Final	02:22.0	800	M	Open	33	Cruse, Kevin
Pyramid Relay	Final	03:32.1	1200	M	Open	26	Southard, Eric

Pyramid Relay	Final	02:19.9	800	M	Open	37	Jara, Pedro
Pyramid Relay	Final	01:01.4	400	F	Open	27	Ferguson, Elizabeth
Total-Pyramid Relay		10:29.2			3rd		Need 9:54

Master's Relay

The magic number was one and this was our best chance to take the team title. Forty three year old rookie Greg Baldwin opened with his best run of the year at 2:18. Mike Elliott, who rejoined us this year after Sensata was not able to enter a team, ran a fantastic 400m leg. Then Luke opened up a commanding lead for Mariquita and Russ to finish out. The team title was ours once again.

Masters Relay	Prelim	02:43.7	800	M	40/50	57	Iles, Robert
Masters Relay	Prelim	01:04.9	400	M	40/50	46	Elliott, Mike
Masters Relay	Prelim	03:00.6	800	M	40/50	60	McGehee, John
Masters Relay	Prelim	00:33.2	200	F	40+	40	DeLoach, Juanita
Masters Relay	Prelim	00:27.6	200	M	50/40	41	Andrews, Gerard
PreTot-Masters Relay		07:50.0					qual safe 7:40
Masters Relay	Final	02:18.4	800	M	40/50	43	Baldwin, Greg
Masters Relay	Final	00:57.5	400	M	40/50	49	Elliott, Mike
Masters Relay	Final	02:10.5	800	M	40/50	45	Luo, Luke
Masters Relay	Final	00:29.8	200	F	40+	46	Gordon, Mariquita
Masters Relay	Final	00:28.6	200	M	50/40	54	Haschke, Russ
Total-Masters Relay		06:24.8			1st		Need 6:35

Sprint Relay

With the pressure off a tired group of 6 lined up and all ran very well, but we took 2nd. It was nice to see Terra McCreight from Tucson who joined us it last couple of weeks to answer the call for female sprinters. New sprinter (at age 41) Gerard Andrews was also impressive.

Sprint Relay	Prelim	00:34.7	200	F	30+	30	Reese, Ashley
Sprint Relay	Prelim	00:31.0	200	F	Open	30	McCreight, Terra
Sprint Relay	Prelim	00:59.8	400	M	Open	30	Pierre, Leonardo
Sprint Relay	Prelim	01:02.0	400	M	Open	23	Reynolds, Michael
Sprint Relay	Prelim	00:28.4	200	M	40+	44	Cirba, Claude
Sprint Relay	Prelim	00:29.3	200	M	Open	47	Wight, Randy
PreTot-Sprint Relay		04:05.2					qual safe 3:53
Sprint Relay	Final	00:30.8	200	F	30+	30	McCreight, Terra
Sprint Relay	Final	00:28.6	200	F	Open	28	Larzelere, Tara
Sprint Relay	Final	00:55.8	400	M	Open	25	Baltutis, Adam
Sprint Relay	Final	00:52.9	400	M	Open	41	Grant, Chris
Sprint Relay	Final	00:26.1	200	M	40+	41	Andrews, Gerard
Sprint Relay	Final	00:23.3	200	M	Open	25	Lawson, Nathaniel
Total-Sprint Relay		03:37.4			2nd		Need 3:32

Jumps

These are going on on Sat/Sun but the scores aren't usually totaled until late. Sheri and Jarvis were doing well and Jarvis had a slight pull during the high jump, but fought through the long jump the next day. They won - giving us our tenth 1st.

Team Jump (High)	Final	4'2"	HJ	F	806	46	Phillips, Sheri
Team Jump (High)	Final	5'4"	HJ	M	695	29	Leverson, Jarvis
Team Jump (Long)	Final	13'1.25"	LJ	F	782	46	Phillips, Sheri
Team Jump (Long)	Final	19'6"	LJ	M	668	29	Leverson, Jarvis
Total-Team Jump		2951			1st		Need 2950 pts

Throws

We weren't even going to enter the throws this year, then about 12 days before the meet my phone rang. It was Lonnie Lewis, who had stopped throwing a few years earlier. Lonnie had taken the recent retirement package, lost 50 pounds, and didn't need his diabetes medicine anymore. He was ready to throw again and throw he did. We paired him up with all around athlete Sheri Phillips and they won.

Lonnie looked great and it was a highlight of the meet for me to see him looking so good and back out with us.

Team Throw Discus	Final	106'5	Disc	M	560	55	Lewis, Lonnie
Team Throw Discus	Final	81'5	Disc	M	455	46	Phillips, Sheri
Team Throw Shotput	Final	43'1	Shot	M	833	55	Lewis, Lonnie
Team Throw Shotput	Final	26'6.5	Shot	M	541	46	Phillips, Sheri
Total-Team Throw		2389			1st		Need 2300 pts

So we wrapped our tenth consecutive team title with a great team effort. Tony, that one was for you. Your spirit was still alive and well with the team that always seems to find a way to win. The events summary is below and if you want to know how much we won by then note that after 21 events it was a margin of only 4.9 seconds and 3 feet. UNUM edged BAH in the Exec by 0.1 seconds; UNUM beat BAH in the 4x100 by 1.7 seconds; UNUM beat BAH in the Pyramid by 3.1 seconds; and we beat BAH in the throws by about 3 feet. Had those gone to BAH they would have won the meet.

EVENT	TI09	UNUM09	BAH09	TI09	UNUM09	BAH09
MEN'S 5K	1	3	2	5	11	6
WOMEN'S 5K	2	3	1	5	10	4
SUB-MASTERS DISTANCE	1	2	3	11:41.7	11:57.1	12:12.2
EXECUTIVE RELAY	3	1	2	12:05.1	11:08.2	11:08.3
DISTANCE RELAY	3	2	1		28:42.3	28:16.0
MEN'S 10K	1	3	2	5	13	6
WOMEN'S 10K	2	3	1	5	10	4
4X100 METER RELAY	3	1	2	54.37	51.20	52.94
WOMEN'S 800M	2	3	1	05:18.5	06:20.1	05:12.8

THREE-LAP SPRINT	1	3	2	02:40.1	02:46.5	02:42.1
MENS MILE	3	1	2	10:15.0	09:30.2	10:09.5
800 METER RELAY 4x200	1	3	2	01:47.0	02:08.1	01:56.7
SENIORS' RELAY	1	3	2	04:58.6	06:55.5	05:35.2
WOMEN'S RELAY	1	2	3	04:54.0	04:59.8	05:16.6
SUB-MASTERS SPRINT	1	3	2	04:00.5	04:27.4	04:05.2
PRESIDENTS' RELAY	2	3	1	04:18.0	04:36.2	04:06.9
PYRAMID	3	1	2	10:29.2	09:36.9	09:40.0
MASTERS RELAY	1	3	2	06:24.8	06:47.3	07:01.6
SPRINT RELAY	2	3	1	03:37.4	03:38.9	03:29.6
TEAM THROW	1	3	2	2389	2284	2311
TEAM JUMP	1	2	3	2951	2823	2547
1st	11	4	6			
2nd	5	4	12			
3rd	5	13	3			
4th	0	1	0			
	14	154	56	84		
	12	60	48	120		
	11	0	88	0		
		214	193	204		

Thanks to the folks who help make it all run:

Co-Captain						Gordon, Greg
Co-Captain						Schmidt, Brian
Data / Web Manager						Westbrook, Paul
Travel / Treasurer						Samilton, Cynthia
Travel						Sulser, Dianna
Equipment Manager						Aswakool, Pam
Coach						King, Rio
Timer						King, Rio
Vol - Course Monitor	road		Vol			Baltutis, Adam
Vol - Course Monitor	road		Vol			Walker, Bernard
Vol - Course Monitor	road		Vol			Andrews, Gerard
Volunteer Cord Mtg	track		Vol			Gordon, Greg
Shot/Discus Weigh In	track					Lewis, Lonnie
Opening Ceremonies	track					Smith, Chantly
Captain's Meeting	track		Cap			Gordon, Greg
Captain's Meeting	track		Cap			Schmidt, Brian
Vol - Course Monitor	road		Vol			Baldwin, Greg
Vol - Course Monitor	road		Vol			Smith, Steve
Vol - Course Monitor	road		Vol			Reynolds, Michael
Volunteer- Awards	track		Vol			Reese, Ashley
Volunteer- Awards	track		Vol			Aswakool, Pam
Volunteer- Awards	track		Vol			Wight, Randy
4x200 Special O Relay	track					Walker, Bernard
4x200 Special O Relay	track					Reese, Ashley

Paul