

2010 USCAA Corporate Track & Field Championship San Ramon, CA July 24th and 25th, 2010 Texas Instruments Team Summary

The original California Gold Rush occurred in the mid 1800's, but history will show quite a run on Gold Medals in San Ramon, CA in 2010 by the TI Track and Field Team. But let's start at the beginning.

In early March the weekly team track practice began with the usual handful of rookies and an assortment of veterans. Coach Rio was there again to dispense the workouts as he has done since 1979. As the months progressed it became clear that there were a number of **injuries**, time, or money conflicts looming and we would be without 19 of the 53 team members from the previous year. We had to replace over 1/3 of our team – so the recruiting effort ramped up. To make a long story very short – we ended up with a final team of 52 participants. That's right, a full deck of 52 cards to play.

Like most decks there were a few aces. There were also a number of diamonds – some of them still a little unpolished. But the one thing that would become obvious was that our deck was loaded with heart – big, bold, and brave hearts. I'll highlight just a few of the 52 great stories in the results recap below.

Friday, July 23rd

38 of our members were on the same flight out of Dallas on Friday morning with a 10:20am departure. At 8:07am American Airlines cancelled the flight due to mechanical problems on the inbound flight. It suddenly became a game of 52 card pickup when the deck was scattered to the wind and people were routing all over the country trying to even make it to the meet. Miraculously (and with the heroic efforts of several people such as Cynthia, Ashley, Greg, Ben, and more) everyone managed to arrive by late Friday night. I could sense something special about this team by the way everyone reacted to crisis.

Sat, Jul 24th

The day got an early start at about 3am when after a night of fever and painfully sore throat I drove to the hospital emergency room to discover I had strep throat (I sort of guessed, but they made it official). Since Beth Michalak had strep the last time we ran in San Ramon in 2005 I think we should name it "The San Ramon Strep or Streptococcus San Ramonus"

Women's 5K

Women's 5K takes the top 4 AG scores. We used a displacement strategy by entering 6 runners hoping to knock out one of the other team's 1st and win it outright, even though Mary Kennard would have won the WAVA tiebreaker. A few months ago Heidi Denton asked what it would take to make the team and I told her she was in the AG with one of the better runners from UNUM and she would need a 21:40 5K to win it. She confidently told me she should do it and

at the young age of 49 she turned in a qual time good enough to win. That sort of competitiveness and dedication to a goal is indicative of this group.

2010 Event	Fin/ Pre	10 Result	Dist	Sex	Age/ 10 PI	10 Age	10 Name
Women's 5K (30-34)	Final	22:41	5K	F	1/65.26	30	Burrows, Jill
Women's 5K (45-49)	Final	23:06	5K	F	1/72.37	49	Denton, Heidi
Women's 5K (50-54)	Final	26:12	5K	F	2nd	54	Sulser, Dianna
Women's 5K (55-59)	Final	26:16	5K	F	1/69.62	56	Gonzalez, Terry
Women's 5K (65-69)	Final	36:07	5K	F	1st	68	Salter, Mary
Women's 5K (70+)	Final	28:30	5K	F	1/80.43	71	Kennard, Mary
Total-Women's 5K					1st		

Men's 5K

The men score the best 5 runners and I was less confident of winning the WAVA so we stacked 7 guys in for the displacement strategy here too. Bies joined us again and we featured the other half of our first spouse team with Jeff Burrows running right after his TI wife Jill completed the Women's 5K. Brian Schmidt had just run at the USATF Master's Track championship in Sacramento on Thursday with a blazing personal best (at age 41) of 16:29.

2010 Event	Fin/ Pre	10 Result	Dist	Sex	Age/ 10 PI	10 Age	10 Name
Men's 5K (0-24)	Final	20:19	5K	M	1st	23	Laugesen, Lawrence
Men's 5K (35-39)	Final	18:55	5K	M	1/71.60	39	Burrows, Jeff
Men's 5K (40-44)	Final	17:40	5K	M	1/77.82	41	Schmidt, Brian
Men's 5K (55-59)	Final	19:01	5K	M	1/82.21	57	Hull, Chuck
Men's 5K (60-64)	Final	21:04	5K	M	1/76.79	61	McGehee, John
Men's 5K (65-69)	Final	26:09	5K	M	1/65.94	68	King, Rio
Men's 5K (70+)	Final	27:04	5K	M	1st	70	Vanbesien, Bies
Total-Men's 5K					1st		

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

Sub-Master Distance Relay

In June one of our team members returned from her second tour of duty in Iraq. She returned home on a Friday and was at our Saturday morning track practice before 8:00am. I know she doesn't like the spotlight, but I want to give you a [link](#) to Beth Shockley's many accomplishments anyway. Then there is Luke. I was searching for him in May because I hadn't heard from him this year. Turns out he was summiting Mount Everest! He is one of less than 3,000 people in the world to reach that peak. He followed that feat with his second climb of Denali in Alaska in June. He only trained for the track meet for about 3 weeks.

2010 Event	Fin/ Pre	10 Result	Dist	Sex	Age/ 10 PI	10 Age	10 Name
SubMaster Dist Relay	Final	02:19.0	800	M	35/30	31	Pierre, Leonardo
SubMaster Dist Relay	Final	01:13.0	400	F	30+	45	Shockley, Beth
SubMaster Dist Relay	Final	03:41.0	1200	M	35/30	46	Luo, Luke

SubMaster Dist Relay	Final	04:57.0	1600	M	30/35	41	Schmidt, Brian
Total-SubMaster Dist		12:10.0			1st		

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	02:53.2	800	F	30+	48	Howard, Vonnie
Executive Relay	Final	01:06.1	400	M	30+	48	Adcock, Tim
Executive Relay	Final	03:03.0	800	M	30+	47	Nagel, Heidi
Executive Relay	Final	05:42.0	1600	M	30+	44	Baldwin, Greg
Total-Executive Relay		12:44.3			2nd		

Distance Relay

We had excellent legs from everyone and weren't far from winning this one.

Distance Relay	Final	06:23.0	1600	F	Open	30	Burrows, Jill
Distance Relay	Final	02:17.0	800	M	Open	39	Burrows, Jeff
Distance Relay	Final	05:23.0	1600	M	40+	57	Hull, Chuck
Distance Relay	Final	05:12.0	1600	M	Open	27	Southard, Eric
Distance Relay	Final	12:15.2	3200	M	Open	23	Laugesen, Lawrence
Total-Distance Relay		31:30.2			2nd		

NEW Individual Events

The meet added some individual races this year to try and entice smaller teams to come out and try the meet. There are 10 events, they count for 1/4th of a relay event, and you drop your lowest 2 scores. Just 7 hours after leaving the emergency room I set the record for this new event beating runners from every division. The other person who bested runners from all division was Lita, who returned to the team after a 7 year absence.

Indiv M 200m 18-29	Final	2 / 24.73	200	M	18-29	25	Cook, Chase
Indiv M 200m 50-59	Final	1 / 26.36	200	M	50-59	50	Westbrook, Paul
Indiv M 200m 60+	Final	1 / 32.04	200	M	60+	61	McGehee, John
Indiv F 200m 18-29	Final	1 / 28.85	200	F	18-29	29	Larzelere, Tara
Indiv F 200m 40-49	Final	2 / 32.63	200	F	40-49	45	Shockley, Beth
Indiv F 200m 50+	Final	1 / 30.45	200	F	50+	51	Alessandra, Lita
SubTotal- Open 200m					1,1,1,1,2,2		

Discus

The field events were split out again like they used to be a couple of decades ago. David Thomas, who last threw with us in 1992, made a return and teamed with Lonnie to win the discus (even though both of them specialize in the shot).

Discus Throw	Final	102'7"	Disc	M	539	56	Lewis, Lonnie
Discus Throw	Final	100'4"	Disc	M	495	53	Thomas, David
Discus Throw	Final		Disc	F		#N/A	
Total-Discus Throw		1034			1st		

High Jump

We had three jumpers with big scores – the top two count toward the team total. Sheri managed to hoist her over the bar up to 4'4". Rio, at age 68, cleared 4'4" to score an amazing 928 points. Lita took a couple of jumps for insurance and also scored well.

High Jump	Final	4'4"	HJ	F	838	48	Phillips, Sheri
High Jump	Final	4'4"	HJ	M	928	68	King, Rio
High Jump	Final	4'0"	HJ	M	842	51	Alessandra, Lita
Total-High Jump		1770			1st		

Team Title Progress

Our closest competitor the past few years, Booze Allen Hamilton (BAH), lost their funding and their team dropped from 70 people down to 14. It was essentially a two team title race between TI and UNUM Provident, who always fields a very good team. We needed to win 12 first places in the team events to secure the title and we already had 5 secured on Saturday. Rio gave everyone a quick pep talk (i.e. scolding) on handoffs and sent us to bed.

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

Sunday, Jul 19th

Men's 10K

We let Bies rest his PF strained foot and still had the same result as the 5K - 1st place.

Men's 10K (0-24)	Final	42:08	10K	M	1st	23	Laugesen, Lawrence
Men's 10K (35-39)	Final	39:49	10K	M	1/70.83	39	Burrows, Jeff
Men's 10K (40-44)	Final	37:06	10K	M	1/77.16	41	Schmidt, Brian
Men's 10K (55-59)	Final	39:18	10K	M	1/82.77	57	Hull, Chuck
Men's 10K (60-64)	Final	44:42	10K	M	1/75.34	61	McGehee, John
Men's 10K (65-69)	Final	54:23	10K	M	1/66.01	68	King, Rio
Total-Men's 10K					1st		

Women's 10K

The women dominated again.

Women's 10K (30-34)	Final	46:20	10K	F	1/65.5	30	Burrows, Jill
Women's 10K (45-49)	Final	47:23	10K	F	1/72.28	49	Denton, Heidi
Women's 10K (50-54)	Final	54:22	10K	F	3rd	54	Sulser, Dianna
Women's 10K (55-59)	Final	53:37	10K	F	1/69.90	56	Gonzalez, Terry
Women's 10K (65-69)	Final	76:08	10K	F	1st	68	Salter, Mary
Women's 10K (70+)	Final	60:48	10K	F	1/77.26	71	Kennard, Mary
Total-Women's 10K					1st		

4x100

We had an entirely new 4x100 team this year and they certainly made a strong bid to return to their slots for next year. The handoffs (the only race that we do blind handoffs) were very nice and the team blazed to a 50.9 second win.

4 x 100 Relay	Final	14.8	100	F	40+	48	Phillips, Sheri
4 x 100 Relay	Final	12.9	100	F	Open	29	Larzelere, Tara
4 x 100 Relay	Final	12.6	100	M	40+	45	Cirba, Claude
4 x 100 Relay	Final	10.6	100	M	Open	27	Hall, Patrick
Total-4 x 100 Relay		50.9				1st	

Women's 800m

Lita was a pacing machine and Chantly stayed right with her as they combined for another win. Note that Lita is over twice Chantly's age – not that she shows it.

Women's 800 Team	Final	02:38.2	800	F	Open	51	Alessandra, Lita
Women's 800 Team	Final	02:38.0	800	F	Open	24	Smith, Chantly
Total-Women's 800		05:16.2				1st	

3 Lap Sprint

We loaded up a solid team with 3 rookies. Todd, who is a summer coop student at TI, had run a 56.7 at the Luke's All Comers meet and he burst out big time with a 53.2 on his 400m leg. Right after this race a friend of mine from another team walked by and said "You guys just never run out of bullets do you."

3 Lap Sprint	Final	00:28.3	200	F	Open	29	Larzelere, Tara
3 Lap Sprint	Final	00:23.7	200	M	Open	27	Hall, Patrick
3 Lap Sprint	Final	00:53.2	400	M	Open	22	Roberson, Todd
3 Lap Sprint	Final	00:53.9	400	M	Open	27	Hathaway, Alvin
Total-3 Lap Sprint		02:39.1				1st	

Men's Mile

A few weeks ago I got an e-mail from Brian Failing, who works at the TI site in Sunnyvale. He saw we were competing in CA and wanted to know if he could join us. He turned in his 800m qual time two weeks ago, and his mile qual time last weekend. He made a big difference as he led the Div II field and Eric kept a close enough distance to the other UNUM runner to win the event.

Men's Mile Team	Final	04:53.9	1600	M	Open	27	Failing, Brian
Men's Mile Team	Final	05:00.2	1600	M	Open	27	Southard, Eric
Total-Men's Mile		09:54.1				1st	

4x200 Relay

In case you weren't keeping count we won the first 6 events on Sunday and were just one race away from securing the team title – and it wasn't quite noon yet. My antibiotics had kicked in and I was feeling much better on Sunday. I lined up in the 50+ slot for the first time and paused to think about a couple of the great team members who had run that slot in the past – Bo Johnson and Tony Deatherage. I talked to Bo just a week before the meet and he said to tell everyone hello. They would have been proud of our team including our rookie anchor Brandon Mair as we won easily and secured the 2010 team title.

4 x 200 Relay	Final	00:26.8	200	M	40+	45	Cirba, Claude
4 x 200 Relay	Final	00:25.8	200	M	50+	50	Westbrook, Paul
4 x 200 Relay	Final	00:29.5	200	F	Open	51	Alessandra, Lita

4 x 200 Relay	Final	00:23.3	200	M	Open	24	Mair, Brandon
Total-4 x 200 Relay		01:45.4			1st		

Seniors Relay

We always have a number of seniors available and this group easily won despite Robert fighting through an injury.

Senior's Relay	Final	00:33.4	200	M	60+	61	McGehee, John
Senior's Relay	Final	01:06.2	400	M	50+	57	Bosshart, Pat
Senior's Relay	Final	00:32.4	200	F	50+	51	Samilton, Cynthia
Senior's Relay	Final	02:04.6	600	M	50+	58	Iles, Robert
Senior's Relay	Final	01:11.0	400	M	50+	58	Jenkins, JJ
Total-Senior's Relay		05:27.6			1st		

Women's Relay

Chantly got us off to a good start, Beth opened it up, and Tara (running her 4th final) brought it home. Four gold medals for Tara this weekend – they probably stopped her at airport security!

Women's Relay	Final	02:42.6	800	F	40+/Op	24	Smith, Chantly
Women's Relay	Final	01:11.1	400	F	Op/40+	46	Michalak, Beth
Women's Relay	Final	01:07.4	400	F	Op/40+	29	Larzelere, Tara
Total-Women's Relay		05:01.1			1st		

Submaster's Sprint

Another solid team for an easy victory, though we had to keep aiming mountain climber Luke back onto the flat track – he was trying to run the bleachers.

Submasters Sprint	Final	00:31.5	200	F	30+	31	Reese, Ashley
Submasters Sprint	Final	00:25.8	200	M	35/30	39	Fortenberry, Todd
Submasters Sprint	Final	00:57.9	400	M	35/30	37	Gordon, Greg
Submasters Sprint	Final	02:15.4	800	M	30/35	46	Luo, Luke
Total-Submast Sprint		04:10.6			1st		

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. We could have had 3 if I had run Lita in this event. We need more male execs and VP's to join the team and try to match the talent of our females.

Presidents Relay	Final	00:35.7	200	M/F	30+	47	Nagel, Heidi
Presidents Relay	Final	01:15.0	400	M/F	30+	47	Gordon, Mariquita
Presidents Relay	Final	02:44.0	800	M/F	30+	57	Bosshart, Pat
Total-Presidents Relay		04:34.7			2nd		

Pyramid Relay

Good running all the way around led to another gold medal. Another rookie, Alvin Hathaway, ran well despite missing a few weeks of training with a hamstring injury.

Pyramid Relay	Final	01:12.1	400	F	Open	47	Gordon, Mariquita
Pyramid Relay	Final	02:17.6	800	M	Open	27	Southard, Eric

Pyramid Relay	Final	03:37.1	1200	M	Open	27	Failing, Brian
Pyramid Relay	Final	02:15.4	800	M	Open	27	Hathaway, Alvin
Pyramid Relay	Final	01:11.4	400	F	Open	24	Smith, Chantly
Total-Pyramid Relay		10:33.6			1st		

Master's Relay

This one got interesting. I subbed Tim in for me since I was pretty worn out from being sick. I hoped he would have an easy cruise to victory. JJ took the handoff and took off – for about 2 steps before he broke into a 5K pace for his 400. He had a hamstring twinge and that cost him about 10-12 seconds. That put the pressure on Brian, running his 4th final, to get us close. He did it and Cynthia and UNUM had an epic battle down to give the handoff's for the final leg – they were almost dead even. Tim got a better start and pulled out to a lead, but he started feeling it near the end and UNUM was closing. He held them off for the victory.

Masters Relay	Final	02:20.7	800	M	40/50	44	Baldwin, Greg
Masters Relay	Final	01:17.0	400	M	40/50	58	Jenkins, JJ
Masters Relay	Final	02:18.6	800	M	40/50	41	Schmidt, Brian
Masters Relay	Final	00:32.6	200	F	40+	51	Samilton, Cynthia
Masters Relay	Final	00:27.5	200	M	50/40	48	Adcock, Tim
Total-Masters Relay		06:56.4			1st		

Sprint Relay

We were short of female sprinters and I sent out a desperate plea just a few weeks back. We picked up Brandy and Liz. Trying to pack in quick sprint training had Brandy a little wounded but this was the last event of the day. They lined up and she came rocketing down the track, handed off, and collapsed holding her sore quads. When I asked her why she was running so fast while wounded she said one of the competitors looked around at the start and told her friend "I got this in the bag." Brandy whipped her. Rookies Liz and Chase did a nice job too in their first meet and we closed out the track events with a win.

Sprint Relay	Final	00:30.3	200	F	30+	33	Burton, Brandy
Sprint Relay	Final	00:31.4	200	F	Open	28	Leija, Liz
Sprint Relay	Final	00:56.3	400	M	Open	25	Cook, Chase
Sprint Relay	Final	00:54.7	400	M	Open	22	Roberson, Todd
Sprint Relay	Final	00:27.3	200	M	40+	48	Wight, Randy
Sprint Relay	Final	00:25.2	200	M	Open	26	Baltutis, Adam
Total-Sprint Relay		03:45.2			1st		

Long Jump

Sheri and Lita combined for the victory and Nikkan, who never long jumped until a few weeks ago, made an impressive debut.

Long Jump	Final	12'3.5"	LJ	F	733	48	Phillips, Sheri
Long Jump	Final	13'3"	LJ	M	873	51	Alessandra, Lita
Long Jump	Final	19'7.5"	LJ	M	672	19	Yadegary, Nikkan
Total-Long Jump		1606			1st		

Shot Put

Lonnie and Dave were back with their specialty and they won by a large margin.

Shot Put Throw	Final	41'11"	Shot	M	811	56	Lewis, Lonnie
Shot Put Throw	Final	42'	Shot	M	770	53	Thomas, David
Shot Put Throw	Final		Shot	M		#N/A	
Total-Shot Put Throw		1581			1st		

TEAM SCORES

So we wrapped our 11th consecutive team title with a great team effort and a pile of promising rookies. It's always so great to see everything come together and watch people reel off great performances. We really had a stacked deck of cards this year. UNUM battled us well, but we edged them out time and time again to post a record number of gold medal winners. BAH put up a good fight with just 14 runners and we hope they are back at full strength next year. Here are the final team totals:

EVENT	Place			Points			Data		
	TI10	UNUM10	BAH10	TI10	UNUM10	BAH10	TI10	UNUM10	BAH10
WOMEN'S 5K	1	2	3	40	34	31	4	5	9
MEN'S 5K	1	2	3	40	34	31	5	7	10
SUB-MASTERS DISTANCE	1	2		40	34		12:11.0	12:24.9	
EXECUTIVE RELAY	2	1		34	40		12:44.3	11:32.5	
DISTANCE RELAY	2	1		34	40		31:30.3	31:24.6	
MEN'S 10K	1	3	2	40	31	34	5	8	11
WOMEN'S 10K	1	2	3	40	34	31	4	6.1	6.2
4X100 METER RELAY	1	2	3	40	34	31	50.96	51.58	59.22
WOMEN'S 800M	1	2	3	40	34	31	16:00.0	23:00.0	51:00.0
THREE-LAP SPRINT	1	2		40	34		02:39.1	03:02.3	
MENS MILE	1	2	3	40	34	31	54:00.0	56:00.0	21:00.0
800 METER RELAY 4x200	1	2	3	40	34	31	01:45.4	01:54.6	01:58.4
SENIORS' RELAY	1	2		40	34		05:27.6	06:40.8	
WOMEN'S RELAY	1	2		40	34		05:01.1	05:09.5	
SUB-MASTERS SPRINT	1	2		40	34		04:10.6	04:52.4	
PRESIDENTS' RELAY	2	1		34	40		04:34.7	03:49.0	
PYRAMID	1	2		40	34		10:33.6	11:15.4	
MASTERS RELAY	1	2	3	40	34	31	06:56.4	06:57.5	07:45.0
SPRINT RELAY	1	2		40	34		03:45.2	04:00.0	
High Jump	1	2	3	40	34	31	1770	1697	1388
Long Jump	1	2	3	40	34	31	1606	1442	1223
Shot	1	3	2	40	31	34	1581	1156	1161
Discus	1	3	2	40	31	34	1034	839	888
Indiv M 200m 18-29	2	1	3	8	10	7	24.73	24.07	27.27
Indiv M 200m 50-59	1	2	3	10	8	7	26.36	30.02	30.28
Indiv M 200m 60+	1			10			32.04		
Indiv F 200m 18-29	1	3	2	10	7	8	28.85	31.6	29.55
Indiv F 200m 40-49	2	1	3	8	10	7	32.63	29.79	37.93

Indiv F 200m 50+	1	2		10	8		30.45	34.1	
Indiv M 400m 30-39	1	2		10	8		59.1	01:02.0	
Indiv M 400m 40-49	3	1	2	7	10	8	01:01.5	58.1	59.8
Indiv F 400m 30-39		1			10			01:17.6	
Indiv F 400m 40-49	2	1		8	10		01:10.6	01:07.5	
Relay 1st / Relay Total Points	20	3	0	902	791	412			
Relay 2nd / Relay Drop 5	3	17	3	222	195	0			
Relay 3rd / Relay Total	0	3	10	680	596	412			
Individual 1st / Ind Total Points	5	5	0	81	81	37			
Individual 2nd / Ind Drop 2	3	3	2	7	7	0			
Individual 3rd / Ind Total	1	1	3	74	74	37			
GRAND TOTAL				754	670	449			

Paul Westbrook

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