

TI Track & Field Team 2013 USCAA Corporate Cup Meet Results – San Ramon, CA on July 13th and 14th

In 2012 TI had to move up to the large division after our mid-sized competition teams dwindled in number. We placed a respectable 3rd place in 2012 and were looking to move on 2nd place finisher AT&T. We were back up to 53 members this year, which was up from 46 in 2012. The big theme of 2013 was rookies. We had 19 rookies (36% of the team).

2013 Team Stats

53 members: 36 males, 17 females; (up from 46 members in 2012)

Average age = 42.0, max=74, min=21

Employees = 35, Retirees = 12, Coops = 2, Contractors = 0, Alumni = 4

Qualifying: Auto qual =11 (21%), Min qual = 11 (21%)

Rookies = 19 (36%)

The meet returned to San Ramon, California in the bay area. After a busy day of travel the team was in place and ready to start the always busy weekend – except for a couple of carloads of rookies who made the mistake of not following the book itinerary and going into San Francisco for lunch. They missed the handoff practice and part of the team meeting.

It was likely that GE, with their 100,000+ US employee base would win, but if everything went perfectly we had a chance to challenge AT&T for 2nd place overall. Here's how it all unfolded, including the double twist dramatic ending.

Sat, Jul 13th

5K Team Road Race

The road race scoring changed this year to best WMA (WAVA) scores. The best 5 men and best 4 women score for your team. For the women, Heidi came back this year very strong as did Terry & Diana. Mary Kennard had been injured and not running. Just weeks before the meet she completed a 5K and felt better, but was disappointed with her time. I coaxed her into coming and she knocked 3 more minutes off to propel the women to a 2nd place finish just 4 points ahead of GE.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Women's 5K	Fin	Sat 7:30	5K	F	22:39	76.64	52	McCauley, Heidi
Women's 5K	Fin	Sat 7:30	5K	F	25:34	74.55	59	Gonzalez, Terry
Women's 5K	Fin	Sat 7:30	5K	F	26:13	70.72	57	Sulser, Dianna
Women's 5K	Fin	Sat 7:30	5K	F	33:42	71.62	74	Kennard, Mary
Women's 5K	Fin	Sat 7:30	5K	F	23:21	63.54	32	Sze, Vivienne
Women's 5K	Fin	Sat 7:30	5K	F	24:00	61.67	28	Johnson, Stephanie
Women's 5K	Fin	Sat 7:30	5K	F	25:27	58.15	24	Gerik, Kaitlyn
Total-Women's 5K						2nd		293.5

We had a solid men's team but GE brought a strong road group and edged us by 10 points.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Men's 5K	Fin	Sat 7:30	5K	M	16:53	83.34	44	Schmidt, Brian
Men's 5K	Fin	Sat 7:30	5K	M	19:22	82.83	60	Hull, Chuck
Men's 5K	Fin	Sat 7:30	5K	M	23:15	78.92	73	Vanbesien, Bies
Men's 5K	Fin	Sat 7:30	5K	M	17:41	75.51	37	Glotzbach, John
Men's 5K	Fin	Sat 7:30	5K	M	19:13	78.00	52	Pearson, Mark
Men's 5K	Fin	Sat 7:30	5K	M	21:33	75.09	61	Jenkins, JJ
Men's 5K	Fin	Sat 7:30	5K	M	25:25	72.19	73	Capps, Wally
Total-Men's 5K						2nd		398.6

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.

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 2nd fastest qual time.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
4 x 100 Relay	Pre	Sat 10:45	100	F	14.4	40+	51	Phillips, Sheri
4 x 100 Relay	Pre	Sat 10:45	100	F	13.6	Open	27	Boarman, Andrea
4 x 100 Relay	Pre	Sat 10:45	100	M	12.1	40+	41	Sarpong, Benjamin
4 x 100 Relay	Pre	Sat 10:45	100	M	10.7	Open	24	Roberson, Todd
PreTot-4 x 100 Relay					50.8	2nd		

Submaster Distance Relay

The first track final of the event is for 30+ runners and, as usual, we had a team well above the age requirement. I made a few strategic shifts this year and the team came through with flying colors to win a solid 2nd place. I gamled and pulled Brian Schmidt out of this and Glotzbach stepped in nicely.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
SubMaster Dist Relay	Fin	Sat 10:55	800	M	02:17.2	35/30	30	Jorio, Ismail
SubMaster Dist Relay	Fin	Sat 10:55	400	F	01:13.0	30+	49	Michalak, Beth
SubMaster Dist Relay	Fin	Sat 10:55	1200	M	03:39.0	35/30	49	Luo, Luke
SubMaster Dist Relay	Fin	Sat 10:55	1600	M	05:18.3	30/35	37	Glotzbach, John
Total-SubMaster Dist					12:27.5	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. Coach Rio and Sheri left to the gold medal this year by about 80 points

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
High Jump	Fin	Sat - flight?	HJ	F	4'2"/877	Any	51	Phillips, Sheri
High Jump	Fin	Sat - flight?	HJ	M	4'0"/888	Any	71	King, Rio
High Jump	Fin	Sat - flight?	HJ	M		Any	#N/A	

Discus

We didn't have any throwers and were unable to enter this event. A pair of 650 point scores would win this. Throwers, where are you?

Individual 200's

A couple of years ago they added some individual races. We didn't do well in 2012, but we stepped it up in 2013. Rookie intern student Ben convinced me to let him try the 200m and rewarded my OK with a 1st place finish. Then Barry began the start of what would be an incredible weekend for him with another 1st. JJ took a solid second and Coach Rio grabbed another gold to go with his high jump medal.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Indiv M 200m 18+	Fin	Sat 11:15	200	M	24.83/1st	Open	21	Kanevsky, Benjamin
Indiv M 200m 50+	Fin	Sat 11:16	200	M	27.45/1st	50+	59	Pappermaster, Barry
Indiv M 200m 60+	Fin	Sat 11:17	200	M	31.33/2nd	60+	61	Jenkins, JJ
Indiv M 200m 70+	Fin	Sat 11:17	200	M	34.31/1st	70+	71	King, Rio
Indiv F 200m 18+	Fin	Sat 11:45	200	F	30.18/3rd	Open	27	Boarman, Andrea
Indiv F 200m 40+	Fin	Sat 11:46	200	F	34.92/3rd	40+	50	Toliver, Robin
Indiv F 200m 50+	Fin	Sat 11:47	200	F	31.74/1st	50+	51	Phillips, Sheri
Indiv F 200m 60+	Fin	Sat 11:47	200	F	drop	60+	32	drop

3 Lap Sprint Prelim

It was an all rookie prelim team and they almost didn't get lined up and in the right places. Some other team members ran to the rescue and they were set – and they all ran great. All four of these have a lot to build on for next year.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
3 Lap Sprint	Pre	Sat 12:25	200	F	00:33.8	Open	28	Rogers, Annalisa
3 Lap Sprint	Pre	Sat 12:25	200	M	00:26.9	Open	29	Roberts, Matt
3 Lap Sprint	Pre	Sat 12:25	400	M	01:02.8	Open	36	Williams, Scott
3 Lap Sprint	Pre	Sat 12:25	400	M	00:56.7	Open	25	Fagnani, Anthony
PreTot-3 Lap Sprint					03:00.2	2nd		

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 had been injured but bravely came out and proceeded to run exactly what I predicted. Steve Smith and rookie Haydar both exceeded expectations, but the other teams had quite an age advantage and we took a solid 3rd place.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Executive Relay	Fin	Sat 1:20	800	F	03:11.1	30+	51	Howard, Vonnie
Executive Relay	Fin	Sat 1:20	400	M	01:03.4	30+	53	Westbrook, Paul
Executive Relay	Fin	Sat 1:20	800	M	02:32.5	30+	55	Smith, Steve
Executive Relay	Fin	Sat 1:20	1600	M	05:57.8	30+	45	Bilhan, Haydar
Total-Executive Relay					12:44.8	3rd		

4x200 Prelim

Claude was iffy a few weeks ago, but he came out and helped in so many ways. Mike and Amy were back from last year and Michael was tired of managing uniforms and needed to run. They did exactly what we needed – qualified the team for the finals.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
4 x 200 Relay	Pre	Sat 1:40	200	M	00:30.5	40+	48	Cirba, Claude
4 x 200 Relay	Pre	Sat 1:40	200	M	00:31.2	50+	58	Simon, Mike
4 x 200 Relay	Pre	Sat 1:40	200	F	00:31.8	Open	24	Ball, Amy
4 x 200 Relay	Pre	Sat 1:40	200	M	00:26.7	Open	27	Reynolds, Michael
PreTot-4 x 200 Relay					02:00.2	4th		

Distance Relay

Ismail was lobbying me for shorter events, but he did such a nice job on the 2 mile anchor last year that I forced him to do it again. First Heidi had a great performance for a 51 year old running in an open event. Then Larry had an absolute breakthrough and took 10 seconds off his season best in the 800. Chuck, running the 40+ leg (and giving up a bit of age) did great as always. Rookie Barnabe then shaved 8 seconds off his best mile and set up the best finish of the day. Exxon took the last baton a bit in front of us and Ismail tracked down and passed the Exxon runner. The Exxon guy stayed within stalking distance the whole race and moved up on the final lap. On the back stretch Exxon tried to pass but Ismail surged and forced him to run the wider curve. Then the greatest home stretch in the history of the Distance Relay unfolded. They raced down the stretch each surging slightly in front back and forth. It looked like Exxon had it and Ismail dug one final kick and won by a photo finish. A 5.5 mile race was decided by less than 1/100th of a second. What a team. To make it more impressive, Ismail was fasting for Ramadan.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Distance Relay	Fin	Sat 1:50	1600	F	06:28.0	Open	52	McCauley, Heidi
Distance Relay	Fin	Sat 1:50	800	M	02:15.0	Open	26	Laugeson, Larry
Distance Relay	Fin	Sat 1:50	1600	M	05:39.3	40+	60	Hull, Chuck
Distance Relay	Fin	Sat 1:50	1600	M	05:30.3	Open	36	Allouard, Barnabe
Distance Relay	Fin	Sat 1:50	3200	M	11:54.0	Open	30	Jorio, Ismail
Total-Distance Relay					31:46.6	2nd		

Individual 400m

Greg Gordon shaved 2 seconds off his best previous time this year. Chris Grant and Beth both ran solid times for a group of 2nd place finishes. Brandy would have done well in the 30+, but I needed her in other events.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Indiv M 400m 30+	Fin	Sat 2:30	400	M	57.04/2nd	30+	40	Gordon, Greg
Indiv M 400m 40+	Fin	Sat 2:35	400	M	56.80/2nd	40+	45	Grant, Chris
Indiv F 400m 30+	Fin	Sat 2:55	400	F	drop	30+	51	drop
Indiv F 400m 40+	Fin	Sat 3:00	400	F	75.89/2nd	40+	51	Michalak, Beth
SubTotal- Open 400m								

Senior's Relay Prelim

Good solid prelim team to easily qualify us and rest the other Seniors for finals. Several seniors could be seen taking naps in the stands. Cynthia, who was still recovering from surgery earlier this year wasn't planning to run, but decided to jump in the prelim and looked great.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Senior's Relay	Pre	Sat 3:20	200	M/F	00:37.0	60+	71	King, Rio
Senior's Relay	Pre	Sat 3:20	400	M	01:15.0	50+	60	Bosshart, Patrick
Senior's Relay	Pre	Sat 3:20	200	F	00:36.7	50+	54	Samilton, Cynthia
Senior's Relay	Pre	Sat 3:20	600	M	01:52.2	50+	52	Pearson, Mark
Senior's Relay	Pre	Sat 3:20	400	M	01:14.0	50+	58	Simon, Mike
PreTot-Senior's Relay					05:34.9	2nd		

Submaster's Sprint Prelim

Three of the four were rookies, but they acted like veterans and easily qualified for the final.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Submasters Sprint	Pre	Sat 3:45	200	F	00:34.0	30+	40	Hilbun, Stephanie
Submasters Sprint	Pre	Sat 3:45	200	M	00:26.0	35/30	30	Brantmeier, Paul
Submasters Sprint	Pre	Sat 3:45	400	M	01:03.8	35/30	35	Fulce, Mitchell
Submasters Sprint	Pre	Sat 3:45	800	M	02:30.7	30/35	36	Allouard, Barnabe
PreTot-Submast Sprint					04:34.5	2nd		

Sprint Relay Prelim

Stephanie only came out a few weeks ago and has only run times four times. Each one has gotten faster. Kaitlyn came out early and almost dropped out, but then made a late surge back onto the team. Anthony and Larry both worked hard and tried many events this year. Anthony found his niche in the 400m and ran a nice 56.7 earlier in the day. Matt Roberts was another late addition who is still figuring out what events best fit for him. They all did their job and qualified the team.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Sprint Relay	Pre	Sat 4:20	200	F	00:33.3	30+	40	Hilbun, Stephanie
Sprint Relay	Pre	Sat 4:20	200	F	00:33.6	Open	24	Gerik, Kaitlyn
Sprint Relay	Pre	Sat 4:20	400	M	01:00.0	Open	26	Laugeson, Larry
Sprint Relay	Pre	Sat 4:20	400	M	01:01.6	Open	25	Fagnani, Anthony
Sprint Relay	Pre	Sat 4:20	200	M	00:30.5	40+	48	Cirba, Claude
Sprint Relay	Pre	Sat 4:20	200	M	00:27.5	Open	29	Roberts, Matt
PreTot-Sprint Relay					04:06.5	3rd		

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

Sun, Jul 14th

10K Team Road Race

This is a complex event 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 I didn't see any way for the men to catch GE for 1st in the 10K. I was thinking about pulling Brian Schmidt out of the 10K to rest him for two track finals later in the day. We waited and the start and sized up the other teams, then Rio and I pulled him about 30 seconds before the start. The rest of the men did great and easily secured 2nd place. Mike Simon, who had come to run prelims on the track jumped in and almost became our 5th male scorer. Haydar, who came to run the exec relay also had a nice 10K run.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Men's 10K	Fin	Sun 7:00	10K	M	40:24	82.60	60	Hull, Chuck
Men's 10K	Fin	Sun 7:00	10K	M	47:33	80.31	73	Vanbesien, Bies
Men's 10K	Fin	Sun 7:00	10K	M	40:27	77.10	52	Pearson, Mark
Men's 10K	Fin	Sun 7:00	10K	M	37:40	73.77	37	Glotzbach, John
Men's 10K	Fin	Sun 7:00	10K	M	52:28	72.80	73	Capps, Wally
Men's 10K	Fin	Sun 7:00	10K	M	45:20	72.37	58	Simon, Mike
Men's 10K	Fin	Sun 7:00	10K	M	45:35	64.74	45	Bilhan, Haydar
Total-Men's 10K						2nd		386.6

With Mary K. still recovering she couldn't run the 10K yet, so the women were down to 4. They all ran well, but got edged by GE for 2nd place.

2013 Event	Fin/Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Women's 10K	Fin	Sun 7:00	10K	F	47:48	74.40	52	McCauley, Heidi
Women's 10K	Fin	Sun 7:00	10K	F	53:28	73.05	59	Gonzalez, Terry
Women's 10K	Fin	Sun 7:00	10K	F	54:01	70.34	57	Sulser, Dianna
Women's 10K	Fin	Sun 7:00	10K	F	48:05	63.24	32	Sze, Vivienne
Total-Women's 10K						3rd		281.0

Kids Race

It doesn't count for team points, but the kids race (toddler division) was dominated by Amy Ball's niece Lucy. She blasted to the finish while the other two competitors cried and hugged their moms at the start. Look at that knee lift!



Lucy running the kids race while Amy Ball looks on.

4x100 Final

We had the fastest team, but exactly like 2012 we had one shaky handoff that cost us the gold medal. Todd made a furious charge down the stretch, but was 7/100ths behind AT&T. Andrea Boarman made her rookie debut after some foot surgery a few years ago. She will come back even faster and stronger next year. Sheri and Ben were their usual solid selves.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
4 x 100 Relay	Fin	Sun 10:50	100	F	14.98	40+	51	Phillips, Sheri
4 x 100 Relay	Fin	Sun 10:50	100	F	14.12	Open	27	Boarman, Andrea
4 x 100 Relay	Fin	Sun 10:50	100	M	11.53	40+	41	Sarpong, Benjamin
4 x 100 Relay	Fin	Sun 10:50	100	M	10.25	Open	24	Roberson, Todd
Total-4 x 100 Relay					50.88	2nd		

Women's 800 Team Race

We didn't have enough females to think about fielding a team. Next year? Yes, you. It would take a pair of 2:30 runners to even medal. We need a pair of sub 2:20's to win.

3-Lap Sprint

Three rookies were on this team, but they all ran very well to secure another 2nd place for the team. Heather didn't get much training in, so she has big upside potential. Hieu was consistent at practice all season. Ben is a summer intern and ran a great anchor. Michael always shows up in top shape and runs to his potential.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
3 Lap Sprint	Fin	Sun 11:20	200	F	00:31.3	Open	24	Geiger, Heather
3 Lap Sprint	Fin	Sun 11:20	200	M	00:24.2	Open	24	Nguyen, Hieu
3 Lap Sprint	Fin	Sun 11:20	400	M	00:57.8	Open	27	Reynolds, Michael
3 Lap Sprint	Fin	Sun 11:20	400	M	00:53.5	Open	21	Kanevsky, Benjamin
Total-3 Lap Sprint					02:46.8	2nd		

Men's Mile

The rule changed for 2013 and now one of the milers has to be over 40. I knew there was no one over 40 who could hang with Brian Schmidt but we struggled all season to find that final open age miler. Three good candidates all had various injuries. Brian Failing answered the late call despite getting little training this season due to a soccer shoulder injury. Brian S. ran with the open age guy from GE and Brian F. battled the 40+ guy from GE. In the end, the combined time was 1 second in GE's favor.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Men's Mile Team	Fin	Sun 11:30	1600	M	05:12.0	Open	30	Failing, Brian
Men's Mile Team	Fin	Sun 11:30	1600	M	04:48.4	40+	44	Schmidt, Brian
Total-Men's Mile					10:00.4	2nd		

4x200 Relay

Benjamin's hamstring held together this year and we were in the hunt. GE had a solid team and won, but Todd got payback for the 4x100 when he made a great late surge and caught the AT&T runner at the line and took 2nd by 5/100ths of a second.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
4 x 200 Relay	Fin	Sun 11:50	200	M	00:25.3	40+	41	Sarpong, Benjamin
4 x 200 Relay	Fin	Sun 11:50	200	M	00:26.8	50+	59	Pappermaster, Barry
4 x 200 Relay	Fin	Sun 11:50	200	F	00:30.1	Open	27	Boarman, Andrea
4 x 200 Relay	Fin	Sun 11:50	200	M	00:22.9	Open	24	Roberson, Todd
Total-4 x 200 Relay					01:45.1	2nd		

Senior's Relay

Last year due to some injuries and absences we finished 4th in this event. This year we had Barry! Everyone ran a solid leg and most had a best for the year, but Barry was the one who ran an incredible time for the 600m leg and pulled us into a solid 2nd place. Barry, Barry, Barry chanted the TI crowd.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Senior's Relay	Fin	Sun 12:25	200	M	00:31.6	60+	61	Jenkins, JJ
Senior's Relay	Fin	Sun 12:25	400	M	01:05.4	50+	55	Smith, Steve
Senior's Relay	Fin	Sun 12:25	200	F	00:33.4	50+	50	Toliver, Robin
Senior's Relay	Fin	Sun 12:25	600	M	01:36.5	50+	59	Pappermaster, Barry
Senior's Relay	Fin	Sun 12:25	400	M	01:02.7	50+	53	Westbrook, Paul
Total-Senior's Relay					04:49.6	2nd		

Women's Relay

This relay has to have one 40+ runner and their ages have to add to 90. We didn't have 800m runners or any spare 400m females. Come on gals – next year we need some commitment and training.

Submaster's Sprint

Brandy and Paul got a great start but Greg felt a muscle pull right on takeoff. He bravely made it around and held our position so Luke could cruise to 2nd place.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Submasters Sprint	Fin	Sun 12:45	200	F	00:29.5	30+	36	Burton, Brandy
Submasters Sprint	Fin	Sun 12:45	200	M	00:25.8	35/30	30	Brantmeier, Paul
Submasters Sprint	Fin	Sun 12:45	400	M	01:09.2	35/30	40	Gordon, Greg
Submasters Sprint	Fin	Sun 12:45	800	M	02:21.3	30/35	49	Luo, Luke
Total-Submast Sprint					04:25.8	2nd		

President's Relay

This is for VP's or their direct reports and for Senior Fellow's. We couldn't round up a team and gave AT&T and uncontested 1st place win. This one might have cost us the team title.

Pyramid Relay

First we played rock, paper, scissors, (lizard, Spock) with Brian F. and Ismail to see who would run the 1200m leg. Alvin had a calf issue a few weeks ago but went down to warm up. As a backup we sent Larry down on the heels of his breakthrough 800m on Saturday. Alvin came back up and said he felt OK but didn't want to risk pulling up and hurting the team's chances. This is exactly the kind of selfless behavior that defines what a great team we have. There is no "I" in team, but there is an "A" for Alvin. All ran well, but we fell about 6 seconds short of 2nd place.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Pyramid Relay	Fin	Sun 1:55	400	F	01:11.7	Open	24	Geiger, Heather
Pyramid Relay	Fin	Sun 1:55	800	M	02:19.7	Open	26	Laugeson, Larry
Pyramid Relay	Fin	Sun 1:55	1200	M	03:41.5	Open	30	Jorio, Ismail
Pyramid Relay	Fin	Sun 1:55	800	M	02:16.3	Open	30	Failing, Brian
Pyramid Relay	Fin	Sun 1:55	400	F	01:12.1	Open	36	Burton, Brandy
Total-Pyramid Relay					10:41.3	3rd		

Master's Relay

You might have noticed the theme of 2nd place finishes. We were bridesmaids almost all day long with a collection of silver medals. We had a few individual gold medals and the high jump team had won gold, but no relay had won it all yet.

This event was one of the reasons I pulled Brian out of the 10K, so he would be a little more rested. I also subbed Sheri in to pick up a few more seconds on the back end in case we needed it. The team gave me a several second lead and I cruised and even added a few more to win by 9 seconds over GE.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Masters Relay	Fin	Sun 2:10	800	M	02:16.9	40/50	44	Schmidt, Brian
Masters Relay	Fin	Sun 2:10	400	M	00:55.4	40/50	45	Grant, Chris
Masters Relay	Fin	Sun 2:10	800	M	02:14.9	40/50	49	Luo, Luke
Masters Relay	Fin	Sun 2:10	200	F	00:30.6	40+	51	Phillips, Sheri
Masters Relay	Fin	Sun 2:10	200	M	00:27.7	50/40	53	Westbrook, Paul
Total-Masters Relay					06:25.5	1st		

Sprint Relay

Brandy pulled a quick turnaround from her Pyramid 400m for a great start. Amy Ball made great improvements in her 2nd year out. Ben and Todd ran an excellent pair of 400m legs. Rookie Rick Oden had a little tweak in the long jump, so Barry stepped in for his 4th final of the weekend. Rookie Hieu brought it home for another silver.

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Sprint Relay	Fin	Sun 3:50	200	F	00:30.3	30+	36	Burton, Brandy
Sprint Relay	Fin	Sun 3:50	200	F	00:31.4	Open	24	Ball, Amy
Sprint Relay	Fin	Sun 3:50	400	M	00:54.7	Open	21	Kanevsky, Benjamin
Sprint Relay	Fin	Sun 3:50	400	M	00:54.3	Open	24	Roberson, Todd
Sprint Relay	Fin	Sun 3:50	200	M	00:28.2	40+	59	Pappermaster, Barry
Sprint Relay	Fin	Sun 3:50	200	M	00:25.5	Open	24	Nguyen, Hieu
Total-Sprint Relay					03:44.4	2nd		

Long Jump

Just a few weeks ago Rick Oden decided to join the team this year. I paired him and Sheri in the long jump and thought they had a good shot at 2nd place. And indeed, that's what it appeared they won. Read below, for the rest of the story . . .

Shot Put

We didn't enter this one and GE won both the throwing events.

Overall Results - http://www.prepcaltrack.com/ATHLETICS/USCAA/2013/USCAA_Finals.htm

AT&T had a few more 1st place finishes than TI, though they also had quite a few 3 place slots. We had an array of 2nd place finishes. Still, it looked like they would edge us for the overall 2nd place team award this year.

Benjamin, Rio, and I trotted down to the field to pick up our team award and were surprised when they announced AT&T was 3rd. A few minutes later the AT&T guys came over and said there must be a scoring error as they thought they edged us. We agreed and the scorers combed through the results and indeed found two issues. The change to WMA scoring on the road races affected how the master scoring program totaled those results – it was actually reversing the place points. They also hadn't added the 2 extra drops for the individual events. Once fixed, the total appeared to be:

GE: 730 points (1st)

AT&T: 668 points (2nd)

TI: 656 points (3rd)

We enjoyed our team dinner and the all-team party on Sunday evening, then headed home on Monday.

On Wednesday, I got a call from AT&T captain Lou Putnam. He said that he found an error in the AT&T long jump scoring. He had made a late substitution of a 37 year old jumper for an injured 63 year old jumper. The roster didn't get updated, so his 37-year old was listed as 63 and got really high points for his jumps. When corrected to his actual age, AT&T dropped from 1st to 4th and TI moved up from 2nd to 1st. That added 6 points to our score, and knocked 12 off of AT&T. TI had indeed won 2nd place overall at the meet.

Long Jump Results

2013 Event	Fin/ Pre	Day/ Time	Dist	Sex	13 Result	AG / WMA	13 Age	13 Name
Long Jump	Fin	Sun - flight?	LJ	M	16'6.5"/729	Any	48	Oden, Rick
Long Jump	Fin	Sun - flight?	LJ	F	13'1.75"/866	Any	51	Phillips, Sheri
Long Jump	Fin	Sun - flight?	LJ	M		Any	#N/A	
Total-Long Jump					1595	1st		

So Sheri earned her 4th gold medal of the meet (50+ 200m run, high jump, long jump, master's relay) to go with her silver in the 4x100 (just 7/100ths of a second shy of gold). The FINAL team scores were:

GE – 731
 TI – 662 (up 52 points from 2012)
 AT&T – 656
 ExxonMobil – 509
 BoozAllenHamilton - 347
 Boeing - 8

Each team develops a specific personality. What defined this year's team was spirit and enthusiasm. We had the most spirited team by far; and we had 19 rookies; and we won a LOT of silver medals. Combined with the wacky scoring issues at the end I will say that this meet has moved into my all time top 3 national meets of the 29 I've attended. 1st is the year 2000 "Runnin' in Renton" win over Qwest and their group of Olympic athletes. 2nd is the 2004 "Miracle in Maine" comeback victory. And now the 2013 "Silver Spirit" group that edged AT&T for 2nd place overall.

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.

I saw this story on Infolink about Rich Templeton meeting with all the summer interns: *When an intern asked Rich how he measures success, he said he was always driven by whether he was on a winning or losing team. "If you think success is just climbing a ladder, you will never be very happy," he said. "That's a very 'I'-oriented thing. If you enjoy being part of winning teams and winning, it takes you in a very different direction of where your satisfaction comes from."*

Rich should come out and join us next year and be part of our winning team. We need to fill our President's Relay team and not give AT&T an automatic gold medal.

Final team scores on the next page.

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Final Team Scores	Place 2013						Points 2013						
	TI	ATT	GE	EXX	BAH	Boeing	TI	ATT	GE	EXX	BAH	Boeing	
EVENT													
WOMEN'S 5K	2	1	3	4	9	9	34	40	31	28	0	0	
MEN'S 5K	2	3	1	4	9	9	34	31	40	28	0	0	
SUB-MASTERS DISTANCE	2	3	1	9	4	9	34	31	40	0	28	0	
EXECUTIVE RELAY	3	2	1	9	9	9	31	34	40	0	0	0	
DISTANCE RELAY	2	9	1	3	9	9	34	0	40	31	0	0	
MEN'S 10K	2	3	1	5	4	9	34	31	40	25	28	0	
WOMEN'S 10K	3	1	2	4	9	9	31	40	34	28	0	0	
4X100 METER RELAY	2	1	4	3	9	9	34	40	28	31	0	0	
WOMEN'S 800M	9	1	2	3	9	9	0	40	34	31	0	0	
THREE-LAP SPRINT	2	4	1	3	5	9	34	28	40	31	25	0	
MENS MILE	2	9	1	3	4	9	34	0	40	31	28	0	
4x200 RELAY	2	3	1	4	5	9	34	31	40	28	25	0	
SENIORS' RELAY	2	3	1	9	9	9	34	31	40	0	0	0	
WOMEN'S RELAY	9	1	2	3	9	9	0	40	34	31	0	0	
SUB-MASTERS SPRINT	2	3	1	9	4	9	34	31	40	0	28	0	
PRESIDENTS' RELAY	9	1	9	9	9	9	0	40	0	0	0	0	
PYRAMID	3	9	1	2	9	9	31	0	40	34	0	0	
MASTERS RELAY	1	3	2	9	4	9	40	31	34	0	28	0	
SPRINT RELAY	2	4	1	3	9	9	34	28	40	31	0	0	
High Jump	1	9	2	9	3	9	40	0	34	0	31	0	
Long Jump	1	4	2	3	5	9	40	28	34	31	25	0	
Shot	9	2	1	3	4	9	0	34	40	31	28	0	
Discus	9	2	1	3	4	9	0	34	40	31	28	0	
Indiv M 200m 18-29	1	3	4	2	5	9	10	7	6	8	5	0	
Indiv M 200m 50-59	1	4	3	9	5	2	10	6	7	0	5	8	
Indiv M 200m 60+	2	1	3	9	9	9	8	10	7	0	0	0	
Indiv M 200m 70+	1	2	9	9	9	9	10	8	0	0	0	0	
Indiv F 200m 18-29	3	2	1	4	9	9	7	8	10	6	0	0	
Indiv F 200m 40-49	3	1	2	9	4	9	7	10	8	0	6	0	
Indiv F 200m 50+	1	2	9	9	9	9	10	8	0	0	0	0	
Indiv F 200m 60+	9	9	9	2	1	9	0	0	0	8	10	0	
Indiv M 400m 30-39	2	3	1	9	4	9	8	7	10	0	6	0	
Indiv M 400m 40-49	2	9	1	4	3	9	8	0	10	6	7	0	
Indiv F 400m 30-39	9	2	1	9	9	9	0	8	10	0	0	0	
Indiv F 400m 40-49	2	1	3	9	4	9	8	10	7	0	6	0	
23 team events >	18	19	22	16	11	0	621	643	823	481	302	0	
17 counted events (drop 6) >							590	587	662	481	302	0	
12 individual events >	10	10	9	4	7	1	86	82	75	28	45	8	
8 individual (drop 4) >							72	69	69	28	45	8	
Raw Total							707	725	898	509	347	8	
FINAL ADJUSTED TOTAL							662	656	731	509	347	8	
							2nd	3rd	1st	4th	5th	6th	

Team Photo on next page



2013 TI Track & Field Team