

33rd Annual
San Ramon, California
July 24-25, 2010



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www.athletictigers.com



The Tigers ExxonMobil Worldwide Corporate Track and Field and Road Racing Team

ExxonMobil employees, contractor and annuitant athletes, from all over the world, train throughout the year for the opportunity to participate in a national competition. We compete before a stadium full of corporate representative and spectators one or two weekends each year. Our team now has about 100 athletes.

Of these around 40 attends the United States Corporate Athletic Association (USCAA) National Corporate Cup Relays, a Track & Field and Road Racing Championships held every summer in July. This event is unique, as it is the only sanctioned national corporate athletic competition of this kind. Because it involves multinational corporations, we consider it to be our World Championship.

The Tigers have gathered to compete at USCAA Nationals since 1981. Although we have never won this competition, we placed among the top teams every year. Our best finish was in Des Moines in 1995, achieving second place with a team of approximately 67 athletes. The 2009 USCAA Nationals saw a team of approximately 20 Tigers, fiercely competing, in San Diego, California.

Team spirit is the most powerful force behind the Tigers! Together we have trained and prepared. Together we will give our very best. We are willing to accept the challenge, the pain, the glory and the fun.

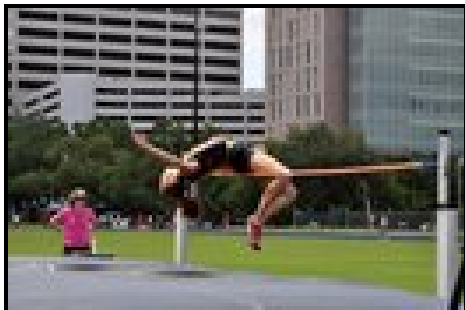
Welcome to the 2010 Rookies:

Hannah Howard Daniel Jouas Andrew Heider Daniel Bolta



These last few years the Tigers have also participated in the famous Penn Relays (Corporate Relays), the USCAA Marathon, the New York JP Chase Corporate Challenge and the US Army 10 Miler.

Regionals 2010





www.athletictigers.com

We are ordering more uniforms:

Singlets = \$35 USD (Men or Women)

Bras = \$35 USD (Women only)

Tanks (fitted) = \$45 USD (Women only) **NEW**

To order email jovette.jolicoeur@shaw.ca and cc ken.w.thomas@exxonmobil.com with quantity, gender, type and size and send your cheque made out to "Tiger Fund" to:

Ken Thomas
 Chemical Plant Laboratory
 3600 Park Street
 Baytown, Tx, USA 77521

UNISEX / MEN'S SIZING

SIZE	XS	S	M	L	XL	2XL	3XL	4XL
WAIST	26-28"	28-30"	31-33"	34-35"	36-37"	38-40"	40-42"	42-44"
CHEST	34-36"	36-38"	38-40"	40-42"	42-44"	44-46"	46-48"	48-50"
INSEAM	30"	30.5"	31"	32"	33"	33.5"	34"	34.5"

WOMEN'S SIZING

SIZE	XS	S	M	L	XL	2XL
WAIST	24-26"	26-28"	28-30"	30-32"	32-34"	34-36"
BUST/CUP	30B-32A	32B-34A	34A-34C	34C-36B	36C-38B	38C-40B
HIP	34-36"	36-38"	38-40"	40-42"	42-44"	44-46"
INSEAM	28"	28.5"	29"	30"	30.5"	31"

Money raised will go entirely to the Tiger Fund to pay for team expenses such as:

- Team entry at the Nationals.
- Team entry at the USCAA Marathon.
- Team entry at the Penn Relay.
- Team canopy at the Nationals and food during the meet.
- Free airline tickets to rookies meeting certain standards.
- Traveling money to team members in financial need.
- Website domain registration renewal.



Tank is new "Tiger" design coming soon.

Event Name: 4 x 100 SPRINT RELAY

Description: Four runners, two females and two males, with one male and one female 40 years or older, each running 100m in the following order: 40+ female, open female, 40+ male, open male.

Time Event Begins: Prelims Saturday 10:45
 Finals Sunday 10:50

Exxon Record: 48.446 2006 Golden, Co

40+ fem 100m Norma Johnson 14.68
 open fem 100m Amber Abel 12.49
 40+ male 100m Ken Thomas 10.89
 open male 100m JC Bayard 10.43

2009 ExxonMobil Performance: 55.89

40+ fem 100m Jovette Jolicoeur 14.73
 open fem 100m Lisa Mazzocco 15.93
 40+ male 100m Ken Thomas 12.4
 open male 100m C Davis Powell 12.2

Best Exxon Nationals Placing: 1st 2006, 2008

National Record: GE 48.17 2001 Renton, Wash.

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	AT&T	50.31	EM	49.03	AT&T	49.21	EM	48.446	Boeing	49.51	AT&T	50.27	AT&T	49.6
2nd	GE	51.01	AT&T	50.95	EM	49.79	AT&T	48.683	AT&T	50.59	EM	51.82	GE	49.7
3rd	Boeing	55.17	LM	55.1	GE	50.8	GE	48.947	GE	51.18	LM	55.35	LM	51.4
4th	EM	55.89	GE	01:12.5	LM	54.53			EM	DNE			EM	55.7
5th	LM	56.69			Boeing	01:08.2								
# Teams	5		4		5		4						5	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)		Actual Athlete(s)			
100 40+ F	00:15.0	Jovette Jolicoeur		00:14.5	Jovette Jolicoeur					
100 fem	00:14.0	Jessie Foltz		00:13.0	Jessie Foltz					
100 40+M	00:12.0	Ken Thomas		00:12.4	Ken Thomas					
100 male	00:12.0	Andrew Heider		00:11.5	Andrew Heider					
Total	00:53.0			00:51.4						

Minimum Qualifying Time: N/A

Strategy: Win



Event Name: 4 x 200m RELAY

Description: Four runners, with a runner 40 years of age or older running the first leg, a runner 50 or older running second, a woman running third, and a man running the fourth leg.

Time Event Begins: Prelims: Saturday 12:25
 Finals: Sunday 11:20

Exxon Record: **01:42.4** **2003**

40+ 200m	Eddie Valles	24.9	Texas
50+ 200m	Bill Beardsmore	26.7	England
Female 200m	Jessie Foltz	27.8	Texas
Male 200m	Jean-Christophe Bayard	22.9	Holland



2009 ExxonMobil Performance: **01:57.9**

40+ 200m	Art Morrow
50+ 200m	Bill Beardsmore
Female 200m	Elaine Mut
Male 200m	Andrew Cashion

Best Exxon Nationals Placing: 3rd 001, 2003, 2004, 2007, 200

National Record: USW 01:34.0 1998

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	AT&T	01:42.2	AT&T	01:39.8	GE	01:38.0	GE	01:36.6	Boeing	01:38.7	AMT&T	01:41.2	GE	01:39.1
2nd	GE	01:42.4	GE	01:41.2	AT&T	01:39.7	AT&T	01:38.0	GE	01:39.4	GE	01:41.9	LM	01:39.9
3rd	LM	01:55.2	EM	01:48.7	EM	01:47.5	LM	01:54.0	AT&T	01:39.5	EM	01:45.0	EM	01:42.4
4th	EM	01:57.9	LM	01:51.1	LM	01:53.4	EM	02:04.0	EM	01:55.2				
# Teams	4		4		4		4		5		4			
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m(40+)	n/a	Larry Volmer	00:25.0	Larry Volmer	
200m(50+)	n/a	Herman Williams	00:28.0	Herman Williams	
200m (F)	n/a	Natasha Isaacs	00:32.0	Natasha Isaacs	
200m (M)	n/a	Daniel Bolta	00:22.0	Daniel Bolta	
Total	00:00.0		01:47.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: SUB-MASTER'S DISTANCE RELAY

Description: Four runners, one female 30 or older, one male 30 or older, and two male runners 35 or older, running in relay order: 800m, 400m, 1200m, 1600m.

Time Event Begins: **Finals only, Saturday** **10:55**

Exxon Record: **10:41.6** **1988 Palo Alto, CA (adjusted from yards to metric)**

800m	Billy Smith	02:01.3	Baton Rouge, LA / EUSA - MKTG
400m	Sharon McNeil	01:07.8	Houston, TX / EUSA - PROD
1200m	Roland Parrish	03:14.8	Houston, TX / EUSA - MKTG
1600m	Robert Radnoti	04:17.7	Thousand Oaks, CA / EUSA - PROD
	Total	10:41.6	

2009 ExxonMobil Performance **DNE**

800m
400m
1200m
1600m

Best Exxon Nationals Placing: Silver 2003, 2004

National Record: GE 10:33.6 1989

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	11:32.7	GE	11:15.67	GE	11:20.93	GE	11:44.600	GE	11:11.0	GE	11:12	GE	11:04
2nd	LM	11:43.3	LM	11:26.31	LM	11:25.93	LM	11:44.656	LM	15:05.0	EM	11:29	EM	11:09
3rd	AT&T	12:36.9	EM	11:35.00	AT&T	11:29.61	EM	12:12.718	AT&T	13:21.7	LM	11:35	LM	11:14
	EM	DNE	AT&T	12:56.38	EM	11:31.56			EM	DNE				
			Boeing	13:05.87	Boeing	13:51.73								
# Teams	3		5		5		4		3		3		5	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)					
800m	N/A			02:20.0									
400m	N/A			01:05.0									
1200m	N/A			03:30.0									
1600m	N/A			04:30.0									
Total				11:25.0									

Minimum Qualifying Time: N/A

Strategy:

Event Name: 3 - LAP SPRINT RELAY

Description: Four runners, minimum of one female, running in order: 200m, 200m, 400m, 400m.

Time Event Begins: Prelims: Saturday 11:50 or 11:55
 Finals: Sunday 11:20

Exxon Record: 2.32.539 2006 Golden, Co

200m	Norma Johnson	30.87 Houston, Texas
200m	Eugene Robinson	24.02 Houston, Texas
400m	JC Bayard	49.98 Belgium
400m	Jared Peacock	47.7 Golden, Co

2009 ExxonMobil Performance: 03:20.5 BRONZE

200m	Claire Joseph	34.95
200m	C Davis Powell	31.98
400m	Andrew Cashion	01:09.6
400m	Will Hickman	01:09.7

Best Exxon Nationals Placing: Silver 1997, 2003, 2004, 2006, 2007, 2008

National Record: Hughes 02:23.3 1987

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	02:30.2	GE	02:31.6	GE	2:29.97	GE	2:29.664	GE	02:29.7			GE	02:31.8
2nd	LM	02:39.5	EM	02:33.2	EM	2:32.67	EM	2:32.539	LM	02:35.5	EM	02:34.7	EM	02:33.0
3rd	EM	03:20.5	LM	02:39.1	LM	2:40.97	LM	2:39.815	AT&T	02:51.4	GE	02:35.3	LM	02:35.5
			AT&T	03:16.8	AT&T	2:58			EM	02:54.5				
					Boeing	2:59								
# Teams	3		4		5		4		4				3	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m	n/a	Natasha Isaacs	00:32.0	Natasha Isaacs	
200m	n/a	Daniel Jouas	00:25.0	Daniel Jouas	
400m	n/a	Robert Bradley	00:56.0	Robert Bradley	
400m	n/a	Daniel Bolta	00:55.0	Daniel Bolta	
Total	00:00.0		02:48.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: SUB-MASTER'S SPRINT RELAY

Description: Four runners, one female 30 or older, one male 30 or older, two males 35 or older, running in order: 200m, 200m, 400m, 800m.

Time Event Begins: Prelims; Saturday 15:45
 Finals; Sunday 13:20

Exxon Record: **03:44.9** **1988 Palo Alto, CA (adjusted from yards to metric)**

200m	Regina Smith	00:27.1	Houston, TX / EDPC
200m	Larry Vollmer	00:24.5	New Orleans, LA / PROD
400m	Billy Smith	00:50.7	Baton Rouge, LA / MKTG
800m	Jim Noel	02:02.6	Toronto, Canada / ESSO
	Total	03:44.9	

2009 ExxonMobil Performance: **05:02.4** **4th**

200m	Laurie Ropel	34	
200m	Art Morrow	28.52	
400m	Bill Beardsmore	01:10.1	
800m	Steve Smith	02:49.3	

Best Exxon Nationals Placing: 2003 Silver (Joicoeur, Vollmer, Wilkes, Kolesar)

National Record: Hughes 03:37.7 1992

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	LM	03:53.1	LM	3:53.51	GE	3.54.53	GE	3.59.856	GE	03:52.1	GE	03:56.5	GE	03:48.3
2nd	GE	03:55.9	GE	3.54.72	LM	4.02.71	AT&T	4.00.905	LM	03:58.0	LM	04:02.6	EM	04:02.7
3rd	AT&T	04:24.6	AT&T	4.21.58	EM	4.09.38	LM	4.03.704	EM	04:03.4	AT&T	04:18.4	LM	04:05.4
4th	EM	05:02.4	EM	4.23.15	AT&T	4.24.87	EM	4.40.051			EM	04:47.5		
					Boeing	4.45.64								
# Teams	4		4		5		4		5		4			
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m	n/a		00:34.0		
200m	n/a		00:26.0		
400m	n/a		01:00.0		
800m	n/a		02:30.0		
Total	00:00.0		04:30.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: PRESIDENT'S RELAY

Description: Three runners at a level of: president of a company, or anyone who reports directly to the president, or anyone who reports to someone who reports to the president, and at least 40 years old, running in order: 200m, 400m, 800m

Time Event Begins: **Finals Only:** **Sunday** **13:40**

Exxon Record: **05:45.5** **2003 San Ramon, California** **New ExxonMobil Record 2007** **4.11.93**

800m	Steve Zelikovitz	02:35.3	Houston, Texas	200m	Nina Springer	33.7
400m	Larry Volmer	00:59.3	Houston, Texas	400m	Larry Volmer	1.03.50
800m	Bill Chase	02:10.8	Canada, Calgary	800m	Steve Smith	3.34.70
	Total	05:45.5				

2009 Exxon Performance: **DNE**

200m
400m
800m

Best Exxon Nationals Placing: **Gold** 1993, 2003, 2007

National Record: **Principal** 05:33.6 1994

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	04:14.3	GE	4.18.49	EM	4.11.93	GE	3.56.698	GE	05:43.2			EM	05:45.5
2nd	AT&T	04:50.0	AT&T	4.51.92	GE	4.23.65	AT&T	4.07.697					GE	06:07.9
							EM	4.38.186						
									EM	DNE				
# Teams	EM	DNE	EM	DNE										
Qualifying	2		2		2		3		1				2	

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m	n/a		00:34.0		
400m	n/a		01:00.0		
800m	n/a		02:30.0		
Total			04:04.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: PYRAMID RELAY

Description: Five runners, two females, three males, running in order: 400m, 800m, 1200m, 800m, 400m.

Time Event Begins: Finals: Sunday 15:10

Exxon Record: 09:00.6 1983 Palo Alto, CA (adjusted from yards to metric)

400m	Rosalind Winfrey	01:02.9	Houston, TX / CCC
800m	Robert Radnoti	01:56.8	Thousand Oaks, CA / PROD
1200m	Mike Bonem	03:00.2	Bayway, NJ / REF
800m	Alan Mut	01:58.4	Houston, TX / EPRCo
400m	Donna Malone	01:02.3	Thousand Oaks, CA / PROD
	Total	09:00.6	

2009 ExxonMobil Performance: 10:36.9 **BRONZE**

400m	Lisa Mazzocco	01:12.9
800m	Andrew Cashion	02:15.2
1200m	Brian Bush	03:25.5
800m	Alan Mut	02:23.8
400m	Laurie Ropel	01:18.3

Best Exxon Nationals Placing:

	Gold	1992	(Springer, Milner, Rendell, Wilkes, Davis)
	Gold	1994	(Phipps, Homoly, Basher, Milner, Leighton)
	Gold	1999	(Mohyla, Kirk, Olsen, Homoly, Jones)
	Gold	2002	(Jones, Donovan, Birkenfeld, Homoly, Dejongue)
	Gold	2004	(Foltz, Kirk, Donovan, Homoly, MacDonald)

National Record: IBM 08:55.5 1984

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	09:34.8	GE	9.19.90	GE	9.27.60	GE	9.24.582	GE	09:33.1	EM	09:25.0	GE	09:25.2
2nd	LM	10:05.6	LM	9.44.78	LM	9.34.20	LM	9.33.414	EM	09:48.2	GE	09:25.0	EM	09:33.6
3rd	EM	10:36.9	EM	9.56.79	EM	9.37.60	EM	9.40.596	LM	09:56.8	LM	09:49.6	LM	09:42.0
			AT&T	11.48.04										
# Teams	3		4		3		4		3		3		3	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
400m	n/a		01:05.0		
800m	n/a		02:10.0		
1200m	n/a		03:20.0		
800m	n/a		02:20.0		
400m	n/a		01:10.0		
Total	00:00.0		10:05.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: MEN'S MILE TEAM RACE

Description: Two men each run one mile at the same time. Times are added to determine place.

Time Event Begins: Finals: Sunday 11:30

Exxon Record: 08:22.2 1984 San Jose, CA

Mile	Ken Potma	04:09.5	Calgary, Canada / ESSO
Mile	Robert Radnoti	04:12.7	Thousand Oaks, CA / PROD
	Total	08:22.2	

2009 ExxonMobil Performance: 09:32.4 | SILVER

Mile	Brian Bush
Mile	Andrew Cashion

Best Exxon Nationals Placing:	Gold	1984	(Potma, Radnoti)	Gold	2002	(Birkenfeld, Donovan)
	Gold	1991	(Rendell, Potma)	Gold	2005	(Donovan, Homoly)
	Gold	1992	(Rendell, Milner)			
	Gold	1993	(Milner, Rendell)			
	Gold	1994	(Milner, Basher)			
	Gold	1998	(Kirk, Johnston)			
	Gold	1999	(Kirk, Olson)			
	Gold	2000	(Olson, Kirk)			
National Record:	IBM	08:20.7	1985			

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	LM	09:01.8	GE	8.49.81	GE	8.44.61	GE	9.07.69	EM	09:05.8	GE	08:49.7	LM	08:37.8
2nd	EM	09:32.4	LM	10.19.18	EM	9.05.07	EM	9.21.17	GE	09:08.3	EM	09:15.9	GE	08:45.9
3rd	GE	09:40.7			LM	9.20.96	LM	9.30.48	LM	09:23.7	LM	09:42.1	EM	09:03.4
# Teams Qualifying	3		2		3		4		4		3		5	

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
Mile	n/a	Mark Malander	04:40.0	Mark Malander	
Mile	n/a	Andrew Cashion	04:25.0	Andrew Cashion	
Total	00:00.0		09:05.0		

Minimum Qualifying Time: n/a

Strategy: Beat GE



Event Name: SENIOR'S RELAY

Description: Five runners, four 50 years of age or older, with at least one woman and one runner 60 years old or older running the opening leg, running in order: 200m, 400m, 200m, 600m, 400m

Time Event Begins: Prelims: Saturday 15:20
 Finals: Sunday 1:00

Exxon Record: 04:57.9 2009 (200m added) 04:19.7 1997 San Diego, CA

200m	Bob Botto	35.12	400m	Mike Alexander	01:14.6	Houston, TX / RETIRED
400m	Bill Beardsmore	01:06.5	200m	Eunice Sealey	00:32.6	Houston, TX / EPR
200m	Jovette Jolicoeur	30.71	600m	Bill Beardsmore	01:34.8	Calgary / IMPERIAL
600m	Steve Smith	01:48.5	400m	Billy Smith	00:57.6	Nashville, TN / RETIRED
400m	Ken Thomas	57.2		Total	04:19.6	

2009 ExxonMobil Performance: 04:57.9 New EM Record

200m	Bob Botto	35.12
400m	Bill Beardsmore	01:06.5
200m	Jovette Jolicoeur	30.71
600m	Steve Smith	01:48.5
400m	Ken Thomas	57.2

Best Exxon Nationals Placing: 3rd 2002

National Record: AT&T 04:07.4 1996

Previous years results:

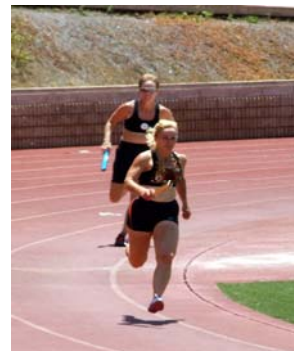
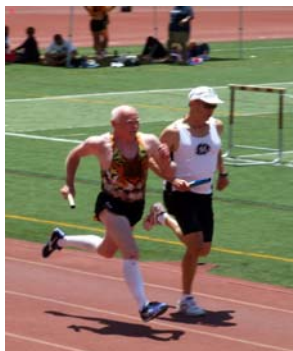
	2009		2008		2007		2006		2005		2004		2003	
1st	Boeing	04:38.6	AT&T	4.44.16	GE	4.40.14	LM	4.41.359	AT&T	04:39.2	AT&T	04:49.0	AT&T-1	04:23.1
2nd	AT&T	04:39.1	GE	4.52.87	LM	4.51.20	GE	4.42.536	GE	04:42.7	LM	04:53.6	LM	04:31.6
3rd		04:54.4	LM	4.57.04	AT&T	4.57.56	AT&T	4.54.211	LM	04:43.4	GE	04:57.6	GE	04:39.5
4th	LM	04:57.1			EM	5.21.30	EM	5.20.440	EM	DNE	EM	05:03.2	EM	DNF
5th	EM	04:57.9			Boeing	5.33.87								
# Teams	5		3		5		4		3		4		5	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)		Actual Athlete(s)			
200m	n/a	Bob Botto		00:34.0	Bob Botto					
400m	n/a	Larry Volmer		01:00.0	Larry Volmer					
200m	n/a	Elaine Mut		00:29.0	Jovette Jolicoeur					
600m	n/a	Alan Mut		01:45.0	Mark Malander					
400m	n/a	Ken Thomas		00:54.0	Ken Thomas					
Total	00:00.0			04:42.0						

Minimum Qualifying Time: n/a

Strategy: Kick some "old" butts



Event Name: EXECUTIVE RELAY

Description: Four runners, all over 30 and managers or equivalent, with a minimum of one female running at least an 800m, running in relay order: 800m, 400m, 800m, 1600m.

Time Event Begins: **Finals Only: Saturday** 13:20

Exxon Record: 09:41.7 1995 Des Moines, Iowa **NATIONAL RECORD!**

800m Zara Hyde 02:13.3 Baton Rouge, LA / EUSA - MKTG
 400m Larry Vollmer 00:55.9 Houston, TX / EUSA - PROD
 800m Nick Caduc 02:04.3 Houston, TX / EUSA - MKTG
 1600m Tom Boone 04:28.3 Thousand Oaks, CA / EUSA - PROD

2009 ExxonMobil Performance: DNE

800m
 400m
 800m
 1600m

Best Exxon Nationals Placing: Gold 1996 and 1995 (Hyde, Vollmer, Caduc, Boone)

National Record: **EXXON** 09:41.7 1995

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	11:18.2	LM	11:18.0	GE	10:57.4	GE	11:17.459	GE	10:53.7	GE	10:47.4	GE	10:16.3
2nd	LM	11:55.8	GE	11:24.5	LM	11:18.1	LM	11:28.241	EM	11:29.6	LM	11:29.0	EM	11:42.3
3rd	AT&T	12:46.6	AT&T	13:01.9	EM	11:56.7	AT&T	11:32.401	LM	11:34.9	EM	11:31.5	LM	12:09.4
	EM	DNE	EM	14:41.7	AT&T	12:20.3	EM	11:37.692						
					Boeing	DNF								
# Teams	4		4		5		4		3		4		3	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
800m	n/a		02:30.0		
400m	n/a		00:57.0		
800m	n/a		02:29.0		
1600m	n/a		05:10.0		
Total			11:06.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: MASTER'S PLUS RELAY

Description: Five runners, one over 50 and four over 40 including one female, running in order: 800m, 400m, 800m, 200m, 200m (an over 50 woman cannot count for both the over 50 and female runner).

Time Event Begins: Finals: Sunday 15:25

Exxon Record: **06:11.0** **1993 Seattle, WA**

800m	Mickey Vann	02:08.9	Baytown, TX / REF
400m	Billy Smith	00:53.7	Houston, TX / RETIRED
800m	Bill Beardsmore	02:07.9	London, England / ESSO
200m	Eunice Sealey	00:32.7	Houston, TX / EPRC
200m	CW George	00:27.8	Baytown, TX / REF
	Total	06:11.0	

2009 ExxonMobil Performance: **07:21.0**

800m	Steve Smith	02:39.5
400m	Art Morrow	01:13.3
800m	Alan Mut	02:28.8
200m	Elaine Mut	00:35.8
200m	Bill Beardsmore	00:30.3

Best Exxon Nationals Placing: Silver 1993, 2006

National Record: AT&T 05:52.4 1988 Palo Alto, CA

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	06:14.5	GE	6.13.67	GE	6.10.05	GE	6.14.82	GE	06:01.6	GE	06:10.8	GE	06:09.9
2nd	AT&T	06:20.0	AT&T	6.28.17	AT&T	6.38.30	EM	6.39.148	LM	06:29.7	LM	06:36.6	IBM	06:11.5
3rd	LM	06:44.7	EM	6.36.71	LM	6.42.25	LM	6.40.408	Boeing	06:37.6	EM	06:38.9	EM	06:11.8
4th	EM	07:21.0	LM	6.44.10	EM	6.53.45			EM	06:50.1				
5th	Boeing	DIS	Boeing	7.02.36	Boeing	8.01.39								
# Teams	5		5		5		5		5		4			
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
800m	n/a		02:30.0		
400m	n/a		01:02.0		
800m	n/a		02:20.0		
200m F	n/a		00:36.0		
200m 50+	n/a		00:34.0		
Total	00:00.0		07:02.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: WOMEN'S RELAY

Description: Three women, with a combined age of 90 years or more, running in order: 800m, 400m, 400m

Time Event Begins: Finals: Sunday 13:10

Exxon Record: 04:19.4 1994 Colby, Maine

800m	Zara Hyde	02:12.5	England / ECRC
400m	Nina Springer	01:04.3	Houston TX / EPRC
400m	Sara Phipps	01:02.6	Midland, TX / PIPELINE
	Total	04:19.4	

2009 ExxonMobil Performance: DNE

800m
400m
400m

Best Exxon Nationals Placing: Gold 1994 (Hyde, Springer, Phipps) Gold 2007 (Hyde, Cressy, Jones)
 Gold 1995 (Hyde, Springer, Phipps) Gold 2008 (Darby, Mohyla, Jones)
 Gold 1996 (Hyde, McNeill, Leighton)
 Gold 2004 (Cressy, Mohyla, MacDonald)

National Record: AT&T 04:12.2 1989

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	04:49.7	EM	4.49.53	EM	4.29.41	GE	4.46.587	GE	04:39.5	EM	04:40.8	GE	04:30.5
2nd	LM	05:18.0	LM	4.50.53	LM	4.40.53	LM	4.49.671	LM	04:40.2	GE	04:42.6	LM	04:31.5
	EM	DNE			AT&T	?	AT&T	4.54.732	Boeing	05:52.3	LM	04:43.5	EM	04:37.9
							EM	5.06.300	DNE					
# Teams	2		2		3		4		4		4		4	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)		Actual Athlete(s)			
800m	n/a			02:30.0	Hannah Howard					
400m	n/a			01:12.0	Laurie Ropel					
400m	n/a			01:08.0	Jessie Foltz					
Total	00:00.0			04:50.0						

Minimum Qualifying Time: n/a

Strategy:

Event Name: DISTANCE RELAY

Description: Five runners, including one female and one master (each running a 1600m), running in order: 1600m (female), 800m, 1600m (master), 1600m, 3200m.

Time Event Begins: **Finals Only:** **Saturday** **13:50**

Exxon Record: **25:03.1** **1994 Colby, Maine** **NATIONAL RECORD HOLDERS !!!**

female 1600m	Zara Hyde	04:41.0	Baytown, TX / REF
800m	Andy Homoly	01:58.0	Houston, TX / RETIRED
master 1600m	Mickey Vann	04:42.0	London, England / ESSO
1600m	Bruce Milner	04:18.0	Houston, TX / EPRC
3200m	Cern Basher	09:24.1	Baytown, TX / REF
	Total	25:03.1	

2009 ExxonMobil Performance: **DNE**

female 1600m
800m
master 1600m
1600m
3200m

Best Exxon Nationals Placing: Gold 1994 (Hyde, Homoly, Vann, Milner, Basher)
Gold 1999 (Mairs, Homoly, Boone, Olsen, Kirk)

National Record: **EXXON** 25:03.1 1994 Colby, Maine

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	26:56.6	GE	26:54.3	GE	26:29.9	GE	27:05.827	GE	27:12.0			GE	26:13.0
2nd	LM	27:20.7	LM	27:49.9	LM	26:53.5	LM	27:50.619	LM	28:12.0			EM	27:01.1
3rd	Boeing	32:16.2	EM	33:45.4	EM	27:24.5	AT&T	34:28.996					LM	28:42.2
4th	AT&T	34:16.4			AT&T	27:45.1	EM	DNE	EM	DNE				
	EM	DNE												
# Teams	4		3		4		3		2				3	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
1600 fem	N/A			06:00.0	Hannah Howard						
800m	N/A			02:00.0	Robert Bradley						
1600 mast	N/A			04:40.0	Mark Malander						
1600m	N/A			04:30.0	Daniel Jouas						
3200m	N/A			09:30.0	Andrew Cashion						
Total				26:40.0							

Minimum Qualifying Time: N/A

Strategy:

Event Name: SPRINT RELAY

Description: Six runners, with at least two women, one 30 years of age or older and one runner 40 years of age or older (in addition to the two women), running in order: 200m, 200m, 400m, 400m, 200m, 200m.

Time Event Begins: Prelims Saturday 16:20
 Finals Sunday 15:50

Exxon Record: 03:23.7 1995 Des Moines, Iowa

200m	Sara Phipps	00:28.1	Baytown, TX / REF
200m	Christina Davis	00:26.0	Houston, TX / RETIRED
400m	Billy Smith	00:54.6	London, England / ESSO
400m	Mark Avis	00:49.3	Houston, TX / EPRC
200m	Ken Thomas	00:23.4	Houston
200m	Kevin Savoie	00:22.6	Baytown, TX / REF

2009 ExxonMobil Performance: 03:55.9 Bronze

200m	Jovette Jolicoeur	30.88
200m	Lisa Mazzocco	33.73
400m	Will Hickman	01:01.0
400m	Brian Bush	56.82
200m	C Davis Powell	27.85
200m	Ken Thomas	25.28

Best Exxon Nationals Placing: Gold 1995, 2005, 2006, 2007

National Record: Hughes 03:14.4 Boston, MA

Previous years results:

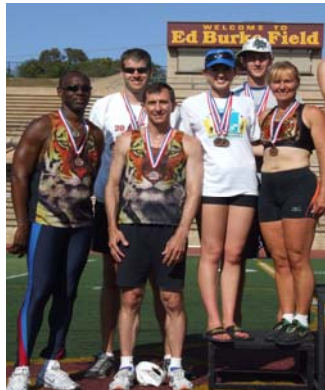
	2009		2008		2007		2006		2005		2004		2003	
1st	GE	03:26.6	GE	3:26.64	EM	3.24.78	EM	3.24.776	GE	03:25.3	GE	03:25.6	GE	03:25.4
2nd	LM	03:43.8	EM	3.26.97	GE	3.26.34	GE	3.25.092	LM	03:28.8	LM	03:27.8	LM	03:25.5
3rd	EM	03:55.9	LM	3.37.10	LM	3.31.66	AT&T	3.28.668	EM	03:51.8	EM	03:31.8	EM	03:37.5
4th	AT&T	04:03.4			AT&T	3.34.13								
# Teams	4		3		4		4		5		4		4	
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)		Actual Athlete(s)
200 fem	n/a	Jovette Jolicoeur		00:32.0	Laurie Ropel		
200 fem	n/a	Jessie Foltz		00:29.0	Jessie Foltz		
400 male	n/a	Andrew Heider		00:56.0	Andrew Heider		
400 male	n/a	Andrew Cashion		00:55.0	Andrew Cashion		
200 mast	n/a	Ken Thomas		00:25.0	Ken Thomas		
200 male	n/a	Daniel Bolta		00:23.0	Daniel Bolta		
Total	00:00.0			03:40.0			

Minimum Qualifying Time: n/a

Strategy:



Event Name: TEAM JUMP

Description: Two or three athletes (any age or sex) high jumping and long jumping with points awarded based on an American Age/Sex group records. Only two scores count and are added to determine placing.

Time Event Begins: Saturday High Jump Finals 11:00 or 12:30 or 14:00
 Sunday Long Jump Finals 10:45 or 12:45

Exxon Record: 3660 points 2007 San Marcos, California

	<u>High Jump</u>	<u>Long Jump</u>
KenThomas 5'6"	956 points 18' 7"	884 points
Larry Volmer 5'0"	923 points 17' 5"	897 points
Stacey Bennett 4'8"	708 points 14' 6"	631 points

2009 ExxonMobil Performance: 3614 points GOLD

	<u>Age</u>	<u>High Jump</u>	<u>Long Jump</u>	<u>Total</u>
KenThomas	52 5'4"	927 points	18' 5" 876 points	1803
Larry Volmer	57 5'	923 points	17'3" 888 points	1811
William Hickman	35 6'2"	891 points	17' 655 points	1546

Best Exxon Nationals Placing:

Gold	1993	Gold	2007 (Thomas, Vollmer, Bennett)
Gold	1995 (Smith, Vollmer)	Gold	2008 (Thomas, Vollmer, Hickman)
Gold	1996 (Smith, Vollmer)	Gold	2009 (Thomas, Vollmer, Hickman)
Gold	2003 (Vollmer, Thomas, Foltz)		
Gold	2005 (Thomas, Vollmer, Bennett)		

National Record: **ExxonMobil 3660 points 2007**

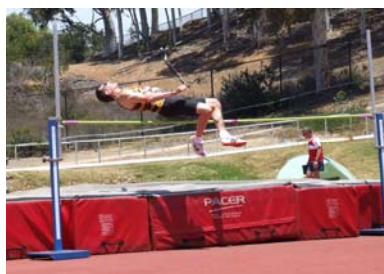
Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	EM	3614	EM	3509	EM	3660	EM	3419	EM	3485	GE	3466	EM	3575
2nd	Boeing	3317	GE	3440	GE	3448	GE	3420	GE	3420	EM	3295	GE	3376
3rd	GE	3316	AT&T	2952	AT&T	3381	AT&T	3260	AT&T	3260	LM	2842	LM	2648
4th	AT&T	3162	LM	2769	LM	2684								
# Teams	4		4		4		4		4		4		4	

2010 Goals to Meet:

Athlete	High Jump			Long Jump		
	Goal	Actual	Points	Goal	Actual	Points
Larry Volmer	4'11"			17'		
Ken Thomas	5'6"			19'		

Strategy: Jump high and far



Event Name: TEAM THROW

Description: Two or three athletes (any age or sex) each throwing the standard shot put and discus for their age/sex category, with points awarded based on the American age/sex group records. Points are added to determine place.

Time Event Begins: Saturday Discus Finals 11:00 or 13:00
 Sunday Shot Put Finals 10:45 or 12:15

Exxon Record: **3345 points** **2000 Renton, Wash.**

	<u>Shot Put</u>		<u>Discus</u>
Tom Gage	49'11.5" 966 points	157'9"	830 points
Gene Thacker	49'2.5" 889 points	134'6"	660 points

2009 ExxonMobil Performance: **2114 points**

	<u>Age</u>		<u>Shot Put</u>		<u>Discus</u>		<u>Total</u>	
Herman Williams	58	36'7"	708	points	41'11"	220	points	928
Jovette Jolicoeur	50	31'	680	points	83'9"	506	points	1186
Will Hickman	35	30'8"	505	points	76'1"	351	points	856

Best Exxon Nationals Placing:

Gold	1995	(Gage, Thacker)
Gold	1996	(Gage, Thacker)
Gold	1997	(Gage, Thacker)
Gold	1999	(Gage, Thacker)
Gold	2000	(Gage, Thacker)

National Record: **GE** 3434 points 2009 San Diego, Ca

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	GE	3434	GE	3193	GE	3296	GE	3314	LM	3045	GE	3399	GE	3309
2nd	LM	3130	LM	3002	LM	3000	LM	3055	GE	2957	LM	2493	LM	2910
3rd	AT&T	2170	EM	2432	AT&T	2755	EM	1805	AT&T	2001	AM&T	2265	EM	2104
4th	EM	2114	AT&T	2359	EM	2208			EM	585	EM	2056		
5th	Boeing	547	Boeing	2160	Boeing	1995								
# Teams	5		5		5		4		4		4		4	

2010 Goals to Meet:

Athletes	Shot Put			Discus		
	Goal	Actual	Points	Goal	Actual	Points
Herman Williams	59	39'		130'		
Jovette Jolicoeur	51	35'		85'		

Strategy: Throw far



Event Name: 10k ROAD RACE

Description: Each team is allowed unlimited entries, with the top 4 women's scores and the top 5 men's scores added to determine place. All runners are awarded points equal to their placing within their age group. When all the runners have been assigned

Time Event Begins: Sunday Men 7:00
 Sunday Women 7:00

2008 ExxonMobil Results DNE Women
 DNE Men No points

Women's 10k Team					
Name	Age Group	Overall Place	Group Place	Time	

Men's 10k Team					
Name	Age Group	Overall Place	Group Place	Time	

2009 Goals to Meet:

Women's 10k Team						Men's 10k Team Scratch					
Name	Age Group	Target Time	Actual Time	Overall Place	Group Place	Name	Age Group	Target Time	Actual Time	Overall Place	Group Place

Strategy:

USCAA Corporate 10-Mile
Championships



Washington, DC, Sun Oct 24, 2010

www.uscaa.org/ATM/

2008 Team results:

	Team Name	Team Score
1	Raytheon	3:41:02
2	Boeing A	4:22:00
3	Deloitte 1	4:27:37
4	Lockheed Martin Team #1	4:35:24
5	Batelle Corporate II	4:36:41
6	Sensata Technologies	4:36:52
7	Gore-Texr Footwear	4:44:43
8	Goodrich Team 1	4:45:26
14	XOM Tigers	5:06:51

24th USCAA National Marathon
Championships!

<http://runrocknroll.competitor.com/mardigras>

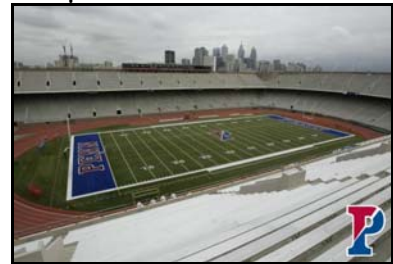


New Orleans, Lo, Sun Feb 28, 2010
ExxonMobil 6th

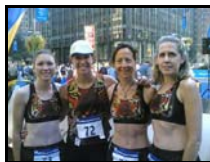
Penn Relays Corporate Medley

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2005 Championship Results

ExxonMobil - 9th Place

Amy Ruf – 24:56

Heide Mairs – 22:12

Lorna Campbell – 23:08

Tracy Jones – 23:05

ExxonMobil Results:

2003 – 2nd

2004 – 1st

2005 – 6th & 19th

2006 – 4th





USCAA

United States Corporate Athletics Association



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