

# ExxonMobil Tigers

## 2014 USCAA National Corporate Cup Relays

July 12-13, 2014

San Marcos, California, USA

[www.athletictigers.com](http://www.athletictigers.com)



*The Tigers Track and Field and Road Racing Team consists of ExxonMobil employees, contractor and annuitant athletes, from all over the world, who train throughout the year for the opportunity to participate in a national competition.*

Special  
Thanks to:

ExxonMobil  
Chemical Plant  
Laboratory

ExxonMobil  
Health and Safety



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30th Annual USCAA Marathon  
January 18, 2015  
Phoenix, Arizona

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## **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 2013 USCAA Nationals saw a team of approximately 25 Tigers, fiercely competing, in San Ramon, 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 THE 2014 TIGERS' ROOKIES**

Victoria Hewey



Catherine Madden



Daniel Villarreal



Steve Golembieski



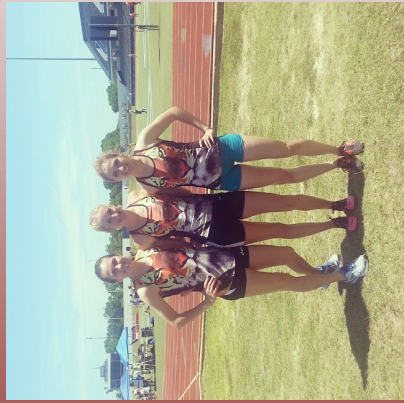
Samantha Farmer



Michael Lynch



# 2014 REGIONALS CHAMPIONS











## Event Name: 200m Individual Events

Time Event Begins:    Saturday    Women    11:45  
                                  Saturday    Men        11:15

2013 ExxonMobil Results

Women's 200m					
Name	Age Group	Time			
Sara Comis	18+	30.75			
Pat Groben	60+	1:04.91			

Men's 200m					
Name	Age Group	Time			
David Holland	18+	25.44			

2014 Goals to Meet:

Women's 200m							Men's 200m					
Name	Age Group	Target Time	Actual Time	Overall Place	Group Place		Name	Age Group	Target Time	Actual Time	Overall Place	Group Place
Pat Groben	60+						Garrett Smith	50+				











## 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											
<b>Exxon Record:</b>		<b>08:22.2</b>	<b>1984</b>	<b>San Jose, CA</b>										
	<b>Mile</b>	<b>Ken Potma</b>	<b>04:09.5</b>	<b>Calgary, Canada / ESSO</b>										
	<b>Mile</b>	<b>Robert Radaoti</b>	<b>04:12.7</b>	<b>Thousand Oaks, CA / PROD</b>										
		<b>Total</b>	<b>08:22.2</b>											
<b>2013 ExxonMobil Performance</b>		<b>10:34.66</b>	<b>BRONZE</b>											
	Mile	David Chen	5:03.51											
	Mile	Tom Barbee	5:25.15											
Best Exxon Nationals Placing:		Gold	1984	(Potma, Radaoti)	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:														
	2013		2012		2011		2010		2009		2008		2007	
1st	GE	09:58.52	GE	09:29.0	GE	08:43.0	GE	09:11.0	LM	09:01.8	GE	8:43.81	GE	8:44.61
2nd	TI	10:00.42	TI	10:08.0	LM	09:33.0	LM	09:30.0	<b>EM</b>	<b>09:32.4</b>	LM	10:19.18	<b>EM</b>	<b>9:05.07</b>
3rd	<b>EM</b>	<b>10:34.66</b>	<b>EM</b>	<b>10:38.0</b>	<b>EM</b>	<b>11:40.0</b>	<b>EM</b>	<b>09:40.7</b>	GE	09:40.7			LM	9:20.96
4th	BAH	12:20.61	AT&T	11:27										
			BAH	11:36										
			Boeing	12:29										
# Teams Qualifying	4		6		3		3		3		2		3	
2014 Times to Meet:														
	Prelims	Athlete(s)			Finals	Athlete(s)			Actual Athlete(s)					
Mile	n/s				05:05.0	David Chen								
Mile	n/s				05:15.0	Tom Barbee								
Total	00:00.0				10:20.0									
Minimum Qualifying Time: n/s														
Strategy: Beat GE														











## 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 Sat.** 1:20

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

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

**2013 ExxonMobil Performanc 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:

	2013		2012		2011		2010		2009		2008		2007	
1st	GE	11:10.61	GE	11:06.6	GE	11:33.9	GE	11:18.1	GE	11:18.2	LM	11:18.0	GE	10:57.4
2nd	AT&T	12:13.65	TI	12:44.5	AT&T	13:56.7			LM	11:55.8	GE	11:24.5	LM	11:18.1
3rd	TI	12:44.77	AT&T	16:02.0					AT&T	12:46.6	AT&T	13:01.9	<b>EM</b>	<b>11:56.7</b>
	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>14:41.7</b>	AT&T	12:20.3
# Teams	3		3		2		1		3		4		Boeing	5
Qualifying														DNF

2014 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: 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:		<b>Finals Only:</b>	<b>Sunday</b>	<b>1:40</b>										
<b>Ezzon Record:</b>		<b>05:45.5</b>	<b>2003</b>	<b>San Ramon, California</b>	<b>New ExxonMobil Record 200:</b>		<b>4.11.93</b>							
<b>800m</b>	<b>Steve Zelikovitz</b>	<b>02:35.3</b>		<b>Houston, Texas</b>	200m	Nina Springer	33.7							
<b>400m</b>	<b>Larry Volmer</b>	<b>00:59.3</b>		<b>Houston, Texas</b>	400m	Larry Volmer	1:03.50							
<b>800m</b>	<b>Bill Chase</b>	<b>02:10.8</b>		<b>Canada, Calgary</b>	800m	Steve Smith	3:34.70							
	<b>Total</b>	<b>05:45.5</b>												
<b>2013 Ezzon Performance:</b>		<b>DNE</b>												
200m														
400m														
800m														
Best Exxon Nationals Placing:		Gold	1993, 2003, 2007											
National Record:		Principal	05:33.6	1994										
Previous years results:														
	2013		2012		2011		2010		2009		2008		2007	
1st	AT&T	4:26.93	AT&T	04:46.4	GE	04:35.8	AT&T	04:39.7	GE	04:14.3	GE	4:18.49	<b>EM</b>	<b>4.11.93</b>
			GE	04:55.1	AT&T	04:45.6	GE	04:39.9	AT&T	04:50.0	AT&T	4:51.92	GE	4:23.65
	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>	<b>EM</b>	<b>DNE</b>		
# Teams	1		2		2		2		2		2		2	
Qualifying														
2014 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: 400m Individual Events

Time Event Begins:	Saturday	Women	2:55
	Saturday	Men	2:30

2013 ExxonMobil Results

Women's 400m				
Name	Age Group	Time	Place	

Men's 400m				
Name	Age Group	Time	Place	
Tom Barbee	40+	01:07.3	4th	

2014 Goals to Meet:

Women's 400m				
Name	Age Group	Time	Place	

Men's 400m				
Name	Age Group	Time	Place	





## Event Name: PYRAMID RELAY

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

Time Event Begins: Finals: Sunday 3:10

**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 Bosom	03:00.2	Bayway, NJ / REF
800m	Alan Mat	01:58.4	Houston, TX / EPRCo
400m	Donna Malone	01:02.3	Thousand Oaks, CA / PROD
	<b>Total</b>	<b>09:00.6</b>	

**2013 ExxonMobil Performance: 10:34.63 SILVER**

400m	Nora Gentry	1:03.16
800m	David Holland	2:27.57
1200m	Daniel Jous	3:47.53
800m	Richard Borger	2:16.71
400m	Kim Munksgaard	1:05.51

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, Dejonque)
Gold	2004	(Foltz, Kirk, Donovan, Homoly, MacDonald)

National Record: IBM 08:55.5 1984

Previous years results:

	2013	2012	2011	2010	2009	2008	2007
1st	GE 3:44.46	GE 09:58.5	GE 09:29.1	GE 09:27.1	GE 09:34.8	GE 9:19.90	GE 9:27.60
2nd	<b>EM 10:34.63</b>	TI 10:30.6	LM 10:48.5	LM 10:16.2	LM 10:05.6	LM 9:44.78	LM 9:34.20
3rd	TI 10:41.34	<b>EM 10:50.7</b>	AT&T 11:29.2	AT&T 11:55.1	<b>EM 10:36.9</b>	<b>EM 9:56.79</b>	<b>EM 9:37.60</b>
		BAH 11:03.5	<b>EM 11:29.6</b>	<b>EM 11:58.4</b>		AT&T 11:48.04	
# Teams Qualifying	3	4	4	4	3	4	3

2014 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
400m	n/a		01:05.0	Laura Eiklor	
800m	n/a		02:10.0	Steve Golembieski	
1200m	n/a		03:20.0	David Chen	
800m	n/a		02:20.0	Michael Lynch	
400m	n/a		01:03.0	Nora Gentry	
Total	00:00.0		03:58.0		

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: Finals:	Saturday Sunday	3:45, 3:55 1:20							
<b>Ezzon Record:</b>		<b>03:44.9</b>	<b>1988</b>	<b>Palo Alto, CA (adjusted from yards to metric)</b>						
	<b>200m</b>	<b>Regina Smith</b>	<b>00:27.1</b>	<b>Houston, TX / EDPC</b>						
	<b>200m</b>	<b>Larry Vollmer</b>	<b>00:24.5</b>	<b>New Orleans, LA / PROD</b>						
	<b>400m</b>	<b>Billg Smith</b>	<b>00:50.7</b>	<b>Baton Rouge, LA / MKTG</b>						
	<b>800m</b>	<b>Jim Noel</b>	<b>02:02.6</b>	<b>Toronto, Canada / ESSO</b>						
		<b>Total</b>	<b>03:44.9</b>							
<b>2013 EzzonMobil Performance:</b>		<b>DNE</b>								
	200m									
	200m									
	400m									
	800m									
Best Ezzon Nationals Placing:		2003 Silver (Jolicoeur, Vollmer, Wilkes, Kolesar)								
National Record:		Hughes	03:37.7	1992						
Previous years results:										
		2013	2012	2011	2010	2009	2008	2007		
1st	GE	3:57.98	GE 04:02.8	GE 04:03.9	LM 4:04.18	LM 03:53.1	LM 3:53.51	GE 3:54.53		
2nd	TI	4:25.83	TI 04:12.9	AT&T 04:19.4	GE 4:07.09	GE 03:55.9	GE 3:54.72	LM 4:02.71		
<b>3rd</b>	<b>AT&amp;T</b>	<b>4:32.25</b>	<b>EM 04:38.5</b>	LM 04:20.3	AT&T ?	AT&T 04:24.6	AT&T 4:21.58	<b>EM 4:09.38</b>		
4th	BAH	5:02.90	BAH 04:45.1	<b>EM 04:43.4</b>	<b>EM DNE</b>	<b>EM 05:02.4</b>	<b>EM 4:23.15</b>	AT&T 4:24.87		
			AT&T 05:12.1					Boeing 4:45.64		
# Teams	4		5	4	3	4	4	5		
Qualifying										
2014 Times to Meet:										
	Prelims	Athlete(s)		Finals	Athlete(s)		Actual Athlete(s)			
200m	n/a	Kim Munksgaard		00:27.0	Kim Munksgaard					
200m	n/a	Will Hickman		00:28.0	Will Hickman					
400m	n/a	Larry Vokmer		01:00.0	Larry Vokmer					
800m	n/a	David Villarreal		02:15.0	David Villarreal					
Total	00:00.0			04:10.0						
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 4:20, 4:30  
 Finals Sunday 3:50

**Exxon Record:** **03:23.7** **1995** **Des Moines, Iowa**

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



**2013 ExxonMobil Performance:** **3:47.78** **BRONZE**

200m	Nora Gentry	?
200m	Jovette Jolicoeur	?
400m	David Holland	?
400m	David Chen	?
200m	Ken Thomas	?
200m	Teniola Sulsiman	?

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

National Record: Hughes 03:14.4 Boston, MA

Previous years results:

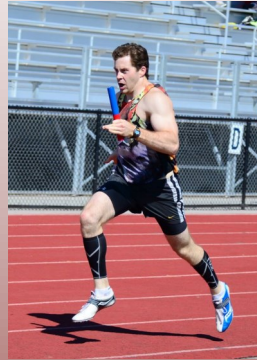
	2013	2012	2011	2010	2009	2008	2007
1st	GE 3:29.66	GE 03:33.0	GE 03:29.0	GE 03:33.4	GE 03:26.6	GE 03:26.6	GE 3:26.64
2nd	TI 3:44.40	AT&T 03:33.6	AT&T 03:35.9	<b>EM 03:46.3</b>	LM 03:43.8	LM 03:43.8	<b>EM 3:26.97</b>
3rd	<b>EM 3:47.78</b>	<b>EM 03:50.3</b>	<b>EM 03:44.4</b>	LM 03:53.2	<b>EM 03:55.9</b>	<b>EM 03:55.9</b>	LM 3:37.10
4th	AT&T 3:57.13	TI 03:57.9	LM 03:52.0	AT&T ?	AT&T 04:03.4	AT&T 04:03.4	
# Teams	4	4	4	4	4	4	3
Qualifying							

2014 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200 fem	n/a	Kim Munksgaard	00:30.0	Kim Munksgaard	
200 fem	n/a	Raina Brown	00:27.0	Raina Brown	
400 male	n/a	Michael Lynch	00:58.0	Michael Lynch	
400 male	n/a	David Holland	00:58.0	David Holland	
200 mast	n/a	Ken Thomas	00:26.0	Ken Thomas	
200 male	n/a	Teni Sulsiman	00:22.0	Teni Sulsiman	
Total	00:00.0		03:41.0		

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

**Ezzon Record: 3686 points 2010 San Ramon, California**

			High Jump				Long Jump
<b>Ken Thomas</b>	5'6"	956	points	19' 1"	908	points	
<b>Larry Volmer</b>	5'0"	923	points	17' 5.5"	899	points	
<b>Jessie Foltz</b>	4'6"	891	points				

<b>2013 ExxonMobil Performance HJ</b>	<b>DNE</b>					
<b>2013 ExxonMobil Performance LJ 1504</b>	<b>points</b>	<b>BRONZE</b>				
	Age	High Jump			Long Jump	
			points	Ken Thomas	16' 0.5"	826
			points	Raina Brow	15' 7.25"	678
			points	Sara Comis	15' 0.5"	653

Best Exxon Nationals Placing: Gold 1993 (Thomas, Vollmer, Bennett) Gold 2007  
 Gold 1995 (Smith, Vollmer) Gold 2008 (Thomas, Vollmer, Hickman)  
 Gold 1996 (Smith, Vollmer) Gold 2009 (Thomas, Vollmer, Hickman)  
 Gold 2003 (Vollmer, Thomas, Foltz) Gold 2010 (Vollmer, Thomas, Foltz)  
 Gold 2005 (Thomas, Volmer, Bennett) Gold 2011 (Volmer, Thomas, Hickman, Comis)

National Record: **EzzonMobi 3686 points 2010**

Previous years results:

	2013 - HJ	2013 - LJ	2012 - HJ	2012 - LJ	2011 - HJ	2011 - LJ	2010	2009	2008	2007				
1st	TI - 1837	AT&T-1924	AT&T-1900	<b>EM-1924</b>	<b>EM - 1859</b>	<b>EM - 1774</b>	<b>EM</b>	<b>3686</b>	<b>EM</b>	<b>3614</b>	<b>EM</b>	<b>3509</b>	<b>EM</b>	<b>3660</b>
2nd	GE-1687	GE-1523	<b>EM-1889</b>	AT&T-1518	GE - 1753	GE - 1594	GE	3535	Boeing	3317	GE	3440	GE	3448
3rd	BAH-1408	<b>EM-1504</b>	TI-1837	GE-1494	LM - 1508	LM - 1299	LM	3319	GE	3316	AT&T	2952	AT&T	3381
4th	EM-DNE	AT&T-1338	GE-1753	BAH-1355			AT&T	2310	AT&T	3162	LM	2769	LM	2684
5th		BAH-1079	BAH-1557											
# Teams	3	5	5	4	3	3	4		4		4			4

2014 Goals to Meet:

Athlete	High Jump			Athlete	Long Jump		
	Goal	Actual	Points		Goal	Actual	Points
Larry Volmer				Larry Volmer			
Ken Thomas				Ken Thomas			
Will Hickman				Will Hickman			

Strategy: Jump high and 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
2013 ExxonMobil Results	4th	Women	233.04 points
	5th	Men	100.20 points

Women's 10k Team					
Name	Age Group	Overall	Group	Time	
Meg Lees	00-24		1	48:42.24	
Jena Lococo	00-24		2	55:56.08	
Clementina	50-54		3	1:00:07	
Pat Sharp	65-69		1	1:17:34	

Men's 10k Team					
Name	Age Group	Overall Place	Group Place	Time	
Bing Kao	35-39		5	50:42.83	
Bob Botto	60-64		4	1:17:34	

2014 Goals to Meet:

Women's 10k Team							Men's 10k Team					
Name	Age Group	Target Time	Actual	Overall Place	Group Place		Name	Age Group	Target Time	Actual Time	Overall Place	Group Place
Vicky Hewey	20+											
Clementina Martinez	50+											
Sofia Laughland	20+											
Pat Groben	65-69											

Strategy:





Men / Women Singlets = \$38 USD or \$35 CAD

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