

2022 USCAA NATIONAL

CORPORATE CUP RELAYS

Aug 13-14 | 7AM - 2PM

School of Mines, Golden, Colorado

USCAA.org



WELCOME TO GOLDEN



Thanks to everybody for coming to Golden, CO for the 2022 USCAA National Corporate Cup Relays, 39th edition (Corporate 45th edition). We are looking forward to a great weekend of competition, renewed / new friendships and fun!

SPECIAL THANKS go out to the people who have worked so hard to make this happen. Especially Charles O'Dell from the Colorado School of Mines.

USCAA Officers: Kevin Holtzclaw, Lou Putnam, Sandi Berkner, Lisa Latno



Registration / Timing / Scoring: Gordon Smith, Hank Lawson

Technical Adviser: Ken Gibbons



Officials: Leroy Mylam, Grant Redmond, Anthony Pinter, Ron Yantis, Mick Vance

Road Races Courses: Amanda Tyndall



Volunteer Coordinator: Prentis Johnson

EMT / Road Races Lead Bike: Bruce Bradley



RMT: Simon-Daniel Jolicoeur-Forrester



Bits & Pieces: Jovette Jolicoeur



...and all Team Captains

SCHEDULE

Saturday, August 13, 2022	
Regular Schedule	
Time	Road Races
7:00 AM	Men's/Women's 5K
7:45 AM	Break
Time	Track Events
10:15 AM	4x200 Relay
10:30 AM	Women's 800 Team
10:55 AM	Master's Plus Relay
11:20 AM	Break - Torch Relay
11:50 AM	Executive Relay
12:15 PM	Distance Medley Relay
12:40 PM	Break
1:10 PM	Submasters Sprint Medley
1:35 PM	4x400m Relay
2:00 PM	Finish

Time	Field Events
10:00 AM	High Jump - Flight 1
11:30 AM	High Jump - Flight 2
10:00 AM	Discus - Open Circle
1:00 PM	

Sunday, August 14, 2022	
Regular Schedule	
Time	Road Races
7:00 AM	Men's/Women's 10K
8:15 AM	Break
Time	Track Events
10:15 AM	4x100m Relay
10:30 AM	Women's Relay
10:55 AM	Senior's Relay
11:20 AM	Break - Kids Races
11:50 AM	Indiv. Men's 200
12:15 PM	Indiv. Women's 200
12:40 PM	Break
1:10 PM	Men's Mile
1:35 PM	Three-Lap Sprint
2:00 PM	Finish

Time	Field Events
10:00 AM	Long Jump - Open Pit
1:00 PM	
10:00 AM	Shot Put - Open Circle
1:00 PM	

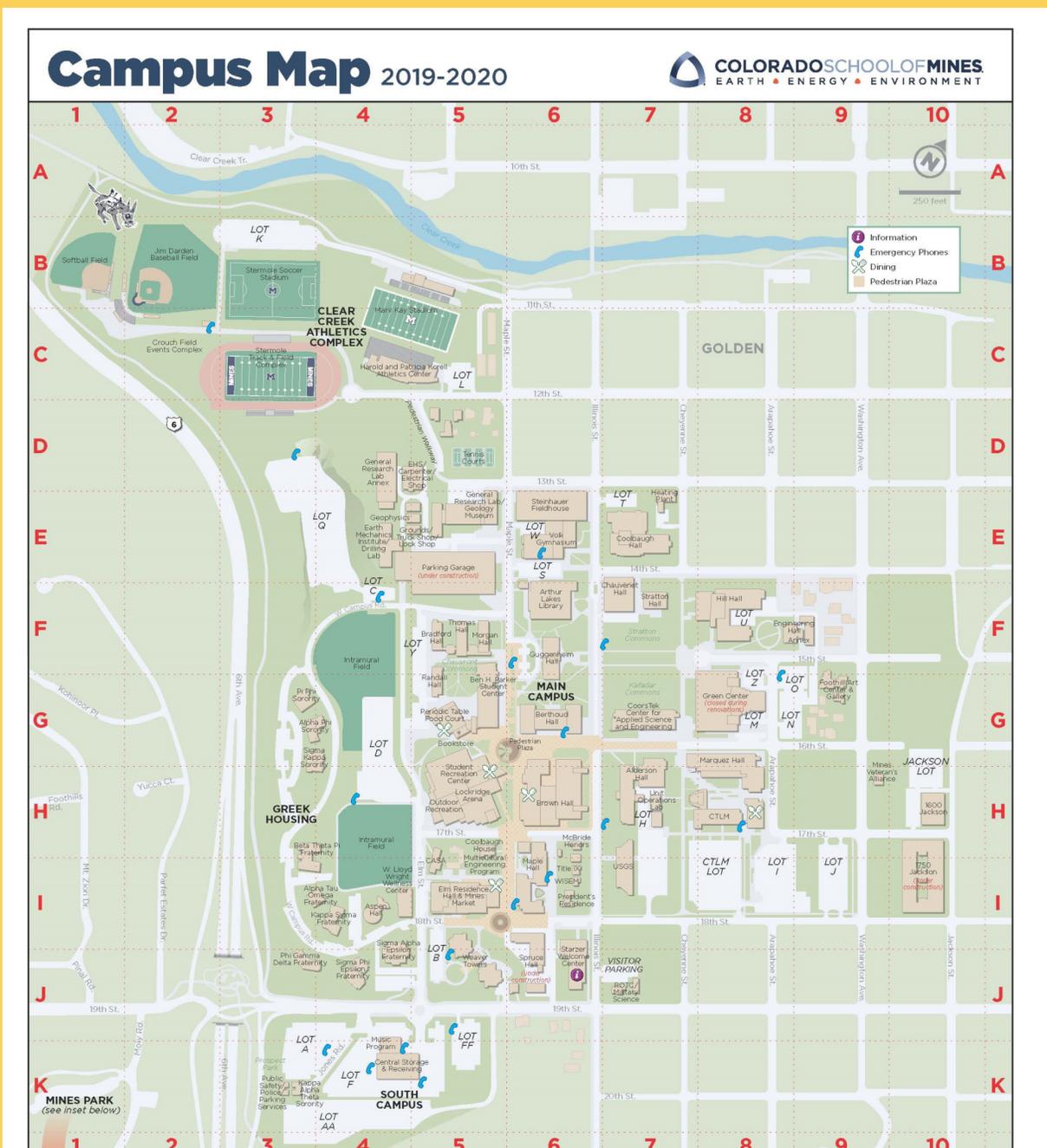
For contingency schedules see: uscaa.org

LIVE RESULTS

http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2022/CurrentMeet/Track__Field.htm

Parking at the School of Mines

Use the North Lot (Lot K) located at the end of 11th Street and walk up to the track from the parking lot. There is additional parking on the lot on the north side of 11th street towards downtown Golden (towards the Golden Hotel). You can park, walk back on 11th towards Lot K and progress up to the track.



Road Races Course

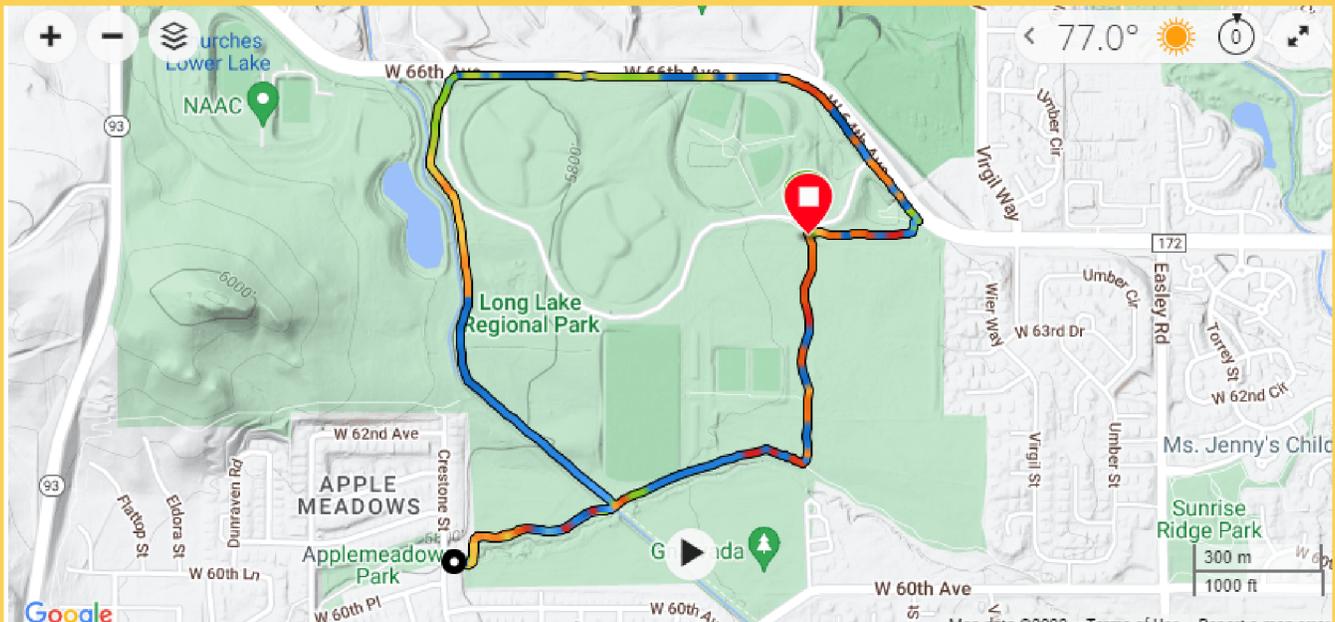
Long Lake Regional Park, 17850 W 64th Ave, Arvada, CO 80403. About 6 miles from the School of Mines.

There are bathrooms at the soccer fields, a number of port-of-potty, and some bathrooms by the baseball fields.

5K - Start time 7 AM

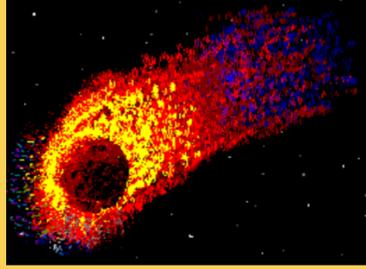
- The course runs counter clockwise
- Start from the parking lot (red symbol) and head down to the paved path
- From there follow the sidewalk through a few tight turns and onto the sidewalk next to the road
- This section is slightly uphill next to the baseball fields and is the toughest climb of the course
- Exit the sidewalk and enter the dirt section through a small opening before the gate and continue to the dirt path
- The dirt path portion is about a kilometer and includes a nice downhill
- Once you hit the sidewalk take a right (this is the out and back spur at the bottom left added to make the course 5K). Continue until you reach the turnaround point. It's about .2 miles round-trip. Follow the course the rest of the way until you reach the path you started on.
- Turn left and go a short distance to the finish line

10km: repeat the 5K course - Start time 7 AM



Here is a pin to where to park <https://goo.gl/maps/Qs2tAvXjCoWEZhoy6>

Aerospace



2022, 2021, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005,
2004 2003, 2002, 2001, 2000, 1999, 1998, 1997, 1996, 1995, 1994, 1993, 1992,
1991, 1990, 1989, 1988, 1987, 1985



Captain
Brian Gore

- We provide a social and common-interest network for those who desire to compete in track meets and road races
- We provide a supportive team and training atmosphere for Club members
- We set goals and train toward them
- We record team statistics as a measure of each person's progress and as a means to capture historical Club records

The AEA Track Club was formed with the purposes stated above in mind, but has always been intended to be a place where having FUN doing all those things was prioritized as a top goal and overarching theme. We have been competing in the United States Corporate Athletics Association National Corporate Relays every year from 1987 until its suspension in 2015, where we have continued to participate in the Colorado (closest) Corporate Regional meets. As such, we are one of the longest continually participating teams in the country overall, and by far the longest of our size/Division.

Other benefits of Track Club membership are the network of like-minded runners with experience in training methods, injury prevention and recovery, racing techniques and information, etc., as well as some of our longstanding traditions like our Welcome Workout, Tune-Down Event, Franch! Awards, and Race Reimbursement Program. We recently decided to become unofficially affiliated with two other local (South Bay) running clubs to provide further exposure to an even wider array of running talent and camaraderie.

aeatrack.webs.com

We have FUN doing all that!



2022, 2021, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005,
2004, 2003, 2002, 2001, 2000, 1999, 1998, 1996, 1995, 1994, 1993, 1992,
1991, 1990, 1989, 1988, 1987, 1986, 1985, 1984, 1983, 1982, 1979



Captains
Lou Putnam
Ken Gibbons
Joe Hehn

2019 National Championship Team

AT&T competed for the first time in 1979 in Berkeley, California with 12 athletes. After skipping the next two years the team returned in 1982 and has participated every year since then for a total of 42 years. AT&T divested 70% of the Bell System in 1984; seven "Baby Bells" were formed and the team lost a lot of runners. However, that same year AT&T sponsored the Olympic Torch Relay and the team received a tremendous boost of runners. They came out of the woodwork as virtually every runner in the company wanted to participate. Athletes have come and gone, but lifelong memories and friendships have been formed within the team and with athletes from other teams. The AT&T Team is very appreciative of being able to participate in this annual event.

Spin offs and acquisitions have made it difficult to maintain a team over the last 40 years, but we have persevered.

We are looking forward to exciting and friendly competition this year in Golden.

Good luck to all 2022 Corporate Cup Relays participants



2022, 2021, 2013, 2012, 2010, 2009, 2008,
2007, 2005, 2003, 2002, 2001, 2000, 1999



2009 USCAA National Team

Captain
Brian Genter

Team Boeing is making a come back for our final Track Meet (say it isn't so). We are bringing a few of the old names you love & trust and almost a handful of new athletes, at least new to the Boeing team. We come from the south, the west, the far, the near, Louisiana, California, and right here in Colorado. We've just been itching to make a come back to the event we all love.

This year we aim to have some fun!



2022, 2021, 2013, 2012, 2010, 2009, 2008,
2007, 2005, 2003, 2002, 2001, 2000, 1999



2019 Boulder Team

Captain
Gordon Smith



Booz Allen Hamilton is a consulting company that has historically included employees from all levels and all departments around the world for a team-building event that is more than just an exercise.

Booz Allen has been competing in USCAA events since 1995 when it entered a 1-person team in the USCAA Marathon in Houston, TX and a 15-person team at the USCAA Corporate Relays in Des Moines, IA. Later it entered teams in the USCAA 10-mile Championships.

Booz Allen participation grew year-to-year until it reached a 71-person team at the 2008 track meet and a 34-person team at the 2007 marathon. Booz Allen won the USCAA Corporate Relays twice.

We are excited to return to the track at Colorado School of Mines! This year we have a small team with participants from Colorado, California, Virginia, Maryland, and Ohio. The average age of our team is over 50, with only 1 runner under the age of 40.

<https://uscaa.grunsports.com/bahClubs/track/index.html>



bp



2022, 2021



2019 Boulder Team

Captain

Natalie Woodham

BP's competitive track team is based in Houston, TX, USA

Each year BP participates in the Annual Regional Corporate Cup Relay in Houston. This all relay track meet is designed to provide a fun team-oriented competition against other energy companies for all corporate competitors, regardless of age, gender, skills.

bpfitnesscenter.net/corporate-cup-relay.shtml

ExxonMobil

TIGERS - Captain Kim Munksgaard

2022, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004, 2003,
2002, 2001, 2000, 1999, 1998, 1997, 1996, 1995, 1994, 1993, 1992, 1991, 1990,
1989, 1988, 1987, 1986, 1985, 1984, 1983, 1982, 1981



2019 Boulder Team



2022 Regionals Team

The merger of Exxon and Mobil Corporation provided opportunity to increase the size and strength of the ExxonMobil Tigers Track & Field Team. As the new corporation reached throughout the world our Tigers gathered from heritage Exxon and Mobil sites to compete in the Corporate Track and Field Championships and share in a unique team building experience. The ExxonMobil Tigers are proud of their long history of accomplishment at USCAA Nationals, beginning in 1981.

Team spirit is the secret of the Tigers' power. The Tigers have been recognized for several years as the most spirited team at Nationals and each year we return with enough memories of the excitement and camaraderie to fuel another tough year of training and preparation. And let's face it; we have the best uniform...

Thanks to all our past and present team captains; Rob Radnoti (1981-1999), Bob Botto (2000-2011), Ken Thomas (2011-2019), Kim Munksgaard (2013-2018, 2022), Nora Gentry (2018-2019), Josh Heller (2018-2021).

athletictigers.com

Our message to the competition is "Watch Out! The ExxonMobil Tigers are about to pounce on you".



**2022, 2021, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004,
2003, 2002, 2001, 2000, 1999, 1998, 1997, 1996, 1995, 1994, 1993, 1992, 1991,
1990, 1989, 1988, 1987, 1986, 1985, 1984, 1983, 1982, 1981, 1980, 1979, 1978**



2019 Boulder Team

Captain
Halle Cup

The first competition for GE was in 1978 in Los Altos, California – wow! GE has over 40 years of participation in the Corporate Championships. While some of our team members are veterans of every meet, every year we are fortunate to find and receive the support to bring new team members into the fold. Not only are we eager to share with them the fun, excitement, and competitive thrill of corporate competition, but we are pleased to have the opportunity to share our own experience, training ideas, and support with these fellow employees. Integrity both on and off the track is our guiding principle, and we look forward to a heated competition with other, like-minded corporate challengers.

No matter where we place in the standings, meeting up with old friends and enjoying the heat of battle is what makes our participation worthwhile. We're proud to represent GE's worldwide employees amongst so many worthy athletes joining us in corporate athletic competitions. It has been very rewarding to travel the country and compete in special towns like Santa Barbara, San Ramon, San Diego, Sacramento, La Jolla, Renton, Waterville, and many more.

www.gerunners.com

NORTHROP GRUMMAN

2022, 2021, 2006, 1986, 1985



2019 Boulder Team

Captain
Amy Gale

Northrop Grumman Colorado has participated in the Corporate Running Association's Corporate Track & Field meet for 9 years.

Through those years our team size has ranged from 6-35 entrants and has included participants from the Aurora, Boulder, and Colorado Springs Northrop Grumman sites.

The meet has been a great time for camaraderie and competition!

Bruce Bradley, ASSP/EH&OS I.T.



OHST, CET, CIT, BCSP (Retired)

EMT-1 NA/FS

Cal-State San Marcos - Risk Management Occupational Safety & EMR response, LEA Instructor, Facilities Services Instructor, Medical Dept. Instructor, Kinesiology

ARC/AHA/ASHI/American CPR Programs - Instructor/Trainer/Program Manager (49 years) (currently 2022 AHA Programs)

Programs; EMR, Advanced F.A. Wilderness/Survival, BLS/CPR AED, First Aid, CNA, EHS Manager/Director, Pet First Aid, Baby-Sitting (Note: Program and video course developer, reviewer, program roll-out, Technical Advisor)

HazMat HMIS, I.C.(HazWoper Program Developer/Instructor)

LEA Instructor Trainer - Advanced Driving, Communicable Disease, Clandestine Drug Lab Operations (BNE, DEA, FBI, FD & EMS)

C.E.R.T. - Instructor, Program Manager

OS&EH Program Developer/Director, Supervisor/Trainer - Radiation Technology (Alpha/Beta/EMF), PIV, Fleet, Confined Space, Lead, Asbestos (Supervisor), Fire Response/Prevention, Tower Climbing/Aerial Rescue, Respiratory Protection Program Director/Supervisor/Trainer Specialist A - D Levels, Electrical Safety, BBP, Trenching & Shoring Operations, HazComm, Hearing Protection

**National H.S. Car Club EMS Director - San Diego/Imperial Counties
Director of Field Operations - Top Driver, Smith System, PTC 190A,
Proctor S.D. Lifeguard Games / LEA Academies**

ARC Sports Massage Therapy Certified

Coaching - USATF Track & Field and Cross Country (City of Pasco, Tri-Cities Thunder, Lampson Cable Bridge CC Mid-H.S.), CSUSM Faculty/Staff T&F Coach, USBC Youth and Adult Programs (Bronze Level), Santa Clara Valley - Little League, AYSO Soccer, Industrial/Semi-Pro Football

**Sports First Aid, Olympic Time Trials, USCAA/CRA 44 years, Olympics F.A. Program, Lead for Union City PAL Football, Santa Clara County Fair, Santa Clara AYSO Garlic Festival, Christmas Fair, Tapestry & Talent Crafts Fair, BACAA T&F, Tri-Cities Thunder & City of Pasco F.A. Provider XC/T&F programs
Trans-Am, Can-Am Motorsports, (NCSI & Safe Sport Certified 17 years)**

Field Operations: 1984 Olympics EMS, 1985 Santa Cruz Mountain EMS Team, 1989 Loma Prieta Earthquake ARC Response Team, 1988 Anhydrous Ammonia/Methylene Chloride Releases, 27 years CPR Saturday Program Manager (S.D. Guinness World Record - Most Certified one day), Cache Canyon White Water Rescue, Corona Wildfire, NCR/AT&T Sulfuric Acid/ Releases 1990-2000, 2008 /2014 Ramona - Escondido - Rancho Bernardo - Carlsbad Wildfires, seven hospitals, 150+ vehicular responses (motorcycle-Big Rig)

Simon-Daniel Jolicoeur-Forrester, RMT

Happy Body | Happy Life | Take The Time



Returning again for his 3rd year, Simon is here to help our athletes move better and help them maintain their competitive edge.

He will be offering his cash only services for 10-20min depending on your needs.

For over half a decade Simon has been helping folks with his massage in both clinical and spa settings. Every individuals specific needs are prioritized systematically to optimize their performance on or off the field. His hands on approach is dynamic, evidence informed and uses a variety of techniques to meet your needs.

simonthermt.com

Last Men Standing



Hank Lawson
in Will Rogers
Follies

After 45 years the Corporate Cup Relays/USCAA National Championship is coming to an end. There is only one person who has attended all 45 years - Hank Lawson! Hank has also been the timer on the track since 1983 and compiled the results until he handed that over to Gordon Smith in the 1990s.

The person on the second rung is Kevin Holtzclaw who has tallied 44 years. Unfortunately, Kevin will have knee surgery on August 12 in England and won't be able to make it. Perhaps it's because of Brexit and we can blame the British! Kevin helped found the GE Team and has been the captain until the last few years. He has been a Board Member since 1985 and served as the USCAA President for most of the time since 1990. He has also been instrumental in coordinating the meets - especially the last few years in Colorado.

Lou Putnam is the third person, with 42 years. He missed 1978, 1980 and 1981. He has been on the Board since 1985 and has served as the USCAA Vice President for most of the last 30 years. Lou has helped coordinate the meet for the last few years - including the world wide attended virtual meets in 2020 and 2021.



Hank Lawson

Competed for 16 teams
over the 45 years including
Runner's World and
Hewlett-Packard!



Hank started in 1978 with a Corporate Track meet at Foothill JC in Los Altos Hills. Runner's World was playing with the idea of having Regional Meets that qualified teams to a National Championship and this was their "prototype" to see what events might work. The meet was heavily loaded with distance events and they were all relays except the 10k road race. A total of 15 teams showed up to compete in this first running. Having just finished at San Diego State, where he ran on the XC and track (steepler) teams, he ran the Distance Relay (2-mile leg) while working for Hewlett-Packard. They were leading the race by over two laps going into the final 880 leg, which had to be run by a woman - she never showed up - so after 28 laps our team had to step off the track with a DNF, and so began his journey of running in EVERY Corporate Nationals.

Bob Anderson, Runner's World CEO, had a vision to go BIG with the Corporate Cup Relays the next year at Berkeley (39 teams) and he made us all feel like Olympians, even the runners that WERE Olympians. The two day affair continued to grow with Regional meets that led to the National Championships with 83 teams in 1983 being the peak of participation, it was a goal for many teams to just qualify for Sunday's Finals and only worry about the after party, not the team scores.

In 1985 Corporate Track traveled south to LA and we managed our own destiny for the next 35+ years. The USCAA carried the torch for the Track Nationals while adding the Marathon Championships as well. The friends that Hank made along this path have been numerous. The annual "reunion" is something that is a #1 priority for him to this day. Lou asked him for some of his highlights, see below for a list of Hank's fondest memories:

"At Berkeley (79) running the 10k that went UP hill for the first half - I was with the lead pack with visions of winning. Bill Clark (GE), one of the Olympians I mentioned, passed me on the return downhill as well as many others for I was "gassed", I finished waaaaay back while Lou Putnam (AT&T) won.

At Stanford (81) HP took 2nd, to an always strong TI team, which surprised everyone, even HP.

In '82, myself and Paul French took 2nd in the Men's 3000M Team race, losing to Kurtis/Chimes of Ford. Our time remains #3 on the All-Time list.

At UCLA (85) H-P won the Executive Relay (9:18 2-mile split) for the company's first ever, National event win.

In '88 I got to team-up with Olympian Benny Brown in the Men's Mile Team race. After leading the mile for 3 ¾ laps, I was passed by Benny and two others - we lost by .07 of a second, the closest "losing" time in the history of the CCA up to that point in time, in any race.

Des Moines (95): Winning the Men's Mile Team Race with Bruce Hamilton (LG&E). Bonus was getting a Drake watch as the award. The cherry on top...getting inducted into the USCAA Hall Of Fame.

In '99 SCVAL (teachers and coaches from the school district) made its appearance and the following year we won the Division 2 title - we were stunned.

In 2000 I ran the Masters 200 leg in the final event, The Sprint Relay. The baton exchange with the anchor runner was "text book" and we won the event by 0.5 seconds. It made this "track coach", and distance runner to boot, confident that I really did know how to coach relays. The relay win also guaranteed the team win for SCVAL.

At California HS (05) I got to anchor the Senior's Relay (my first year of eligibility) to the win.

While SCVAL competed (1999-2014) we won 9 team Championships with 5 in a row."

Kevin Holtzclaw



Like Hank Lawson, I started Corporate Track with the Runner's World Corporate Track meet at Foothill JC in 1978. Although my corporate running was a bit before that. Following my track competition my freshman year of college I didn't run again until I got caught up in the running boom in the early 1970's. In the San Francisco Bay Area, a group of corporate runners got together informally and staged monthly 5K or 10K fun runs. Runners from the likes of Hewlett-Packard, Lockheed, GE, AT&T, Ford Aerospace, Stanford Research Institute and others formed a loose knit organization dubbed the "Bay Area Industrial Running League" (BAIRL). Each month one company would take the lead to define a location and route for that month's run. My company, GE, started hosting an annual track meet at San Jose State University, and that coupled with local all-comers meets and then Runner's World's Annual Corporate Cup ignited corporate track competition.

I competed with my GE teammates in all the Runner's World meets where we had over 80 teams competing in multiple divisions. When Bob Anderson sold Runner's World in 1985, a group of us team captains (including Lou Putnam from AT&T and Chet Bieganski and myself from GE, Robert Radnoti from ExxonMobil, Hank Lawson, and others) met in Mountain View, CA and then again in Los Angeles and formed what would become the United States Corporate Athletics Association (USCAA). The USCAA oversaw corporate track and corporate marathons from that point until today.

I was fortunate to Captain and run for the GE Team which was eminently successful in USCAA competition - both in track and marathons, as well as branching out to compete in the Penn Relays Corporate DMR, the Chase Corporate Challenge and the Hood-to-Coast 200 mile Relay.

Throughout these competitions the overriding benefit has been the connections and friendships that I have made - both within GE for all the years we competed together and with all the other teams we competed against. We formed lifelong friendships that will extend well beyond our competitive endeavors.

I was lucky to compete in all the annual track meets until this year. My surgically repaired knee is going to require additional medical attention that is sorrowfully just before this year's meet. I will be thinking of you all and wishing you the best!

Photo credits: Tom Leonard
Tom has taken literally thousands of pictures for USCAA Teams in the past

<https://geruns.shutterfly.com/24>



Lou Putnam



I was working at AT&T headquarters in Basking Ridge, New Jersey when someone recruited me to go to the Corporate Cup Relays in Berkeley, California in 1979. Little did I know that it was going to take me on a wonderful 42 year odyssey! We had 12 men on the team (no women) so we didn't fare very well - didn't make the top 10 as a team. However, the highlight for me was the 10K. Fortunately, the race was at the end of the day after everyone had run events on the track so my marathon training paid off. Better yet, the course was out-and-back and the first half was totally uphill with switchbacks. I was a really good downhill runner. Taking the lead just before the turn-around, I had a lot of confidence and won the race. Over the years we had a few other AT&T runners win the 10K.

In 1982 we tied with GE at the White Plains Regional and that gave us the impetus to go to Stanford for our second trip to Nationals. We shocked the other corporate teams by winning the championship with a 28-member team. We were off and running, winning nine championships in the next 12 years.

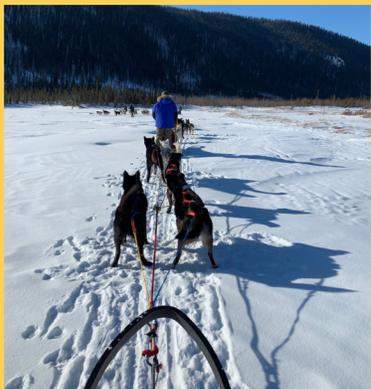
The most exciting thing to watch over the years were the numerous close finishes - especially when it included AT&T. It could be a close race from the start, or someone reeling another runner in during the longer races. I can vividly see some of those races still today. Steve Bagado running the anchor 800 in the Submasters Relay against Hughes Aircraft who had former Olympian Bennie Brown. Steve was about 5'5" and was trailing a very tall runner from HA for almost the full 800. On the final turn Steve jumped to the second lane and accelerated - winning going away. With his long legs the HA runner could not recover soon enough. In the last 20 years Alfonso Peterson was our anchor in sprint races and almost always pulled out the win. Marcus Shute is a marvel to watch in the 100, 200 or 400 and Jacklyn Slaughter has been one of our key runners for the last 30 years - even agreeing to run a 400 to help out the team when needed! And who can forget Paul Henry with the "no passing" phrase on the back of his singlet.

One other personal highlight. The USCAA added the marathon event in 1985 in LA. I ran 2:35 which put me in the top 10. However, I was past my marathon prime since my PR was 2:24:26 in New York in 1981.

The fondest memories are the life-long relationships and friends I have on the AT&T team and other teams from all these years. Wonderful people! Kevin Holtzclaw and I have been competitors and friends since 1982! We especially battled fervently when we had evenly-matched teams in the 80s and the 90s!

I plan to keep in touch as I move to the next chapter of my life...

Gordon Smith



<https://www.dragonboat.sport/idbf-championships-ccwc-wdbrc>



Gordon began his business career with GE in 1982 and attended his first USCAA Nationals in 1985.

He soon became immersed in the corporate running world. He was the GE Mid-Atlantic regional coordinator and regional team captain from 1987-1992.

Gordon ran on the GE team from 1985-1992, went to Martin Marietta in a GE corporate spin-off and helped Ron Manion start the Martin Marietta team - 1993-1994. In 1995, he moved to Booz Allen Hamilton (BAH) and is still there.

Wasting no time, Gordon founded the BAH Team in 1995 as soon as he got there.

Gordon wrote and published several newsletters from 1991 through 2000 as he changed jobs - GE Runners, Martin Marietta Runners and USCAA Fitnews. Whew!

Seeing the need to help the USCAA become more efficient, he brought the USCAA into the 21st century as he developed the USCAA website in 1999 and maintained it since then.

The next thing Gordon did was start scoring the National Track Championship and has been the official scorer for the last 21 years. He also has scored the marathon championship for the last 10 years. He has been a USCAA board member from 1993 - present (VP 97-99). In his spare time, he created Nationals logos and meet programs from 1996-2004.

Gordon was elected to the USCAA Hall of Fame in 1998 - well deserved!

Gordon is one of the absolute key people in the USCAA as he supports the scoring and results at Nationals and the Marathon. He also works year-round on the website as needed.

As if corporate running wasn't enough, Gordon joined the 7 Continents Club in 2003, running a marathon on every continent. It included the Great Wall of China, Machu Pichu, and Antarctica. He is currently working on adding a half-marathon on each continent! For over 12 years, he has been paddling in national and international Dragon Boat Races including IDBF Dragon Boat World Championships and Club Crew World Championships - in various locations around the world. Most recently winning two golds and a bronze at the 2022 Club Crew World Championships in Sarasota.

Gordon's latest venture (as far as I know) is dog sledding. He went on his first dog sledding expedition in 2018 in a remote wilderness region of Alaska. He returns to Alaska annually to dog sled on the Yukon River and help with rehoming retired sled dogs. He and Denise currently have 5 sled dogs which help to retrain the newly arriving sled dogs from Alaska.

There's an old saying that if you need something done, "ask a busy person". That will be Gordon!

Bruce Bradley



Bruce Bradley has participated in Nationals for 38 years. For eleven of those years he started and led the Red Cross Team and the California State University San Marcos Team. He is the epitome of a team player and will volunteer wherever needed. He has provided emergency medical treatment and first aid for all Nationals since 1985, treating injured or sick athletes on many teams. Bruce leads by example. He has run nearly every distance on the track, the 5K and 10K as well as thrown the shot put and discus. He fills in wherever the team needs him most and shows others that effort can make the difference in a meet.

His greatest achievement has always been to get people to participate and perform at a level they didn't think possible. He loves the team aspect of our sport. Seeing one of his team members achieve a goal and win is as gratifying to him as winning himself. He also loves competition - running a sub 50 400m in his younger days. Whether he volunteers or is asked, you can always count on Bruce to deliver and exceed expectations. He will be a busy man this weekend - running 3-4 events for AT&T and providing first aid and medical treatment for all athletes as needed. If you are running 5K or the 10K, Bruce will be leading the race on his bike! Whew!!!!

Bruce is the all around "do whatever it takes " man!

If you run into Bruce this weekend, thank him for all of his years of service to help make this meet successful.

USCAA Stalwarts

A heartfelt thanks to these individuals for making the USCAA successful over many years

SANDI BERKNER



Sandi ran on the CIGNA team until 2005, then she ran in the unattached "pool" for Aerospace for many years. She has done an awesome job as the USCAA treasurer since 2005 keeping the USCAA solvent! Sandi has also been one of the key coordinators of the National Meet for many years. She does a great job of keeping a leash on Kevin and Lou!



PRENTIS JOHNSON

Prentis joined the Boeing team in 1991 and ran for them for several years. Since then he has run in the unattached "pool". All teams want him because he's an excellent 200m runner in his age group. One of Prentis' greatest contributions is performing the critical job of volunteer coordinator for the meet for the past 18 years. Prentis has also been on the USCAA Board for 20 years

JOVETTE JOLICOEUR



JJ started competing for the USCAA in 2000 in Renton Washington, while working for Imperial Oil in Calgary, AB, Canada. She has been consistently attending the USCAA National meets since except in 2005 to compete on the world stage at the Worlds Masters Games in Edmonton. Competing as a master athlete locally, nationally and internationally as a combined events athlete (Pentathlon, Heptathlon), her versatility makes her a good asset for the Tigers, as she can run, throw or jump.

She joined the USCAA Board upon Bob Botto's retirement, and helped with promoting the USCAA through Social Medias and revamping the Website. She also helped the USCAA Nationals LOC with various duties as needed. Highlight was being the Meet Director for the 2020 Corporate Nationals Virtual Meet; 400 athletes, 10 countries.

She created the EM Tigers Website and a few years ago, became the Webmaster/Admin Support for AT&T Running Team.

Records and more!

Relays logistics have changed through the years

<https://uscaa.org/corporate-relays-and-team-races-records/>

<https://uscaa.org/5k-road-races-records/>

<https://uscaa.org/10k-road-races-records/>

HOF and Olympians

<https://uscaa.org/about-us/hall-of-fame/>

<https://uscaa.org/about-us/olympians-at-uscaa/>

USCAA Sunday Gathering



Best Western Denver Southwest

10.13 miles from Golden center

3440 South Vance St. Lakewood

- Sunday August 14, 5 pm to 10 pm
- **No Cover Charge (free)**
- Bring your beverage of choice
- Cold food will be served (some vegan options)
- Bring any leftover food or beverages from the meet
- Access to pool; **no glass allowed**, paper cups will be available
- May have music

Notes

A note from Kevin Holtzclaw

Hello all:

...I want to thank everyone – team captains, our corporate athletes, EMT Bruce, RMT Simon-Daniel, timers/scorers Hank and Gordon, Prentis, Lisa, and Jovette the USCAA Board, and special thanks to Lou Putnam, Amanda Tyndall and Sandi Berkner for all the work to make this last hurrah happen!

As some of you know, I will not be there for the meet. The knee replacement surgery I had in September is not responding as the doctors hoped so I will be spending the end of next week in surgery here in the U.K. What a way to end this 45 year run; I made them all as part of the GE Team and as a USCAA Board Member, only to be denied this one!

Going back to 1978, this whole program that we have all worked to develop and nurture has brought us together – creating lifetime friendships that we will all take away with us. Again, thanks to everyone, I hope to be able to reach out to you individually over the next few weeks.

