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**Mid-ATLANTIC CORPORATE ATHLETICS ASSOCIATION  
WASHINGTON, DC**

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The Mid-Atlantic Corporate Athletics Association is an affiliate of the United States Corporate Athletics Association. The USCAA is the governing body for the now twelve (12) regional meets in addition to the National Track Championship which is an event for the National Title. Also, there is a National Marathon which is held once a year. The event for the regional meet is derived from the national structure.

The event is open to government agencies, military and corporations. The purpose of the meet is to promote health and fitness among the employees. The participants of the meet vary from those who have been athletically competitive since childhood, to those who recently started running for health and fitness reasons. The atmosphere is friendly, yet competitive for those from the corporate officers through rank and file employees.

The overall relays do not have a sponsor, therefore, the cost of the relays

is passed along to each runner. The majority of the teams do not receive company funding. In recognition of the performance in the events, award medals are given to the top three teams in each of the events. In addition, there are particular medals for all runners, and each runner receives a T-shirt.

Because limited available finances prevented widespread advertising in local and national running publications, the following information is to provide some history behind the relays. We are always seeking new ideas to improve and grow the relays.

Much of the strength and popularity can be directly attributed to the team captain. We are projecting a steady increase in runners over the years.

The bottom line is dedication to fitness, the spirit of teamwork and cooperation.

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*Mid-ATLANTIC CORPORATE ATHLETICS ASSOCIATION  
HISTORY*

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On **Saturday, May 2, 1983**, seven companies met at the Byrd Stadium located on the Campus of the first Washington, DC area Corporate Cup Relays. The Meet Director was Dan Rincon. The event was funded by Runner's World and was started on the West Coast in 1978 by Bob Anderson. The events are designed to promote physical fitness through running and to provide an atmosphere of friendly competition. The event was open to companies, government agencies and military teams.

The teams which participated in the first year were American Management System, American Association for Marriage and Family Therapy, IBM Bell Systems, Westinghouse, General Electric and Honeywell.

In 1984, the Corporate Cup Relays, which was to be held in Washington, DC, was cancelled for financial reasons. The event did not prove to be profitable, and the participation was low. On a local note, there was not much press given in 1983, except for an article which appeared in the Washington Post and was featured in the Business Section.

On **Saturday, June 30, 1984**, the First Annual Mid-Atlantic Corporate Relays were held in Oakland Mills High School in Columbia, Maryland. The Meet Director was Joe Herget. It was a request from Bill Conroy to Nelda (Casper) Clelland and myself that initiated our making phone calls to obtain participation from other teams. There were a total of ten (10) teams, of which six (6) were not participants in 1983.

On **Saturday, June 15, 1985**, the Second Annual Mid-Atlantic Corporate Relays was held in Oakland Mills High School in Columbia, Maryland. The Meet Director was Joe Herget. An event that was predicted to have low participation saw the total teams increase to nineteen (19) with thirteen (13) new teams. The popularity of the event was increasing along with the total numbers of runners. Also, the performance standards of the runners were improving. Not only did the teams concentrate on getting the maximum number of runners on the track, but they concentrated on getting the best qualified runners. The excitement of the event was holding from prior years.

On **Saturday, June 7, 1986**, the Third Annual Mid-Atlantic Corporate Relays were held at Gallaudet College in Washington, DC with Joe Herget as the Meet Director. The move to Gallaudet College was strategic, in that it was in a central and well-known location of Washington, DC and added a touch of class.

Gallaudet University is a multi-purpose education and resource center which serves hearing impaired people around the world through its academic, research and public service programs.

The total team participation was eighteen (18) for 1986 with half of the teams returning from 1985. A major step was the local TV coverage provided by WTTG, Channel 5, which televised the highlights on the evening news.

On **Saturday, June 13, 1987**, the Fourth Annual Mid-Atlantic Corporate Relays were held at Gallaudet University in Washington, DC. The relays were

officiated by the Montgomery County Road Runners Club.

The total team participation was up to twenty-one (21) companies which represented thirty (30) teams. This year, there were prize and product donations from AVIA Athletic Shoe Company, The Running Journal and Gatorade. In addition, press coverage was provided by Tom Carter of the Washington Times Newspaper.

The total number of runners broke the 500 mark which was a distance from the 200 in 1984. This is significant since the major advertising has been word-of-mouth among the running community.

This year also marked the beginning of presenting T-shirts to all of the runners.

On **Saturday, June 11, 1988**, the Fifth Annual Mid-Atlantic Corporate Relays were held at Galluadet University in Washington, DC. The relays were officiated by the Montgomery County Road Runners Club.

The total team count was 22 companies and this included five (5) new teams. The total number of runners was 550. There was an increase in product and/or prize donations by AVIA Athletic Shoe Company, Superior Beverage Distributors (Bud Light), T. J. Sportwide, Runner's World and The Greenbelt Hilton Hotel.

The relays consisted of fourteen (14) events and 1988 saw six new teams records set. In the Men's Mile race, there were 38 runners and 12 were under 5 minutes with the fast time of 4:21.

The Women's 5K had two runners (Lorraine Hochella, TENNECO and

Mary Salmone, IBM) who were Olympic Marathon Trial Qualifiers.

The largest event was the Sprint Relay (required 6 runners, at least 2 females and 1 master) which held 138 runners. The legs were as follows: 200 meters; and 200, 200 meters. This event was dominated by TENNECO in a time of 3:32. The record for this event was set by TENNECO in 1986 with a time of 3:28.

On **Saturday, June 3, 1989**, the Sixth Annual Mid-Atlantic Corporate Relays were held at Galluadet University. There were 16 teams participating, accounting for 500 runners and 3 new teams. The two primary events, which had 19 relay teams entered, was the 3 Lap Sprint and the Sprint Relay.

The Women's 5K was won by Lorraine Hochella of TENNECO and the course record holder (17:35) clocked an 18:30. The Master was Noel Relyea of Dupont with 21:17. Christopher Samley of General Electric dominated the 10K with 33:30. The first Master was Richard Stotlar of AT&T with 36:04.

There were three new records set, Dupont lowered their 1988 mark for the Executive Relay from 19:30 to 18:55. TENNECO lowered a 1988 mark of 3:54 set by General Electric in the Sub Masters Sprint Relay. Westinghouse lowered a 1984 mark of 5:40 set by General Electric for the Master's Relay. Dupont was the overall leader in First Place.

The event was officiated by Montgomery County Road Runners Club. Support for the event was received from AVIA Shoe Company, Superior Beverages, EXCEED, Greenbelt Marriott, Sportwide, Inc. and the numerous runners.

On Saturday, June 2, 1990, the Seventh Annual Mid-Atlantic Corporate Relays were held at Galluadet University. There were 16 teams represented which accounted for close to 500 runners. Each year, one to two new teams join the ranks to replace those departing. The loss of team captains has caused the departure of teams. The event continues to be supported by the entry fee and no sponsor. The University has been the site of this event for four (4) years.

The race conditions were usual for June, 65 to 83 degrees. The availability of the sports drink EXCEED made a difference in keeping energy levels up. The Montgomery County Road Runners Club. returned to their officiating positions.

The new addition was the long jump and shot put. C. Russell of General Electric jumped 21.27 feet to take first place. Tricia Gill of PEPCO set the standard for the women with 13.65 feet. The men's shot put was captured by Johns of General Electric with 47.3 feet while

Jennifer Walz of General Electric made it 31.3 feet. These events will be scored next year.

Mary Gaylord of AMS took the women's 5K with 18:34. A new master's record was set by Sharon Hamilton-Dolan of IBM with 19:55. The men's 10K was captured by Bill Halliday of the U.S. Marines with 33:00, which was a record for Galluadet. Allen Gamber of the U.S. Marines set a new master's record of 35:30.

The competition increases from year-to-year. Team Westinghouse lowered the 1988 mark in the Women's 800 meter from 5:00 (GE) to 4:58. Team TENNECO lowered their 1989 record of 3:53 to 3:52 for the Sub-Master's Sprint Relay. The U.S. Marines lowered the time set by AMS of 9:12 (1988) for the President's Relay to 8:56.

Special thanks to the Greenbelt Marriott, Sportwide, Runner's World, Tom Wick's Sports Lettering and the other contributors who made 1990 a success.

MID-ATLANTIC CORPORATE RELAYS

BY EVENT.....TOP TIME BY TEAM

EVENT	1987		1986		1985		1984		1983	
	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM	TIME / TEAM
WOMEN'S 5K	17:36 (IBM)	18:00 (WESTINGHOUSE)	19:47 (GE)	19:52.1 (GE)	19:52.1 (GE)	?	19:52.1 (GE)	19:52.1 (GE)	?	
MEN'S 10K	33:12 (GE)	31:46 (PEPCO)	32:11 (GE)	32:11 (GE)	32:11 (GE)	?	33:09 (A.A.I.)	33:09 (A.A.I.)	?	
DISTANCE RELAY	37:10 (GE)	36:45 (GE)	38:00 (WESTINGHOUSE)	38:00 (WESTINGHOUSE)	38:00 (WESTINGHOUSE)		36:39 (GE)	36:39 (GE)	36:52 (WESTINGHOUSE)	
WOMEN'S 800 TEAM	5:07 (WESTINGHOUSE)	5:05 (WESTINGHOUSE)	5:07 (WESTINGHOUSE)	5:07 (WESTINGHOUSE)	5:07 (WESTINGHOUSE)		5:25.9 (GE)	5:25.9 (GE)	5:52.1 (IBM)	
PYRAMID/RELAY	9:47 (WESTINGHOUSE)	9:46 (WESTINGHOUSE)	9:54 (WESTINGHOUSE)	9:54 (WESTINGHOUSE)	9:54 (WESTINGHOUSE)		10:04 (WESTINGHOUSE)	10:04 (WESTINGHOUSE)	9:51 (IBM)	
3 LAP SPRINT	2:37 (TENNECO)	2:31 (TENNECO)	2:33 (TENNECO)	2:33 (TENNECO)	2:33 (TENNECO)		2:47.7 (GE)	2:47.7 (GE)	2:40.7 (IBM)	
MEN'S MILE TEAM	9:09 (GE)	8:43 (WESTINGHOUSE)	8:52 (WESTINGHOUSE)	8:52 (WESTINGHOUSE)	8:52 (WESTINGHOUSE)		9:14.7 (WESTINGHOUSE)	9:14.7 (WESTINGHOUSE)	9:10.8 (WESTINGHOUSE)	
WOMEN'S RELAY	4:57 (TENNECO)	4:37.7 (TENNECO)	4:59 (WESTINGHOUSE)	4:59 (WESTINGHOUSE)	4:59 (WESTINGHOUSE)		5:01.9 (IBM)	5:01.9 (IBM)	5:12.3 (WESTINGHOUSE)	
PRESIDENT'S RELAY	9:13 (AMER NIGHT SYST)	9:37 (ARMY MILPERCEN)	9:14 (BELL ATLANTIC)	9:14 (BELL ATLANTIC)	9:14 (BELL ATLANTIC)		9:42.6 (BELL SYSTEM)	9:42.6 (BELL SYSTEM)	NO TEAM ENTRY	
MASTER'S RELAY	5:52 (HARRIOTT)	5:59 (HARRIOTT)	5:47 (GE)	5:47 (GE)	5:47 (GE)		5:40.2 (GE)	5:40.2 (GE)	5:55.4 (IBM)	
EXECUTIVE RELAY	17:11 * (TENNECO)	20:14 (TENNECO)	19:45 (BELL ATLANTIC)	19:45 (BELL ATLANTIC)	19:45 (BELL ATLANTIC)		22:30.2 (AMER MGT SYST)	22:30.2 (AMER MGT SYST)	20:35.4 (BELL SYSTEM)	
SPRINT RELAY	3:32 (TENNECO)	3:28 (TENNECO)	3:37 (IBM)	3:37 (IBM)	3:37 (IBM)		3:37.9 (GE)	3:37.9 (GE)	3:45.7 (IBM)	
SUB-MASTER'S DISTANCE	12:18 (TENNECO)	12:08 (ARMY MILPERCEN)	N/A	N/A	N/A		N/A	N/A	N/A	
SUB-MASTER'S SPRINT	4:09 (ARMY ISEC)	4:08 (PEPCO)	N/A	N/A	N/A		N/A	N/A	N/A	
TOP 3 TEAM BY POINTS	1. TENNECO 554 2. ARMY ISEC 522 3. IBM 503	1. TENNECO 133 2. WESTINGHOUSE 124 3. IBM 119	1. GE 155 2. ARMY MILPERCEN 138 3. WESTINGHOUSE 134	1. GE 155 2. ARMY MILPERCEN 138 3. WESTINGHOUSE 134	1. GE 197 2. WESTINGHOUSE 139 3. IBM 124	1. GE 197 2. WESTINGHOUSE 139 3. IBM 124	1. GE 197 2. WESTINGHOUSE 139 3. IBM 124	1. GE 197 2. WESTINGHOUSE 139 3. IBM 124	1. IBM 136 2. BELL SYSTEM 119 3. WESTINGHOUSE 99	

\* 3rd leg 800 meters short

INDIVIDUAL EVENTS (NOW DISCONTINUED)

1984	1. GE	155
1984	2. ARMY MILPERCEN	138
1984	3. WESTINGHOUSE	134
1984	MEN'S MASTER 1500 METERS	
1984	4:32.7	WESTINGHOUSE
1984	4:52.6	
1984	MEN'S OPEN 800 METER	
1984	2:01.2	A.A.I.
1984	MEN'S 1500 METER	
1984	5:00.2	IBM

1985 4:37 HARRIOTT

4:57.2

1985 2:03 IBM

1985 5:08 IBM

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*Handwritten initials/signature*

MID ATLANTIC CORPORATE RELAYS

BY EVENT...TOP TIME BY TEAM

EVENT	TIME	TEAM	YEAR
WOMENS 5K	17:35	TENNECO	1988
MENS 10K	33:18	AT&T	1988
DISTANCE RELAY *	25:45	WESTINGHOUSE	1988
WOMENS 800 TEAM	5:00	GENERAL ELECTRIC	1988
PYRAMID RELAY	9:26	WESTINGHOUSE	1988
3 LAP SPRINT	2:35	TENNECO	1988
MENS MILE TEAM RACE	8:50	WESTINGHOUSE	1988
WOMENS RELAY	4:46	GENERAL ELECTRIC	1988
PRESIDENTS RELAY	9:12	AMER. MGMT SYSTEM	1988
MASTERS RELAY	5:45	AT&T	1988
EXECUTIVE RELAY	19:30	DUPONT	1988
SPRINT RELAY	3:32	TENNECO	1988
SUB-MASTERS DISTANCE	11:16	WESTINGHOUSE	1988
SUB-MASTERS SPRINT	3:54	GENERAL ELECTRIC	1988

\* Last leg changed from 4800 meters to 1600 meters.

TOP THREE TEAMS BY POINTS

1.	WESTINGHOUSE	600
2.	TENNECO	496
3.	GENERAL ELECTRIC	484

MID ATLANTIC CORPORATE RELAYS

BY EVENT...TOP TIME BY TEAM FOR 1989

EVENT	TIME	TEAM
WOMEN'S 5K	18:30	TENNECO
MEN'S 10K	33:30	GENERAL ELECTRIC
DISTANCE RELAY	26:25	DUPONT
WOMEN'S 800 TEAM	5:05	GENERAL ELECTRIC
PYRAMID RELAY	9:39	WESTINGHOUSE
3 LAP SPRINT	2:33	TENNECO
MEN'S MILE TEAM RACE	8:54	WESTINGHOUSE
WOMEN'S RELAY	4:48	WESTINGHOUSE
PRESIDENT'S RELAY	9:15	AMER. MGMT SYSTEMS
MASTERS RELAY	5:33	WESTINGHOUSE
EXECUTIVE RELAY	18:55	DUPONT
SPRINT RELAY	3:31	TENNECO
SUB-MASTERS DISTANCE	12:06	DUPONT
SUB-MASTERS SPRINT	3:53	TENNECO

TOP 3 TEAMS BY POINTS

1	DUPONT	586
2	WESTINGHOUSE	539
3	TENNECO	524

MID-ATLANTIC CORPORATE RELAYS

BY EVENT..... TOP TIME BY TEAM

1990 RESULTS

EVENT	TIME	TEAM
WOMEN'S 5K	18:34	AMERICAN MANAGEMENT SYSTEMS
MEN'S 10K	33:00	USMC HENDERSON HALL
DISTANCE RELAY	26:11	WESTINGHOUSE
WOMEN'S 800 METER TEAM	4:58	WESTINGHOUSE
PYRAMID RELAY	9:31	WESTINGHOUSE
3 LAP SPRINT	2:32	TENNECO
MEN'S MILE TEAM RACE	8:53	WESTINGHOUSE
WOMEN'S RELAY	4:51	WESTINGHOUSE
PRESIDENT'S RELAY	8:56	USMC HENDERSON HALL
MASTER'S RELAY	5:42	WESTINGHOUSE
EXECUTIVE RELAY	19:21	DuPONT
SPRINT RELAY	3:28	TENNECO
SUB-MASTER'S DISTANCE	11:37	TENNECO
SUB-MASTER'S SPRINT	3:52	TENNECO

TOP THREE TEAMS BY POINTS

1.	WESTINGHOUSE	612
2.	DuPONT	529
3.	USMC HENDERSON HALL	527

MID-ATLANTIC CORPORATE RELAYS

RECORDS FOR YEARS 1983 THROUGH 1990

EVENT	TIME	TEAM	YEAR	
WOMEN'S OPEN 5K	17:35	TENNECO	1988	NEW COURSE
MASTER	19:55	IBM	1990	NEW COURSE
MEN'S OPEN 10K	31:46	PEPCO	1986	OLD COURSE
OPEN 10K	33:00	USMC HENDERSON HALL	1990	NEW COURSE+
MASTER	35:30	USMC HENDERSON HALL	1990	NEW COURSE
DISTANCE RELAY *	25:45	WESTINGHOUSE	1988	
WOMEN'S 800 METER	4:58	WESTINGHOUSE	1990	
PYRAMID RELAY	9:26	WESTINGHOUSE	1988	
3 LAP SPRINT	2:31	TENNECO	1986	
MEN'S MILE TEAM RACE	8:43	WESTINGHOUSE	1986	
WOMEN'S RELAY	4:37.7	TENNECO	1986	
PRESIDENT'S RELAY	8:56	USMC HENDERSON HALL	1990	
MASTER'S RELAY	5:33	WESTINGHOUSE	1989	
EXECUTIVE RELAY	18:55	DuPONT	1989	
SPRINT RELAY	3:28	TENNECO	1986	
SUB-MASTER'S DISTANCE	11:16	WESTINGHOUSE	1988	
SUB-MASTER'S SPRINT	3:52	TENNECO	1990	

\* Last leg changed in 1988 from 400 meters to 1600 meters.

+ New course is Gallaudet University (since 1987).



IBM Corporation  
6705 Rockledge Drive  
Bethesda, MD 20817  
(301) 564-2392

June 21, 1991

MEMORANDUM TO: Team Captains

SUBJECT: 8th Annual Mid-Atlantic Corporate Relays

You will find enclosed a complete set of results. Given the short notice, all of you made a difference in getting your teams organized. The cooperation of Montgomery College made it all possible. The Montgomery County Road Runners Club keep all things on track for another year. How about that announcer, Lyman Jordan!

Congratulations to Westinghouse on it's third win out of eight years. There were a number of teams chasing them throughout the meet, but Westinghouse managed to get away.

A note of thanks to our supporters who add that touch of class, Sportwide, EXCEED, PowerBars, Runner's World and the Bethesda Marriott.

There are event t-shirts available at \$3.00 each (limited smaller sizes). Send your checks made payable to "MACAA" addressed to my attention, include quantity and size.

The Washington Hospital Center has a need for old or worn running shoes and t-shirts which are in good repair. The items will be donated to patients who are discharged whose clothing is unsuitable for wearing. There are some who leave without any shoes. WE all can make a difference and please encourage your runners to make a difference in this on-going project. The items can be sent to the following address:

Washington Hospital Center  
110 Irving Street, NW  
Washington, DC 20010-2975

ATTN: Dept 390

Memorandum to Team Captains  
June 21, 1991  
Page 2

A few upcoming events for your distance runners to take into consideration.

Annapolis Ten Miler	08/25/91
Philadelphia Distance Run (13.1 M)	09/15/91
United Way 10K	09/29/91
DCRRC Old Town Alexandria 20 Miler	09/29/91
Georgetown 10K	10/06/91
Army Ten Miler	10/13/91
US Marine Corps Marathon	11/03/91

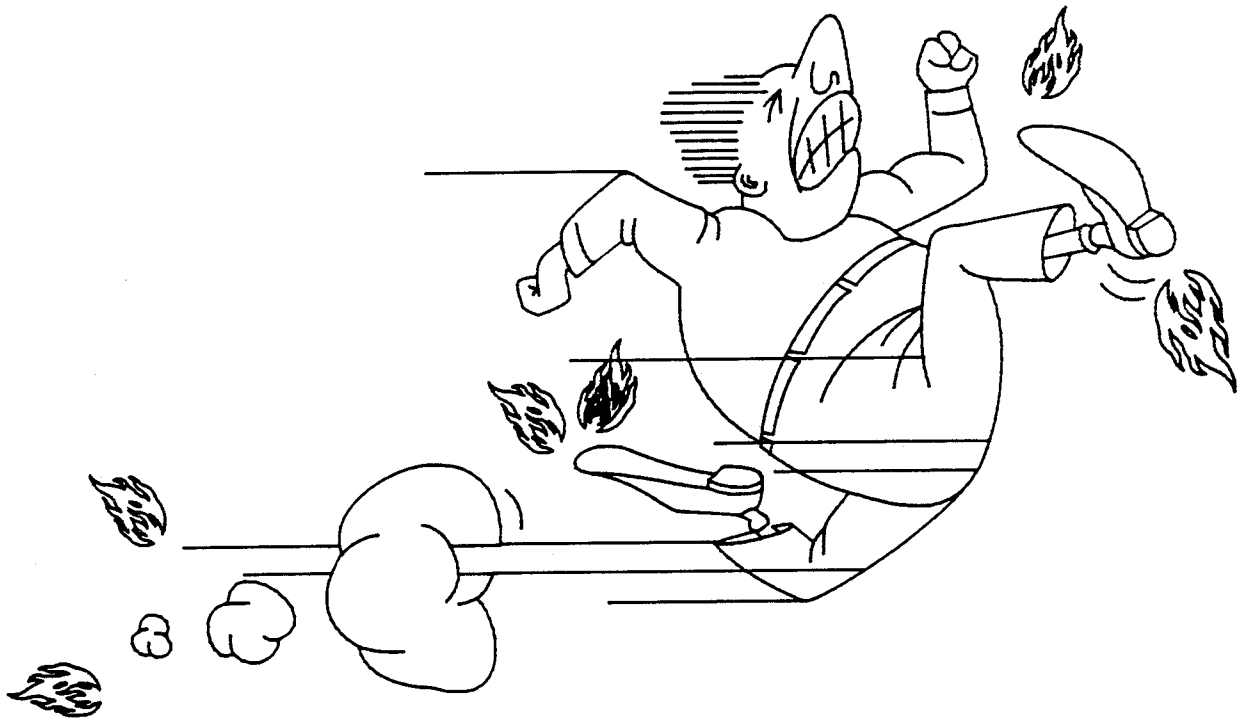
I am open to your comments and suggestions on the event from this year and your thoughts for next year. Thanks for your continued support.

*George*

G. R. Banker  
Team Captain/IBM

Enclosure

**ALL FIRED UP!**



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ATHLETIC ENERGY FOOD  
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SPORTS NUTRITIONALS

## WESTINGHOUSE HOLDS OFF A TENNECO ASSAULT AT THE CORPORATE RELAYS

The year started off with a question mark about the 8th ANNUAL MID-ATLANTIC CORPORATE RELAYS, there was no location. In April, Montgomery College in Rockville, Maryland was available for the June 8, 1991 meet. The wheels started to turn on short notice and fourteen (14) companies accounted for nineteen (19) teams.

The weather was mild with low 70s and sunny skies and a cool breeze throughout the day. This year the teams received points from the long jump, high jump and the shot put in addition to the other events. The road race was replaced by a 5K on the track for the women and the men, each ran a couple of heats. It was different but no one went of course.

The overall objective was to promote physical fitness through running. In addition, a spirit of competition for those athletes who were trying to place on their National teams that would be participating in the USCAA National Track and Field Championship in July in Santa Barbara, CA.

To fuel the runners, PowerBars were available to get them started. To keep the fluids up EXCEED was at the site. Runner's World provided prizes through their support program. Sportwide assisted the runners with their clothing needs. The Bethesda Marriott served as the host hotel.

The day started off with the women's 5K as Mary Gaylord of American Management System (AMS) was attempting for a second year win (1990 18:34). There were other plans being made. The lead was taken by Mary McCullough (AMS) and Janet Healy (General Electric) with Gaylord a few paces back. In the closing laps Healy proved to be the stronger with an 18:04 win. McCullough captured second with 18:20 and Gaylord was third with 19:10. The first master was Sharon Hamilton-Dolan (IBM) with 19:41 (fifth overall). A new meet record was established by Healy and Dolan. The overall scoring required three finishers who were scored within their age groups (eight divisions). The winning team was IBM (Sharon Hamilton-Dolan, Marjorie Marque and Geraldine McKethan).

The track was still hot as the men pulled up. The event had Farley Simon (USMC Henderson Hall), the runner up in the 1989 USMC Marathon and Chris Samley (General Electric) who captured a few of the 10K titles in the relays. The lead was taken by Samley and Stephen Egolf (Westinghouse) with Simon holding a few paces back. As the laps began to diminish Simon made his way to the pole position and established a pace that put some distance between Egolf and Samley. Simon crossed with 15:09 with Egolf in second with 15:41. The third position was captured by Gregory Kaplan (USMC) with 15:45 and Samley was fourth with 15:48. The first master was David King (General Electric) with 16:42 (9th overall). The team title was captured by the Marines (Simon, Kaplan Ben Lane, Alberto Martinez and Greg Langer).

A hot contest was in the Men's Mile team race as each team placed their best milers on the track. At the start, three runners broke free, Bill Ledger (Logistics Management Institute), Jim Clelland (Westinghouse) and Farley Simon (USMC Henderson Hall). Ledger had the pole position for a short duration as Simon edged to the front and began a pace that could not be matched. At the bell Simon locked in to finish strong with a 4:19.80 and Ledger with 4:20.63 and Clelland was third with 4:21.35. The prior meet record was 4:24. The several heats had a total of thirty (30) participants of which seventeen had times under five minutes. The team title went to the Marines with a combined time of 8:56 (the other Marine was W. Gar with 4:35.92). The meet team record (8:43) was set in 1986 by Westinghouse.

A new meet record was established in the Master's Relay (800, 400, 800 meters) by Westinghouse with a time of 5:30. The prior record was set by Westinghouse in 1989 (5:33).

The President's Relay (800,400, 1600 meters) where each participant had to be a vice-president (military rank of O-5 and above) or above, had the title go to the Marines with a time of 9:51.

In the shot put, the team title was awarded to TENNECO. The scoring was based on the summed score of the two best athletes on a age and sex adjusted scale. Don Steepe (32') and Robert Scott (47') were the leaders. The team jump was determined by the summed score of the two best athletes who had to long jump and high jump. TENNECO leaped to another victory as Chris Vest did 18'2" in the long jump and 6'4" in the high jump. James Turnstall did a 22'5" in the long jump and 6'6" in the high jump.

Throughout the day Westinghouse was being chased by every team with TENNECO in close striking distance. Each time Westinghouse was able to get away by a few seconds. Westinghouse added win number three out of 8 meets (winners in 1988 and 1990) with 664 points to TENNECOs 652 points (winners in 1986 and 1987). The third place team was USMC Henderson Hall with 631 points.

The competition remained healthy in all of the events at the front and the rear. The strategy was to enter all of the events in order to collect points. There were many satisfied athletes at the close of the day as they demonstrated the ability to start an event and to finish to add to the total team effort.

A special note of thanks to the Montgomery County Road Runners Club for the outstanding officiating that was performed and they kept the meet on track.

## MID ATLANTIC CORPORATE RELAYS

MEET RECORDS 1983 - 1991

EVENT	TIME	TEAM	YEAR
WOMEN'S OPEN 5K ROAD	17:35	TENNECO	1988 +
MASTER	19:55	IBM	1990 +
MEN'S OPEN 10K	31:46	PEPCO	1986
OPEN 10K	33:00	USMC HENDERSON HALL	1990 +
MASTER	35:30	USMC HENDERSON HALL	1990 +
WOMEN'S OPEN 5K TRACK	18:04	GENERAL ELECTRIC	1991 **
MASTER	19:41	IBM	1991 **
MEN'S OPEN 5K TRACK	15:09	USMC HENDERSON HALL	1991 **
MASTER	16:42	GENERAL ELECTRIC	1991 **
DISTANCE RELAY *	25:45	WESTINGHOUSE	1988
WOMEN'S 800 METER TEAM RACE	4:58	WESTINGHOUSE	1990
PYRAMID RELAY	9:26	WESTINGHOUSE	1988
3 LAP SPRINT	2:31	TENNECO	1986
MEN'S MILE TEAM RACE	8:43	WESTINGHOUSE	1986
WOMEN'S RELAY	4:37.7	TENNECO	1986
PRESIDENT'S RELAY	8:56	USMC HENDERSON HALL	1990
MASTER'S RELAY	5:30	WESTINGHOUSE	1991
EXECUTIVE RELAY	18:55	DuPONT	1989
SPRINT RELAY	3:28	TENNECO	1986
SUB-MASTER'S DISTANCE	11:16	WESTINGHOUSE	1988
SUB-MASTER'S SPRINT	3:52	TENNECO	1990

\* Last leg changed in 1988 from 400 meters to 1600 meters

+ New course is Gallaudet University (1987-1990)

\*\* 5K was held on track at Montgomery College, Rockville, MD

**MID ATLANTIC CORPORATE RELAYS 8th ANNUAL  
WINNING TEAMS**

**1991 RESULTS RECORDS BY EVENT FOR:**

WOMEN'S 5K (TRACK)	18:04	GENERAL ELECTRIC (JANET HEALY)
MEN'S 5K (TRACK)	15:09	USMC HENDERSON HALL (FARLEY SIMON)
DISTANCE RELAY	26:43	WESTINGHOUSE
WOMEN'S 800 METER TEAM RACE	5:00	WESTINGHOUSE
PYRAMID RELAY	10:01	WESTINGHOUSE
3 LAP SPRINT	2:34	TENNECO
MEN'S MILE TEAM RACE	8:56	USMC HENDERSON HALL
WOMEN'S RELAY	4:40	WESTINGHOUSE
PRESIDENT'S RELAY	9:51	USMC HENDERSON HALL
MASTER'S RELAY	5:30	WESTINGHOUSE
EXECUTIVE RELAY	19:07	WESTINGHOUSE
SPRINT RELAY	3:26	TENNECO
SUB-MASTER'S DISTANCE	11:23	USMC HENDERSON HALL
SUB-MASTER'S SPRINT	3:53	TENNECO

<b>TOP THREE TEAMS BY POINTS</b>	1.	WESTINGHOUSE	654
	2.	TENNECO	652
	3.	USMC HENDERSON HALL	631

Fastest mile time 4:19.80 Farley Simon

## SEQUENCE OF EVENTS

### MID-ATLANTIC CORPORATE RELAYS

#### 1. WOMEN'S 5K ROAD RACE

Unlimited number of runners, each running 5K, using cross-country style scoring in 5 year age groups, with the summed score of the best 3 finishers in any combination of age groups determining place.

#### 2. MEN'S 10K ROAD RACE

Unlimited number of runners, each running 10K, using cross-country style scoring in 5 year age groups, with the summed score of the best 5 finishers in any combination of age groups determining place.

AGE GROUPS      UNDER 25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 and over.  
Age determined as of 12/31/89.

Cross-country style scoring.

For example, the runner finishing 3rd in the 50-54 age group will receive 3 points, as will the runner finishing 3rd in the 25-29 age group.

#### 3. DISTANCE RELAY

5 runners with at least one MASTER (40+). The master runs the 3rd leg.  
RUNNING 1600M, 800M, 1600M (Master), 3200M, 1600M.

#### 4. SUB-MASTER'S DISTANCE RELAY

4 runners, all 30 years of age or older, with at least 1 female and 2 runners 35 or older in addition to minimum of one female.  
RUNNING 800M, 400M, 1200M, 1600M.

#### 5. WOMEN'S 800 METER TEAM RACE

2 runners, each running 800 meters, with the summed time of both runners determining place.

#### 6. THREE LAP SPRINT

4 runners, with at least 1 female. RUNNING 200M, 200M, 400M, 400M.

#### 7. EXECUTIVE RELAY

4 runners, each at a level of manager of managers or above and all 30 years of age or older. RUNNING 800M, 400M, 1600M, 3200M.



8. MEN'S MILE TEAM RACE

2 runners, each running 1 mile, with the summed time of both runners determining place.

9. WOMEN'S RELAY

3 runners, RUNNING 400M, 800M, 400M.

10. SUB-MASTER'S SPRINT RELAY

4 runners, all 30 years of age or older with at least 1 female and 2 runners 35 or older in addition to the minimum of one woman. RUNNING 200M, 200M, 400M, 800M.

11. PRESIDENT'S RELAY

3 runners, each an officer or anyone who reports to the president or their direct reports and all 40 years of age or older. RUNNING 800M, 400M, 1600M.

12. PYRAMID RELAY

5 runners, with at least 2 females, RUNNING 400M, 800M, 1200M, 800M, 400M.

13. MASTER'S RELAY

3 runners all 40 years of age or older, RUNNING 800M, 400M, 800M.

14. SPRINT RELAY

6 runners, with at least 2 females and 1 runner 40 years of age or older in addition to the two females. RUNNING 200M, 200M, 400M, 400M, 200M, 200M.

TEAM JUMP:

2 or 3 athletes, each doing the HIGH JUMP and the LONG JUMP, using decathlon-type scoring on an age and sex adjusted scale, with the summed score of the two best athletes in both events determining place.

TEAM SHOT PUT:

2 or 3 athletes, each throwing the standard international weight for age and sex, using decathlon-type scoring on an age and sex adjusted scale, with the summed score of the two best athletes determining place.

SHOT PUT WEIGHTS:

16 lbs (men under 50); 12 lbs (men 50-59); 8 lbs (men 60+) 4 kilos (all women). Decathlon-type scoring.

MID-ATLANTIC CORPORATE RELAYS -- EVENT RANK SUMMARY  
(UNOFFICIAL)

TEAM NAME	TEAM RANKING BY EVENT															
	EVENT															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
American Management Sys.	2	5	8	10	2	10	5	14	2	13		7	6	11		
AMS (Team 2)			0	0	0	1			8					15		
AT&T	7			9	9	11				12						
Bell Atlantic			0	0	0	0	0	0	0	4				9		0
Children's Hospital						8				7				14		
Dupont			5			5		9				4		8		
General Electric	6	1	2	5	3	6		4	5	5		5	4	2	2	
GE (Team 2)			0	0	0	0	0	11						12		
GE (Team 3)			0	0	0	0	0	15								
IBM Corporation	1	6	4	7	4	7		8	3	9		9		4		
I.I.T. Research Institute			10	11	8	9	7	13	10	10	4	10	7	16	6	
Plastic Management Inst.	9	7	9	8	10	12	8	6	9	6	3	8	2	7	4	2
Potomac Electric Power	5	8	7	4	5	4	4	5	7	3	2	3	8	3	3	4
Tenneco	8	4	3	2	6	1	2	3	4	1		2	3	1	1	1
Tenneco (Team 2)			0	0	0	0	0	10								
USMC Henderson Hall	3	3	6	1	7	3	3	1	6	8	1	6	9	5	5	3
Wyatt Company					11		6	12					10	10		
Westinghouse	4	2	1	3	1	2	1	2	1	2		1	1	6	7	5
Westinghouse (Team 2)				6				7		11			5	13		

06/08/91 14:12:50

\*\*\*\*\* MID-ATLANTIC CORPORATE RELAYS -- CURRENT STANDINGS \*\*\*\*\*  
(UNOFFICIAL)

M NAME	TOTAL	EVENT SCORES															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
American Management Sys.	442	45	36	33	31	45	31	36	20	45	21		34	35	30		
AMS (Team 2)	73							21		33					19		
AT&T	157	34			32	32	30				29						
Bell Atlantic	70										38					32	
Children's Hospital	87							33			34					20	
Dupont	175			36				36		32			38		33		
General Electric	516	35	50	45	36	41	35			38	36	36		36	38	45	45
GE (Team 2)	59										30					29	
GE (Team 3)	19										19						
IBM Corporation	405	50	35	38	34	38	34			33	41	32		32		38	
I.I.T. Research Institute	399			31	30	33	32	34	21	31	31	38	31	34	18	35	
Logistic Management Inst.	562	32	34	32	33	31	29	33	35	32	35	41	33	45	34	38	45
Comac Electric Power	603	36	33	34	38	36	38	38	36	34	41	45	41	33	41	41	38
Tenneco	652	33	38	41	45	35	50	45	41	38	50		45	41	50	50	50
Tenneco (Team 2)	31										31						
USMC Henderson Hall	631	41	41	35	50	34	41	41	50	35	33	50	35	32	36	36	41
Wyatt Company	156					30			35	29				31	31		
Westinghouse	664	38	45	50	41	50	45	50	45	50	45		50	50	35	34	36
Westinghouse (Team 2)	156				35					34		30			36	21	

8th ANNUAL MID ATLANTIC CORPORATE RELAYS  
 SATURDAY, JUNE 8, 1991  
 MONTGOMERY COLLEGE, ROCKVILLE, MARYLAND

**EVENT 1    WOMEN'S 5K (TRACK)**

TEAM	TIME	PLACE	
IBM		1	3 runners score
AMERICAN MANAGEMENT SYSTEM		2	
USMC HENDERSON HALL		3	
WESTINGHOUSE		4	
POTOMAC ELECTRIC POWER		5	
GENERAL ELECTRIC		6	
AT&T		7	
TENNECO		8	
LOGISTIC MANAGEMENT INSTITUTE		9	

**EVENT 2    MEN'S 5K (TRACK)**

TEAM	TIME	PLACE	
GENERAL ELECTRIC		1	5 runners score
WESTINGHOUSE		2	
USMC HENDERSON HALL		3	
TENNECO		4	
AMERICAN MANAGEMENT SYSTEM		5	
IBM		6	
LOGISTIC MANAGEMENT INSTITUTE		7	
POTOMAC ELECTRIC POWER (PEPCO)		8	

**EVENT 3    DISTANCE RELAY**

1600, 800, 1600 (MASTER), 3200, 1600 Meters

TEAM	TIME	PLACE
WESTINGHOUSE	26:43	1
GENERAL ELECTRIC	26:48	2
TENNECO	27:27	3
IBM	28:42	4
DuPONT	30:10	5
USMC HENDERSON HALL	30:27	6
POTOMAC ELECTRIC POWER	30:58	7
AMERICAN MANAGEMENT SYSTEMS	33:17	8
LOGISTIC MANAGEMENT INSTITUTE	33:39	9
I.I.T. RESEARCH INSTITUTE	39:43	10

**EVENT 4 SUB-MASTER'S DISTANCE RELAY**

800, 400, 1200, 1600 Meters,  
all runners 30+ (minimum 1 female, 2 runners 35+.

TEAM	TIME	PLACE
USMC HENDERSON HALL	11:23	1
TENNECO	11:26	2
WESTINGHOUSE	11:41	3
POTOMAC ELECTRIC POWER	11:58	4
GENERAL ELECTRIC	12:13	5
WESTINGHOUSE (TEAM 2)	12:30	6
IBM	12:42	7
LOGISTIC MANAGEMENT INSTITUTE	12:53	8
AT&T	13:45	9
AMERICAN MANAGEMENT SYSTEMS	14:25	10
I.I.T. RESEARCH INSTITUTE	15:06	11

**EVENT 5 WOMEN'S 800 METER TEAM RACE**

2 females each running 800 meters together, summed totals.

TEAM	TIME	PLACE
WESTINGHOUSE	5:00	1
AMERICAN MANAGEMENT SYSTEMS	5:04	2
GENERAL ELECTRIC	5:05	3
IBM	5:08	4
POTOMAC ELECTRIC POWER	5:25	5
TENNECO	5:55	6
USMC HENDERSON HALL	5:59	7
I.I.T. RESEARCH INSTITUTE	6:02	8
AT&T	6:08	9
LOGISTIC MANAGEMENT INSTITUTE	6:27	10

**EVENT 6 3 LAP SPRINT**

200, 200, 400, 400 Meters (minimum 1 female)

TEAM	TIME	PLACE
TENNECO	2:34	1
WESTINGHOUSE	2:45	2
USMC HENDERSON HALL	2:46	3
POTOMAC ELECTRIC POWER	2:47	4
DuPONT	2:48	5
GENERAL ELECTRIC	2:50	6
IBM	2:52	7
CHILDREN'S HOSPITAL	2:55	8
I.I.T. RESEARCH INSTITUTE	3:00	9
AMERICAN MANAGEMENT SYSTEMS	3:01	10
AT&T	3:08	11
LOGISTIC MANAGEMENT INSTITUTE	3:16	12
AMERICAN MANAGEMENT SYSTEMS (#2)	3:26	13

**EVENT 7 EXECUTIVE RELAY**

800, 400, 1600, 3200 Meters, manager of managers or above.

TEAM	TIME	PLACE
WESTINGHOUSE	19:07	1
TENNECO	19:30	2
USMC HENDERSON HALL	19:45	3
POTOMAC ELECTRIC POWER	21:42	4
AMERICAN MANAGEMENT SYSTEMS	22:02	5
WYATT COMPANY	23:03	6
I.I.T.RESEARCH INSTITUTE	25:32	7
LOGISTIC MANAGEMENT INSTITUTE	26:22	8

**EVENT 8 MEN'S MILE TEAM RACE**

2 men running a mile together, their times summed.

TEAM	TIME	PLACE
USMC HENDERSON HALL	8:56	1
WESTINGHOUSE	8:59	2
TENNECO	9:10	3
GENERAL ELECTRIC	9:20	4
POTOMAC ELECTRIC POWER	9:27	5
LOGISTIC MANAGEMENT INSTITUTE	9:28	6
WESTINGHOUSE (TEAM 2)	9:29	7
IBM	9:41	8
DuPONT	10:01	9
TENNECO (TEAM 2)	10:28	10
GENERAL ELECTRIC (TEAM 2)	10:38	11
WYATT COMPANY	11:02	12
I.I.T. RESEARCH INSTITUTE	11:10	13
AMERICAN MANAGEMENT SYSTEMS	11:20	14
GENERAL ELECTRIC (TEAM #)	11:49	15

**EVENT 9 WOMEN'S RELAY**

400, 800, 400 Meters

TEAM	TIME	PLACE
WESTINGHOUSE	4:40	1
AMERICAN MANAGEMENT SYSTEMS	4:54	2
IBM	5:02	3
TENNECO	5:06	4
GENERAL ELECTRIC	5:14	5
USMC HENDERSON HALL	5:17	6
POTOMAC ELECTRIC POWER	5:23	7
AMERICAN MANAGEMENT SYSTEMS (2)	5:25	8
LOGISTIC MANAGEMENT INSTITUTE	6:01	9
I.I.T. RESEARCH INSTITUTE	6:32	10

**EVENT 10 SUB-MASTER'S SPRINT RELAY**

200, 200, 400, 800 Meters, all 30 years of age (2 35+) and 1 female.

TEAM	TIME	PLACE
TENNECO	3:53	1
WESTINGHOUSE	4:00	2
POTOMAC ELECTRIC POWER	4:04	3
BELL ATLANTIC	4:05	4
GENERAL ELECTRIC	4:06	5
LOGISTIC MANAGEMENT INSTITUTE	4:11	6
CHILDREN'S HOSPITAL	4:23	7
USMC HENDERSON HALL	4:24	8
IBM	4:27	9
I.I.T. RESEARCH INSTITUTE	4:29	10
WESTINGHOUSE (TEAM 2)	4:30	11
AT&T	4:32	12
AMERICAN MANAGEMENT SYSTEMS	5:03	13

**EVENT 11 PRESIDENT'S RELAY**

800, 400, 1600 Meters. All vice-presidents (or 0-5) or above.

TEAM	TIME	PLACE
USMC HENDERSON HALL	9:51	1
POTOMAC ELECTRIC POWER	10:28	2
LOGISTIC MANAGEMENT INSTITUTE	11:07	3
I.I.T. RESEARCH INSTITUTE	11:34	4

**EVENT 12 PYRAMID RELAY**

400, 800, 1200, 800, 1600 Meters, at least 2 females

TEAM	TIME	PLACE
WESTINGHOUSE	10:01	1
TENNECO	10:20	2
POTOMAC ELECTRIC POWER	10:21	3
DuPONT	10:23	4
GENERAL ELECTRIC	10:34	5
USMC HENDERSON HALL	11:24	6
AMERICAN MANAGEMENT SYSTEMS	11:41	7
LOGISTIC MANAGEMENT INSTITUTE	11:48	8
IBM	11:57	9
I.I.T. RESEARCH INSTITUTE	13:00	10

**EVENT 13 MASTER'S RELAY**

800, 400, 800 Meters. All runners 40 years of age or older.

TEAM	TIME	PLACE
WESTINGHOUSE	5:30	1
LOGISTIC MANAGEMENT INSTITUTE	5:31	2
TENNECO	5:36	3
GENERAL ELECTRIC	5:44	4
WESTINGHOUSE (2)	5:50	5
AMERICAN MANAGEMENT SYSTEMS	6:27	6
I.I.T. RESEARCH INSTITUTE	6:29	7
POTOMAC ELECTRIC POWER	6:39	8
USMC HENDERSON HALL	7:00	9
WYATT COMPANY	7:16	10

**EVENT 14 SPRINT RELAY**

200, 200, 400, 400, 200, 200 Meters. Minimum 2 females, and 1 Master (age 40+)

TEAM	TIME	PLACE
TENNECO	3:26	1
GENERAL ELECTRIC	3:42	2
POTOMAC ELECTRIC POWER	3:43	3
IBM	3:46	4
USMC HENDERSON HALL	3:47	5
WESTINGHOUSE	3:48	6
LOGISTIC MANAGEMENT INSTITUTE	3:56	7
DuPONT	3:57	8
BELL ATLANTIC	4:00	9
WYATT COMPANY	4:05	10
AMERICAN MANAGEMENT SYSTEMS	4:07	11
GENERAL ELECTRIC (2)	4:12	12
WESTINGHOUSE (2)	4:13	13
CHILDREN'S HOSPITAL	4:17	14
AMERICAN MANAGEMENT SYSTEMS	4:34	15
I.I.T. RESEARCH INSTITUTE	4:50	16

**EVENT 15 TEAM JUMP**

High jump and long jump, 2 athletes doing both, decathlon type scoring on age and sex adjusted scale, summed score.

TEAM	POINTS				
TENNECO	302.4				
Chris Vest		LJ	18'2"	HJ	6'4"
James Turnstall		LJ	22'5"	HJ	6'6"
GENERAL ELECTRIC	282.6				
Ronnie Manion		LJ	17'2"	HJ	5'6"
Chris Russell		LJ	22'7 1/2	HJ	5'2"



TEAM	POINTS				
POTOMAC ELECTRIC POWER	281.4				
Cyrus Roher		LJ	17'0"	HJ	5'4"
Ebenzer Botchway		LJ	19'6 1/2	HJ	5'2"
LOGISTIC MANAGEMENT INSTITUTE	246.4				
Don Walsh		LJ	15'0"	HJ	5'6"
Gus Creeden		LJ	17'1"	HJ	4'10"
USMC HENDERSON HALL	219.6				
Ronald Wilson		LJ	4.51 M	HJ	4'8"
Michael Nellon		LJ	4.27 M	HJ	4'10"
I.I.T. RESEARCH INSTITUTE	157.1				
Kevin Muha		LJ	13'1 1/2	HJ	
Jim Columbo		LJ	14' 7 3/4	HJ	
WESTINGHOUSE	113.6				
Pat Finnan		LJ	4.47 M		
Brian Connelly		LJ	5.52 M		

#### EVENT 16 TEAM SHOT PUT

2 or 3 athletes throwing standard international weights for age and sex adjusted scale, summed scores of the two best athletes (decathlon scoring).

TEAM	POINTS		
TENNECO	129.7		
Don Steepe			32'
Robert Scott			47'
LOGISTIC MANAGEMENT INSTITUTE	104.7		
Bill Moore			33' 1 1/2"
Don Walsh			33'2"
USMC HENDERSON HALL	102.7		
Andy Gill			32'10"
Pat Bristoll			33'4"
POTOMAC ELECTRIC POWER	96.7		
Cyrus Roher			30' 7 1/2"
Trisha Gill			29' 7"
WESTINGHOUSE	77.3		
Kevin Dowdell			24'6"
Barry Demangone			22'2"

**NON-SCORING SHOT PUT DISTANCE**

## TENNECO

Ed Scott	32'
Robert White	23' 4 1/4"
Wanda Williams	26' 8 1/2"
Rosa Turner	25' 9"

## LOGISTIC MANAGEMENT INSTITUTE

Craig Waters	30' 5"
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## USMC HENDERSON HALL

Berwick Bobin	28' 1/2"
Michael Wellon	33' 6"
Roxanne Romero	22' 7"
Linda Miller	29' 8 1/2"
Melisa Houston	21' 1"

## POTOMAC ELECTRIC POWER

Diane Stewart	23' 1"
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## WESTINGHOUSE

Steve Egolf	25' 0"
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**TEAM RANKINGS**

1	WESTINGHOUSE	664
2	TENNECO	652
3	USMC HENDERSON HALL	631
4	POTOMAC ELECTRIC POWER	603
5	LOGISTIC MANAGEMENT INSTITUTE	562
6	GENERAL ELECTRIC	516
7	AMERICAN MANAGEMENT SYSTEMS	442
8	IBM	405
9	I.I.T. RESEARCH INSTITUTE	399
10	DuPONT	175
11	AT&T	157
12	WYATT COMPANY	156
13	WESTINGHOUSE (2)	156
14	CHILDREN'S HOSPITAL	87
15	AMERICAN MANAGEMENT SYSTEMS	73
16	BELL ATLANTIC	70
17	GENERAL ELECTRIC (2)	59
18	TENNECO (2)	31
19	GENERAL ELECTRIC (3)	19

## MID-ATLANTIC CORPORATE CUP

Montgomery College, Rockville MD, 8 June 1991

## 5K MALE RESULTS

LACE	DIV/TOT	TIME	PACE	NAME	AGE	COMPANY
1	1/8	0:15:09	4:53	SIMON, FARLEY	36	USMC HENDERSON HALL
2	1/12	0:15:41	5:03	EGOLF, STEPHEN	28	WESTINGHOUSE
3	1/7	0:15:45	5:04	KAPLAN, GREGORY	31	USMC HENDERSON HALL
4	2/12	0:15:48	5:05	SAMLEY, CHRIS	29	GENERAL ELECTRIC
5	3/12	0:15:50	5:06	CRAMER, DAVID	28	POTOMAC ELECTRIC POW
6	2/7	0:15:50	5:06	HANNER, CRAIG	32	IBM CORPORATION
7	4/12	0:15:59	5:09	MARTINEZ, ALBERTO	25	USMC HENDERSON HALL
8	5/12	0:16:02	5:10	LANGER, GREG	28	USMC HENDERSON HALL
9	1/13	0:16:42	5:22	KING, DAVID	41	GENERAL ELECTRIC
10	2/8	0:16:46	5:24	RODEY, STEVEN	35	NEWPORT NEWS SHIPBLD
11	1/8	0:16:50	5:25	AMATO, DICK	53	WESTINGHOUSE
12	3/7	0:17:01	5:29	THOMPSON, JAMES	30	GENERAL ELECTRIC
13	4/7	0:17:07	5:31	ASCENZI, MICHAEL	34	WESTINGHOUSE
14	2/13	0:17:15	5:33	WIND, JAY	41	AMERICAN MANAGEMENT
15	3/13	0:17:29	5:38	DESMOND, STEPHAN	41	GENERAL ELECTRIC
16	6/12	0:17:43	5:42	ANTHONY, ROBERT	27	NEWPORT NEWS SHIPBLD
17	4/13	0:17:45	5:43	WHITE, ROBERT	44	NEWPORT NEWS SHIPBLD
18	3/8	0:17:47	5:43	LEROUX, VERNON	36	IBM CORPORATION
19	5/7	0:17:53	5:45	O'DONOHUE, DANIEL	32	USMC HENDERSON HALL
20	6/7	0:17:54	5:46	YOUNG, DOUGLAS	34	POTOMAC ELECTRIC POW
21	4/8	0:17:55	5:46	HARDCASTLE, TOM	38	LOGISTIC MGMT INSTIT
22	5/13	0:18:00	5:48	DEMANGONE, BARRY	44	WESTINGHOUSE
23	5/8	0:18:18	5:53	SCHRICHTE, STEFAN	35	IBM CORPORATION
24	1/6	0:18:28	5:57	LANE, BEN	46	USMC HENDERSON HALL
25	2/8	0:18:35	5:59	GEISENDAFFER, ED	51	WESTINGHOUSE
26	6/8	0:18:39	6:00	MACDONALD, TIMOTHY	39	POTOMAC ELECTRIC POW
27	7/12	0:18:41	6:01	WATERS, CRAIG	29	LOGISTIC MGMT INSTIT
28	7/7	0:18:44	6:02	SIEGEL, SCOTT	30	AT&T
29	6/13	0:18:50	6:04	MORGAN, ROBERT	42	NEWPORT NEWS SHIPBLD
30	7/13	0:18:58	6:06	CHRISTOFFERSEN, STEPHEN	40	POTOMAC ELECTRIC POW
31	2/6	0:19:03	6:08	NORTON, WILLIAM	47	AT&T
32	1/3	0:19:05	6:09	OWENBY, CHRISTOPHER	19	NEWPORT NEWS SHIPBLD
33	8/13	0:19:31	6:17	SHIMKO, STEVE	41	WESTINGHOUSE
34	7/8	0:19:31	6:17	GREEN, RICHARD	39	NEWPORT NEWS SHIPBLD
35	2/3	0:19:39	6:19	MAIUZZO, TONY	23	IITRI
36	8/12	0:20:05	6:28	BUTLER, JIM	25	AMERICAN MANAGEMENT
37	1/7	0:20:09	6:29	KOHLER, DONALD	55	GENERAL ELECTRIC
38	3/6	0:20:10	6:29	SPENCER, RICHARD	49	NEWPORT NEWS SHIPBLD
39	9/13	0:20:19	6:32	COOPER, WALTER	44	LOGISTIC MGMT INSTIT
40	10/13	0:20:26	6:35	LENSER, ERIC	43	POTOMAC ELECTRIC POW
41	3/8	0:20:27	6:35	KEENAN, JAMES	52	LOGISTIC MGMT INSTIT
42	2/7	0:20:29	6:36	CUNKELMAN, WILLIS	59	WESTINGHOUSE
43	4/6	0:20:40	6:39	CORNELIUS, HATHAWAY	45	AMERICAN MANAGEMENT
44	11/13	0:20:53	6:43	MENEFEE, JOHN	44	WYATT COMPANY
45	5/6	0:21:01	6:46	SCHAUER JR., FRANCIS	46	WYATT COMPANY
46	12/13	0:21:02	6:46	PADDOCK, CHIP	43	WYATT COMPANY
47	3/7	0:21:05	6:47	WHITE, ROBERT	67	NEWPORT NEWS SHIPBLD
48	8/8	0:21:17	6:51	MELARAGNO, JEFFREY	35	LOGISTIC MGMT INSTIT
49	4/8	0:21:26	6:54	DORR, LARRY	51	AT&T
50	4/7	0:21:33	6:56	MENDOLA, PATRICK	60	NEWPORT NEWS SHIPBLD

**MID-ATLANTIC CORPORATE CUP**  
 Montgomery College, Rockville MD, 8 June 1991

## 5K MALE RESULTS

PLACE	DIV/TOT	TIME	PACE	NAME	AGE	COMPANY
51	9/12	0:21:55	7:03	COLOMBO, JAMES	25	IITRI
52	5/7	0:21:56	7:04	WINSTON, ELDON	56	GENERAL ELECTRIC
53	5/8	0:21:58	7:04	MORGAN, RONALD	50	AMERICAN MANAGEMENT
54	6/6	0:22:03	7:06	FLINCH, PETER	49	GENERAL ELECTRIC
55	13/13	0:22:06	7:07	GAZDO, MICHAEL	43	WYATT COMPANY
56	10/12	0:22:17	7:10	JENKS, CHRIS	26	CHILDRENS HOSPITAL
57	11/12	0:22:20	7:11	PAEZ, GERMAN	26	AMERICAN MANAGEMENT
58	6/8	0:22:54	7:22	RALSTON, ARTHUR	53	IBM CORPORATION
59	7/8	0:23:07	7:26	OSBORNE, DEWITT	50	LOGISTIC MGMT INSTIT
60	3/3	0:23:20	7:31	MODELL, JEFFREY	22	AMERICAN MANAGEMENT
61	12/12	0:23:46	7:39	PETERSON, JERRY	25	AMERICAN MANAGEMENT
62	6/7	0:23:55	7:42	PURSLEY, ROBERT	63	LOGISTIC MGMT INSTIT
63	7/7	0:24:10	7:47	HENIGIN, GEORGE	61	WESTINGHOUSE
64	8/8	0:29:59	9:39	MCKETHAN, DONNIE	54	IBM CORPORATION

**MID-ATLANTIC CORPORATE CUP**  
 Montgomery College, Rockville MD, 8 June 1991

Male Age-group Results of the 5K Track Race

**MALE AGE GROUP: 25 AND UNDER**

1 OWENBY, CHRISTOPHER	19 NEWPORT NEWS SHIPBLD TENNECO	0:19:05
2 MAIUZZO, TONY	23 IITRI	0:19:39
3 MODELL, JEFFREY	22 AMERICAN MANAGEMENT SYSTEMS	0:23:20

**MALE AGE GROUP: 25 TO 29**

1 EGOLF, STEPHEN	28 WESTINGHOUSE	0:15:41
2 SAMLEY, CHRIS	29 GENERAL ELECTRIC	0:15:48
3 CRAMER, DAVID	28 POTOMAC ELECTRIC POWER PEPCO	0:15:50
4 MARTINEZ, ALBERTO	25 USMC HENDERSON HALL	0:15:59
5 LANGER, GREG	28 USMC HENDERSON HALL	0:16:02
6 ANTHONY, ROBERT	27 NEWPORT NEWS SHIPBLD TENNECO	0:17:43
7 WATERS, CRAIG	29 LOGISTIC MGMT INSTITUTE	0:18:41
8 BUTLER, JIM	25 AMERICAN MANAGEMENT SYSTEMS	0:20:05
9 COLOMBO, JAMES	25 IITRI	0:21:55
10 JENKS, CHRIS	26 CHILDRENS HOSPITAL	0:22:17
11 PAEZ, GERMAN	26 AMERICAN MANAGEMENT SYSTEMS	0:22:20
12 PETERSON, JERRY	25 AMERICAN MANAGEMENT SYSTEMS	0:23:46

**MALE AGE GROUP: 30 TO 34**

1 KAPLAN, GREGORY	31 USMC HENDERSON HALL	0:15:45
2 HANNER, CRAIG	32 IBM CORPORATION	0:15:50
3 THOMPSON, JAMES	30 GENERAL ELECTRIC	0:17:01
4 ASCENZI, MICHAEL	34 WESTINGHOUSE	0:17:07
5 O'DONOHUE, DANIEL	32 USMC HENDERSON HALL	0:17:53
6 YOUNG, DOUGLAS	34 POTOMAC ELECTRIC POWER (PEPCO)	0:17:54
7 SIEGEL, SCOTT	30 AT&T	0:18:44

**MALE AGE GROUP: 35 TO 39**

1 SIMON, FARLEY	36 USMC HENDERSON HALL	0:15:09
2 RODEY, STEVEN	35 NEWPORT NEWS SHIPBLD TENNECO	0:16:46
3 LEROUX, VERNON	36 IBM CORPORATION	0:17:47
4 HARDCASTLE, TOM	38 LOGISTIC MGMT INSTITUTE	0:17:55
5 SCHRICHTE, STEFAN	35 IBM CORPORATION	0:18:18
6 MACDONALD, TIMOTHY	39 POTOMAC ELECTRIC POWER PEPCO	0:18:39
7 GREEN, RICHARD	39 NEWPORT NEWS SHIPBLD TENNECO	0:19:31
8 MELARAGNO, JEFFREY	35 LOGISTIC MGMT INSTITUTE	0:21:17

**MALE AGE GROUP: 40 TO 44**

1 KING, DAVID	41 GENERAL ELECTRIC	0:16:42
2 WIND, JAY	41 AMERICAN MANAGEMENT SYSTEMS	0:17:15
3 DESMOND, STEPHAN	41 GENERAL ELECTRIC	0:17:29
4 WHITE, ROBERT	44 NEWPORT NEWS SHIPBLD TENNECO	0:17:45
5 DEMANGONE, BARRY	44 WESTINGHOUSE	0:18:00
6 MORGAN, ROBERT	42 NEWPORT NEWS SHIPBLD TENNECO	0:18:50
7 CHRISTOFFERSEN, STEPHEN	40 POTOMAC ELECTRIC POWER PEPCO	0:18:58
8 SHIMKO, STEVE	41 WESTINGHOUSE	0:19:31
9 COOPER, WALTER	44 LOGISTIC MGMT INSTITUTE	0:20:19
10 LENSER, ERIC	43 POTOMAC ELECTRIC POWER PEPCO	0:20:26
11 MENELEE, JOHN	44 WYATT COMPANY	0:20:53
12 PADDOCK, CHIP	43 WYATT COMPANY	0:21:02
13 GAZDO, MICHAEL	43 WYATT COMPANY	0:22:06

**MALE AGE GROUP: 45 TO 49**

1 LANE, BEN	46 USMC HENDERSON HALL	0:18:28
2 NORTON, WILLIAM	47 AT&T	0:19:03
3 SPENCER, RICHARD	49 NEWPORT NEWS SHIPBLD TENNECO	0:20:10
4 CORNELIUS, HATHAWAY	45 AMERICAN MANAGEMENT SYSTEMS	0:20:40
5 SCHAUER JR., FRANCIS	46 WYATT COMPANY	0:21:01
6 FLINCH, PETER	49 GENERAL ELECTRIC	0:22:03

**MALE AGE GROUP: 50 TO 54**

1	AMATO, DICK	53 WESTINGHOUSE	0:16:50
2	GEISENDAFFER, ED	51 WESTINGHOUSE	0:18:35
3	KEENAN, JAMES	52 LOGISTIC MGMT INSTITUTE	0:20:27
4	DORR, LARRY	51 AT&T	0:21:26
5	MORGAN, RONALD	50 AMERICAN MANAGEMENT SYSTEMS	0:21:58
6	RALSTON, ARTHUR	53 IBM CORPORATION	0:22:54
7	OSBORNE, DEWITT	50 LOGISTIC MGMT INSTITUTE	0:23:07
8	MCKETHAN, DONNIE	54 IBM CORPORATION	0:29:59

**MALE AGE GROUP: 55 AND OVER**

1	KOHLER, DONALD	55 GENERAL ELECTRIC	0:20:09
2	CUNKELMAN, WILLIS	59 WESTINGHOUSE	0:20:29
3	WHITE, ROBERT	67 NEWPORT NEWS SHIPBLD TENNECO	0:21:05
4	MENDOLA, PATRICK	60 NEWPORT NEWS SHIPBLD TENNECO	0:21:33
5	WINSTON, ELDON	56 GENERAL ELECTRIC	0:21:56
6	PURSLEY, ROBERT	63 LOGISTIC MGMT INSTITUTE	0:23:55
7	HENIGIN, GEORGE	61 WESTINGHOUSE	0:24:10

## MID-ATLANTIC CORPORATE CUP

Montgomery College, Rockville MD, 8 June 1991

## 5 K FEMALE RESULTS

PLACE	DIV/TOT	TIME	PACE	NAME	AGE	COMPANY
1	1/10	0:18:04	5:49	HEALY, JANET	30	GENERAL ELECTRIC
2	1/9	0:18:20	5:54	MCCULLOUGH, MARY	26	AMERICAN MANAGEMENT
3	2/9	0:19:10	6:10	GAYLORD, MARY	27	AMERICAN MANAGEMENT
4	2/10	0:19:35	6:18	CONLIN, ELIZABETH	31	AMERICAN MANAGEMENT
5	1/3	0:19:41	6:20	HAMILTON-DOLAN, SHARON	49	IBM CORPORATION
6	1/4	0:20:10	6:29	SIEGEL, DIANNE	42	WESTINGHOUSE
7	2/4	0:20:12	6:30	MARQUE, MARJORIE	40	IBM CORPORATION
8	3/9	0:20:20	6:33	TINGAR-DEANGELO, MICHELE	29	GENERAL ELECTRIC
9	3/10	0:20:45	6:41	PRICE, ELIZABETH	32	POTOMAC ELECTRIC POW
10	4/9	0:20:50	6:42	POULOS, LORI	28	IBM CORPORATION
11	1/8	0:20:57	6:45	BROOK, BRIDGET	23	USMC HENDERSON HALL
12	5/9	0:21:01	6:46	SCHULTZE, CAROL	29	AMERICAN MANAGEMENT
13	6/9	0:21:05	6:47	CAMPION, GWEN	27	GENERAL ELECTRIC
14	7/9	0:21:22	6:53	JONES, KARI	27	POTOMAC ELECTRIC POW
15	3/4	0:21:25	6:54	ST CLAIR, CHRISTY	42	AT&T
16	1/5	0:21:29	6:55	GURDIAN, RHONDA	37	POTOMAC ELECTRIC POW
17	8/9	0:22:05	7:06	MIHLON, LOUREN	27	USMC HENDERSON HALL
18	4/10	0:22:26	7:13	REVESMAN, CYNTHIA	30	POTOMAC ELECTRIC POW
19	2/8	0:22:41	7:18	HUTCHINSON, CHERY	22	USMC HENDERSON HALL
20	5/10	0:22:55	7:23	MCGOWAN, CORINE	33	USMC HENDERSON HALL
21	3/8	0:23:04	7:25	HUSTON, MELISSA	23	USMC HENDERSON HALL
22	2/5	0:23:08	7:27	GEYER, MARY	38	WESTINGHOUSE
23	1/1	0:23:15	7:29	GIVENS, LISA	28	NEWPORT NEWS SHIPBLD
24	4/8	0:23:30	7:34	HILL, STEPHANIE	23	LOGISTIC MGMT INSTIT
25	4/4	0:23:36	7:36	BRADT, NUALA	42	WESTINGHOUSE
26	5/8	0:23:45	7:39	SMETANA, THERESA	24	NEWPORT NEWS SHIPBLD
27	6/10	0:24:18	7:49	DELEAN, M. LYNN	33	AT&T
28	6/8	0:24:24	7:51	TSAI, AUDREY	24	AMERICAN MANAGEMENT
29	7/10	0:24:34	7:54	ROMARO, ROXANNA	33	USMC HENDERSON HALL
30	8/10	0:24:35	7:55	DEREN, GLORIA	31	NEWPORT NEWS SHIPBLD
31	2/3	0:24:55	8:01	MCGARRY, MARY	45	IITRI
32	3/5	0:24:58	8:02	MURRAY, DIANE	36	AT&T
33	9/9	0:24:59	8:02	VESEY, KAREN	27	AMERICAN MANAGEMENT
34	9/10	0:25:00	8:03	BARGER, SUSAN	32	NEWPORT NEWS SHIPBLD
35	7/8	0:26:03	8:23	STEWART, DIANE	23	POTOMAC ELECTRIC POW
36	3/3	0:26:03	8:23	HABERMANN, JOAN	45	LOGISTIC MGMT INSTIT
37	4/5	0:26:04	8:23	DOUGLAS, PAUL	36	IBM CORPORATION
38	10/10	0:26:27	8:31	GRIBBEN, KATHLEEN	31	LOGISTIC MGMT INSTIT
39	5/5	0:27:00	8:41	BURNS, MARGARET	35	IBM CORPORATION
40	1/1	0:28:40	9:14	MCKETHAN, GERALDINE	54	IBM CORPORATION
41	8/8	0:28:54	9:18	STAHLMAN, KIM	22	AMERICAN MANAGEMENT
42	1/1	0:36:27	11:44	HOLT, GWEN	58	NEWPORT NEWS SHIPBLD

# MID-ATLANTIC CORPORATE CUP

Montgomery College, Rockville MD, 8 June 1991

## Female Age-group Results of the 5K Track Race

### FEMALE AGE GROUP: 25 AND UNDER

1 BROOK, BRIDGET	23 USMC HENDERSON HALL	0:20:57
2 HUTCHINSON, CHERY	22 USMC HENDERSON HALL	0:22:41
3 HUSTON, MELISSA	23 USMC HENDERSON HALL	0:23:04
4 HILL, STEPHANIE	23 LOGISTIC MGMT INSTITUTE	0:23:30
5 SMETANA, THERESA	24 NEWPORT NEWS SHIPBLD TENNECO	0:23:45
6 TSAI, AUDREY	24 AMERICAN MANAGEMENT SYSTEMS	0:24:24
7 STEWART, DIANE	23 POTOMAC ELECTRIC POWER PEPCO	0:26:03
8 STAHLMAN, KIM	22 AMERICAN MANAGEMENT SYSTEMS	0:28:54

### FEMALE AGE GROUP: 25 TO 29

1 MCCULLOUGH, MARY	26 AMERICAN MANAGEMENT SYSTEMS	0:18:20
2 GAYLORD, MARY	27 AMERICAN MANAGEMENT SYSTEMS	0:19:10
3 TINGAR-DEANGELO, MICHELE	29 GENERAL ELECTRIC	0:20:20
4 POULOS, LORI	28 IBM CORPORATION	0:20:50
5 SCHULTZE, CAROL	29 AMERICAN MANAGEMENT SYSTEMS	0:21:01
6 CAMPION, GWEN	27 GENERAL ELECTRIC	0:21:05
7 JONES, KARI	27 POTOMAC ELECTRIC POWER PEPCO	0:21:22
8 MIHLON, LOUREN	27 USMC HENDERSON HALL	0:22:05
9 GIVENS, LISA	28 NEWPORT NEWS SHIPBLD TENNECO	0:23:15
10 VESEY, KAREN	27 AMERICAN MANAGEMENT SYSTEMS	0:24:59

### FEMALE AGE GROUP: 30 TO 34

1 HEALY, JANET	30 GENERAL ELECTRIC	0:18:04
2 CONLIN, ELIZABETH	31 AMERICAN MANAGEMENT SYSTEMS	0:19:35
3 PRICE, ELIZABETH	32 POTOMAC ELECTRIC POWER PEPCO	0:20:45
4 REVESMAN, CYNTHIA	30 POTOMAC ELECTRIC POWER PEPCO	0:22:26
5 MCGOWAN, CORINE	33 USMC HENDERSON HALL	0:22:55
6 DELEAN, M. LYNN	33 AT&T	0:24:18
7 ROMARO, ROXANNA	33 USMC HENDERSON HALL	0:24:34
8 DEREN, GLORIA	31 NEWPORT NEWS SHIPBLD TENNECO	0:24:35
9 BARGER, SUSAN	32 NEWPORT NEWS SHIPBLD (TENNECO)	0:25:00
10 GRIBBEN, KATHLEEN	31 LOGISTIC MGMT INSTITUTE	0:26:27

### FEMALE AGE GROUP: 35 TO 39

1 GURDIAN, RHONDA	37 POTOMAC ELECTRIC POWER PEPCO	0:21:29
2 GEYER, MARY	38 WESTINGHOUSE	0:23:08
3 MURRAY, DIANE	36 AT&T	0:24:58
4 DOUGLAS, PAUL	36 IBM CORPORATION	0:26:04
5 BURNS, MARGARET	35 IBM CORPORATION	0:27:00

### FEMALE AGE GROUP: 40 TO 44

1 SIEGEL, DIANNE	42 WESTINGHOUSE	0:20:10
2 MARQUE, MARJORIE	40 IBM CORPORATION	0:20:12
3 ST CLAIR, CHRISTY	42 AT&T	0:21:25
4 BRADT, NUALA	42 WESTINGHOUSE	0:23:36

### FEMALE AGE GROUP: 45 TO 49

1 HAMILTON-DOLAN, SHARON	49 IBM CORPORATION	0:19:41
2 MCGARRY, MARY	45 IITRI	0:24:55
3 HABERMANN, JOAN	45 LOGISTIC MGMT INSTITUTE	0:26:03

### FEMALE AGE GROUP: 50 TO 54

1 MCKETHAN, GERALDINE	54 IBM CORPORATION	0:28:40
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### FEMALE AGE GROUP: 55 AND OVER

1 HOLT, GWEN	58 NEWPORT NEWS SHIPBLD TENNECO	0:36:27
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