

Personal health and fitness strengthen any business and ultimately benefits our entire system of free enterprise. Join us in strengthening America by promoting and encouraging corporate fitness and wellness events.



How can I get involved?

Opportunities to participate in USCAA events are plentiful. You may wish to form a team and enter the competition, representing your corporation on the track or on the roads. Or you may wish to sponsor USCAA events, advertise in the publications read by each USCAA member athlete, or present your product directly to the athletes by taking advantage of event vending opportunities. Whatever form your interest in the USCAA takes, we can get you on the path to successful participation.

For more information about the USCAA or about participating in this year's National Championships, please call the USCAA Headquarters at (312) 644-6610. We can give you the information you need to organize and lead a successful team, become a sponsor, or participate in the USCAA organization itself. Promoting corporate health and fitness has never been easier or more rewarding - call now to find out how you too can benefit from participating in the USCAA!



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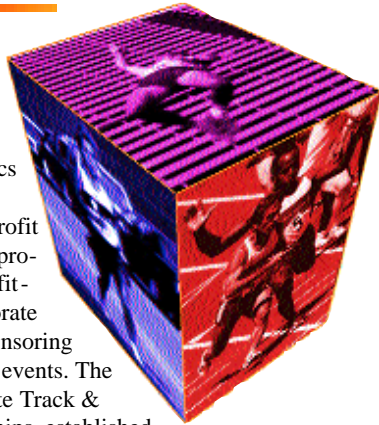
USCAA

United States Corporate Athletics Association



What is the USCAA?

The United States Corporate Athletics Association is a nationwide non-profit organization that promotes health and fitness among corporate employees by sponsoring corporate athletic events. The National Corporate Track & Field Championships, established 20 years ago, evolved from informally organized corporate runs. Bob Anderson of Runners' World magazine took over the event and organized the Corporate Cup Relays from 1979 to 1984. In 1985, the USCAA was formed and has continued to promote the spirit of corporate competition ever since.



Numerous regional corporate track and field competitions, held throughout the country, culminate in an annual summer National Corporate Track & Field Championship. In addition, a National Corporate Marathon Championship is held annually. Promoting corporate spirit, teamwork and camaraderie, USCAA events provide an opportunity to network across your company as well as with other companies. The USCAA also encourages teams to use the national championships to raise funds for charities — a Charity Cup Challenge trophy is awarded each year to the team that raises the most money per team member.

What are the National Corporate Track & Field Championships?

The two-day national championship is similar to a track and field Olympics, with opening ceremonies, trials, and finals. The main focus of these championships is to promote health in the workplace and competition among corporate athletes. In both regional and national meets, events are team- or relay-oriented to make them equally competitive for men and women of all ages. For example, one relay requires at least one woman runner plus another runner 35 years of age or older. Some

events even require runners of a particular executive level; retired employees may also be eligible for certain events. Individual distances in these relays range from 100 or 200 meters to 2 miles on the track, as well as 5K and 10K road races. Team-oriented shot put, discus, high jump and long jump round out the field events. Also included are two non-scoring events: a 4-person relay consisting of two Special Olympic athletes and two corporate athletes, and a Kids Race.

The competition allows both the weekend warrior and the former college track star to participate in the same event and to contribute equally to a team's success. For example, a 50-year-old woman who wins her age group in the 5K scores as high as the overall winner. Each year, nationally-known runners co-host the event and cheer participants on. Co-hosting the event in 1995 were nationally ranked Natasha Kaiser-Brown and Kevin Little. Previous hosts include Joan Benoit and Edwin Moses.

What is the National Corporate Marathon Championship?

The National Corporate Marathon Championship is held annually in conjunction with a major marathon. The Houston Marathon has been the host marathon for the past several years. Runners are scored by age group.

Who participates?

In the Corporate Track & Field Regionals and Championships, corporations are divided into two major divisions based on their number of employees; they compete only against other companies within their division. Division I comprises companies with 10,000 or more employees; Division II comprises companies with fewer than 10,000 employees. A company may form a team from one of its groups or regions, in which case its division placement is based on the number of employees in that group or region. Division II teams may also combine with another team, provided the combined employee size remains within the Division II requirements. Each major division is further divided by size into A and AA, resulting in Divisions IA (3,000-10,000) and IAA (<3,000), and Divisions IIA (>60,000) and IIAA (10,000-60,000).

Participants in previous USCAA Championships have included such corporations as GE, AT&T, Lockheed Martin, Enron, HP, IBM, Principal Financial, Coca-Cola, Booz•Allen & Hamilton, Pacific Enterprises, Pacific Telesis Group, US West and many more of all sizes.

Where are USCAA events held?

Previous corporate track & field championships have been held at Stanford University, California; the University of California at Los Angeles, Irvine, San Diego, and Santa Barbara; the University of Colorado at Boulder; the University of Washington, Seattle; MIT, Boston; and Colby College, Waterville, Maine.



What are the benefits of USCAA participation?

The National Corporate Championships help build a strong corporate team image, not only for the employees who participate, but also among other participating companies, customers, and the public. Kevin Holtzclaw, Vice President at General Electric, reports, "We find a great deal of corporate goodwill is disseminated to the public by our participation. As the Corporate Nationals grow in stature and exposure each year, we receive more and more favorable comments from our customers." Jim Streeby of the John Deere Co. relates: "There are a lot of positive spin-offs ... In our factory, participants had a significant total weight loss, many cases of lowered blood pressure and other behavioral modifications dealing with diet and exercise. The good feelings also carry over into the workplace. Many of the ingredients that went into making the Corporate Relays a success for our team help make a successful corporation."