

[The New] President's Message



Hello, fellow Boulder Road Runners and Walkers; I greet you at the end of a long, strange year. Many of you are friends, and more acquaintances. As I take over from Will Dillard, who will continue heading up the BRR training programs and writing about coaching—many thanks, Will, for your top-notch service, and to BRR leaders in the past, from our iconic founder Rich Castro, through John Bridges, Bill Buffum and Will (with some additional short-termers in there that I've asked club historian Tom Lemire to confirm)—I am socially distancing on my runs, washing my hands, and avoiding indoor gatherings.

This is not a big problem for me, as I enjoy solitude, and, in fact, cultivate and cherish it. Without a television, cell phone, Netflix or any streaming service, I spend part of my time reading; and there has been time enough to do lots of reading in 2020. I delved deeper into Joseph Campbell's *The Hero with a Thousand Faces*, the biblical

Book of Job, the *Upanishads*, and Carl Jung's *Answer to Job* and *The Stages of Life*. Oh, and some running-related books, including:

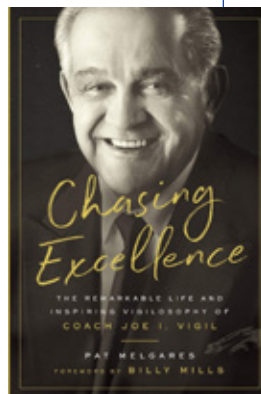
—Melody Fairchild's *Girls Running*. Yes, I know it is written for female teens, but to read the book and chat with Melody is to feel

optimism for the future. Melody exudes such great energy, which comes through in her storytelling and which leaves one uplifted. Watch her on this recent Jeff Cook video as she talks about *Girls Running* and hosts youth races (<https://www.youtube.com/watch?v=lyEOTcXALMM>).

—A great new biography of Coach Joe Vigil, *Chasing Excellence*, by journalist and former Adams State runner Pat Melgares (with a forward by Billy Mills). Many of us know Coach Vigil from his long career and yearly visits to the Boulder 10K, and Melgares has captured the essence of this man, who grew up on the south side of the tracks in Alamosa and rose to become one of the most decorated international coaches in history. All fans of running, and of life, will want to read this book. Check out chapter 11, which gives an inside look at the 1992 NCAA D-2 cross country championships, where Adams State took the national title with a perfect score, placing its scorers 1–5 (www.soulsticepublishing.com).

—*To Imogene, a Flagstaff Love Letter*, edited by Myles Schrag and Julie Hammonds of Soulstice Publishing. A literal love letter and paean to the large number of Flagstaff runners who journey to the

continued on next page



Contents

President's message	Look left
From da' Coach:	
regaining aerobic capacity	3
Exercise intensity and health	4
Change one word/change your outlook	6
Member Profile: Rick Katz	7

Your 2021 Board Members

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John Bridges, Membership Chair
Lorraine Green, At-Large



President's Message, *continued*

and your 2021 reading list



San Juan Mountains every September to race the grueling Ouray–Telluride race over Imogene Pass. The race was not held in 2020, and this beautifully illustrated hard-cover is a reminder of what we can look forward to this September.

—Kelly McGonigal's *The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage* came out



early in 2020. McGonigal, of Stanford University, weaves examples of the power of movement from around the globe with the latest science research to show why we feel so good when we move. Even Tom Lemire likely does not know about myokines, produced by our muscles when we run, and

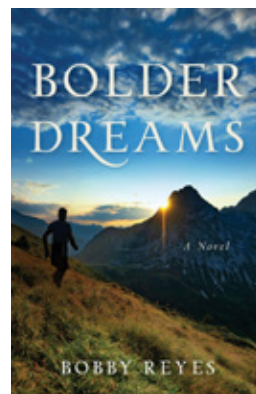
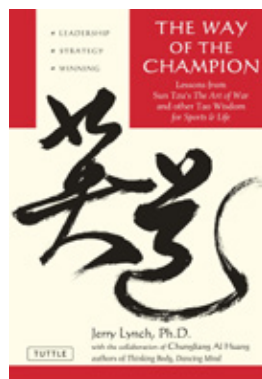
that our muscles actually turn into endocrine glands, pumping out good chemicals (www.kellymcgonigal.com).

—Jerry Lynch's *The Way of the Champion*, which I read years ago and which remains timely in today's world. The book

gives seminal Boulder trail runner Lynch's insights into running and life based on Chinese wisdom from the Tao-te-Ching. Jerry can correct me, but a simple way of understanding his teachings is the idea of following the “way of nature.” The corona virus is part of that, and so Lynch's approach would be not to fight it, but to do what we can do and let it run its course (www.wayofchampions.com).

—*Bolder Dreams*, a new novel by Bobby Reyes, is the book I've been waiting to read. It grabbed me from the opening lines when I saw it displayed at In Motion Running: “The morning joggers were out as usual.” (www.bobbyreyes.com). Watch for a review coming up in the *Daily Camera*, and let me know if you get a chance to read it, or if you have had any good dreams during the year or have done any good reading during the shutdown.

Stay safe, healthy and happy,
Rock



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2021

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FROM DA' COACH

Up and Running!!

from Coach Will Dillard



Man what a year it has been!!! Shutdowns, races cancelled and postponed, virtual races!! What's next!!

Hopefully with the vaccines coming out we will begin to see a brighter future, but what do we do in the meantime? Some have been able to maintain some level of running but no real training. Some have seen the overcrowding at the trails, and like me, have been reluctant to run there.

The Men's BRR 60+ Team put together some virtual events that were well attended by runners from across the US and from the BRR.

But now that Winter is here what do we do to prepare for hopefully being able to actually run some events in the Spring and Summer of 2021? My first advice is Be Patient!! Whether you have been running some or not much, you can't immediately go back to the level of training you were doing before.

Unless you have been able to maintain some running during the last few months you have lost some of your aerobic base. How much depends on how active you have been. After two weeks of no activity you lose 50% of your aerobic capacity and after four weeks of no activity you may have lost as much as 80–90% of your aerobic capacity. To perform well in races you need to do speed training and that must be built on a solid aerobic base. Most injuries occur when runners try to do too much too soon without an aerobic base build-up.



Category	Time off from running	Time at adjusted load/Intensity	Adjustment made
I	Up to 5 days	Up to 5 days	Easy run @100% of previous load
	Example: 5 days	5 days	5 days Endurance Running (E) @ 70–75% MHR
II	6–28 days	6–28 days	• First half (E) (70–75% MHR) @ 50% of previous load (PL)
	Example: 6 days	3 days @ 50% 3 days @ 75%	• Second half (E) (70–75% MHR) @ 75% of previous load (PL)
III	4–8 weeks	4–8 weeks	• 1/3 (E) @ 33% (PL) • 1/3 (E) @ 50% (PL) • 1/3 (E) @ 75% (PL) w/added strides
IV	8 weeks or more	8 weeks or more	Divide total time off by 4 (No.) weeks (E) @ 33% (PL) (No.) weeks (E) @ 50% (PL) (No.) weeks (E) @ 70% (PL) (No.) weeks (E) @ 85% (PL)

KEY:

(E) – Endurance Running

(MHR) – Max Heart Rate (Refer to March, 2020 "From da' Coach" column for info on MHR)

(PL) – Previous Running Load

Above is a chart to show how much time you need to spend in base building before trying to return to speedwork or faster pace running. When you begin the build-up will depend on how much time you have before running a race.

—Coach Will

"To give anything less than your best is to sacrifice the gift."

—Steve Prefontaine

All Exercise is Good, and Vigorous Exercise is Better

Intensity makes all muscles stronger, including your heart muscle.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, December 6, 2020

A new study suggests that the more intensely you exercise, the less likely you are to suffer a heart attack. Researchers followed 403,681 U.S. adults for an average 10 years and found that those who spent a greater proportion of their exercise time exercising intensely had a significantly lower risk of death from heart attacks than those who exercised for the same amount of time but at lower intensity (*JAMA Intern Med*, Nov 23, 2020). Those who exercised more vigorously also had a lower risk of death from cancer and lower all-cause mortality during the study period.

Other studies show that people who exercise intensely are significantly less likely to die prematurely than casual exercisers (*JAMA Intern Med*, 2015;175(6):970-977), because vigorous exercise is more effective in:

- preventing weight gain (*Prev Med*, 2014; 60:131-133),
- preventing heart disease (*Am J Cardiol*, 2006;97(1):141-147),
- preventing diabetes (*Int J Epidemiol*, 2012;41(4):1132-1140), and
- promoting fitness and the ability to process oxygen (*Med Sci Sports Exerc*, 2002;34(1):152-157).

The HUNT study from Norway found that the more fit people are, the less likely they were to develop a first heart attack (*JAMA*, April 19, 2019). The SUN study from Spain found lower heart attack rates in those who exercised intensely compared to those who exercised less vigorously (*Am J of Cardio*, Dec 1, 2018;122(11):1871-1878).

Any Level of Exercise is Healthful

A regular exercise program of any intensity is associated with reduced death rate (*Int J Epidemiol*, 2011;40(5):1382-1400), because

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Alastair Norcross



Intensity! From the BRR track meet, 8/15/19.

Exercise intensity, continued

Everyone should have a regular exercise program, and it is never too late to start.

A recent article in the *New York Times* discusses a Norwegian study that came to similar conclusions about the benefit of intense exercise. [Click here to view.](#)

a regular exercise program is associated with reduced rates of:

- cancer (*JAMA Intern Med*, 2016;176(6):816-825),
- diabetes (*Endocrine*, 2016;52(2):226-230), and
- heart disease (*Br J Sports Med*, 2019;53(22):1405-1411).

Spending long periods of time sitting or lying in bed increases risk for heart disease (*Prevent Med*, May 02, 2019).

Benefits of Intense Exercise

Intensity makes all muscles stronger, including your heart muscle. All people lose heart muscle as they age, which increases risk for frailty and heart failure. Strengthening your heart muscle helps you to live a more vigorous lifestyle and to protect you from heart failure. Intense exercise stabilizes plaques in arteries and widens heart arteries to help protect you from a heart attack. One study showed that men with the highest levels of VO₂max (a test of oxygen use that is a measure of fitness) were least likely to have high blood pressure, high HBA1C (a test for diabetes), high fasting blood sugar levels, obesity, an abnormal treadmill exercise test, and a high 10-year risk for heart attacks (*American J of Cardiology*, March 2012;109(6):839-843).

Starting a New Exercise Program

I think everyone should have a regular exercise program, and it is never too late to start. First check with your doctor. If you are not a regular exerciser, you should spend your first few months exercising in your chosen activity at a very casual pace. Stop when you feel tired, your muscles feel heavy, or you feel any discomfort, even if you have only exercised for a few minutes. When you can exercise every day for about

30 minutes at a casual pace, you are ready to try exercising at a more intense level.

Increasing the Intensity of Your Current Exercise Program

All exercise training is done by stressing and recovering. To increase the intensity of your exercise program, start by taking a harder workout on one day and expect to feel sore the next morning. This is called delayed onset muscle soreness, or DOMS. Go slow and easy for as many days as it takes for your muscles to feel fresh again. You should not take your next hard workout until the muscle soreness is gone. You may need to take from one to five or more easy recovery days before you do your next intense workout.

- When you are training properly, your muscles may feel sore every morning. If they don't feel better after a 10-minute warm-up, take the day off.
- If you feel pain in one spot that does not go away after you slow down, stop that workout immediately for that day. Otherwise you are likely to be headed for an injury.

Your Intense Workout Days

Always warm up your muscles before you exercise more intensely. Start out by going very slowly for the first 10 or more minutes of your workout. To make a muscle stronger, you have to exercise intensely enough to feel a burning or tightness in your muscles. For non-competitive athletes, you should slow down immediately when you feel this discomfort. Most people will start out by picking up the pace for only about 10 seconds. If you are a runner, cyclist, or skater, pick up the pace for a few strides or pedal strokes. Then go slow and easy, and when your muscles feel fresh again, pick up the pace and then slow down. Repeat

these alternating bursts of intense exercise (called "intervals") until your muscles just start to feel heavy and tired, then slow down. When your muscles continue to feel heavy and tired after you slow down, you are through for that day. In the beginning, you may be able to do only a few intervals in a workout. However, with practice you will improve until you can do lots of intervals, perhaps 15–20 or more. Then you can extend the time that you stay in each hard interval, gradually going from a few seconds up to about 30 seconds. If you are not a competitive athlete, there is no reason to stay in an intense interval longer than 30 seconds. Most healthy exercisers will be able to work up eventually to 10–20 repeats of 20–30 second intervals. For non-competitive athletes, there is no need to do more than that.

Your Recovery Days

Expect your muscles to feel tired and sore when you get up the morning after an interval workout. You can try to exercise that day, but you should do so at a slow pace and stop when your muscles start to feel heavy and fatigued. If your muscles don't feel better after a five-minute warmup, or if you feel pain in any area that does not go away when you slow down, you should stop your workout for that day. Do not take your next intense workout until your muscles feel fresh after you warm up for 5-10 minutes. Most people who exercise for fitness will follow each hard day with one or two recovery days. Competitive athletes are likely to take such intense workouts on their hard days that they may require up to five recovery days before their next hard day.

Reprinted courtesy of Dr. Gabe Mirkin. More of his articles can be found on his website, www.drmirkin.com/.

How changing one word that you use can change your life

from Terry Chiplin and activacuity

darkday, FlickrCC

I was recently reminded of the difference that words that we use can make to the way we experience life. After a glorious summer and fall then returning to colder days, shorter hours of sunlight can lead us to talking about all the things we have to do. You have to get up and run in the dark before work—you have to wear more layers to keep warm—you have to battle against the wind and weather—you have to work hard to keep motivation going—your life becomes a succession of “have to’s”...you can probably think of many more examples that you can use every day!

Now imagine just changing one word in each of those sentences above.

You don’t “have to.” Instead, you “get to.”

- You get to see your run in a different way when it’s moonlit.
- You get to enjoy a completely different route that you have never run before.
- You get to become stronger from resistance training running against the wind.
- You get to hear the crunching of snow and ice under your feet on the trails.

Changing this one word, you have the chance to change the way you view each of these experiences. Instead of it becoming a



You **get** to run through sewers! Miss D prepares for the Drain Olympics by doing some test runs through the pipes.

burden or obligation, it can become a new possibility that can teach you something different and open to your eyes to a new perspective.

Very often the things that we see as work that we “have to do” are actually the reward, and teaches us far more than we necessarily give them credit for!

Think about three things now that you get to do in your life that you are grateful for. Write them down on a notebook or journal, or a note app on your phone, so they can serve as reminders for what you get to do!

One of the services we can provide is an interview to help you grow your ability to see the many aspects of your training and life that you can be grateful for—all the many things you get to do! This can make a huge difference in your life, and literally add more time to your day. Contact us to find out more: Visit www.activacuity.com, or contact Terry Chiplin at terry@activacuity.com.



MEMBER PROFILE

RICK KATZ

Rick Katz Loves the Grass

from Jeff Dumas

Jeff emailed a series of questions to Rick. Below are Rick's responses.

Where were you born and where did you grow up?

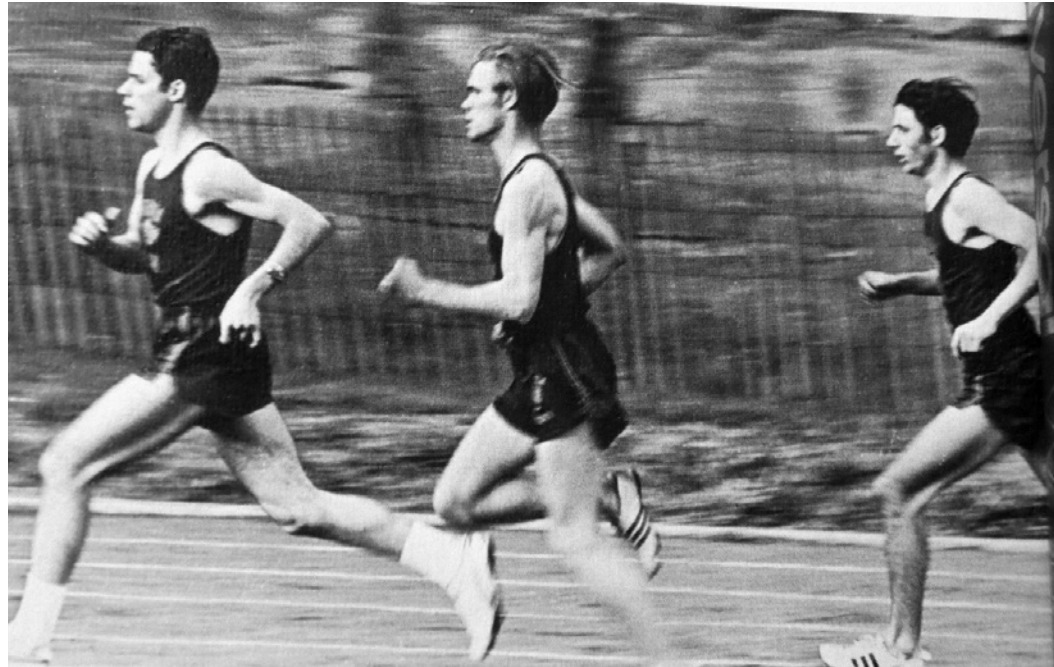
I was born and spent my entire childhood in Williamsburg, a small historic town in south-eastern Virginia. A nice area for running, except for the lack of hills and oppressive, hot, humid summers.

[Note from Jeff: Hot and humid is right! Like Rick, I attended high school in Tidewater Virginia (before central air conditioning) and there was no escaping the heat and humidity—especially on the track! My Huguenot namesake ancestor arrived in Jamestown in July or August of 1700 (depending on which calendar you use) and, I am still amazed that he didn't turn right around and sail back to England!]

When did you start running? Was it in high school, college or later—maybe much later?

Beating some of the track team members in races in physical education classes inspired me to join the team for my last two years of high school. Being quite inexperienced and lacking much individual coaching, my strategy in racing the mile was to start out as fast as possible, hoping that the other runners faded before I did. Amazingly, this strategy seemed to work well, as during my senior year I was undefeated in the mile through the district championship. But in the state championship for smaller schools, this strategy backfired as I faded badly on the last lap. Also ran cross-country my last year in high school, a pick-up team without a regular coach. I can still remember the coach of a rival cross-country power being impressed by my beating most of his team despite wearing sneakers rather than spikes.

[Note from Jeff: Yep, in those days in high school in the Old Dominion, most of us didn't know that



Rick leading two of his UVA teammates.

running cross-country was even a sport!]

After high school, I ran track and cross-country at the University of Virginia. The Atlantic Coast Conference had several schools with strong long distance running programs, but UVA did not even offer athletic scholarships (luckily, I received an academic scholarship instead), plus our track was in decrepit condition. Considered too slow for the mile, I had no choice but to move up to the three-mile distance on the track. But I performed better at the longer distances of college cross-country races, with my best performance by far being a top ten finish in the ACC cross-country championship my senior year.

[Note from Jeff: At Navy, during the cross country season, we used to hold dual meets every weekend. Although we ran against West Virginia and William & Mary, we didn't have a trip to Charlottesville on our schedule. But we did run with Cavaliers at the NCAAs—and they always fielded a topnotch team.]

What sort of an academic and career path did you follow—and how in the world did you end up working in the I.M. Pei-designed NCAR building?

After majoring in mathematics at UVA, I attended graduate school at Penn State earning a Ph.D. in statistics. Continued to run regularly as a graduate student, but the lack of many open races meant my performance suffered. Toward the end of graduate school, I read a story about hill running in *Runner's World* written by Ken Young (more about him later). He described running the hills behind the National Center for Atmospheric Research Mesa Lab, including steep ones nicknamed "ski slope" and "SOB hill" (hills so steep Boulder Mountain Parks has since rerouted the trails to avoid them). Long-time BRR member Verne Carlson recalls that back then Ken was the only other runner he would see regularly on the Boulder mountain trails. I had never heard of NCAR, but it sure sounded like an ideal location.

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MEMBER PROFILE: RICK KATZ

[Note from Jeff: Ken Young was also an accomplished statistician (with a PhD in Geophysical Sciences). In fact, some would say that he was also the “father” of running statistics. In 2003, Ken banded together with a few like-minded statisticians to establish the Association of Road Racing Statisticians (which maintains the website arrs.net). Today, that database includes more than 1.5 million individual performances from well over 200,000 races. Ken maintained a system of ranking elite runners worldwide for head-to-head competition—which ranking race directors use to decide who to invite to their races.]

Later, I stumbled across an announcement of a postdoctoral fellowship program at NCAR posted on a bulletin board. I applied and, in spite of a lack of much formal training in atmospheric sciences, managed to become an NCAR postdoc. By the time I started working at NCAR, Ken Young had moved to the University of Arizona. Ostensibly to use the NCAR super-computer, but really to avoid the summer heat in Tucson, he would visit Boulder every summer and run on the Boulder mountain trails. I started running regularly with him, especially up Bear Canyon behind NCAR, able to stay up with him on the uphills but not on the downhills. He was the most fanatical runner I have ever known. Before dying a few years ago, he had a streak of never missing a day of running in more than forty years.

[Note from Jeff: Being a true-blue statistician, Ken recorded in his logbook as having run over 141,000 life-time miles!]

Working as a scientist at NCAR required long hours, including evenings and weekends. But one perk was a flexible schedule, allowing a long lunch break to run on the nearby trails. One advantage of following in the footsteps of Ken Young was that no one at NCAR ever questioned my devoting so much time to running.

Could you please tell us what got you interested in running competitively and how it came to pass that you joined the Boulder Road Runners?

Starting in high school, I have always been a competitive runner despite experiencing long breaks from competition because of injury and illness. I became a member of the BRR right



Pearl Street Mile, August, 2019. Rick holding off Rich Castro as they approach the finish line.

when the club was formed in 1979. But toward the end of that year I moved away to work at Oregon State University for the next four years. I returned to Boulder in 1983 and have been a BRR member ever since.

[Note from Jeff: Wow, other than Rich Castro and maybe Tom LeMire, who else can claim that amount of longevity with the BRR?!?]

Could you please tell us about your long racing career, particularly about your participation in USATF events as a BRR team runner?

Because of recurrent running injuries, quite a while ago I switched to training only on soft surfaces and avoiding road races on hard

surfaces (other than the occasional Pearl Street Mile). Now I also have to avoid running on rocky trails because of an increased tendency to trip and fall. So cross-country has been just about the only racing option remaining for me, with the main competitions being USATF events.

[Note from Jeff: Indeed, the mountain trails have become a dark and dangerous place. I can't even imagine running the Bear Canyon trail anymore!]

Besides being a strong uphill runner, for some reason I am able to handle difficult conditions better than much of my competition (e.g., high winds causing hazardous wind chill at Spokane

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MEMBER PROFILE: RICK KATZ

in 2008 or mud and standing water making it difficult to run even with spikes at Houston in 2003). I have only rarely won a national USATF age group competition, but usually I'm able to finish in the top three. Not to mention being a member of quite a few winning BRR teams.

[Note from Jeff: From the New York Times that weekend: "Spokane city official declared a 'Condition Red' snow emergency. . . " Yep, it was snowing, blowing, and freezing when the gun went off on Saturday morning, December 13th in Spokane. But, Rick didn't seem to mind—running a 6:55-minute pace to lead the BRR Men's 60+ team to a first place finish, besting seven other teams whose runners could hardly be seen!]

What are some of your favorite races, both in Colorado and nationally? And, how about sharing a few of your best finish times?

In recent years, my favorite race has been the Vail Hill Climb. The course is quite scenic, mostly on dirt roads, and mainly long, gradual uphills. Almost perfectly designed for me.

One of the perks of working at NCAR was the ability to travel internationally. As part of work trips, I competed in races around the world including Hungary, Ireland, Italy, New Zealand, and Switzerland. Back when Hungary was still a communist country, I managed to win a local race in Budapest, the capital city. The prize for first place was a hand engraved vase, but somehow on short notice the race officials had found a small American flag to place inside it as well.

I used to like to run marathons, including the Boston Marathon in 1974, as a break from writing my Ph.D. dissertation. My favorite was the Fiesta Bowl Marathon in Scottsdale AZ, at least once traveling with a group of Boulder area runners organized by Rich Castro. My best time was 2:31:36 in 1978. Sadly, I have not run a marathon since 1980 when chronic hamstring problems started to limit my training.

Some of my best performances occurred shortly before turning forty: at age 38, a time



USATF National Club Cross-Country Championship, Lehigh, PA, December, 2019. Rick is in the BRR singlet with Gene Dykes, Greater Philadelphia Track Club, behind, and Kirk Larson, Atlanta Track Club, ahead.

of 32:36 in the Bolder Boulder 10K citizens race and 48:26 in the Cascade Runoff 15K in Portland OR; at age 39, 52:09 in the Cherry Blossom 10-mile in Washington DC and 25:50 in the Cherry Creek Sneak 5-mile in Denver. Naturally, just after turning forty I was injured and never ran close to these times again.

[Note from Jeff: Don't you just hate it when you get injured just after entering a new age-bracket? You're in "tall cotton" for about a year. Then, bingo, you are already aged out! It happened to me just after I turned 70—and, now, as I turn 75 the pandemic hits!]

How has your training progressed during the current COVID-19 pandemic and what are your racing goals for the future?

COVID-19 has not really affected my training much. After a break of several months because of tracks being closed, I have started interval training again with Dave Dooley and Jim Reynolds, also members of the BRR 70+ team. Running in separate lanes and making use of the lane staggers enables us to maintain social distance on the track. My future racing goals are modest. They do not include staying up with, but instead just trying to keep in sight, new 70+ BRR team member Doug Bell in future national USATF cross-country competitions.

[Note from Jeff: Don't worry Rick, Doug Bell hasn't made it onto the Men's 70+ team roster yet. Just kidding! Maybe on a multiple loop course we can all try to keep Doug in sight as he laps us!]

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Women's 60+ Team Coordinator: Virginia Schultz, Virginia.Schultz@Colorado.edu
Men's 70+ Team Coordinator: Jeff Dumas, jeff.dumas@comcast.net

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