

# TI Track & Field Team 2024 HCAA Corporate Cup Meet Results – Houston, TX on May 4th, 2024

We returned to Houston this year for the HCAA Corporate Track Meet. Last year (2023), we only managed to get 24 people to attend and finished 2<sup>nd</sup> overall. This year, we had a great surge of new people, and rebuilt the team up to 36, which is getting closer to our pre-pandemic attendance levels.

Houston is a one-day meet, so most of us departed on a team bus from Dallas at mid-day Friday. We dined together and got some sleep in Houston, then got rolling early Saturday morning. Several team members drove or flew down. Houston was experiencing heavy rain and flooding in the days leading up to the meet, but the weather cooperated for meet day.

There were 5 companies that entered most of the 17 events – Exxon, BP, Schlumberger (SLG), Chevron, and TI. We could only enter 16 of the events – we could have used a few more people. And four of our top athletes were unable to attend this year due to injury or schedule conflicts (Tori Parkinson, Julie Rembold, Jim Dietz, and David Cannon). But, as you'll see, we still had many outstanding athletes cued up and ready to roll.

We had several people contributing to the team organization: Captain Michael Reynolds; Coaches Rio King and Paul Westbrook; Paul took care of the strategy and event planning; and Mitchel Fulce handled the equipment and uniforms. And thanks to Steve Russo for securing the bus for the team.

## 2024 TI Team Stats

- Total team members = 36 (26 males; 10 females) – *35 in events, and one guy with a clipboard*
- Rookies: 15 (a record!)
- Average age = 39.2 (youngest = 23; oldest = 82)
- Employees=29; Retirees=3; Alumni=2; Contractors=2

**Photos** – Photos have been posted here: <https://photos.app.goo.gl/7sVwBgzZrDfoP3jK8>



## 3200m Team Races

The 3200m team race on the track is scored by place in 10-year age groups. For the women, the top 4 places in any age group count toward the score. The men count the 5 top place finishes toward the team score.

### Women's 3K (1<sup>st</sup>)

The women have 4 age groups – 20-29; 30-39; 40-49; 50+. We were down to just four women – and two were in the same age group. That means we gave away potential points in the 30-39 age group. Despite that handicap, the quality women we had ran great and secured enough points for 1<sup>st</sup>. Note that 2 of our runners were over 60, but the meet doesn't have a 60+ women's group like they do for the men. Heidi and Vonnie were undaunted. Becky was her usual powerful self. Rookie Morgan ran almost a minute faster than the winner in her age group last year, but there were two really fast new runners for other teams this year. Still, the 4 scores combined for 8 points and a margin of three points over 2<sup>nd</sup> place.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
3200m Women	3200m	F	13:30	3	20-29	24	Morgan Schultz
3200m Women	3200m	F	12:55	1	40-49	47	Becky Angeles
3200m Women	3200m	F	15:02	1	50+	63	Heidi McCauley
3200m Women	3200m	F	16:52	3	50+	62	Vonnie Howard
<b>Total-3200m Women</b>				<b>8</b>	<b>pl&gt;</b>	<b>1</b>	<b>8,11,14,1006</b>

### Men's 3K (1<sup>st</sup>)

The men get 5 age groups and the top 5 places add for the team score. Rookie Cameron took 1<sup>st</sup> in the 20-29 AG; Brian also scored a 1<sup>st</sup> in his AG. Then we picked up three 2<sup>nd</sup> place AG finishes for a solid team score of 8 – two points ahead of Exxon.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
3200m Men	3200m	M	11:18	1	20-29	24	Cameron Keene
3200m Men	3200m	M	12:41	2	20-29	25	Michael Schlotthauer
3200m Men	3200m	M	11:05	2	30-39	31	David Vaseliou
3200m Men	3200m	M	11:28	4	30-39	30	Zachary Dryer
3200m Men	3200m	M	12:01	1	50-59	55	Brian Schmidt
3200m Men	3200m	M	14:00	3	60+	61	Steve Russo
3200m Men	3200m	M	13:43	2	60+	63	Dan Cowles
<b>Total-3200m Men</b>				<b>8</b>	<b>pl&gt;</b>	<b>1</b>	<b>8,10,20,23,28</b>

### Men's Mile (3<sup>rd</sup>)

We needed our strongest milers in other events, so we entered Michael and Zachery (both rookies) in this event just in case. You never know who will show up each year, so it's good to enter if you have enough people. The place finishes of the two team runners are added to get the team score – low score wins. Exxon and SLG were the top 4 finishers, but our guys did well enough to take 3<sup>rd</sup> place.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Men's Mile Team	1600	M	5:51.0	9	20+	25	Michael Schlotthauer
Men's Mile Team	1600	M	05:20.0	5	20+	30	Zachary Dryer
<b>Total-Men's Mile</b>				<b>14</b>	<b>pl&gt;</b>	<b>3</b>	<b>4,6,14,17,17,20,27</b>

### Submaster Distance Relay (2<sup>nd</sup>)

This is a race for people over 30. We exceeded that number by quite a bit in three legs, but still took a very solid 2<sup>nd</sup>. David ran an incredible 5:05 anchor to close a 20 second gap down to 2 seconds but couldn't quite catch the guy in first.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
SubMaster Dist Relay	800	M	02:40.0		35/30	46	Mitchel Fulce
SubMaster Dist Relay	400	F	01:23.0		30+	63	Heidi McCauley
SubMaster Dist Relay	1200	M	04:19.0		35/30	47	Ryan Hart
SubMaster Dist Relay	1600	M	05:05.0		30/35	31	David Vaseliou
<b>Total-SubMaster Dist</b>			<b>13:27.0</b>		<b>pl&gt;</b>	<b>2</b>	<b>13:25;13:27;14:37;16:04</b>

### Women's 800 Team Race (did not enter)

We were missing our two best 800m runners – Tori and Julie. We didn't have enough female depth to even enter this event. The winning times were not unreachable if we get a little more depth next year. Skipping this turned out to be a strategic advantage for us later in the day during the Women's Relay.

### 3-Lap Sprint (1<sup>st</sup>)

We finally had some solid 400m men this year when Alex returned after a several year absence, and Sherman joined us. Sherman had never run track, but he was a joy to coach. He worked hard and saw great results. And the team secured a solid victory. Ashley and Jimmy set them up and they pulled away and held a solid lead.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
3 Lap Sprint	200	F	00:31.9		20+	27	Ashley Cox
3 Lap Sprint	200	M	00:24.3		20+	25	Jimmy Kenyon
3 Lap Sprint	400	M	00:56.3		20+	33	Alex Wang
3 Lap Sprint	400	M	00:54.5		20+	23	Sherman Corbin
<b>Total-3 Lap Sprint</b>			<b>02:47.0</b>		<b>pl&gt;</b>	<b>2</b>	<b>2:47;2:56;3:11;3:22;3:24</b>

### **Executive Relay (1<sup>st</sup>)**

We had a solid team for this one, but so did Exxon. Paul got the baton on the anchor about the same time as the Exxon anchor. Paul ran a perfect tactical race. He has a great kick, so he trailed a bit behind the Exxon runner for a couple of laps and did not press the pace. Then Paul took the lead, but slowed the pace ever so slightly to set up the kick. Sure enough, the Exxon runner made a move with about 300 meters to go. He passed, but Paul waited, then accelerated with about 150m to go and shot past him for the win.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Executive Relay	800	M	02:35.0		30+E	42	Derek Baessler
Executive Relay	400	M	01:21.0		30+E	61	Steve Russo
Executive Relay	800	M	02:33.0		30+E	38	Michael Reynolds
Executive Relay	1600	M	05:39.0		25+E	55	Paul Barker
<b>Total-Executive Relay</b>			<b>12:08.0</b>		<b>pl&gt;</b>	<b>1</b>	<b>12:08;12:11;13:50;14:36</b>

### **Distance Relay (1<sup>st</sup>)**

We skipped this event last year, but we had enough new, younger people this year that I thought we could take 2<sup>nd</sup>. Then just a few days before the meet Nathan joined our email list and posted some times. They were older times, so I got him out to the track to post updated times. This data shifted my strategy for this and the Pyramid relay. Now we had a shot at the win, so I moved Becky into the opening 1600m leg and she got us off to a great start. Bryan, Cameron, and Jed kept expanding the lead and left Nathan with a relaxed 1600 for the win.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Distance Relay	1600	F	05:57.0		20+	47	Becky Angeles
Distance Relay	1600	M	05:49.0		40+	55	Brian Schmidt
Distance Relay	800	M	02:27.0		20+	24	Cameron Keene
Distance Relay	800	M	02:22.0		20+	24	Jed Wyse
Distance Relay	1600	M	05:52.0		20+	25	Nathan Nohr
<b>Total-Distance Relay</b>			<b>22:27.0</b>		<b>pl&gt;</b>	<b>1</b>	<b>22:27;22:34;24:12;26:20;</b>

### **Women's Relay (1<sup>st</sup>)**

Becky was back in the lead leg on this one. The top two younger runners from the earlier Women's 800 were lined up against her. Becky heard them talking about how they were spent from their earlier battle in the 800, and she sensed an opportunity. Becky ran an incredible opening 800 in 2:43 to give the lead to Brittany. She expanded it slightly, but then Exxon had a very fast anchor coming on. Ashley didn't have much training this year, but she held that runner off and secured another win.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Women's Relay	800	F	02:43.0		20+/30+	47	Becky Angeles
Women's Relay	400	F	01:13.0		30+/20+	28	Brittany Parga
Women's Relay	400	F	01:14.0		20+/30+	27	Ashley Cox
<b>Total-Women's Relay</b>			<b>05:10.0</b>		<b>pl&gt;</b>	<b>1</b>	<b>5:10;5:12;5:18;5:46;5:47;</b>

### Submaster's Sprint (2<sup>nd</sup>)

Once again, we had some people running well down into other age groups. Jason's 400m time was impressive for a 47 year old (WMA of 85). And Alex just tried an 800m a few weeks ago and did great. And Renette ran the first race of three-in-a-row that she would run. She gave up years to the others, but not any time.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Submasters Sprint	200	F	00:31.2		30+	55	Renette Schmidtke
Submasters Sprint	200	M	00:28.8		35/30	36	Anthony Fagnini
Submasters Sprint	400	M	00:57.0		35/30	47	Jason Green
Submasters Sprint	800	M	02:24.0		30/35	33	Alex Wang
<b>Total-Submast Sprint</b>			<b>04:21.0</b>		<b>pl&gt;</b>	<b>2</b>	<b>4:11;4:21;4:30;4:52;5:06</b>

### Senior's Relay (2<sup>nd</sup>)

We have won this event for many years, but with Jim Dietz out recovering from injury we knew it would be close. Exxon improved quite a bit from last year and it was a tight race. Dan got us off to a good start, Renette pulled us closer, Brian ran a solid leg as always and Paul took the baton behind a fast competitor. He ran a stunning 60.8 400m leg (WMA of 84), but wasn't quite able to catch the Exxon runner.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Seniors Relay	400	M	01:17.5		50+	63	Dan Cowles
Seniors Relay	200	F	00:31.1		50+	55	Renette Schmidtke
Seniors Relay	600	M	01:56.6		50+	55	Brian Schmidt
Seniors Relay	400	M	01:00.8		50+	55	Paul Barker
<b>Total-Seniors Relay</b>			<b>04:46.0</b>		<b>pl&gt;</b>	<b>2</b>	<b>4:44;4:48;5:28;5:38;5:54;</b>

### 4x100 (1<sup>st</sup>)

This is my favorite event – to watch, and to run in earlier years. TI still holds the national record that we set in Seattle in 2001 (48.17). Renette ran in her 3<sup>rd</sup> event in just 40 minutes. She ran in the 35+ ago slot and got us off to a blazing start. Ashley ran a great leg and got Jason in position to take the lead. Then Jimmy took it home. Just 1.2 seconds separated the top 3 teams, but we were in 1<sup>st</sup>. The handoffs were very solid and contributed to the win in a tight race.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
4 x 100 Relay	100	F	14.9		35+	55	Renette Schmidtke
4 x 100 Relay	100	F	14.0		20+	27	Ashley Cox
4 x 100 Relay	100	M	12.2		40+	47	Jason Green
4 x 100 Relay	100	M	11.2		20+	25	Jimmy Kenyon
<b>Total-4 x 100 Relay</b>			<b>52.3</b>		<b>pl&gt;</b>	<b>1</b>	<b>52:3;53:2;53.5;56.3;56.6;</b>

### **Pyramid Relay (1<sup>st</sup>)**

With our surge of younger people, we had a solid team in this. One of older rookies, Corinne, did not show her age at all. as she blasted us into the lead. After I tortured Renette with 3 back-to-back events, I was about to do the same to Corinne. Cameron turned in another 800 for his 3rd event of the day. We had a big lead but Nathan opened it up further with a spectacular 1200m leg. Rookie Jed turned in another solid 800 and Brittany could run a relaxed anchor to rest for her next event. By the time it was over we had lapped every other team on the track at least once for a big victory.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Pyramid Relay	400	F	01:06.0		20+	43	Corinne Gagnet
Pyramid Relay	800	M	02:27.0		20+	24	Cameron Keene
Pyramid Relay	1200	M	03:32.0		20+	25	Nathan Nohr
Pyramid Relay	800	M	02:26.0		20+	24	Jed Wyse
Pyramid Relay	400	F	01:15.0		20+	28	Brittany Parga
<b>Total-Pyramid Relay</b>			<b>10:46.0</b>		<b>p&gt;</b>	<b>1</b>	<b>10:46;13:23;13:49;14:02;</b>

### **Master's Relay (1<sup>st</sup>)**

Ryan got this team off to a good start, then here came Corinne again. She didn't have much rest, so she ran super fast, so she could rest sooner! Paul was able to gear down and run a controlled anchor for the team victory. I still didn't know the jump and throw results, but this win likely locked up the team title for TI.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Masters Relay	800	M	02:38.0		40+	47	Ryan Hart
Masters Relay	400	F	01:09.0		40+	43	Corinne Gagnet
Masters Relay	800	M	02:34.0		40+	55	Paul Barker
<b>Total-Masters Relay</b>			<b>06:21.0</b>			<b>1</b>	<b>6:21;6:34;6:43;7:03;7:46;</b>

### **Sprint Relay (1<sup>st</sup>)**

With so many legs, this race changes leads often. I moved Brittany and Corinne down in distance to the opening 200's for this one and they got us off to a great start. Corinne ran 3 events in just 30 minutes. Alex and Sherman ran great 400's just like they did in the earlier 3 Lap Sprint and put us out front. We had the fastest last pair of legs out there with Jason and Jimmy and they cruised to victory to definitely secure the team title.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Sprint Relay	200	F	00:31.9		20+	28	Brittany Parga
Sprint Relay	200	F	00:31.8		20+	43	Corinne Gagnet
Sprint Relay	400	M	00:57.2		20+	33	Alex Wang
Sprint Relay	400	M	00:56.8		20+	23	Sherman Corbin
Sprint Relay	200	M	00:25.7		40+	47	Jason Green
Sprint Relay	200	M	00:25.6		20+	25	Jimmy Kenyon
<b>Total-Sprint Relay</b>			<b>03:49.0</b>		<b>p&gt;</b>	<b>1</b>	<b>3:49;3:56;3:59;4:11;4:25;</b>

### Sprint Relay "B" (6<sup>th</sup>)

You can enter "B" or "C" teams in any event. We had a surge of rookies out this year, and many of them worked very hard and kept improving their performance. They weren't quite there yet for an "A" team, but they came out and volunteered for tasks and we put them into a "B" team to run a race. Cayla threw shot, then got in a 200 on the track. Yamel, Dakota, Gavin, and Henry all got to participate in a race. Mitchel joined them to cover the 40+ leg. Gavin and Henry were slated for "A" teams until just a few days before when we found Nathan. I so appreciate that they came to meet, helped with timing and other things, and were there as emergency backups. Dakota volunteered at the official tent for much of the day, and even got to shoot the starter pistol for one event.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Sprint Relay B	200	F	00:40.5		20+	34	Cayla Broughton
Sprint Relay B	200	F	00:43.0		20+	26	Yamel Hernandez
Sprint Relay B	400	M	01:18.6		20+	27	Dakota Riggs
Sprint Relay B	400	M	01:03.3		20+	23	Gavin Sexton
Sprint Relay B	200	M	00:30.1		40+	46	Mitchel Fulce
Sprint Relay B	200	M	00:29.5		20+	29	Henry Isobe
<b>Total-Sprint Relay -B</b>			<b>04:45.0</b>			<b>6</b>	

### Jump Relay (2<sup>nd</sup>)

The jumps are scored decathlon style (based on the world record for your age group). The team score is the best pair of combined high jump/long jump scores. Rio was our oldest competitor, and the age grade tables didn't even go up to his age – he would have scored higher if they did. Jimmy unleashed a great long jump and their combined efforts propelled us into 2<sup>nd</sup> place – just inches ahead of 3<sup>rd</sup> place.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Jump Relay	HJ	M/F	521	10'3"	Any	82	Rio King
Jump Relay	LJ	M/F	638	3'8"	Any	82	Rio King
Jump Relay	HJ	M/F	695	5'6"	Any	25	Jimmy Kenyon
Jump Relay	LJ	M/F	697	20'1"	Any	25	Jimmy Kenyon
<b>Total-Jump Relay</b>			<b>2551</b>		<b>pl&gt;</b>	<b>2</b>	<b>2769,2551,2526,2470,</b>

### Throw Relay (6<sup>th</sup>)

This is also scored vs the record in your age group. Two people add two throws (shot, discus, and/or javelin) for the team score. We had a late surge of throwers, so we brought three. I asked Heidi to join them and round it up to 4 so we could have an "A" and "B" team for this event.

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Throw Relay	Shot	M/F	560	23'10"	Any	63	Heidi McCauley
Throw Relay	Discus	M/F	322	44'4"	Any	63	Heidi McCauley
Throw Relay	Shot	M/F	443	29'8"	Any	25	Mark Ritchey
Throw Relay	Discus	M/F	349	79'6"	Any	25	Mark Ritchey
<b>Total-Throw Relay</b>			<b>1674</b>		<b>pl&gt;</b>	<b>6</b>	<b>2276,2025,2022,1994,1798,1674</b>

2024 Event	Dist	Sex	24 Result	24 PI	AG / WMA	24 Age	24 Name
Throw Relay - B	Shot	M/F	475	31'10"	Any	28	Tyler Lew
Throw Relay - B	Discus	M/F	309	70'4"	Any	28	Tyler Lew
Throw Relay - B	Shot	M/F	375	23'2"	Any	34	Cayla Broughton
Throw Relay - B	Discus	M/F	252	54'5"	Any	34	Cayla Broughton
<b>Total-Throw Relay</b>			<b>1411</b>		<b>p &gt;</b>	<b>12</b>	<b>2276,2025,2022,1994,1798,1674</b>

2024 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet  
[www.enerjazz.com/track](http://www.enerjazz.com/track)

**Photos** – Photos have been posted here: <https://photos.app.goo.gl/7sVwBgZrDfoP3jK8>



## Overall Results

Based on our anticipated performances, and the historical event data, I projected us likely finishing slightly behind Exxon, 195 to 189. I estimated 135 for SLG and 128 for BP. Outstanding performances across our team gave us a few unexpected (and sometimes close) wins and we slipped past them and captured the team title. Technically, we won the title by less than 4 seconds. If just two events had flipped to Exxon they would have won the title.

Exxon and TI were dominant at the meet trading first and second in every event. TI took 10 golds to 7 for Exxon. The final team scores this year were: **TI 198**; Exxon, 189; SLG 138; BP 125; Chevron 114.

Team Scores	TI	Exx	BP	SLG	Chev
Prediction	186	198	128	135	-
Actual	198	189	125	138	114

What difference can one person make? Last year, we seemed to be just one person short in a couple of events and finished 2<sup>nd</sup> to Exxon. This year, we seemed to have that key person and key performance in several events.



We competed, cheered, sweated, and laughed together. We displayed good sportsmanship, teamwork, and effort in every event.

There was a lot of hardware carried home that day. They only give medals for 1<sup>st</sup> or 2<sup>nd</sup>, and we collected 43 gold medals and 14 silver medals. Of our 35 competitors, 28 brought home at least one medal. We had several triple gold medalists: Ashley Cox, Becky Angeles, Brittany Parga, Cameron Keene, Corinne Gagnet, and Jimmy Kenyon. Jimmy also long jumped and high jumped, and picked up a silver as his 4<sup>th</sup> medal.

Several others were triple medalists with a combo of gold and silver: Alex Wang, Brian Schmidt, Jason Green, Paul Barker, and Renette Schmidtke.

EVENT	Place 2024					Points 2024				
	TI	Exxon	BP	SLG	Chev	TI	Exxon	BP	SLG	Chev
3200 Mens	1	2	5	3	4	15	12	7	10	8
3200 Womens	1	4	3	2	5	15	8	10	12	7
MENS MILE	3	1	4	2	5	10	15	8	12	7
SUB-MASTERS DISTANCE	2	1	3	4	5	12	15	10	8	7
WOMEN'S 800M	x	1	5	2	4	0	15	7	12	8
THREE-LAP SPRINT	1	3	2	4	5	15	10	12	8	7
EXECUTIVE RELAY	1	2	x	3	4	15	12	0	10	8
DISTANCE RELAY	1	2	4	3	5	15	12	8	10	7
WOMEN'S RELAY	1	2	5	3	4	15	12	7	10	8
SUB-MASTERS SPRINT	2	1	3	4	5	12	15	10	8	7
SENIORS RELAY	2	1	5	3	4	12	15	7	10	8
4X100 METER RELAY	1	2	3	7	4	15	12	10	5	8
PYRAMID	1	2	5	3	4	15	12	7	10	8
MASTERS RELAY	1	2	3	4	5	15	12	10	8	7
SPRINT RELAY	1	3	2	5	4	15	10	12	7	8
Jump Relay	2	1	7	9	3	12	15	5	3	10
Throw Relay	6	1	11	3	2	6	15	1	10	12
17 team events >						214	217	131	153	135
14 counted events (drop 3) >						198	189	125	138	114

## **Thanks**

With a surge of new people, organizing practices and coaching was a lot of work this year. Rio and I watched the steady progress of everyone and as we began time trials, the work started paying off. With great data, comes great responsibility – to place everyone in the right legs. I go through numerous iterations of the event matrix every year to give us the best chance for the team title. The biggest unknown is what the other teams will have. Like us, some years there are key people missing, or they'll have a few new people who are solid performers. The talent is fairly equal across the good teams, which makes for an exciting 17 events. That also means that precision placement of everyone is very important. I so appreciate everyone running whatever I asked of them. In the end, that was the difference that won TI the team title.

Thank you to those who work behind the scenes – starting with captain Michael Reynolds. Thanks to equipment manager, and stinky uniform launderer, Mitchel Fulce. Special thanks to the timeless Coach Rio King who can turn anyone who wants to try into a valuable contributor. I love this team and what it represents – people selflessly working together for a common goal. You are improving your health and fitness too. And thanks to TI for proving us some funding to be able to attend the meet.

Go TI,

Paul Westbrook (matrix maker, data manager, webmaster, coach, retired sprinter, and captain emeritus)

<https://enerjazz.com/track>