

**The 12th annual**  
A fellowship of sportsmanship



**March 31-April 1, 2023**  
**Anchorage, Alaska • The Dome**

2023 - VOL. 12



Scan here for results!

**12th Russ Edwards Big C Relays  
March 31st, 2023**

**Friday Competition 10:00AM-8:30PM**

- 9:00 Coaches' Meeting
- 9:45 Opening Ceremony

**Field Events**

- 10:00 Long Jump
- 11:00 Alaska Airlines Pentathlon Girls High Jump
- Alaska Airlines Pentathlon Boys High Jump
- Girls High Jump
- Boys High Jump
- LifeMed Alaska "Lord of the Throwing Ring"
- Girls Discus
- LifeMed Alaska "Lord of the Throwing Ring"
- Boys Shot Put
- Alaska Airlines Pentathlon Girls Shot Put
- Alaska Airlines Pentathlon Boys Shot Put

**Running Events**

- 11:00 Todd Jackson State Farm Girls 3200m Invite
- 11:20 Todd Jackson State Farm Boys 3200m Invite
- 11:40 Guarding Flight Girls Distance Medley Relay
- 12:40 Guarding Flight Boys Distance Medley Relay
- 1:40 "Fastest Alaskan" Girls 100m Prelims
- 2:40 "Fastest Alaskan" Boys 100m Prelims
- 3:40 High Step Hustler Girls 100mH Prelims
- 4:15 High Step Hustler Boys 110mH Prelims
- 4:50 Girls 400m Invite
- 5:05 Boys 400m Invite
- 5:20 Swedish Medley
- 6:30 "High Step Hustler" Girls 100mH Semis
- 6:40 "High Step Hustler" Boys 110mH Semis
- 6:50 Alaska Airlines Pentathlon Girls 100m
- 6:55 Alaska Airlines Pentathlon Boys 100m
- 7:00 "Fastest Alaskan" Girls 100m Semis
- 7:10 "Fastest Alaskan" Boys 100m Semis
- 7:20 Circle Plumbing Girls 4x100m Relay
- 7:55 Circle Plumbing Boys 4x100m Relay
- 8:30 End

**Meet Program & Live Results**

[www.bigcrelays.com](http://www.bigcrelays.com)

**12th Russ Edwards Big C Relays  
April 1st, 2023**

**Saturday Competition 7:45AM-5:30PM**

- 7:00 Team Breakfast
- 8:30 Coaches' Meeting

**Field Events**

- 7:45 Girls Pole Vault
- Boys Pole Vault
- 9:00 LifeMed Alaska "Lord of the Throwing Ring"
- Girls Shot Put
- LifeMed Alaska "Lord of the Throwing Ring"
- Boys Discus

**Running Events**

- 9:00 Alaska Airlines Pentathlon Girls 300mH
- 9:10 Alaska Airlines Pentathlon Boys 300mH
- 9:20 Girls 300mH Invite
- 9:35 Boys 300mH Invite
- 9:50 Girls Sprint Medley Relay (1/1/2/4)
- 10:30 Boys Sprint Medley Relay (1/1/2/4)
- 11:10 Girls 800m Invite
- 11:20 Boys 800m Invite
- 11:30 4xAlaskan Mile Relay
- 12:40 Skinny Raven Laird Prosser Memorial Mile
- 12:50 Girls Sprint Medley Relay (2/2/4/8)
- 1:40 Boys Sprint Medley Relay (2/2/4/8)
- 2:30 Ric Wilson 300m Challenge
- 3:10 Alaska Airlines Pentathlon Girls 800m
- 3:20 Alaska Airlines Pentathlon Boys 800m
- 3:30 "High Step Hustler" Girls 100mH Finals
- 3:40 "High Step Hustler" Boys 110mH Finals
- 3:50 "Fastest Alaskan" Girls 100m Finals
- 4:00 "Fastest Alaskan" Boys 100m Finals
- 4:10 Girls 4x400 Relay
- 4:55 Boys 4x400 Relay
- 5:30 End

**Meet Program & Live Results**

[www.bigcrelays.com](http://www.bigcrelays.com)

# A new name to honor a beloved Big C founder

The Russ Edwards Big C Relays is back! Who will be crowned LifeMed Alaska’s Lord of the Throwing Ring, or the High Step Hustler, or the Fastest Alaskan? Who will come out on top in the Alaska Airlines Pentathlon and which relay team will remain King of the Hill? We’ll find out as we bring together 32 teams and more than 900 athletes from across Alaska for an action-packed weekend of track and field.

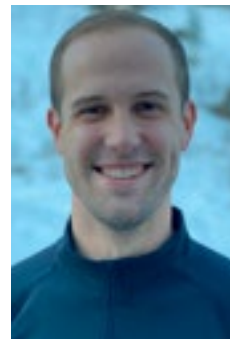
Effective 2023, USATF Alaska has graciously returned ownership of this event to Grace Christian School. With this change comes one more, and it’s an emotional one for many. One of the men who helped create and run the Big C was Russ Edwards. Russ was not only a coach at Grace and a prior serviceman, but also a beloved and respected friend and mentor. He was the man behind the scenes who crafted the precise schedule that came to be associated with the name “Big C.” He toed the starting line for his last race in life with unparalleled joy, and he crossed the finish line into the arms of his Savior on March 30, 2022. It is in honor of him that we are renaming this event the Russ Edwards Big C Relays.

On the track we have a full field lined up for the Laird Prosser Memorial Mile. Seven of the 12 men have run under 4:30 and three of the nine women have run under 5:20. This race will be done in a pursuit style where the women start first, followed by the men 40 seconds later. Be sure to watch the finish line closely! We’ve also added a new challenge named for one of our longtime starters — Ric Wilson. Competitors will get on the track to run 300 meters faster than their age in seconds (the world record for this distance is just over 30 seconds). If you think you have what it takes, hop on the track Saturday.

Along with the many committed volunteers, this year’s event would not be possible without my staff and our generous sponsors. We thank you! There are many people who give countless hours to make the Russ Edwards Big C Relays what it is. We truly have become a family and enjoy working alongside each other to bring this to you.

Thank you for joining us, and we hope you thoroughly enjoy this weekend of Alaskan track and field.

— Quinton Metcalf, 2023 Big C Relays Meet Director



Quinton Metcalf,  
Big C Relays  
Meet Director

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# Alaska Airlines Pentathlon

**A** MOST ANTICIPATED EVENT OF EVERY BIG C RELAYS IS THE ALASKA AIRLINES PENTATHLON. WATCH as six young men and women vie for the title by competing in the high jump, shot put, 100m, 300m hurdles and 800m.

During the 2022 Alaska Airlines pentathlon, Soldotna High's Kaytlin McAnelley captured the victory, despite winning just one individual event, the 300mH. Her strong second-place showings in the 800m and 100m helped her edge in front of Chugiak's Paige Nelson, who won three out of five of the events, (100m, 800m, shot put) but couldn't create a large enough gap to keep the lead.

Wasilla's Dylan Jeffus dominated the boys pentathlon with a strong first-place finish in the high jump, bounding 9 inches higher than his closest competitor. He also dominated the 300mH and 100m sprint. Read more about this year's lineup at right, and see the schedule below:

## Friday, March 31:

11 a.m.  
High Jump (boys and girls)  
Shot put (boys and girls)  
6:50 p.m.  
100m girls  
6:55 p.m.  
100m boys

## Saturday, April 1:

9 a.m.  
300m hurdles girls  
9:10 a.m.  
300m hurdles boy  
3:10 p.m.  
800m girls  
3:20 p.m.  
800m boys



2022 Alaska Airlines Pentathlon winners Dylan Jeffus, Wasilla High, and Kaytlin McAnelley, Soldotna High.

## Thanks, Alaska Airlines, for supporting Big C Relays! *Pentathlon records*

### GIRLS PENTATHLON WINNERS

Year	Name	School	Result
2009	Hannah Johnson	Grace	3124
2010	Morgan Kueter	Bartlett	3059
2011	Jessica Todd	Dimond	3470
2012	Alisha Allen	Lathrop	3617
2013	Scout Warners	Eagle River	3395
2014	Naomi Welling	Thunder Mountain	3472
2015	Naomi Welling	Thunder Mountain	3927
<i>Pentathlon scoring was automated in 2015. The 800m was calculated differently affecting the overall score. Naomi's results without that difference is 3952</i>			
2016	Naomi Welling	Thunder Mountain	3821
2019	Brooklynn Gould	Chugiak	3696
2022	Kaytlin McAnelley	Soldotna	3298

### BOYS PENTATHLON WINNERS

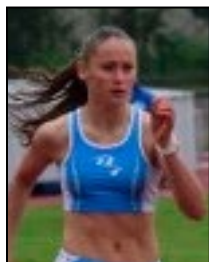
Year	Name	School	Result
2009	Karsten Schick	Kodiak	3322
2010	Karsten Schick	Kodiak	3480
2011	Colton Schneider	Soldotna	3153
2012	Duncan Keith	Chugiak	3232
2013	Tyler Rohde	Chugiak	3683
2014	Leroy Elliott	West	3503
2015	Tim Duke	Soldotna	3764
<i>Pentathlon scoring was automated in 2015. The 800m was calculated differently affecting the overall score. Tim's results without that difference is 3879</i>			
2016	Ty Jordan	Chugiak	3135
2019	Micah Bartel	Kodiak	3552
2022	Dylan Jeffus	Wasilla	3356

# Meet the 2023 Big C Relays pentathletes



## **McKinley Eddington (Jr.)**

Tri-Valley High School  
GPA: 4.33  
2021 region/state qualifier 100mH, 300mH, sprints. Junior class vice-president, National Honor Society, section leader in orchestra, and volunteers.



## **Magdalena Frydrychova (Sr.)**

Eagle Anchorage High School  
GPA: 4.0  
Czech regional athlete, specializing in 300mH and 400mH. Math, English, German logical competitor, since sixth grade.



## **Kaytlin McAnelly (Jr.)**

Soldotna High School  
GPA: 4.084  
2022 Big C Pentathlon Champ, 2021 Reg.III 200m and 300mH champ. Student council and NHS member.



## **Karsen Beagle (Jr.)**

West Anchorage High School  
GPA: 3.9  
2022 Reg.IV 300mH champ and fourth place, state; key sprint-relay member. JROTC, yearbook volunteer, YMCA referee, Partners Club



## **Makaylen King (Jr.)**

South Anchorage High School  
GPA: 3.97  
2022 State Championship, ninth in LJ, 11th in TJ; 10th in 100H and 12th in the 300H. NHS, Key Club, Athletic Council, Peer Mentorship.



## **Grace Greene (Sr.)**

Hutchison High School  
GPA: 4.25  
Multiple event region champion including HJ, 4x200 and 4x100. NHS, Student Council, Sunday School volunteer, mentorship program.



## **Eric Bushnell (Sr.)**

East Anchorage High School  
GPA: 3.91  
Varsity 110mH, discus, 100m 200m, sprint relays; Big C 2022 discus champion; camp counselor, Partners Club.



## **Geremu Daggett (Sr.)**

Grace Christian High School  
GPA: 3.80  
Middle distance and hurdler, 2022 state runner-up in 110H and 400. NHS and active in his youth group.



## **Wilder Dillingham (Jr.)**

Juneau Douglas Yadaa.at Kale  
GPA: 3.8  
2022 Reg.V 400m champ, relay member and state finalist in 400m. NHS, vice-president, Alaska Youth for Environmental Action.



## **Anders Larsen (Sr.)**

Chugiak High School  
GPA: 4.0  
2022 Big C LJ champ, third in TJ at state. Youth Leadership Team, Wasilla Bible Church, NHS, UA Scholars Award



## **Timothy Grisso (Sr.)**

Wasilla High School  
GPA: 3.8  
100m region champ, 202-22 (state, 4th); 200m region champ, 2022 (state, 2nd); 4x100m school record. K-9 Search and Rescue Training.

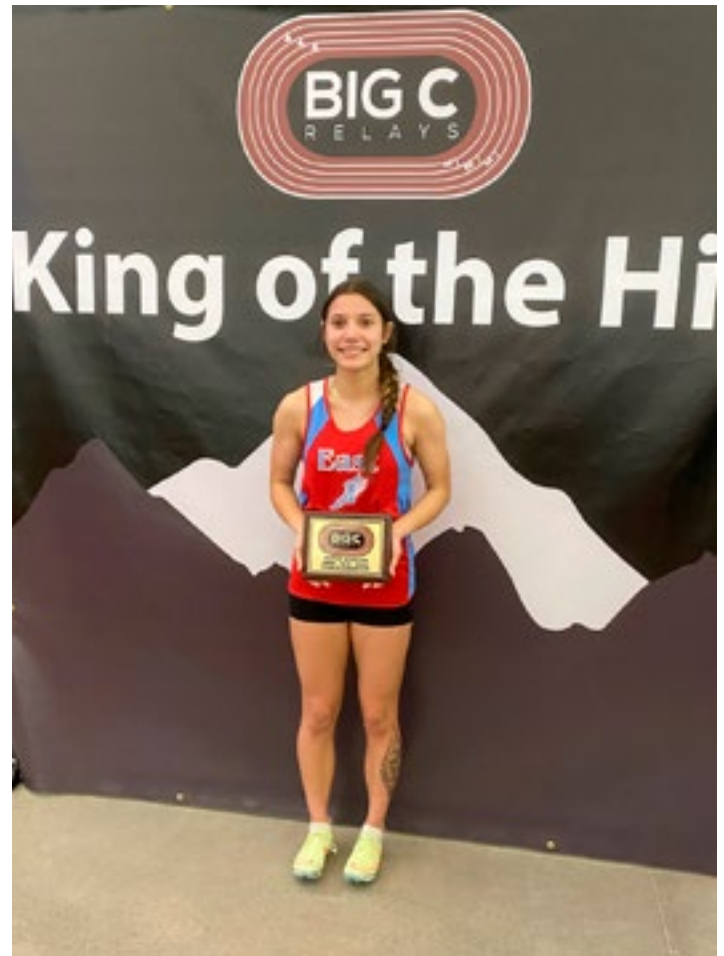
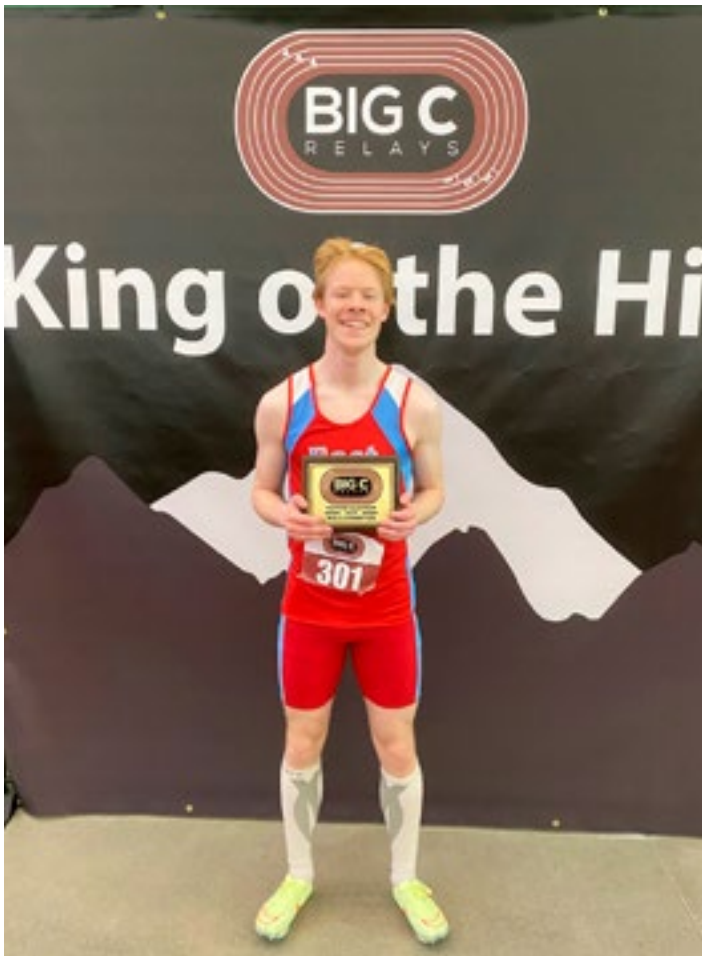


## **Elliott Evans Sr.)**

Hutchison High School  
GPA: 3.2  
2022 second, regionals 110H and 300H. First in the 4x800. Three-time state qualifier. XC, Basketball, Native Youth Olympics

# The Fastest Alaskan: Will it be a repeat?

## East High speedsters captured 2022 titles



East Anchorage's Brian Morris, left, and Olyvia Mamae, right, captured the Fastest Alaskan titles in 2022. Morris' time of 11.28 was his PR for the year. Mamae won in 12.48. Both are favorites in this year's race.

**T**HE RED AND BLUE OF THE EAST ANCHORAGE THUNDERBIRDS dominated the 2022 Big C Relays Fastest Alaskan event. A crowd favorite, this is one of just two races that requires preliminaries and semis before moving on to the six-person field in the finals.

Then-junior Olyvia Mamae set the tone early in 2022, winning her prelims, semis and finals, outspurring the field in a scorching 12.48.

Brian Morris chased fellow Thunderbird record-holder Colton Herman, who won this event in 2019, before COVID interrupted the meet.

The top 12 in preliminaries will move onto the semis. From there, the field is winnowed to six. Both races take place Friday, March 31. Finals are the next day, April 1.

### The Fastest Alaskan schedule of races

#### Preliminaries

Friday, March 31  
1:40 p.m.  
Girls  
2:40 p.m.  
Boys

#### Semifinals

Friday, March 31  
7 p.m.  
Girls  
7:10 p.m.  
Boys

#### Finals

Saturday, April 1  
3:50 p.m.  
Girls  
4 p.m.  
Boys

### Fastest Alaskan records

**GIRLS:** Hailey Williams, 12.17  
Delta Junction, 2019

**BOYS:** Colton Herman, 11.00  
East Anchorage, 2019

# Laird Prosser *memorial mile*

sponsored by Skinny Raven Sports

ONE OF THE BEST THINGS ABOUT TRACK & FIELD IS THAT IT CAN be a lifelong passion. Long after our team sports days are behind us, adults can still lace up some running shoes and go for a run. That's what the Laird Prosser Memorial Mile is all about. Skinny Raven is the generous sponsor of this event, named in the honor of one of Alaska's best distance runners.

This year's Skinny Raven Laird Prosser Mile features some fun upgrades, including cash prizes and New Balance shoes for some lucky winners. Women will start 40 seconds ahead of the men's field, for a pursuit-style event.

Here's what Skinny Raven's John Clark had to say about Prosser in 2019, and it stands today:

*"Laird Prosser was one of the best of the many great runners I have been privileged to coach. But our relationship went far beyond just helping him run faster than anyone ever had at Dimond High, where I coached for 20 years. It was the way he did it, the way he conducted himself and the way we supported each other even after his running career was over. Laird epitomized all the things I wish I could have been when I was a young athlete."*



Skinny Raven's Mark Iverson presents 2022 women's winner Suzy Bick with a plaque. Bick is a track coach at Chugiak High.

**Laird Prosser Memorial Mile is 12:40 p.m. , Saturday, April 1. Record holders are Trevor Dunbar, Kodiak 4:02.88, 2011 and Allie Ostrander, Kenai, 4:41.03, 2019**

**CONGRATULATIONS ATHLETES**



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# A uniquely Alaskan 4 x Mile relay

**T**HE BIG C RELAYS FEATURES TWO OPPORTUNITIES FOR CO-ED TEAMS to compete together: the Swedish Relays, which consists of 100-200-300 and 400m legs, and the uniquely “Alaskan” Dome 4 x Mile relay. The “4 x Alaskan Mile” features four-person teams who run four complete laps at the Dome, which because of its oversized oval equals 1,652 meters instead of the traditional 1,600 meters found on outdoor tracks. Be sure to stick around Saturday to watch as two boys and two girls join forces to run the fastest combined four miles-plus. Some teams will even join forces with other teams to form their own mixed teams so everyone gets a chance to compete.

The Swedish Medley features girls on legs 1 and 3, and the boys running legs 2 and 4. That race is set for 5:20 p.m., Friday, March 31.



Dimond milers run in the 2015 4 x Alaskan Mile.

## The 4 x Alaskan Mile

Saturday, April 1  
11:30 a.m.

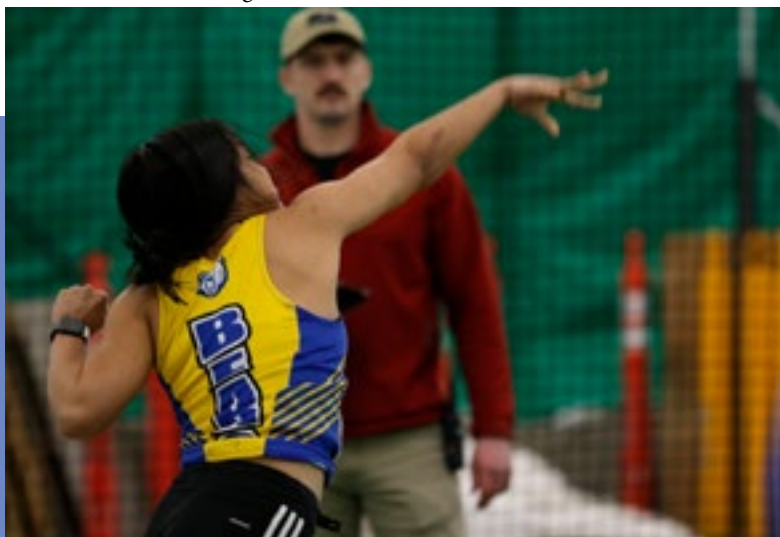
### Meet Record

**Kenai High:** 20:16.9, Allie Ostrander, Riana Boonstra, Jordan Theisen, Jonah Theisen, 2015

## Lord of the (throwing) rings



**B**e sure to stop by the far end of the Dome, where there will be lots of power happening during this year’s Big C Relays. Some of the state’s strongest high school athletes will be vying for Lord of the Rings bragging rights. Scores are combined between the two events to determine the overall strong man and woman of the weekend.



A Kodiak thrower puts the shot during the 2022 Big C Relays.

### Throws Schedule

**Friday, March 31**  
11 a.m.

Girls discus  
Boys shot

**Saturday, April 9**  
9 a.m.

Boys discus  
Girls shot



# The Todd Jackson State Farm 3200m Invite

**3200 Invite**  
 Friday, April 8  
 11 a.m.  
 Girls Race  
 11:20 a.m.  
 Boys Race

The longest individual race of the Big C Relays gets underway on Friday, March 31, kicking off a weekend of great racing. Levi Thomet of Kodiak and Allie Ostrander of Kenai Central are the record-holders for the event, both times set during the 2015 meet. The 3200m race is a mental game, where athletes are challenged to hold paces that maximize their absolute physical limits, while still retaining enough energy to have a wicked finishing kick. Many a 3200 race has been won in the last 100 meters, so be prepared for some exciting last seconds.

The following top 16 athletes qualified for the 2023 State Farm 3200 Invite:

## 3200 Invite Records

**GIRLS:**  
 Allie Ostrander 9:59.3  
 Kenai, 2015

**BOYS:**  
 Levi Thomet, 8:54.2  
 Kodiak, 2015

### Girls 3200 Meter Run Varsity

Lane	Name	School	Seed Time
1	Peterson, Campbell	Chugiak	11:19.29
2	Eller, Etta	Juneau Douglas	11:51.95
3	Page, Elizabeth	South Anchorage	11:52.00
4	Shaha, Hannah	Chugiak	11:54.00
5	Booz, Clara	Homer	12:20.00
6	Rodgers, Zoe	West Anchorage	12:33.00
7	Harver, Abigail	Kodiak	12:40.00
8	Gray, Linnea	Eagle River	12:45.00
9	Barnett, Kadence	West Anchorage	12:49.00
10	Whittom, Megan	Soldotna	13:05.55
11	Timmcke, Jordan	ACS	13:130.34
12	Wright, Amanda	East Anchorage	13:42.23
13	Bruno, Kinley	Wasilla	13:45.00
14	Bader, Sadie	East Anchorage	13:45.34
15	Gardiner, Jenna	Dimond	13:59.07
16	Baesman, Isabel	West Valley	14:00.00

### Boys 3200 Meter Run Varsity

Lane	Name	School	Seed Time
1	McDonough, Seamus	Homer	9:31.00
2	Merchant, Preston	ACS	9:47.76
3	Rongitsch, Matthew	Colony	9:52.55
4	Fisher, Shane	West Valley	10:00.00
5	Buchanan, Tobias	Colony	10:00.54
6	Boyer, Blase	South Anchorage	10:09.00
7	Nelson, Simon	Grace Christian	10:19.19
8	Soberay, Dylan	West Anchorage	10:21.00
9	Hafen, Stephen	Wasilla	10:25.00
10	Larson, Parker	Chugiak	10:25.00
11	Litzow, Elias	Kodiak	10:30.00
12	Penfield, David	Chugiak	10:35.00
13	Ramirez, Julio	East Anchorage	10:35.00
14	Vera Alvarado, Edgar	Juneau Douglas	10:36.60
15	Henrie, Jaxon	South Anchorage	10:39.00
16	Sharrock, Caleb	East Anchorage	10:51.00

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State Farm Florida Insurance Company, Winter Haven, FL



# The Record Book: Big

ALL-TIME BOYS RECORDS				
Discus	170'10"	Jordan Clarke	Bartlett	2008
Shot Put	65' 6.50"	Jordan Clarke	Bartlett	2008
High Jump	6' 8"	Bryce Hellman	Bartlett	2016
Long Jump	21' 2"	Ben Jackson	Service	2008
100 Hurdles	14.75	Tyler Rohde	Chugiak	2012
300 Hurdles	40.09	Tyler Rohde	Chugiak	2012
100 meters	11.00	Colton Herman	East	2019
400 meters	49.34	Daquan Brunson	Bartlett	2012
800 meters	1:55.5	Levi Thomet	Kodiak	2015
1600 meters	4:17.9	Trevor Dunbar	Kodiak	2008
3200 meters	8:54.2	Levi Thomet	Kodiak	2015
4x100 relay	44.20	W. Rohde, A. Harr, J. Mathes, E. Erickson	Chugiak	2019
4x400 relay	3:27.14	B. Durr, B. Panoam, D. Reid, J. Obrigewitch	Bartlett	2016
4x800 relay	7:58.1	C. Mamikunian, S. Talbot, R. Walgren, J. Lane	Service	2010
4x1652 relay	20:16.9	J. Theisen, J. Theisen	Kenai	2015
800 SMR relay	1:36.1	D. Watson, A Tufega, D. Gray, J.J. Jack-Nixon	Dimond	2011
1600 SMR relay	3:35.8	T. Randall, I. Ashley, J. Jackman, J. Theisen	Kenai	2015
Pentathlon	3764	Tim Duke	Soldotna	2015

## Big C Relays Staff

**Meet Director:** Quinton Metcalf  
**Head Scheduler:** Shane Metcalf  
**Head Timing Official:** Jacob Kirk  
**Assistant Timing Official and Laird Prosser**  
**Liaison:** Marcus Dunbar  
**Hospitality Coordinator:** Juley Adolfae  
**Starters:** Ric Wilson, Barry Koch, Robert Tedrick



## Our sponsors

- Alaska Airlines
- Skinny Raven Sports
- Todd Jackson State Farm
- Life Med Alaska

Additional thank-yous to Moose's Tooth for donating pizza, Thrifty for car rental donation, MindBrew Creative for the logo design, USATF Alaska and Pit Finish Rake for equipment usage, and all the volunteers who have helped make Big C Relays possible.

# C Relays all-time bests

ALL-TIME GIRLS RECORDS				
Discus	129'-10"	Alissa Pili	Dimond	2019
Shot Put	41'-9.25"	Alissa Pili	Dimond	2019
High Jump	5' 2"	Thit Bak Ann Gebauer	Skyview Service	2011 2015
Long Jump	17'-5.75"	Jocelyn Chanonto	Service	2019
100 Hurdles	15.04	Rosie Smith	Bartlett	2012
300 Hurdles	44.99	Jordyn Bruce	Eagle River	2016
100 meters	12.17	Hailey Williams	Delta Junction	2019
400 meters	55.87	Tanner Ealum	ACS	2015
800 meters	2:16.29	Tanner Ealum	ACS	2016
1600 meters	5:29.4	Shoshana Keegan	West Anc.	2018
3200 meters	9:59.3	Allie Ostrander	Kenai	2015
4x100 relay	50.91	J. Tillmon, K. Young, B. Walker, D. Little	Bartlett	2010
4x400 relay	4:05.9	L. Sandahl, S. DeVito, B. Beeson, L. Flanagan	Kenai	2010
4x800 relay	9:31.0	M. Burroughs, P. Mathis, J. Pahkala, M. Dampier	Wasilla	2012
4x1652 relay	20:16.9	A. Ostrander, R. Boonstra	Kenai	2015
800 SMR relay	1:53.7	S. Hull, S. DeVito, B. Beeson, L. Flanagan	Kenai	2010
1600 SMR relay	4:15.7	K. Whannell, K. Harding, A. Gibson, A. Ostrander	Kenai	2015
Pentathlon	3947	Naomi Welling	Thunder Mtn.	2015

## Participating teams 2023 Big C Relays

- Anchorage Christian
- Anderson High School
- Bartlett High School
- Ben Eielson High School
- Birchwood Christian
- Chugiak High School
- Colony High School
- Cook Inlet Academy
- Delta Junction High School
- Dimond High School
- Eagle River High School
- East Anchorage High School
- Grace Christian School
- Holy Rosary Academy
- Homer High School
- Houston High School
- Hutchison High School
- Juneau Douglass Yadaa.at Kale
- Kodiak High School
- Lathrop High School
- Lumen Christi School
- Palmer High School
- Redington High School
- Service High School
- Soldotna High School
- South Anchorage High School
- Su-Valley School
- Tri-Valley School
- Valdez High School
- Wasilla High School
- West Anchorage High School
- West Valley High School



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### Group Memberships

LifeMed Alaska also offers group memberships. Visit [www.lifemedalaska.com/groupmemberships](http://www.lifemedalaska.com/groupmemberships) to start your application. For questions, call 855.907.5433 or 907.249.8358 or email [membership@lifemedalaska.com](mailto:membership@lifemedalaska.com).

24-Hour Medevac Dispatch:  
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Alaska Airlines is proud to support the Big C Relays and the spirit of competition.



[Club49Hub.com](https://www.club49.com)

