

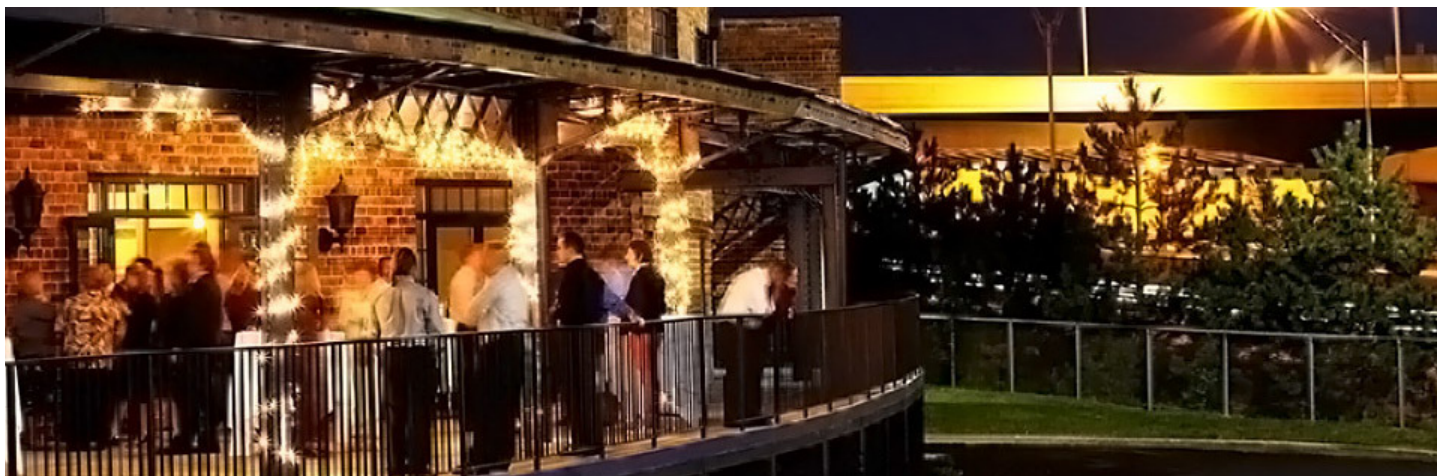
HAXTON INVITATIONAL



IT'S NOT ABOUT ME • IT'S ABOUT THE TEAM
IT'S ABOUT GREAT RACING

BLAKE HAXTON

OFFICIAL PROGRAM & GUIDE FOR THE 2016 BLAKE HAXTON INVITATIONAL REGATTA



We have enjoyed enormous growth over the last two decades. Beginning as Zuppa Catering, a small soup & sandwich place, we have evolved into one of downtown Columbus' most unique, urban catering companies, now called Dock580. Working out of the historic Smith Bros' Hardware building, our talented staff of planners and chefs take pride in crafting elegant dining experiences for our clients.

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WELCOME

We would like to thank you for your participation in the 7th annual Haxton Regatta. We are excited to host this regatta and look forward to seeing all of the rowers, coaches, sponsors and volunteers at Griggs Reservoir on October 29th. This has grown into an event of great pride for Upper Arlington and our community. We look to continue the excellent experience for all in attendance.

As many of you know, Chris Swartz, long time coach at Upper Arlington and founder of the Haxton Invitational Regatta, has taken an opportunity away from UA and will not be with us this year. We acknowledge that he has left us with big shoes to fill. His vision and effort to create an event to honor Blake Haxton has been incredible and his presence will be missed. Fortunately, the direction and momentum of this regatta is clear, and we feel very confident that we will make Coach Swartz proud.

Coach Rice and I have both known Blake since his time began with the UA Crew team. He is truly an exceptional individual which has been proven time and time again. In his senior year, around spring break, Blake was diagnosed with necrotizing fasciitis. This is a rapidly progressing disease which, for Blake, resulted in the loss of his legs. I clearly remember the uncertainty in days and weeks that surrounded his diagnosis. Of all the things that many of us find so remarkable about this young man, his fight and will to live through this disease have to be the most prominent.

Blake has continued to impress us on and away from the water. During his recovery, when many would insist they weren't ready, Blake returned his focus to his education and enrolled at The Ohio

State University. He has recently graduated from OSU's Law School. Several years ago, Blake also decided he would return to the river. First as a coach for Upper Arlington, and then as an athlete. Blake just competed in the Para Olympics in Rio and finished fourth with a personal best time, narrowly missing out on a bronze medal. The only thing we know for sure, is that Blake is not done being a leader and source of inspiration for our organization and it is an honor and privilege to assume the reigns of the event that bears his name.

Mike Rice and I are firmly committed to the Haxton Regatta along with the planning committee which is comprised of parent volunteers and long-time community members dedicated to the success of the regatta. We will ensure that the regatta continues on with the vision and care that has proceeded our leadership of the event. We will strive to make it the best event you attend this fall and that it does proper justice to the reputation of its namesake. We look forward to seeing you on October 29th.

We close by echoing the words of Chris Swartz: I am asking for your help as sponsors, participants, volunteers and spectators to make this one of the finest racing experiences you have attended. I am also asking for your indulgence in allowing this to be about the kids racing fast crews, and, hopefully being among that special group. Please join me, Upper Arlington coaching staff and our tremendous parent group in making the 7th annual Blake Haxton Invitational Regatta as special as its namesake.

Andy Wimmer & Mike Rice
Co-Regatta Directors
2016 Haxton Invitational



2016 BLAKE HAXTON INVITATIONAL REGATTA

Thank you to our 2016 Sponsors!!

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Mike and Georgeanne Reuter
Republic Services - www.republicservices.com
Amy and Tom Roberts
South of Lane Restaurant
Tremont Pharmacy –
www.tremontcenter/pharmacy.com
Upper Arlington - Kids Identified with
Dyslexia
US Rowing - www.usrowing.org
Wendy's

ALUMNI & FAMILY LEVEL

DalAnn Martin
The Onifer Family
The Redmond Family
The Root Family

SHOUT OUTS

To Anna Carriero: You might be tiny but you have a HUGE heart! You have taught me so much! I love you big...Mom

To Ainsley Dean: We love you! Row on! Mom, Dad, Hunter, Emerson, Ella & Beckett

To Olivia Buster: Go Oliva! We love you! Have fun! Coconut, Caroline & Julia

You are amazing, Ruby! We believe in you! ROW BEARS!! Love, Dad, Mom, Pearl, Evelyn, & Georgie

For Lexi Onifer and the entire UA crew team... Row Bears!

Austin - Are you warm enough? Did you remember to put on your sunscreen? Did you remember to use your inhaler? Row Hard!! Love, Mom

Best of Luck to Catherine Powell and all of the "Girls in the Boat". Be strong, row hard and, most of all, have fun! -Mom, Dad and Claire

Give it all you've got, Ace! Best race of the year! Love, Mom, Dad & Shadow

Good luck Novice Boys!! Especially you, Alex Goldman! Love ya, Biggie Brown & Dad

Good luck Novice Girls! Pamela Davies

Congratulations Cameron Short on a great fall season! Kevin Short

Good Luck Will Root! Row hard and have a great regatta! Love, Mom & Dad

BLAKE HAXTON - OUR HONOREE

"I am excited to see the proceeds of this year's regatta go for the continued support of the Upper Arlington Crew program."

Blake Haxton was a rower on the UA crew team from the fall of 2005 through the spring of 2009 and was a captain for the boys' team from 2007-2009. In the spring of 2009 Haxton contracted necrotizing fasciitis, a rare flesh eating disease. He lost both his legs, and nearly his life.

After graduating from high school, Blake studied Finance at the Fisher College of Business at The Ohio State University. During college he took first place in the Men's Arms and Shoulders event at the 2014 C.R.A.S.H. B's in Boston. That same spring he competed at the World Championship Trials and won the chance to represent the United States at the 2014 World Championships in Amsterdam. He finished fourth in Amsterdam, and went on to represent the US in 2015 World Championships in Aiguebelette, France. He placed fifth in France and secured a seat for US at the 2016 Paralympic Games in Rio de Janeiro. On September 11th, Haxton placed fourth at the games in RIO. Following the games Haxton was selected as the USRowing 2016 Male Athlete of the Year. This award is chosen among the athletes and coaches from the full senior national teams. In the case of this year, this includes both the Olympic and Paralympic crews. Haxton is the first male adaptive athlete to be honored as a USRowing Athlete of the year.

Blake holds a JD from the Moritz College of Law at The Ohio State University, and is an investment analyst for Diamond Hill Capital Management in Columbus, Ohio.







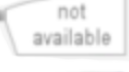













1. Coach Blake Haxton on the water
2. Blake named Athlete of the Year at the 2016 Paralympic Games in Rio de Janeiro.
3. First ever UA medal at the Head of the Charles Regatta with teammates (left to right) J. Gill, J. Carothers, Coach Swartz, M. Benedetti, B. Haxton

RACE SCHEDULE

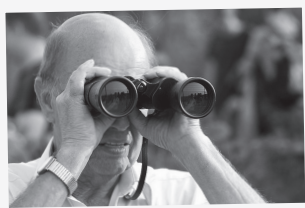
8:00 AM		COXSWAINS' MEETING	
		<i>Singing of National Anthem upon conclusion of meeting</i>	
<input type="checkbox"/> 1	9:05 AM	MEN	1ST VARSITY 8+
<input type="checkbox"/> 2	9:15 AM	MEN	2ND VARSITY 8+
<input type="checkbox"/> 3	9:25 AM	MEN	3RD VARSITY 8+
<input type="checkbox"/> 4	9:35 AM	WOMEN	1ST VARSITY 4+
<input type="checkbox"/> 5	9:45 AM	WOMEN	2ND VARSITY 4+
<input type="checkbox"/> 6	9:55 AM	WOMEN	3RD VARSITY 4+
<input type="checkbox"/> 7	10:10 AM	MEN	4TH VARSITY 8+
<input type="checkbox"/> 8	10:15 AM	WOMEN	1ST NOVICE 8+
<input type="checkbox"/> 9	10:35 AM	MEN	1ST NOVICE 4+
<input type="checkbox"/> 10	10:55 AM	MEN	2ND NOVICE 4+
<input type="checkbox"/> 11	11:05 AM	MEN	2ND NOVICE 8+
<input type="checkbox"/> 12	11:15 AM	WOMEN	4TH VARSITY 8+
<input type="checkbox"/> 13	11:30 AM	WOMEN	3RD NOVICE 4+
<input type="checkbox"/> 14	11:45 AM	MEN	5TH VARSITY 4+
12:15 PM		LUNCH BREAK - 1K ALUMNI RACE	
<input type="checkbox"/> 15	1:10 PM	WOMEN	3RD VARSITY 8+
<input type="checkbox"/> 16	1:20 PM	MEN	1ST VARSITY 4+
<input type="checkbox"/> 17	1:30 PM	MEN	2ND VARSITY 4+
<input type="checkbox"/> 18	1:40 PM	WOMEN	2ND VARSITY 8+
<input type="checkbox"/> 19	1:50 PM	WOMEN	1ST VARSITY 8+
<input type="checkbox"/> 20	2:05 PM	MEN	3RD NOVICE 4+
<input type="checkbox"/> 21	2:20 PM	WOMEN	1ST NOVICE 4+
<input type="checkbox"/> 22	2:30 PM	WOMEN	2ND NOVICE 4+
<input type="checkbox"/> 23	2:45 PM	MEN	1ST NOVICE 8+
<input type="checkbox"/> 24	3:00 PM	MEN	3RD VARSITY 4+
<input type="checkbox"/> 25	3:10 PM	MEN	4TH VARSITY 4+
<input type="checkbox"/> 26	3:20 PM	WOMEN	2ND NOVICE 8+
<input type="checkbox"/> 27	3:35 PM	WOMEN	4TH VARSITY 4+
<input type="checkbox"/> 28	3:45 PM	WOMEN	5TH VARSITY 4+

THE TEAMS

	Arch City Rowing Club Columbus, Ohio
	Camp Randall Rowing Club Madison, Wisconsin
	Cincinnati Junior Rowing Club Cincinnati, Ohio
	Cleveland Youth Rowing Association Cleveland, Ohio
	Dublin Crew Dublin, Ohio
	Indianapolis Rowing Center Indianapolis, Indiana
	Magnificat High School Rocky River, Ohio
	New Trier High School Rowing Winnetka, Illinois
	Notre Dame Academy Crew Toledo, Ohio
	Oakland Catholic High School Pittsburgh, Pennsylvania
	Pioneer Rowing Club Ann Arbor, Michigan
	Saint Joseph Academy Cleveland, Ohio
	St. Edward High School Lakewood, Ohio
	St. Ignatius High School Cleveland, Ohio
	St. Louis Rowing Club St. Louis, Missouri
	Three Rivers Rowing Association Pittsburgh, Pennsylvania
	Upper Arlington High School Upper Arlington, Ohio
	Westerville Crew Westerville, Ohio

RACING FORMAT

- > 5K "Henley" Head race competition for high school age students in novice and varsity categories in 8's and 4's
- > 2 boats aligned rowing starts
- > Partially buoyed course with "protected water"
- > No "B" entries in the 1st and 2nd boat races
- > One dock site: one south of Fishinger Road Bridge for launch and take-out for high school crews (UA Crew docks). Plan for 40' to get to start line from docks.



SPECTATOR VIEWING

Races may be observed **ONLY** from the east side riverbanks and walks. Due to safety concerns from the police, no standing or observing of the races will be allowed from the Fishinger Road Bridge or from the private property along the west side riverbanks.

REGATTA PARKING



NO HIGH SCHOOL PARENT OR TEAM VEHICLES WILL BE PERMITTED NORTH OF THE FISHINGER ROAD BRIDGE.

The Columbus rowing community has assured the police and park representatives

that the park will not be damaged by the event, that the park will remain accessible to the public, and that lanes will be maintained for emergency vehicles, which will require that competitors and spectators comply with the traffic and parking plan described below.

Parking or driving on the grass is strictly prohibited. Cars parked in undesignated areas in the park, in the merchant lots, along Riverside Drive or on side streets may be ticketed and towed.

There will be UA Crew parent volunteers directing traffic. Please follow their instructions.

RACING VENUE





A SPECTATOR'S GUIDE

TO WHAT YOU'LL SEE AND HEAR AT THE 2016 HAXTON INVITATIONAL REGATTA

The crew that's making it look easy is most likely the one doing the best job. While you're watching, look for – continuous, fluid motion of the rowers. The rowing motion shouldn't have a discernible end or beginning.

Synchronization. Rowers strive for perfect synchronization in the boat.

Clean catches of the oarblade. If you see a lot of splash, the oarblades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the oarblades are sacrificing speed and not getting a complete drive.

Even oarblade feathering. When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough. The most consistent speed. Shells don't move like a car – they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain the speed of the shell.



Rowing looks graceful, elegant and sometimes effortless when it's done well. Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition – aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to

continue to work when the body is demanding that you stop.

Race times can vary considerably depending upon the course and weather conditions. Tailwinds will improve times, while headwinds and crosswinds will hamper them.

If a crew "catches a crab," it means the oarblade has entered the water at an angle instead of perpendicularly. The oarblade gets caught under the surface and will slow or even stop a shell.

A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes. Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.

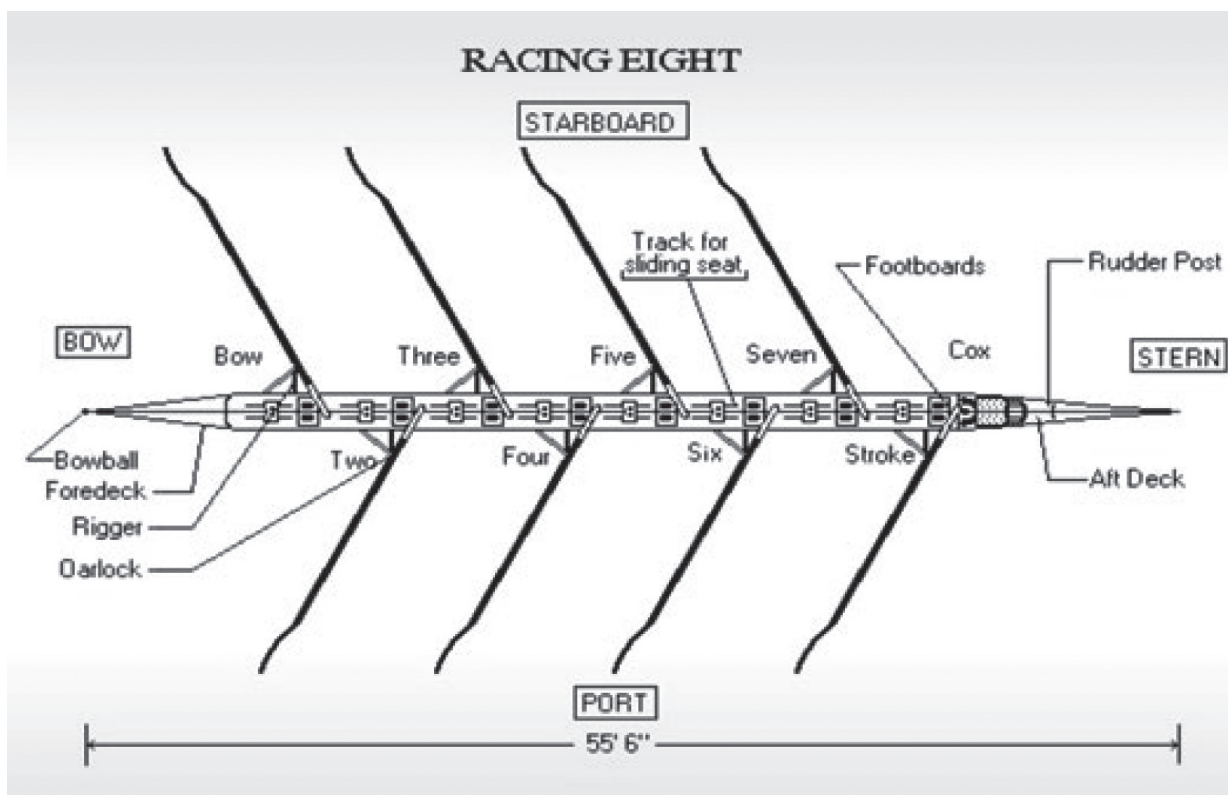
Crews are most easily identified by their oarblade design (see page 5).

It doesn't matter whether you win an Olympic medal or don't make the finals – each crew still carries their boat back to the rack.

Coxswains from first-place boats worldwide are thrown into the water by their crews.



A coxswain's job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.



TYPES OF BOATS

Single - one rower with two oars (scull)

Double - two rowers, each with two oars (scull)

Quad - four rowers, each with two oars (scull)

Pair - two rowers, each with one oar (sweep)

Straight Four - four rowers, each with one oar (sweep)

Four With - four rowers, each with one oar and a coxswain (sweep)

Eight - eight rowers, each with one oar and a coxswain (sweep)

**In "scull" boats, rowers have 2 oars and in "sweep" boats or "shells" each rower has one oar*

BOAT DIRECTIONS

Stern - the back end of the boat

Bow - the front end of the boat where the bow ball is located

Port - the left side of the boat

Starboard - the right side of the boat (from the coxswain's view)

Note: The coxswain always faces the direction the shell is going while the rowers face the rear



HAXTON BOATHOUSE

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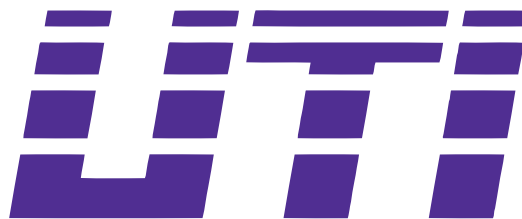
The Blake Haxton Invitational Hospitality Suite offers access to comforts and conveniences that will make this regatta the one to remember this season! Available for purchase to friends and families of all rowers, it is an ideal venue for everyone who loves rowing and being well fed and warm! Conveniently located near the finish line, the Suite offers an enhanced race experience as you cheer on your favorite rower, coxswain and team. Amenities include covered venue offering protection from the elements, breakfast, lunch and snacks by dock580, one of Columbus' premier hot spots, hot and cold beverages, first results for boats competing in the race, private port-a-potty, massages, fire pit and "Some Oars". Hours of operation are 7:30 a.m. – 3:30 p.m. all for \$30/person. Kids under 8 are free! Sorry, but we are SOLD OUT! Hope to see you next year!!



AWARDS STAGE

SPONSORED BY UTILITY TECHNOLOGY
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Thank you to Utility Technology International Corporation for their support of the Haxton Invitational Regatta! We encourage your rowers to come to the stage throughout the day for medal presentations and photo opportunities!



UA CREW ALUMNI TENT

Former UA Crew team members are encouraged to join in the fun by watching or participating in the alumni races this afternoon. Former UA Crew parents? Plan to meet at the Alumni Tent next to the UA Team Tent at 11:15 AM. If you would like to be included in future alumni events and updates please contact Jeanne Brandes at alumnichair@uacrew.org.

QUESTIONS DURING THE EVENT?

If you have any questions or need assistance during the Blake Haxton Invitational, please visit us at the command center behind vendor row and find a volunteer in a yellow t-shirt.



There you will find our Volunteer Coordinators who are supervising everything from volunteers to parking and ensuring everything goes smoothly on regatta day.

Our Regatta Chair, Amy Roberts, has done an AMAZING job of making sure every detail is covered so that this day of rowing goes well for everyone. If you have any questions or concerns, please stop by the regatta command center for additional information and help!

LOST & FOUND

Lost & Found will be co-located in the same shelter house as the awards, volunteer check-in, and registration in Shelter House 3. This shelter house is farthest away from the docks/water and near the vendor tent. (See Venue map on Page 7).

UA LEARN-TO-ROW

Looks like everyone is having fun today! Why not join us for Learn-To-Row, UA Crew's Summer Rowing Program. Youth Learn-To-Row programs are held and meet three times a week for approximately five weeks each summer. Check it out at www.UACrew.org. Stay tuned for more information on our summer parent learn to row program, too!

In high school? Be part of UA Crew in the fall and/or spring, meet new friends while traveling through Ohio and parts of the U.S. and learn a sport you can participate in for the rest of your life! Check us out at www.UACrew.org.



HELP UA GO GREEN AT THE HAXTON

Trash at the 2016 Blake Haxton Invitational is being recycled, thanks to student volunteers and UA Crew families. Here's how you can keep your regatta refuse out of the landfill:

- > Please place cans, bottles, and narrow-mouthed plastics in the marked recycling bins.
- > Flatten large cardboard and large foil serving pans (rinsed; no grease, please!) and place them next to the recycling bin near your kitchen area.
- > Remind your rowers to use their refillable water bottles.

If your recycling or trash bin is FULL, please flag a recycling volunteer to empty or replace it.

THANK YOU to volunteers from Jones Middle School who will be overseeing the recycling today and to the Reed and Bertke families for coordinating. And, most of all, thank you to Republic Services, Third Hand Bike, SWACO, The Golf Car Company, and Kroger for helping us make a difference!

SWACO has more than doubled the life of the landfill as a result of its effective recycling program in Columbus. The success of recycling at the Haxton Regatta depends on you!

VENDOR ROW & FOOD TRUCKS

Interested in getting souvenirs from your visit to Columbus and the Haxton? Stop by our Vendor Row. Our fabulous vendors include: Get It While you Can, Especially Suri Alpacas, Coach, Cox & Crew, LuLaRoe, and Fine Designs. Please visit our food vendors - MoJo TaGo, Loops, Nothing Bundt Cakes, Alice's Comfort Table and Steammin' Joes.



Upper Arlington High School has a rich history with success in many sports including the most state championships of any other high school in Ohio. In order to meet the high standards of UAHS, Upper Arlington Crew is always looking for students who are willing to work hard to achieve a lifetime of rewards. Many sports are old traditions in UA, but rowing is relatively recent and provides many new experiences and opportunities.

Crew (rowing) has been a competitive sport since 1827 in Europe. It became an important east coast collegiate sport around 1850 at schools such as Harvard and Yale, and the interest spread throughout the U.S. over the past 150 years. Rowing slowly made its way to the highschool level and 20+ years ago a small group of Arlingtonians formed what is known today as Upper Arlington Crew. Throughout those 20+ years, UA Crew has garnered tremendous success.

Learn more at uacrew.org

Additional Rowing Programs in the Central Ohio Area

OSU Women's Rowing Team
Arch City Rowing Club
Dublin Crew
Greater Columbus Rowing Association
Hilliard Rowing Association
Westerville Rowing Association

On behalf of the
Upper Arlington Crew Inc.
And all of the teams here today

We offer our sincerest thanks to
Amy Roberts, Haxton Regatta Chair
Coaches Mike Rice and
Andy Wimmer
Blake Haxton and Family
the Haxton Regatta Committee
and all of the Volunteers

**For all of the planning, organizing, and
hard work that has gone into creating
another FABULOUS
Blake Haxton Invitational Regatta!**



**Join us at Vendor Row for a chance to win Blake Haxton autographed
Olympic Rowing swag!!!**

Just back from his trip to Rio for the Paralympics, Blake Haxton and family have graciously donated several items perfect for any rower or their entourage!! Best of all, they are signed by Blake!!! Visit us at Vendor Row to buy raffle tickets to win each item. The more tickets you buy, the more likely you are to win!

1 ticket for \$2
3 tickets for \$5
7 tickets for \$10 and
20 tickets for \$20

**Stop by Vendor Row
to check out these
priceless items!!**





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THE PAST PRESIDENTS
OF UA CREW INC. WELCOME ALL ROWERS,
COACHES AND FAMILIES TO
**THE SEVENTH ANNUAL
BLAKE HAXTON
INVITATIONAL REGATTA**
AND WE INVITE YOU TO COME VISIT US AT THE
ALUMNI TENT! RIGHT NEXT TO THE UA TENTS!

Denny Johnson 1995
Betty Callender 1996
Mary Jo Cosio 1997
Curt Kelley 1998
Hawley Linke 1999
Jan Bley 2000
Pete Anderson 2001
John Strick 2002-03
Don Leach 2004-05
Bruce Ramsey 2006

Ron Shaul 2007
Scott Gill 2008
Jerry Johnson 2009
Mike Tedesco 2010
Steve Stroh 2011
Tom Gramila 2012
Mary Cameron 2013
Tom Roberts 2014
Tom Balcerzak 2015
Sara Andrews 2016



We hope for good weather, calm water
and fierce competition.

ROW BEARS!

THANK YOU DJ CALVIN!

Matt “DJ Calvin” Gruszecki is making his 4th appearance at the Blake Haxton Invitational Regatta. DJ Calvin keeps the rowers and the spectators in great spirits throughout the day and brings a high level of energy to the event. Calvin Entertainment is a sub-division of Endless Journey Entertainment.

For more information please visit -

<http://jasonskaraoke.com/>



THANK YOU JEFF BOOTH!

Born in the Midwest, Jeff moved to Columbus just before he turned two and was raised in the Capital City. After graduating from Bexley High School in the mid-90s, Jeff attended Ohio University where he graduated in 2000 with a degree in education. It was there that he first got into broadcasting, working in college radio and eventually hosting a weekly television show on the local public access channel.

About a year after graduation, Jeff went back to school and landed his first full-time job in television at WOAY in West Virginia in early 2002. There, Jeff did just about everything: weather, reporting, shooting and editing video and anchoring the news.

From there Jeff moved to WLIO in Lima, Ohio taking on weekday morning weather duties. His next job took him all the way to the middle of the Pacific Ocean when he was hired in 2004 as weekend weather anchor & reporter at KGMB in Honolulu, Hawaii. While in Hawaii, he earned his American Meteorological Society and National Weather Association seals of approval and in 2007 he helped launch the morning newscast “Sunrise on KGMB” as the morning meteorologist and traffic reporter.



In 2009 after enjoying immeasurable amounts of both professional and personal success, Jeff’s family was growing and decided it was time to head back to his home state. He accepted the Chief Meteorologist position at WKEF & WRGT in Dayton, Ohio. His third daughter was born a few months later. Throughout all the moving Jeff always kept Columbus (and THE Ohio State Buckeyes, O-H...) close to his heart. When he had a chance to move home from Dayton, he jumped at it.

Jeff can’t wait to bring you the weather of Central Ohio. His wife and three daughters are excited as well. Along with the Buckeyes, he’s also a huge Cincinnati Reds fan, in both good years and bad ones. He’s also a big fan of math and science and loves talking about it with those who will listen (his kids aren’t always in that camp). If you see him out and about feel free to say “hi”.

THANK YOU UPPER ARLINGTON HIGH SCHOOL ENSEMBLE OCTET!

Upper Arlington Crew, Inc. welcomes the Upper Arlington High School Ensemble Octet to the 2016 Blake Haxton Invitational Regatta to sing the National Anthem of the United States of America.
This talented group includes

Sopranos – Devynn Froehlich and Kate Glaser

Altos – Sarah McOwen and Laura Sears

Tenors – Jack Amling and Joey Lagucki

Basses – Chad Lewis and Alex Lynch

The Upper Arlington Ensemble Octet has performed all over Ohio and all over the world! We could not be more proud to have the pride of Upper Arlington lead us in song today.

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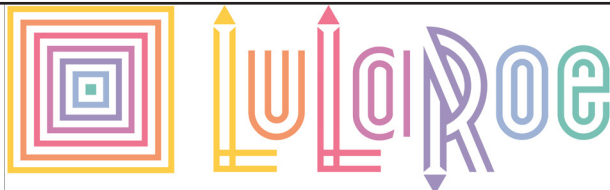
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