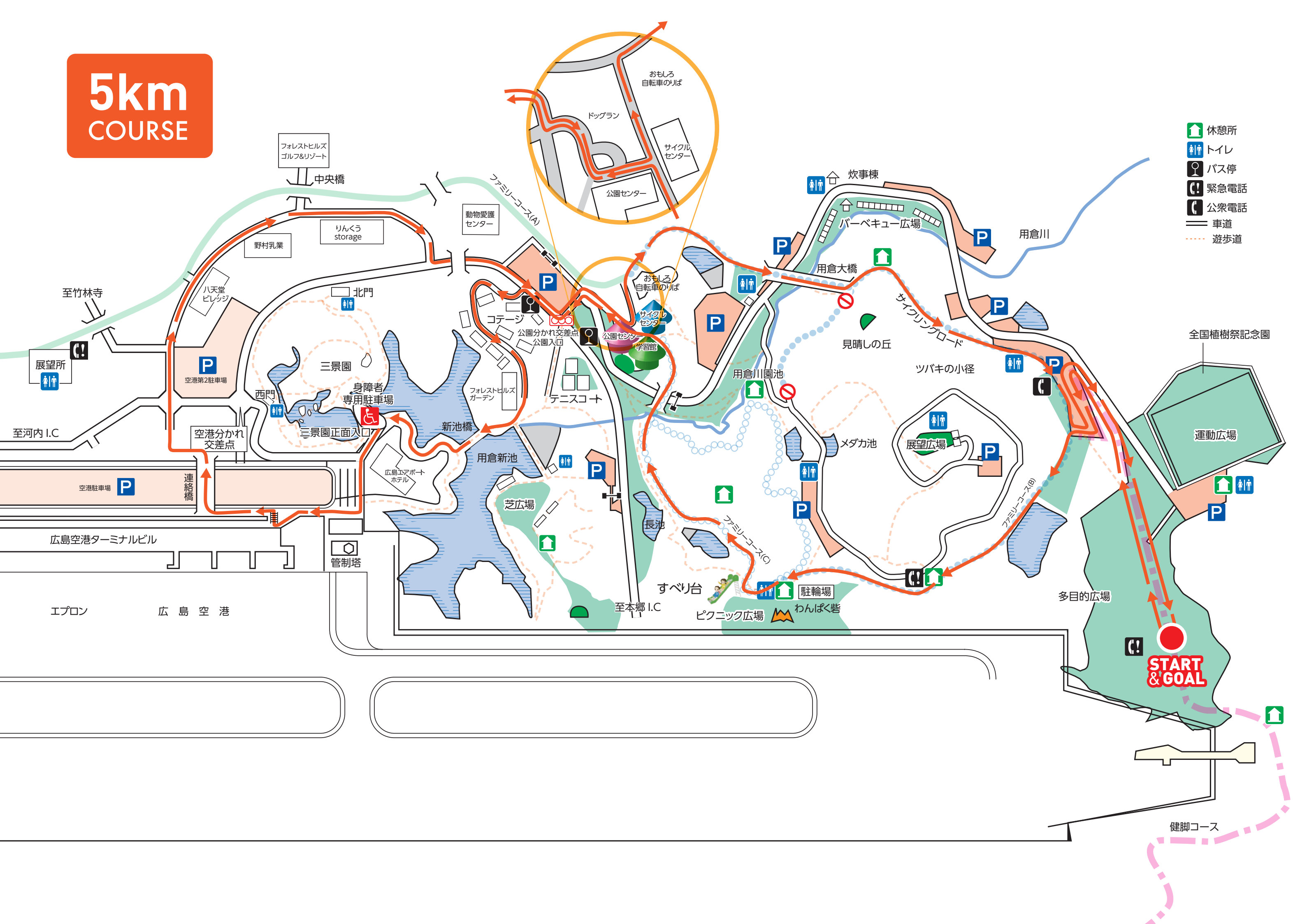
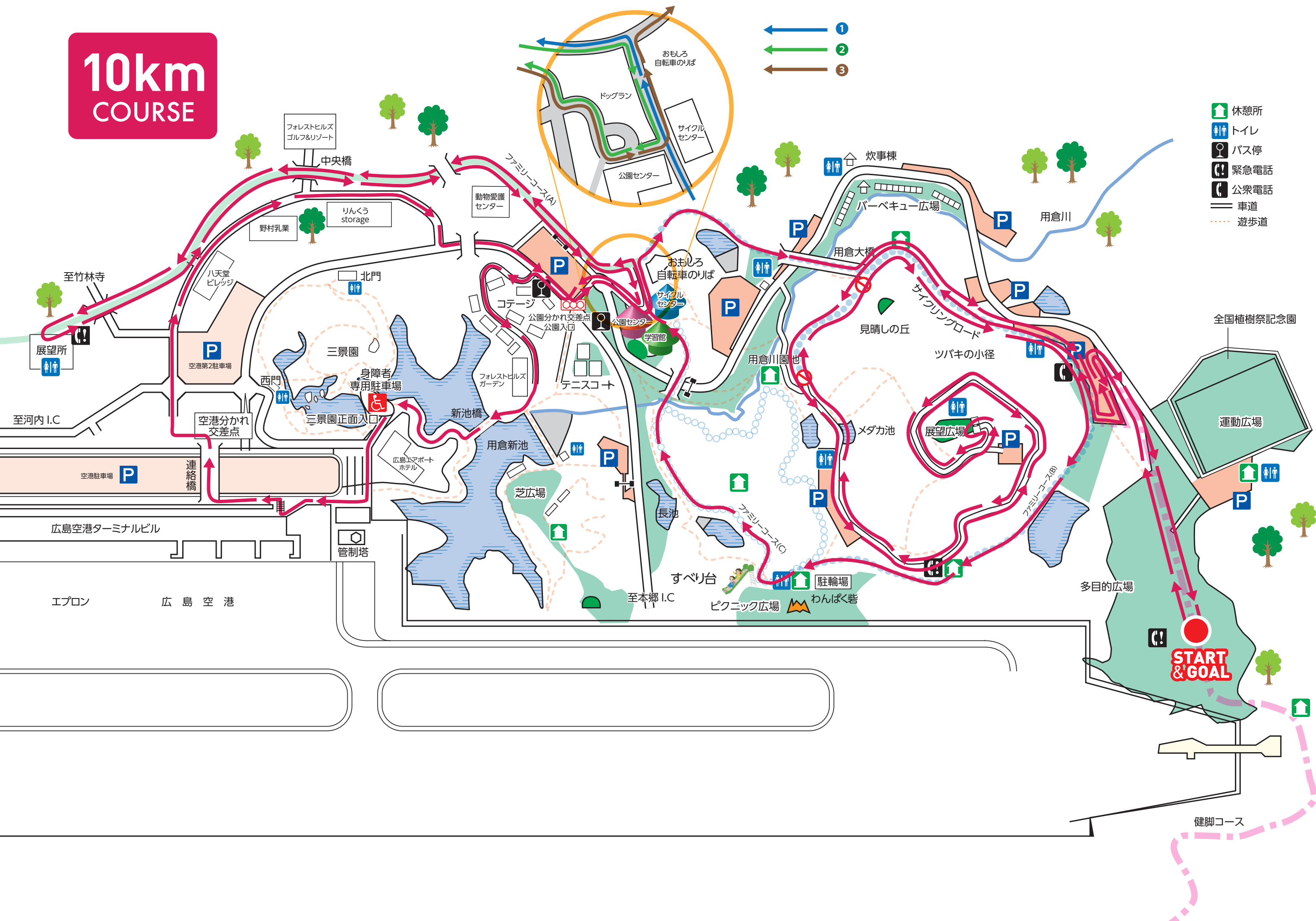


5km
COURSE



10km COURSE



20km
COURSE

