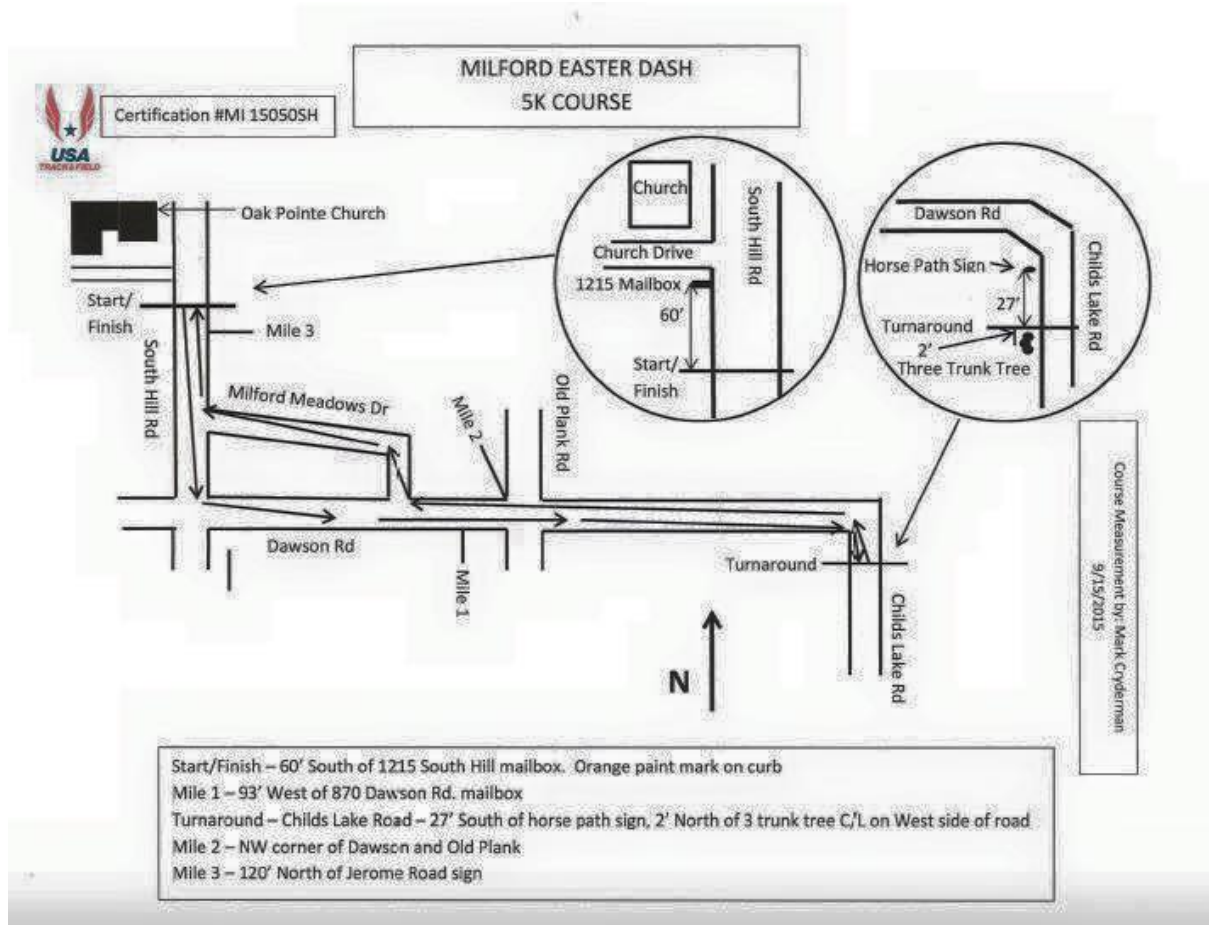


# 5k Course Map



# 10k Course Map

