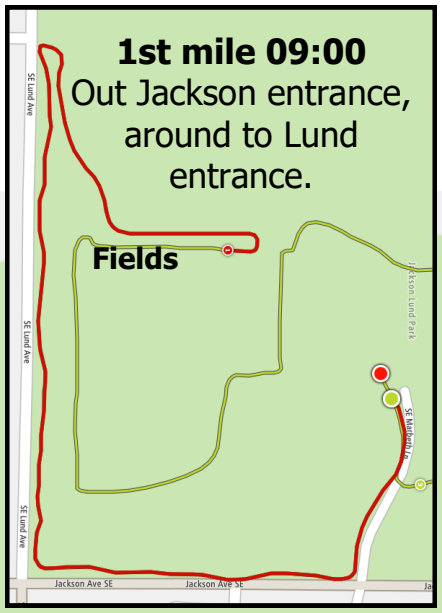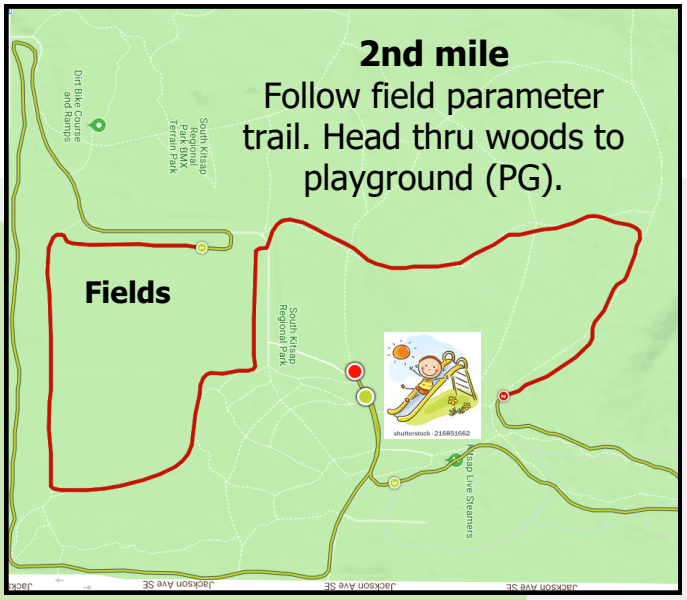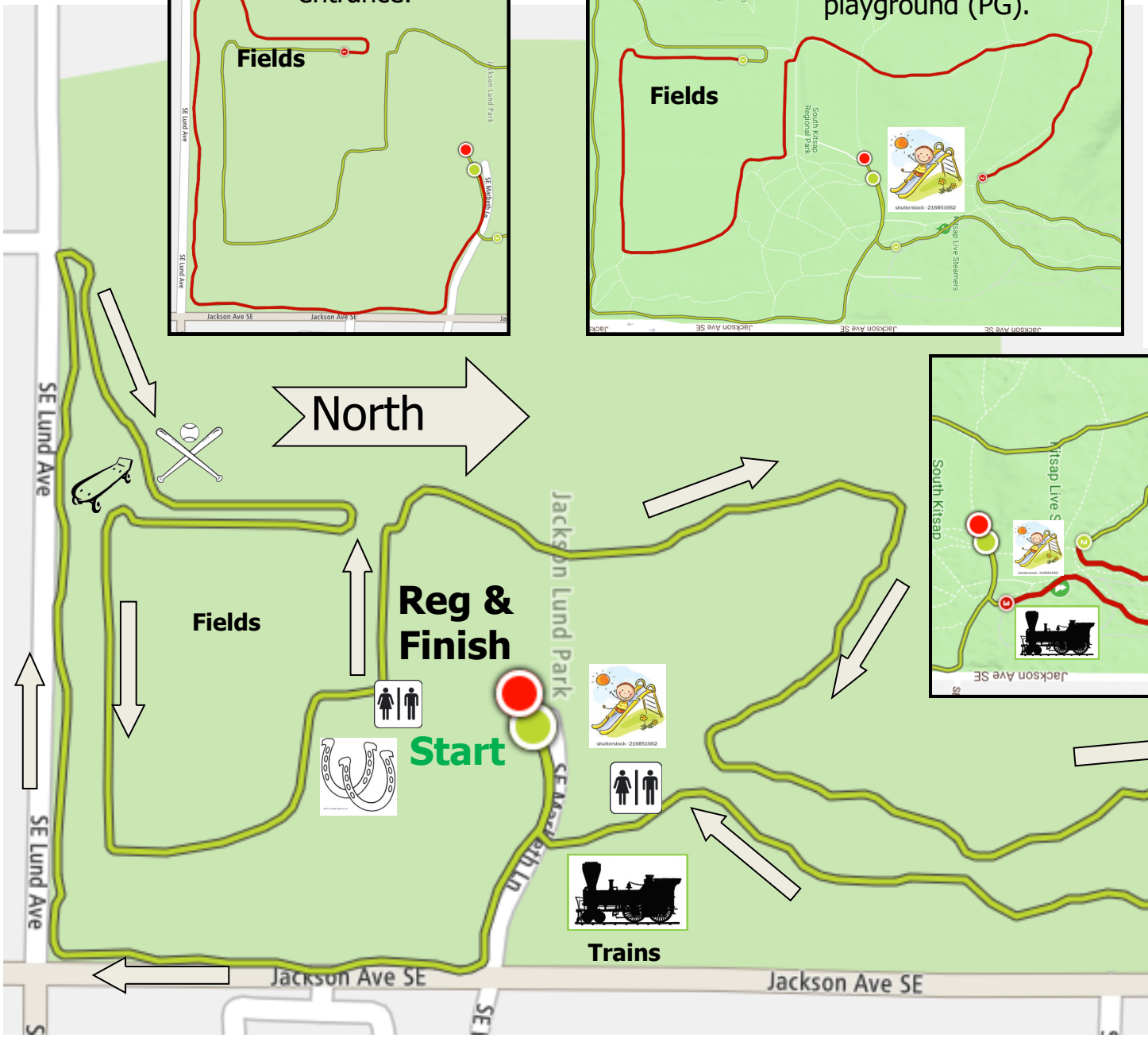HotFoot 5K Course