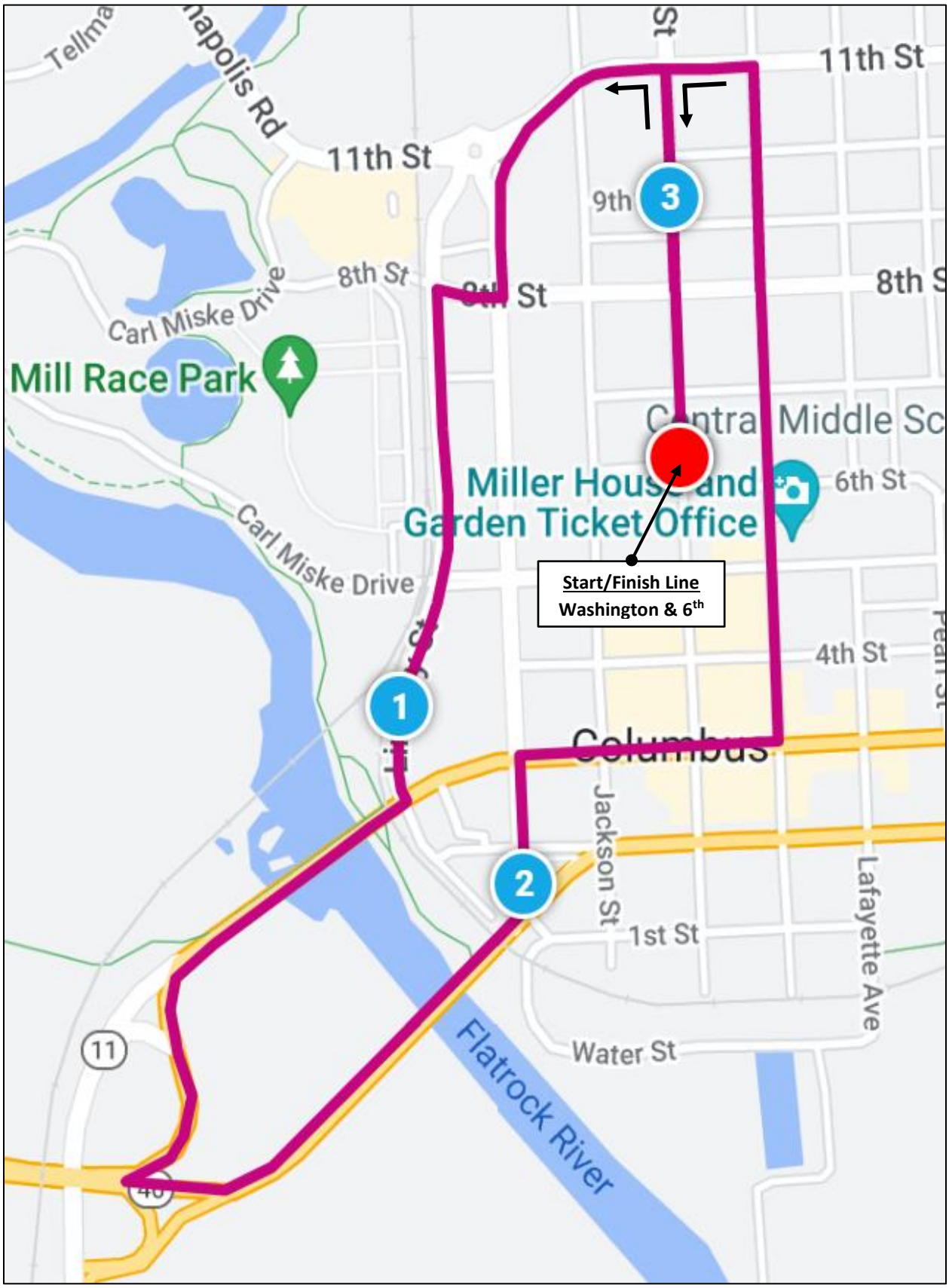Mill Race – 5K Course