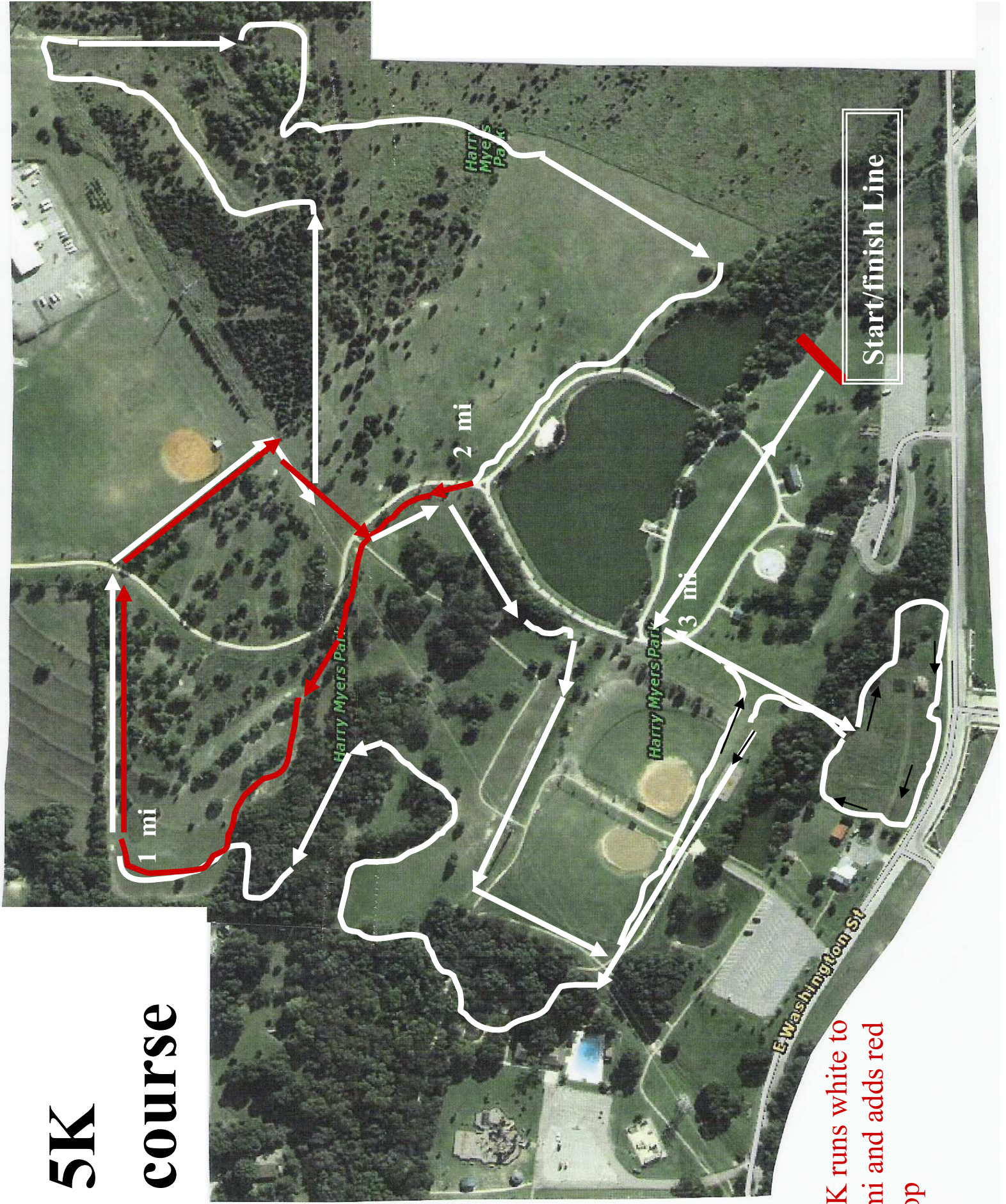


# 5K

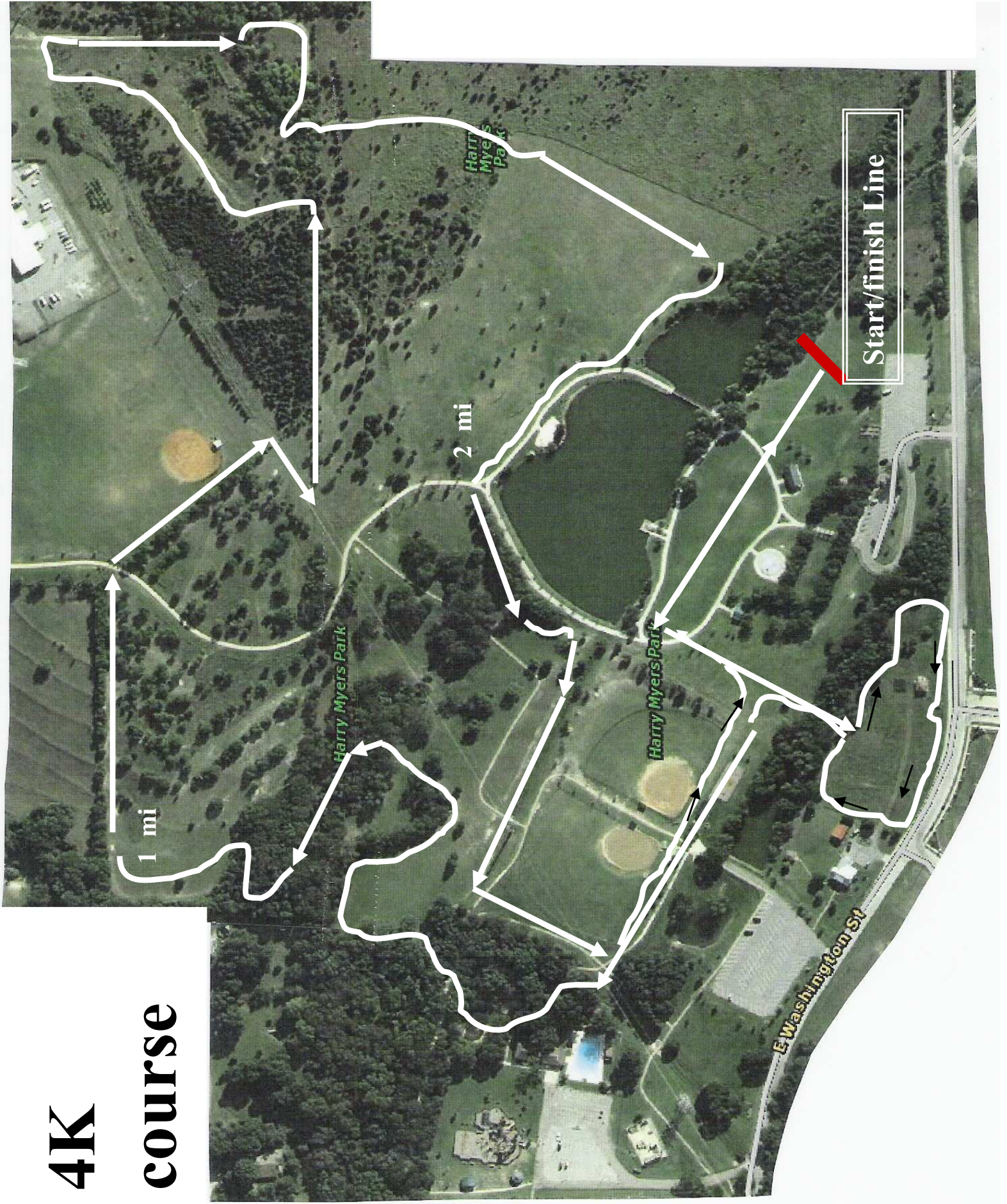
## course



\*5K runs white to 2 mi and adds red loop

**4K**

**course**





**2K**

**course**

