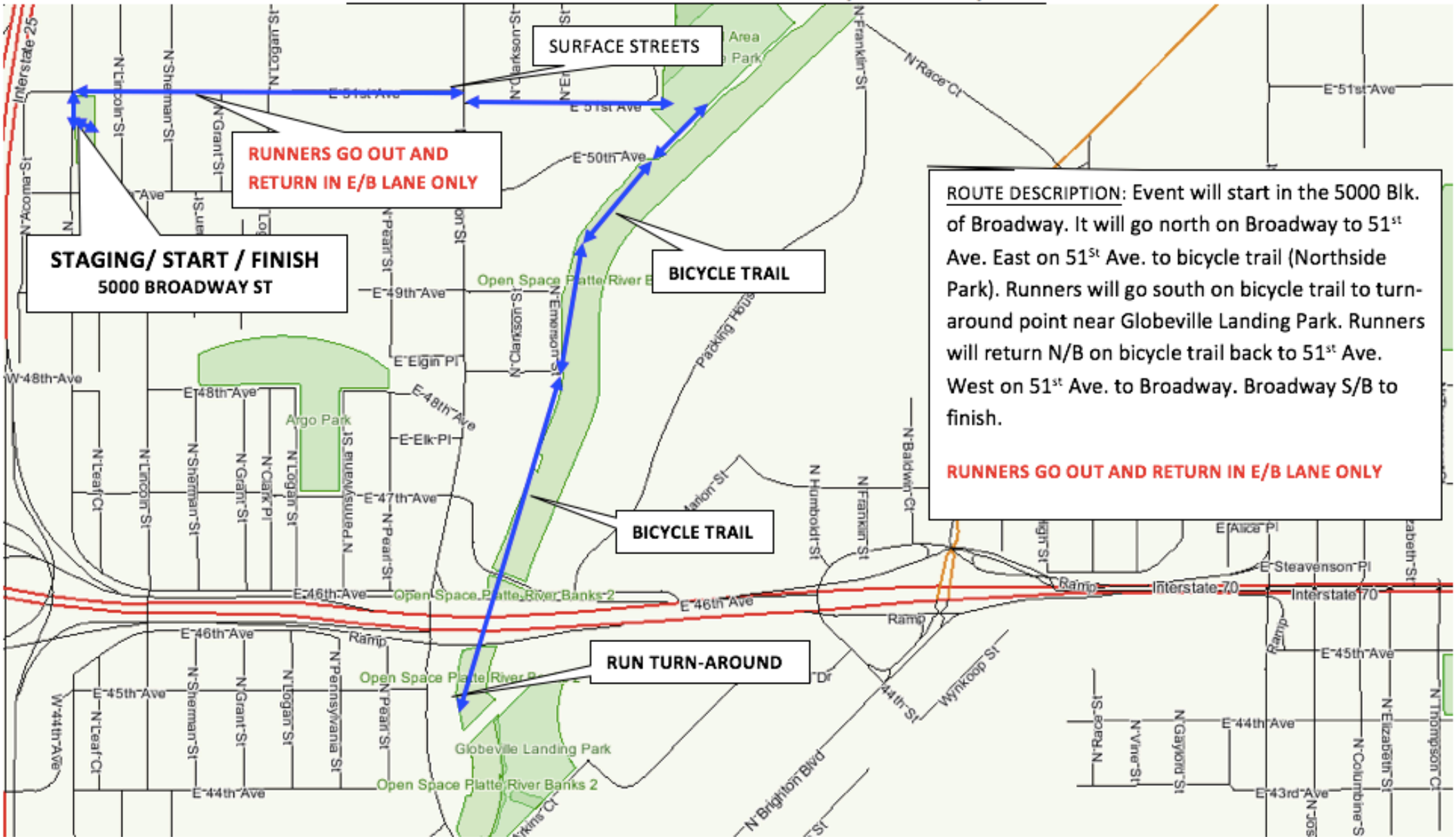ADELANTE 5K WALK AND RUN……SUNDAY, AUGUST 7, 2016