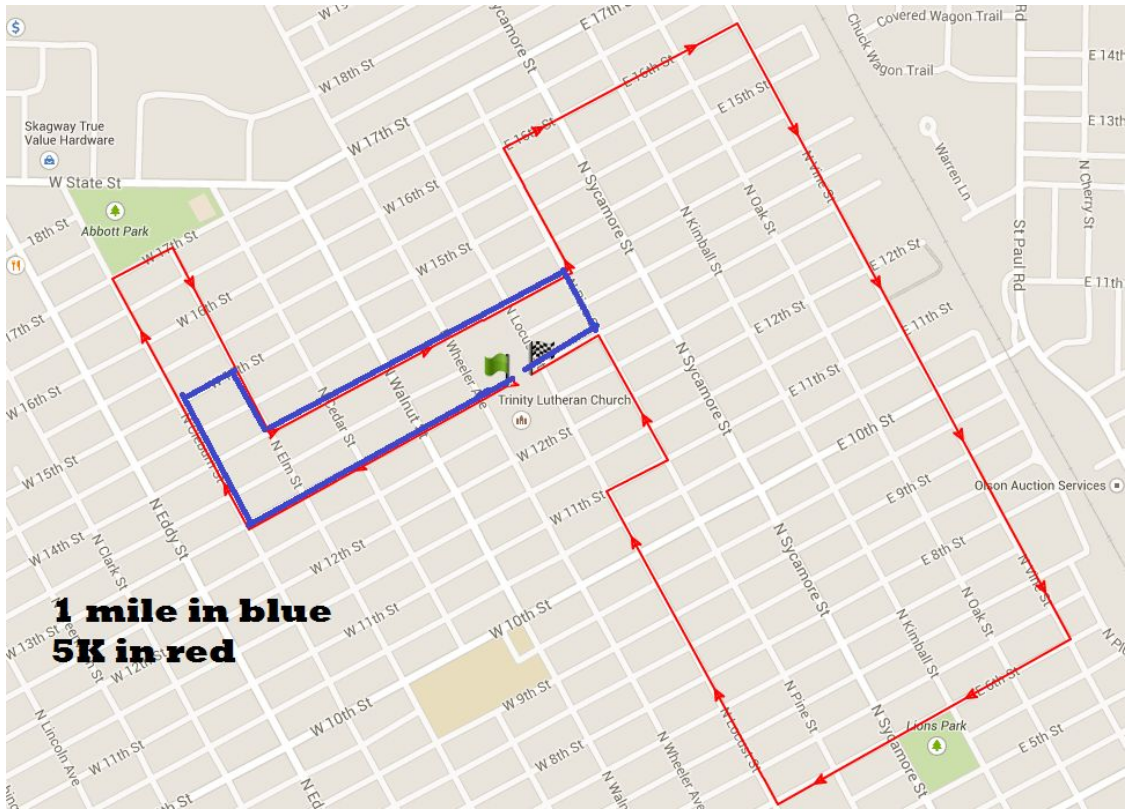




1 mile in blue
5K in red