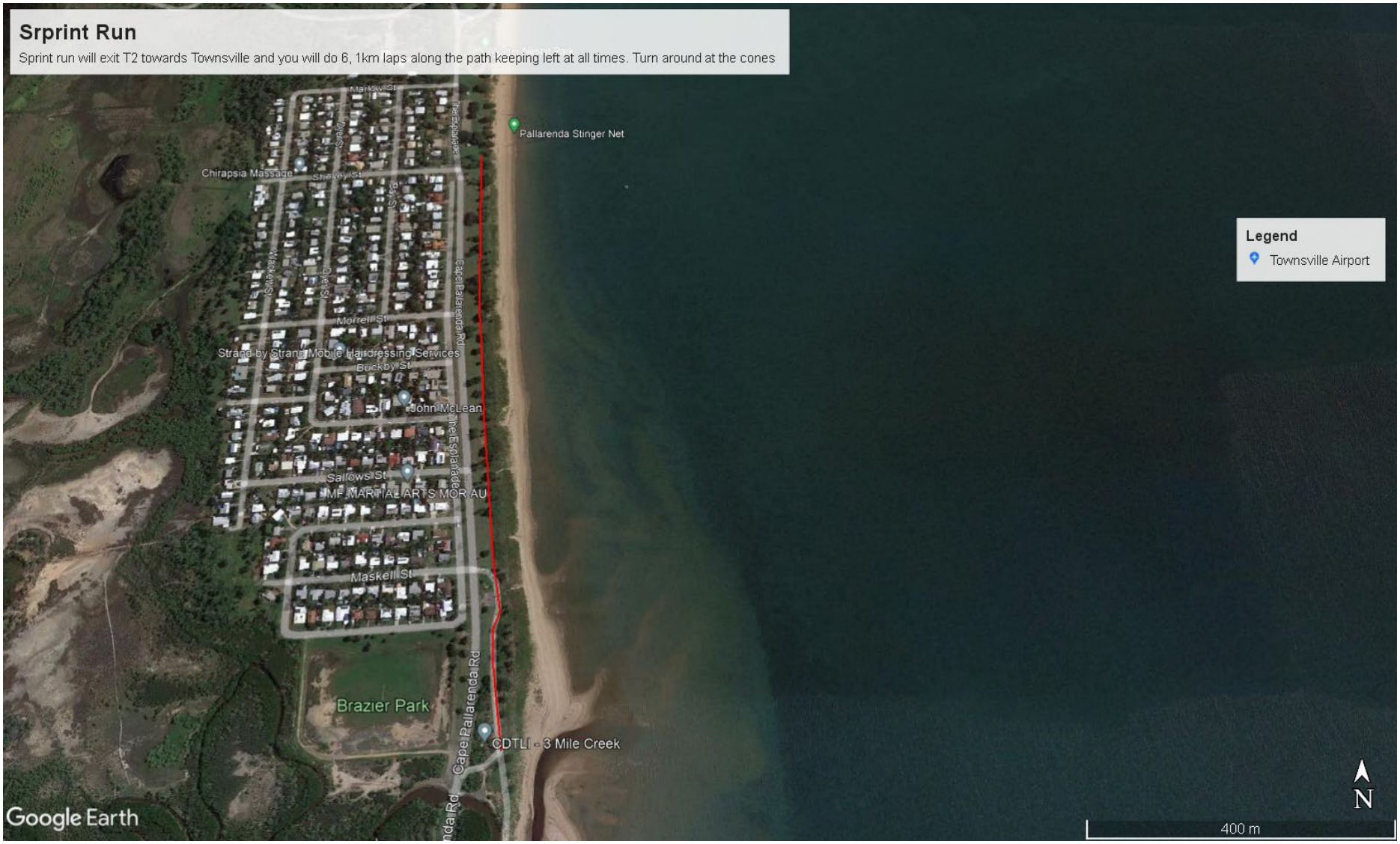Sprint Run Course 6 X 1km out and back