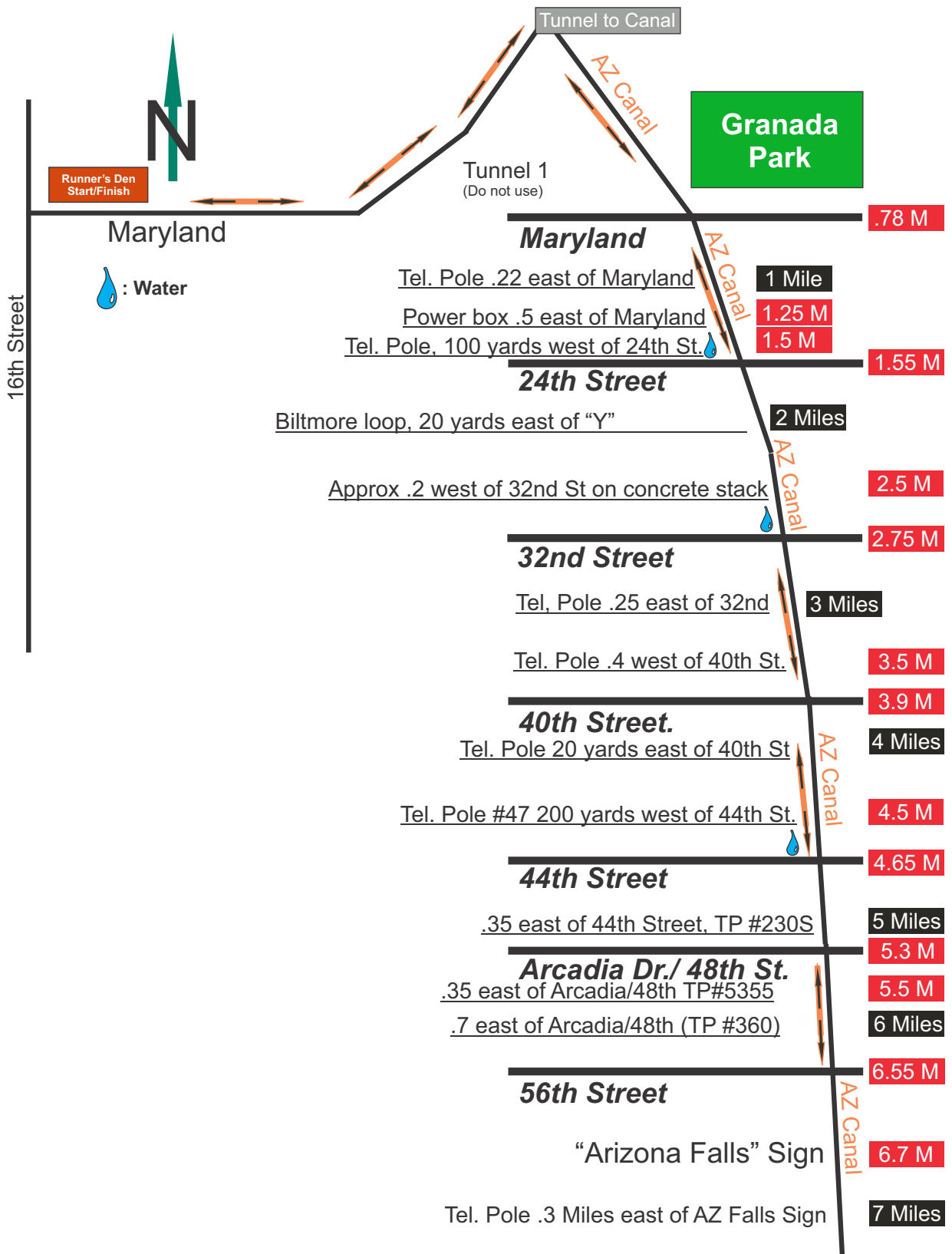


Runner's Den Training Program Course Mileage



(Map Not To Scale)