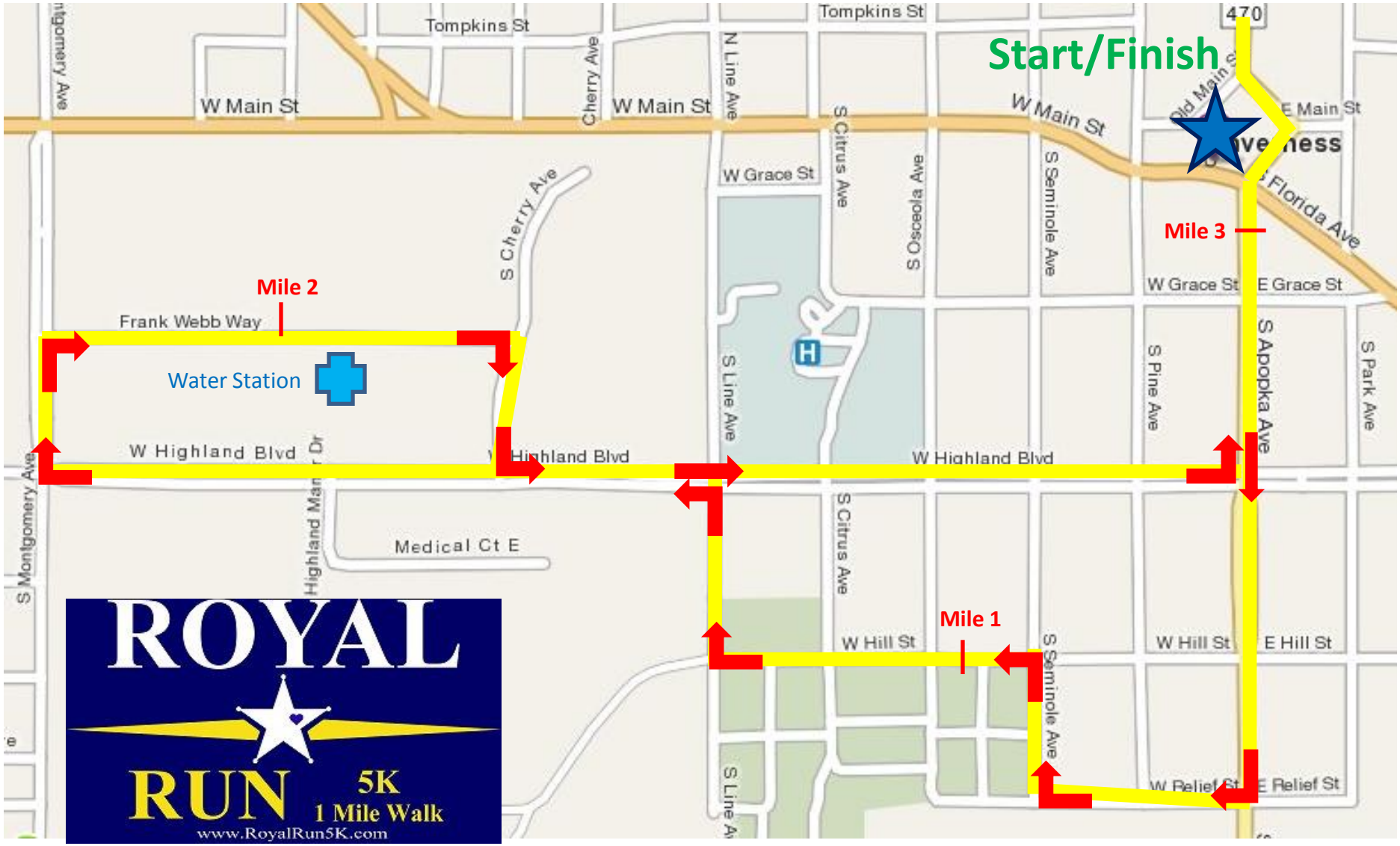The Royal Run 5K Course