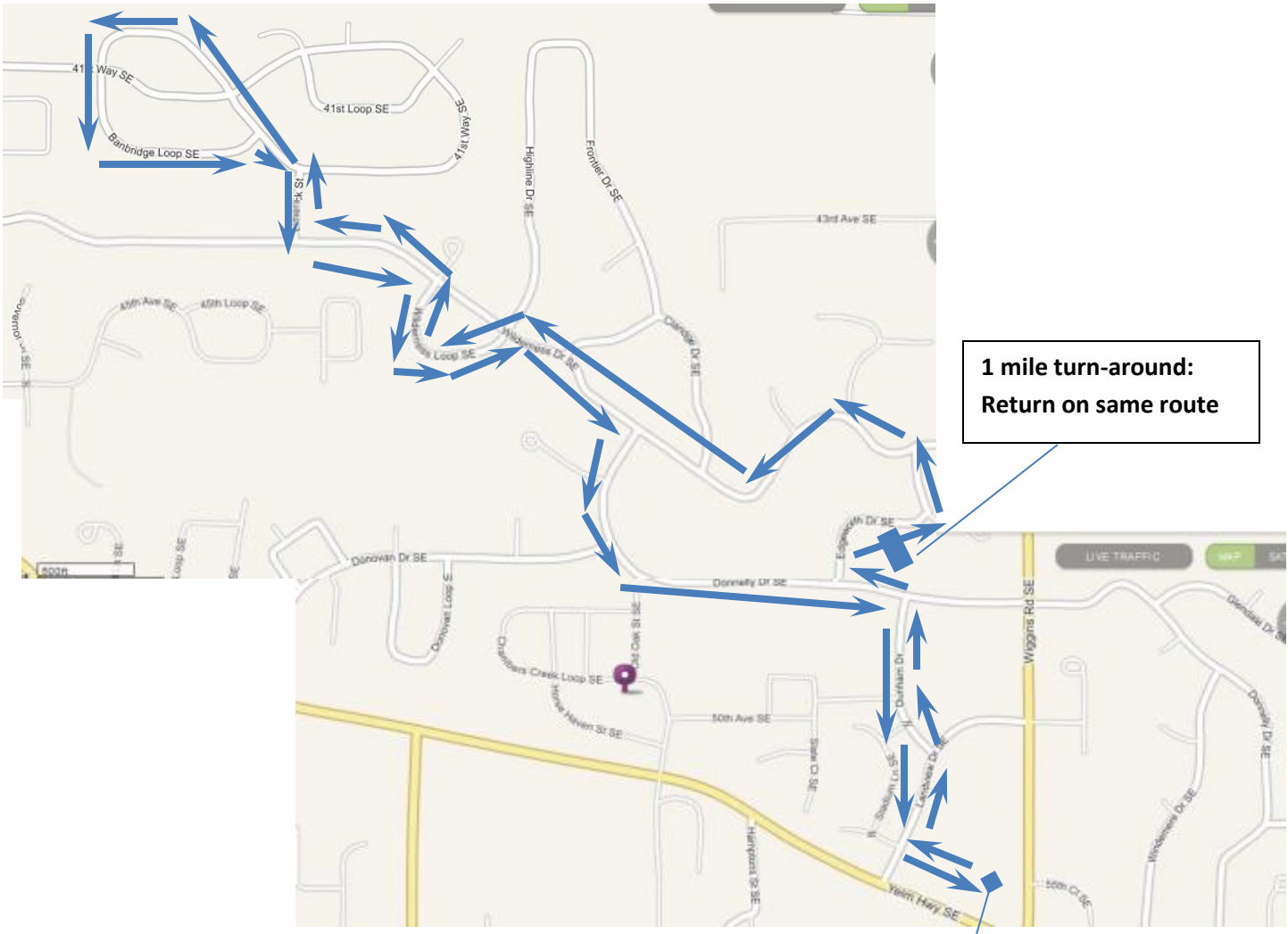RUN- dezvous 5k course map