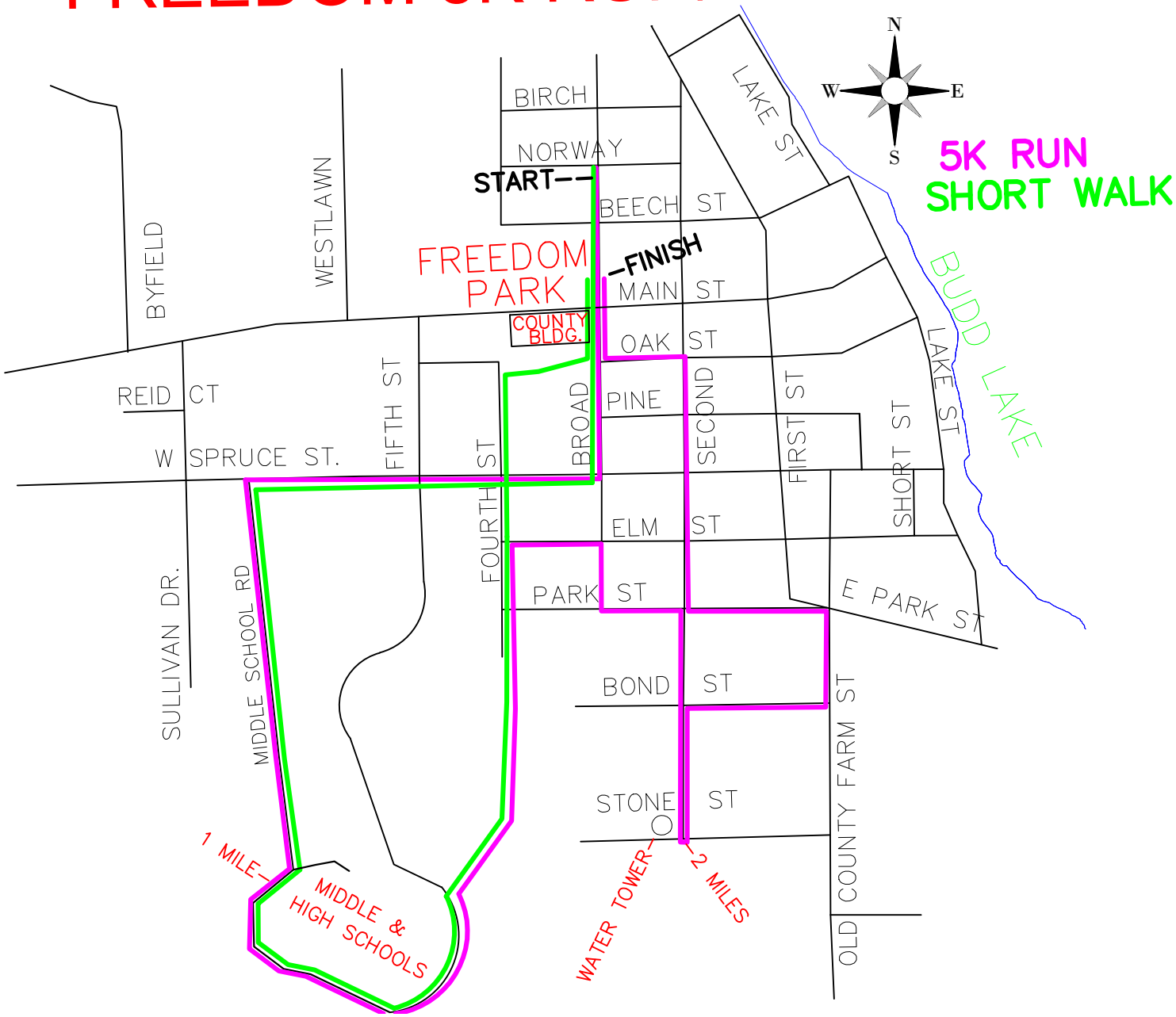FREEDOM 5K RUN/WALK