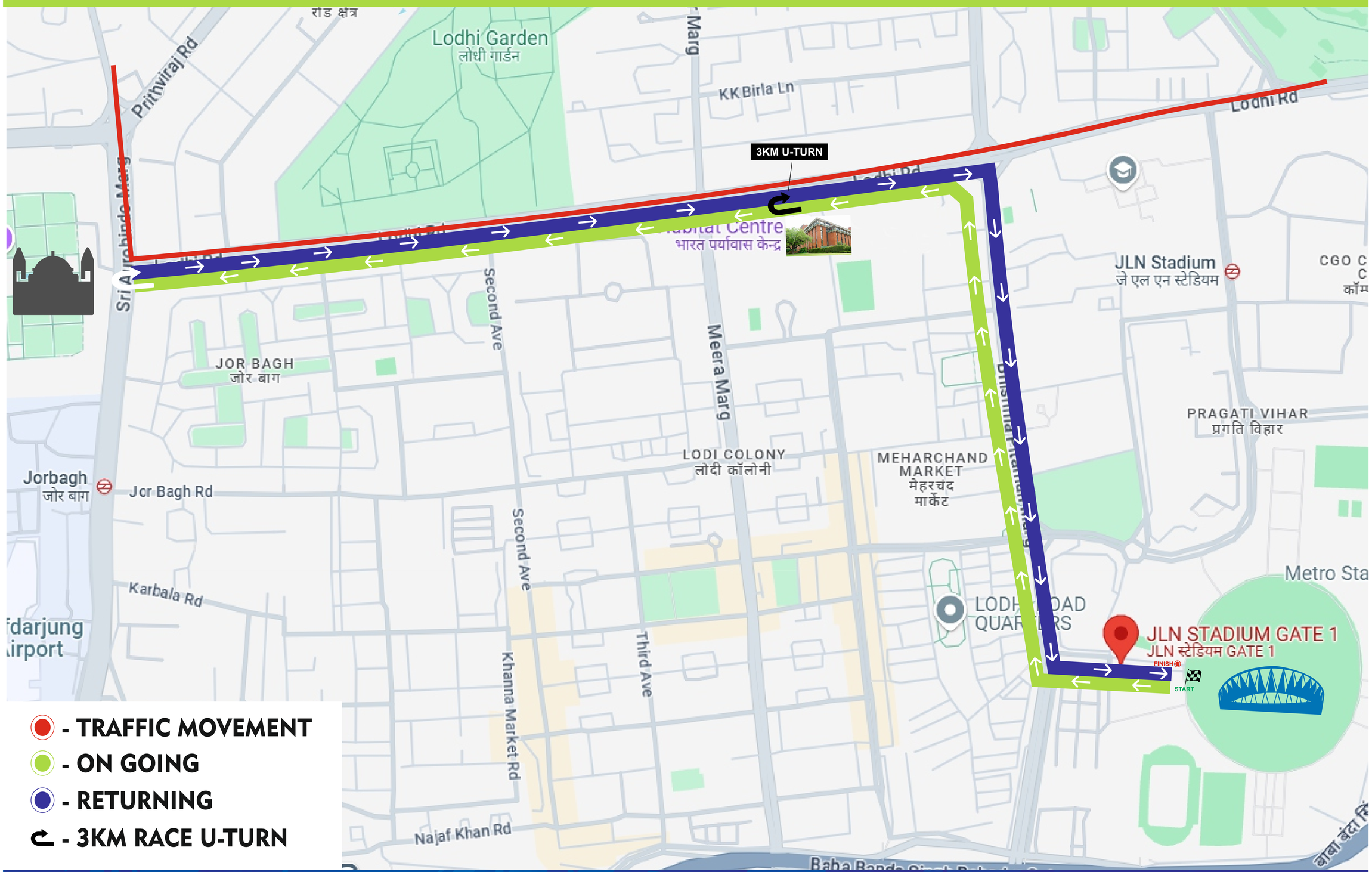ROUTE MAP 3KM, 5KM & 10KM - 2 LOOPS