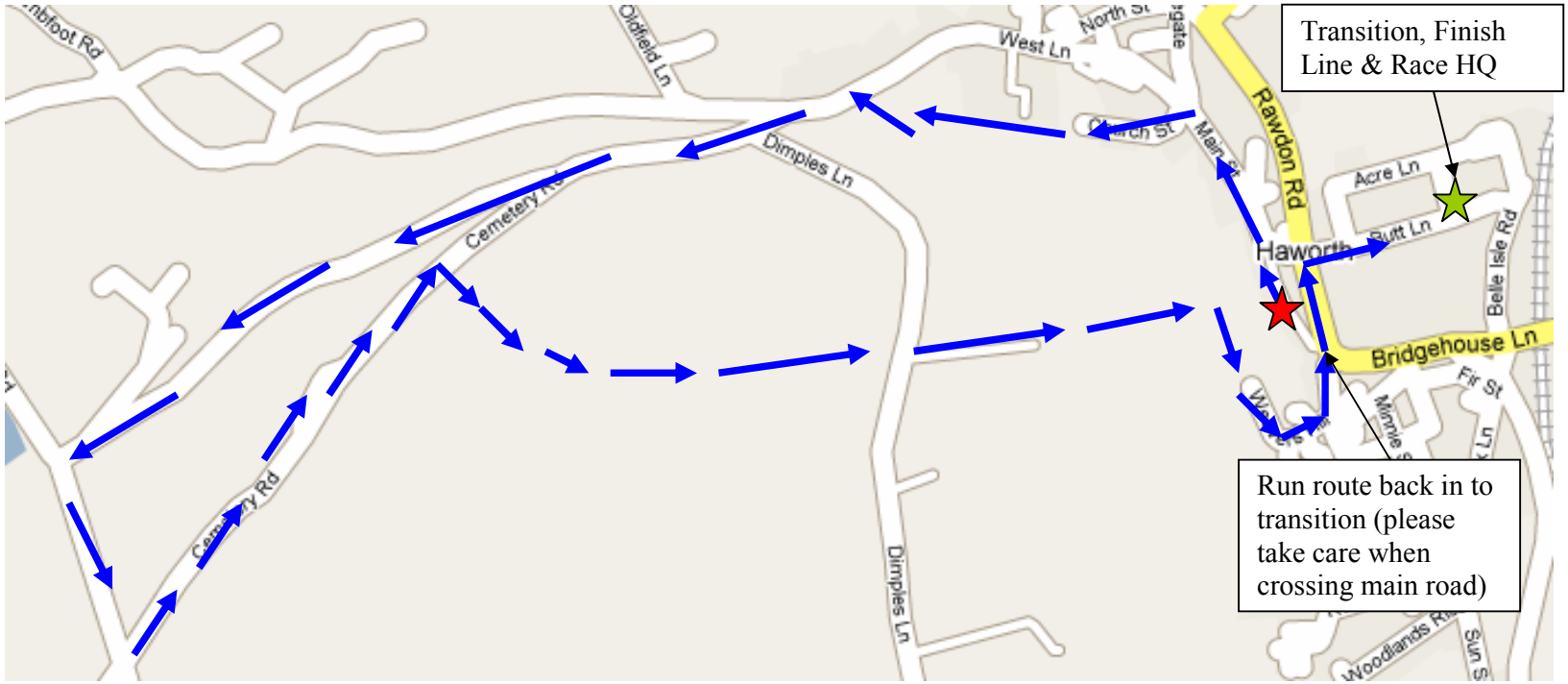
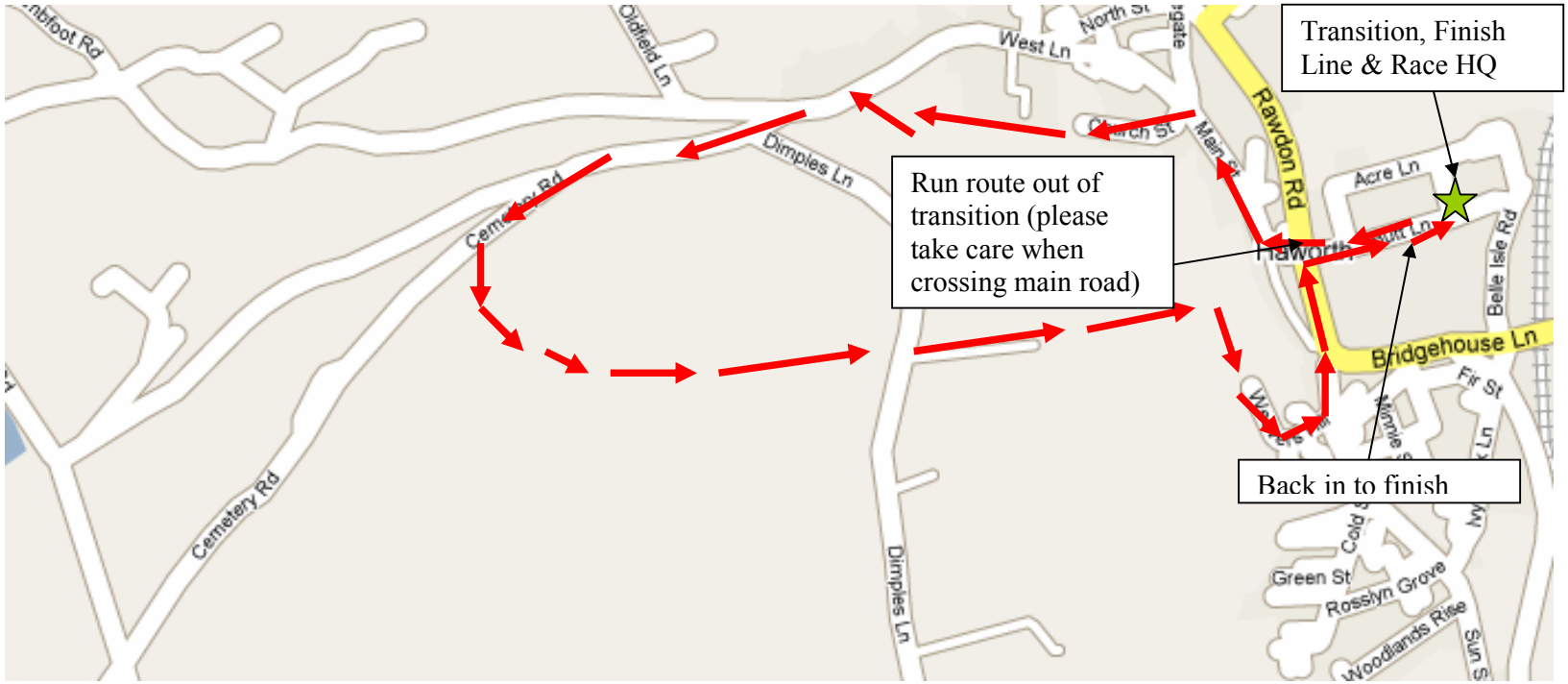


1st Run Course 5km – 1 lap

= 1st Run Route and direction



2nd Run Course 3km – 1 lap

= 2nd Run Route and direction