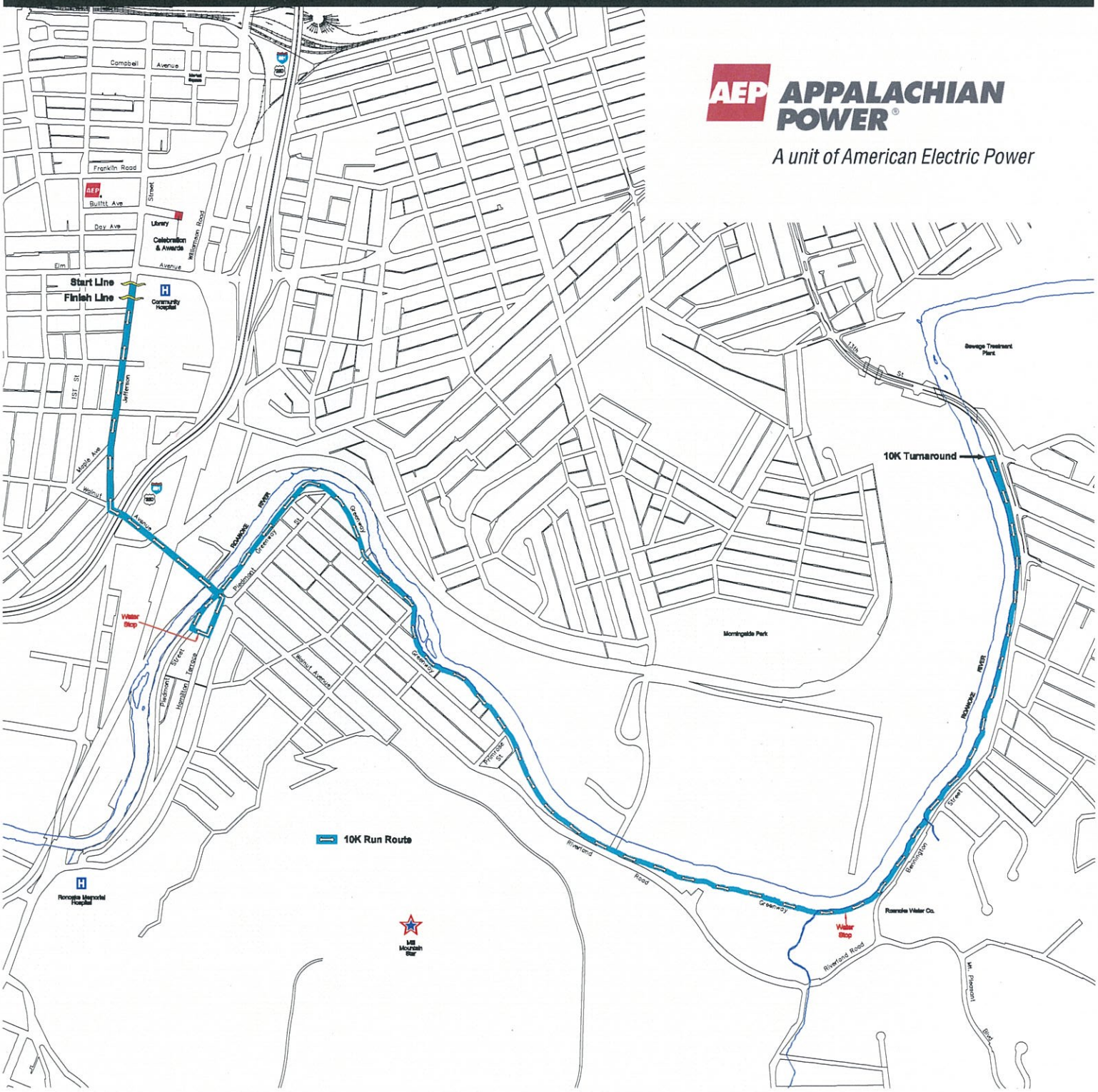10K RUN ROUTE