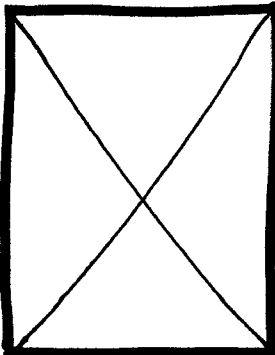
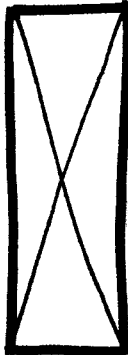


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Welcome Message  
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FEATURED TRAINING PLAN  
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FEATURED RUNNING EVENT  
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