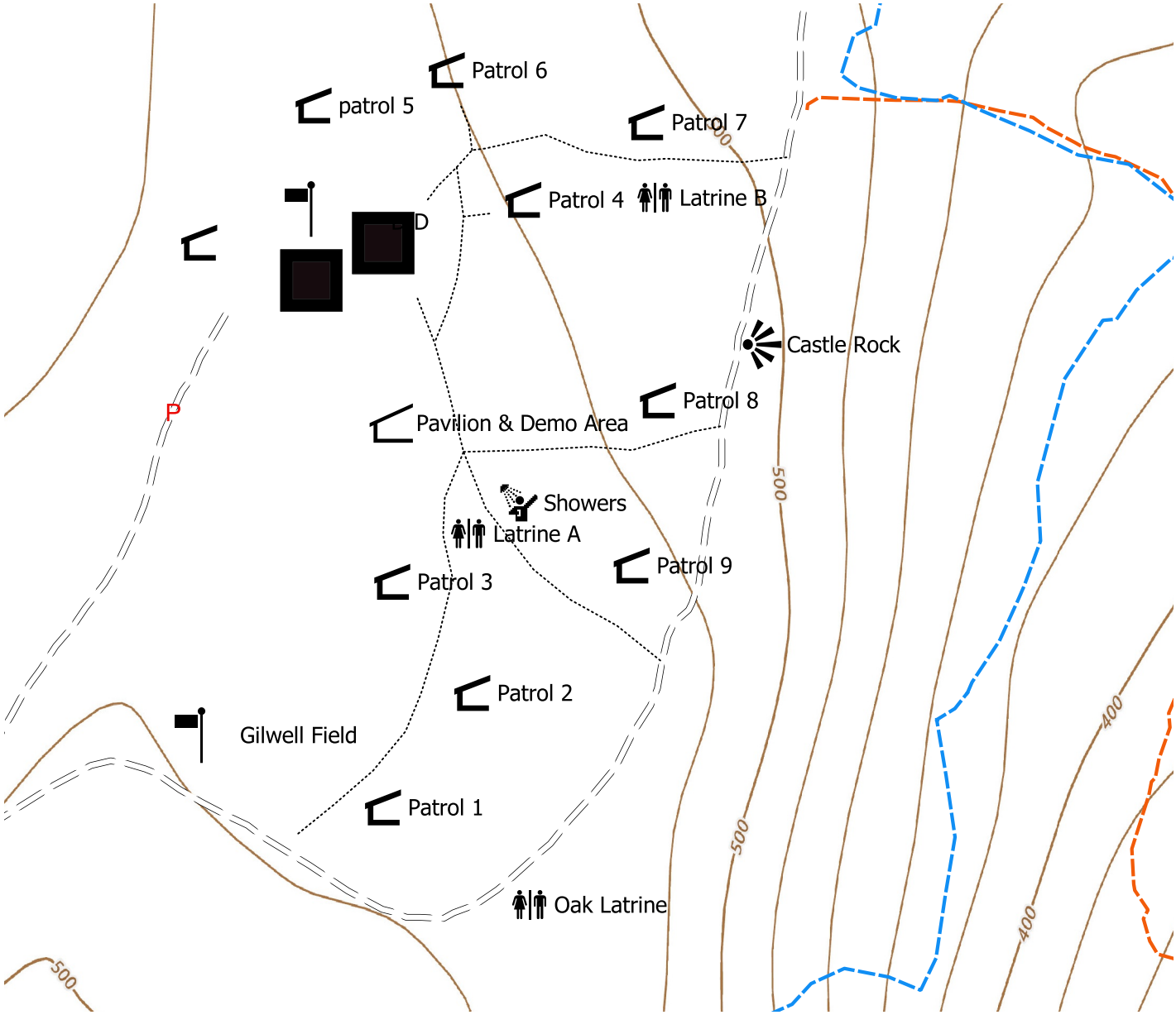Nelson Training Area