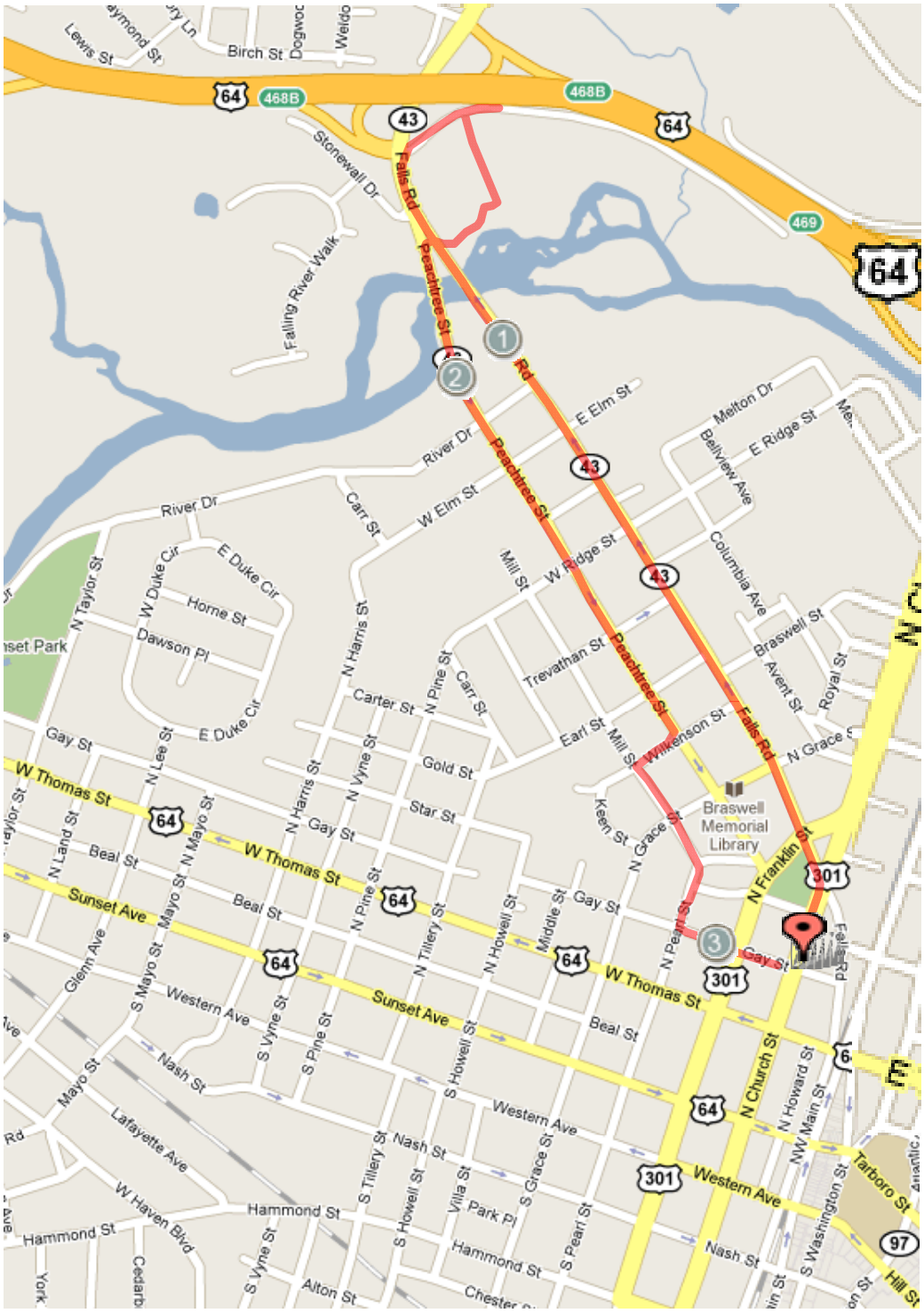Fun Run for Charities 2010 5K Route