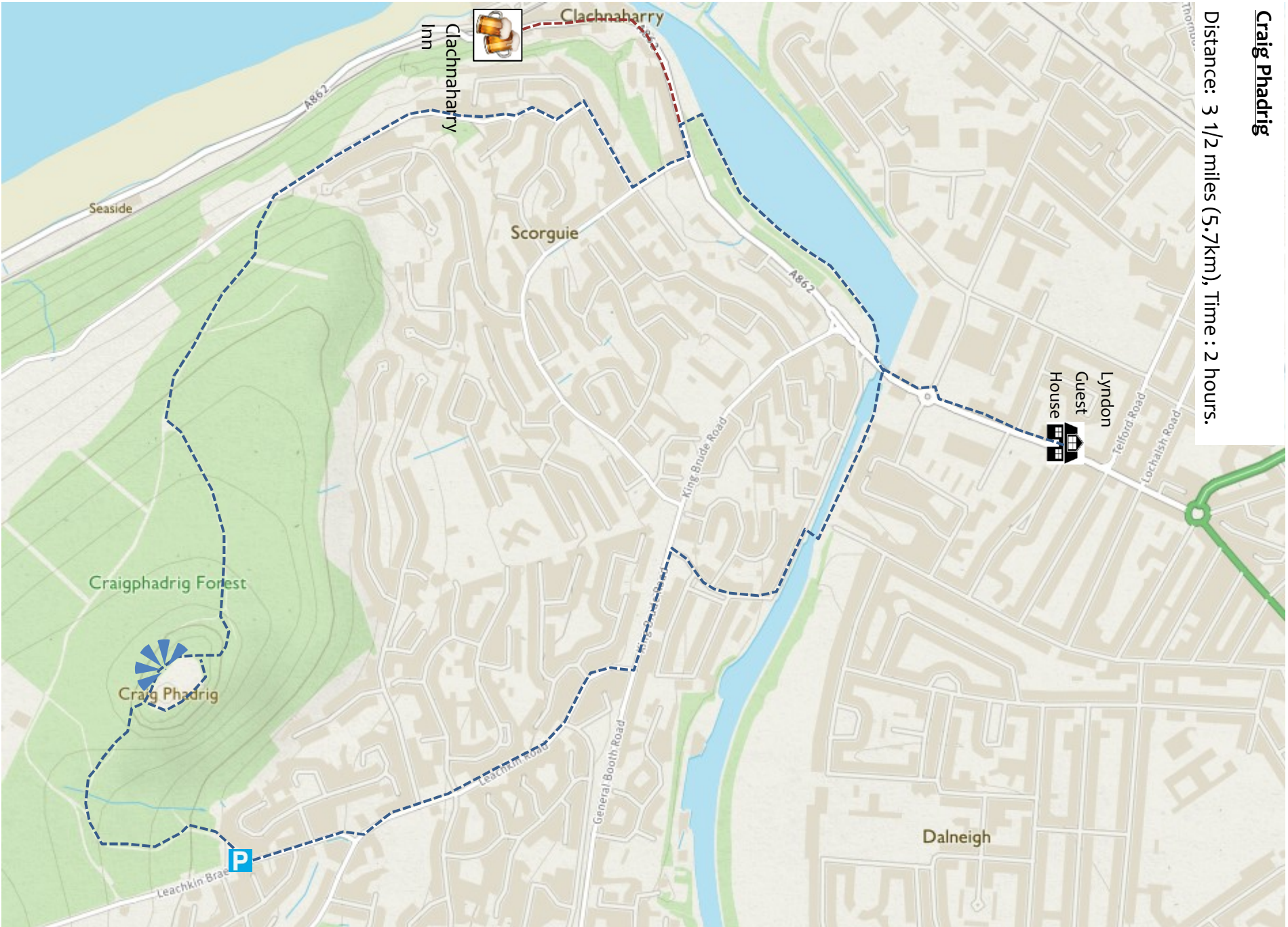


Craig Phadrig

Distance: 3 1/2 miles (5.7km), Time : 2 hours.



(please ask for a copy)