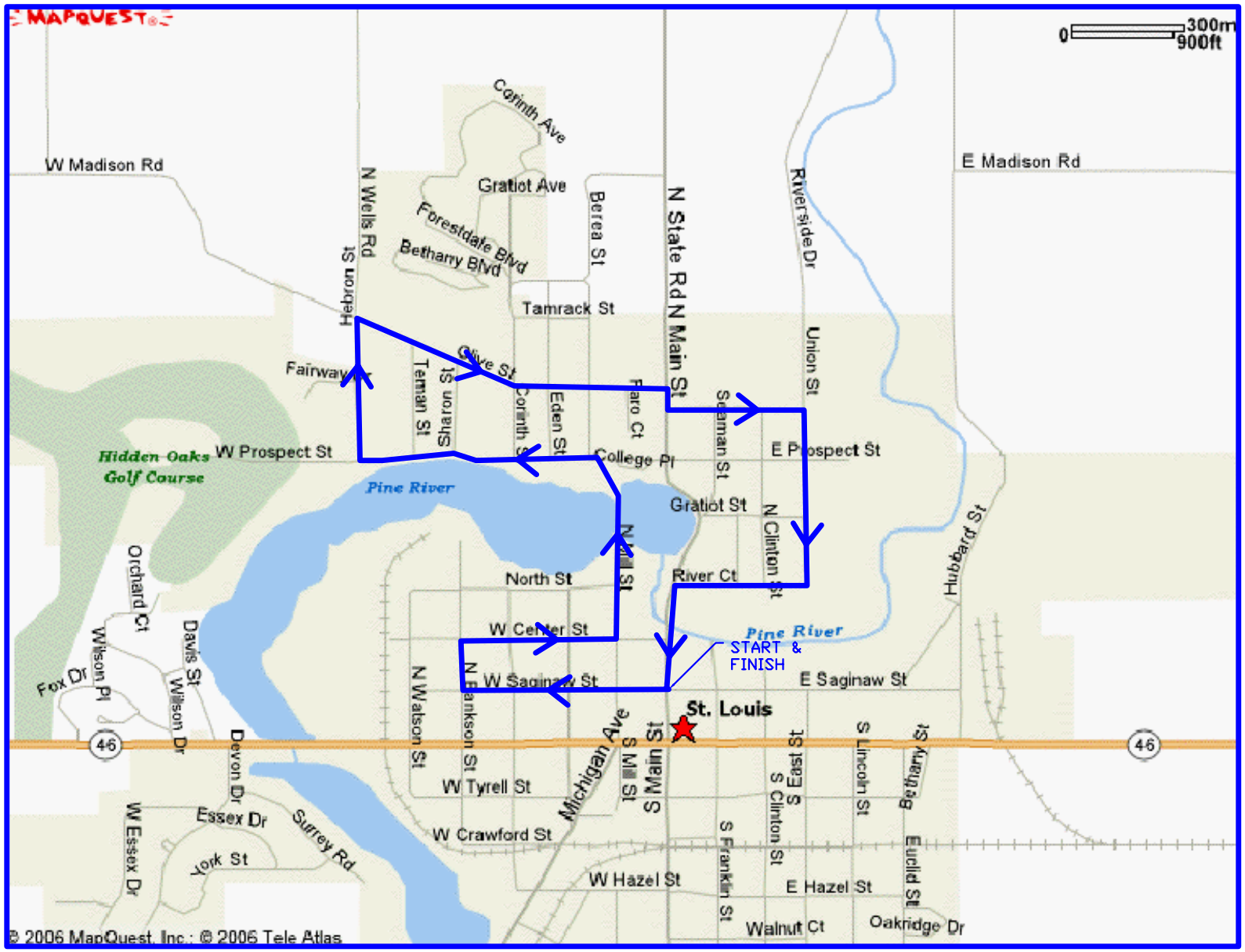ST. LOUIS COACH K 5K COURSE MAP