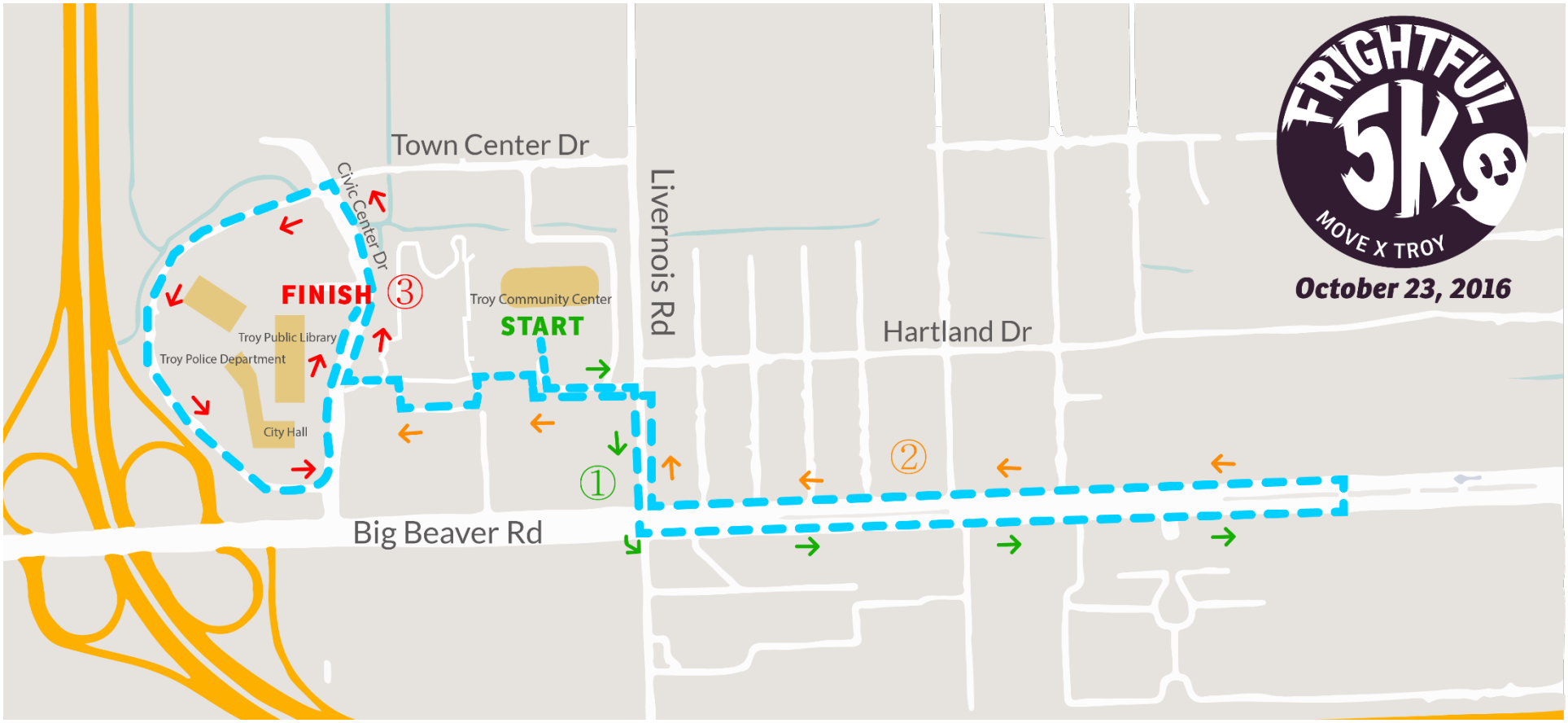5K Frightful 5K Route