



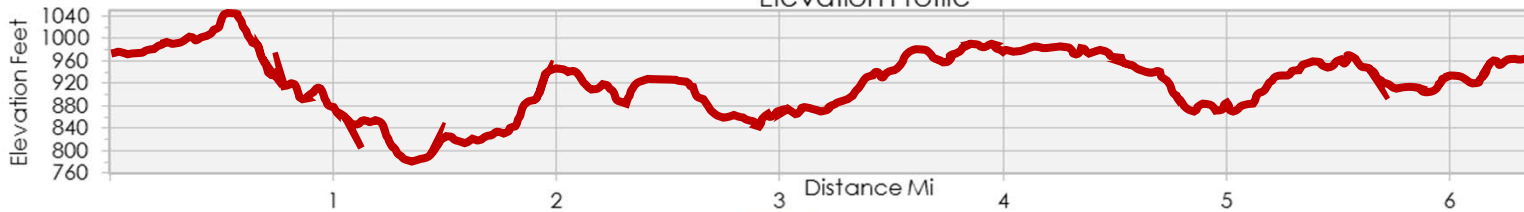
POSTOAK

Lodge Challenge
Friday
Quarter Marathon



Elevation	
Max / Min	1040 ft / 780 ft
Gain / Loss	1009 ft / -1007 ft
Slope	
Max	18.8% -19.7%
Avg	4.8% -4.9%

Elevation Profile



3 Chicks and a Rooster

Mile Junkie

T2 TRAIL RUNS

STORMY THE SNOWMAN
Fitness Protection Program

HOKA ONE ONE

Recovery Therapy

Broken Arrow Painting