

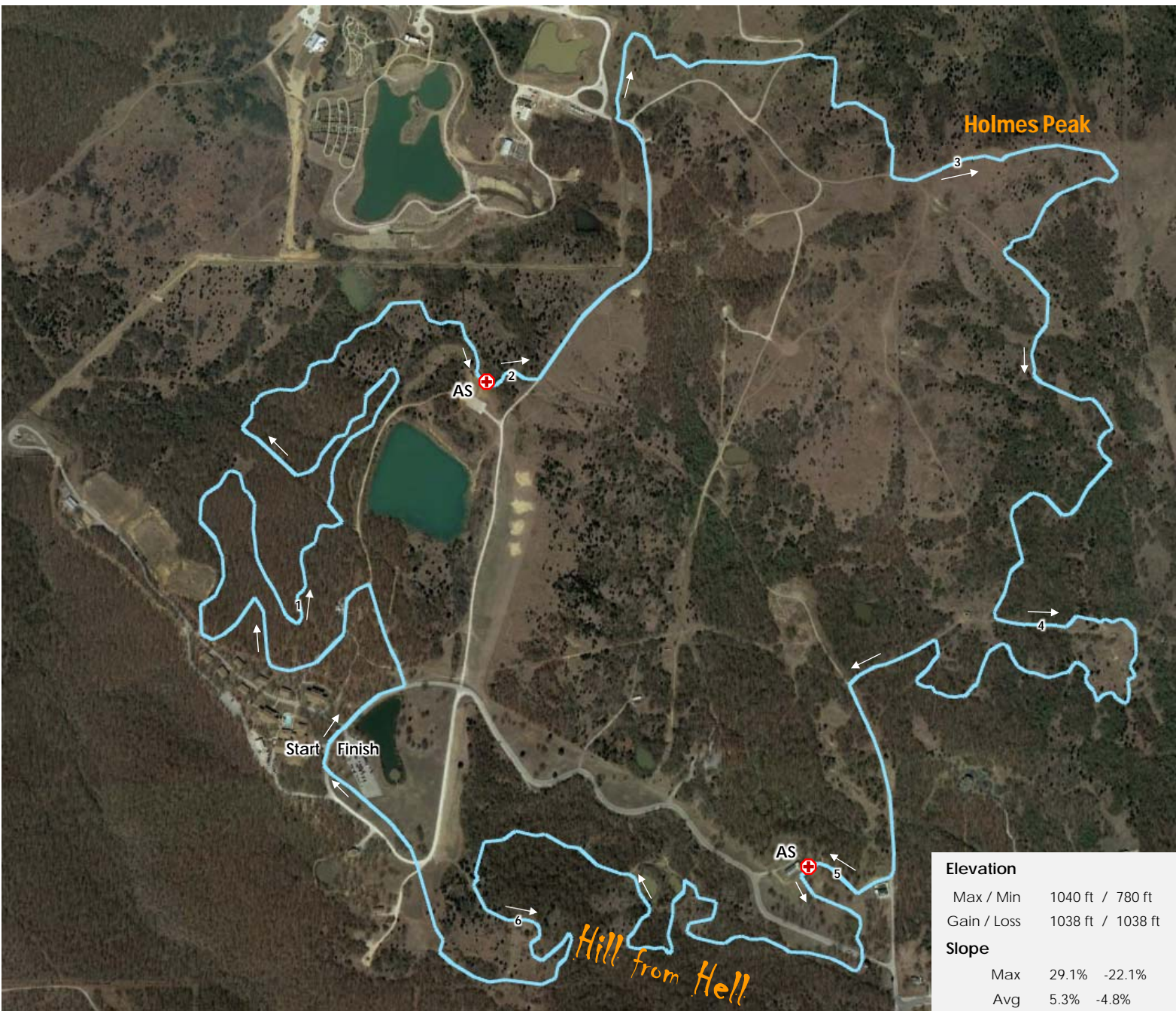


POSTOAK

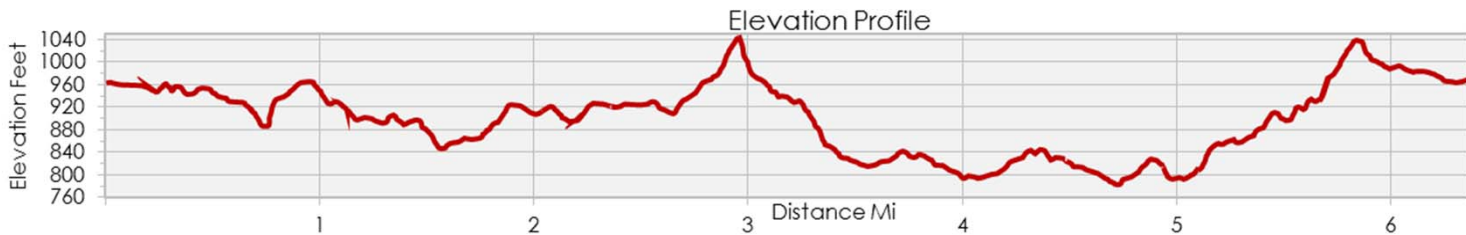
Lodge Challenge

Sunday

Quarter Marathon



Elevation	
Max / Min	1040 ft / 780 ft
Gain / Loss	1038 ft / 1038 ft
Slope	
Max	29.1% -22.1%
Avg	5.3% -4.8%



3 Chicks and a Rooster



Mile Junkie



Fitness Protection Program



HOKA ONE ONE



Recovery Therapy

