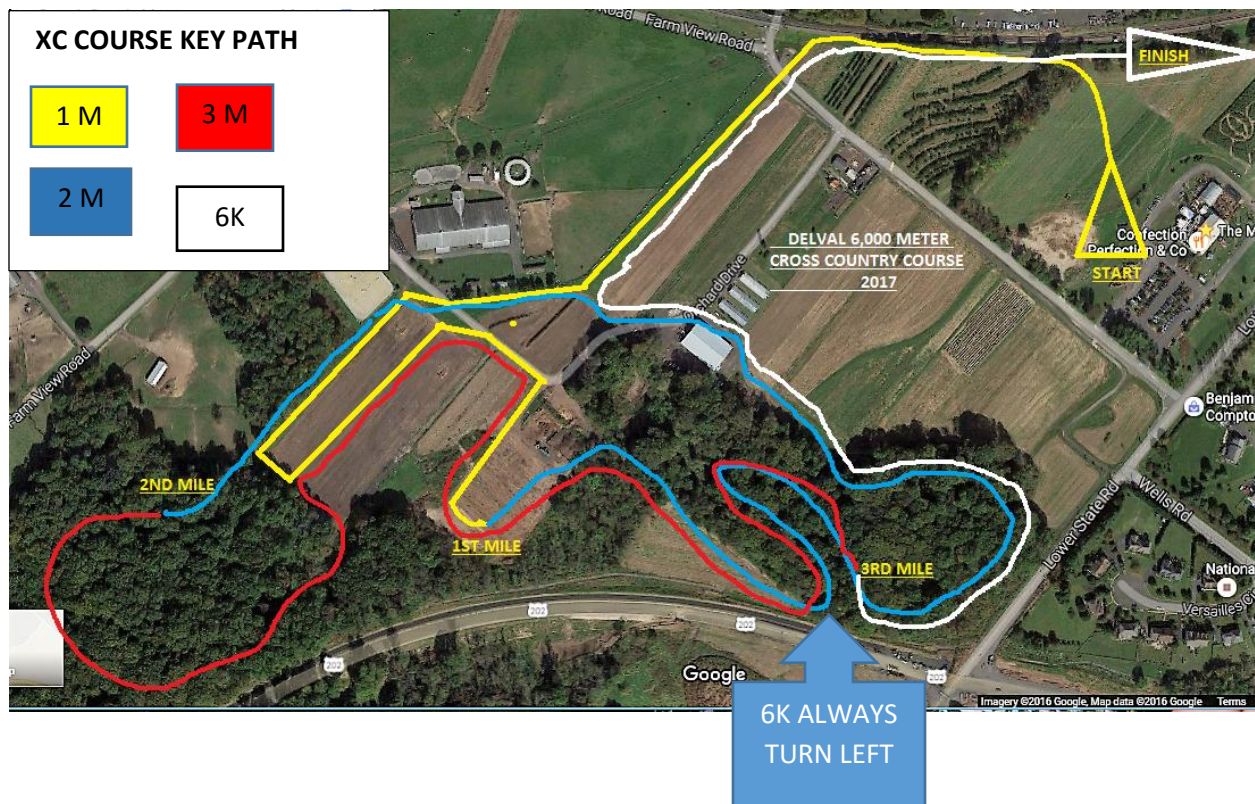


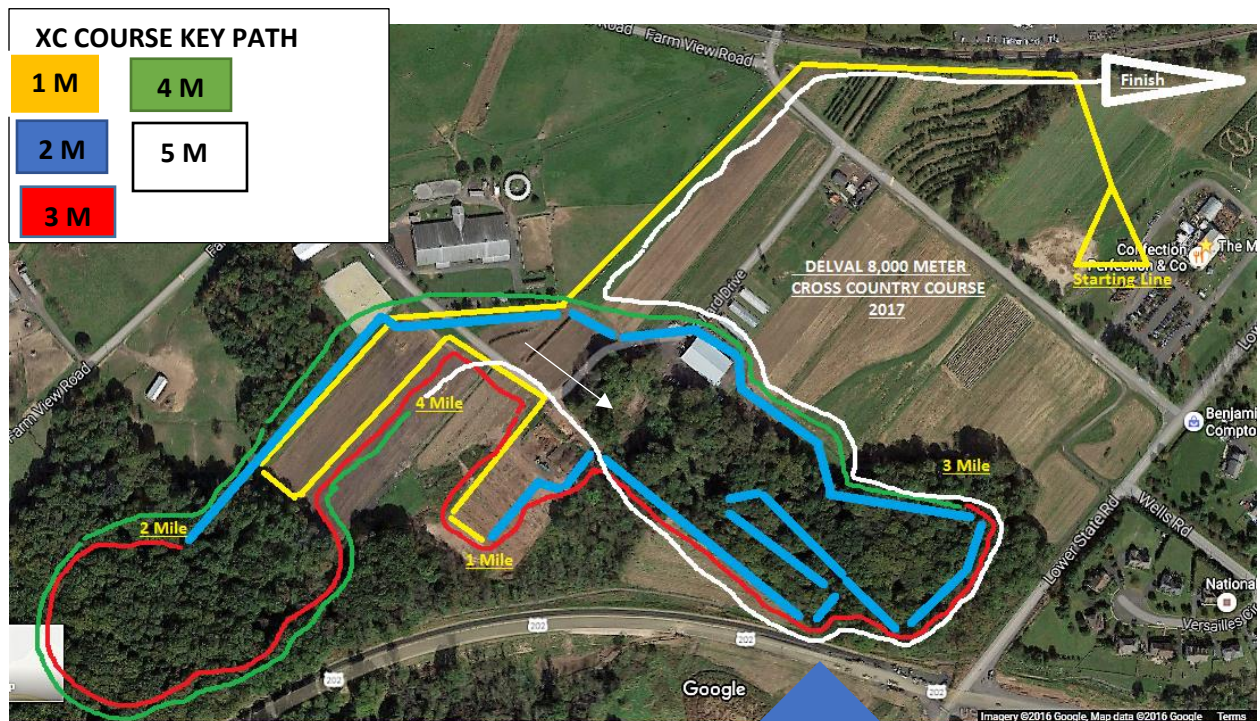


Women's 6000 Meter





Men's 8000 Meter



8K TURN LEFT-LEFT 1ST TIME ONLY
ON BLUE.

2ND & 3RD TIME LEFT -TO -RIGHT
ON RED & WHITE