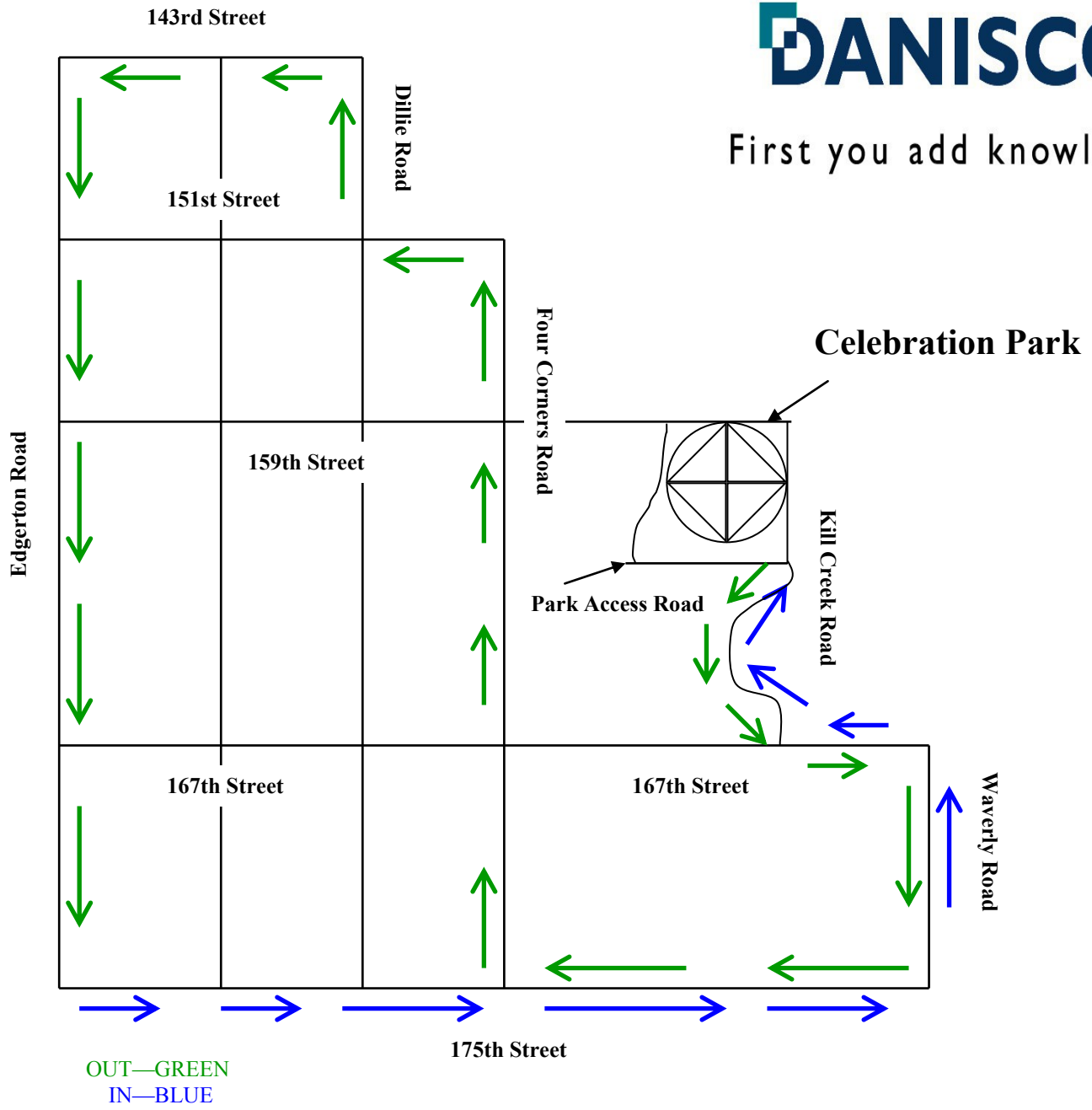Prairie Punisher Duathlon Bike Course- 2011