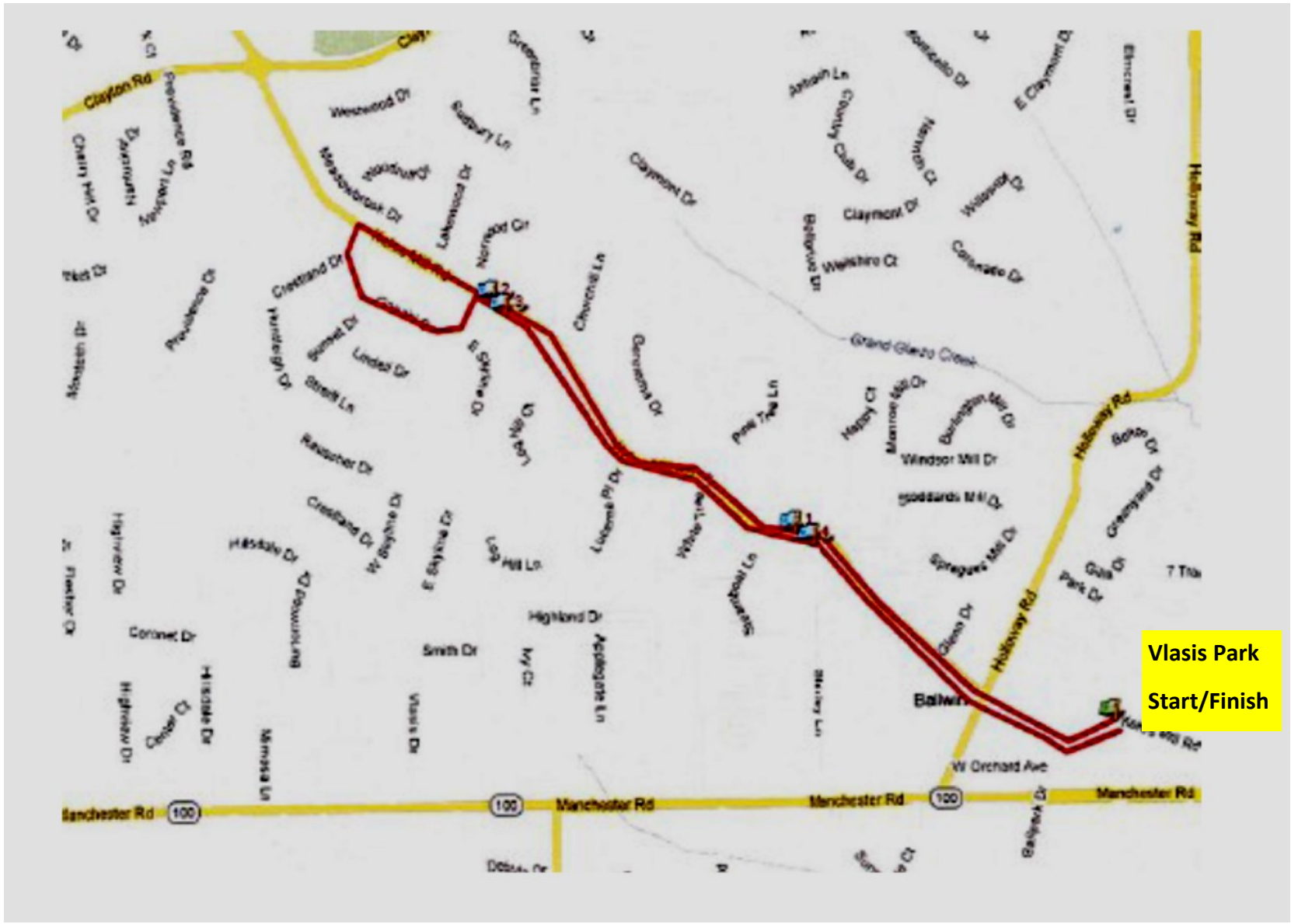Ballwin Days 5K