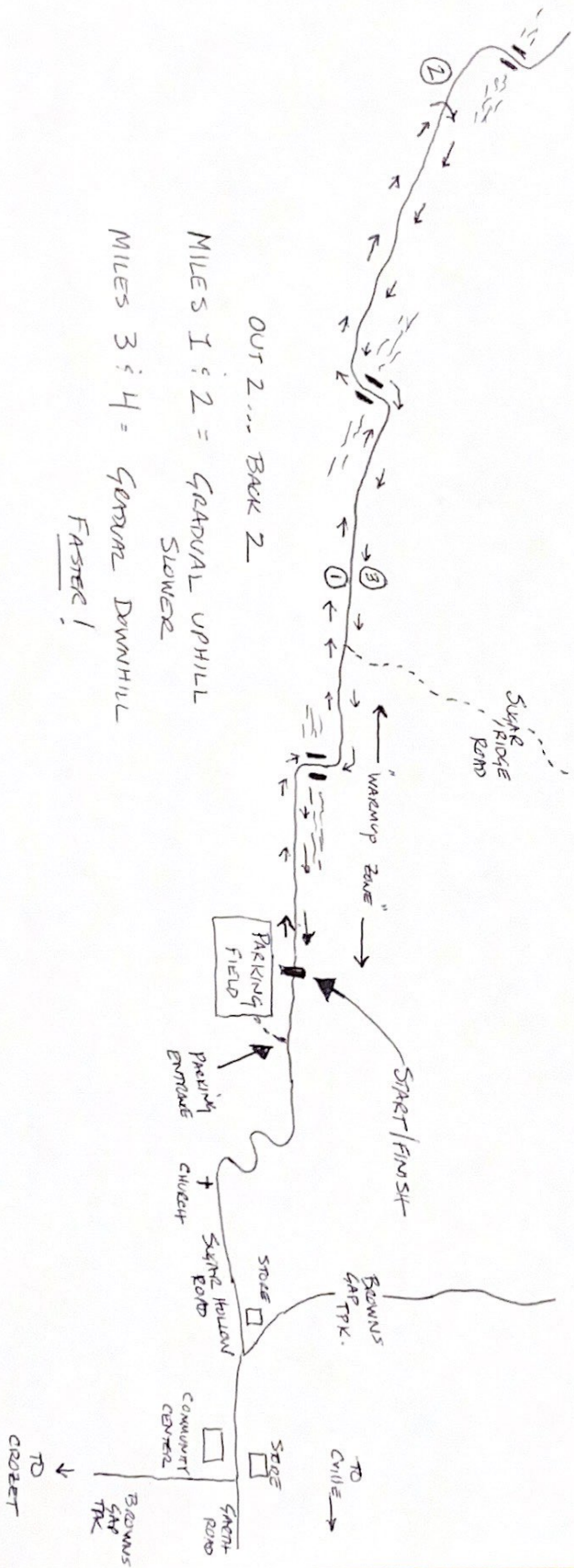


SUGAR HOLLOW  
FROSTBITE FOUR MILER



OUT 2... BACK 2  
 MILES 1 & 2 = GRADUAL UPHILL  
 SLOWER  
 MILES 3 & 4 = GRADUAL DOWNHILL  
 FASTER!