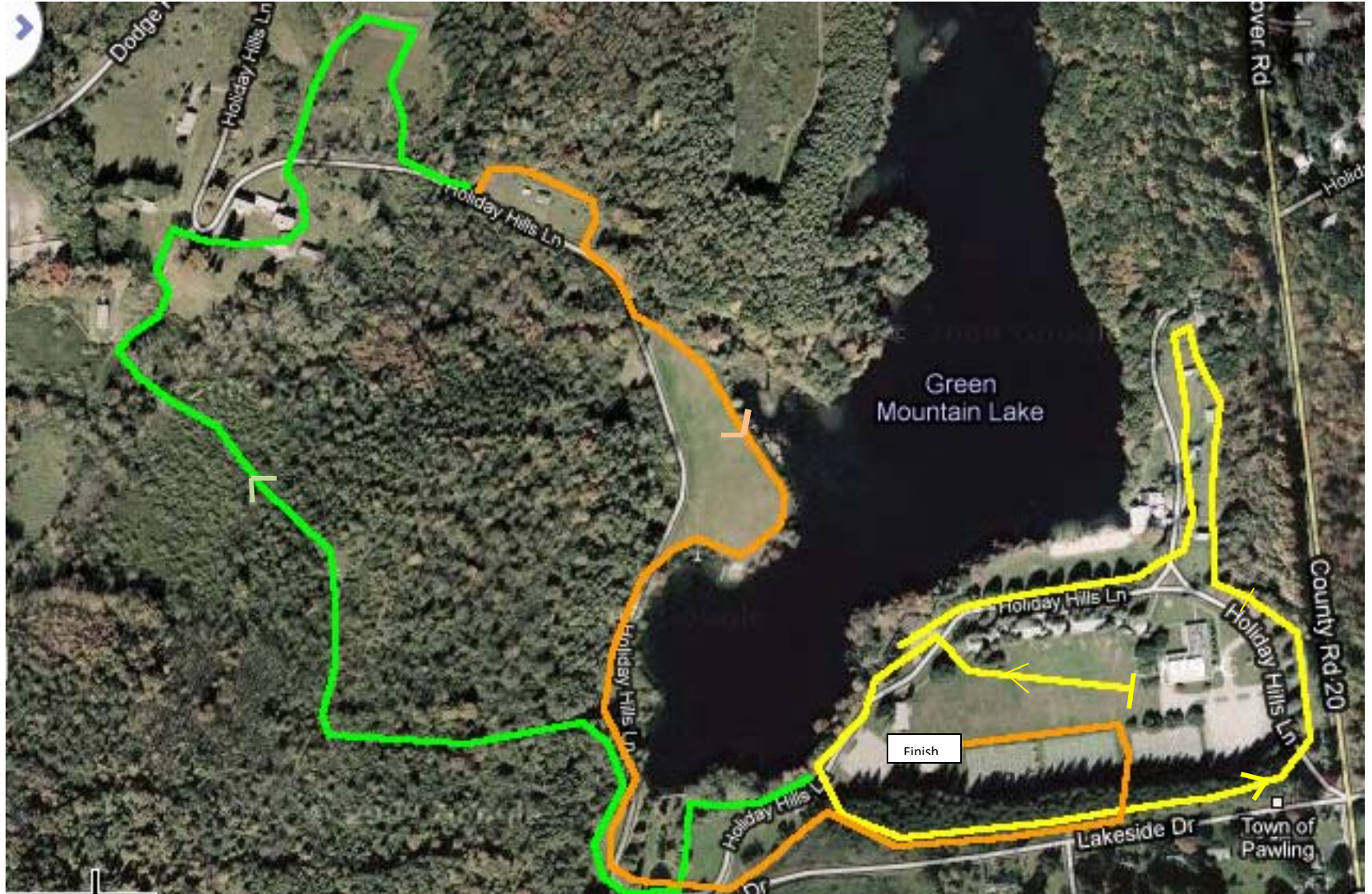



Pawling 5k(2010 NYS Championship course)



Mile 1: 

Mile 2: 

Mile 3: 