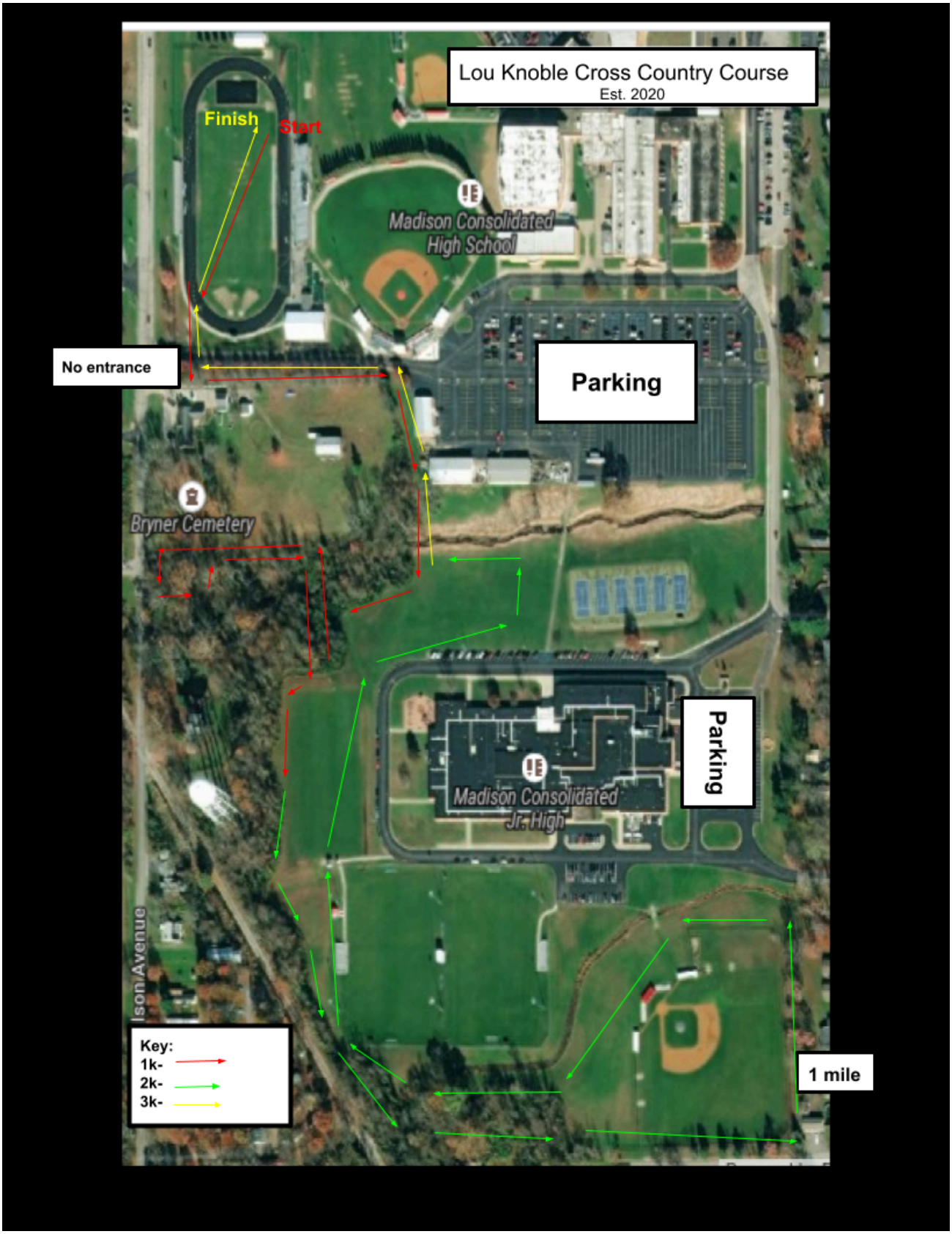Lou Knoble 3K Course