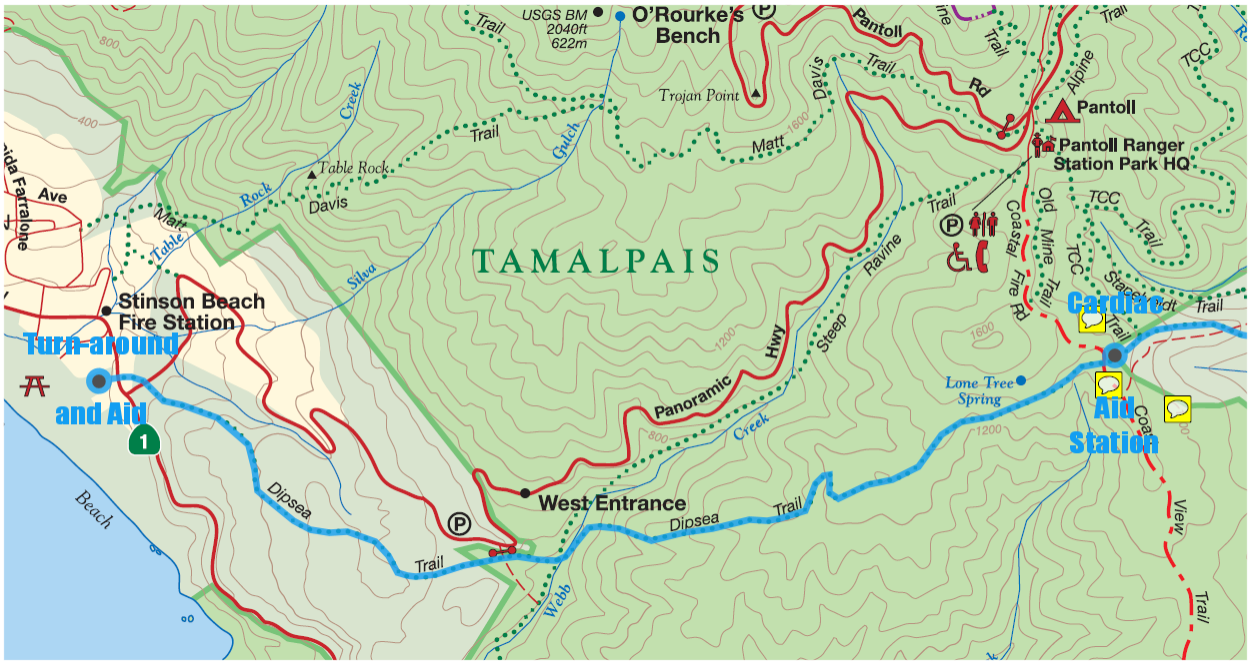
Quad Dipsea Course

Mill Valley to Stinson and Back - Twice

Aid at Start, Cardiac and the Turn-around