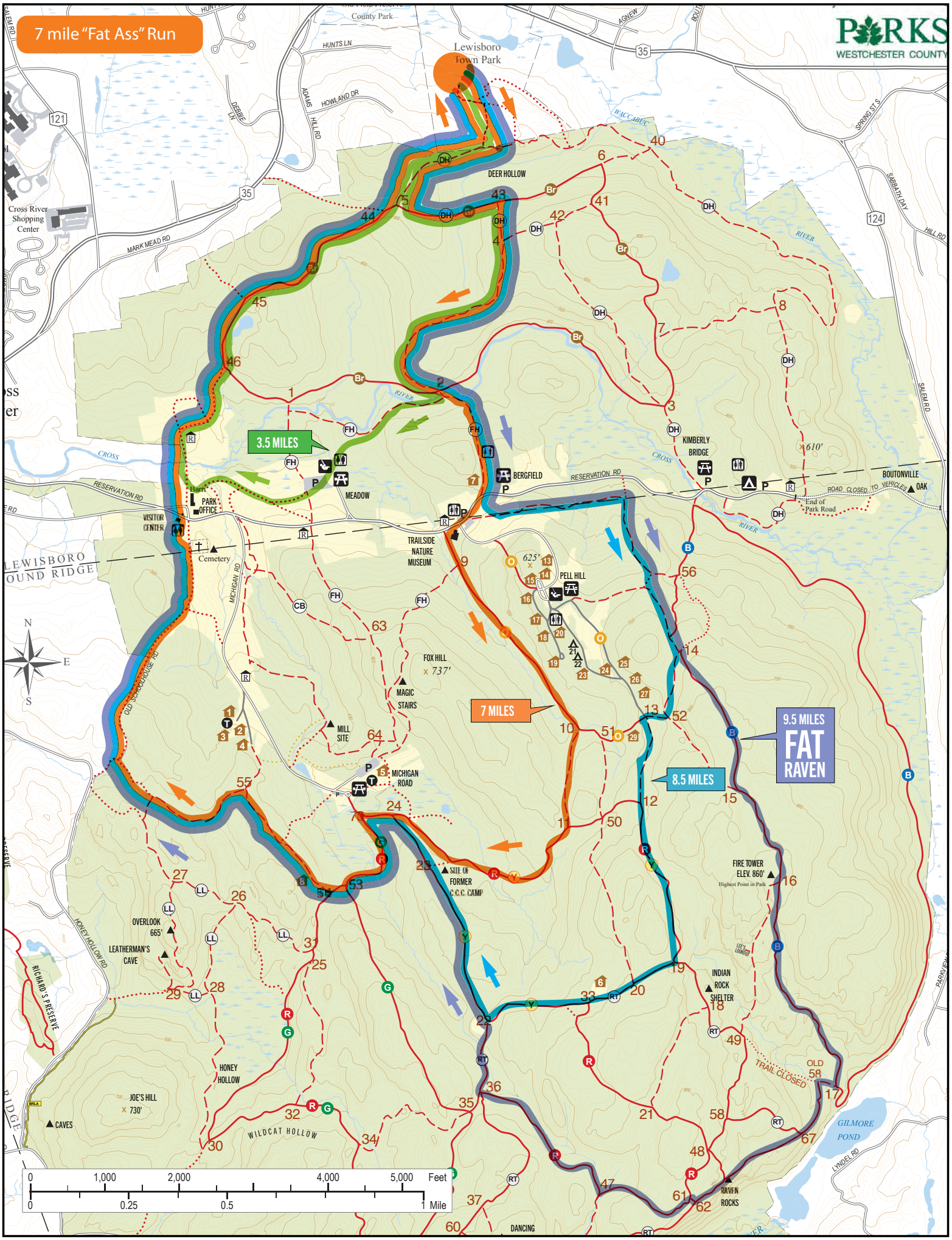7 mile "Fat Ass" Run