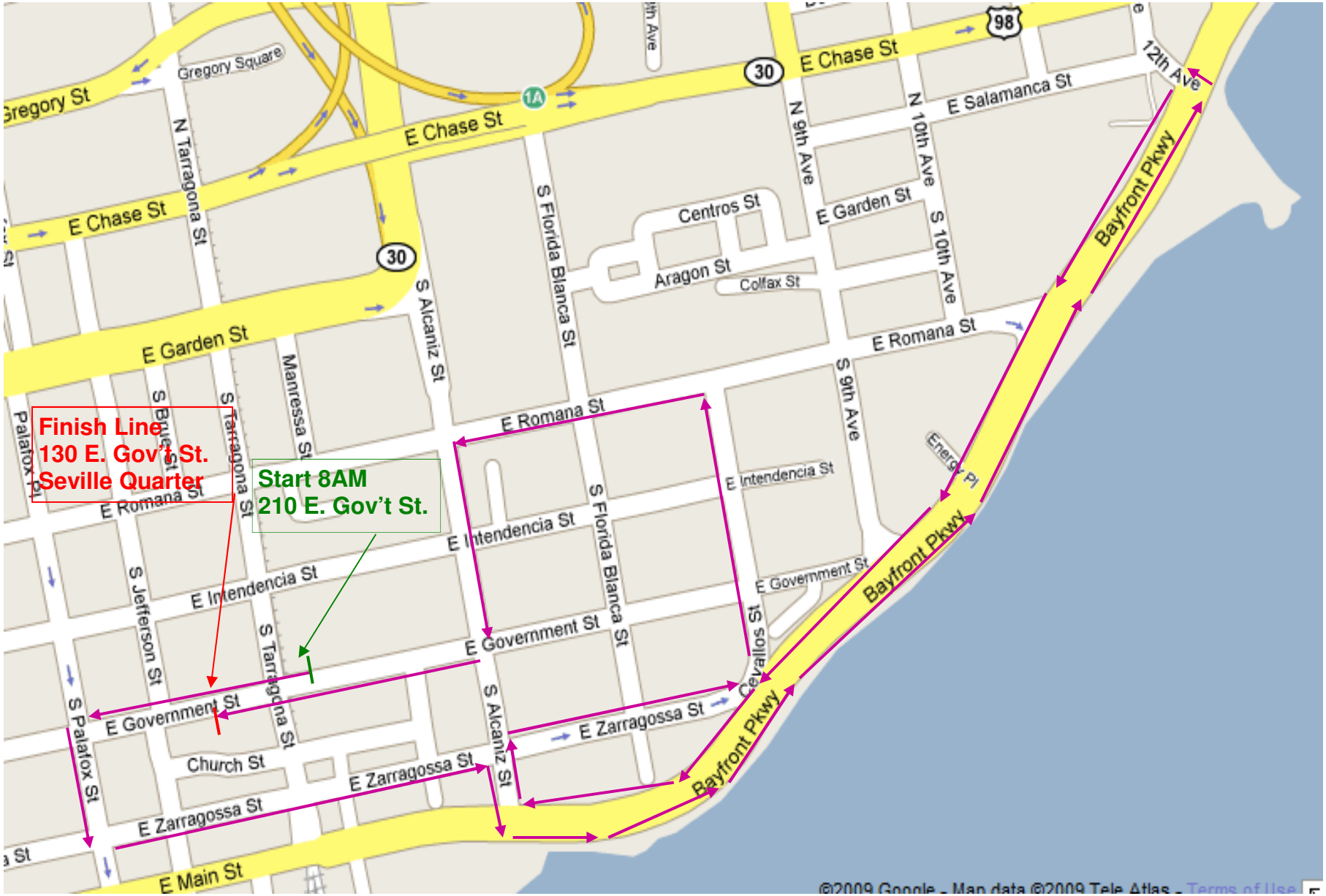26th Annual MCL and MCAA 5K Charity Run 09-12-09