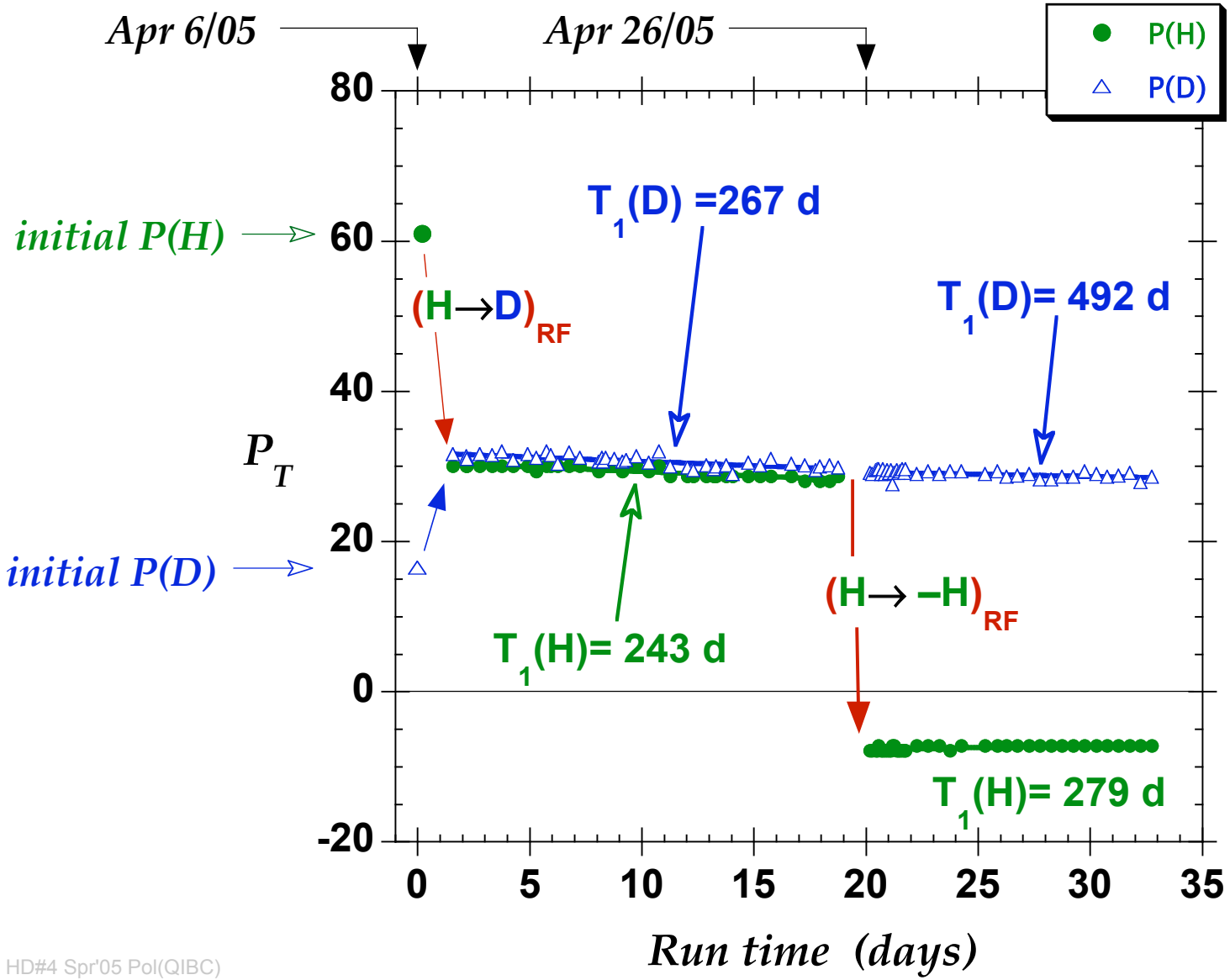HD#4 Spring'05 Running Cycle