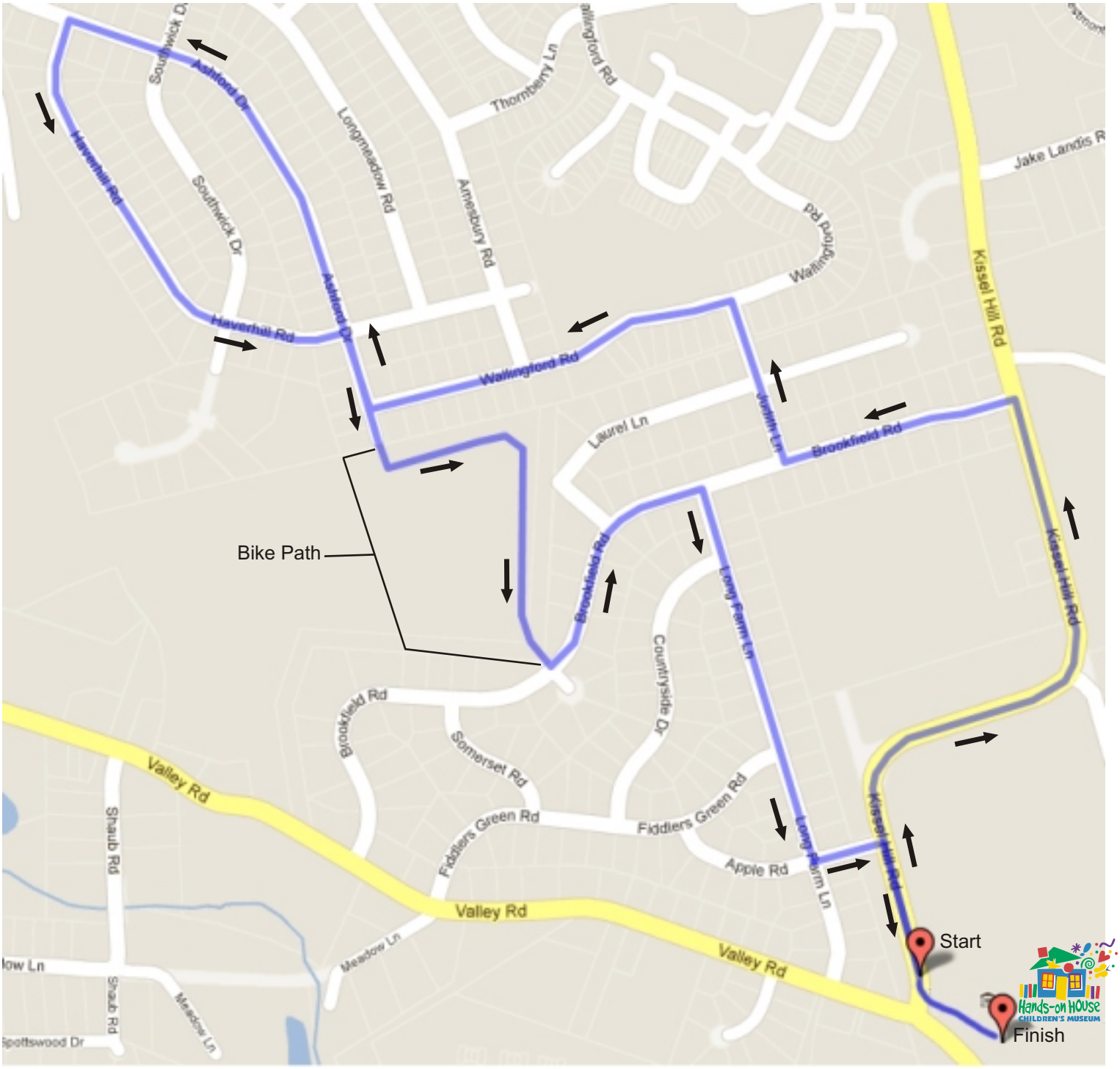Hands-on House 5K Route