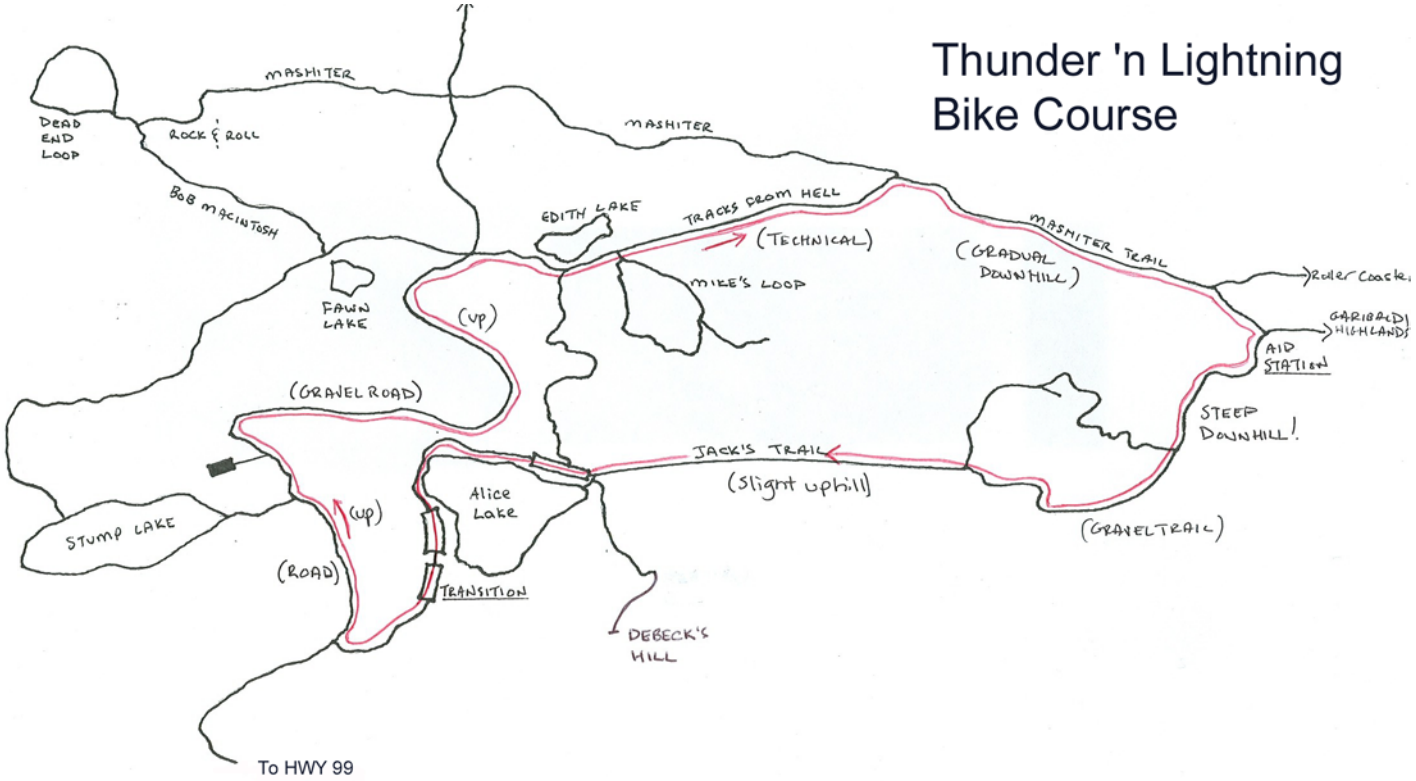Thunder 'n Lightning Bike Course