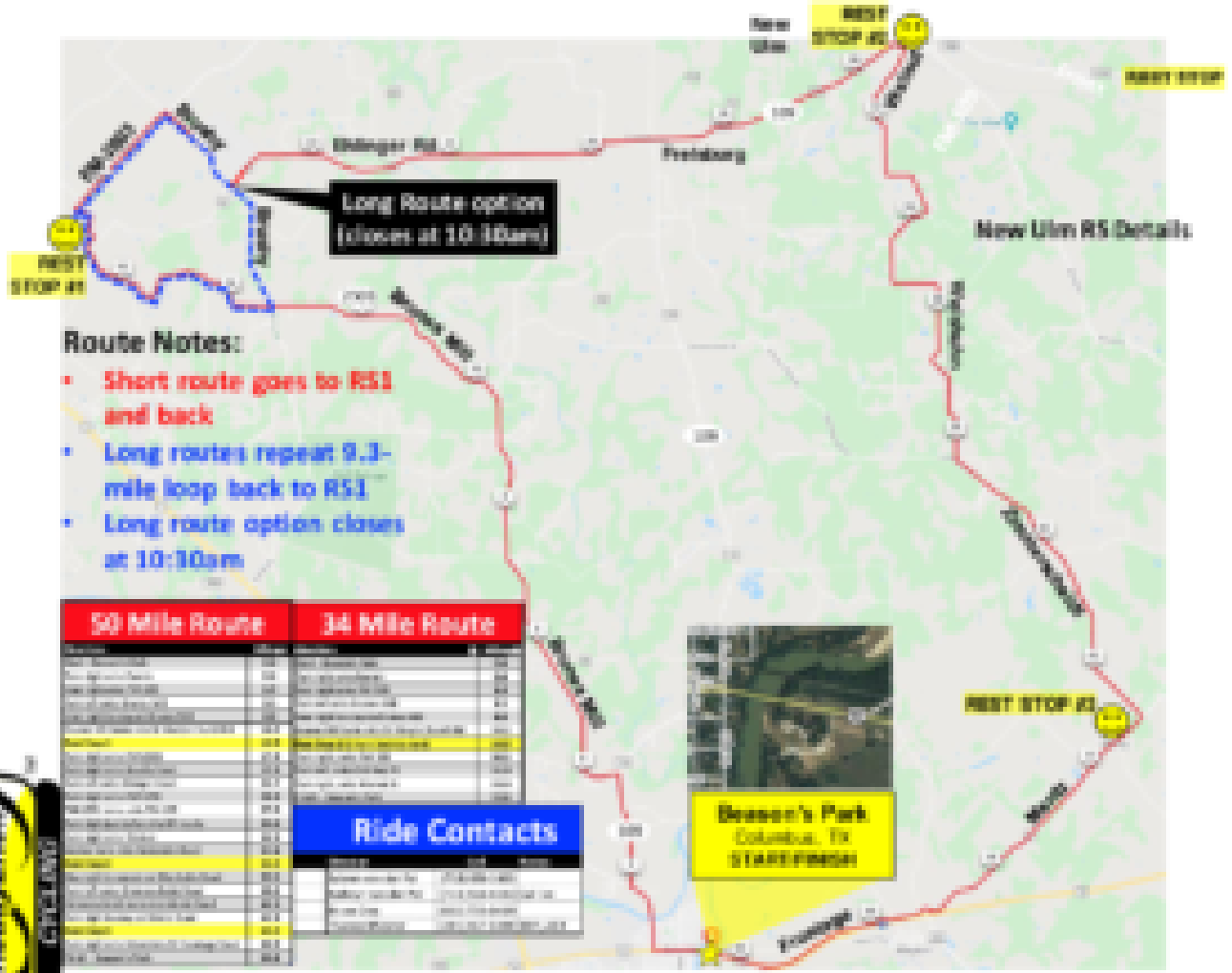TRAINING Ride 8 – Columbus