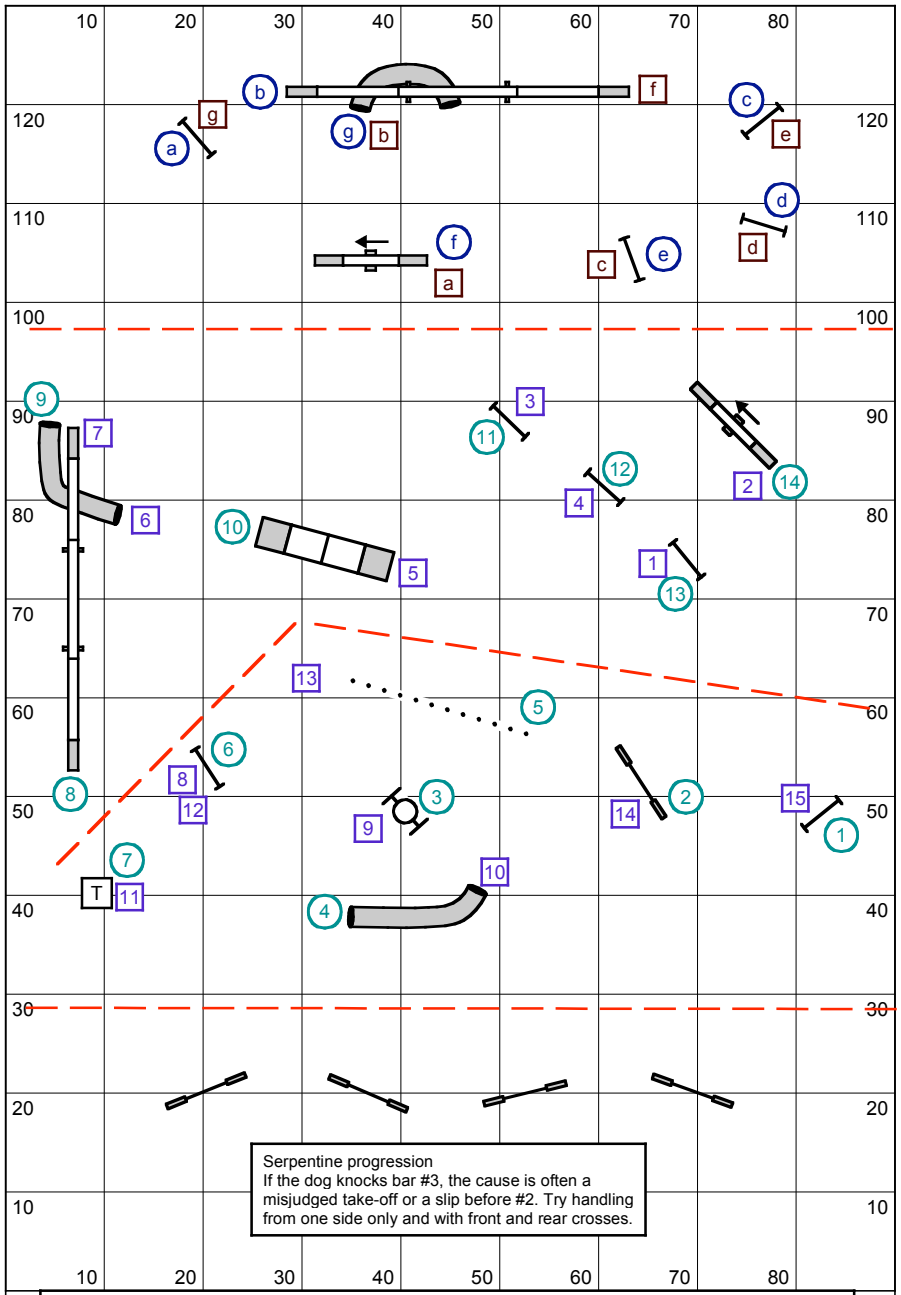
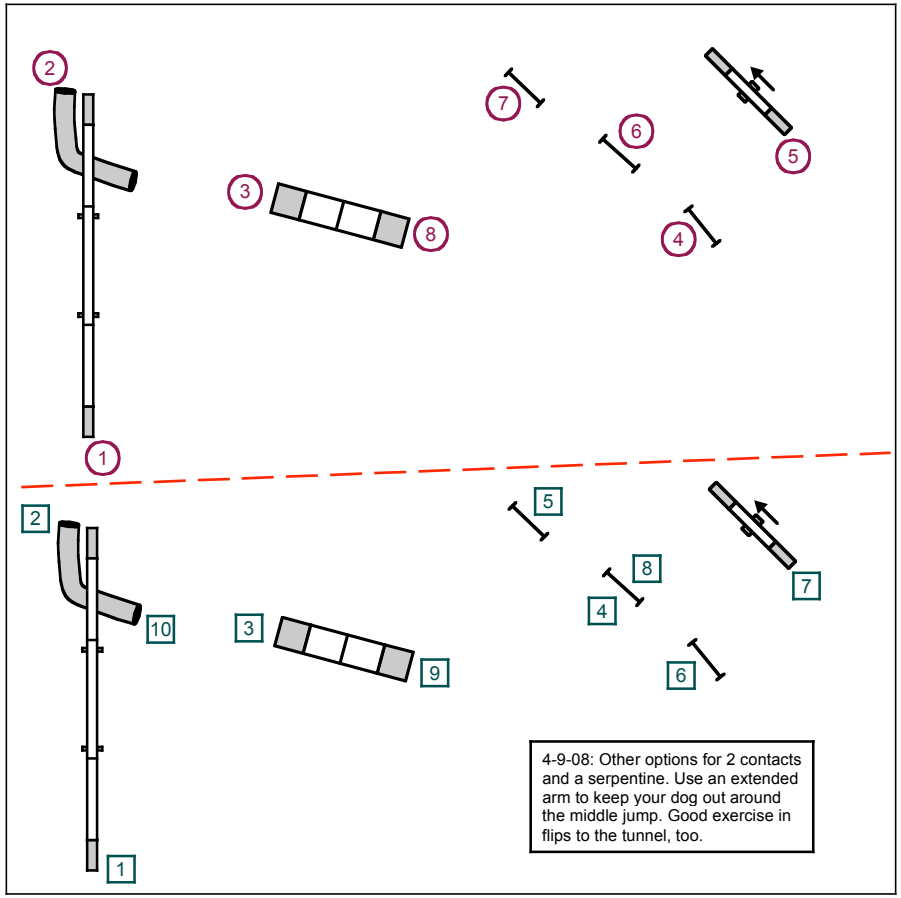
ARFF Practice 4-9-08 per Joan Villandry. The center exercise can be run as a course or split into separate exercises bounded by the jagged red line. If lots of members show up, run as separate exercises.