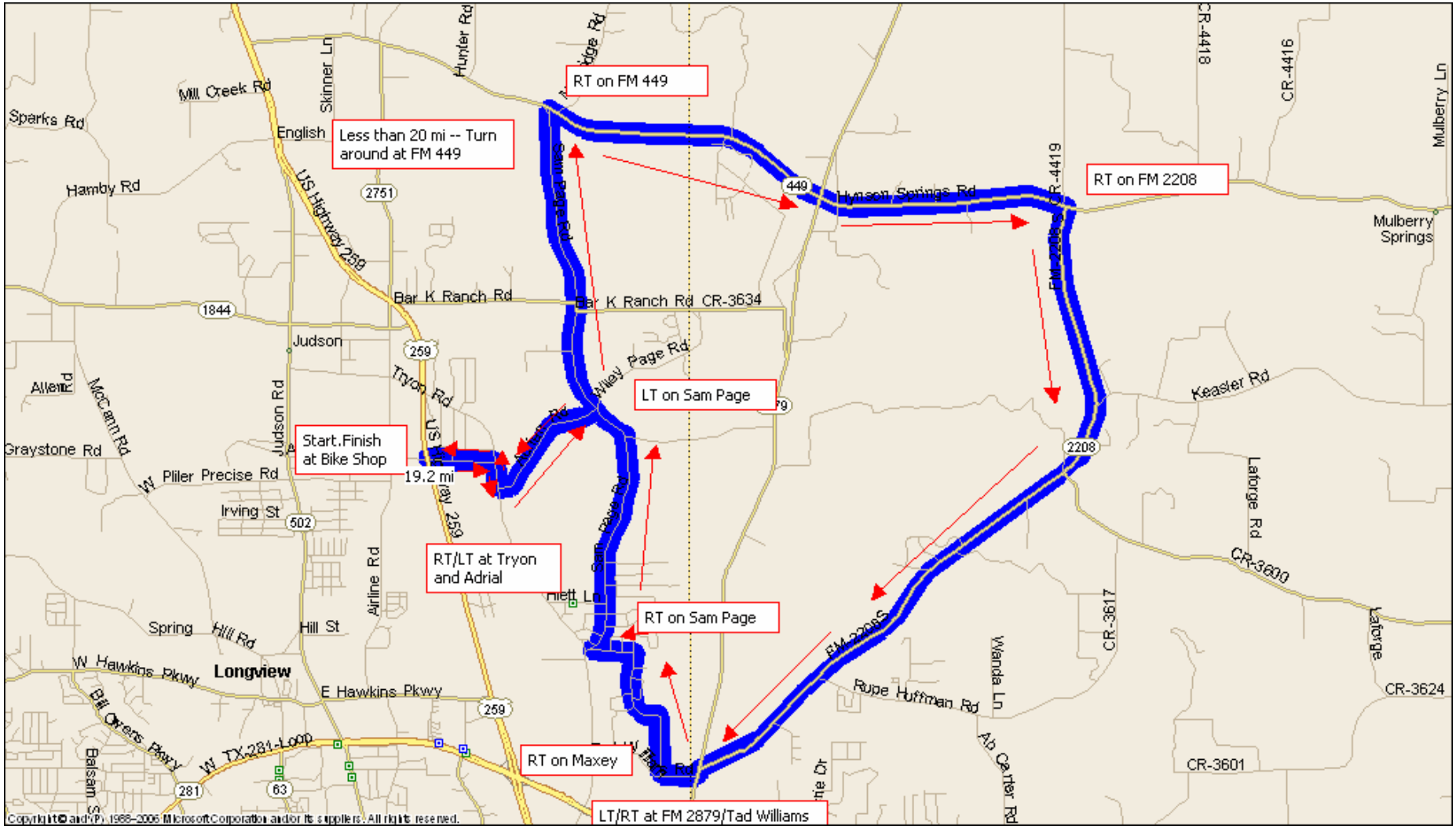LBC Monday Night 20 Mile Ride