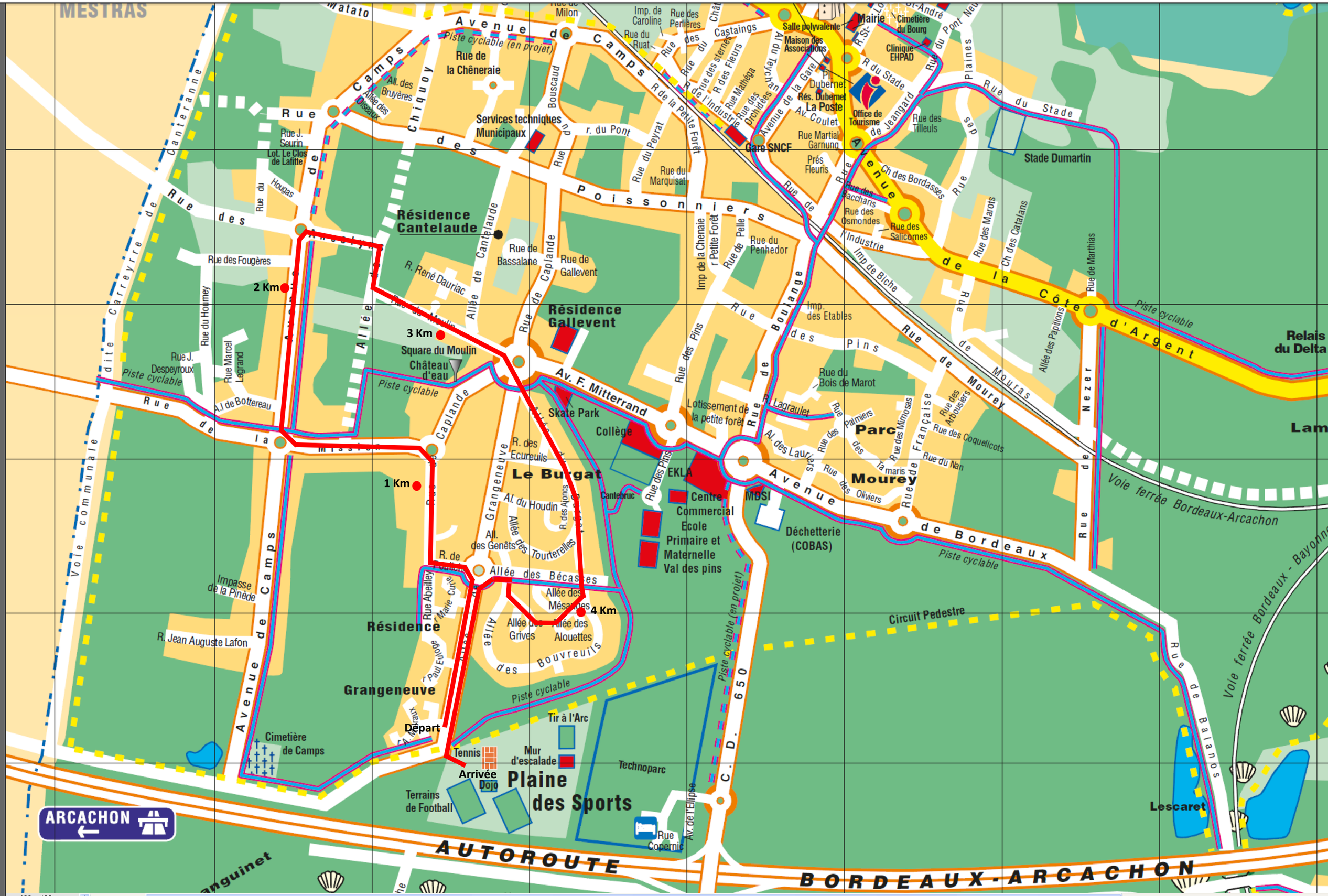Foulées des Plaines 5 kms 2024