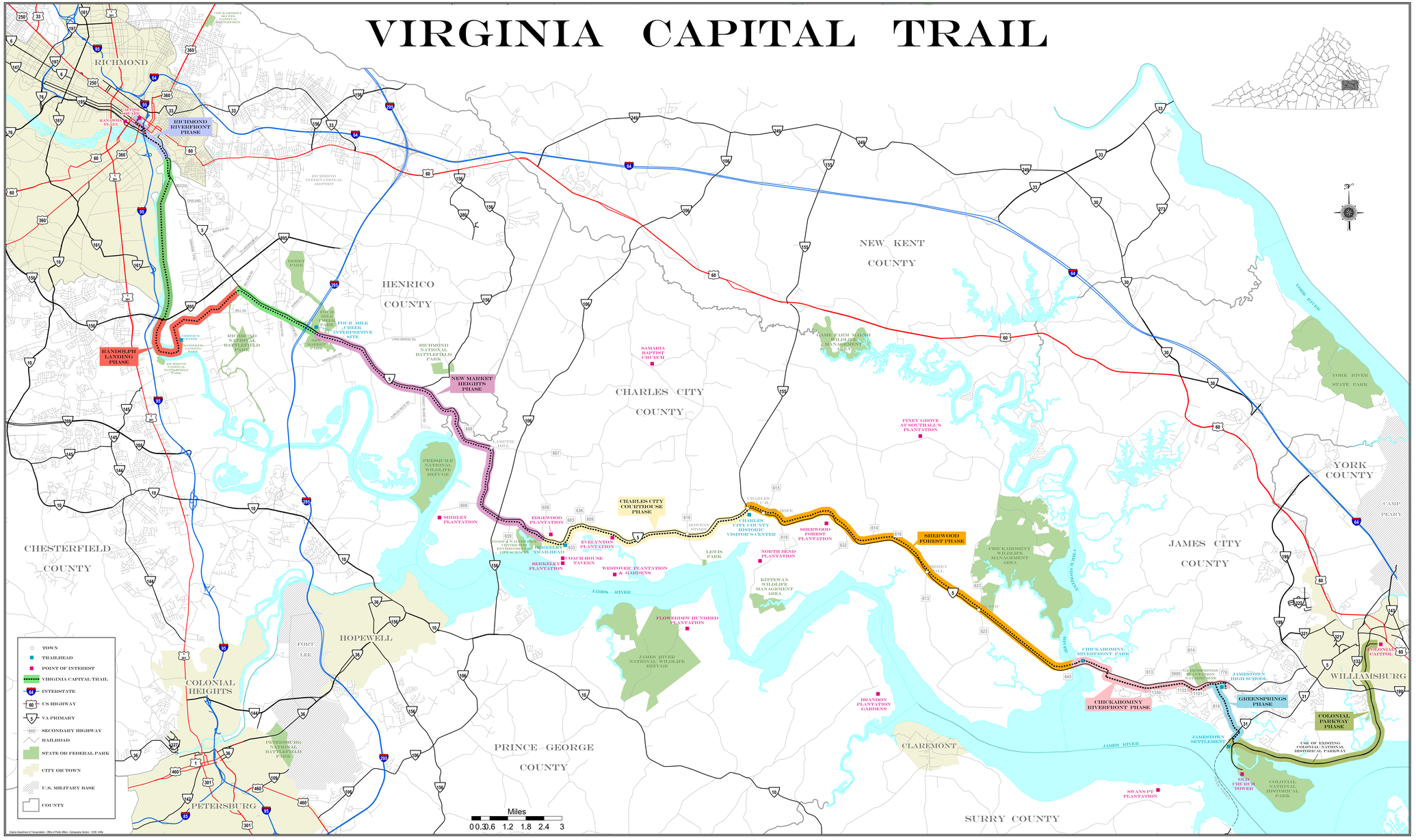VIRGINIA CAPITAL TRAIL