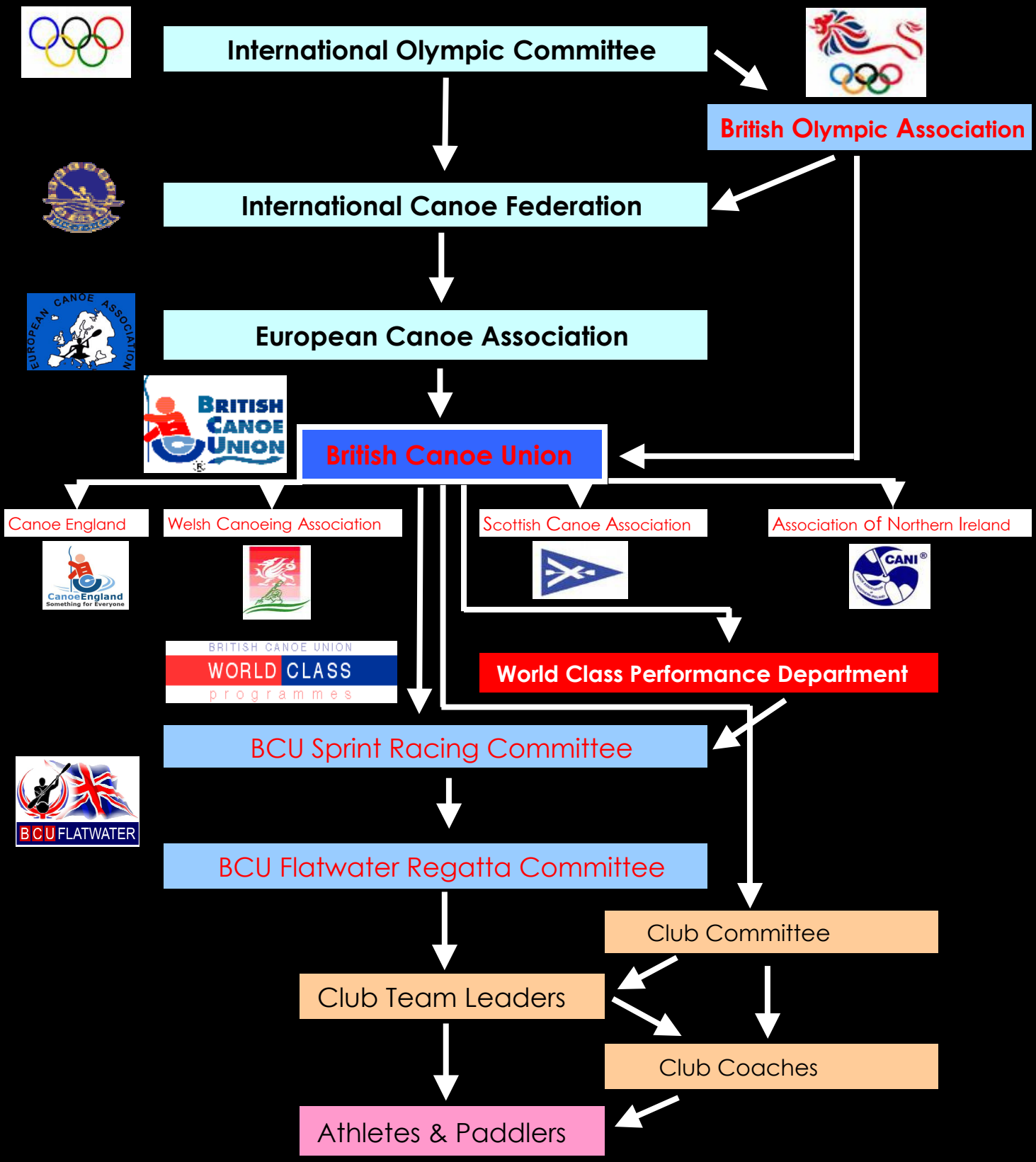The overview of Flatwater Sprint Racing