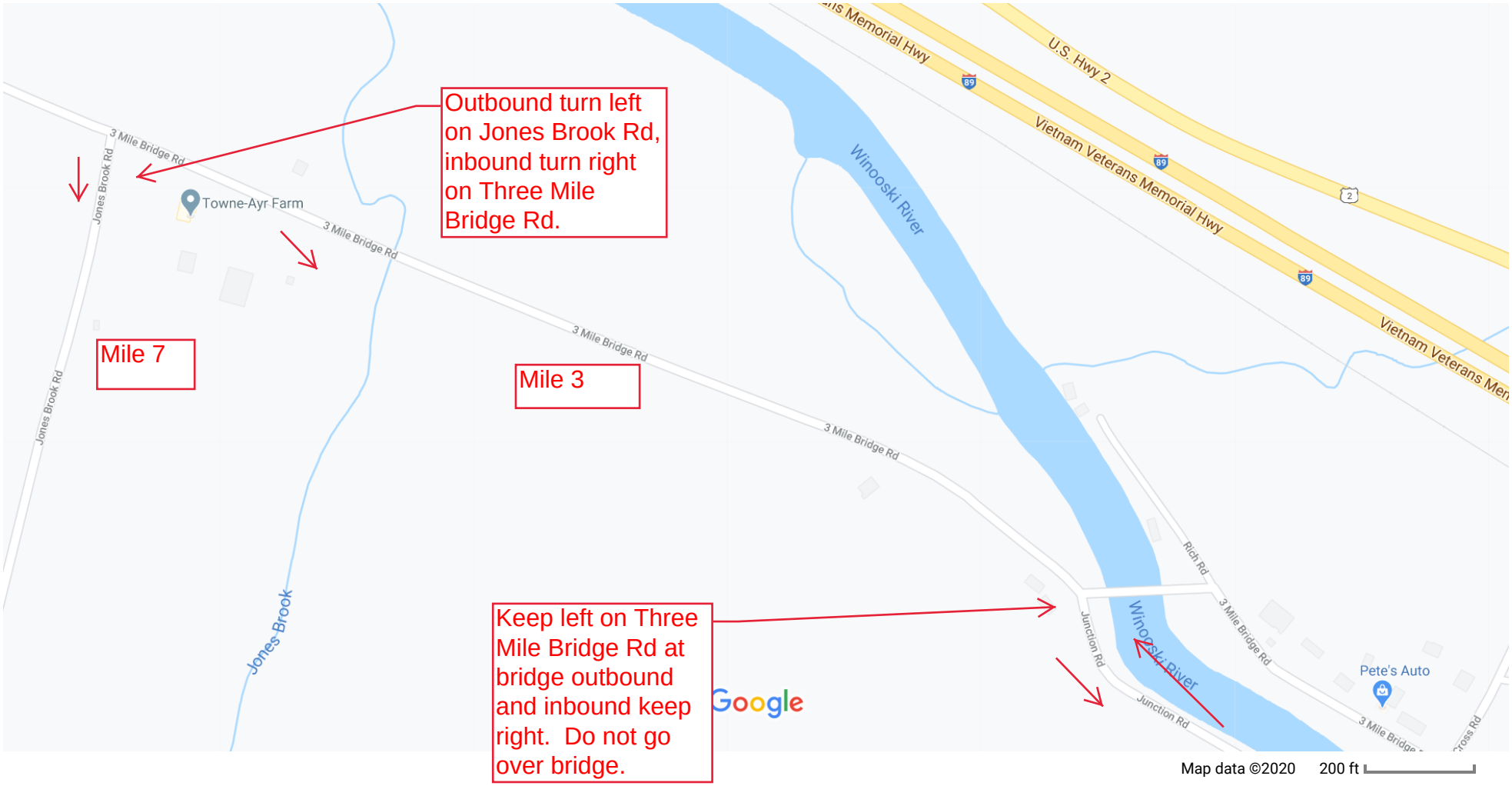Paul Mailman Ten Miler Course Notes