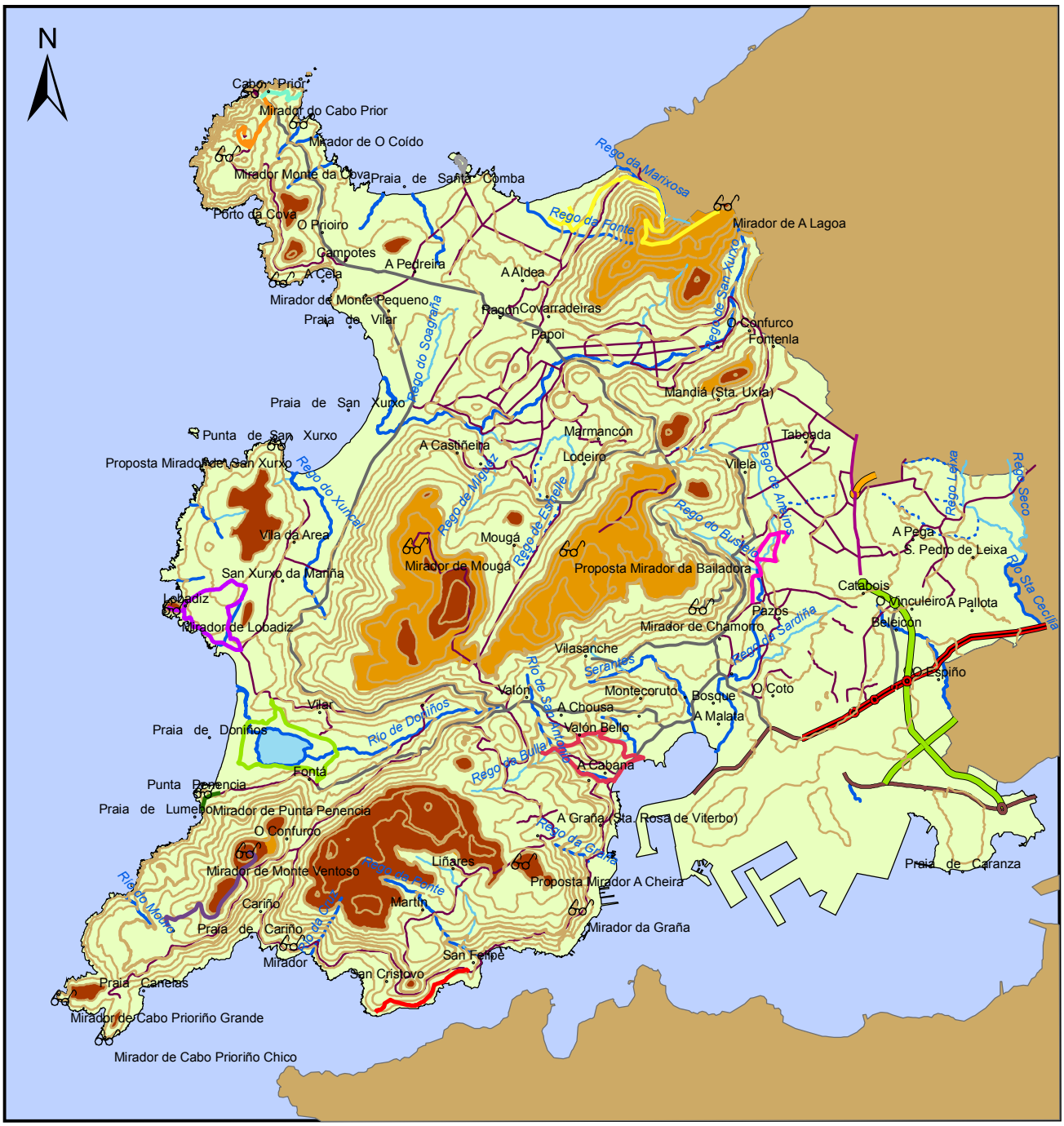Sendeiros a pé