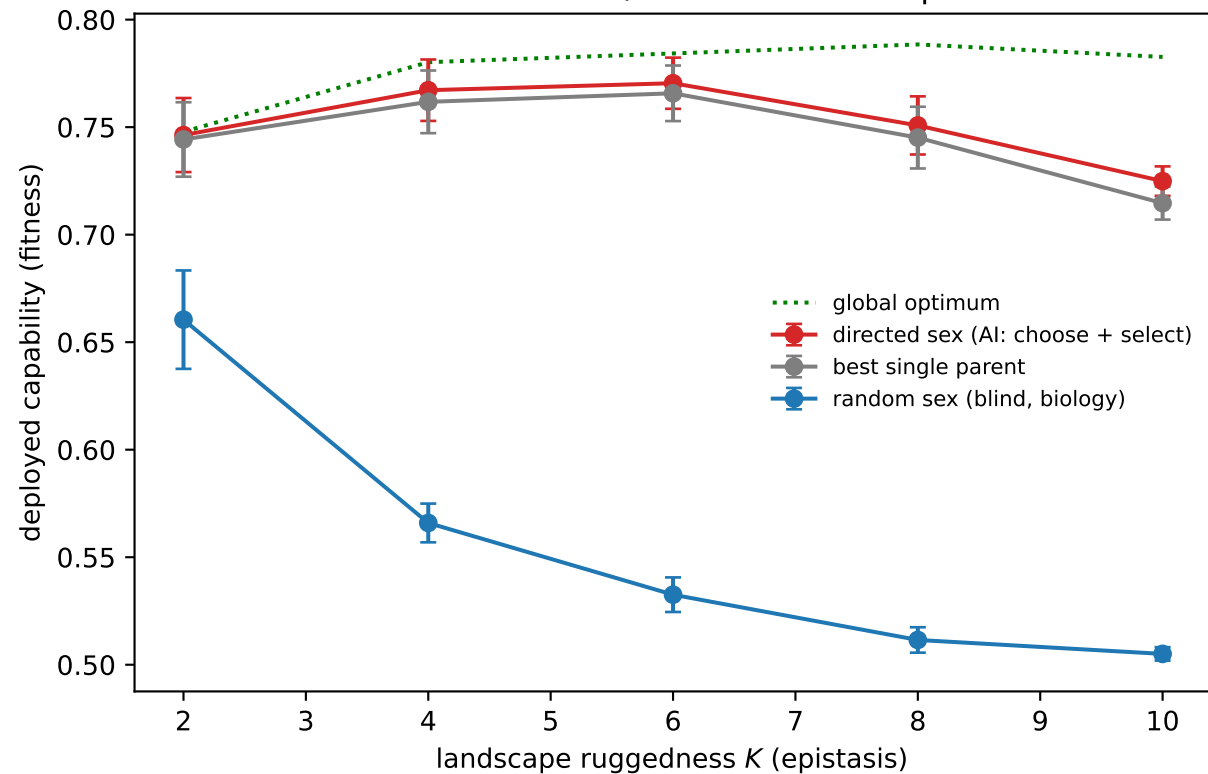


Random sex craters with ruggedness;
directed sex tracks/exceeds the best parent



Directed sex stays $\geq$ parents; blind sex
falls far below (outbreeding depression)

