



I am
Ingda 5k
www.IAmIngda.com

*Ingrid + Linda = "Ingda"
Celebrating the spirit, life, and
Legacy of two amazing women.*

*Join us in a 5k run to celebrate the lives of
Ingrid Huber Livingston and Linda Huber.
Proceeds go to support Ingrid's children
and the Horizons Survivors Program*

First Annual
5k Run/Walk
SEPTEMBER 20, 2014

Prairie High School Campus,
Cedar Rapids
8:30 AM

PACKET PICKUP & REGISTRATION

Friday SEPT 19th:

Aspen Athletic Club
2120 Edgewood Road SW, Cedar Rapids
3:30 - 6:30 PM

Saturday SEPT 20th:

Prairie High School
401 76th Avenue SW, CR
7:00 AM

5K RACE FEES

\$20 Before Aug 22
\$25 Aug 23 - Sept 2
\$30 Sept 3 - Sept 18
\$35 Sept 19 + Race Day



Horizons 
SURVIVORS PROGRAM

visit www.IAmIngda.com or **I Am Ingda 5k**
on Facebook for more information, race registration,
& to sponsor the run!

USATF certified 5K course(IA 03002-MF) travels the outside perimeter of the Prairie High School Campus. Overall Male & Female winners are top 3 male and female in each age group. Chip Scored.