



5K Run and Walk

July 14, 2018, 8am

Ada Hayden Heritage Park
5205 Grand Ave, Ames, Iowa

Join us at Ada Hayden Heritage Park for a 5K run and walk to raise funds for eliminating hunger in our community. There will also be a free 500 meters run for 6-9-year-old kids.

7:00 - 8:00am: Onsite Registration and Check in

8:05am: 500 meters Run for 6-10 year old kids

8:15am: 5k Run and Walk for ages 10 and above

Registration Fee: \$5.00

(for 10 years of age and above only)



Register at www.icaiaowa.org or scan QR code to go to website. You can also register when you check-in at the venue on July 14 between 7-8am.

Get a T-shirt for \$15. Each additional T-shirt costs \$12. Order your T-shirt when you register online and pay for it when you pick it up at the venue. Proceeds go to:

Food at First, 515 6th Street, Ames, Iowa



Event sponsored and hosted by
India Cultural Association of Central Iowa
515-599-0422, icaiaowa@gmail.com
www.icaiaowa.org