



# INGRID GERDES

CONGRATULATIONS ON COMPLETING THE  
189 MILES - 14 MILES PER WEEK

## 123:27:47

FINISH TIME

## 21:29

AVERAGE PACE

A handwritten signature in black ink that reads "Jerry".

**JERRY FROSTICK**  
RACE DIRECTOR

A handwritten signature in black ink that reads "Amy".

**AMY FROSTICK**  
RACE DIRECTOR