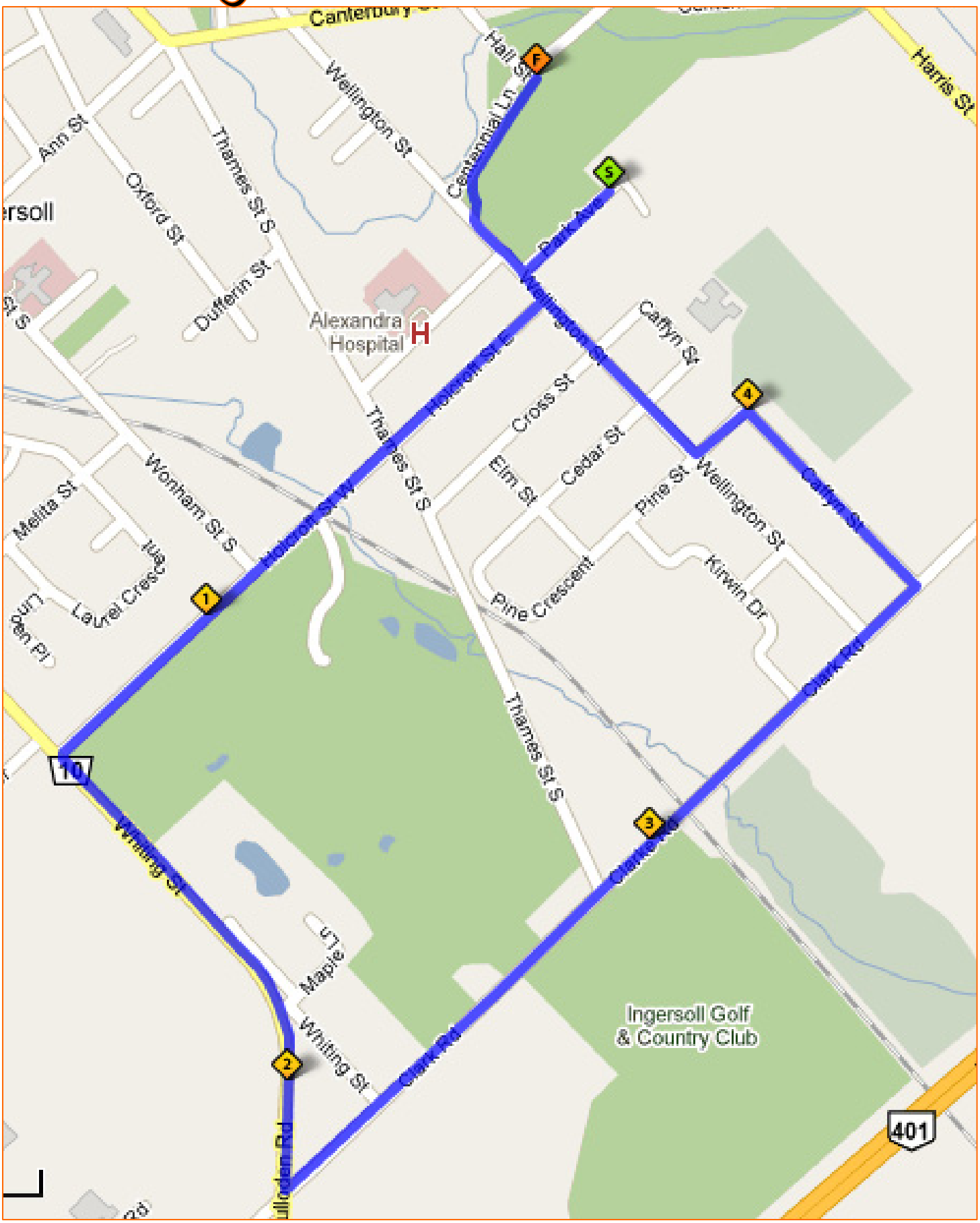Ingersoll Harvest Run 5km