



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Heidi Bainer**

**4th Annual MEALS ON WHEELS 5K**

**30:22.4**

**June 18th, 2022**

22 out of 67 Finishers

10 out of 40 Female participants

1 out of 3 Females in your age group