



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

**Melissa Colyer**

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

**29:33.5**

**June 18th, 2022**

20 out of 67 Finishers

8 out of 40 Female participants

3 out of 9 Females in your age group