



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

**Alden Frederick**

**2022 RUSSELL TURKEY TROT 5K**

**50:03.2**

**November 24th, 2022**

299 out of 350 Finishers

150 out of 165 Male participants

13 out of 14 Males in your age group