



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

**Mary Howard**

**2022 RUSSELL TURKEY TROT 5K**

**38:00.2**

**November 24th, 2022**

233 out of 350 Finishers

106 out of 188 Female participants

7 out of 17 Females in your age group