



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

**Lydia Musick**

**2022 RUSSELL TURKEY TROT 5K**

**29:09.9**

**November 24th, 2022**

133 out of 350 Finishers

50 out of 188 Female participants

4 out of 13 Females in your age group