



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

**Urijah Rowsey**

**2022 RUSSELL TURKEY TROT 5K**

**33:23.9**

**November 24th, 2022**

180 out of 350 Finishers

103 out of 165 Male participants

20 out of 26 Males in your age group