



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

**Randall Vanover**

**2022 RUSSELL TURKEY TROT 5K**

**56:19.6**

**November 24th, 2022**

333 out of 350 Finishers

158 out of 165 Male participants

11 out of 12 Males in your age group