



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

**Abby Updike**

**2022 RUSSELL TURKEY TROT 5K**

**27:03.1**

**November 24th, 2022**

---

106 out of 350 Finishers

---

36 out of 188 Female participants	3 out of 17 Females in your age group
-----------------------------------	---------------------------------------