



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

**Mary Howard**

**4th Annual TOMCAT TROT 5K**

**39:15.8**

**November 5th, 2022**

46 out of 113 Finishers

21 out of 80 Female participants

3 out of 4 Females in your age group