



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

**Howard Lyon**

**Gallipolis in Lights 5K (Night) ELECTRIC RIVER Run/Walk**

**53:56.1**

**May 14th, 2022**

195 out of 306 Finishers

80 out of 106 Male participants

10 out of 10 Males in your age group