



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

**Beth Frasher**

**Hershel "Woody" Williams VAMC Suicide Prevention and  
Remembrance 5K Run/Walk**

**38:07.5**

**September 24th, 2022**

40 out of 81 Finishers

12 out of 40 Female participants

5 out of 9 Females in your age group