



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

**Sandy Mers**

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

**43:54.1**

**September 24th, 2022**

46 out of 81 Finishers

15 out of 40 Female participants

3 out of 9 Females in your age group