



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

**Rachel Danford**

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

**59:53.3**

**September 24th, 2022**

73 out of 81 Finishers

33 out of 40 Female participants

10 out of 11 Females in your age group