



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

**Tammy Ward**

**29th Annual SUMMER MOTION 10K/5K**

**29:09.6**

**July 2nd, 2022**

14 out of 162 Finishers

4 out of 46 Female participants

1 out of 1 Females in your age group