



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

**Sean Adkins**

**GREAT BOWLS OF FIRE 5K Presented by the Ashland  
Community Kitchen**

**34:04.4**

**October 22nd, 2022**

28 out of 49 Finishers

20 out of 26 Male participants

3 out of 3 Males in your age group