



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

## Shelby Bellomy

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

**29:34.2**

**October 22nd, 2022**

19 out of 49 Finishers

5 out of 23 Female participants

1 out of 4 Females in your age group