



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

**Amy Colegrove**

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

**43:53.1**

**October 22nd, 2022**

41 out of 49 Finishers

18 out of 23 Female participants

3 out of 4 Females in your age group