



TriStateRacer.com
Promoting Fitness and Raising Millions for Charity

Mary Howard

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

40:16.1

October 22nd, 2022

36 out of 49 Finishers

13 out of 23 Female participants

3 out of 4 Females in your age group