



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Fred Jones

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

# 20:36.7

**October 22nd, 2022**

2 out of 49 Finishers

2 out of 26 Male participants

1 out of 2 Males in your age group