



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

**Melissa Colyer**

**FIT FEST 5K For The Ambrose Trail**

**30:15.8**

**September 10th, 2022**

16 out of 61 Finishers

3 out of 30 Female participants

2 out of 6 Females in your age group