



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

**Amy Staples**

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

**45:05.8**

**September 10th, 2022**

44 out of 61 Finishers

21 out of 30 Female participants

4 out of 5 Females in your age group