



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

**Heather Sams**

**5K ON THE RUNWAY**

**47:21.5**

**September 17th, 2022**

187 out of 241 Finishers

98 out of 139 Female participants

4 out of 5 Females in your age group