



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Russ Rucker

**4th Annual GATE CITY LABOR DAY 5K By The Ashland  
Breakfast Kiwanis**

# 32:34.3

**September 1st, 2022**

25 out of 70 Finishers

17 out of 30 Male participants

1 out of 1 Males in your age group