



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

**Tim Armstead**

**37th Annual OLD FASHION DAYS 5K**

**26:58.7**

**September 29th, 2022**

21 out of 71 Finishers

17 out of 36 Male participants

2 out of 4 Males in your age group