



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

**Karen Ford**

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

**33:09.8**

**September 29th, 2022**

34 out of 71 Finishers

9 out of 35 Female participants

1 out of 2 Females in your age group