



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

**Rachael Bowman**

**A Heart Like Ava 5K**

**28:19.3**

**November 12th, 2022**

13 out of 69 Finishers

5 out of 45 Female participants

1 out of 3 Females in your age group