



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

**Michael Ankrom**

**Ready Set Glow 5K Run/Walk**

**31:20.2**

**October 22nd, 2022**

31 out of 71 Finishers

16 out of 28 Male participants

3 out of 11 Males in your age group