



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

**Rhonda Cremeans**

**5th Annual Monster Dash**

**45:14.6**

**October 22nd, 2022**

22 out of 37 Finishers

13 out of 24 Female participants

1 out of 2 Females in your age group