



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

**Rick Sirois**

**Tunnel to Towers 5K Nelsonville**

**46:05.1**

**April 30th, 2023**

205 out of 447 Finishers

102 out of 185 Male participants

5 out of 9 Males in your age group