



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

**Ron Cook**

**Tunnel to Towers 5K Nelsonville**

**42:16.4**

**April 30th, 2023**

173 out of 447 Finishers

86 out of 242 Female participants

4 out of 11 Females in your age group