



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

**Lanny Fraley**

**6th Annual FIRECRACKER 5K**

**24:17.9**

**July 4th, 2023**

27 out of 160 Finishers

24 out of 82 Male participants

1 out of 5 Males in your age group