



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

**John Mark**

**38th Annual OLD FASHION DAYS 5K**

**47:32.3**

**October 5th, 2023**

68 out of 80 Finishers

34 out of 36 Male participants

4 out of 4 Males in your age group