



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

**Doug Frost**

**5th Annual YOU ARE LOVED 5K**

**22:02.9**

**October 22nd, 2023**

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4 out of 28 Finishers

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4 out of 11 Male participants	1 out of 2 Males in your age group
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