



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

**Eric Delong**

**White Gravel Mines Extreme 5K Adventure Run 2023**

**51:43.3**

**June 24th, 2023**

88 out of 271 Finishers

70 out of 146 Male participants

7 out of 9 Males in your age group