



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Russ Rucker

**7th Annual FEED THE NEED 5 MILER and 2 MILE WALK**

# 53:52.6

**December 2nd, 2023**

30 out of 85 Finishers

19 out of 20 Male participants

1 out of 2 Males in your age group