



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

**Kay Cole**

**2023 RUSSELL TURKEY TROT 5K**

**47:02.9**

**November 23rd, 2023**

388 out of 476 Finishers

181 out of 236 Female participants

5 out of 6 Females in your age group