



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

**Lyndsey Ekers**

**2023 RUSSELL TURKEY TROT 5K**

**52:10.4**

**November 23rd, 2023**

417 out of 476 Finishers

202 out of 236 Female participants

27 out of 28 Females in your age group