



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Emily Ford

**2023 RUSSELL TURKEY TROT 5K**

# 53:33.0

**November 23rd, 2023**

436 out of 476 Finishers

211 out of 236 Female participants

14 out of 18 Females in your age group