



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

**Heather Thacker**

**2023 RUSSELL TURKEY TROT 5K**

**31:34.1**

**November 23rd, 2023**

228 out of 476 Finishers

87 out of 236 Female participants

14 out of 25 Females in your age group