



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

**James Rich**

**2023 RUSSELL TURKEY TROT 5K**

**33:11.9**

**November 23rd, 2023**

260 out of 476 Finishers

156 out of 235 Male participants

25 out of 31 Males in your age group