



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

**Sara Howell**

**Run For Your LIFE - 5K Run**

**50:14.3**

**September 2nd, 2023**

114 out of 126 Finishers

55 out of 64 Female participants

4 out of 4 Females in your age group