



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

## **Shannon Bowling**

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

**31:43.8**

**September 2nd, 2023**

65 out of 126 Finishers

40 out of 62 Male participants

5 out of 9 Males in your age group