



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

**Dalton Shepherd**

**Run For Your LIFE - 10K**

**1:03:28.2**

**September 2nd, 2023**

31 out of 40 Finishers

21 out of 26 Male participants

1 out of 1 Males in your age group