



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

## Heather Tong

**Brandon C. Franzen Memorial 5k Run/Walk**

**54:39.5**

**July 20th, 2024**

51 out of 66 Finishers

32 out of 39 Female participants

7 out of 8 Females in your age group