



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

**Trisha Ruff**

**Tunnel to Towers Nelsonville 5K**

**46:21.6**

**April 28th, 2024**

240 out of 465 Finishers

119 out of 257 Female participants

9 out of 20 Females in your age group