



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

**Douglas Frost**

**3rd Annual RUN FOR BLUE 5K run to remember**

**21:08.6**

**March 30th, 2024**

3 out of 62 Finishers

3 out of 33 Male participants

1 out of 4 Males in your age group