



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

## **Paul Rideout**

**Rivers & Ridges 5K Run / Walk**

**50:09.3**

**September 20th, 2014**

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53 out of 81 Finishers

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38 out of 44 Male participants	out of Males in your age group
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