



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

## **Tammy Hopkins-Cook**

**Trick or Trot 5K**

**40:40.6**

**October 25th, 2014**

594 out of 817 Finishers

296 out of 443 Female participants

48 out of 78 Females in your age group