



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

**Beth Bowden**

**Trick or Trot 5K**

**30:34.5**

**October 25th, 2014**

332 out of 817 Finishers

140 out of 443 Female participants

35 out of 105 Females in your age group