



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

**Frank Ripa**

**Trick or Trot 5K**

**28:07.2**

**October 25th, 2014**

236 out of 817 Finishers

149 out of 374 Male participants

18 out of 61 Males in your age group