



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

**Ryan Scroggins**

**Trick or Trot 5K**

**30:49.9**

**October 25th, 2014**

353 out of 817 Finishers

200 out of 374 Male participants

36 out of 58 Males in your age group