



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

**Elizabeth Shaffer**

**Trick or Trot 5K**

**30:02.0**

**October 25th, 2014**

306 out of 817 Finishers

123 out of 443 Female participants

29 out of 105 Females in your age group