



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

**Tammy Shamblin**

**Trick or Trot 5K**

**43:55.2**

**October 25th, 2014**

650 out of 817 Finishers

335 out of 443 Female participants

58 out of 78 Females in your age group