



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Mark McOwen

**John Adams Middle School Spring Thaw 5k Run and Walk**

# 28:48.3

**April 14th, 2012**

---

251 out of 562 Finishers

---

179 out of 283 Male participants	12 out of 19 Males in your age group
----------------------------------	--------------------------------------