



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

**Rick Montgomery**

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

**31:11.4**

**April 14th, 2012**

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301 out of 562 Finishers

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203 out of 283 Male participants	18 out of 23 Males in your age group
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