



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Tammy Ward

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

# 28:23.4

**April 14th, 2012**

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237 out of 562 Finishers

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64 out of 281 Female participants	4 out of 28 Females in your age group
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