



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

**Emily Akalski**

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

**36:16.1**

**April 14th, 2012**

---

398 out of 562 Finishers

---

162 out of 281 Female participants	20 out of 28 Females in your age group
------------------------------------	--