



**MELINDA LEMAR**

**CONGRATULATIONS ON COMPLETING THE  
189 MILES - 14 MILES PER WEEK**

**25:59:58**

**FINISH TIME**

**07:22**

**AVERAGE PACE**

*Jerry*

**JERRY FROSTICK**  
RACE DIRECTOR

*Amy*

**AMY FROSTICK**  
RACE DIRECTOR