I RAN THE 13TH ANNUAL HEART & SOLE 5K RUN/WALK

Join Us For The 13th Annual
HEART & SOLE
5 Kilometer Run / Walk
and 1/4 Mile Fun Run for youngsters 12 and under

JAKE MEYERS

COMPLETED ON JULY 17, 2016
IN PLAINVIEW, NY
5K

18:27.7	5	5:57/M
TIME	OVERALL	PACE

Congratulations and a big thank you for participating on behalf of Greater Long Island Running Club

THE 13TH ANNUAL HEART & SOLE 5K RUN/WALK IS BROUGHT TO YOU BY:

POWERED BY
haku