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



## RYAN HOFFMAN

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

> 22:11.7 TIME

39 OVERALL 7:09/M 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:



