

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



RAYMOND WILLIAMS

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

21:09.4
TIME

29
OVERALL

6:49/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:



POWERED BY
haku