

# 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**