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

NICK BJELKE

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

19:33.4	15	6:18/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