

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



## SCOTT SCHEINSON

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

21:29.8  
TIME

34  
OVERALL

6:56/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**