## July 4th Bellmore Striders Fun Mile



Brendan 1st place overall 6:32



Isabella 1<sup>st</sup> place Female 7:46



Harrison 2<sup>nd</sup> place overall 6:49



Ryan
6<sup>th</sup> place
7:32
-----Lucas

Lucas Lam 7<sup>th</sup> place 7:33



Tristan 8<sup>th</sup> place 7:42



Mikael 11<sup>th</sup> place 7:58



Coach Charlie & his daughters/running buddies



On your mark...set...go!
Bellmore/Merrick athletes are on the start line July 4<sup>th</sup> ready to go!



Ran a mile – now ready to start the July 4 holiday!



Camryn – 16<sup>th</sup> – 8:13



Nathan  $-12^{th} - 8:01$ 



Diego

17<sup>th</sup>

8:13

Lilianna

18<sup>th</sup>

8:14



Max - 9:48



Mia - 11:46

Bellmore/Merrick PAL was well represented at the Bellmore Striders 1 mile fun run on July 4<sup>th</sup>

Way to go guys....what a start to the holiday weekend!

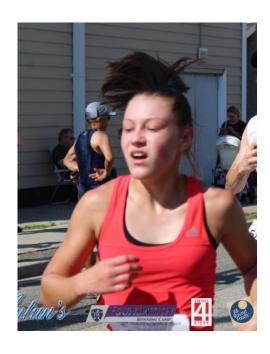
## Bellmore Striders July 4th - 4 mile race



**OUR 4 MILERS** 

Leanna (left) - 32:16

Mikhaila (right) – 42:28





Mikhaila – our newest PAL retiree......
off to High School come September.
Good Luck & Best Wishes from the coaches and your team mates!