

July 4th Bellmore Striders Fun Mile



Brendan
1st place
overall
6:32



Isabella
1st place
Female
7:46



Harrison
2nd place
overall
6:49



Ryan
6th place
7:32

Lucas
Lam
7th place
7:33



Tristan
8th place
7:42



Mikael
11th place
7:58



Coach Charlie & his daughters/running buddies



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



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



Camryn – 16th – 8:13



Nathan – 12th – 8:01



Diego

17th

8:13

Lilianna

18th

8:14



Max – 9:48



Mia – 11:46

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

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!