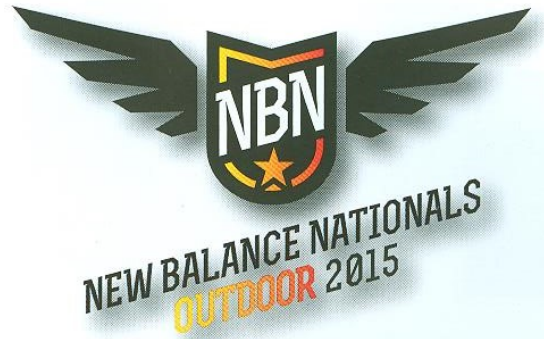


New Balance Nationals - Greensboro, North Carolina



Friday June 19:

5000m: 4-Carleen Jeffers-16:58.19 - **All American!!**
New RHS and Bergen County Record. 4th All Time in New Jersey!
Due to rain delays this race was run at 11:45pm!

Saturday June 20:

2 Mile Run: 21/23-Carleen Jeffers-11:13.94
Carleen's legs had nothing left after last night's 5000.
But she finished her career at Ridgewood an All American and no what it's!

