

"SPRINT TO FLINT"

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FRIDAY EVENING, JUNE 14, 2019

Rain or Shine at Flint Park, Larchmont NY

1 Mile Starts 6:30PM and 5K Starts 7:15PM

T-Shirts guaranteed to first 500 to register by June 3rd

Hurry, registration will close if race reaches capacity!

Pizza and Music for Participants to Follow in Flint Park!

This year's Sprint to Flint is dedicated to long-time Larchmont/Mamaroneck resident, Frank Cox, who ran in 33 of the 37 running events Larchmont has sponsored annually since 1978, including the inaugural 5 miler, when he was 41 years old.

QUESTIONS

recreation@villageoflarchmont.org

[Event Website](#)

PACKET PICKUP at Flint Park, Larchmont

Follow locust to the end and into Flint Park (No parking in the park on race day).

Playhouse is on the right before the tennis courts.

Playhouse: Thursday, June 13th 7-8pm

Race day: Friday, June 14th from 4:30-5:45pm

6pm Parks and Trees Committee will update on Trees-4-Larchmont planting challenge

Stretch with Equinox in front of the Playhouse stage at 6:10pm

A water refilling station and compostable cups will be provided. Please dispose of cups in the compost bin.

– Thank you for helping us keep the park clean!

ALL AWARDS FOR 5K & 1 MILE BASED ON CHIP TIME NOT GUN TIME

5K Trophies (not eligible for age group award) 1st Place Men's & Women's Overall

5K Medals Top 3 Men & Women: 8 & Under, 9-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over

One Mile Awards - Must be 12 & Under **1 Mile Trophies** (not eligible for age group award) First Place Boy's & Girl's Overall 12 & Under

One Mile Awards - Must be 12 & Under **1 Mile Medals** 1st, 2nd, 3rd Boy's & Girl's 6 & Under, 7-8, 9-10, 11-12

One Mile Fun Run Ribbons to All 12 & Under Finishers

RESULTS & PHOTOS

LIVE Online/Email/Text Results and FREE Video & Same-day finish line pics

Find Misc Photos on Facebook [@elitefeats](#)



PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR SHIRT!