**Medfield Day   
5K Road Race &   
Kids 1K Fun Run**

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**Saturday, September 14, 2019**

Registration: 7:30am to 8:15am

Kids Fun Run: 8:30am Start Time

5K Road Race: 9:00am Start Time

**T-SHIRTS PROVIDED for both 1K and 5K.**

***T-Shirts only guaranteed for all pre-registered participants as of September 9, 2019.***

**1K Fun Run/Walk (.62 miles)**

* Course: This is a flat loop course around North St., Green St., Lowell Mason Rd. to the Pfaff Center.
* Awards: To 1st place male and 1st place female

**5K Road Race (3.1 Miles)**

* Course: Flat with rolling hills at the midpoint of the race. The race begins on North Street, bears off to Harding Street and proceeds to Hospital Road. At the halfway point (2.5K) runners turn around and return along the same route.
* Parking: In the lot between the Dale Street School and the Pfaff Center. **No parking at the Pfaff Center.**
* Awards: 1st Male and Female: Overall winner, Medfield Resident.

**TO REGISTER 🡪 www.medfieldrec.com**