



Bronx Community Board 6 & Friends of Tremont Park Present the First Annual

5K RUN FOR LUPUS AWARENESS



Saturday, May 18, 2019

Tremont Park, 10:00 AM Start Rain or Shine

E 175 St to E Tremont Ave between 3 Ave & Arthur Ave, Bronx, NY 10457

Questions: please email Carly Wine carly@bronxcb6.org

Packet Pickup: Beginning at 9AM on Race Day

*Participants are invited to a Community Day event following the 5K.
There will be music, arts & crafts, and face painting!*

Course Info:

- Starting line is atop the staircase at Third Avenue
- Course is a total of FOUR (4) laps
- TWO Refreshment & Hydration Stations on the course
- Restrooms located in the playground at Arthur Avenue and East 176th Street
- Post-race refreshments include water, granola bars and fruit
- Please be mindful of Tremont Park visitors

LIVE online/email/text results: If you submitted your cell number online we will send out your results via text right after you cross the finish! **REMEMBER**, for best chances of guaranteed Live Results: Wear your bib mid-torso. Your belly button is the sweet spot!

Free Photos: Do a double take Check out your results again – photos will be uploaded from the Finish Line!

Third time's a charm Check your results one more time that evening for your personal Finish Video PLUS find more pics on Facebook @elitefeats

SEE YOU AT THE RUN!

Tremont Park 5K - 4 loop

