

Press Release: John Patrick Flanagan Foundation Shamrock Sprint 5K Road Race will be held on June 24, 2023

FAIRFIELD, CT - June 10, 2023 - The 5th Shamrock Sprint 5K road race will take place on June 24, 2023 at 9:00 AM at the Connecticut Audubon Society Nature Center, 2325 Burr Street, in Fairfield, CT. The gently rolling course in Greenfield Hill is shaded on tree-lined streets, taking you past sweeping stone walls, horses, and open spaces. It is a truly picturesque setting!

After runners finish, they are encouraged to stay for the after-race party for great food and lots of fun and walk the nature trails on the Audubon property.

The popular event is always a fan favorite and registrations are capped at 250. Sponsorships of a variety of levels are still available.

This event celebrates the life and legacy of John Flanagan, who lost his battle with cancer in 2008 at the age of 44, and supports the John Patrick Flanagan Foundation, a local non-profit with the mission to help vulnerable children and families by supporting charities that provide the direction, education, and a healthy environment that vulnerable children and families need to have the opportunity to reach their full potential.

The race contact email is shamrocksprintjpff@gmail.com

Scan QR code to register or visit

<https://runsignup.com/Race/CT/Fairfield/jpffshamrocksprint>



To learn more about the John Patrick Flanagan Foundation, visit its website

<https://www.jpff.org/>

Media Contact - Emma Flanagan, emmieflan@gmail.com

###