



Peconic Landing photo



Race Starts at 10am/Walk to the Starting Line at 9:50am
Brecknock Hall at Peconic Landing
Google Maps address: 1500 Brecknock Road, Greenport NY 11944
Saturday, May 11, 2019 (Rain or Shine!)

Over the past 14 years, the **John May Mile & 5K** has benefitted the Greenport Fire Department, raising more than \$260,500 to assist them in purchasing, refurbishing and maintaining rescue equipment vital to keeping the community and fire department volunteers safe during response efforts. As the East End's premier Older Americans Month celebration, the race is open to runners and walkers of all ages and fitness abilities, offering both a relaxed mile-long walk and a more challenging 3.1-mile run.

The family-friendly event offers a Chinese Auction of fabulous prizes, 50/50 raffle, free Kid Fun Zone with activities for all ages, yoga warm-up, music, barbecue lunch and pre-race fruit/water - with all proceeds benefitting the fire department.

Schedule:

8:00am: Registration, Warm-Up/Yoga
 8:30am: Raffle Tables & Kids Zone Open, Warm-Up/Yoga
 9:45am: Welcome & Announcements
 9:50am: Walk to starting line
 10:00am: 5K Race & John May Mile Fitness Walk Start
 11:30am: Presentation of the Peconic Landing Older Americans Champion Award & Race Awards
 Immediately Following: BBQ Lunch, Chinese Auction & Raffles Winners Posted

Course Info:

- Please check out the course [HERE!](#)
- Two hydration stations along 5k route, 1 along walk route
- Portable restrooms near parking lot
- Strollers, baby joggers, roller blades, skates or pets are not permitted on the course

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! FYI there is no formal bag check but there will be a tented area where you can leave items however use your discretion as we take no responsibility for any lost or stolen items.

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 RACE!