



The 28th Ellen's Run IN PERSON Race

Sunday, Aug 20, 2023 – 9 am

Southampton Intermediate School
70 Leland Lane Southampton, NY

Sign Up Available Until Race Starts
Sign up for the virtual race available until August 27

Here's What You Need to Know for the In Person Run:

We look forward to seeing you!

Registering

You can sign up *online* for the **in-person Ellen's Run, annually voted the best event in the Hamptons**, until race time on Sunday. Go to ellensrun.org to sign up. If you are not able to register online, we can accommodate you on site.

After registering, check the bib number you were assigned and go to one of the marked tables that will have your race bib and t-shirt. Then proceed to the table with safety pins and pin your bib on the front of your shirt.

Parking

Participants can park along Narrow Lane near Southampton High School or in the high school's parking lots which you can enter from Narrow Lane. Ellen's Run volunteers will be in the vicinity to assist with this. After the available spaces are filled, the Southampton Police have given the OK to park in no parking areas along Narrow Lane for the duration of the run. From your parking

spot, walk across the field behind the high school to the front of the Southampton Middle School. There will be people and signs directing you.

Run Start/Finish

The run begins and ends at the same location on the circular driveway in front of the Middle School, 70 Leland Lane. drive

Course

After leaving the Middle School upper driveway, the course runs down Leland Lane, turns LEFT to Old Town Rd., RIGHT to Herrick Rd., LEFT to Little Plains Rd., LEFT to Gin Lane, Left to Old Town Rd., RIGHT to Leland Lane and RIGHT into the upper driveway to the Middle School and the finish line. The course is well marked with signs and arrows. There are two water stops on the course near the one and two mile marks.

Pre-run Activities

8:25 – Zumba warm up.

8:30 -- Ellen's Run first Kiddie Run will be a short dash for kids 7 and younger. Listen for announcements from the DJ for instructions. No registration is necessary and participation medals will be awarded.

8:40 – Photograph of all breast cancer survivors participating in the run in any capacity.

8:45 – Team photographs.

Apparel

All runners and walkers should wear t-shirts and we encourage runners to wear this year's Ellen's Run shirt or to wear an Ellen's Run shirt from a previous year.

Post-Race

There will be trophies presented to the first-place male, first-place female, and first-place breast cancer survivor. **Back by popular demand --- medals will be awarded to age group winners!**

There will be finishers' medals presented to all participants. Breast cancer survivors receive a rose when they cross the finish line.

Water, fruit, and other treats will be available near the finish. And massage therapists, courtesy of Stony Brook Southampton Hospital, will be available for mini massages.

You will receive your time and a picture of yourself crossing the finish line from our race timer. Go to [Elitefeats.com](https://elitefeats.com). Results post in real time; there are no print outs. An hour after the finish, photos will be posted.

NOTE: Participation in the virtual Ellen's Run is also available until August 27. We will mail your t-shirt and finisher's medal.

Go to [Ellensrun.com](https://ellensrun.com) for details and to register.

See you at the 28th Annual Ellen's Run. Together, we'll make it the best event in the Hamptons in 2023!

Sam Eskenazi, Race Director
and
The Ellen's Run Race Crew