



Media Release

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12th Annual John May Mile & 5K to offer new Family Friendly offerings! Eastern Long Island Auxiliary to be honored with 2017 Older Americans Champion Award

GREENPORT, N.Y., March 10, 2017 – Get those running shoes ready! The 12th Annual John May Mile & 5K will take place Saturday, May 13 at 1500 Brecknock Road in Greenport. The family-friendly event will feature new additions this year, with all proceeds benefitting the Greenport Fire Department.

Known as the East End's premier Older Americans Month event, 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. More than 400 participants are expected to run with more than 150 volunteers, including student-athletes and ROTC cadets from area school districts helping throughout the day. The intergenerational event promotes health and wellness through community involvement and sponsorship in celebration of Older Americans Month.

Since kicking-off in 2005, the annual benefit has raised more than \$200,000 for the Greenport Fire Department. Last year's campaign contributed a total of \$25,700, helping to purchase, refurbish and maintain rescue equipment vital to keeping fire department volunteers safe during response efforts.

"This annual fundraiser is greatly appreciated, and we use it to purchase different types of equipment that are outside of our budget. Last year we put the proceeds towards a Lucas CPR device and a Gator with a Med-bed in the back, providing for easy access to tight spaces during events like the Maritime Festival. These types of equipment are critical to the department, and they really do make a difference when someone is in need," said Chief Wayne Miller of the Greenport Fire Department. "We also use the funds to offset the costs of the annual installation dinner, so the money goes a long way. We appreciate everything Peconic Landing and the community does to raise the money. It is really a great help."

New to the annual event is a free Kid Fun Zone with Zumba instruction and relays for the family. A yoga Zen Zone will also be available, with instruction provided by Peconic Landing's team of personal trainers. Runners can also benefit from mini massages offered by the Community's team of massage therapists – a nice reward for passing the finish line.

The community has also teamed up with animal rescue organizations including the North Fork Animal Welfare League, Southampton Shelter Animal Foundation, and Friends of Freddie Pet Rescue of Middle Island to bring back the ever-popular Puppy Bowl. Each of the playful pups will be available for adoption. During the 2014 event, all of the dogs were adopted to new homes.

Registration and stretching begin at 8 a.m. at Brecknock Hall with the race and walk to start at 10 a.m. Online registration is available at <http://peconiclanding.com/john-may-mile-2017/>. Pre-registration is recommended however participants can register the day of the event.

- 5K Race Entry Fee: \$20.00 for pre-registration, \$15.00 for students (\$25.00 day of event registration)
- John May Mile Entry Fee: \$10 per adult, \$5 for 14 & under or 55 & older

A barbecue lunch with live music and awards ceremony will follow at 11:15 a.m. on the back lawn of Brecknock Hall, where goods from area businesses – including gift certificates and donated goods – will be raffled off with all proceeds benefitting the department.

Peconic Landing will also present the annual Older Americans Champion Award in honor of Older American's Month to the ladies and gentlemen of Eastern Long Island Hospital Auxiliary.

The annual award honors local individuals or organizations for their years of service and continued dedication to older Americans, acknowledging the contributions they make to improve the lives of seniors on the East End.

Peconic Landing recognizes and truly appreciates the contributions and continued support of Auxiliary members, ensuring that seniors across the North Fork have access to the health services they need and deserve. Many of the volunteers of the ELIH Auxiliary are seniors themselves, making a direct impact on the lives of their neighbors, close friends, as well as the members of the Peconic Landing community.

“The ladies and gentlemen of the Eastern Long Island Hospital Auxiliary have been improving the lives of seniors for some 112 years, and we feel that is something to be celebrated,” said Robert J. Syron, President and CEO of Peconic Landing. “For our 12th annual run, it is fitting that we honor such an amazing organization.”

In 2016, Peconic Landing renamed the fundraiser race in recognition of John M. May of Southold, its longtime board chairman, for his many contributions made to the Peconic Landing community and beyond.

John May served as Chair of the Board of Trustees for more than a decade, working to help the not-for-profit provide quality care and accommodations for all of its members. Mr. May played a vital role in bringing the retirement community to Greenport, with a goal of creating a community hub that benefits all residents of the North Fork.

Times/Review Media Group has signed on as Media Sponsor for the event. Those interested in sponsoring the event or donating a raffle prize are asked to contact info@peconiclanding.com. All proceeds benefit the Greenport Fire Department. We appreciate your support!

To learn more about the John May Mile & 5K race or Peconic Landing, please visit <http://peconiclanding.com/john-may-mile-2017/>.

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Peconic Landing is an innovative, not-for-profit CCAC-CARF-accredited continuing care retirement community (CCRC) located on the waterfront in Greenport, N.Y., on the North Fork of Long Island. Among its long list of achievements, Peconic Landing is the only equity-based LifeCare community in the state of New York. It is a member of LeadingAge and LeadingAge New York and embraces a healthy, active lifestyle infused with a sense of exploration, creativity and generosity of spirit.