



## Media Release

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FOR IMMEDIATE RELEASE

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### Save the date: The 14<sup>th</sup> Annual John May Mile & 5K Benefiting the Greenport Fire Department

GREENPORT, N.Y., April 23, 2019 — Runners, on your mark, get set, and sign up! The 14th Annual John May Mile & 5K benefiting the Greenport Fire Department will take place Saturday, May 11 at Brecknock Hall in Greenport.

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. More than 400 participants are expected to run with more than 150 volunteers, including students from area school districts helping throughout the day.

This intergenerational event promotes health and wellness through community involvement and sponsorship in celebration of *Older Americans Month*. For 55 years, *Older Americans Month* has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every month of May offers opportunity to hear from, support, and celebrate our nation's seniors.

Since kicking off in 2005, the annual John May Mile benefit has raised more than \$260,500 for the Greenport Fire Department. Last year's campaign contributed a total of \$20,715, helping to purchase, refurbish and maintain rescue equipment vital to keeping fire department volunteers safe during response efforts.

"This annual donation means so much to the members of the Greenport Fire Department, as we use it to purchase needed equipment outside of our normal budget," said Chief Jeffrey Weingart of the GFD. "The John May Mile is such a wonderful yearly tradition that brings our community together and we are so thankful to be a part of it."

The family-friendly event offers a free Kid Fun Zone with activities for all ages. A yoga warm-up will also be available with instruction provided by Peconic Landing's team of personal trainers.

Registration and stretching begin at 8:30 a.m. at Brecknock Hall, with the race and walk to start at 10 a.m. Online registration is available at: <https://peconiclanding.org/event/2019-john-may-mile-and-5k/>

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 an awards ceremony will follow at 11:15 a.m. on the back lawn of Brecknock Hall, where a prize auction and 50/50 raffle will feature numerous donated goods from area businesses – with proceeds going toward the Greenport Fire Department.

Peconic Landing will also present the annual Older Americans Champion Award in honor of Older Americans Month to Dr. Z. Micah Kaplan of Eastern Long Island Hospital.

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.

"Dr. Z. Micah Kaplan, M.D. has dedicated his time as a caring medical professional," said Robert J. Syron, President and CEO of Peconic Landing. "He is willing and available to anyone in need of medical attention, including our area older adults. Dr. Kaplan is a highly respected primary care physician, and we are so proud to honor him."

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 is asked to contact Valerie Tirelli-Hallock at [VTirelli2@peconiclanding.org](mailto:VTirelli2@peconiclanding.org) or Allison Latham at [alatham@peconiclanding.org](mailto:alatham@peconiclanding.org). 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 <https://peconiclanding.org/event/2019-john-may-mile-and-5k/>

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**Peconic Landing is a nationally recognized, equity-based Continuing Care Retirement Community overlooking the breathtaking Long Island Sound. Located on the North Fork of a half-mile of private Sound Beach, the organization works on a mission of being the retirement community of choice for individuals age 62 and better by encouraging our members to enjoy a vibrant lifestyle and presenting ample opportunity for members to pursue their interests and passions to the fullest.**