



**Thursday November 24, 2022**  
9:00am Start - Rain or Shine  
Hampton Bays Fire Department  
Good Ground Road, Hampton Bays

*100% of proceeds go to supporting our volunteer fire department!!*

## **5K Run/Walk and 1 Mile Family Fun Walk**

Flat & fast, run or walk, out and back down Ponquogue Avenue

**Register at: [Elitefeats.com](http://Elitefeats.com)**

**Long Sleeve T-Shirt guaranteed for first 150 to pre-register**  
(\$25 to participate, discount rate for Students/First Responders/Military \$10.00)

**To volunteer or any questions kindly email us:**

**[Turkeytrothb@gmail.com](mailto:Turkeytrothb@gmail.com)**

**Team Challenge!**

**Special award for the Team with the highest enrollment in the race!**

