

The 44th Annual



PRESENTED BY



Northwell
Health®

Shelter Island 10K & 5K Run/Walk
Presented by Northwell Health

SATURDAY, JUNE 17, 2023

In Honor of John Howard "Jack" Byington, Jr

10K 5:30 PM Start | 5K 5:50 PM Start
Post Race Awards, Live Music + Free Beer (21+)
Shelter Island, NY

Thank You

Welcome to the 44th annual Shelter Island 10K/5K Run.

Our team is especially honored to have Northwell Health as the presenting sponsor and partner.

We are very proud of our run's history, generating close to one million dollars in various philanthropic charities.

Cohen's Children's Medical Center is one of the beneficiaries and for anyone unfamiliar, they provide state-of-the-art care for children's medical, surgical and dental needs. They serve communities with a desire to improve the health and quality of life of every individual- it's about heart!

The recent pandemic has been unkind. All of us experienced pain, loss and saw how fragile life can be- seeing how painful it was to our youth. Running brings us back together. 44 years shows endurance and strength. Our younger generation can see how never to give up, United we run strong and we are here for each other.

The Shelter Island Run Team



presented by



Event Day Details

BIB LOOKUP

EVENT SCHEDULE

3:30PM - 5:15PM FAQ Tent; outside Shelter Island High School Gym.

5:30PM 10K Starts

5:50PM 5K Starts

**YOU MUST KNOW YOUR BIB NUMBER
YOU WILL GET A TEXT/EMAIL WITH YOUR BIB
NUMBER AT LEAST 2 HOURS BEFORE PACKET PICKUP**

Registering within 24 hours of the event? You must bring your confirmation email to be assigned a bib number on race day.

Registering before 6/10? Your bib will be mailed to you. If you do not get your bib or register after 6/10 please see the event staff at the FAQ tent outside the Shelter Island High School Gym beginning at 3:30 pm to pick up your bib before the race.

**IN-PERSON & ONLINE REGISTRATION CLOSES ON RACE DAY AT 5:15PM, NO EXCEPTIONS
IF YOU ARRIVE LATER THAN 5:15 YOU CAN PARTICIPATE BUT WE CAN NOT GUARANTEE A BIB NUMBER**



**FERRY SHUTTLE:
WILL BE RUNNING BETWEEN NORTH
FERRY AND HIGH SCHOOL 2PM - 8PM**

10K & 5K COURSE MAP

10K START 5:30PM

5K START 5:50PM

Red Route: 10K Course

Blue Route: 5K Course

10K Water Stops at Miles 2, 4, 5, 6

5K Water Stop at 1/2 way

There is no formal bag check. Please keep this in consideration, you are responsible for any personal belongings.

Bathrooms at CHECK IN & FINISH LINE



Enjoy a free Greenport Harbor Brewing Co. beer & live music after the race!
(All participants 21+)

Transportation & Parking

TRANSPORTATION

FERRY SHUTTLE SERVICE WILL BE RUNNING BETWEEN
NORTH FERRY AND HIGH SCHOOL 2PM - 8PM

DIRECT BUSES FROM MANHATTAN

To book tickets, visit Hamptonjitney.com or call 631-283-4600

If you previously booked an Optional Hampton Jitney ticket with your online registration for the run please check your confirmation email with the details on your location and pick-up / drop-off times.

All buses arrive at the race site by 3:30PM, post-race pickup at 8:15PM.

PARKING

Shelter Island Union Free School District
33 N Ferry Road, Shelter Island NY, 11964

PLAN AHEAD

Getting to the race an Hour+ before
race time is suggested.



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Post Run Details

POST RACE FUN!

Scenic course with AMAZING views!

Finish Line Photos

Die Cut Medals!

Tri-Blend (soft!) T-Shirt

FREE Post Race Beer (21+) Courtesy of Greenport Harbor Brewing Co

Live Music Post Race and awards!



AWESOME FINISHER MEDAL, SHIRT & SHELTER ISLAND BIB

FOR THE IN-PERSON RACE YOU MUST SHOW YOUR BIB TO RECEIVE YOUR SWAG.

All Participants Get a Shelter Island 10K Finisher Medal & Race Shirt!



ISLAND
MEDAL

10K AGE AWARDS

Award Medals to the top three male and female finishers in the following age groups. The winner of each age group will receive a complimentary entry to next year's race.

19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

10K ELITE AWARDS

OPEN MEN & WOMEN PRIZE MONEY

1. \$750, 2. \$500, 3. \$300, 4. \$150

MASTERS MEN & WOMEN (40 and over)

PRIZE PURSE

1. \$200, 2. \$100

COURSE RECORD BONUS

Open Men & Women: \$500 and Masters Men & Women: \$250

FIRST US CITIZEN MEN & WOMEN PRIZE MONEY

1. \$250

SHELTER
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5K AWARDS

Medals Awarded for Top 3 Male/Female Overall - no age group awards.



Special Thanks

TO EVERYONE WHO MAKES THE SHELTER ISLAND RUN POSSIBLE!

RUNNERS

Thank you for joining us and showing your support.
Hope to see you next year!

Stay Connected!

@ShelterIslandRun



@ShelterIslandRun



The Shelter Island Run is a non-profit organization, all registration race proceeds go directly to our local charities.



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FRESHHOUSE

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