

SEAN'S RUN 2012

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Looking Back 10 Years Change and Hope from Tragedy

By Karrie Allen

Editor, Chatham Courier

Ten years ago this past Jan. 1, a devastating accident forever changed the lives of four Chatham High School students, their families and a community. But from this tragedy sprung change and hope.

At 12:03 a.m. Jan. 1, 2002, a 17-year-old, who was driving drunk and driving too fast, lost control of his car going around a curve, slid off the road, flipped and hit a tree, causing 17-year-olds Sean French and Ian Moore to be ejected from the back seat through the rear window. French and Moore were helicoptered to Albany Medical Center; Moore was treated for severe internal injuries, but French was declared dead on arrival. The driver and a 16-year-old passenger were sent to Columbia Memorial Hospital, where they were treated for minor injuries and released.

The driver was charged with driving while intoxicated, second-degree vehicular assault, second-degree manslaughter, speed not reasonable or prudent and uninspected motor vehicle and was sent to jail. Later that same day, he was back in court for what was his second time in less than a month.

At 11:45 p.m. Dec. 13, Chatham Police officers stopped the driver for an equipment violation, which also led to the charge of driving while ability impaired. He was instructed to return to court Jan. 8 to answer those charges, but his license was never taken away. At the arraignment Jan. 2, town Justice Doris Appel did suspend his license.

The Saturday after the accident, more than 600 people packed the CHS auditorium for a memorial for Sean French. Mark French recalled that some students came up to him following the service and said, "Let's go for a run."

More than 100 people ran from the high school to a memorial set up on Route 203, where the crash occurred. Some of the students suggested an annual memorial run.

Mark noted that Jack McGrath, a very good friend and also a runner, was really the impetus behind the first memorial run honoring Sean. He added that students, especially Meghan Kraham, a very good friend of Sean's, wanted to hold it sometime close to Prom Night in order to heighten safety awareness for students. (The Sean's Run youth run was later renamed Meghan's Mile after she succumbed to a rare form of cancer in 2007.)

Meanwhile, Moore, who played football and basketball for Chatham, was facing months and years of recovery. In addition to several internal injuries, he injured his 10th thoracic vertebrae, rendering him paralyzed.

While he worked on his recovery, Sean's parents worked on changing legislation that would hopefully save other lives in the future. Mark said all it took was a call to Sen. Stephen Saland requesting that representatives look at the current state law regarding suspension of a minor's license when charged with DWI or DWAI. With sponsorship by Saland in the Senate and Majority Leader Paul Tokasz in the Assembly, as well as help from former Sen. Joseph Bruno, who dubbed the bill "Sean's Law," both houses approved the legislation.

On April 18, both houses passed the legislation — a little more than a week before the first memorial run.



Sean Patrick French, December 13, 2001.

Mark stated that the date (4/18) was significant because Sean ran the mile in 2001 sectionals winning with a time of 4:18.

At the end of September, then-Gov. George Pataki signed the bill into law at a conference held at Chatham High School.

The bill is designed to expedite the suspension of learner's permits and junior licenses for DWI and DWAI offenses. The bill requires that a young driver charged with DWI or DWAI be arraigned at the next regular court session. The judge also has the authority to immediately suspend the driver's license and automobile registration.

Chatham also reactivated the SADD program. CHS Social Worker Tracy Kelly, who was hired in 2004, said the following year, she and Amanda Carroll became co-advisors of the school's SADD chapter. Kelly, who joined the Sean's Run Organizing Committee in 2010, noted that SADD events are made possible with help from the Sean Patrick French Memorial Grant.

Additionally, since the first Sean's Run on April 28, 2002, 80 seniors have benefited from a scholarship that was funded by the proceeds of the inaugural Sean's Run and established by the French family through the Berkshire Taconic Community Foundation.

Sean's first run was the Turkey Trot in Hudson, when he was 4 or 5 years old. "He was a very good athlete, but an exceptional runner," commented Jim Spock, one of Sean's track coaches. "He was a good leader and a good natured kid." Sean broke records and won many races (see them all at www.seansrun.com), however, noted Spock, the winning time of 8:08 for the 4x800 meter team of Ricky Dunbar, Nick Sarro and Eric and Sean French still stands today.

Mark and Cathy French decided to donate Sean's eyes, skin and organs. Sean had a "good heart, strong eyes," said Sean's uncle, Jeff French, who has been chair of Sean's Run for the last eight years, but a member since the beginning.

Sean was laid to rest in St. James Cemetery, where he and his brother, Eric, would run around the outer driveway to train as young boys. Mark referred to them as the St. James Track Club.

Ten years later, "the sting, of thinking about what could have been, has subsided," said Mark. Today, his thoughts are much more pleasant. "The school and community helped with that."



11th Year:

11 Reasons to Participate

- ▶ **1. Nice Giveaways:** The first 1,300 to register for any of our week-end activities will receive a top-quality long-sleeve event t-shirt. Plus the first 350 to pick up their entrant's packets on Saturday, the day before the race, will be provided an extra premium. Refreshments abound after the 5K and Meghan's Mile.
- ▶ **2. Special Spirit:** "Feel the Spirit" is the event's slogan. Music abounds during the entire event, including on the course, creating a fun and spirited atmosphere enjoyed by all. When they cross the finish line, participants hear their name announced and are invited to enjoy a spread of nutritious refreshments.
- ▶ **3. 5K Run/Community Walk:** An accurately measured, USATF Certified and well-organized 3.1-mile race for runners of all ages and abilities and a community walk of the same distance. The 5K traverses a scenic course through historic Chatham village.
- ▶ **4. Meghan's Mile:** In memory of Meghan Nicole Kraham, a friend of Sean's who at age 16 was a founding member of the Sean's Run Organizing Committee. In 2007 she succumbed to a rare form of cancer at the age of 21. This is a one-mile race for boys and girls age 12 years-and-under and a non-competitive walk for people of all ages.
- ▶ **5. World Championship Battle of the Belts:** An exciting and fun seatbelt buckling competition for middle school and high school students to increase awareness and use of seat belts.
- ▶ **6. Prevention Education Expo:** Information booths and exhibits from local and regional youth development groups to educate young people and parents about the dangers of drinking and driving, to encourage seat belt use, and to present positive alternatives to using alcohol, tobacco, and drugs.
- ▶ **7. Zumbathon®** - a first for Sean's Run, this is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. You got to try it!
- ▶ **8. Tribute to Victims and Survivors of Drunk Driving:** A show of empathy and support for local and regional residents who have been harmed or lost a loved one because of a drunk driver. It coincides with the annual observance of National Crime Victims' Rights Week.
- ▶ **9. Scholarships and Grant Awards:** Scholarships are presented each year in three different categories to benefit college-bound high school seniors, both runners and non-runners. Grants are given to fund school and youth group programs aimed at increasing teens' use of seatbelts and reducing underage drinking and driving.
- ▶ **10. Sea Jem's Super Saturday Sean's Run for Special Needs Kids:** An exciting activity for young people with physical and developmental disabilities. This special "race" on the day before the 5K and MeghansMile is a special opportunity for special kids to feel the spirit of Sean's Run. With the assistance of the Albany Miracle League, this activity takes place at 1 p.m., Saturday, April 28th at Chatham High School. All participants will be provided an event souvenir t-shirt and a finisher's memento.
- ▶ **11. World's Best Volunteers and Generous Sponsors** – nearly 100 volunteers are waiting to make your experience enjoyable and memorable. Thanks to the generous support of our Sponsors, we've been able to improve the event each year.



Bob Giambalvo, #1192, age 62 from Delhi, a nationally ranked distance runner, paces the pack in 2011 along with David Tromp, #1297, age 36 from Glenmont. Giambalvo finished 17th out of over 800 finishers with a time of 18:41 setting the 60-69 age group course record. Tromp finished 16th with a time of 18:34.

Happy Participant Posts at Our Facebook Page:

Meghan M.

I had the pleasure of running Sean's Run in 2011 with a good friend of mine and what an experience it was! Two weeks before, we had run a marathon in Rhode Island and the atmosphere at the marathon did not even compare to the atmosphere, organization and amenities at Sean's Run! We're happy we were able to be part of such a special event supporting an important cause.

Jon R.

Chatham, Columbia County, and the Capital District should be proud of Sean's Run. It's a race in a small town but with a big time festive feel and immense community support. The scholarships awarded and focus on the problems of underage drinking have far-reaching impact on our young people.

Mary B.

Another joyous year @ Sean's Run ... it just keeps getting better & better. Thank you everyone for your dedication, your volunteering, great food, water on the course ... everything. What a terrific event. (Oh yeah and Stewart's ... love a vanilla cone after a hot race)!

Thomas L.

Agreed, still the best run race in NY!
Incredible turnout hosted by incredible people.

Catherine C.

This is just such a well organized fun event!!

Shari F.

What a great event! Congrats to the organizing committee and volunteers for a job well done and to everyone who participates! Amazing day!

Beth L.

A great event!!

Sandy K.

2011 was our family's first year doing Sean's Run/Meghan's Mile and we plan on being back in 2012. This was a great event and a great experience!

Christine C.

2011 was our first year participating in Sean's Run. This is a great event, and we'll see you in 2012!

Sandra C.

Well, now that I have caught my breath again, it was a lot of fun - see you in 2012 - in less time!

Danielle H.

In 2011 my nine year old and I walked the 5K together and it was wonderful bonding time for a wonderful cause. Thanks to everyone who helps make the event happen.

11th Annual Sean's Run Schedule

Chatham High School

Saturday, April 28

- 10:00 a.m.-12 Noon** Sean's Run Zumbathon® - Chatham Elementary School
- 12:00-2:00 p.m.** Packet Pick Up and Walk-In Registration
Chatham High School Gym
First 350 to arrive will receive special gift
- 1:00 p.m.** Sea Jem's Super Saturday Run for Special Needs Kids

Sunday, April 29

- 10:00 a.m.** Prevention Education Expo Opens - Gym
- 10:00-11:30 a.m.** Last Chance to Register
Packet Pick Up - Gym
- 11:15 a.m.** Presentation of Scholarships and Grants - Auditorium
- 12:00 Noon** World Championship Battle of the Belts
- 12:30 p.m.** Meghan's Mile — Youth Race and 1-Mile Walk
- 1:00 p.m.** 5K Run and Community Walk
- 2:00 p.m.** Running Awards Presentation
- 7:00 p.m.** Results posted
at www.SeansRun.com

Tuesday, May 1

Results and new coverage published in the Register Star



Sean's Run Pays Tribute to Those Impacted by Drunk Driving

Every 31 minutes, someone is killed by a drunk driver in the United States – almost 50 per day according to Mothers Against Drunk Driving (MADD). Hundreds more suffer physical and emotional injury because of drunk drivers, according to the National Highway Traffic Safety Administration. And the anguish caused by this trauma never fully dissipates.

This is why Sean's Run recognizes all victims and survivors of drunk driving. The volunteers who produce Sean's Run wish to provide some consolation.

The Organizers of Sean's Run extend a warm welcome to the hundreds of people in our region who have been impacted by an impaired driver. These people have been forced to endure the pain of suddenly losing a loved one or have personally suffered physical injury.

Victims and survivors who participate in Sean's Run are provided complimentary entry and are invited to wear a small placard with the name of the individual they wish to remember or honor as they walk or run. Those who wear placards give faces to the impact of drunk driving and the placards give names to those who have suffered.

Why I Support Sean's Run

By Phil Abitabile

Partner Taconic Driving School

The morning of January 1, 2002 was not a very good time for me. I awoke to find that one of my best friends, Jerry Benvenuto, has passed away overnight. I will always remember Jerry. He was warm, kind, respectful and a person who truly understood the meaning of being a friend. So on New Years Day 2002, my mind was on my friend Jerry.

The next day is when I learned about a horrible accident in Chatham just a few minutes after midnight, January 1st. I immediately went to my computer's data base to see if any of the boys involved had completed my 5 hour pre-licensing class. I found the driver had taken the class on July 21, 2000 and Sean completed the class on September 30, 2000. My heart sank; the message I give in my class concerning drinking and driving and riding with someone who had been drinking was not heeded.

Though I did not know the French family personally, the family is well known and active in our area. I actually knew Sean's Uncle Jeff French from our high school days; he graduated from Ockawamick, I graduated from Hudson.

That spring I read about Sean's Run. I could not begin to imagine the grief felt by the French family. This tragedy brought back

sad memories to Linda Delaney, my partner in the Taconic Driving School. In the fall of 1971 her brother, a senior at Germantown Central School, was killed in a non-alcohol related traffic accident. We discussed what we could do to be part of Sean's Run. Immediately after the first run in 2002, Linda and I wrote a letter to the Sean's Run Committee to see how we could contribute. We became a sponsor in 2003, and the next year were exhibitors in the education exhibit.

For me personally that just wasn't enough, I had to be directly involved with this event. A thought kept going through my mind, a saying I used while working to rehabilitate corrections inmates, "You can't talk the talk



Phil Abitabile and his grandson Gavin Phillip Abitabile.

unless you walk the walk". I decided since I talked the talk in my driving classes I should walk the walk and be an active part of Sean's Run.

I asked Mark and Jeff how I could become more involved and was invited to attend the next committee meeting. I accepted. My commitment to the cause and my friendship with the French family and the other members of the organizing committee began.

I taught driver education classes while I was at Germantown Central, was an instructor for the Drinking Driver Education Class and as a Corrections Counselor at Hudson Correctional Facility coordinating a program for felon drinking drivers. I eventually purchased the Taconic Driving School in Hudson. I still own the driving school and continue to teach the 5 hour pre-licensing class every Saturday morning. All this helps explain why I was drawn to Sean's Run.

I feel that since I became a member of the committee I am now a better teacher. I've kept informed on the problems of alcohol and driving, of seat belt usage and of other driving problems. I am updated on new laws and trends in the traffic safety field. In fact I discuss the car

crash that claimed Sean's life in every class, whether it's the 5 hour pre-licensing class to new drivers or the Point and Insurance Reduction Program taught to experienced drivers. I even show the Sean's Run film to every class I teach, explaining to my students that here is a tragedy that happened right here in Columbia County and a new law was passed based on this loss of life. I tell my students the French family deserves a lot of credit. The family had good reason to go through life filled with hatred and anger, but instead the entire French family devotes their lives to saving others' lives.

After meeting Doris Akin, the founder of Remove Intoxicated Drivers, USA, at the Sean's Run Prevention Education Expo, she suggested the Sean's Run committee should plant a "Safety Tree Living Billboard" in our area.

I went to some other participants at the Expo and spoke to Beth Schuster, Director of Twin County Recovery Services, Inc. and Jessica Nabozny, Director of Columbia County Stop DWI, about the idea of joining forces with my driving school as co-sponsors of a "Safety Tree" in our area. Then I asked Jane Ehrlich, CEO of Columbia Memorial Hospital, if the hospital would also be a co-sponsor and allow us to plant a tree on the hospital grounds. Everyone said "Yes."

On April 1, 2010, the sponsoring agencies were joined by the Sean's Run Organizing Committee, elected officials and numerous residents. The tree was planted near the entrance of the emergency room and was lit with all white lights. During the dedication ceremony Mark and Cathy French removed one white light and replaced it with a red light in memory of Sean.

It simply amazes me how Sean's Run has become a regional event. Each year the numbers increase. Even now when I work out at the local gym I see so many people are wearing Sean's Run shirts. Last past year my son, Antonio and his wife Meghan (Gavin) participated together. But the most gratifying part to me was my 2 month-old grandson, Gavin Philip, also participated. I used the occasion as the first lesson of many lessons I will teach him, "Don't drink and drive, do not drink underage, use your seatbelt, and don't get into a car with a driver that has been drinking."

To me that's the message of Sean's Run and of our community working together to save lives on the highways.

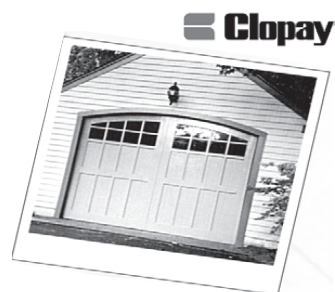


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In Loving Remembrance of Aaron James Badertscher

Note: This year the Sean's Run Organizing Committee is dedicating their efforts to the memory of Aaron James Badertscher. He was run over and killed by a drunk driver. The driver crossed the center line into the oncoming lane, continued to the far shoulder of the road and struck Aaron. The driver's BAC was .26, nearly three times the current legal limit. Aaron succumbed to his injuries the following day, August 27, 1993. He was only 14 years old.



AARON JAMES BADERTSCHER

**By the members
of the Badertscher Family**

Aaron James Badertscher, the only son of an only son, died in 1993 at the tender age of 14. He was taken from us by a drunk driver who made the deadly decision, with no consideration of the consequences, to get behind the wheel after drinking.

On Aaron's 33rd birthday, this past January 24th, his loving family wondered again, "What sort of man would he have become?" For twenty years we've wondered about what could have been, what Aaron might have done to make this a better world. We can only wonder.

Aaron was quite the outstanding boy so we imagine he would have become an outstanding man. He was smart, funny, healthy and strong, full of life and full of love. He had the power to infuriate, but also infatuated, charmed and endeared himself to his siblings, parents and friends. He loved to tease, but he hated bullies. He had a great sense of humor, and could be absolutely serious when he was interested in something.

Aaron was a wonderful young individual with much potential, and we just know he would have been a positive force in the world. And even if the whole world did not recognize his greatness as a grown-up, we would have. But his father, his mother, sisters, aunts, uncles, cousins, nephews and nieces, and everyone who loved him never had that opportunity.

We recognize that Aaron is not the only victim whose life has been cut short tragically. We suspect that anyone who is reading this article knows of someone who has been affected by the death of a loved one caused by drunk driving. It's not just the immediate family who suffers when a

loved one dies unexpectedly, especially at such a young age. Everyone who knew and cared about the victim is impacted. For families, the senseless loss of a child changes everything. We wonder how different the lives of our family might be today if Aaron had not been hit by a drunk driver while he was riding his bicycle.

We can think of a dozen things that obviously would have been different, but there are hundreds, perhaps thousands, of subtle differences that we will never know about. We miss Aaron, and think about him, and what might have been, every day. We wonder if the woman who drove drunk, with a blood alcohol level more than 3 times the legal limit, ever thinks about him. Has she accepted responsibility for her actions, and does she realize that Aaron is (was) the innocent victim of her crime?

Anyone with a loved one or friend who has been killed because of drunk driving will understand the frustration and agony Aaron's family experiences every time we learn about another family who suffers as we have. No family should have to endure what we have had to endure. No other families should face a loss of life due to drunk driving.

That is why we are pleased that Aaron is remembered through Sean's Run, our community's effort to educate and prevent similar tragedies. We will never know exactly how many lives have been saved through Sean's legacy, but we know that there are many who have been touched, who listened and learned.

For the sake of your family and friends, and in memory of Aaron, Sean and the others who have died needlessly, please don't drink and drive.



Participants in the 2011 Sea Gem's Super Saturday Run for Special Needs Kids.

Sea Gem's Super Saturday Sean's Run for Special Needs Kids

Kids with special needs and other developmental disabilities are provided the opportunity to experience the fun of Sean's Run – including all the amenities. New to Sean's Run beginning in 2010, this short-but-special run will be conducted at 1:00 p.m. on Saturday, April 28th, the day before the 5K and Meghan's Mile. It has been planned in cooperation with the Capital Region Miracle League and founder Burke Adams. Participants should arrive by 12:30 p.m..

Running Changed My Life

By Elijah Murphy

Sean Patrick French Scholarship Winner

Hello Mr. and Mrs. French. My name is Elijah Murphy. I am seventeen years old and I have participated in Cross Country and Track and Field at the Berne-Knox-Westerlo School District since my seventh grade year. I am extremely honored to be chosen as a candidate for this scholarship and I give deep condolences for your son, who was a spectacular runner as I have heard over the years from coaches and fellow runners.

It's been quite the experience running in both these sports and I have developed everlasting memories with my team who I feel are more of a family rather than simply teammates. BKW is a small school and everyone is close, but the bond of the Cross Country and Track teams is unbreakable and I feel I will be friends with most of these people for the rest of my life. I look up to my teammates for their absolute dedication; some of these people include Derek Struck, Conner Devine, Adam Forti, Sean Reynolds and especially Coach Bill Tindale.

When I was two years old I was diagnosed with Aspergers Syndrome (a form of Autism) and doctors said I would have trouble functioning in life let alone have the discipline to be a part of a sport. I have always tried to rise above this and prove that I'm just like everyone else. In the sixth grade I met Mr. Tindale as a social studies teacher and he told me that I should join the Cross Country and Track teams. I was a pretty sedentary kid in my

early years and enjoyed sitting around stuffing my face and playing video games. Also, I wasn't the most sociable person. When Mr. Tindale told me what the sport was all about I thought "Who in their right mind would run miles on end without rest as a sport?" It sounded more like torture than a sport.

I joined anyway out of my respect for Mr. Tindale. I was often last or close to it during my first few years running, but Mr. Tindale and my teammates always gave me relentless encouragement. No matter how long it took me to complete the race, they were always at the finish line cheering me on. Due to this, I began to train very hard by running all year round no matter the weather conditions. I became a much better runner over the years, eventually qualifying for the Cross Country State Championships in my senior year and I could not have achieved this without everyone's support.

Demonstrating positive sportsmanship is a very significant part of any sport and, in my opinion; it is the most important aspect to have. I am very grateful to be nominated for this scholarship, but I am no different from my other teammates because we all demonstrate sportsmanship qualities. I have been told by several teammates that I have inspired them to persevere and stay with the team when they considered quitting the sport. Also, I have recruited and encouraged friends who would not have considered joining this sport by telling them what a life changing experience running is. To sum this up, running has certainly changed my life physically, mentally, and spiritually.

SEAN'S RUN 2012



Why does Sean's Run include the World Championship Battle of the Belts?

Because seatbelts save lives! Because too many teenagers are failing to buckle-up. And because we've come up with a good idea to encourage teens to change their behaviors and make good choices. Kids tell us they really like participating in the Battle of the Belts!

Too frequently we read about a young person who was killed in a car crash.

It's a fact: Auto accidents are the number one killer of teenagers. Here's another fact: Two-thirds of teens who perish in car wrecks were not wearing safety belts.

And why do so many youth fail to buckle up? They have the lamest excuses like, "Nothing's going to happen to me!" According to a national study conducted by Volkswagen of America, teens need to change their attitudes and behaviors when it comes to using seatbelts.

The fact is that if we can change teens' attitudes about using car safety belts, we might be saving their lives! Youth experts agree that the most effective way to get a safety message across to a teenager is when the mes-



sage comes from another teenager. The Battle of the Belts is a fun teenage activity to express the message to other teens about the importance of using seatbelts.

Principals, Youth Program Leaders, Police Officers, STOP DWI Coordinators, Youth Bureau Directors, School Superintendents, SADD advisors, School Resource Officers, teens and parents have told the Sean's Run Organizing Committee that the Battle of the Belts can increase the use of seatbelts.

The Battle of the Belts is a fast-moving competition where teams of

4 youth compete to see who can buckle-up the fastest. To start, the team runs from a starting line to a 4-door car. The Starting line is 15 feet from the back of the car's rear bumper. Team members get in, buckle up, and throw their hands in the air until a Referee shouts "ROTATE!" Then they unbuckle, get out, rotate clockwise around the car to the next seat and buckle-up again. They rotate twice more until they have been buckled in all four seats. The team with the fastest time after four "buckle-ups" is the winner!



Each year, the Official Starter at the Battle of the Belts is David Harrison, Jr., Sheriff, Columbia County.



Scenes From Last Year

Above, All smiles while approaching finish line in 2011.

Middle, the Kelley Family of East Chatham. Hannah, 7, running next to her dad, Chris, with brother Hunter, 4, along for the ride.

Right, Jonathan Catlett, 33, Albany, first place 30-39 age group, 5th overall in 17:38.



Women are 55% of the Sean's Run Field

Female entries out-number male entries in Sean's Run by a 55-45 ratio. Running USA, an organization that tracks national running trends, reports that the number of women across the nation who finished a running race soared from 791,000 in 1987 to nearly 5 million in 2010.

In a poll by the same organization, women said they run to sculpt their physique, stave off stress, and achieve personal goals.

According to Running USA, here is the profile of the typical U.S. female runner who trains year-round and enters running events:

Demographics:

- Average Age: 38.5
- 63.2% Married
- 78.2% College educated
- 70.3% have a household income of \$75,000+

Running History:

- Average number of years running: 9.9 years
- Average number of running events last year: 7.2 events
- 51.8% have completed 1 marathon or more in their lifetime

Running Routine:

- 70.4% Run/Jog 4+ hours each week
- Average number of days run per week: 4.0



Top left: Meghan Davey, 24 from Rotterdam, first place 19-29 age group, 20:10.

Center: Regina Flint, 37, of Amsterdam cruising to a 22:05 first place finish in the 30-39 age group.

Top right: Lolita Lewis (#359), 40, from Hopewell Junction and Monica Thomas (#625), 24, from Sandwich, Mass.

Far left: Sherri Gitto, 45, Chatham on the 5K course in 2011.

Left: Andrea Burriesci (#71), 26, from Albany and Louisa Dodds (1092), 14, from Hillsdale.

- Average number of miles run per week: 21.9

Motivation:

- Primary motivation to start running: For Exercise (25.0%); Weight Concerns (14.5%); Needed a New Challenge (9.3%)
- Motivation to continue to run: Staying in Shape (76.8%); Staying Healthy (74.2%); and Relieving Stress (64.4%)

Health:

- Average Weight: 137.6 lbs
- Average Height: 5 feet, 5 inches
- 40.9% are content with their weight
- 42.3% are content with their fitness level



Prevention Education Expo

The Prevention Education Expo includes informational booths and exhibits by a variety of community and government agencies, prevention education organizations, youth development programs and wellness providers. These groups are set up inside the gymnasium and from 10 a.m. to 1 p.m. they distribute materials to:

- Educate young people and their parents about the potentially fatal consequences of underage drinking and impaired driving,
- Encourage young people to try positive alternatives and refrain from the use of alcohol, other drugs and tobacco,
- Underscore the importance of wearing seat belts, and
- Raise awareness about the valuable services and programs their organizations provide.

Past Expo Exhibitors include:

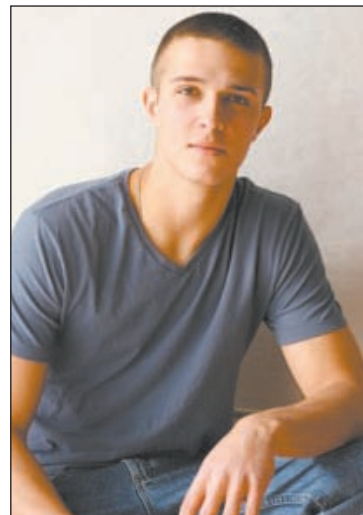
- | | |
|---|---|
| Catholic Charities | Mental Health Association of Columbia and Greene Counties |
| Choices 301 | New York State Association of Traffic Safety Boards |
| Chatham High School SADD | New York State Department of Health |
| Chatham Middle School SADD | Parents Who Host Loose the Most |
| Cornell Cooperative Extension | Reality Check Chatham High School |
| Columbia County Health Care Consortium | Rensselaer County Underage Drinking Coalition |
| Columbia County Sheriff's Department | Remove Intoxicated Drivers (RID) |
| Columbia County STOP DWI | Rip Van Winkle Tobacco Free Coalition |
| Columbia-Greene Community College | Taconic Driving School |
| Crellin Morris Association | The Coordinated School Health Center |
| KB Chiropractic | The Health Care Consortium |
| Kinderhook Runners Club | Twin County Recovery Services, Inc. |
| Law Enforcement Against Drunk Driving (LEADD) | |
| MADD of the Capital District | |



Oscar Smeraldo, 5, from Philmont finished Meghan's Mile in 2011.

The Sean Patrick French Memorial Scholarships Fund

The Sean Patrick French Memorial Scholarship Fund was established in 2002 to recognize the positive achievements and good character of deserving high school seniors. To-date, 80 deserving seniors have been awarded scholarships in three categories. The fund was created using a portion of the proceeds from the inaugural Sean's Run and from ongoing contributions by individuals, businesses and community organizations. The Scholarship Fund is administered by the Berkshire Taconic Community Foundation, Great Barrington, MA and all contributions to the fund are tax deductible in accordance with IRS regulations. Scholarship awardees are selected by a 5-person selection committee.



Cole Samuel Gleason, Chatham HS – 2012 Community Service Scholarship Winner

Scholarship Category #1

The Sean Patrick French Community Service Scholarship

Who is eligible?

Chatham High School Seniors

How to Apply: Applications, available at www.SeansRun.com, are due by January 15th.

Two \$1,000 scholarships, one to a boy and one to a girl, are awarded each year. The awardees best exemplify the positive personal characteristics for which Sean is remembered.



Eva Chaitman, Chatham HS – 2012 Community Service Scholarship Winner



Elijah Murphy, Berne-Knox-Westerlo HS – 2012 Good Sport Scholarship Winner

Scholarship Category #2

The Sean Patrick French Good Sport Scholarships

Who is eligible? Cross Country runners from NYSPHSAA Section II who competed at the NYSPHSAA State Cross Country Championship and have been named as Section II Good Sportsmanship Award winners.

How to Apply: Applications, available at SeansRun.com, are due by January 15th.

Runners who have been selected by the Section II Cross Country Coaches as the Good Sportsmanship Award winners are invited to apply. Two \$500 scholarships, one to a boy and one to a girl, are awarded.



Kristen Bassler (#1475), Berne-Knox-Westerlo HS – 2012 Good Sport Scholarship Winner



Abigail Wheeler, Chatham HS – 2012 Love of Running Scholarship Winner

Scholarship Category #3

The Sean Patrick French "Love of Running" Scholarships

Who is eligible? High School Seniors who reside in Columbia County and have participated in at least two seasons of varsity level Track & Field or Cross Country.

How to Apply: Applications, available at www.SeansRun.com, are due by January 15th.

At least two \$500 scholarships, one to a boy and one to a girl, are awarded each year to the applicants who best describe how their love of running has prepared them for the challenges of college.



Samuel Mackerer, Chatham HS – 2012 Love of Running Scholarship Winner



Members of The Marathon Project from Poughkeepsie, who were awarded a Sean's Run grant in 2011, relax after the 5K.

\$160,950 Donated by Sean's Run

For ten years, the Organizing Committee has given the money raised at Sean's Run to support two specific areas of interest: 1.) Scholarships to deserving high school seniors, and 2.) Grants to schools and youth groups to implement programs to combat underage drinking, impaired driving and teenagers' lax use of seatbelts. Thanks to generous sponsors and donors, \$160,950 has been raised - and given away.

The Sean's Run Grants Program

Cash grants are given to school groups and community-based organizations to support programs across the region designed to combat underage drinking, impaired driving and teens' lax use of seatbelts. This year Sean's Run is presenting \$500 grants to 13 schools and youth groups to plan and produce their own Battle of the Belts and to compete in the World Championship Battle of Belts. Also, three regional organizations whose missions are to combat underage drinking and impaired driving will be presented grants to support their work.

2012 Sean's Run Grant Winners

SCHOOL OR GROUP	COUNTY
Averill Park HS SADD	Rensselaer
Berlin Middle School	Rensselaer
Council on Addiction & Prevention Education - The Marathon Project	Dutchess
Chatham HS SADD	Columbia
Chatham MS SADD	Columbia
East Greenbush Goff Middle School	Rensselaer
Fonda-Fultonville HS Student Government	Montgomery
Hoosick Falls HS SADD	Rensselaer
Levittown Wisdom Lane Middle School	Nassau
Lynch Literacy Academy Student Council, Amsterdam	Montgomery
Maple Hill High School	Rensselaer
Maple Hill Middle School	Rensselaer
Mohonasen HS SADD	Schenectady
Pine Plains Stissing Mt. HS SADD	Dutchess
Remove Intoxicated Drivers	Schenectady
Choices 301	Albany
MADD	Albany

SEAN'S RUN

5K COURSE RECORDS

MALE COURSE RECORD: 15:18
Matthew Forys (Sean's Cousin), 22
Howell, NJ

FEMALE COURSE RECORD: 17:42
Lilly Becker, 20
Pittsfield, MA

AGE GROUP RECORDS

12 and Under

Male: 21:01 - Ross Wightman, 12
Chatham, NY

Female: 24:22 - Abigail Wheeler, 12
Chatham, NY

13 to 15

Male: 17:49 — Ross Wightman, 15
Chatham, NY

Female: 20:31 — Madeline Montage, 15
Greenwich, NY

16 to 18

Male: 15:56 - Craig Forys
(Sean's Cousin), 16
Howell, NJ

Female: 18:18 — Brina Seguine, 18
Rensselaer, NY

19 to 29

Male: 15:49 — Matthew Forys, 23
Howell, NJ

Female: 18:16 - Kara-Lynne Kerr, 26
Albany, NY

30 to 39

Male: 16:26 — Robert Irwin, 32
Guilderland, NY

Female: 19:50 - Kim Miseno-Bowles, 35
Amsterdam, NY

40 to 49

Male: 16:44 - Derrick Staley, 47
Ballston Lake, NY

Female: 21:26 - Lisa Mattilla, 45
Pittsfield, MA

50 to 59

Male: 18:36, Rick Munson, 51
Prattsville, NY

Female: 23:31, Deb Matacchiero, 52
Valatie

60 to 69

Male: 18:41 — Bob Giambalvo, 62
Delhi, NY

Female: 24:37 - Jayne Zinke, 61
Valatie, NY

70 and Over

Male: 23:36 - Richard Shook, 70
Pittsfield, MA

Female: 27:56 - Anne Stockman, 73
Rensselaer, NY

80 and Over

Male: 41:49 - Gene Carlough, 81
East Chatham

PAST 5K CHAMPIONS

JACK McGRATH AWARD WINNERS

2004

Male: Darren Legere, 18, Ghent, NY
17:02

Female: Molly Montegami, 20
Pittsfield, MA
20:59

2005

Male: Robert Irwin, 32, Guilderland, NY
16:26

Female: Kara-Lynn Kerr, 26
Albany, NY
18:16

2006

Male: Craig Forys (Sean's Cousin), 16
Howell, NY
15:56

Female: Libby Gamache, 23
Rensselaer, NY
19:36

RECORD HOLDERS & PAST CHAMPIONS



2011 Female 40-49 Age group winners, (L to R) Julie Keating, 3rd, Dominique Saint-Loui, 2nd, Hillary Eutzy, 1st after being presented winner medals by Sean's Run committee member Mark French.

2007

Male: Macky Lloyd, 17, Voorhesville, NY
16:20

Female: Samantha Legere, Scotia, NY
20:13

2008

Male: Matthew Forys, 22, Howell, NY
15:18

Female: Brina Seguine, 18, Rensselaer, NY
18:18

2009

Male: Matthew Forys, 23, Howell, NY
15:49

Female: Sam Roecker, 17, Charlton, NY
20:02

2010

Male: Chuck Terry, 27, Albany, NY
15:58

Female: Emma Gryner, 18, Craryville, NY
21:05

2011

Male: Chuck Terry, 27, Albany, NY
16:11

Female: Betsy Edinger, 17, Greenwich, NY
19:45

MEGHAN'S MILE

MALE COURSE RECORD: 5:51
Chase Werner, 12, Stuyvesant, NY

FEMALE COURSE RECORD: 6:21
Kaylee Scott, 11, Castleton-on-Hudson, NY

PAST MEGHAN'S MILE CHAMPIONS - THE NEWKIRK AWARD WINNERS

2004

Male: Ian Rasweiler, 10, Hudson, NY
7:33

Female: Wren Hoy, 11, Hudson, NY
8:45

2005

Male: Henry Taylor, 11, Delmar, NY
6:44

Female: Kelly Forys (Sean's Cousin), 11
Absecon, NJ
8:33

2006

Male: Richard Cummings, 12
Stuyvesant, NY
6:46

Female: Hannah Riordan, 11, Nassau, NY
8:07

2007

Male: Ross Wightman, 11, Chatham, NY
6:33

Female: Hannah Riordan, 12, Nassau, NY
7:36

2008

Male: Ross Wightman, 12, Chatham, NY
6:03

Female: Raelyn Beaucage, 12, Valatie, NY
6:53

2009

Male: Jordan Healy, 12, Castleton, NY
5:56

Female: Kaylee Scott, 11,
Castleton-on-Hudson, NY
6:21

2010

Male: Drew McAuley, 12, Schenectady, NY
6:12

Female: Samantha Taylor, 10, Philmont, NY
6:50

2011

Male: Chase Werner, 12, Stuyvesant, NY
5:51

Female: Erin Clark, 12, Old Chatham, NY
6:34

PROM SEASON: Dangerous Time for Teen Drivers

It's no coincidence that Sean's Run occurs each year on the last Sunday of April, in the middle of Prom Season. Prom season is a dangerous time for teenage drivers. Car accidents resulting in teenage deaths are the highest during prom weekends. Depending on the location these are the months of March, April and May.

This is because often teenagers add alcohol to the mix of dancing, prom pictures and corsages.

Car crashes, according to the Center for Disease Control and Prevention (CDC) are the leading cause of death for teens. The statistics are alarming - in 2009, eight teens ages 16 to 19 died every day from motor vehicle injuries. The Center for Injury Research and Prevention has found that nearly 2/3 of those who perish were not using safety belts.

Per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash (National Highway Traffic Safety Administration). Alcohol consumption greatly increases the likelihood that teens will forego use of seatbelts; nearly three out of every four teen drivers killed in motor vehicle crashes after drinking and driving were not wearing a seat belt. (CDC)



Safety Tree Serves to Remember the Victims

People who have lost their lives because of an alcohol-involved car crash in Columbia and Greene Counties were remembered during a special annual ceremony on March 30th conducted by the Sean's Run committee and the other organization partners that are sponsors of the Columbia-Greene Safety Tree Living Billboard. They include Columbia Memorial Hospital, Columbia County STOP DWI, Twin County Recovery Services, Inc., Taconic Driving School and Remove Intoxicated Drivers (RID).

The remembrance ceremony took place at the Safety Tree Living Billboard, a blue spruce pine tree that grows on a lawn next to the entrance of the Emergency Room of Columbia Memorial Hospital in Hudson.

Planted at the hospital on April 1, 2011, the Safety Tree is decorated with white lights as a living billboard

reminding everyone about the danger of impaired driving.

The partner organizations decided to memorialize any individual who perished in an alcohol-involved car crash in the twin counties by switching a white light bulb to a red bulb during an annual observance. The red bulbs will be permanent reminders of those lost and of the deadly consequences of drunk driving.

The NYS Governor's Traffic Safety Committee at the Department of Motor Vehicles (DMV) compiles the fatality data for each county in the state. In 2010, the most recent year for which data is available, alcohol-involved car crashes accounted for two fatalities in Columbia County and two fatalities in Greene County. There were a total of 354 alcohol-involved fatalities across New York State that year.



Richard Draper, 61, from Hudson, a member of the Kinderhook Runners Club

Seatbelts and Teens

The National Highway Traffic Safety Administration says: Seat Belts Save Lives

Teens have the highest fatality rate in motor vehicle crashes than any other age group. One key reason for high traffic fatalities among this age group is that they have lower safety belt use rates than adults.

In 2008 alone, seat belts saved an estimated 13,250 lives (Traffic Safety Facts: 2008 Data, NHTSA, DOT HS 811153).

Research has found that lap/shoulder seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent.

The Committee to Produce the Sean Patrick French Memorial Run/Walk

WE ARE ABOUT
Producing a well-organized community-wide event that includes:

- 5K Run/Walk,
- 1 Mile Youth Race - Meghan's Mile
- Tribute to Victims and Survivors of Drunk Driving
- World Championship Battle of the Belts Seatbelt Contest
- Prevention Education Expo
- Fun Run for Kids with Special Needs
- Zumbathon®

WE STRIVE TO

- Increase awareness about the problems of underage drinking and impaired driving
- Raise funds to give as grants to youth and student organizations to implement year-round programs that combat underage drinking, impaired driving and teens' lax use of seatbelts.
- Select deserving college-bound seniors from throughout the region to award scholarships from funds raised during the inaugural Sean's Run.
- Encourage healthy lifestyles and safe choices that lead to reducing the number of teens who drink, drive while impaired, ride with a drunk driver, or fail to use seatbelts.

GENEROUS SUPPORTERS

We would not be able to produce the event and meet our goals without the generosity of Sponsors, Contributors and Participants. Entry fees paid by participants cover approximately half of the expenses of producing Sean's Run. It's because of the generosity of Sponsors and Contributors that the Committee is able to achieve its goals.

OUR BEGINNINGS

The all-volunteer Organizing Committee and Board of Directors created Sean's Run in response to the tragic death of Sean Patrick French, the 17-year old Chatham High School junior, honor roll student, community volunteer and record-setting athlete who lost his life on January 1, 2002 as a passenger in a drunk-driving car crash. Ian Moore, another passenger also 17 at the time, sustained paralyzing injuries. The 17-year old intoxicated driver, was a schoolmate who had been arrested previously for drunk driving, just 18 days before the fatal crash.

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Carol Goold, Vice Chairman
Joanne Doyle & Tammi Menegio, Co-Treasurers
Mark D. French, Secretary
Kelsey Frederick ('12), Student Liaison, CHS

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Five Pines Photography to Sell Event Photos

Want a professional photo of you crossing the finish line at Sean's Run? Just go to the Five Pines website <http://www.gregwolcott.com/photocart/index.php> where you can search for your photo using your bib number and purchase a high quality print image or order a digital version with the Sean's Run logo.

Owner Greg Wolcott is one of a few premiere sport photographers in Upstate New York. He will have your photo posted at his website within a day or two following the event. His race galleries are searchable and easy to browse through all the activities of Sean's Run.

Five Pines has an outstanding reputation and will provide a wonderful way to remember the fun you had at Sean's Run.

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