

15th annual  
**Sean's Run**  
**weekend**  
**APRIL 23-24 / CHATHAM, NY**



# Sean's Run weekend 2016

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Over 1,000 participants line-up before the start of the 2015 5K.

## 15th Annual Sean's Run Weekend Schedule

### Saturday, April 23

#### Packet Pick Up for 5K & Meghan's Mile

11 AM – 1 PM - Packet Pick Up & Walk-In Registration at Chatham High gym

*First 350 to arrive will receive special gift*

#### Bike Rides

8 AM - 50-Mile Bike Ride Check In/Registration – Chatham Fairgrounds, Ride Departs at 8:30 AM

9 AM - 20-Mile Bike Ride Check In/Registration – Chatham Fairgrounds, Ride departs at 10 AM

10 AM - 10-Mile Bike Ride Check in/Registration – Chatham Fairgrounds, Ride departs at 10:30 AM

11 AM – 1:00 PM - Bike Rides Refreshments at Finish Line – Chatham High School

#### Zumbathon

9 AM - Check In/Registration – Chatham MED Elementary School

10 AM – 12 noon - Sean's Run Zumbathon®

#### Super Saturday Run for Special Needs Kids

12:00 Noon - Check in/Registration – Chatham HS at 11:30 AM

### Sunday, April 24

#### 5K & Meghan's Mile

9 - 11 AM - Last Chance to Register & Packet Pick Up – Chatham HS

11:30 AM - Meghan's Mile Run/Walk

12 Noon - 5K Run/Walk

5:00 PM - 5K & Mile Results posted at SeansRun.com

#### Prevention Education Expo

9:00 AM - Expo Opens – Chatham HS

#### Presentation of Scholarships and Grants

10:45 AM - Introduction of Scholarships & Grants Winners – Chatham HS

#### World Championship Battle of the Belts

11:00 AM - Chatham HS

## How to Register

### • On Line

SeansRun.com to register  
Closes April 19th

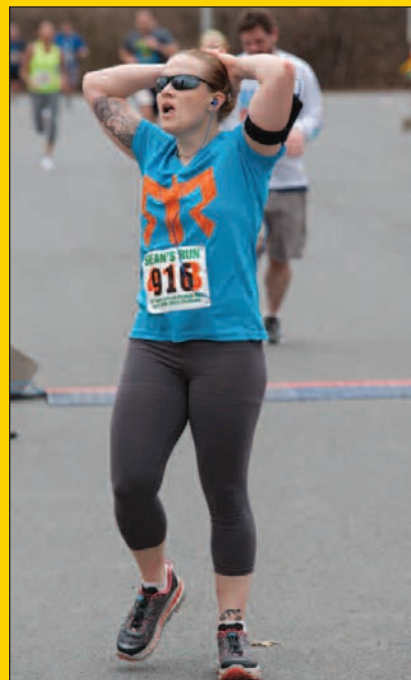
### • Last Chance Walk In

#### Saturday, 4/23:

Bike Rides & Zumbathon®  
1 hour before events start,  
5K/Mile – 11AM to 1PM

#### Sunday, 4/24:

5K/Mile – 9AM to 11AM at Chatham High School gym



Angela Kolewe, Chatham, at the 2015 5K.

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## 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 10:00 AM to 1:00 PM they distribute materials to:

- Educate young people and their parents about the potentially fatal conse-

quences 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.

## \$208,266 Donated by Sean's Run

For fourteen years, the Organizing Committee has given the money raised at Sean's Run from sponsorships, donations and participant registration fees 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 lax use of seatbelts by teenagers. \$208,266 has been given away since 2002.

### The Sean's Run Grants Program

160 grants have been 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 grants of up to \$650 to schools and youth groups to plan and produce a Battle of the Belts and to compete in the World Championship Battle of Belts at Sean's Run. Also, two regional organizations whose missions are to combat underage drinking and impaired driving have been presented grants to support their work.

## 2016 Sean's Run Grant Winners

School/Group	County
Algonquin MS Averill Park	Rensselaer
Averill Park HS SADD	Rensselaer
Council on Addiction & Prevention Education - The Marathon Project	Dutchess
Chatham MS SADD	Columbia
Chatham HS SADD	Columbia
Fonda-Fultonville HS Student Government	Montgomery
Hudson HS SADD	Columbia
Maple Hill High School	Rensselaer
Mohonasen HS SADD	Schenectady
New Lebanon Central School	Columbia
Pine Plains Stissing Mt. SADD	Dutchess
Shenendehowa HS SADD	Saratoga
Taconic Hills SADD	Columbia
Remove Intoxicated Drivers	Schenectady
MADD	Schenectady



Sean Patrick French, junior year school photo, 2001

### About Sean

Sean's Run Weekend is produced in memory of Sean Patrick French, a 17-year old high school junior, community volunteer, honor student and record-setting athlete at Chatham High School, lost his life on January 1, 2002, as a passenger in a drunk driving car crash. Another passenger, 17-year old Ian Moore, suffered paralyzing injuries. The driver, also 17, had also been arrested for drunken driving just 18 days prior to the fatal crash. This tragedy prompted the enactment of Sean's Law, which now requires the immediate suspension of a license of a 16- or 17-year old on drunk driving charges.

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# NEW ELEMENTS to Make Great Events Even Better



Sean's Run Weekend is much more than 'a run;' it is two days of well organized activities, amenities, a great spread of refreshments for participants, music, grants and scholarship

presentation, Prevention Education Expo, World Championship Battle of the Belts and a Victims' Remembrance. The 5K continues as the flagship activity with its companion

Meghan's Mile on Sunday. The day before features Sean's Ride, with 50-, 20- and 10-mile bike routes, a Zumbathon and the Super Saturday Run for Special Needs Kids.

## 1. Expanded Food Court after 5K and Meghan's Mile

Local restaurants and caterers are jumping in to make this year's nutritious spread of post race refreshments more spectacular than ever. Food has always been a hit at Sean's Run. Participants rave about the spread of fruit and other goodies donated by Price Chopper, the Stewart's ice cream, Chobani yogurt, water contributed by Winding Brook Country Club, Chocolate Milk from Byrne Dairy distributed by the Columbia County Dairy Ambassadors, as well as homemade cookies and the bagels from local bakeries. This year, thanks to a new undertaking by the Organizing Committee, participants will also be able to enjoy delicious treats from a number of restaurants and caterers who will be showing off some of their favorite finger foods.



Johnny Edick, Manager, Chatham Stewart's Shop making smiles in 2015

## 2. Artists for Sean's Run

Local artists, coordinated by Melissa Sarris, are joining together to offer participants of the 15th Annual Sean's Run an extra-special and unique experience through visual arts.

- Make-while-you-wait-for-returning-runners: Block-printed pennant flags celebrating the 15th year of this 5K with artwork made by local artists.
- Life sized plywood cut outs of active, running creatures that event participants can put their own faces into and take commemorative pictures at the 5K/Mile staging area.



Members of Berkshire Bateria

## 3. Live Performance by Berkshire Bateria

Beating out the Brazilian Samba rhythms that will be heard on the streets of Rio de Janeiro during the Summer 2016 Olympics, the Berkshire Bateria will perform before the start of the 5K to get your heart rate up to race speed! Their Brazilian-style drumming of Afro/Brazilian rhythms is exciting and infectious,

with sections of different percussion instruments "weaving" the whole tapestry of sound that is simply an irresistible part of Brazilian culture. They will also be at the finish line playing a beat that will surely encourage you to pick up the pace for your best finish ever!

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# Sean's Run Zumbathon®

## Saturday, April 23 • 10 am

Sponsored by Dells' Plumbing, Heating and A/C Service, this popular 2-hour, non-stop Zumba Fitness® Party will again be a part of Sean's Run Weekend. The first 60 participants to register in the Zumbathon® will receive a special Sean's Run Weekend workout shirt, perfect for Zumba exercise. Dells' Plumbing, Heating and A/C Service is back at event sponsor.



Zumbathon 2015

Last chance registration and check in start at 9:00 AM, Saturday April 25th at Chatham Elementary school. Refreshments will be offered during and at the conclusion of the Zumbathon.

Local licensed Zumba® instructor Jocelyn Morse is donating her time to lead the fun at this fund raiser. Plus, three additional Zumba® Instructors will be volunteering to make this an extra-special event: Mary Carey, Theresa Rossi and Donna Bervy. Special guest DJ, Roddy Bunch, is also donating time to keep the dance music pumping for the duration of the Zumbathon®

and Donna Bervy. Special guest DJ, Roddy Bunch, is also donating time to keep the dance music pumping for the duration of the Zumbathon®



Special Needs Run Participants

## TrainerFit's Super Saturday Sean's Run for Special Needs Kids

### Saturday, April 23 • 12 noon

With sponsor, TrainerFit of Chatham, kids of all ages with special needs and developmental disabilities will again be 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 12:00 Noon on Saturday, April 25th, 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 11:30 AM.



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# Sean's Run weekend 2016

## AMENITIES Make an Event



Run/Walk Shirt



After-Ride Shirt



Zumba Workout Shirt

### • Shirts and Giveaways:

Whether you're in the 5K Run, the Bike Ride or the Zumba, we want make sure you take home good memories of your time with us and wear your Sean's Run shirt with pride. When you decide to put on a Sean's Run t-shirt, you become the "face" of our event and what it stands for. That's why we at Sean's Run refuse to skimp on quality and invest a considerable amount of planning, design-work and cost into our shirt decision from the fabric, cut, color, artwork, short- or long-sleeved, quantity and sizes. Plus we have our shirts printed locally. Also, Plus the first 350 to pick up their 5K/Mile entrant's packets on Saturday, the day before the races, will receive a Gator's Gift, courtesy of Northeast Pest Control. And great spread of nutritional treats await participants at the conclusion of each event.

### • Special Spirit:

"Feel the Spirit" is the event's slogan. Music abounds during

the entire event. DJ Ryan Estrada of PrimoMobile DJs with his performer buddy, Radeek, both from Amsterdam, entertain at the start and finish of the Saturday Bike Rides. DJ Jack Bogarski entertains both days playing rock-n-roll at the Saturday Bike Ride rest stop at the Mellenville firehouse and again on Sunday out on the 5K and Mile course. And DJ Roddy Bunch is donating his time to play tunes during the Zumbathon. When participants cross the 5K and Mile finish line, our MC provides a personal shout-out before the runners and walkers enjoy a spread of nutritious refreshments.

### • World's Best Volunteers and Generous Sponsors

Employees of our Presenting Sponsor, First Niagara Bank, join other people from the community to serve as one of more than 150 volunteers who work 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.



DJ Ryan Estrada of Primo Mobile DJs



Bike Ride volunteers, L-R – Kelly West, Marie West and Jen Rosen

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## The Sean Patrick French Memorial Scholarships

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, 95 deserving seniors have been awarded scholarships in three categories. The fund was

created using proceeds from the inaugural and subsequent Sean's Run Weekends and from ongoing contributions by individuals, businesses and community organizations. The Scholarship Fund is administered by the Berkshire Taconic Community

Foundation, Sheffield, MA and all contributions to the fund are tax deductible in accordance with IRS regulations. Scholarships are awarded in three categories are selected by a 5-person selection committee convened by the Berkshire Taconic Community Foundation.



Kathryn Kraham

### Scholarship Category #1 Community Service Scholarship

**Eligibility:**  
**Chatham High School Seniors**

One \$2,000 scholarship awarded. The scholarship winner will be the applicant who best exemplifies the same personal characteristics for which Sean Patrick French is remembered.

**2016 Winner:**  
**Kathryn Kraham, Chatham HS**

Kathryn plans to earn an advanced degree in the health profession with a minor in business administration. She is the sister of Meghan Kraham who as a sophomore was one of the founders of Sean's Run. Kathryn exemplifies compassion and sensitivity. When she found a 9th grader alone and crying in a bathroom, though she did not know the young girl, Kathryn approached her and without asking any questions simply told her that she cared about her. Kathryn embraced the young girl with a hug and told her she would be okay. The girl stopped crying, thanked Kathryn and was able to go back to class. Kathryn has served for the past three years on the Sean's Run Organizing Committee and despite her academic and sports schedule, has found time to volunteer with other community groups. On the athletic court or field, Kathryn is known for her good sportsmanship – she's the first to extend a helping hand to assist a competitor off the floor. She awaits an admission decision from the several top universities where she has applied.

### Scholarship Category #2 Good Sport Scholarships

**Eligibility:**  
**High School seniors from NYSPHAA Section II who participated in the State XC meet and were selected by Section II coaches as the Good Sportsmanship Award winner.**

One \$1,000 scholarship will be awarded. The scholarship winner will be the applicant who best exemplifies the good sportsmanship characteristics for which Sean Patrick French is remembered.

**2016 Winner:**  
**Maryanna Callahan Lansing, Shaker HS**

Maryanna credits her coaches, Marbry Gansel (a Chatham HS graduate and exceptional athlete) and Ed Springsted, for her successes in Cross Country and Track and Field. She has consistently been one of the best runners in Section II for the past 5 years having competed at the State and Federation meets each year since 8th grade. She is a past Sectional Champion and 5-time MVP for Shaker Cross Country. This past fall she was selected by the XC Coaches from across Section II to be awarded the Good Sportsmanship award for the Section. She is well liked by both her teammates and her competitors and her



Maryanna Callahan Lansing

coaches say she is an outstanding individual. At big meets she has been seen sacrificing her own warm up time to comfort younger competitors who are appearing nervous and anxious prior to the start of a race. She also encourages her teammates to see the fun in competition. She wrote in her application, "Sometimes, as athletes, we get so focused on the result that we forget to enjoy the process of getting there. I always try to bring the focus back (from the competition) to the joy of running." An Ivy League or other prestigious university will be counting her among their admissions this fall.

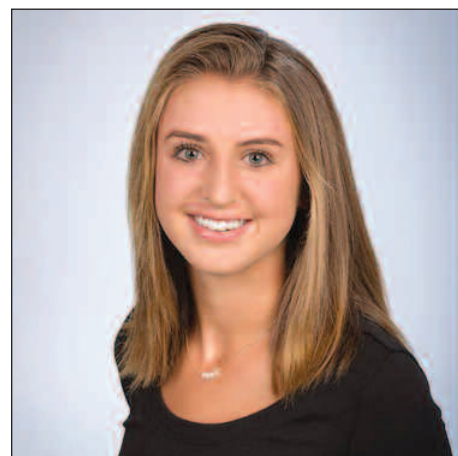
### Scholarship Category #3 Love of Running Scholarships

**Eligibility:**  
**High school seniors who reside in Columbia County and have participated for at least 2 years in XC or T&F**

One \$1000 scholarship will be awarded. The scholarship winner will be the applicant who best exemplifies the same love of running that was exhibited by Sean Patrick French.

**2016 Winner:**  
**Alexandra Bartolotta, Hudson HS**

Alexandra has signed a National Letter of Intent to run cross country and track for Marist College. She will be majoring in



Alexandra Bartolotta

Marketing. She credits her track coach Jack Connor for introducing her to the sport that

Bartolotta continued on page 9



## Safety Tree Serves to Remember the Victims

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.

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

People who have lost their lives because of an alcohol-involved car crash in Columbia and Greene Counties are remembered during a special annual ceremony the last Friday of March 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 takes 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 2014, the most recent year for which data is available, alcohol-involved car crashes accounted for --- fatalities in Columbia County and --- fatalities in Greene County.

Minors still drinking and driving: While the under 21 population comprises only 5% of all licensed drivers in Columbia County – they accounted for 8% of all the impaired driving arrests in 2013. Too many!

Columbia County	
Year	Total Fatalities
2009	0
2010	2
2011	1
2012	2
2013	2
2014	2



Teenagers pose for a photo at their Prom.

## Prom season – Dangerous Time for Teen Drivers

It's no coincidence that Sean's Run Weekend occurs each year on the last weekend 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 of the prom, 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. And nearly 1/3 of all deaths involved alcohol.

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)

Bartolotta continued from page 8

she now loves. She's a National Honor Society member and holds numerous school records on the track. Alexandra is a Patrol

Conference Champion, finished in the top 5 in Sectionals and has competed at the State XC Championship. She stated in her application, "Running has taught me that no matter how hard you work, how prepared you think you

are, sometimes things just don't turn out as you plan. It is at those moments when you have lost, that you can't quit, you have learned from it, shake it off and know there is another day, another race."

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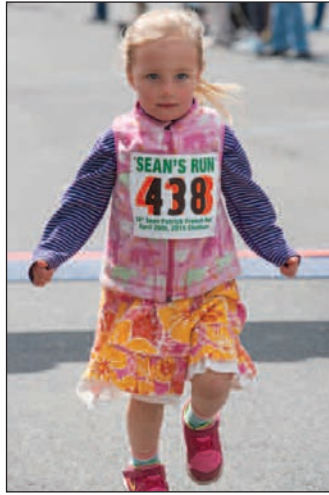



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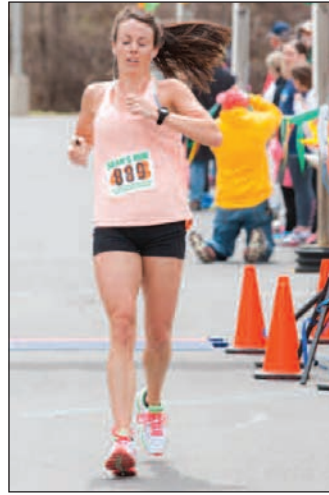
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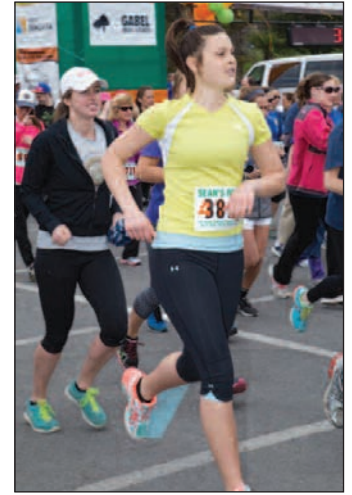
Katie Kraham and Meghan's Mile Age-group Winner



Lola Maxwell, 3, Chatham, finishing Meghan's Mile



Hayley Madsen, Ghent, finishing 5K in 2015



Brooke Kneller, Ghent, at start of 2015 5K

### 5K & Meghan's Mile Run/Walk — Sunday, April 24th • 11:30 AM

The 5K, presented by Gabel Real Estate - is the flagship event of the weekend. 1,400 participants are expected between the 5K and Meghan's Mile, sponsored by Coon Self Storage. The 5K course is accurately measured and USATF-Certified and is a well-organized event for runners and walkers of all ages and abilities. The Mile, with new sponsor Coon Self

Storage, memorializes Meghan Nicole Kraham, a friend of Sean French 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.

## Sean's Run weekend 2016 Meghan's Mile

**Male Course Record -**  
Chase Werner, 12, Stuyvesant, NY, 5:51

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

### 2015 Meghan's Mile Champions

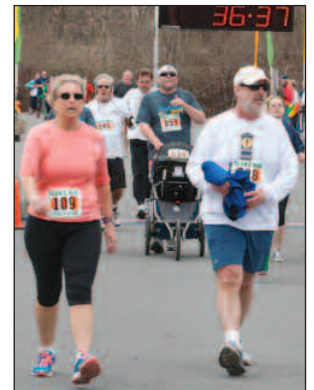
Male: Casey Sitzer, 12, Ghent, NY, 6:05  
Female: Katie Everett, 11, Old Chatham, NY 6:49



Katie Everett, 2015 Meghan's Mile Champion.



David Hoy, Chatham, finishing the 5K walk.



Honorable Richard Koweek, Columbia County Court Judge (white hat) and wife Toni Koweek finish the 5K.

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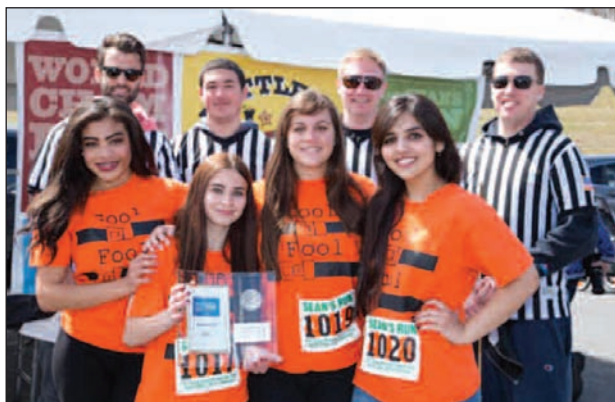
## Why is The World Championship Battle of the Belts Part of Sean's Run Weekend?

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

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. Teenagers 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 message comes from



2015 Battle of the Belts World Champions from Mohonasen HS, L to R: Brittany Boyce, Justina Fikert, Nicole March and Maryam Arshad with officials, back L-R, Matt Forays, Tim Forays, Eric French and Cory French

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 competi-

tion 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!

## BEST OF Columbia County

"Best Community Event-Spring" is the distinction awarded Sean's Run Weekend in a contest sponsored by the Columbia County Chamber of Commerce and the Register Star. This honor confirms the event's widely acknowledged reputation as one of the largest and best managed spring run, bike and Zumba experiences in the region. Sean's Run Weekend with an outstanding array of amenities has become a county classic and a perennial pleaser.



Sean's Run and Sean's Ride participants, spectators, supporters and sponsors, as well as Chamber members and newspaper readers showed their high regard for the event by submitting votes on-line or by mail. Voters were invited to make their opinions known by voting for "the best" in a number of categories including the best businesses, night life, arts and culture, municipality, recreation venue, shopping, food and drink and other services. Sean's Run Weekend joins rank with the county's other most well-regarded community events including Hudson Pride Parade (Best Community Event-summer), Columbia County Fair (Best Community Event-fall) and Hudson's Winter Walk (Best Community Event-winter).



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## Sean's Ride Offers NY's Hardy Early Season Riders a Good Reason to Ride

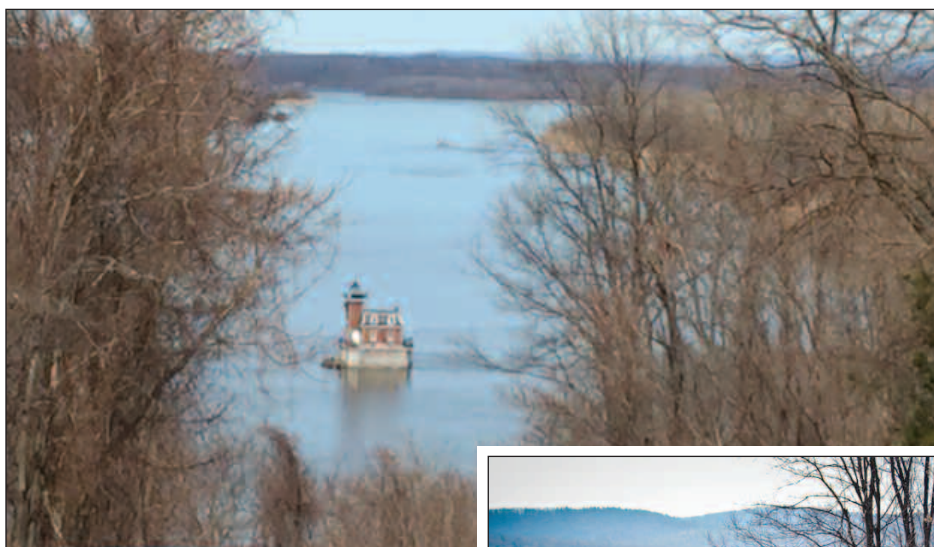
Reprinted with permission from GrandFondo.com, May 1, 2015 post.

"Interesting," "bucolic," "challenging," "thoughtful," "well organized"...and oh yeah, "fun" are the words that come to mind when I look back on Sean's Ride.

Sean's Ride is a charity event (offering 10 mile, 20 mile and 50 miles courses), held in historic Columbia County, a short 35 mile drive south east of Albany, New York. In 2015 196 bicyclists registered and based on the comments I heard at the end of the ride, the event is highly regarded by my fellow riders.

Sean's Ride begins at the Fairgrounds in Chatham and, after collecting my commemorative Sean's Ride cycling jersey (they give out great gear), I queued up for the 8:30 AM 50-mile start with the 100+ other riders. The event kicked off with seasonally nippy temperatures in the low 30's (hey, this is spring in the northeast after all) but quickly climbed into the 50's as the ride progressed. The weather was sunny with a few intermittent clouds and a light breeze, gradually becoming quite pleasant.

Upon leaving the fairgrounds, the first thing the riders noticed is how well the course was marked and organized with strategic traffic control, allowing an easy transition as small groups formed and fell into the rhythm of the ride. The course immediately left the Village of Chatham and wound rapidly through the small communities of Ghent, Mellenville, Claverack, Philmont and Greenport. The roadways selected for the course had adequate shoulders and were wide



Hudson River View along 50-Mile Route

enough to accommodate two riders abreast, which allowed faster riders to pass with ease. Traffic was light over much of the "Ride," enabling easy conversation for the less serious among the group and few stops were necessary as the course judiciously avoids any busy intersections.

Along the way, riders were treated to a non-stop postcard of the Hudson River Valley, winding through scenic back roads, horse farms, small villages and a variety of interesting and pastoral terrain. This is a course that is rich in natural beauty. Every mile or so we crossed streams, rivers or passed small "duck ponds" too numerous to count - pretty cool scenery overall.

For an early season ride, the climbs and descents provided an interesting break from the hypnotic effect of contin-



View on 20-mile route

ual "cruise mode" one normally feels with the rolling hills of rural Columbia County. Three class 5 climbs (1.49 mi., 1.56 mi., and 2.43 mi.) were included in the overall 2,314 ft. total from start to finish.

Trust me, riders of all skill levels will enjoy this course. Advanced riders will

Sean's Ride continued on page 13

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Sean's Ride continued from page 12

appreciate the technical descents, intermediate riders will find the opportunity to "go solo" or join small groups and more casual riders will discover the climbs, while they may get your attention, are nothing too crazy. Finally, wind-adverse riders (who isn't?) will love this course as it constantly switches direction, north/south/east/west, and with hedgerows, tree lined lanes and village streets, there are no overly exposed stretches prone to lengthy headwinds.

As riders approached the historic City of Hudson NY, (first City chartered in the US, circa 1784) the course, which is extremely well thought out, followed an escarpment overlooking the Hudson River and Catskill Mountains offered breathtaking views and spectacular vistas. Upon arrival, the second of three rest stops can be found in Hudson and provided riders with clean rest rooms, and refreshments, along with a picturesque view of the Hudson River. The first stop at the Mellenville firehouse was festive with a DJ blasting tunes and a large contingent of cheering volunteers offering sandwiches and fruit.

The 3/12-hour "Ride" flew by and before long we were re-entering the Village of Chatham, accompanied by a troop of intrepid unicyclists (thinking, dude THAT can't be easy.) With my last bit of energy I spun up a couple of gears and raced past the last unicyclist, a small but powerful personal victory. With my self-esteem securely intact, we finished at the Chatham High School and were greeted with music by Primo Mobile DJs and the talented singer "Radeek" from Amsterdam, NY, refreshments (best submarine sandwiches and seafood chowder ever) and numerous events including a Zumbathon, the Special Needs Kids Race as well as a large welcoming crowd.

From start to finish Sean's Ride created a festive, interesting and fun event in an "athlete-centric" environment. The Sean's Run Organizing Committee did a superb job of running a first class event, which will, as always, be held again next April. For a very nominal contribution, Sean's Ride is a positive way to commemorate this gifted young man and help others avoid the tragedy of drunk driving, and provide scholarship assistance for college bound high school students.

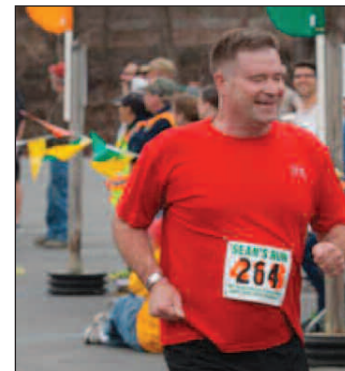
*By Greg MacConnell, who lives in Upstate NY, is an avid and experienced road cyclist who logs an average of 1500 + miles per year during the short North County season.*



Group of bicyclists in 20-mile ride last year.



Lola Hughes, 11 of Philmont, finishing the 2015 5K.



Congressman Chris Gibson, 19th CD finishes the 2015 5K.

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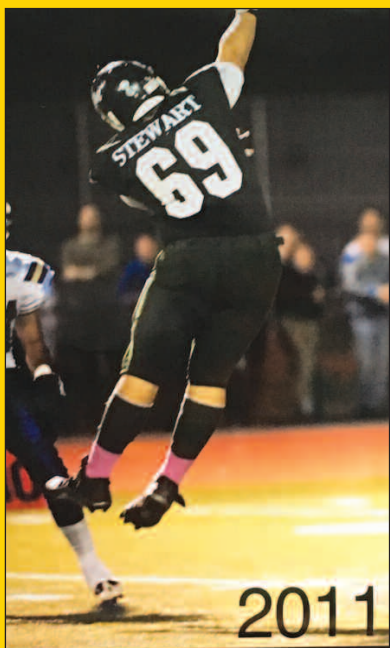
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## In Loving Remembrance of our son Christopher Stewart



Sean's Run Weekend is dedicated to the memory of Christopher F. Stewart, 17, who was tragically killed on December 1, 2012. He was driving home on the Northway, obeying all the laws, when suddenly, without warning, another vehicle collided with his car. The driver of the other car was intoxicated, high on marijuana, speeding and texting. Christopher is the son of Regina and Michael Stewart and younger brother of Jeremy Stewart. The following are excerpts of the story written by Chris's mother and father. The full article may be found at the SeansRun.com website.



### About Our Son Christopher

December 1st, 2012, a date ingrained in our brains. Nothing will ever be the same since that evening. It was a pivotal day, one that changed us but also made all of our memories much sweeter. A tragic event, the loss of our child, but thankfully we have a plethora of laughs, happiness and treasured memories in the 17 years and 11 months prior to that date. For us, loss has made all our senses more vibrant over time.

Christopher was born in Little Rock, Arkansas on January 9th, 1995. When Chris was 11 months his athleticism was revealed when climbed out of his crib and crawled from his room, maybe he just wanted to see his big brother Jeremy. Just prior to Chris's 2nd birthday, we moved back to the Capital Region, to Halfmoon/Clifton Park.

In Christopher's world, everything was about sports. It started with football, from kindergarten straight thru senior year in high school. He also tried and excelled in swimming, fishing, boating, golfing, soccer, baseball, lacrosse and wrestling. But football was the sport he most loved and football is where the bond started with his lifelong friends, who call him "Stewz."

During the early years in football, Chris took to bringing a very special red cooler filled with refreshments with him to all his games. Who would think that an old cooler would have such meaning to us still sitting to this day in our garage, just looking at it brings a smile and many happy memories.

When he was in 10th grade, Brent Steuerwald, the legendary head football coach at Shenendehowa HS, approached Chris and invited him to move up to Varsity. Christopher told the coach he was honored, but he would rather play with his 10th grade teammates at the JV level and then all move up together as 11th graders. Coach asked Chris to think on it and to call him later.

That evening, Chris called the Coach and agreed to give it a try. It took Christopher only a day at varsity practice to make his decision. He stayed and played Varsity while still attending JV games to encourage his pals from the sidelines. The best of both worlds!

Junior and senior years were seasons that Chris could only have dreamed off when he first started in the Shen Junior Plainsmen program. He chose #69 for his jersey, he became a mentor to new players and his leadership skills were evident.

As a junior Christopher had his moment in the sun while playing against Ballston Spa toward the end of the season while both teams were undefeated. Late in the first half of a close game, Stewz (while playing defensive tackle) saw that a screen pass was developing in front of him. He saw the running back releasing from the backfield and the quarterback's eyes set on the back to throw him the

short pass. Chris waited for the pass to be thrown, jumped in front of the running back and tipped the ball to himself. He took off down the field, 54 yards toward the end zone. He was tackled on the one yard line and the team scored on the next play. Thanks to the momentum started by Chris, Shen went on to win.

Chris was mobbed by his teammates as he ran off the field after his interception and lengthy run. He never looked so happy. This was one of those moments he had dreamed about: surrounded by news cameras after the game and being asked about his big play. While being interviewed he noted, "That was pretty much the coolest thing that ever happened to me." You got that right Stewz! That year he was named to the Capital Region Empire Division 1st Team.

As a senior he was excited to be part of a new era in Shen football under a new coach, Brian Clawson. On the night he was appointed, Coach Clawson received a text message from Christopher pledging to work hard on and off the field and to assist the Coach any way he could. Coach told Regina and Mike how appreciative he was for receiving that text from Chris.

A few weeks later, Stewz was honored when his teammates selected him as a Team Captain. A Wall of Fame at Shen HS has a section dedicated to past Team Captains. Chris is now and forever a part of that tradition. He makes us proud. He had an outstanding senior year both on the offensive and defensive line leading his teammates to a record of 8-2 losing in the Class AA Super Bowl.

A few weeks after the season had ended, opposing coaches and the media recognized his dedication and hard work. During a public ceremony on December 1, 2012, it was announced that Chris had again been named to the Capital Region Empire Division 1st Team. Well done Stewz!

That was the last time we saw Chris – the day of that ceremony. We were with him to celebrate, to let him know how proud we are, to give him our hugs and watch him receive a plaque from his coach. He knew how much we loved him. We laughed and had fun over lunch and when we had finished eating, we sent him off with our good wishes for an enjoyable evening out with his friends. We never thought that would be our last meal together.

When someone close is lost as suddenly as we lost our Christopher, there might be regrets for having said too few words, for not having laughed enough, for too few hugs or for having not expressed how much they are loved.

In our case, we did all of those things on the afternoon of December 1st, 2012. And we thank God for the gift of those precious memories and our son's joy-filled childhood.



# PAST CHAMPIONS AND AGE-GROUP RECORD HOLDERS

## 5K Course Records

### MALE COURSE RECORD:

15:18 - Matthew Forys (Sean's Cousin), 2008 & 2013, New York, NY

### FEMALE COURSE RECORD:

18:16 - Kara-Lynn Kerr, 2005, Albany, NY

## Age Group Records

### 12 and Under

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

Female: 23:25 - Jenna-Marie Morin, Troy, NY

### 13 to 15

Male: 17:16 - Kaushik Pilar, 15, Latham, NY

Female: 20:26 - Erin Clark, 13, Old Chatham, 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 (Sean's Cousin), 23, Howell, NJ

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

### 30 to 39

Male: 16:26 - Robert



Thomas O'Grady, 2015 5K Champion

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: 18:28, Mark Stephenson, 50, Esperance, NY

Female: 20:50 - Linnea Van Tassel, Ghent, NY

### 60 to 69

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

Female: 24:37 - Judy Phelps, 62, Malta, NY

### 70 and Over

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

Female: 27:53 - Jayne Zinke, 71, Valatie, NY

### 80 and Over

Male: 40:36 - Richard Eckhardt, 81, Albany NY

Female: 35:31 - Anny Stockman, 80, Rensselaer, NY

## Past 5K Champions - Jack McGrath Award Winners

### 2004

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

Female: Molly Montemagni, 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

### 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, 28, Albany, NY, 16:11

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

### 2012

Male: Chuck Terry, 29, Albany, NY, 16:08

Female: Brina Seguine, 22, Rensselaer, NY, 19:11

### 2013

Male: Matthew Forys, 27, New York, NY, 15:18 (tied own course record)

Female: Chelsea Benson, 30, Hudson, NY, 19:22

### 2014

Male: Tim Caramore, 32, Missula, MT, 15:55

Female: Brina Seguine, 24, Rensselaer, NY, 20:10

### 2015

Male: Thomas O'Grady, 29, Latham, NY, 16:54

Female: Lisa Daniello, 29, Albany, NY, 19:27



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