

# 16th annual Sean's Run weekend

Presented by:



**APRIL 29-30 / CHATHAM, NY**

**Voted the Best Community Event-Spring in beautiful Columbia County 2 years running!**



# 16th annual Sean's Run Weekend

Presented by:



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TOMORROW, TODAY.

## 16th Annual Sean's Run Weekend Schedule

### Saturday, April 29

#### Bike Rides – Chatham Fairgrounds

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

**9 AM** – 20-Mile Bike Ride Check In/Registration – *Ride departs at 10 AM*

**10 AM** – 10-Mile Bike Ride Check in/Registration – *Ride departs at 10:30 AM*

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

#### Packet Pick Up for 5K & Meghan's Mile – Chatham HS Gym –

**11 AM – 1 PM** – Packet Pick Up & Walk-In Registration for 5K & Meghan's Mile  
*First 350 to arrive will receive special gift*

#### Zumbathon – MED Elementary School

**9 AM** – Check In/Registration

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

#### Jaime's Race for People with Special Needs – Chatham HS

**11:30 AM** – Check in/Registration

**12:00 Noon** – Jaime's Race

### Sunday, April 30

#### 5K & Meghan's Mile – Chatham HS

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

**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

#### Presentation of Scholarships and Grants

**10:45 AM** – Introduction of Scholarships & Grants Winners

#### World Championship Battle of the Belts

**11:00 AM** – Battle Begins



## How to Register

### On Line

SeansRun.com to register - Closes April 1 hour before start of event

### Last Chance Walk In Saturday, 4/29:

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

### Sunday, 4/30:

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

## \$219,266 Donated by Sean's Run



Students from Stissing Mountain, Pine Plans HS receive a grant from Sean's Run in 2016

For fifteen 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

173 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.

Those awarded grants include:

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
Lansingburgh Central SD	Rensselaer
New Lebanon Central School	Columbia
Ravena Coeymans Selkirk HS	Albany
Shenendehowa HS SADD	Saratoga
Taconic Hills MS SADD	Columbia
Taconic Hills HS SADD	Columbia

# The 5K, *Presented by Coon Self Storage* & Meghan's Mile

## SUNDAY, APRIL 30TH, 11:30 AM

***The 5K, presented by Coon Self Storage - is the flagship event of the weekend.***

1,400 participants are expected between the 5K and Meghan's Mile. 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 youth race 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.



Some of the more than 1,400 registrants in the 5K and Meghan's Mile in 2016



5K Runners in 2016



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.



# The FEATURES Make Sean's Run Special

16th annual  
**Sean's Run**  
weekend

Presented by:



Sean's Run Weekend Presented by Dietz and Watson is much more than 'a run,' it is two days of well organized activities, amenities and a great spread of refreshments for participants, music, a Prevention Education Expo, World Championship Battle of the Belts and a Victims' Remembrance.

Moneys raised support two areas of interests: 1. Grants to schools and youth groups to implement programs that combat underage drinking, impaired driving and lax use of seatbelts by teenagers, and 2) Scholarships to deserving college-bound seniors from throughout the region.

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 Jaime's Race for People with Special Needs.

## 1. Expanded Food Court on Saturday and Sunday

Participants in all events will enjoy our best-ever Finish Line Food Court thanks to Dietz and Watson, the Presenting Sponsor of Sean's Run Weekend, and the generosity of local restaurants.

Dietz and Watson is one of largest preparers of premium deli meats and artisan cheeses offered at the finest supermarkets, including Price Chopper/Market 32. You will find them under their tent near the finish line on Saturday, after the Bike Rides, Zumbathon and Jaime's Race for People with Special Needs, and again on Sunday after the 5K and Meghan's Mile. Expect to sample gourmet sandwiches, artisan cheeses, deli franks and chicken sausages.

A number of local restaurants and caterers are coming back to make this year's nutritious spread of post race refreshments as spectacular as can be by showing off some of their favorite finger foods and delicious treats.

You won't leave Sean's Run hungry! 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 ice cream from Stewart's, water contributed by Winding Brook Country Club, Chocolate Milk from Byrnes Dairy distributed by the Columbia County Dairy Ambassadors, as well as homemade cookies and the bagels from local bakeries.

## 2. Artists For Sean's Run

Local artists, coordinated by Melissa Sarris, are joining together to offer participants of the 16th 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.



Berkshire Bateria

## 3. Back by Popular Demand

Live Performance by Berkshire Bateria - beating out the Brazilian Samba rhythms heard on the streets of Rio de Janeiro during annual Carnival celebrations, 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!



## 4. Shirts and Giveaways: New shirt logos for 2017!

We've changed up our shirt fronts this year using a shorthand approach to identifying the event and its activities. The Run/Walk and Zumba shirts come with the new "SR" logo and the Bike Ride shirts are emblazoned with a new logo based on the shape of a bike badge. We want make sure you take home good memories of your time with us and wear your Sean's Run and Sean's Ride 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 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. And 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.



DJ Ryan Estrada of Primo Mobile DJs

## 5. 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 Old Chatham Country Store and again on Sunday out on the 5K and Mile course. When participants cross the 5K and Mile finish line, our MC provides a personal shout-out before the runners and walkers head to the Finish Line Food Court.

## 6. World's Best Volunteers and Generous Sponsors:

Employees of our Presenting Sponsor, Dietz and Watson, 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.



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

# In Loving Remembrance of Deanna Rivers



*Sean's Run Weekend is dedicated to the memory of Deanna Marie Rivers, 17, who was tragically killed on December 1, 2012 by a driver who was intoxicated, high on marijuana and texting when he crashed his car into the vehicle in which Deanna was a passenger. Deanna was with her friends; they were driving home on the Northway.*

*Deanna was a senior and a member of the Honor Society at Shenendehowa High School where she excelled as a Lady Plainsman second-base softball player. She was one of the best-known and finest players in Section II. Her letter of admission awarding her The Presidential Scholarship at the college of her choice, The College of St. Rose, arrived at her home just days after her death. She was planning to become a teacher. Deanna is missed dearly by loving family and friends. Deanna is the daughter of Brian and Deborah Rivers and the older sister of Jenna Rivers.*



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## Sean's Run Zumbathon®

### Saturday, April 29 at 10 AM

Sponsored again by Dells' Plumbing, Heating and A/C Service, this popular

2-hour, non-stop Zumba Fitness® Party will again be part of Sean's Run



Weekend. The first 60 participants to register in the Zumbathon® will receive a special Sean's Run Weekend Zumba t-shirt, perfect for Zumba exercise.

Last chance registration and check in start at 9:00 AM, Saturday April 29th 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 organize and lead the fun. Plus, three additional Zumba® Instructors will be volunteering to make this an extra-special event: Mary Carey, Theresa Rossi, Dona Bervy, Jackie Coon-Hutson and Ida Drake.

Zumbathon Participants 2016



Jaime Adams, 1984 - 2016

## TrainerFit's Jaime's Race for People with Special Needs Saturday, April 29 at 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.

The sixth running of this short-but-special run has been renamed in memory of Jaime Adams, the first registrant in the inaugural Sean's Run for Special Needs Kids. Jaime's dad, Burke Adams, the founder of the Albany Miracle League, first approached the Sean's Run Organizing Committee in 2012 requesting consideration of adding an event for the people with special needs.

## Prevention Education Expo

### Sunday, April 30

hosted by Twin County Recovery Services, Inc

New to host the Prevention Education Expo this year, Twin County Recovery Services has put together an expo that includes informational booths and exhibits by a variety of community and government agencies, prevention education organizations, youth development programs and wellness providers. These groups set up exhibits inside the gymnasium and from 10:00 AM to 1:00 PM and they distribute materials that:

- 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.



Prevention Education exhibitor 2016



## Firefighter 5K Challenge

Sponsored by Bank of Greene County

After a trial run last year that was well received, the Sean's Run Organizing Committee knew they had a hot idea - the Firefighter 5K Challenge could become a successful new feature of the weekend. The friendly competition among fire companies earned rave reviews from the firefighters, including:

"Running and walking in the Sean's Run 5K shows the public we are serious about being prepared to do whatever is needed in an emergency, plus it's fun and strengthens the bond among our members." - Fire Company president.

"Ours is a physically demanding job and when our members prepared for the Firefighter 5K Challenge, they improved their physical conditioning." - Fire Department Chief.

"We run into burning buildings — a 3-mile jog or walk in bunker pants is nothing to a firefighter." - Fire Company First Lieutenant.

The Bank of Greene County has signed on as the sponsor of the activity because it closely aligns with their interest to support firefighters. Now the Firefighter 5K Challenge is a permanent fixture of Sean's Run Weekend.

In the Bank of Greene County's Firefighter 5K Challenge, the men and women of the fire service distinguish themselves in a field of over 1,000 other runners and walkers by

completing the Sean's Run 5K while wearing bunker pants, fire company t-shirts and running shoes. Easily recognizable as they traverse the 3.1 mile course, the firefighters use Sean's Run as a public display of their pride in protecting the public and their commitment to physical fitness.

Fire companies and departments can sign up as many members as they want as individual participants in the Sean's Run 5K. On the day of the event, after checking in at the Sean's Run Packet Pick-up inside the high school gymnasium, fire companies report to the Firefighter 5K Challenge officials under the Bank of Greene County tent near the starting line to identify the names and bib numbers of their members.

Event officials will total the times of the first five firefighters from each company or department to cross the finish line. The team with the lowest combined time for their first five wins the title: Champions of the Bank of Greene County Firefighter 5K Challenge. Bragging rights, plaques and medals are awarded to the fastest fire companies and departments.

All Firefighters in the Challenge will receive a Sean's Run souvenir t-shirt and enjoy all the amenities of Sean's Run including a great spread of nutritional refreshments at the finish line festivities.



Philmont Volunteer Firefighter Brian Ostrander competes in inaugural Firefighter 5K Challenge helping his fire company win the Champions title in 2016.

## The World Championship Battle of the Belts

Seatbelts save lives! But too many teenagers are lax about buckling-up. So the organizers of Sean's Run designed a fantastic idea to encourage teens to change their behaviors and make good choices. And teens say they really like participating in the Battle of the Belts!

Here's the facts: Auto accidents are the number one killer of teenagers. 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



Participants in 2016 Battle of the Belts

the most effective way to get a safety message across to a teenager is when the message 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!

# Past Champions and Age-Group Record Holders

## 5K

### 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

### 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 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: 30:01 - Wade Stockman, 81,

Rensselaer, 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



Finishers in 5K 2016



Amanda Young of Chatham finishing the 5K in 2016



Walkers in 5K 2016

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

### 2016

Male: Ross Wightman, 20, Chatham, NY, 16:37

Female: Haley Madsen, 25, Ghent, NY, 20:12

## 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

## 2016 Meghan's Mile Champions

### Male:

Graham Richard, 11 Kinderhook, NY 6:09

### Female:

Katie Everett, 11, Old Chatham, NY 7:03



The Haner Family of Ghent, Phil (321), Heidi(402) and Brayelle (316) finish Meghan's Mile together in 2016



Kids ready for start of Meghan's Mile 2016



5K Runners 2016

# 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 2016, alcohol-involved car crashes accounted for 3 fatalities in Columbia County and 3 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
2015	0
2016	3

## Two Years Running... BEST OF Columbia County

"Best Community Event-Spring" is the distinction awarded Sean's Run Weekend for the second consecutive year in a contest sponsored by the Columbia County Chamber of Commerce and the Register Star and Chatham Courier. This honor confirms the event's widely acknowledged reputation as one of the largest and best-managed spring-time 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 Ride on Saturday, April 29th

*Presented by Lofgren Agency*

"Interesting," "bucolic," "challenging," "thoughtful," "well organized"...and "fun" are the words that past participants have used to describe their experience at Sean's Rides.

With three new routes ranging from 10 to 50 miles, each with a different level of challenge means there is a Sean's Ride for any skill level. Free after-ride t-shirts and souvenir bike badges to the first 250 entrants. Food and beverages will be provided at rest stops, and a great spread of refreshments, along with music courtesy of our DJs at the finish line!

**50-MILE RIDE:** all new tour With 2,500 feet of climbing, this scenic route meanders through Columbia County's Hunt Country and historic hamlets and villages with vistas of the Berkshires and Catskill mountains. SAG support will be offered for 4 hours and a great spread of refreshments will be available from 11 AM to 1 PM at the finish. For riders 18 and over.

Schedule: 4/29, 7:30 AM – Last Chance Walk-In Registration, Check In & pick up Sean's Ride shirt — Chatham Fairgrounds near Route 66 entrance (next to Price Chopper) 8:30 AM – Ride departs Chatham Fairground from Route 66/Hudson Ave

entrance

20-mile Ride: the new route includes rolling, bucolic country roads with a rest stop in the center of the picturesque hamlet of Old Chatham. The rest stop is at the mid point of the ride, SAG support will be provided for 2.5 hours and a great spread of refreshments available from 11 AM to 1 PM at the finish. For riders 13 and over.

Schedule: 4/29, 9:00 AM – Welcome Desk Opens, Last Chance Walk-In Registration, Check In and pick up Sean's Ride shirt — Chatham Fairgrounds near Route 66 entrance (next to Price Chopper) 10:00 AM – Ride departs Chatham Fairground from Route 66/Hudson Ave entrance

10-mile Ride: an all-new casual ride for those not ready for the longer rides, this is an easy and fun pedal. A great spread of refreshments available from 11 AM to 1 PM at the finish. For riders 13 and over.

Schedule: 4/29, 9:30 AM – Welcome Desk Opens, Last Chance Walk-In Registration, Check In and pick up Sean's Ride shirt — Chatham Fairgrounds near Route 66 entrance (next to Price Chopper) 10:30 AM – Ride departs Chatham Fairground from Route 66/Hudson Ave entrance



Firefighter finishing 5K in 2016

# 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, 98 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



Amara Engel

## 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:**  
**Amara Engel, Chatham HS**

Amara plans to attend Rochester Institute of Technology/ National Technical Institute for the Deaf. Amara exemplifies all the qualities of an outstanding student and community volunteer. She stated in her application that her hearing loss has taught her "about compassion and to behave with dignity, courage and grace." Despite a demanding class schedule, she finds time to volunteer for a number of school and community organizations including the Sean's Run Organizing Committee.

## 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:**  
**Matthew Brown,  
North Warren High School**

Matthew plans to attend a SUNY college. He gives credit to his competitors for pushing him during races. He wrote in his application that his first run with his dad in 4th grade inspired him to become a successful high school cross country runner. "When my team won sectionals, as I crossed the finish line in my final high school race, my mind went back to the moment of my first run with my dad."



Matthew Brown

## 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:**  
**Chloe Chandler,  
Ichabod Crane High School**

Chloe plans to attend the Fashion Institute of Technology. She runs 100M hurdles in Track & Field and she stated in her application that running has prepared her for the challenges ahead in college. "Jumping hurdles taught me so much about myself, and what it feels like to always work towards something greater, always strive to do better. Because of track, I know now that I am capable of more than I think I am, and that success comes to those who put in hard work."



Chloe Chandler

# 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)



Teenagers pose for photo at their Prom

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