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TOP 7 REASONS to participate in YEAR #14

Sean's Run weekend

1 Nice Giveaways

The first 1,200 to register for the 5K or Meghan's Mile will receive a top-quality short-sleeve event t-shirt. The first 200 to register for Sean's Ride will receive a special hi-tech rides jersey. The first 50 to register for the Zumbathon will get a very nice workout shirt. Plus the first 350 to pick up their 5K/Mile entrant's packets on Saturday, the day before the races, will be provided an extra premium.

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 and Meghan's Mile Run/Walk

The 5K is 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 Mile 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.

4 Zumbathon®

The third annual Zumbathon® features the exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. You have to try it!

5 Sean's Ride

Bike Rides for riders 18 and over. We offer 10- and 20-mile courses that are easy rides and a more challenging 50-mile ride that includes hills, country roads and a trip up Warren Street through the historic city of Hudson.

6 Super Saturday Sean's Run for Special Needs Kids

An exciting activity for young people with physical and developmental disabilities. This race, on the day before the 5K and Meghan's Mile, is an 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 28 at Chatham High School. All participants will be provided an event souvenir t-shirt and a finisher's memento. Sponsored by TrainerFit.

7 World's Best Volunteers and Generous Sponsors

Many employees of our presenting sponsor, First Niagara Bank, sign on to serve as one of more than 125 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.



Special Section published by
Columbia-Greene Media
One Hudson City Centre • Suite 202 • Hudson, NY 12534

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Sean Patrick French, junior year school photo, 2001

About Sean

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. He was a passenger in a drunken driving car crash. Another passenger, 17-year-old Ian Moore, suffered paralyzing injuries. The driver, also 17, had 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 drunken driving charges.

Sean's Ride on Saturday now includes a casual 10-mile route

Now that the Sean's Run Weekend Organizing Committee has added a 10-mile route, any adult with a bicycle, regardless of skill level, can experience the fun of Sean's Ride. Riders ready for a long ride can join in the 20- or 50-mile bike rides that averaged 200 riders the past two years. With the new shorter distance, the Committee hopes that leisure riders will join the event.



All rides are self-paced and non-competitive and travel over scenic courses. Riders are provided on-course support, turn-by-turn directions, and a great spread of refreshments awaits every rider at the finish. The first 200 entries will receive a special Sean's Ride commemorative jersey, presented by The Lofgren Agency.

The 50-Mile County Tour, with 2,314 feet of climbing, is sponsored by Hudson Design Group, LLC and traverses the beautiful Columbia County countryside. It includes a trip down Warren Street through the historic City of Hudson and a scenic rest stop at Henry Hudson Park with beautiful Catskill Mountains vistas. The course also winds through the towns of Chatham, Ghent, Claverack and Greenport.



The 20-Mile Ride, sponsored by New Leaf Tree Services, Inc., is a mostly flat, easy route encompassing bucolic country roads designed for a leisurely springtime spin in the quaint Village of Chatham. A lively rest stop at the Mellenville firehouse is situated at the half-way mark.

The 10-Mile Ride, sponsored by the Old Chatham Country Store & Café, is an easy ride for those not ready for the longer rides.

Route maps are available at www.SeansRun.com.

All rides commence at the south end of Chatham Fairgrounds and cars should enter the Fairgrounds from the Rte. 66/Hudson Street entrance (near Price Chopper) where there is plenty of parking. All rides finish at Chatham High School. Last chance walk-in registration will be offered beginning one hour before each ride.



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14th Annual Sean's Run Schedule

SATURDAY, APRIL 25

Bike Rides

- **7:30 am** 50 Mile Bike Ride Check In/Registration Chatham Fairgrounds - Ride Departs at 8:30 am
- **9:00 am** 20 Mile Bike Ride Check In/Registration Chatham Fairgrounds - Ride Departs at 10 am
- **10:00 am** 10-Mile Bike Ride Check In/Registration Chatham Fairgrounds - Ride Departs at 10:30 am
- **11:00 am to 1:00 pm** Bike Rides Refreshments at Finish Line, Chatham High School

Zumbathon

- **9:00 am** Check In/Registration Chatham MED Elementary School
- **10:00 am to 12:00 noon** Sean's Run Zumbathon®

Packet Pick Up for 5K and Meghan's Mile

- **11:00 am to 1:00 pm** Packet Pick Up & Walk-In Registration at Chatham High School Gym
First 350 to arrive will receive special gift

Super Saturday Run for Special Needs Kids

- **11:30 am** Check In/Registration - Chatham High School Run Starts at 12 noon

SUNDAY, APRIL 26

5K and Meghan's Mile

- **9:00 to 11:00 am** Last Chance to Register and Packet Pick Up Chatham High School
- **11:30 am** Meghan's Mile Start - Youth Race and 1-Mile Walk
- **12 noon** 5K Run and Community Walk Start
- **5:00 pm** Results Posted at SeansRun.com

Prevention Education Expo

- **9:00 am** Expo Opens - Chatham High School

Presentation of Scholarships and Grants

- **10:45 am** Introduction of Scholarships and Grants Winners Chatham High School

World Championship Battle of the Belts

- **11:00 am** Chatham High School

TUESDAY, APRIL 28

Results and news coverage published in the Register-Star

www.SeansRun.com

 See our facebook page for regular updates

How to register

● On Line

Go to SeansRun.com to register with a credit card. Secure, simple and immediate confirmation of your entry. Closes on April 21.

● Mail-In

Print a registration form found at www.SeansRun.com and send in by April 18.

● Walk-In

Visit First Niagara Bank at 16 Coleman Street in Chatham by April 21.

● Last Chance

Saturday, April 25:

Bike Rides and Zumbathon® - 1 hour before events start register at check in location

5K and Meghan's Mile 11 am to 1 pm at Chatham High School gym

Sunday, April 26:

5K and Meghan's Mile 9 am to 11 am at Chatham High School gym



SATURDAY, APRIL 25



SUNDAY, APRIL 26

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Sean's Run Zumbathon®

The popular 2-hour, non-stop Zumba Fitness® Party will be held on Saturday, April 25, from 10 am to 12 noon at the Chatham MED Elementary School gymnasium, Woodbridge Avenue, Chatham. The first 50 participants to register in the Zumbathon® will receive a special Sean's Run Weekend workout shirt, perfect for Zumba exercise.

The registration fee, \$20 (or \$25 if registering after April 10), entitles participants to all the fun of this ever popular component of a weekend of activities that comprises Sean's Run Weekend.

To be part of Sean's Run Zumbathon®, participants can register on-line at www.SeansRun.com or print a mail-in registration form from the website. Last chance registration and check-in start at 9:00 am at the MED gym on Saturday, April 26.

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 fundraiser. 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®.

Zumba® is the exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Since its inception in 2001, the Zumba® program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba® classes in over 110,000 locations across more than 125 countries.

In addition to the Zumbathon, Saturday events include 10-, 20- and 50-mile Bike Rides and the Super Saturday Run for Special Needs Kids. On Sunday over 1,400 runners and walkers of all ages are anticipated in the 5K and Meghan's Mile.

All money raised at Sean's Run is used to provide grants to schools and youth groups to combat the problems of underage drinking, impaired driving and lax use of seatbelts by teenagers. Nearly 2/3 of young people who perish in car crashes were not using seatbelts. Nearly 1/3 of all underage car crashes involve alcohol.



Licensed Zumba instructor
Theresa Rossi



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

With a brand new 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 25, 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.

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 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.
- Raise awareness about the valuable services and programs their organizations provide.

Past Expo Exhibitors include:

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

\$195,506 donated by Sean's Run

For thirteen 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 lax use of seatbelts by teenagers. Thanks to generous sponsors and donors, \$195,506 has been given away.

The Sean's Run Grants Program

145 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 to 14 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.



2015 Sean's Run Grant Winners

SCHOOL/GROUP	COUNTY
Algonquin MS Averill Park	Rensselaer
Averill Park High School SADD	Rensselaer
Council on Addiction & Prevention Education - The Marathon Project	Dutchess
Chatham Middle School SADD	Columbia
Chatham High School SADD	Columbia
Fonda-Fultonville High School Student Government	Montgomery
Hudson High School SADD	Columbia
Maple Hill High School	Rensselaer
Maple Hill Middle School	Rensselaer
Mohonasen High School SADD	Schenectady
New Lebanon Central School	Columbia
Pine Plains Stissing Mountain SADD	Dutchess
Shenendehowa High School SADD	Saratoga
Taconic Hills SADD	Columbia
Remove Intoxicated Drivers	Schenectady
Choices 301	Albany
MADD	Schenectady

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Samuel Engel



Skyler Jean Niles



Jillian Perkins

Scholarship Category #1

The Sean Patrick French Community Service Scholarships

Who is eligible? Chatham High School Seniors

Rewarding: Respect for All, Community Service, Outstanding Sportsmanship

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

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.

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, 92 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, Sheffield, 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.

SKYLER JEAN NILES

**Chatham High School 2015
Community Service Scholarship Winner**

Skyler is a member of the Sean's Run Organizing Committee, she has assisted with organizing the Super Saturday Run for Special Needs Kids. She says that while the kids are the main focus of the event, their parents seem so proud that their children are part of Sean's Run. She also volunteers at St. John's day camp, Salvation Army Red Kettle Bell Ringer, St. Baldrick's Day and at Crellin youth soccer camp.

SAMUEL ENGEL

**Chatham High School 2015
Community Service Scholarship Winner**

Sam says his ever growing circle of friends includes people of all abilities, backgrounds, and ages and is known for his willingness to always lend a hand to someone in need, no matter who they are. He is a member of the Sean's Run Honorary Board and Interned for Congressman Chris Gibson's Culinary Command which assists veterans interested in the culinary field to transition from military life to a career in the culinary arts. He also volunteers for the local library, local churches, Chatham Film Festival, youth camps, Ghent Wildlife Rehabilitation Center, the Yellow Ribbon Suicide Prevention program and he decorates the graves of local veterans.

JILLIAN PERKINS

**Greenwich High School 2014
Good Sport Scholarship Winner**

Jillian has participated in cross country, indoor track, and outdoor track since ninth grade. She has run in three state meets and assisted her teams to amass a number of league, sectional and state level titles. Despite intense competition with a local school, Jillian became a good friend with a competitor from the rival team. She said, "That friendship is very important to me, and I feel that competition should not prevent two people from becoming friends. At the end of the day, being friendly and respectful of other runners both on and off the course is often more valuable than winning or being the best."

MATTHEW McDERMOTT

**Niskayuna High School 2015
Good Sport Scholarship Winner**

When Matthew made his high school's Cross Country team in the seventh grade, he was the youngest student to ever do so. As a senior he was selected to be Team Captain and values his team as "a close knit group of amazing friends." He regularly volunteers as a coach for the Niskayuna youth running program (grades 1-5) where he encourages his young protégés to form a team bond. One time a freshman runner

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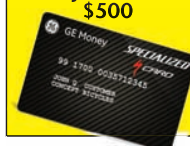
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Scholarship Category #2

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.

Rewarding: Elite-level Runners who demonstrate Outstanding Sportsmanship

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

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.

on the varsity team became lost during a trail run and Matthew took it upon himself to search the area. After an hour and half of nonstop running and searching, Matthew found the freshman 3 miles off course, but safe. They ran together back to the trailhead to meet up with the rest of the team. Weeks later the younger runner told Matthew their run together after Matthew located him was the best workout he had run all season, to which Matthew agreed was the same for him.

KAITLYN MENEGIO-STAHL

**Chatham High School 2015
Love of Running Scholarship Winner**

Kaitlyn has run track and field for four years and cross country for three years. She says she came to the sport with no special running interest or talent. As a freshman her motivation for trying out for the indoor track and field was to get in shape for softball that spring. That track and field season sparked a fire in her that she says will never go out. She remembers fondly the first time she completed a whole mile thinking that was the greatest accomplishment she could ever imagine. In her first season of cross country, she came in fifth place in the junior varsity race at the Patroon Championship, with her first mile being about seven minutes. Since then her times have improved and her distances

have increased. "I never believed that I would ever be signing up for my first half marathon." She is also the captain of her indoor track and field team for the season. "Running and being a part of a team has given me so many positive things that I will take with me to many aspects of my life. I have never been very fast or talented but I am thankful for every opportunity I have to run. I take each win, loss and even last place finish with complete appreciation, because regardless of how I do in that race, I know that I truly have found my sport."

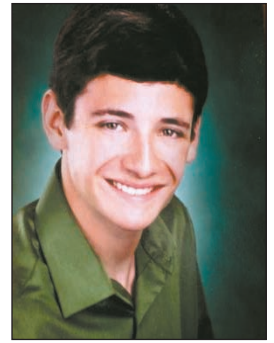
JOSEPH KINANE

**Hudson High School 2015
Love of Running Scholarship Winner**

Joseph competes in both track and field and cross country for the Hudson High School Blue Hawks. As a junior and as a senior, he was named as the Cross Country Team's Most Valuable Runner. He has been a consistent outstanding performer at conference, sectional and state-level meets. He has a sincere respect for his competitors and his teammates. He congratulates those who finish before him and he always congratulates his teammates for their efforts. Joseph ended his scholarship application by writing, "I'm very proud to be a Bluehawk at Hudson High School."



Matthew McDermott



Joseph Kinane



Kaitlyn Menegio-Stahl

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.

Rewarding: Runners who demonstrate a love of running and outstanding sportsmanship

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

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.

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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!



Officials ready to conduct the 2014 world Championship Battle of the Belts. From left, cousins of Sean French, Cory French, Joe Forys, Nicole Forys Dragity and Sean's brother Eric French.



Past World Champions from Mohonasen High School, Schenectady County, celebrate their victory. From left, Jordan Alburger, Joshua DeMarco, Mike Salamone and Caleb Hewett.

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 youths 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 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 four 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.

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.* 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.

*Traffic Safety Facts: 2008 Data, NHTSA, DOT HS 811 153

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RECORD HOLDERS AND PAST CHAMPIONS

5K COURSE RECORDS

MALE COURSE RECORD: 15:18
Matthew Forsys (Sean's Cousin)
2008 and 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: 24:22 - Abigail Wheeler,
12, Chatham, 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 Forsys
(Sean's Cousin), 16
Howell, NJ

Female: 18:18 - Brina Seguire,
18, Rensselaer, NY

19 to 29

Male: 15:49 - Matthew Forsys,
(Sean's Cousin) 23
Howell, NJ

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

30 to 39

Male: 16:26 - Robert Irwin, 32
Guilfordland, 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, Esperence, 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: 40:59 - Richard Eckhardt,
80, 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 Montegami, 20
Pittsfield, MA
20:59

2005

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

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

2006

Male: Craig Forsys
(Sean's Cousin), 16
Howell, NJ
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 Forsys, 22
Howell, NJ
15:18

Female: Brina Seguire, 18
Rensselaer, NY
18:18

2009

Male: Matthew Forsys, 23
Howell, NJ
15:49

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



Sean's Run Check Terry, #1277, leading the pack towards his first of three consecutive years as Champion at Sean's Run.

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

2012

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

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

2013

Male: Matthew Forsys, 27
New York, NY
15:18

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

2014

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

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

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 Forsys
(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
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

2012

Male: Noah Summers, 12
Chatham, NY
6:39

Female: Samantha Taylor,
Philmont, NY
6:41

2013

Male: Louis Warner, 9
Kinderhook, NY
6:56

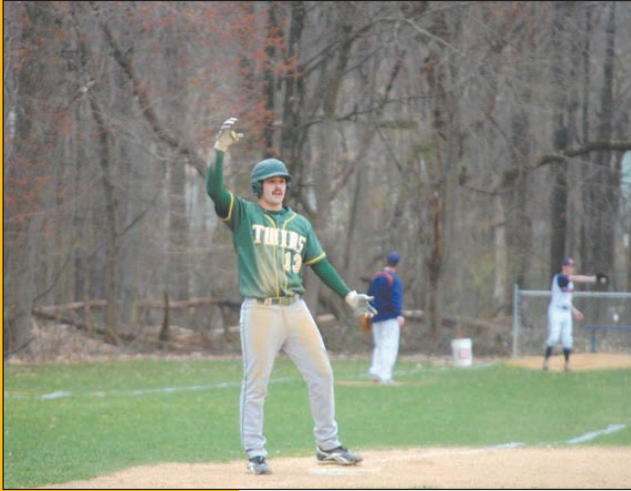
Female: Riley Werner, 12
Valatie, NY
6:44

2014

Male: Casey Sitzer, 11
Ghent, NY
6:33

Female: Katie Everett, 10
Old Chatham, NY
7:15

In Loving Remembrance of Max Kelly



Max Kelly, Columbia-Greene baseball team, spring 2012.

Sean's Run Weekend 2015 is dedicated to the memory of Max Richard Kelly, who perished as a passenger in a car driven by a 19-year-old intoxicated driver on December 31, 2012. Max is fondly remembered on the campus of Columbia-Greene Community College as kind, sensitive and very popular; and also for his outstanding athleticism as a member of his college baseball team. Max is the son of Jodi Wische and John Kelly and brother of Sawyer Kelly. The following is a portion of the story written by Max's mother, Jodie Wische. The full article about Max Kelly can be found at the www.SeansRun.com website.

About Our Son Max

By Jodie Wische

As I sit down to write our story of Max Richard Kelly, I know this is a story that no parent should ever have to write. Your children should outlive you. In the perfect world, they should not fall victim to accident and senseless tragedy. They should thrive and navigate this planet long after their parents have departed.

Thinking about Max always first brings a smile to my face — how could it not? Our Max was incredible joy to us. And then there is that overwhelming sorrow that is still raw after all this time from the mere absence of his presence in our everyday lives and how much we miss him. We had a wonderful life together with Max.

As John states it so well, "We are the luckiest of the unlucky. We, who were lucky enough to be blessed with Max as our son. We, who are so much more full of life because we did have Max in ours, but so unlucky to have to endure the remainder of our lives without him."

Max was a centerpiece in our lives. We knew he was our shining star, but what we have learned about him since his passing was that he was oh so much more than that. Max touched many lives and made a lasting impression from the start. He made life-long friendships with those he met along his journey. He was a leader and inspirational. We saw it happen throughout his short lifetime. As one friend stated, "One thing we can all agree on, Max was one of the best friends anyone could ever ask for."

Max would be proud to know that we stood up for his best friend so he didn't serve time in jail. That we embraced all that he loved and that we loved him and we are a bigger family because of it. That we received his degree for him at Columbia-Greene, honoring him and his work! That we set up a scholarship in his name at Columbia-Greene, so more people will have the opportunity to greater education and chasing their dreams. That Suze has moved in with Ryan and some of his friends have become engaged after completing college. Max would love the totem pole we erected in his honor and had everyone sign. He would be excited to learn that his cousin Rachael is pregnant and going to have a baby boy this May; oh he would have loved to hold that baby!

Unfortunate for us, that would not be our fate. Max's story is similar to way too many other youths in how his life ended. He lost his life by being a passenger in a car crashed by an underage intoxicated driver on December 31, 2012. The story I write today is definitely bittersweet.

Have you ever stuck your head out the window while driving down a back road on a warm summer day or spun around in circles really, really fast? That's what Max was like — carefree, breathless and exhilarating. He lived in the moment and didn't care who was watching. He was the most single-heartedly genuine, honest and free human being I've ever known.

He would be honored to know that Sean's Run thought enough of his story to want to dedicate this year's event in his memory.

COLUMBIA COUNTY STOP DWI

401 State Street • Hudson, NY 12534

(518) 828-0052

Reginald Crowley - Coordinator



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.

This is why Sean's Run recognizes the 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 everyone who has 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.

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 to serve 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 2013, the most recent year for which data is available, alcohol-involved car crashes accounted for two fatalities in Columbia County and five 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	ALCOHOL-RELATED CAR CRASHES	FATALITIES
2009	36	0
2010	47	2
2011	49	1
2012	45	2
2013	44	2

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, 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)

“Younger adult smokers are the only source of replacement smokers... If younger adults turn away from smoking, the industry must decline.”

- R.J. Reynolds, February 29, 1984



@RealityCheckCG

Learn how you can be involved, contact:

Michelle Swanson

Reality Check Coordinator of Columbia & Greene Counties

Phone: (518) 822-0999 Ext. 308

MSwanson@columbiahealthnet.org

REALITY CHECK

EXPOSING BIG TOBACCO & EMPOWERING YOUTH!

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
- Super Saturday Run for Special Needs Kids
- Zumbathon®
- 20 and 50-Mile Bike Rides

WE STRIVE TO

- Increase awareness about the problems of underage drinking and impaired driving
- Raise funds to give as grants to schools and youth organizations to implement year-round programs that combat underage drinking, impaired driving and lax use of seatbelts by teens.
- Select the most deserving college-bound seniors from throughout the region as recipients of Sean Patrick French Memorial Scholarships.
- Encourage healthy lifestyles and safe choices that lead to fewer teens who drink, drive while impaired, ride with a drunk driver, or fail to use seatbelts.
- Memorialize the victims of drunk driving.

GENEROUS SUPPORTERS

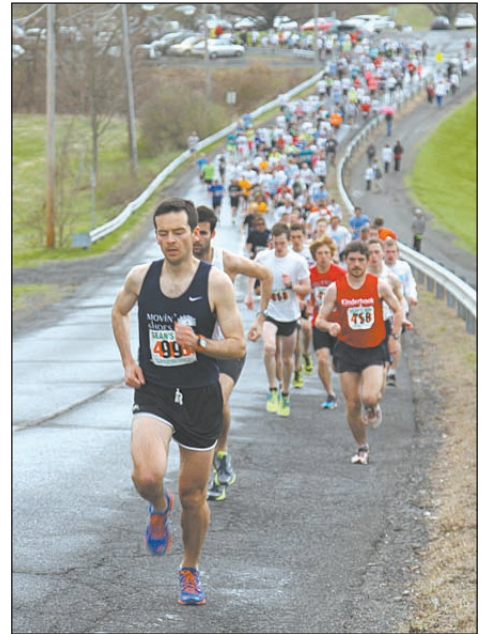
We would not be able to produce the event and meet our goals without the generosity of Sponsors, Contributors and Participants. Entry fees paid by participants cover approximately half of the expenses of producing Sean's Run. It's only because of the generosity of Sponsors and Contributors that the Committee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

OFFICERS 2014-2015

- Jeff French, Chairman
- Pam Lappies, Vice Chairman
- Tammi Menegio, Treasurer
- Mark D. French, Secretary
- Skyler Niles, Student Liaison, CHS Class of 2015

HONORARY BOARD OF DIRECTORS 2014-2015

- The Honorable Stephen Saland, former State Senator, New York State Senate
- Jay Cahalan, President & Chief Executive Officer, Columbia Memorial Hospital
- Shari Franks, Recreation Director, Town of Chatham
- Dan Tuczinski, Attorney at Law
- Michele Kraham, Founders Group, Sean's Run
- Sam Engel, CHS, Class of 2015



ORGANIZING COMMITTEE 2014-2015

- | | |
|--------------------------|--------------------------------|
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| Stacey and Jean Dunbar | Julie and Vern Oehlke |
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| Lee French | Annie Trowbridge |
| Jim Gilmer | Corey Walsh |
| Carol Goold | Mary West |
| Beth Hover | Ryan West |
| Tracy Kelly | TJ Winters |
| Katie Kraham | David Wheeler, Honorary Member |
| Sally Kraham | |

OUR BEGINNINGS

The all-volunteer Organizing Committee and Honorary 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. Sean's Run Weekend is scheduled strategically during high school prom season, the time of year when the greatest percentage of underage alcohol-involved car crashes occur.



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and access to top specialists
in every field.*

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- ◎ Catskill
- ◎ Chatham
- ◎ Copake
- ◎ Coxsackie
- ◎ Ghent
- ◎ Hudson
- ◎ Red Hook
- ◎ Valatie
- ◎ Windham



CMH

Columbia Memorial Health
columbiamemorialhealth.org