

Gold Medal Sponsors



Silver Medal Sponsors

Brown's Emporium	Old Chatham Country Store & Café
Chatham Flowers	Park Row Gallery
Firehouse Productions	Sonoco Crellin
Jennifer Sitzer Madison Handbags	Taconic Driving School, LLC
Marisa's Bagel Café	Valley Energy
Mark & Cathy French	Winding Brook Country Club
MetzWood Insurance	

Blue Ribbon Sponsors

Cantele Tent Rentals	Long Energy
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French Cut Lawn Service	Robert H. Pinkowski & Kimberly Chrysler
Jim Gilmer & Elaine Humphrey	Sam's Restaurant
Kevin DeMassio	Steiner's Sports
Photography	W.B. Mason

SEAN'S RUN WEEKEND 2014



presented by **FIRST NIAGARA**



SATURDAY & SUNDAY, APRIL 26 & 27, 2014
CHATHAM, NY
www.SeansRun.com

SEAN'S RUN WEEKEND 2014



96 Metz Road, Ghent, NY 12075

presented by **FIRST NIAGARA**

MEGHAN'S MILE

newkirk
A DST Company

BIKE RIDES PRESENTED BY


The Lofgren Agency Inc.

MEDIA SPONSOR

Register-Star / CHATHAM COURIER

BATTLE OF THE BELTS SPONSOR


Rensselaer Honda
Simply Better
GATOR'S GIFTS


GUARANTEED Northeast PEST CONTROL
Since 1981 ON



SEAN'S RUN WEEKEND 2014



presented by
**FIRST
NIAGARA**

**SATURDAY ACTIVITIES
APRIL 26, 2014**

Bike Rides

8:30 AM, 50-Mile Tour
sponsored by Hudson Design Engineering PLLC

10:00 AM, 20-Mile Tour
sponsored by New Leaf Tree Services Inc.

Produced in cooperation with the Mohawk Hudson Cycling Club. Special bike ride T-shirts to first 250 entries. For riders 18 and over, rides begin at Chatham Fairgrounds and finish at Chatham High School. The 50-mile Country Tour is a superb route including the City of Hudson. The 20-mile Ride is a scenic course for those not yet ready to enter a 50 miler! Clearly marked roads, cue sheets and maps will be available. SAG support. Refreshments on course and at finish. Check in 45 minutes before rides begin. See our website for maps, rules and additional information. Register online or send in entry form or walk-up registration 1 hour before ride starts.

PRESENTED BY



The Lofgren Agency Inc.

Zumbathon®

10 AM – NOON
Chatham Elementary School gymnasium

Two-hour, non-stop Zumba Fitness Party® led by certified Zumba Instructors. Special Zumba T-Shirts to first 100 entries. Refreshments at conclusion. 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. Check in 30 minutes before start of party. Register online or send in entry form or walk-up registration 1 hour before ride starts.

SPONSORED BY



Guaranteed Pest Control Since 1988 Home Protection

5K & Meghan's Mile Packet Pick Up & Walk-in Registration

11 AM – 2 PM, Chatham High School gymnasium
First 350 to show receive Gator's Gift, compliments of **Northeast Pest Control**. Avoid the lines on Sunday morning. Come Saturday to pick up your packet or to register for the 5K or Meghan's Mile.

SPONSORED BY



Guaranteed Pest Control Since 1988 Home Protection

Super Saturday Run for Special Needs Kids Race

1 PM, Chatham High School

Kids with special needs and other developmental disabilities are invited to this short-but-special group run. Planned in cooperation with the Capital Region Miracle League. Check in 15 minutes before run starts.

SPONSORED BY



Schedule

Saturday, April 26

- 8:30 & 10:00 AM** Bike rides – start Chatham Fairgrounds
- 10:00 AM – Noon** Zumbathon® – Chatham Elementary School
- 11:00 AM – 2:00 PM** 5K + Meghan's Mile Packet Pick Up and Registration – Chatham High School gym
- 1:00 PM** Sea Jem's Super Saturday Run for Special Needs Kids

Sunday, April 27

- 9:00 AM** Prevention Education Expo Opens – Chatham High School gym
- 9:00 – 10:00 AM** **MEGHAN'S MILE** Registration, Packet Pick Up
- 9:30 AM** Battle of the Belts Teams Sign In – parking lot
- 10:00 – 11:00 AM** 5K Run/Walk Registration, Packet Pick Up
- 10:45 AM** Presentation of Scholarships and Grants
- 11:00 AM** World Championship Battle of the Belts
- 11:30 AM** **MEGHAN'S MILE** Youth Race and 1-Mile Walk
- Noon** 5K Run and Community Walk
- 1:00 PM** Awards presentation
- 3:00 PM** Results posted at www.SeansRun.com

Tuesday, April 29

- 7:00 AM** Results published in the **Register-Star**

Our Partner

The Berkshire Taconic Community Foundation, a 501(c)(3) public charity, administers our funds providing tax-exempt status.

Produced By/Hosted By

- The Committee to Produce the Sean Patrick French Memorial Run/Walk, a member of the Road Runners Club of America (RRCA).
- Sean's Run Bike Club, a member of the League of American Bicyclists.



April 26 & 27, 2014
Chatham High School
Chatham, NY

T-shirt to first 250 bike ride entrants and to first 100 Zumbathon entrants

More info and register online
www.seansrun.com



SEAN'S RUN WEEKEND 2014



presented by
**FIRST
NIAGARA**

**SUNDAY ACTIVITIES
APRIL 27, 2014**

**T-Shirt to first
1,400 entrants
in 5K or Mile**

**More info and
register online
www.SeansRun.com**



The World Championship Battle of the Belts – 11 AM

High schools, middle schools and youth groups from throughout the region send teams to compete in this fun-filled seat belt contest.

Winners earn bragging rights to the title of World Champions. There are also awards for Best Team Names, the Best Team T-shirts and teams with Loudest Cheering Sections. All team members must be individually registered in Sean's Run 5K or Mile by each submitting a registration form and entry fee.



Meghan's Mile – 11:30 AM

Youth Race for 12 and Under and Shorter Walk for All.

In honor of Meghan Nicole Kraham, December 18, 1985 – August 18, 2007. A friend of Sean's, at age 16 she helped found Sean's Run and inspired all as she battled cancer with courage and poise. A half mile out and a half mile back to finish line.

Records: Chase Werner, age 12, 5:51; Kaylee Scott, age 11, 6:21

Awards for MEGHAN'S MILE *The Newkirk Award* – to first Overall Boy and Overall Girl. Age group awards to top three boys and top three girls in each group: 6 and under, 7-8, 9-10, 11-12.



The 5K – NOON

For runners, joggers and walkers.

USATF-certified 3.1-mile course, includes Main Street, past the historic Crandell Theater and the famous Chatham Clock Tower.

Records: Matthew Forys, 2008 & 2013, 15:18; Kara-Lynn Kerr, 2005, 18:16

Awards for 5K *The Jack McGrath Award* – to first Overall Male and Overall Female. Age group awards to top three men and top three women in each group: 12 and under, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over.



Chip timing by ARE event productions

Your Bib # is your timing chip.

Results

Race results will be posted at www.SeansRun.com and published in the **Register-Star / CHATHAM COURIER**

Music...before, during and after the run

Music is a special feature of Sean's Run.

Post 5K & Mile Refreshments

An assortment of nutritional treats for all finishers.

5K & Mile Prohibitions

No Dogs. No Bikes. No Skates.

Sunday Parking

At high school, on village streets and at Chatham Fairgrounds.



