

TEN YEARS RUNNING  
**SEAN'S RUN** 2011

presented by  
**FIRST NIAGARA**



Final Report to our Sponsors and Contributors



Start of 2011 Meghan's Mile Youth Race

## Participant Reviews:

### Here are a few of the comments posted at our faceBook page:

#### Meghan Mary

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

#### Jon Rocco

Chatham, Columbia County, and the Capital District should be proud of Sean's Run. Its a race in a small town but with a big time festive feel and immense community support. The scholarship funds and its awareness to underage drinking the event promotes are far-reaching to our young people.

#### Shari Dixon Franks

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

#### Thomas Joseph Tj Lyons

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

#### Catherine Cappelletti

This is just such a well organized fun event!!

#### Mary Bean

Another joyous year @ Sean's Run ... it just keeps getting better & better. Thank you everyone for your dedication, your volunteering, great food, h20 on the course ... everything. What a terrific event. (Oh yeah and Stewart's ... love a vanilla cone after a hot race)!

#### Five Pines Photography

Wow! I have seriously never seen so many 'day of' race shirts being worn! It was so nice to be a part of the Sean's Run community. Thank you to everyone who gave us some beautiful photos today!

#### Beth Daniels Loomis

Another great event!!

#### Sandy Keefner

This year was Family's first year doing Sean's Run/Megan's Mile and we plan on being back next year - this was a great event and a great experience!

#### Christine Cook







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

#### Sandra J Craig

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

#### Danielle Hotaling

My nine year old and I walked the 5K together and it was wonderful bonding time for a wonderful cause. Thanks to everyone who helped make the event happen. See you all next year.

| 2011 Sean Patrick French Memorial Scholarship Winners                               |   |   |
|---|---|---|
| Seniors from Chatham High School (Respect for All, Community Service)               | Seniors from NYSPHSAA Section III (Sportsmanship)                                   | Seniors from Columbia County (Love of Running)                                      |
| Mylessa Sweet   | Betsy Edinger<br>Greenwich HS   | Cailey Nieto<br>Chatham HS  |
|  |  |  |
| Ryan Behrens  | Kevin Terbush<br>Burnt Hills HS   | Max Ocean<br>Hawthorne Valley HS  |
|  |  |  |

## Our Sponsors

Presenting Sponsor



Battle of the Belts Sponsor



5k Sponsor



Meghan's Mile Sponsor



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Special Needs  
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Gold Medal Sponsors



Stewart's

**BLASS**  
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**Tom Warner  
Watercolors**



**Randy and  
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## Our Sponsors

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Pam & Jeff Lappies

MetzWood Harder Insurance  
Michael C Howard, Esq.  
The Lofgren Agency  
Valley Oil / Miller Wilkins





## 2011 Contributors and Donors

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Karrie Allen Hudson NY  
 Mary Ames Valatie NY  
 Michele Amoroso Valatie NY  
 Susan Antos Chatham NY  
 Courtney Atwood Ghent NY  
 Gloria Autrey Ghent NY

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Brad Bach Seal Beach CA  
 Bridget Barth Albany NY  
 Deborah Barton Kingston NY  
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 Michael Behrens Chatham NY  
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 Jenn Bethon Waterford NY  
 Cynthia Bobsein Old Chatham NY  
 Andrew Bodratti Valatie NY  
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 Tom Brady Glenmont NY  
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 Viola Bramkamp Hudson NY  
 Carl Brown New York NY  
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 Robert Foulks Albany NY  
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 Phil Gellert Hillsdale NY  
 Mary Gerlach Hudson NY  
 Bill Gettman Glenmont NY  
 Bob Giambalvo Delhi NY  
 Alexander Giasson Chatham NY  
 Carol Goold Valatie NY

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 Craig Harper Mullica Hill NY  
 Lewis Hartman Columbiaville NY  
 Ricky Hawes Chatham NY  
 Christine Heywood Latham NY  
 Donna Himmel Ghent NY  
 Trey Hotaling Ghent NY

### K

Lori Keegan-Brady Glenmont NY  
 Casey Kelly Old Chatham NY  
 Mary Kenny Albany NY  
 August Kindel Chatham NY  
 Patrick Knight Chatham NY  
 Danielle Knight Chatham NY  
 Eddie Knight Chatham NY  
 Karen Knobel Chatham NY  
 Eizabeth Knox Valatie NY  
 Kathleen Kosnick Ghent NY

(continued on next page)



## 2011 Contributors and Donors (continued)

|                    |               |    |                      |                |    |                      |               |    |
|--------------------|---------------|----|----------------------|----------------|----|----------------------|---------------|----|
| Hank Kuczynski     | Saratoga      | NY | Llewellyn Palmer Iii | Berlin         | NY | Cecile Statsts       | Hudson        | NY |
| <b>L</b>           |               |    | Melanie Parkes       | Troy           | NY | Samantha Stewart     | Rensselaer    | NY |
| Kara Lansing       | Ghent         | NY | Shirley Perry        | Chatham        | NY | Susan Sweet          | Valatie       | NY |
| Eli Lappies        | Chatham       | NY | Donna Peterson       | Austerlitz     | NY | <b>T</b>             |               |    |
| Elisabeth Lappies  | Chatham       | NY | John Peterson        | Austerlitz     | NY | Philip Tkacy         | Hudson        | NY |
| Christopher Link   | Philmont      | NY | Richard Phillips     | Kinderhook     | NY | Daniel Tuczinski     | Chatham       | NY |
| Charlie Lozensky   | Catskill      | NY | Kelly Phillips       | Johnsonville   | NY | <b>U</b>             |               |    |
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| Judy Mcdonald      | Hudson        | NY | Kevin Quinn          | Bayside        | NY | <b>W</b>             |               |    |
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| Amanda Melino      | Castleton     | NY | William Rasweiler    | Hudson         | NY | Joanne Walker        | Hudson        | NY |
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| Richard Mueller    | Red Hook      | NY | Dean Rowe            | Ghent          | NY | Heather Wemple-Kelly | Old Chatham   | NY |
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| Margaret Nells     | Albany        | NY | Diane Sacco          | Hudson         | NY | Ryan West            | Chatham       | NY |
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| <b>O</b>           |               |    | Wilda Sheffer        | Hoosick Falls  | NY | <b>Y</b>             |               |    |
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| <b>P</b>           |               |    | Zachary Sohotra      | Hudson         | NY | Georgia Zyryi        | Hudson        | NY |
| Lauren Palmateer   | Coxsackie     | NY | Susan Sparacino      | East Greenbush | NY |                      |               |    |
| Lance Palmateer    | Coxsackie     | NY |                      |                |    |                      |               |    |



## 2011 Winners

### Sean's Run

| 5K Champions          |                  |        |
|-----------------------|------------------|--------|
| Betsy Edinger, 17     | Greenwich, NY    | 19:45  |
| Chuck Terry, 28       | Albany, NY       | 16:11  |
| 5K Age Group Winners  |                  |        |
| 12 and Under          |                  |        |
| Liliana Simon, 11     | Ghent, NY        | 28:04  |
| Nycholas Styer, 11    | Stephentown, NY  | 24:38  |
| 13 - 15               |                  |        |
| Madeline Montague, 15 | Greenwich, NY    | 20:31* |
| Ross Wightman, 15     | Chatham, NY      | 17:49* |
| 16 - 18               |                  |        |
| Kayleigh Corrado, 16  | Cherry Plain, NY | 27:26  |
| Dave Vona, 28         | Valatie, NY      | 16:48  |
| 19 - 29               |                  |        |
| Meghan Davey, 24      | Rotterdam, NY    | 22:05  |
| Jonathan Catlett, 33  | Albany, NY       | 17:38  |
| 30 - 39               |                  |        |
| Regina Flint, 37      | Amsterdam, NY    | 21:53  |
| Jonathan Catlett, 32  | Albany, NY       | 17:32  |
| 40 - 49               |                  |        |
| Hilary Eutz, 44       | Valatie, NY      | 22:26  |
| Jon Rocco, 44         | Colonie, NY      | 18:57  |
| 50 - 59               |                  |        |
| Suzanne Wightman,     | Chatham, NY      | 25:14  |
| Laudric Maxwell, 51   | Hudson, NY       | 19:17  |
| 60 - 69               |                  |        |
| Susan Wong, 63        | Glenmont, NY     | 24:46  |
| Bob Giambalvo, 61     | Delhi, NY        | 18:41* |
| 70 - 79               |                  |        |
| Anny Stockman, 78     | Rensselaer, NY   | 33:24  |
| Wade Stockman, 76     | Rensselaer, NY   | 26:43  |

\*new age group record

### Meghan's Mile

| Meghan's Mile Champions |                 |       |
|-------------------------|-----------------|-------|
| Erin Clark, 12          | Old Chatham, NY | 6:34  |
| Chase Werner, 12        | Stuyvesant, NY  | 5:51* |
| Age Group Winners       |                 |       |
| 6 and Under             |                 |       |
| Lana Messinger, 6       | Spencertown, NY | 7:38  |
| Diego Smeraldo, 6       | Philmont, NY    | 9:15  |
| 7 - 8                   |                 |       |
| Betty Gibbs, 8          | Rhinebeck, NY   | 7:49  |
| Casey Sitzer, 8         | Ghent, NY       | 7:21  |
| 9 - 10                  |                 |       |
| Riley Werner, 10        | Stuyvesant, NY  | 7:41  |
| Anthony Carlucci, 10    | Valatie, NY     | 7:13  |
| 11 - 12                 |                 |       |
| Samantha Taylor, 11     | Philmont, NY    | 6:45  |
| Trey Hotaling, 12       | Ghent, NY       | 6:39  |





# 10th Annual Sean's Run - May 1, 2011

## Highlights/Impact

### Participation

- Under sterling blue skies and temperatures in the mid 70's, we had 1,320 entrants. A change in the date from the last Sunday in April, because Easter fell on that date this year, to the first Sunday in May is attributed to a slight decline in total entries. There are other annual run/walk events in our region on the first Sunday in May.
- Despite a 10% reduction in entries, the total number of entrants that participated and finished the 5K grew over last year.
- Since 2002, over 9,600 total entries have been received

### \$148,950 Raised and Given Away in Eight Years

- 82 youth programs and schools across the region have received Sean's Run Grants to implement anti-underage drinking programs and to encourage seatbelt use by teens.
- Why these programs? Because car crashes are the leading cause of death for young people under the age of 21. Nearly 2/3 of all kids killed in car crashes were not using seatbelts. Nearly 1/3 of all car crashes with youth under age 21 involve alcohol.
- 74 college bound deserving seniors from across the region have been awarded scholarships.

- This year grants were awarded to 14 schools and youth-serving organizations as grants funded by the money contributed by Sean's Run donors, sponsors and participants. Grants from Sean's Run are used to support projects designed to reduce underage drinking and impaired driving and increase the use of seatbelts by teens.
- Scholarships funded by the Sean Patrick French Memorial Scholarship Fund were awarded to 6 deserving HS seniors from around the capital region. The fund is sustained by the proceeds from the inaugural Sean's Run and ongoing contributions from donors.

### 2011 Sean's Run Grant Winners

#### School/Youth Group

Averill Park HS SADD  
 Berlin Jr/Sr HS SADD  
 Chatham HS SADD  
 Chatham MS SADD  
 Council on Addiction Prevention and Education of Dutchess County  
 Fonda-Fultonville HS Student Government  
 Hoosick Falls HS Youth Summit Team  
 Hudson Dept. of Youth  
 Lynch Literacy Academy Peer Leadership Club  
 Mohonasen HS SADD  
 Pine Plains Stissing Mt. HS SADD  
 Schodack/Castleton Community Partnership  
 Remove Intoxicated Drivers Choices 301

#### County

Rensselaer  
 Rensselaer  
 Columbia  
 Columbia  
 Dutchess  
 Montgomery  
 Rensselaer  
 Columbia  
 Montgomery  
 Schenectady  
 Pine Plains Stissing Mt. HS SADD  
 Rensselaer  
 Schenectady  
 Albany



## The Safety Tree Living Billboard



Sean's Run is the impetus behind the creation of a new partnership of local organizations whose aim is to reduce the numbers of lives lost in Columbia and Greene Counties because of impaired and drunk driving. Sean's Run encouraged the Taconic Driving School, Remove Intoxicated Drivers—USA, Columbia Memorial Hospital, Columbia County Stop DWI and Twin County Recovery Services to establish a partnership to sponsor the Columbia-Greene Safety Tree Living Billboard in Hudson. The living billboard, a Blue Spruce evergreen, is now planted near the entrance of the Emergency Room of Columbia Memorial Hospital.

The eight-foot Safety Tree Living Billboard will be decorated with white lights as an anti-drunk driving project originally developed by RID-USA and has now been adopted by communities

in 41 states. The unveiling and inaugural lighting of The Safety Tree Living Billboard was Friday, April 1st.

The white lights on The Safety Tree Living Billboard will remain lit every day of the year, signifying that no drunk driving fatalities have occurred in Columbia and Greene Counties since the Safety Tree was planted. It is the sponsors' hope that the tree remains lit solely by white lights for years to come. However, if unfortunately an alcohol-involved traffic fatality does occur in the twin counties, one of the tree's white lights will be replaced with a red light bulb to memorialize the individual whose life was lost. This living, permanent billboard will remind the public that drinking and driving is still a major menace to life and health. In years to come people can look at the tree and see how safe drivers have been in Columbia and Greene County.



# 10th Annual Sean's Run — May 1st, 2011

## Highlights/Impact

### Sea Jem's Super Saturday Run for Special Needs Kids

Sean's Run, beginning last year, became a two-day event and the first road race in the region to include a component for children with disabilities. This event was organized in cooperation with the East Greenbush Miracle League, Burke Adams, founder. Sea Jem, the Boston-based seafood wholesaler, sponsored the event.

Response by the children and their parents was positive. We will continue this as an annual feature of Sean's Run.

### Other 2011 Sean's Run Highlights

- Newkirk continued as the sponsor of Meghan's Mile, the youth race.
- Fairpoint Communications continued as 5K sponsor.
- Three 5K age-group records were set – Men's 60-69 – Bob Giambalvo, 61, Delhi (18:41) – a nationally ranked finish time. Men's 13-15 – Ross Wightman, 15, Chatham (17:49) and Madeline Montage, 15, Greenwich (20:31)

- A color, multi-page Event Program was published as a tab insert to the Register Star and Chatham Courier; the papers continued as Media Sponsor.
- The Sean's Run has a faceBook page which proved to be useful in communicating with many friends of the event. Also, participants posted comments about their experience at Sean's Run.
- Youth development and substance abuse prevention organizations exhibited at the Prevention Education Expo set up in the gymnasium at Chatham High School prior to the start of the run/walk. They provided important information to teens and parents to help steer young people away from underage drinking and towards positive alternatives
- 50 employees from First Niagara Bank volunteered to assist on both Saturday and Sunday and their help was greatly appreciated by the Committee.
- Berkshire area artist Tom Warner commissioned a special painting that he contributed to be used as a raffle prize. Also, long-time event supporter Patricia Niles contributed valuable raffle prizes.
- Members of the Kinderhook Runners Club assisted with pick up at the conclusion of the races.
- Stewart's Shops scooped 800 Philly Vanilla ice cream cones for participants.



### 2011 Prevention Education Expo Exhibitors

Catholic Charities of Columbia and Greene Counties  
 Chatham High School SADD  
 Chatham Middle School SADD  
 Choices 301  
 Columbia County Sheriff's Department  
 Columbia County Stop DWI  
 Columbia Greene Community College

Cornell Cooperative Extension  
 KB Chiropractic  
 LEADD (Law Enforcement Against Drunk Driving) from Suffolk County, NY  
 MADD, Capital Region  
 Parents Who Host Lose the Most Remove Intoxicated Drivers (RID)  
 Taconic Driving School  
 Rip Van Winkle Tobacco Free Coalition  
 Upper Hudson Planned Parenthood STARS Program





# The World Championship Battle of the Belts

## Why does Sean’s Run Care About Seatbelts and Teens?

Because 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.

Safety belts saved more than 12,000 American lives in 2005. Yet, during that same year, nearly two-thirds (60 percent) of passenger vehicle occupants killed in traffic crashes were unrestrained. Sean French and Ian Moore, now paralyzed, were not using seatbelts, when the car they were riding in crashed on January 1, 2002.

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

- The Sean’s Run Committee encouraged 19 schools from around the region to implement local Battle of the Belts, a fun and fast-paced seat-belt buckling contest designed to increase use of safety belts by teens.
- 19 teams from schools and youth organizations from around the region competed in the sixth World Championship Battle of the Belts at Sean’s Run.
- Columbia County Sheriff David Harrison and Chatham Village Police Chief Kevin Boehme assisted with producing the World Championship.
- **Rensselaer Honda** continued as the presenting sponsor of the World Championship Battle of the Belts

| Place                        | Group  | Team Name       | Finish Time |
|------------------------------|--|-----------------|-------------|
| <b>Senior High Division</b>  |  |                 |             |
| 1                            | <b>Senior World Champions</b><br>Pine Plains | Raw Dogs–       | 36.68       |
| 2                            | Fonda Fultonville                            | K2C2 –          | 39.06       |
| 3                            | Mohanasen                                    | SADD & Loosing  | 39.85       |
| <b>Junior High Division</b>  |  |                 |             |
| 1                            | <b>Junior World Champions</b><br>Amsterdam   | Lynch Lightning | 41.50       |
| 2                            | Fishkill                                     | Alyssa’s Team   | 44.07       |
| 3                            | Taconic Hills                                | Push ‘n Click   | 45.44       |
| <b>Special Award Winners</b> |  |                 |             |

#### Best Team Name — Jr. High Division

Speedy Gonzalez – Pine Plains

#### Best Team Name — Sr. High Division

We the Belts - Berlin

#### Loudest Cheering Section — Jr. High Division

N/A-Never Abuse - Chatham

#### Loudest Cheering Section — Sr. High Division

NFA Council on Addiction on Prevention Education, Poughkeepsie

#### Best Team T-shirts — High School

SADD and Losing - Mohanasen

#### Best Team T-shirts — Junior High School

Push ‘n Click – Taconic Hills



# 10th Annual Sean's Run Promotion

## Media coverage and Promotion expanded

- Thanks to the media sponsorship of the **Register Star** and the **Chatham Courier**, Sean's Run and all its associated activities was fully reported and advertised in our local newspapers.
- Our promotional campaign included distribution of professionally designed event brochures at First Niagara Bank branches across the region. First Niagara Bank also setup an event exhibit and displayed banners at the Chatham Branch.
- Advertising appeared in two running publications and at several running websites.
- We again utilized yard signs to advertise extensively throughout the area

**TEN YEARS RUNNING SEAN'S RUN 2011**

presented by **FIRST NIAGARA**

media sponsor: **CHATHAM-COURIER Register-Star**

**SUNDAY, MAY 1ST CHATHAM HIGH SCHOOL**

EVENTS FOR ALL AGES REGISTER AT: [WWW.SEANSRUN.COM](http://WWW.SEANSRUN.COM) GET UPDATES ON FACEBOOK

**TEN YEARS RUNNING**

**AND NO SIGN OF SLOWING DOWN.**

With a solid decade behind us, we're just getting warmed up. Our 10th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,500 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it! Register today at [www.seansrun.com](http://www.seansrun.com).

**SUNDAY, MAY 1 / CHATHAM HIGH SCHOOL**  
**5K-1:00PM / MEGHAN'S MILE-12:30PM**

2011 Sponsors: **Rensselaer HONDA**

**RUNNING OR WALKING?**

**EITHER IS JUST FINE.**

Over the past decade our participants have come from both camps. Our 10th running continues to offer a fun atmosphere for runners and walkers of all interests. Participants will enjoy our charming course, many amenities, great giveaways, event shirts to the first 1,500 entries, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it! Register today at [www.seansrun.com](http://www.seansrun.com).

**SUNDAY, MAY 1 / CHATHAM HIGH SCHOOL**  
**5K-1:00PM / MEGHAN'S MILE-12:30PM**

**SEAN'S RUN 2011**

presented by **FIRST NIAGARA**

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2011 Gold Medal Sponsors: **BASS OBSERVATIONS**, **Stewart's Shops**, **Imports, Inc**, **JASON S. HOVER ATTORNEY AT LAW**, **EmblemHealth**, **Randy and Chris Hahn**, **CRUISE CRUISERS**, **Tom Warner Watercolors**

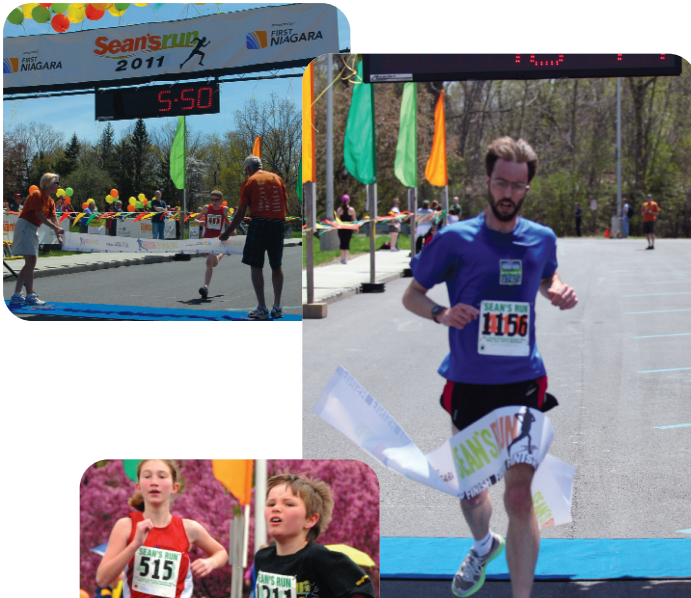
**TEN YEARS RUNNING SEAN'S RUN 2011**

presented by **FIRST NIAGARA**

**SUNDAY, MAY 1, 2011**  
**WWW.SEANSRUN.COM**



# 2011 Event Images and T-Shirts





## Sean's Run Organizing Committee

### Officers

- Jeff French, Chairman
- Carol Goold, Vice Chairman
- Kelsey Frederick & Kyle Schmidt, Student Liaisons, CHS
- Joanne Doyle & Tammi Menegio, Co-Treasurers
- Mark D. French, Secretary

### Honorary Board of Directors

- The Honorable Stephen Saland, Senator, New York State Senate
- Kevin Boehme, Chief of Police, Chatham Village Police Department
- Jay Cahalan, Chief Operating Officer, Columbia Memorial Hospital
- Shari Franks, Recreation Director, Town of Chatham
- Ryan Behrens, CHS Class of 2011
- Jay Moore, Ian's Dad
- Dan Tuczinski, Attorney at Law
- Emily Kinnicutt, CHS Class of 2011
- Michele Kraham, Founders Group, Sean's Run

### Committee Members

- Phillip Abitabile
- Hannah Cashen
- Lukas Coon
- Stacey & Jean Dunbar
- Camille & Jerry Freedner
- Lee French
- Beth Hover
- Tracy Kelly
- Jim & Judy Matthews
- Steve Nieto
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- Debbie Layton
- Jan Madsen
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