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SEAN'S RUN WEEKEND 2013



presented by
FIRST NIAGARA

SATURDAY & SUNDAY, APRIL 27 & 28, 2013
CHATHAM, NY
www.SeansRun.com

Shirts
to the first
1,500
entries



96 Metz Road Ghent, NY 12075

presented by
FIRST NIAGARA

MEGHAN'S MILE

newkirk®
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BATTLE OF THE BELTS SPONSOR

Rensselaer
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SIMPLY BETTER.

GATOR'S GIFTS



TO: Sean's Run Participant
123 Main Street
Anytown, USA 12345



SEAN'S RUN WEEKEND 2013



presented by
**FIRST
NIAGARA**

**SATURDAY ACTIVITIES
APRIL 27, 2013**

Bike Rides

8:30 AM, 50-mile Country Tour

10:00 AM, 20-mile Ride

Produced in cooperation with the Mohawk Hudson Cycling Club. For riders 18 and over, rides begin at Chatham Fairgrounds. The 50-mile Country Tour is a superb route including the City of Hudson. Your own pace. The 20-mile Ride is for those not yet ready to enter a 50 miler! This follows the same county road as the longer ride for the first 10 miles and then back to Chatham High School. Clearly marked roads, cue sheets and maps will be available. SAG support. Refreshments on course and at finish at Chatham High School. T-Shirts. Check In 45 minutes before rides begin. See our website for maps, rules and additional information. Register on-line or send in entry form.

SPONSORED BY

**Hudson Design
Engineering PLLC**

Zumbathon®

**10 AM – 12 Noon, Chatham Elementary School
gymnasium**

2-hour, non-stop Zumba Fitness Party® led by certified Zumba Instructors, 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. T-Shirts and Refreshments. Check in 30 minutes before start of party. Register on-line or send in entry form.

SPONSORED BY

Dell's®
Handling, Mailing & QIC, LLC

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

12 Noon – 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 5K or Meghan's Mile.

Our Partner

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



**April 27 & 28, 2013
Chatham High School
Chatham, NY**

**One Entry Fee Covers
Both Days**

**T-shirt to First 1,500 Entrants
Total in All Activities**

**More Info & Register On-Line
www.seansrun.com**

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.



Schedule

Saturday, April 27

| | |
|----------------------------|---|
| 8:30 & 10:00 AM | Bike Rides – start Chatham Fairgrounds |
| 10:00 AM – Noon | Zumbathon® – Chatham Elementary School |
| 12:00 – 2:00 PM | Packet Pick Up and Registration – Chatham High School gym |
| 1:00 PM | Sea Jem's Super Saturday Run for Special Needs Kids |

Sunday, April 28

| | |
|-------------------------|--|
| 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 |
| 12:00 NOON | 5K Run and Community Walk |
| 1:00 PM | Awards presentation |
| 3:00 PM | Results posted at www.SeansRun.com |

Tuesday, April 30

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

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.



SEAN'S RUN WEEKEND 2013



presented by
**FIRST
NIAGARA**

**SUNDAY ACTIVITIES
APRIL 28, 2013**



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 by each submitting a registration form and entry fee.

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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.

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Communication Innovation

The 5K – 12 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 Forsys, age 22, 15:18; Lily Becker, age 20, 17:42

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.

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**One Entry Fee Covers
Both Days**

**T-Shirt to First 1,500
Entrants total in All
Activities**

**More Info &
Register On-line
www.SeansRun.com**



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.



Special Victim Remembrance Christopher James Reardon, age 15

Christopher James Reardon, a 15 year old freshman at Auburn High School, died on May 30, 1993 as a result of an alcohol involved car wreck involving three teenage boys. The driver lost control of his vehicle and he and Christopher were thrown from the car; Christopher died at the scene of the accident.

Christopher possessed an invincible spirit and contagious smile and was known by his family and friends as an athlete, musician and artist. He "idolized" his older brothers, Derek and Todd, and followed in their footsteps playing baseball, basketball, umpiring pony league games, as well



as participating as an altar server at their church.

Christopher's tragedy involved bad choices – under age drinking, impaired driving, provision

of alcohol to minors and failure to use seatbelts. Those choices forever impacted the lives of those who love Christopher.

Christopher's mom, Donna Lanphaer has said, "Christopher's spirit will always remain a part of us, but let not his life be in vain...let us work as a community and raise our children, keep them safe and encourage their positive choices".

Extra contributions – where does the money go?

In nine years, thanks to the generosity of sponsors, contributors and participants who add donations to their entry fees, Sean's Run has raised and given away \$160,950 to support youth programs and scholarships. Youth groups from around the region use Sean's Run grants to combat underage drinking and encourage teenagers to always use seatbelts. Eighty deserving seniors from the region have been awarded scholarships.

Questions? Want to help?

**Jeff French, Director, 518-672-4757,
More information www.SeansRun.com**



About Sean



Sean Patrick French, a 17-year-old high school junior, community volunteer, honor roll 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. Neither was using seat belts. The driver, also 17, had been arrested for drunken driving 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 upon the arrest of a 16- or 17-year-old on drunken driving charges.

To register
for Run/Walk
and the Battle
of the Belts

- Online:** Go to www.SeansRun.com; register with a credit card. Secure, simple and immediate confirmation of your entry. Closes midnight April 24.
- Drop Off:** Bring registration form to First Niagara Bank, 16 Coleman Street, Chatham by April 25.
- Mail-in:** Send completed registration form by April 20.
- Walk-up:** On Saturday, April 27, 12:00 Noon - 2:00 PM, and Sunday, April 28, 9:00 AM - 11:00 AM at Chatham High School.

Last First

Mailing Address

City

State Zip Age on April 28 DOB

Sex (circle one) Male Female

E-mail

One Fee Covers Both Days

Register for One or Both Days - Check Activities You Wish To Enter

Saturday - Choose One Activity

Sunday - Choose One Activity

- ☐ Zumbathon®
- ☐ 20-Mile Bike Ride (18 & over)
- ☐ 50-Mile Bike Ride (18 & over)
- ☐ Special Needs Kids Race

- ☐ 5K Run & Community Walk
- ☐ Meghan's Mile

Check if you are a victim / survivor of a drunk or impaired driver ☐

General Release All participants must sign; parents must sign for entrants under age 18. In consideration of the opportunity to participate in the Sean Patrick French Memorial Run/Walk, including the 5K, Meghan's Mile, Super Saturday Run for Special Needs Kids and World Championship Battle of the Belts, Zumbathon® or Bike Rides, I hereby forever discharge The Committee to Produce the Sean Patrick French Memorial Run/Walk (the Committee), Chatham Central School District, Village of Chatham, Berkshire Taconic Community Foundation, and Columbia County Agricultural Society, as well as all event sponsors, their representatives, agents, members and assigns, and any other person or organization assisting or supporting this event, from any claims or demands arising from or out of my participation in this event. I hereby for myself, my heirs, executors or assigns waive and release any and all claims that may arise in my favor against the above named entities and individuals for any injury, illness or property loss which may occur to me while participating in, traveling to, or returning from this event. I assume all risks including, but not limited to, traffic and road conditions. Also, I grant my permission for the Committee to use or authorize others to use photographs, motion pictures, recordings or any other record of my participation for any legitimate purpose without remuneration.

Signature: _____

Parents must sign for participants under age 18

Entry Fee – Postmarked or Dropped Off by April 15

| | |
|--|------------|
| Adult, 18 and Over – \$20 | \$ _____ |
| Youth, 4 to 17 – \$12 | \$ _____ |
| Child, 3 and Under – FREE | \$ 0 _____ |
| Special Needs Kid – FREE | \$ 0 _____ |
| Drunk Driving Victim/Survivor – FREE | \$ 0 _____ |
| Family – \$50 (mom, dad & kids under 18) | \$ _____ |

Submit an entry form for each family member.

Entry Fee – Postmarked, Dropped Off or Walk-in After April 15

| | |
|--|------------|
| Adult, 18 and over – \$25 | \$ _____ |
| Youth, 4 to 17 – \$17 | \$ _____ |
| Child, 3 and Under – FREE | \$ 0 _____ |
| Special Needs Kid – FREE | \$ 0 _____ |
| Drunk Driving Victim/Survivor – FREE | \$ 0 _____ |
| Family – \$60 (mom, dad & kids under 18) | \$ _____ |

Complete an entry form for each family member.

Extra Contribution \$ _____

Total – Payable to: Sean's Run \$ _____

Send to: Sean's Run
First Niagara Bank
16 Coleman Street
Chatham, NY 12037

**DO NOT mail after April 20;
bring to First Niagara Bank or to the event.**