



SEAN'S RUN

WEEKEND 2013

SATURDAY & SUNDAY
 APRIL 27 & 28
 CHATHAM HIGH SCHOOL
 REGISTER: SEANSRUN.COM



Presented by:



Media Sponsor:

CHATHAM-COURIER
 Register-Star



Sean's Run Weekend Grows Again

The addition of the all new Sean's Run Bike Rides to the line-up of Sean's Run activities will attract a new group of participants to enjoy first-hand the fun and special spirit of this community event. Open to anyone age 18 and over, the supported rides depart from the Chatham Fairgrounds and finish at Chatham High School. Cyclists should check-in at the Welcome Desk at the fairgrounds 45 minutes before the start of the ride where there will be free bike inspections prior to the rides.

Saturday, April 27th Bike Rides Details

Start Times: 50 Miles – 8:30 a.m.,
20 Miles – 10:00 a.m.

Check-In and Depart: Chatham fairgrounds

Produced By: Sean's Run Bike Club

Organized With Cooperation By: Mohawk
Hudson Cycling Club

Planned With Guidance By: The League of
American Bicyclists

Register: Visit www.SeansRun.com to sign up
on-line or to print a mail-in registration form.

Not a Race: These are self-paced non-
competitive rides. All roads will be open to
traffic. Bicyclists must obey all traffic laws. Roads are not closed.

Adults Only: Must be 18 or over to participate.

Nice Tour: The 50 Mile County Tour, with 1,375 feet of climbing, traverses the beautiful Columbia
County countryside and includes a trip up Warren Street through the historic city of Hudson. Two rest
stops and on course support will be offered. Refreshments will be available at the finish.

Easy 20: The 20-Mile ride is a mostly flat, easy route encompassing scenic country roads and quaint village
streets. One rest stop and on course support will be provided. Refreshments will be available at the finish.

Prohibited: No tow-behind carts.

Rest Stops: There are 2 rest stops on the 50 Mile course and 1 rest stop on the 20 Mile course.
Bathrooms and refreshments will be available at the rest stops.

Obey the Law: Route is open to traffic, so participants must obey all traffic laws.

You Won't Get Lost: The course will be clearly marked and we will provide cue sheets and maps.

We'll Be There To Help: SAG support will be available on course throughout the rides.

Safety First: Helmets must be on your head and strapped while riding — no exceptions.
Also, no headphones while riding!

Stay In Touch: Bring your cell phone on the ride.

Share The road: Never ride more than 2 abreast.

Raining? Severe weather conditions will cancel the ride. There are no refunds of registration fees
for inclement weather or in the case of cancellation due to weather.

Park The Car: Parking is at the Chatham Fairgrounds, near the Rte 203 (Church Street – next to Stewart's)
entrance to the Fairgrounds.

T-Shirts: The first 1,500 entrants in all Sean's Run Weekend activities to receive souvenir event t-shirt.

The Finish: Rides finish at Chatham High School, about 3 blocks from the Fairgrounds. Refreshments
will be waiting beginning at 12 Noon.

Rules of the Sean's Run Bike Rides

Know and obey all traffic laws: The traffic laws consider cyclists the same as vehicle operators,
and give them the same rights and duties as other drivers.

- **Stay right:** Ride in the right portion of the rightmost lane in the direction you are traveling and leave
at least four feet between your handlebars and parked cars or other hazards such as other riders.

- **Obey all traffic signs and signals:** Avoid "following the leader" through traffic signs and signals;
you are required to obey all traffic signs and signals, including stopping at red lights and stop signs.

- **Look and signal before you move:** Always scan behind you before changing lanes or making turns.
A continuous arm signal is required prior to a turn or lane change (unless arm is needed to control the bike)
and while stopped waiting to turn.

- **Two at a time:** Ride no more than two abreast and do not impede traffic.

Helmet Smart

Head injuries are a special concern for cyclists. Even falling at a slow rate of speed can cause a serious head injury.

Helmets must be on your head and strapped while riding — no exceptions.



Both the 20- and the 50-mile courses offer scenic routes.

A Dozen Reasons to Participate in Year #12



- ▶ **1. Nice Giveaways:** The first 1,500 to register for any of our week-
end activities will receive a top-quality long-sleeve event t-shirt. Plus the
first 350 to pick up their entrant's packets on Saturday, the day before the
race, will be provided an extra premium sponsored by Northeast Pest
Control. Refreshments abound after the 5K and Meghan's Mile.
- ▶ **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 Run/Community Walk:** 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 5K traverses a
scenic course through historic Chatham village. Sponsored by FairPoint
Communications.
- ▶ **4. Meghan's Mile:** In memory of Meghan Nicole Kraham, a friend
of Sean's who at age 16 was a founding member of the Sean's Run Orga-
nizing 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. Sponsored by
Newkirk, a DST Company.
- ▶ **5. World Championship Battle of the Belts:** An exciting and fun
seatbelt buckling competition for middle school and high school students
coming from all over the region to increase awareness and use of seat
belts. Sponsored by Rensselaer Honda.
- ▶ **6. Prevention Education Expo:** Information booths and exhibits
from local and regional youth development groups to educate young peo-
ple and parents about the dangers of drinking and driving, to encourage
seat belt use, and to present positive alternatives to using alcohol, tobac-
co, and drugs.
- ▶ **7. Zumbathon®** - the second annual, this is an exhilarating, easy-to-
follow, Latin-inspired, calorie-burning dance fitness-party™ that's mov-
ing millions of people toward joy and health. You got to try it! Spon-
sored by Dells' Plumbing, Heating and A/C, Inc.
- ▶ **8. Sean's Run Bike Rides** – our newest addition to Sean's Run
Weekend for riders 18 and over. We are offering a 20-mile that is a most-
ly flat, easy route and a 50-mile with hills, country roads and a trip up
Warren Street through the historic city of Hudson. Presenting Sponsor:
Hudson Design Engineering PLLC
- ▶ **9. Tribute to Victims and Survivors of Drunk Driving:** A show of
empathy and support for local and regional residents who have been
harmful or lost a loved one because of a drunk driver. It coincides with
the annual observance of National Crime Victims' Rights Week.
- ▶ **10. Scholarships and Grant Awards:** Scholarships are presented
each year in three different categories to benefit college-bound high
school seniors, both runners and non-runners. Grants are given to fund
school and youth group programs aimed at increasing teens' use of seat-
belts and reducing underage drinking and driving.
- ▶ **11. Super Saturday Sean's Run for Special Needs Kids:** An excit-
ing activity for young people with physical and developmental disabili-
ties. This special "race" on the day before the 5K and MeghansMile is a
special 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
PM, Saturday, April 28th at Chatham High School. All participants will
be provided an event souvenir t-shirt and a finisher's memento. Spon-
sored by Sea Jem Imports.
- ▶ **12. World's Best Volunteers and Generous Sponsors** – nearly 100
volunteers are waiting to make your experience enjoyable and memo-
rable. Thanks to the generous support of our Sponsors, we've been able
to improve the event each year.

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 drunk 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 Patrick French, junior year school photo, 2001.

Sean's Run Pays Tribute to Those Impacted by Drunk Driving

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 all 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 the hundreds of people in our region who have 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.

Victims and survivors who participate in Sean's Run are provided complimentary entry and are invited to wear a small placard with the name of the individual they wish to remember or honor as they walk or run. Those who wear placards give faces to the impact of drunk driving and the placards give names to those who have suffered.



Over 125 volunteers, all smiling, will greet you and make your registration and packet pick up experience easy and fast.

12th Annual Sean's Run Schedule

Chatham

Saturday, April 27

- 8:30 a.m. 50 Mile Bike Ride Departs - Chatham Fairgrounds
- 10:00 a.m. 20 Mile Bike Ride Departs - Chatham Fairgrounds
- 10:00 a.m.-12 Noon Sean's Run Zumbathon® - Chatham Elementary School
- 12:00-2:00 p.m. Packet Pick Up and Walk-In Registration
Chatham High School Gym
First 350 to arrive will receive special gift
- 1:00 p.m. Sea Jem's Super Saturday Run for Special Needs Kids

Sunday, April 28

- 9:00 a.m. Prevention Education Expo Opens - Gym
- 9:00-11:00 a.m. Last Chance to Register and Packet Pick Up - Gym
- 10:45 a.m. Presentation of Scholarships and Grants - Auditorium
- 11:00 a.m. World Championship Battle of the Belts
- 11:30 p.m. Meghan's Mile — Youth Race and 1-Mile Walk
- 12:00 noon 5K Run and Community Walk
- 1:00 p.m. Running Awards Presentation
- 5:00 p.m. Results posted at www.SeansRun.com

Tuesday, April 30

Results and new coverage published in the Register Star

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WE ARE ALL BOSTON.

4.15.13

Late Publisher Was Sean's Run Supporter

By Karrie Allen

As Sean's Run is gearing up for its 12th annual weekend of events, one of its biggest supporters won't be there this year: the late Roger F. Coleman, Hudson-Catskill Newspapers publisher, who died December 31.

Sean's Run had been gaining momentum for seven years, when Mark French, Sean's Run secretary and father of Sean French — for whom the run is dedicated to — sent a proposal to Executive Editor Theresa Hyland to see if the Chatham Courier and Register-Star would help sponsor the event.

She set up a meeting with Coleman and French said he "felt both of them quickly saw the benefit that the event would realize through the papers' support as a sponsor."

In 2008, the Courier and Register-Star became the official media sponsor for Sean's Run.

French noted that Coleman wanted to know the back story and every year after becoming a sponsor, Coleman was at the event to be introduced. In 2010, the committee asked if he would like to say something when he was introduced and Coleman obliged; he had a knack for public speaking.

That first time, said French, Coleman spoke to the students present about the message of Sean's Run; he spoke to the volunteers, congratulating them for getting behind a meaningful event; he encouraged his fellow sponsors to continue their support. Then he told the Organizing Committee that the papers would continue to support Sean's Run.

Having heard his presentation, the committee invited him to make remarks each year. "He was a great



ROGER F. COLEMAN

speaker — off the cuff, genuine, to the point and very gracious," said French, adding that in 2011, "We found his comments to be some of our most cherished compliments."

In his 2011 remarks, Coleman called Sean's Run "one of the finest community events I've seen in 35 years of publishing" and predicted it would be around for years to come.

Coleman was genuinely interested and involved. French said that whenever he bumped into him, no matter how brief the conversation, Coleman would always ask about event planning for the next Sean's Run.

Although Coleman didn't participate in the 5K, he would stand on the sidelines and cheer on everyone who did — many of whom he had come to call friend or colleague.

And as Coleman promised, the papers are once again supporting Sean's Run this year as official media sponsor.

"He was a genuine supporter," said French.

In Loving Remembrance of Christopher James Reardon

Note: This year the Sean's Run Organizing Committee is dedicating their efforts to the memory of Christopher James Reardon. At age 15 he was killed as a passenger in an underage drunk driving car crash.

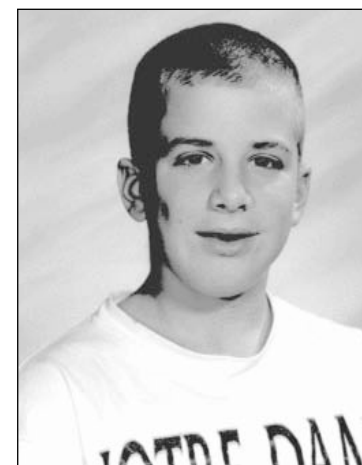
Christopher James Reardon, a 15 year old freshman at Auburn High School, died on May 30, 1993 as a result of an alcohol involved car wreck involving three teenage boys. The driver lost control of his vehicle and he and Christopher were thrown from the car; Christopher died at the scene of the accident.

Christopher possessed an invin-

cible 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



CHRISTOPHER J. REARDON

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."

Excited about Running and Sean's Run

By Hannah Riordan

I have been involved with the Sean's Run since I was a little kid. I won the Meghan's Mile in 2006 and 2007 and have run the 5k every year since 2006. Cross Country and Track at Maple Hill High School has been a wonderful experience for me and has opened up so many doors that will help me accomplish my goals in life. I am truly thankful for my teams because I have created so many new friendships that will last a lifetime. I am excited to go to college next year, but I am even more excited to run! Many of my friends have decided not to continue running, so it makes me appreciate the opportunity even more. Running has shaped me into who I am and I hope the next chapter of my running career will bring even greater experiences.

As the captain of Maple Hill cross country team this year, I was always aware that I was be a role model. There have been many times when I have had to lead by example to stay above the trash talking before and after races. For example, when visiting teams come to our school, I had noticed that if I welcomed them and showed them the locker rooms, not only were they put at ease, but so were my teammates. I expanded this welcoming process to include more of my teammates participating in the walkthrough of our course, which promoted the easy atmosphere that we runners love. I did this by encouraging my teammates throughout my four years at Maple Hill to participate and to get as excited about running as I always will be.

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 (Traffic Safety Facts: 2008 Data, NHTSA, DOT HS 811153).

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.

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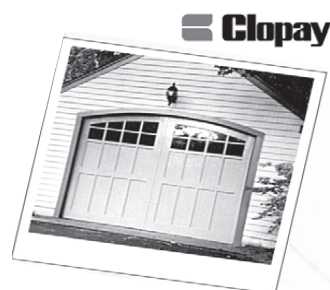
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Sheriff's Final Battle of the Belts

The 8th annual World Championship Battle of the Belts, on Sunday, April 28th, will be the final Championship that Columbia County Sheriff David W. Harrison, Jr. will serve as the Official Starter. Since the inception of Sean's Run, Sheriff Harrison has been a staunch supporter of Sean's Run work to curtail underage drinking, impaired driving and lax use of seatbelts by teenagers. Having decided not to seek re-election, Sheriff Harrison's term of office will conclude at the end of 2013.



DAVID W. HARRISON, JR.
COLUMBIA COUNTY SHERIFF

Sheriff Harrison's department has been an exhibitor in the Sean's Run Prevention Education Expo and his department has had a large presence of deputies in attendance at Sean's Run every year since 2002. With the beginning of the World Championship Battle of the Belts in 2006, he encouraged his deputies to form a team and to participate each year in a preliminary round of friendly competition with the officers of the Chatham Police Department to show the students in attendance that they too are serious about encouraging teens to always use seatbelts. He readily accepted the committee's decision to serve as Official Starter, to have a prominent pres-

ence at the event to reinforce the serious message coming out of the fun seatbelt buckling contest between schools and youth groups coming from all over the region to participate.

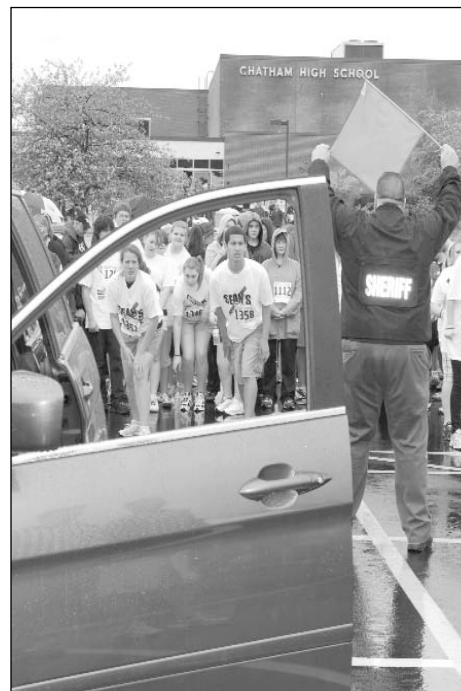
Sheriff's Harrison's connection to Sean's Run goes back to the night of the underage drunk driving crash that claimed the life of Sean Patrick French and paralyzed another passenger Ian Moore. As Sheriff, David Harrison led the investigation that ultimately revealed that the 17-year old driver was intoxicated and Sean French and Ian Moore were not using seatbelts. The crash occurred just minutes into the new year on January 1, 2002.

A few hours later, after Sean's mother and father, Cathy and Mark French, had returned home from Albany Medical Center where Sean had died, Sheriff Harrison came to their home to express sympathy and to provide information to help the family understand what happened and what went wrong the night before.

"There have been too many times in my career that I had to sit with families (after fatal accidents), and I will always remember sitting with the French's that morning," wrote Sheriff Harrison in an e-mail in preparing for this article.

In recalling that same morning, Mark French wrote an e-mail to the Sheriff stating, "I will never forget that cold January 2nd in 2002 when you, Sheriff Harrison, came into our grieving home and provided us the details of your investigation into the crash that claimed Sean's life and changed the lives of the three other boys in the car that crashed that New Year's eve in Chatham. I recall thinking that day about how many times in your law enforcement career that you had similar and uncomfortable conversations with other families and how difficult that must be, the worst part of being Sheriff."

"I remember too how gracious and sympathetic you were in providing the information. While I can not recall the words you said, I do recall your presence, kindness and gentleness in providing the details that we needed to know to better understand what



Sheriff Harrison, Official Starter of the World Championship Battle of the Belts

happened." Mark French told the Sheriff.

In talking about the impact of Sean's Run, the Sheriff mentioned to Mark French, "Since you established Sean's Run, your family and the Sean's Run organization has played an important role in reducing serious accidents and fatalities in our county. This is not just an opinion, this is a fact. We see more young people and adults wearing seat belts, and the number of fatal accidents has been reduced."

I can say that through the efforts of your family in Sean's name, you have made a difference!

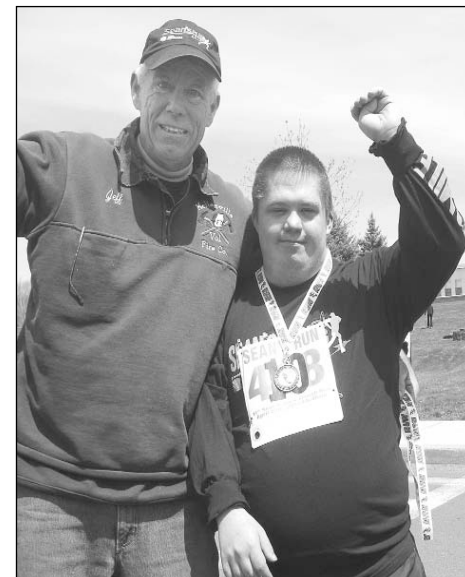
The Sean's Run Committee has found it bittersweet to learn of the Sheriff's decision to not seek re-election for another term as Sheriff. On one hand the Committee is happy for the Sheriff, that he is making plans for the next phase of his career. On the other hand the members of the Committee say they are reminded of how quickly time passes and that are sadly losing a real champion of Sean's Run at the Office of the Sheriff.

Sea Jem's Super Saturday

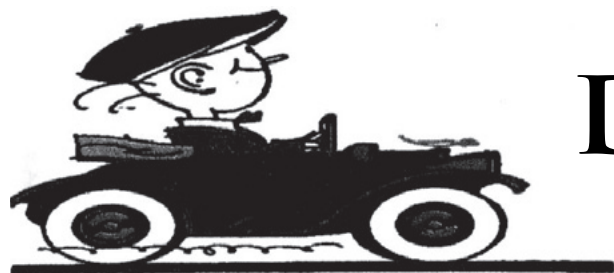
Sean's Run for Special Needs Kids

Kids with special needs and other developmental disabilities are 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 1:00 p.m. on Saturday, April 27th, 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 12:30 p.m.



Bobby Aiello with Jeff French, Sean's Run General Chairman, following Bobby's participation in the 2012 Super Saturday Run for Special Needs Kids.



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Sean's Run Zumbathon®

Building on the success of the inaugural Zumbathon® in 2012, Sean's Run is proud to announce the return of the popular 2-hour, non-stop Zumba Fitness® Party on Saturday, April 27, 2013, from 10 a.m. to 12 noon at the Chatham MED Elementary School gymnasium, Woodbridge Avenue, Chatham.

Participants in the Zumbathon®, scheduled on the first day of the 2013 Sean's Run Weekend, are also welcomed to participate the following day, Sunday, April 28th in the 5k or Meghan's Mile — as a runner or a walker. One registration fee covers activities on both days of the weekend.

One registration fee of \$25 includes a choice of the Zumbathon PLUS a choice of running or walking the next day.

The first 1,500 entrants total in all Sean's Run Weekend events will receive event souvenir t-shirts.

To be part of the Sean's Run Zumbathon®, participants can register online or print a registration form at the SeansRun.com website. Or pick up registration forms at MetzWood Harder Insurance on the Circle in Chatham, or at Chatham Properties Real Estate Sales, 48 Hudson Street, Chatham. Or just show up and register at 9:30 a.m. at the MED gym on Saturday, April 27th.

Refreshments will be offered during and at the conclusion of the Zumbathon.

Local licensed Zumba® instructors, Theresa Rossi and Jocelyn Morse are donating their time to lead the fun at this fund raiser. Plus, new for this year, 4 additional Zumba® Instructors will be volunteering to make this an extra-special event: Mary Carey, Terry Sullivan, Erika Riddick and Colleen Pitts. Special guest DJ, Terry Johnson, is also donating his time to keep the dance music pumping for the duration of the Zumbathon®.

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.

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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.



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 make good choices. Kids tell us they really like participating in the Battle of the Belts!

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 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, 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 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!



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 a.m. to 1 p.m. 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, and
- Raise awareness about the valuable services and programs their organizations provide.

Past Expo Exhibitors include:

Catholic Charities
 Choices 301
 Chatham High School SADD
 Chatham Middle School 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 Driving (LEADD)
 MADD of the Capital District

Mental Health Association of Columbia and Greene Counties
 New York State Association of Traffic Safety Boards
 New York State Department of Health
 Parents Who Host Loose 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
 The Health Care Consortium
 Twin County Recovery Services, Inc.





#193 Todd Digrigoli, 45 from Niverville and #236, Regina Flint, 38 from Amsterdam on course in 2012.

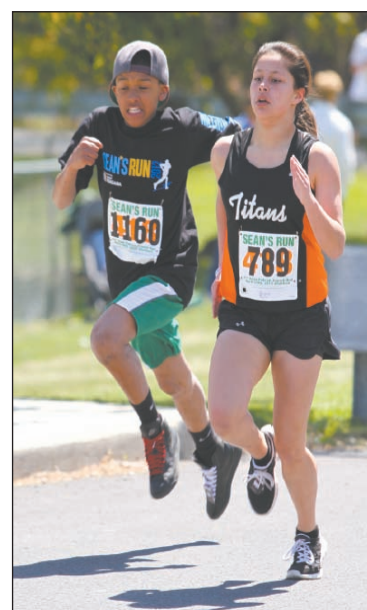


Start of Meghan's Mile 2012.



Age 6 and Under Meghan's Mile Winners 2012. Left to right, Neil Howard III, 6 from Hudson; #1002 Nikolas Christian, 6 from Valatie and winner Leonard Sitzer, 5 from Ghent, pose with medals and Mark French.

#1160, Noah Summers, age 12 of Chatham, and #789, Samantha Taylor, age 12 of Philmont were the first to cross the line of Meghan's Mile in 2012.



Jack Bogarski, of Jack's DJ Service, entertains runners along the course with music and his bubble-making machine.

SEAN'S RUN



Choices 301 exhibits at Sean's Run in 2012.



Great Refreshments, including ice cream, after the run!



Don't try this at home: Austin Fernandez, 18 of Valatie and Colleen Treathway, 16 of Valatie celebrate their finish with a cart wheel at the finish line in 2012.

The Sean Patrick French Memorial Scholarship 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, 86 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, Great Barrington, 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.



Members of The Marathon Project from Poughkeepsie, who were awarded a Sean's Run grant in 2012.

\$172,500 Donated by Sean's Run

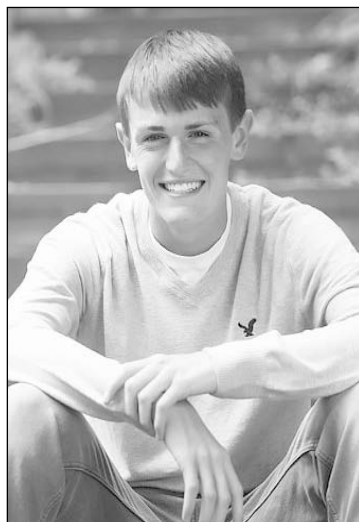
For twelve years, the Organizing Committee has given the money raised at Sean's Run to support two specific areas of interest: 1.) Scholarships to deserving high school seniors, and 2.) Grants to schools and youth groups to implement programs to combat underage drinking, impaired driving and teenagers' lax use of seatbelts. Thanks to generous sponsors and donors, \$172,500 has been raised — and given away.

The Sean's Run Grants Program

128 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 \$500 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.

2013 Sean's Run Grant Winners

SCHOOL/GROUP	COUNTY
Averill Park High School SADD	Rensselaer
Berlin Middle School SADD	Rensselaer
Council on Addiction & Prevention Education - The Marathon Project	Dutchess
Chatham Middle School SADD	Columbia
Chatham High School SADD	Columbia
Hudson High School SADD	Columbia
Lynch Literacy Academy Student Council, Amsterdam	Montgomery
Maple Hill High School SADD	Rensselaer
Maple Hill Middle School SADD	Rensselaer
Pine Plains Stissing Mt. SADD	Dutchess
RAAD Coalition	Rensselaer
Remove Intoxicated Drivers	Schenectady
Choices 301	Albany
MADD	Albany



Ryan Mackerer, Chatham HS – 2013 Community Service Scholarship Winner

Scholarship Category #1

The Sean Patrick French Community Service Scholarships

Who is eligible?

Chatham High School Seniors

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

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.



Kailynn Akin, Chatham HS – 2013 Community Service Scholarship Winner



Meagan Roecker, Burnt Hills-Ballston Lake HS - 2013 Good Sport Scholarship Winner

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.

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

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.



Adam Schwenzfeier, Shaker HS 2013 Good Sport Scholarship Winner



Ross Wightman, Chatham HS 2013 Love of Running Scholarship Winner

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.

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

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.



Sydney Sericolo, Ichabod Crane HS 2013 Love of Running Scholarship Winner

SEAN'S RUN

5K RECORD HOLDERS & PAST CHAMPIONS

COURSE RECORDS

MALE: 15:18
Matthew Forys (Sean's Cousin), 22
Howell, NJ

FEMALE: 17:42
Lilly Becker, 20
Pittsfield, MA

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: 17:49 — Ross Wightman, 15
Chatham, 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, 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: 18:36, Rick Munson, 51
Prattsville, NY

Female: 21:28, Linnea Van Tassel
Ghent, NY

60 to 69

Male: 18:41 — Bob Giambalvo, 62
Delhi, NY

Female: 24:37 - Jayne Zinke, 61
Valatie, NY

70 and Over

Male: 23:36 - Richard Shook, 70
Pittsfield, MA

Female: 27:56 - Anne Stockman, 73
Rensselaer, NY

80 and Over

Male: 41:49 - Gene Carlough, 81
East Chatham

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, Guilderland, NY
16:26

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

2006

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, 27, 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

MEGHAN'S MILE RECORD HOLDERS & PAST CHAMPIONS Course Records

Male: 5:51
Chase Werner, 12, Stuyvesant, NY

Female: 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



Chuck Terry, 29 from Albany, wins his third Sean's Run 5K in 2012 with a time of 16:08.

2005

Male: Henry Taylor, 11, Delmar, NY
6:44

Female: Kelly Forys (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 Beaucauge, 12, Valatie, NY
6:53

2009

Male: Jordan Healy, 12, Castleton, NY
5:56

Female: Kaylee Scott, 11,
Castleton-on-Hudson, NY
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

PROM SEASON: Dangerous Time for Teen Drivers

It's no coincidence that Sean's Run occurs each year on the last Sunday 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.

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)



Participants Comment on Our Facebook Page:

Carmen B.

This Event was completely Wonderful (:

Tom W.

Another wonderful Sean's Run with a great turn out!

Sean T.

Sean's Run is easily one of the best 5K races in the greater Capital Region. And let's hear it for the Chobani yogurt at the finish! Best refreshments of any local running event!

Heather C.

That was the most fun I've had at a race so far. So glad I was able to get there to be amongst this celebration. Thank you so much! :)

Sandy K.

My whole family did Sean's Run this year! The three youngest did the Meghan's Mile, they were very excited! Can't wait until next years!

Ralph S.

To all involved with Sean's Run - thank you for recognizing our son Robert, a person with special needs, at the awards ceremony for his achievement in the 5K. When we got back in the car, he was thrilled with joy!

Linnea V.

Sean's Run is a party with a heart. Hats off to the organizers and all the volunteers.

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
- Fun Run for Kids with Special Needs
- Zumbathon®
- 20 & 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 youth and student organizations to implement year-round programs that combat underage drinking, impaired driving and teens' lax use of seatbelts.
- Select deserving college-bound seniors from throughout the region to award scholarships from funds raised during the inaugural Sean's Run.
- Encourage healthy lifestyles and safe choices that lead to reducing the number of teens who drink, drive while impaired, ride with a drunk driver, or fail to use seatbelts.

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 because of the generosity of Sponsors and Contributors that the Committee is able to achieve its goals.

OUR BEGINNINGS

The all-volunteer Organizing Committee and 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.

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Five Pines Photography to Sell Event Photos

Sean's Run is pleased to once again have Five Pines Photography as our official race photographer. 2013 marks the third year of Five Pines Photography joining us as photographer and sponsor. Located in Glenville, NY Five Pines Photography has become Upstate New York's premiere race photographer, and Greg Wolcott and team have photographed races from Boston to Phoenix.

Within a few days after the race, your photographs will be posted online. You can find the gallery by visiting www.fivepinesphotography.com. Images from Sean's Run will be searchable by your bib number. So make sure you are wearing your bib in the front on your outermost layer of clothing. Five Pines Photography will have three photographers on the course this year, and in addition to the 5K they will also capture the pre-race events like Battle of the Belts, the grant presentations, Meghan's Mile, and the post-race awards ceremonies. In 2013, like in past years, photographers will also be roaming the event to get those perfect candid and group photos!

Once the images are posted into the online gallery, runners will have the opportunity to choose from a huge variety of options. In addition to professional prints of all sizes, Five Pines Photography offers a variety of digital image sizes. You can also take advantage of some of the specialty products available, from the popular Triple Print, to some BRAND NEW offerings for 2013. New products this year include special themed poster prints, framed finisher prints, and very unique die-cut stand ups! You can register to be among the first to know when the photos are ready by signing up at the gallery website at www.fivepinesphotography.com.

Join us in welcoming Five Pines Photography back to Sean's Run for 2013, and remember to smile!

Safety Tree Serves to Remember the Victims

People who have lost their lives because of an alcohol-involved car crash in Columbia and Greene Counties were remembered during a special annual ceremony on April 5th 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 took 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 2011, the most recent year for which data is available, alcohol-involved car crashes accounted for one fatality in Columbia County and one fatality in Greene County. Both counties had two fatalities the year before.

There is good news: While the number of alcohol-related car crashes in Columbia County have increased for 3 years in a row, the percentage of drivers ages 16 - 20 involved in alcohol-related crashes decreased by 50% - from 12.5% of all the crashes in the county in 2010 to just 6.3% of all alcohol-related crashes last year.

However, while the under 21 population comprises only 5% of all licensed drivers in the county - they account for 8% of all the impaired driving arrests. Too many!

Columbia County	Alcohol-related car crashes	Fatalities
2009	36	0
2010	47	2
2011	49	1

COLUMBIA COUNTY STOP DWI

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