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CHATHAM, NY

www.SeansRun.com









96 Metz Road, Ghent, NY 12075





BIKE RIDES PRESENTED BY



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BATTLE OF THE BELTS SPONSOR





SEAN'S RUN WEEKEND2014





SATURDAY ACTIVITIES APRIL 26, 2014

Bike Rides

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



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.



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.

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.



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

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

Dells'

Juliady, Apri	
9:00 AM	Prevention Education Expo Opens – Chatham High School gym
9:00 - 10:00 AM	MEGHAN'S 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	MEGHANS WILL 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

Results published in the Register-Star 7:00 AM

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.



SEAN'S RUN

WEEKEND2014









SUNDAY ACTIVITIES
APRIL 27, 2014



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 MEGHANSMILE 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.



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

More info and
register online
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 **Pogictor Star / Crumus Country**

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 Kari Michelle Liedel, age 14

This year we are dedicating our efforts in memory of Kari Liedel of Ballston Spa, NY who was best known for her singing and soulfully imitating recording artists like Celine Dion and Adele. Kari loved horses and like most 14-yearolds, was never seen without her cell phone. Kari Liedel's dream was to sing on "America's Got Talent" or "American Idol." But such dreams will never be realized. On Saturday evening, July 7, 2012, while standing next to a mailbox alongside a road near her home, Kari's promisefilled life was cut short when she was hit headon by a car driven by a 21-year-old drunk driver.

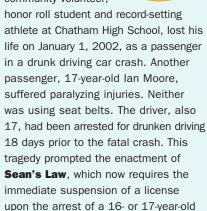
Kari died instantly, taken from her mom and stepfather, her father, her sister, Kortni, and her brothers Alexander

and Bruce. The driver was a graduate of the same high school that Kari was scheduled to attend. Now her mom Sarah is working in her daughter's memory on a national campaign to lower the DWI threshold from .08 to .05. "I lost my beautiful daughter, but she is still inspiring me every day," says her mom.

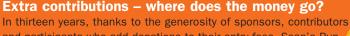


About Sean

French, a 17-yearold high school junior, community volunteer,



on drunken driving charges.



and participants who add donations to their entry fees, Sean's Run has raised and given away \$172,500 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-six deserving seniors from the region have been awarded scholarships.

Questions? Want to help? Jeff French, Director, 518-672-4757 more information www.SeansRun.com



Go to www.SeansRun.com; register with a credit card. Secure, simple and immediate confirmation of your entry. Closes midnight April 23.

Drop Off: Bring registration form to First Niagara Bank, 16 Coleman Street, Chatham by April 24.

Mail-in: Send completed registration form by April 19.

Walk-up: On Saturday, April 26, 11:00 AM - 2:00 PM, and Sunday, April 27, 9:00 AM - 11:00 AM

Name Last First First
Mailing Address
City
State Zip Age on April 27 DOB M M D D Y Y Y Y Y
Sex (circle one) Male Female
E-mail

tion 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

Signature:

me ast First First
Aailing Address
City City City City City City City City
State Zip Age on April 27 DOB M M D D Y Y Y Y
Sex (circle one) Male Female
-mail
Entry Fee Required for Each Day Register for One or Both Days - Check Activities You Wish To Enter
Saturday - Choose One Activity Sunday - Choose One Activity
☐ Zumbathon® (18 & over) ☐ 5K Run & Community Walk
☐ 20-Mile Bike Ride (18 & over) ☐ Meghan's Mile
50-Mile Bike Ride (18 & over)
Special Needs Kids Race
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General Release All participants must sign; parents must sign for entrants under age 18. In consideration of the opportunity to articipate 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 oundation, 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 depands aging from or out of my narticipa-

Entry Fee

Saturday Activity	Write \$ Paid
Adult, 18 & Over - \$20 by April 14	\$
Adult, 18 & Over – \$25 after April 14	
Special Needs Kid	FREE
Sunday Activity	Write \$ Paid
Adult, 18 & Over – \$20 by April 14 Adult, 18 & Over – \$25 after April 14	
Youth, 4 – 17 – \$12 by April 14 Youth, 4 – 17 – \$17 after April 14	\$
Child, 3 and Under	
Drunk Driving Victim/Survivor	FREE
Family (mom, dad & kids under 18)	
\$50 by April 14	
Complete an entry form for each family mer	mber.
Family (mom, dad & kids under 18) \$60 after April 14	\$
Complete an entry form for each family member	er.
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 19; bring to First Niagara Bank or to the event.