



96 Metz Road Ghent, NY 12075



To: Sean's Run Participant
Any Street
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**SUNDAY • MAY 1, 2011
CHATHAM, NY**

www.SeansRun.com

presented by
**FIRST
NIAGARA**

TEN YEARS RUNNING SEAN'S RUN 2011



Two run/walk events to choose from!

• MEGHAN'S MILE

Youth Race For 12 And Under and Shorter Walk for All – 12:30 PM.

• 5K RUN AND COMMUNITY WALK

Runners/Walkers/Joggers of All Ages and Abilities – 1:00 PM.

Great entrant giveaway

First 1500 entrants are guaranteed to receive a 10th Annual commemorative Sean's Run t-shirt. 1500 t-shirts.

Again this year

Saturday packet pickup and registration – April 30, 2:00 - 4:00 PM, Chatham High School Gymnasium. First 350 to show up receive special early-bird gift! Avoid the lines on Sunday morning. Come Saturday to pick up your packet or register.

Location

Chatham High School, Village of Chatham, Columbia County, NY.

Music... before, during, and after the run

Music is a special feature of Sean's Run.

Post-race refreshments

An assortment of nutritional treats to re-fuel at the finish for all entrants.

Prohibitions

NO dogs allowed. NO baby strollers/joggers, bikes or skates. Exception: Baby joggers allowed in Meghan's Mile.

Parking

At High School, on village streets and at Chatham Fairgrounds.

Directions

From Red Light at Rte 66/Rte 203, go west on Rte 203 to second right, Woodbridge Ave.

Drive time to Chatham

From Albany – 40 minutes.
From Pittsfield – 30 minutes.
From Poughkeepsie – 50 minutes.

Questions?

Want to help?

Jeff French, Director, 518-672-4757, SeansRun@yahoo.com.

Produced by/hosted by

Committee to Produce the Sean Patrick French Memorial Run/Walk, a member of the Road Runners Club of America.

Our partner

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



Pre-race activities

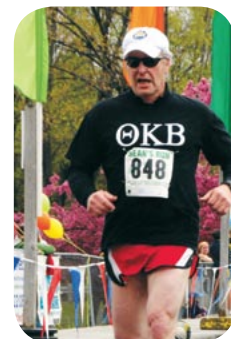
Prevention Education Expo with loads of information to help teens make safe and healthy choices, Presentation of Scholarships and Grants and World Championship Battle of the Belts.

Chip timing by ARE event productions

All participants will be provided a chip to attach to their shoe. Timing chips must be returned at the finish line or participants will be charged a \$15 replacement fee.

Results

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





TEN YEARS RUNNING SEAN'S RUN 2011



The 5K

For runners, joggers and walkers - 1:00 PM.

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

Records: Matthew Forys, 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.



Meghan's Mile

Youth Race For 12 And Under and Shorter Walk for All - 12:30 PM.

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: Jordan Healy, age 12, 5:56; 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.



Schedule

Saturday, April 30

2:00 - 4:00 PM Packet Pickup and Registration - Chatham High School gym

3:00 PM Sea Jem's Super Saturday Run for Special Needs Kids

Sunday, May 1

10:00 AM Prevention Education Expo Opens - Chatham High School gym

10:00 - 11:00 AM MEGHAN'S MILE registration, packet pickup

10:30 AM Battle of the Belts Teams sign in - parking lot

11:00 AM - 12:00 NOON 5K Run/Walk registration, packet pickup

11:15 AM Presentation of Scholarships and Grants - auditorium

12:00 NOON World Championship Battle of the Belts

12:30 PM MEGHAN'S MILE - Youth Race and 1-Mile Walk

1:00 PM 5K Run and Community Walk

2:00 PM Awards presentation

9:00 PM Results posted at www.SeansRun.com

Tuesday, May 3

7:00 AM Results published in the Register-Star

