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**FRANK J. ROMANO FOUNDATION TO HOLD  
5K ROCK & RUN ON SATURDAY, 10/20**

*Goshen, NY – August 16, 2012-* The Frank J. Romano Foundation is pleased to announce the 3rd Annual FJR Foundation Rock & Run 5K on Saturday, October 20, 2012.

The Rock & Run 5K will kick-off at 10 am Saturday, with the course beginning and ending at Goshen Central High School, in Goshen, NY. **Awards will be given to the top 3 overall male and female finishers, and the top male and female finisher in each age category ranging from 13-and-under to 60-plus.** A free children's "Fun Run" will be held at 11:15 AM on the Goshen High School Track. During the event, there will also be a wellness fair featuring onsite health screenings and massage, live music by Bleak House, free raffles, and refreshments free of charge for registered participants. Those attending the wellness fair only may participate for \$10.00 donation.

Sponsors for these events include C&S Wholesalers, Hudson Valley Tent Company, Orange Regional Medical Center, Comfort Inn and Suites-Goshen, Hudson Valley Awards and Bliss Healing Arts.

Proceeds from the 5K support Foundation activities, such as granting scholarships to Goshen High School seniors, sponsoring community grants, and supporting cancer research and prevention. The Foundation awarded its third scholarship in June of this year, once again donated to the House on the Hill Daycare Center in July as well as to the Lustgarten Foundation for Pancreatic Cancer Research. At the event, the Foundation will present its first grant award to Peaceful Minds, a fiscally sponsored non-profit organization that provides complementary and alternative therapies (like acupuncture, meditation, and massage) free of charge to combat veterans who served in Iraq and Afghanistan.

Created in 2009, the Frank J. Romano Foundation is a 501(c)(3) non-profit organization which endeavors to honor the public service legacy of its namesake as it strives to support the health, education, and well-being of others. Romano was an active member of the Goshen community for over 30 years, most notably serving two terms as Town Supervisor, and as President of the Central Orange County Italian American Association. He passed away in 2007, following a battle with cancer.

Carolyn Romano, the foundation's president stated, "From the Foundation's inception, it has been a goal of ours to create opportunities for community members to gather, work together for a great cause, and learn more about how to support their own health and well-being. The 5K Rock and Run is one such opportunity, and we anticipate a great turnout."

For those who pre-register for the Rock and Run by 10/12/12, the entrance fee is \$25 (\$15 with no t-shirt). Participants are encouraged to raise as much money as they can; those who raise at least \$150 will receive a free subscription to SHAPE magazine, and those who raise \$500 or more will be entered to win a Kindle Fire. Participants can register online by visiting the website and clicking "5K Run/Walk", or by mailing in the printable registration form. Registration the day of the event will take place at 8:30 am in the Goshen High School gymnasium. Those who register after October 12th will pay an additional \$5.

Sponsorship opportunities are still available for your business. For more information, email [fjrfoundation@gmail.com](mailto:fjrfoundation@gmail.com) or call 978-897-1514.

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