

Romano Foundation to hold Wellness Weekend

Next weekend: 5K Rock and Run on Saturday, champagne brunch on Sunday

GOSHEN — The Frank J. Romano Foundation will be holding a Wellness Weekend and fundraiser.

The second annual FJR Foundation Rock and Run 5K will be held on Saturday, Oct. 22. A champagne brunch featuring keynote speaker Dr. Charles Glassman, founder and director of the New York Center for Longevity and Wellness, will be held on Sunday, Oct. 23.

The 5K will kick-off at 10 a.m., with the course beginning and ending at Goshen High School, 222 Scotchtown Rd.

Awards will be given to the top three 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 a.m. on the school's track.

A wellness fair, live music by Bleak House, and free refreshments for registered participants will be offered during race. Those arriving after the race may participate for \$10.

The brunch will be held from 11 a.m. to 2 p.m. on Sunday, Oct. 23, at The Harness Racing Museum and Hall of Fame, 240 Main St., Goshen. Glassman will share his perspective on an approach to healthcare that considers the whole person — mind, body, and spirit. He will offer advice on navigating the often confusing, frustrating, and depersonalizing maze of the health care system. He will share some of the big and small ways to create long-lasting health and well-being.

Sponsors include the Harness Racing Museum and Hall of Fame, Hudson Valley Tent Company, Orange Regional Medical Center, Comfort Inn and Suites-Goshen, and Bliss Healing Arts.

Proceeds from the 5K and brunch will go toward Foundation activities, including providing scholarships for Goshen High School seniors, sponsoring community grants, and supporting cancer research and prevention. The Foundation awarded its second scholarship in June, once again donated to the House on the Hill Daycare Center in July, and to the Lustgarten Foundation for Pancreatic Cancer Research.

Created in 2009, the Frank J. Romano Foundation is a non-profit organization that 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 died in 2007, following a battle with cancer.

"We are delighted to announce the launching of our first Wellness Weekend," said Carolyn Romano, the



PHOTO PROVIDED

Frank Romano

foundation's president. "We know that it is the cumulative effect of what we do every day that determines our health over the long-term. From the Foundation's inception, it has been a goal of ours to create opportunities for community members to gather and learn more about how to support their own health and well-being. The Wellness Weekend is one such opportunity, and we anticipate a great turnout."

For those who pre-register for the Rock and Run by Oct. 14, 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 Runner's World magazine, and those who raise \$500 or more will be entered to win a flat-screen television.

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 a.m. in the Goshen High School gymnasium. Those who register after Oct. 14 will pay an additional \$5.

Tickets to the brunch are \$40 per person or \$300 for a table of eight and may be purchased by visiting the website or by calling 978-897-1514.