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**For Immediate Release**

## **Who Will You Run/Walk for This Year? FRANK J. ROMANO FOUNDATION TO HOLD 5K ROCK & RUN ON SATURDAY, 10/25**

*Goshen, NY – August 15, 2015-* The Frank J. Romano Foundation is pleased to announce the 6<sup>th</sup> Annual Rock & Run 5K on Saturday, October 24, 2014.

The Rock & Run 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 11:30 AM on the Goshen High School Track. During the event, there will also be a wellness fair featuring onsite health screenings and massage, music, free raffles, and refreshments free of charge for registered participants.

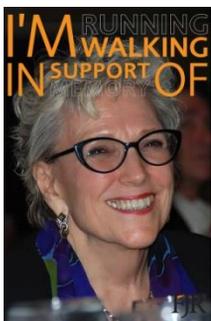
Once again this year, participants have the opportunity to join the ***"Who will you run/walk for this year?"*** fundraising campaign.

***"We all know someone who has faced a cancer diagnosis. Through this campaign, we create an opportunity for participants to celebrate someone they love who has faced or is facing this terrible disease."***

says Carolyn Romano, the Foundation's President. "Everyone who runs or walks the race course will pass large signs with face after face of someone who has battled cancer -- the survivors, the fighters, the dearly departed -- and will be reminded exactly why we do all of this. What more powerful motivator could there be?"

Individuals can choose to tie their participation to the memory or support of a loved one who has faced (or is facing) a cancer diagnosis and will receive a custom-designed, reproducible image of their loved one for use in fundraising on Facebook, Twitter, email, or however they wish!

Participants who reach a goal of \$250 will see that image displayed as a large, 2'x3' sign along the race course. Those who raise at least \$150 will receive a personalized tote bag recognizing their contribution.



The entrance fee is \$25 and includes a t-shirt. Participants can visit the foundation's website to register online or to print out a mailable registration form. Use **coupon code EARLYBIRD2015** by 10/1 and get \$5 off your registration. Registration the day of the event will take place at 8:30 am in the Goshen High School gymnasium. Those who register on race day pay \$30.

Proceeds from the 5K support Foundation activities which include

- supporting cancer prevention research
- offering scholarships to Goshen H.S. seniors who plan careers in public service, and
- sponsoring grants for community-service projects.

In fact, just last year, the Foundation

- donated \$8,500 to support both pancreatic cancer research as well as cancer prevention and early detection research,
- awarded its sixth \$1,000 scholarship to a graduating GHS student;
- provided scholarships for five students taking part in Girls on the Run, a local after-school program that helps girls in Grades 3-8 be joyful, healthy, and confident;
- donated \$500 to assist the Hudson Valley Cancer Resource Center's efforts to support local cancer patients and their families, and
- made its fifth donation to House on the Hill, a daycare center for the children of migrant farmworkers.

Sponsors for the day's events have included: Orange Regional Medical Center, Hudson Valley Tent Company, Comfort Inn and Suites-Goshen, Kelemen Cars, C&S Wholesale Grocers, ShopRite, PriceChopper, Finish Fast Cycling, Hudson Valley Awards, PrimeCare Physical Therapy, eminjay Designs, A&F Tire and Battery, PICO Home Improvements, Noble Coffee Roasters, Bialas Farms, Soons Orchard, and Bliss Healing Arts. Sponsorship opportunities are still available for your business. For further race details or information on the **"Who will you walk/run for this year?"** campaign, please visit our website at [www.fjroundation.org](http://www.fjroundation.org) or email Eli Byers at [elibyers@gmail.com](mailto:elibyers@gmail.com).

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.

