



*Your local
running store*

Binghamton, Corning,
& Goshen, NY

www.ConfluenceRunning.com
607.217.4155

Good Evening Everyone,

I am Matt Gawors, Owner of Confluence Running. I appreciate all of you who have supported the Turkey Trot in the Hudson Valley dedicated to my Father, Francis H. Gawors.

Packet Pickup

Packet Pickup is occurring anytime during Confluence Running Business Hours. We are open in Goshen from 12-6 Monday, and 11-6 Tuesday and Wednesday of this week. There will be bib-only pick up on race morning in order to support COVID guidelines with social distancing.

Course

For anyone who has gone to Thomas Bull Memorial Park, we will be starting at the Bottom of the ski slope. The course loop will be a 5k in one loop so runners will be able to social distance. We will have the course marked with cones, flags, caution tape, chalk, and yard signs to help you navigate the course.

Proceeds (Community Running Programs & Scholarship)

The race proceeds will be going to support community running programs, the biggest of which is a new "Diamond in the Rough" scholarship program. This program will encourage high school coaches to nominate, discuss, and select high school runners to receive the scholarship. The qualifications and guidelines look to provide this scholarship to high school runners who have talent but may not have the strongest support systems in their life in order to help them succeed, whether these students are choosing to continue their education at a University, Community College, or Vocational Trade. This scholarship will be established in January of 2021 with the first selections made in Spring 2021.

Why

My father selected me as a diamond in the rough. He and my mother adopted me from Binghamton New York as, to my understanding, my birth family did not have the resources to support and provide me with the tools and resources to succeed in life. My father provided me with those things and helped guide me to make a positive influence in my community, something I wish to do for others with the Diamond in the Rough Scholarship.

Thank You

Thank you again to everyone who signed up and are racing and participating in the Francis H. Gawors Memorial Turkey Trot in the Hudson Valley. Thank you to our sponsors, the Orange County Chamber of Commerce, Confluence Running Hudson Valley, and Something Sweet Café in Middletown. And a shout out to Chloe Peer, manager of Confluence Running, Hudson Valley in Goshen who has made this race happen. And finally, to my mother, MaryPat who has supported myself and the community in all the positive events that we do.

Happy Running,

Matthew Francis Gawors
and the Confluence Running Team