

Support Our Nation's Heroes!

Your Participation Funds Local Veteran Care

The Riggie Run, Walk & Riggiefest is the primary fundraiser for the Sitrin Military Program. Your support and fundraising efforts help to provide comprehensive, complimentary care to post-9/11 veterans and service members affected by post-traumatic stress, suicidal ideations, traumatic brain injuries, depression, amputations, and other combat-related conditions.

Sitrin's unique program combines both traditional and non-traditional therapies, tailored to each veteran's needs based on military, combat and reintegration experiences. Therapeutic and behavioral methods are utilized based on challenges veterans face as they reintegrate into civilian life. Treatment is comprised of one-on-one therapy sessions, as well as holistic forms of care, including equine-assisted therapy, adaptive sports, dance/movement therapy, sculling, biofeedback, ecotherapy, polarity therapy, physical readiness training, and more.

Sitrin treats local veterans from all five branches of the United States Military: Army, Navy, Marine Corps., Coast Guard, and Air Force. More than 50% of the veterans treated at Sitrin are affected by post-traumatic stress.

Military-Civilian Coalition

Another component of the program is the Military-Civilian Coalition (MCC), which promotes camaraderie through social activities and educational opportunities. In the MCC, veterans partner with civilians in recreational activities, such as fly fishing, biking, hiking and golf, as well as planned helpfulness, a goal-oriented project tailored to specific interests of service members. This portion of the program provides a fundamental opportunity to bring health and wellness full circle within the veteran community.

Warrior Retreat

Sitrin's annual Warrior Retreat is another program funded by proceeds from the Run, Walk & Riggiefest. More than 100 veterans and family members spend the weekend at Camp Sitrin participating in fun-filled, teambuilding activities, including spouses' group, hiking, painting, kayaking, games and more. Veterans also spend time with their military brothers and sisters sharing stories, which promotes emotional and spiritual healing.

Captain Prince Nioku, USAF

Prince Njoku was born to a large family in Libreville, Gabon, in Central Africa. At the age of 8, he and his sister Veronica emigrated to the U.S. They moved around several times, settling in Houston, Texas, where Prince graduated from high school. A top student athlete, Prince received an appointment from Rep. Al Green to attend the Air Force Academy in Colorado Springs. As a child, he was always obsessed with the military, so this was a dream come true. Prince says, "I felt so fortunate to have the opportunity to emigrate to the U.S.; I saw the academy as a way to both give back to the country, pursue a challenge bigger than myself, and receive a top-tier education."

Upon graduating from the USAFA as a 2nd lieutenant, he worked as a recruiter at the Academy for a year, seeking out opportunity districts that had historically underrepresented populations at the Academy. He then moved to Rome, NY's Air Force Research Lab (AFRL), the Air Force's primary scientific research and development center. AFRL leads the discovery, development and delivery of technologies for air, space and the multidomain. Working in the Information and Spectrum Warfare Directorate, he and his team were responsible for communication, command and control cybersecurity operations, intelligence, surveillance, reconnaissance, and targeting. The team developed and delivered technology to warfighters and their partners.



This position came with tremendous stress, and Prince began to feel the crippling effects of that. Adapting to the new environment and some turbulent external factors also made it difficult to adjust. He met Jackie Warmuth, Sitrin's vice president of clinical development and director of Sitrin's military program, and he says, "She changed my life."

"Jackie gave me exercises and tools to fall back on when things got super stressful," Prince says. "The most important takeaway was her showing me that I am in control of how I respond – that has helped me manage my personal and professional stressors." Prince also credits social worker Lori Myers; he says he saw tremendous benefits from Eye Movement Desensitization and Reprocessing (EMDR) therapy with her.

Very open to trying new things, Prince experienced several different therapies including equine therapy, Camp Sitrin, polarity therapy, workshops, exercises and cognitive behavioral therapy – which helped him develop calmness, patience and a strong belief in himself. He found the tools to respond rather than react, he says.

All of this helped him to be ready for his next chapter: moving to Washington, DC, to learn Hungarian. He will then be Deputy Chief, U.S. Military Group, US Embassy in Budapest, Hungary.

Congratulations and "Sok szerencsét!" (best of luck) Prince! We're happy to have helped you on your journey.

Presenting Sponsor



General Sponsors



Colonel Sponsor



Sitrin Health Care Center, 2050 Tilden Avenue, P.O. Box 1000
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www.sitrin.com

Charles T. Sitrin Health Care Center is a not-for-profit corporation.

Support Our Nation's Heroes at the



**Sunday
October 11, 2026**

- 5K Run • 5K Riggie Challenge+ •
- 2-Mile Walk • 5K Wheelchair •
- 1-Mile Kids Run •

Followed by
RIGGIEFEST!



SUNY POLYTECHNIC INSTITUTE
Utica, NY

Event Proudly Presented by



SITRIN

The Help. The Hope. The Healing.

Schedule of Events

- 8:30AM – Registration Begins, Continental Breakfast
- 9:30AM – Kids 1-Mile Run
- 10:00AM – National Anthem
- 10:05AM – Wheelchair Race
- 10:10AM – 5K Run & Riggie Challenge†
- 10:15AM – 2-Mile Walk
- 11:00AM – 12:30 PM Riggiefest



Riggie Run & Walk Pledge Form

\$30 Entry Fee*: ☐ 5K Run ☐ 5K Riggie Challenge† ☐ 2-Mi. Walk ☐ 5K Wheelchair | FREE: ☐ 1-Mi. Kids Run (4 – 12 yrs)

* \$25 if you choose to opt out of Riggie Run & Walk t-shirt

Name (please use first and last name): _____ ☐ Adult ☐ Child

(Each team member must register separately.)

☐ I Have A Team Team Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____



☐ I opt out of Riggie t-shirt – \$25 Entry FEE

T-Shirt: ☐ Mens ☐ Womens

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

To receive your free t-shirt on the day of the event, register before 9/11/26.

T-shirts only for paid Run/Walk registrants.

No shirts for free Kids Run.

Pledges		
Sponsor Name	Sponsor Address	Amount Pledged
1 My personal donation		\$
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
Total Pledges:		\$



Please make checks payable to the Sitrin Foundation, Inc.
If your employer has a matching gift program, kindly attach form(s).

All Proceeds Benefit The Sitrin Military Program

☐ I am unable to attend, but wish to make a tax-deductible donation to the Riggie Run & Walk.

Please make checks payable to the Sitrin Foundation, Inc., and mail to Sitrin Foundation, 2050 Tilden Avenue, New Hartford, NY 13413.

If donating by credit card: ☐ VISA ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card No. _____ Expiration Date _____ Security Code _____

Dollar amount authorizing for payment: \$ _____ Today's Date: _____

Cardholder's Name (please print): _____

Cardholder's Signature: _____

☐ Optional: My gift is in honor or memory of: _____

TO REGISTER ONLINE, VISIT:

www.SitrinRiggieRunWalk.com



† Riggie Challenge... What's a Riggie Challenge?

Runners can choose to participate in a "Challenge" of eating a bowl of chicken riggies halfway through their run. Everyone in the community is invited to the Riggiefest at 11:00 AM.



Admission to the Riggiefest is

FREE to runners & walkers; \$10 for adults,
\$5 Children 6–11, free for ages 5 and under.

Please bring completed form(s)
and donations to registration on
Sunday, October 11, 2026 to the
Wildcat Field House, SUNY Poly.

For more information, contact
Kelsey Lasisomphone at
315-737-2245 or
klasisomphone@sitrin.com.