

# Support Our Nation's Heroes!

## Your Participation Funds Local Veteran Care

The Riggie Run & Walk 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. More than 100 veterans and family members spend the weekend at Camp Sitrin participating in fun-filled, teambuilding activities, including hiking, spouses' group, painting, paint ball games, and more. Veterans also spend time with their military brothers and sisters sharing stories, which promotes emotional and spiritual healing.

## Meet Veteran Scott McCumber

You may think that there is nothing more stressful than being the target of enemy gunfire. For combat veterans, sometimes it's the calm that presents more challenges.

Scott McCumber, Marine Corps and NY Army National Guard veteran, has served multiple tours of duty including nearly five years overseas in Southeast Asia, the Middle East and Cuba.

After a stint in Okinawa, Japan, he was assigned to HMM-265 as a crew chief and helicopter mechanic. Describing his time in Iraq as "chaos," McCumber flew nearly 200 combat flight hours including in and out of Fallujah in November of 2004, performing medivacs, "snatch and grab" missions for high-value targets, and responding to the single deadliest event of the Iraq war.

The chaos outside quickly became the chaos inside, and the need to "get" the enemy took control. Recounting an instance where Scott's aircraft was used as a roadblock for a truck fleeing an election polling site with a ballot box, "I stared into his eyes, wanting so badly to dump an entire can of ammo through my .50 cal."

He decided to exit the Marine Corps and return home to Ilion. He holed up in an apartment, drank daily, and got a DWI. After 18 months of fighting the void left from service, Scott entered the NY Army National Guard, spending the next 13+ years as a recruiter, MP/squad leader at Guantanamo Bay, a Chaplain candidate, in detainee finance operations, and ending his career back as a field MP.

Scott struggled with depression, anxiety and PTSD his entire time in the Guard, taking on multiple roles, jobs and responsibilities

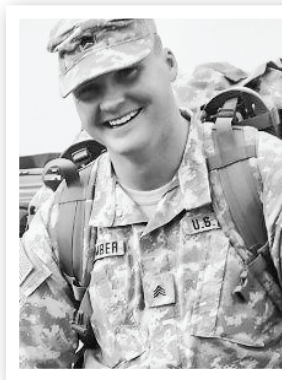
to compensate for his deteriorating personal life.

Learning about Sitrin's Military Program, he began to work with Jackie Warmuth, OT, vice president for Clinical Development and director of Sitrin's Military Program, to help address old physical and emotional injuries.

In 2020, Scott was medically retired with nearly 20 years of service, marking the beginning off his hardest struggle yet. The years of stress and deferred self-care caught up and Scott went into a nearly two-year flare from Lyme disease.

With help from Sitrin's program, Scott is working to repair years of physical and emotional trauma. He began polarity therapy, moving on to biofeedback-assisted therapy to help with his recovery and to strengthen his mental resilience.

Scott says Sitrin's program is very welcoming, non-judgmental and "real." Therapies are tailored to the veteran and there is an incredible variety of things to try. He encourages other vets to try something. "Being vulnerable is frightening at times. But on the other side of that is acceptance and the all-important realization that you're not alone."



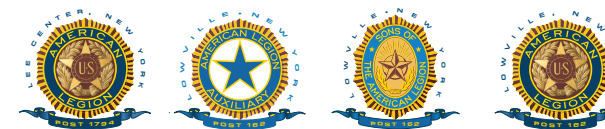
## Presenting Sponsor



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[www.sitrin.com](http://www.sitrin.com)

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

# Support Our Nation's Heroes at the



- 5K Run\* • 5K Riggie Run\*†
- 2-Mile Walk • 5K Wheelchair\* •
- 1-Mile Kids Run •

**\*Chip Timed Results!**

**Sunday  
October 8, 2023**

**SUNY POLYTECHNIC  
INSTITUTE  
Utica, NY**

**Event Proudly Presented by**



- 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 Run\*†  
10:15AM – 2-Mile Walk  
11:00AM – 12:30PM Riggiefest



\*Chip Timed Results!

Sunday,  
October 8, 2023



## Riggie Run & Walk Pledge Form

**\$30 Entry Fee:** ☐ 5K Run\* ☐ 5K Riggie Run\*† ☐ 2-Mile Walk ☐ 5K Wheelchair\* | **No Charge:** ☐ 1-Mile Kids Run (4 – 12 yrs)

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

☐ I Have A Team    Team Name: \_\_\_\_\_ (Each team member must register separately.)

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt: ☐ Mens ☐ Womens

☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL

To receive your free t-shirt on the day of the event, register before 9/8/23; Registrants after that date will receive their t-shirt by mail to the address on this form. T-shirts only for paid registrants.



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		
Please make checks payable to the Sitrin Foundation, Inc.    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 ☐ 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:

[http://www.sitrin.com/about/  
events/riggie-run-and-walk/](http://www.sitrin.com/about/events/riggie-run-and-walk/)



Or use your  
phone's camera:

Online registrations close  
10/7/2023 @ noon; you  
can also register at the event.

## †Riggie Run... What's A Riggie RUN?

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 11AM. Admission to the Riggiefest is FREE to runners & walkers; \$5 for everyone else.

Please bring completed form(s)  
and donations to registration on  
Sunday, October 8, 2023 to the  
Student Center, SUNY Poly.

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