



# Current Connections

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## Ready...Set...Race! Summer's favorite tradition is back!

Sunday, July 19, 2026 marks the return of one of the Delaware Youth Center's favorite summer traditions—the 28th Annual DYC River Race! Whether you're aiming for a personal best, enjoying a walk with friends, or simply supporting a great cause, there's a place and a pace for everyone! Each year, more than 500 participants from ages 1 to 91 come together to enjoy one of the most scenic race courses in New York State. The fast, flat route along the beautiful Delaware River makes the 5K Run/Walk and 10K Run perfect for both seasoned runners and first-time participants.

### Can't Be Here? Race From Anywhere!

You don't have to be in Callicoon to be part of the excitement. The Gary A. Winglovitz Virtual Run/Walk, established in 2019, honors Gary Winglovitz, who grew up in Cohecton, spent much of his childhood at the Delaware Youth Center, and passed away in 2014. Since its inception, participants have joined the race from Lima, Peru; Malaga, Spain; Sydney, Australia; Hawaii; and nearly every corner of the continental United States. Wherever you are, we'd love to have you join us!

Whether you run, walk, volunteer, cheer from the sidelines, or participate from halfway around the world, every step helps support the Delaware Youth Center and the programs that strengthen our community and inspire local youth.

So gather your family, challenge your friends, lace up your sneakers, and join us on July 19. Together, let's make the 28th Annual Delaware Youth Center River Race our biggest and best yet and help our community thrive -wherever your race begins!

Visit [delawareyouthcenter.org/riverrace](http://delawareyouthcenter.org/riverrace) to register or Scan QR Code

## Take a Chance... You Just Might Win Big!

You don't have to cross the finish line to be a winner! The Delaware Youth Center River Race Raffle is your chance to score incredible prizes while making a difference for local youth. Every ticket purchased helps support the Delaware Youth Center's programs and the families we serve throughout the year.

### Raffle Tickets

\$10 each or 3 for \$25

Purchase your tickets:

Online through the Delaware Youth Center [website](http://delawareyouthcenter.org)

During online race registration

At Packet Pickup on Saturday, July 18 (1:00–4:00 p.m.)

On Race Day before the race begins

The winning tickets will be drawn following the River Race on Sunday, July 19, and you do not need to be present to win.

Take a chance, support a great cause, and you just might go home with an amazing prize!



## RACE DAY HIGHLIGHTS:

- Delaware Youth Center, 8 Creamery Road, Callicoon
- Sunday, July 19, 2026
- Packet Pickup: Saturday, July 18, 1:00–4:00 p.m.
- Race Day Registration: 7:00–8:00 a.m.
- Register before price increases on Friday, July 17th
- 8:15 a.m. Start (Walkers, families, and strollers begin at the back.)
- FREE race T-shirt for the first 400 registrants
- Student discounts available
- Awards for top runners, walkers, and age groups
- Bagels and fresh fruit after the race
- Award Ceremony & Raffle Drawing at 10:00 a.m.

Scan me



to Register



**Enter to Win!**  
**RAFFLE**

**28TH ANNUAL RIVER RUN RAFFLE TICKETS**

Bethel Woods Center for the Arts - Two 2027 Season Lawn Passes  
Delaware Youth Center - Annual Family Membership  
The Villa Roma Resort - 4 Rounds of Golf with Cart  
Forestburgh Playhouse - 2 Main Stage Tickets  
Forestburgh Playhouse - Family 4 Pack to The Wizard of Oz  
Big Shot Bowling - 2 Sets - Family Fun Pack with \$75 gift card  
"Beat the Bomb" Brooklyn Mission Experience for 6  
One Custom-Designed Apparel Item by Serious Craftin' Skillz

**TICKETS ARE \$10 EACH OR 3 FOR \$25**

SCAN HERE

Don't have cash? Pay online! Winners do NOT need to be present on race day.



## Running Toward Joy: Meet Dr. Paul Ort, Our 90-Year-Old River Race Inspiration

At first glance, you might notice the determined stride, the welcoming smile, and the quiet confidence of Dr. Paul Ort as he crosses the finish line at the Delaware Youth Center's River Race. What you may not realize is that this remarkable participant is 90 years old—and proof that age is never a barrier to living life with purpose, joy, and gratitude. Dr. Ort's journey to the Delaware River Valley began more than six decades ago. An immigrant from Czechoslovakia, he arrived in the United States "love at first sight" and that love for his adopted country has never faded.

His career would span decades of caring for others. As an orthopedic surgeon, he practiced at NYU Medical Center in Manhattan for 34 years before becoming Chief of Orthopedic Service at the Manhattan VA, where he continued serving veterans until his retirement in 2021 at the remarkable age of 85. Yet even while building an extraordinary medical career, Dr. Ort found something equally important just a few hours north of the city.

In 1979, he discovered the Callicoon area and purchased a home in Mileses. It quickly became a place of peace—a welcome escape from the fast pace of New York City. It was here that his family created lasting memories. His children learned to swim at the Delaware Youth Center pool, spent summers playing tennis, and discovered the simple joys of life in our close-knit community.

"I found respite from the intense life in New York"; he recalls.

As an orthopedic surgeon, Dr. Ort witnessed firsthand how movement could transform lives. His experience caring for patients only strengthened his belief that exercise is one of the greatest gifts we can give ourselves.

He began exercising regularly in middle age, first focusing on stretching and strengthening before discovering a lifelong passion for running. Joining the NYU running team, he completed numerous 5K races throughout Central Park, but the races themselves were never the ultimate goal. "The greatest joy," he says, "is to run and walk with my family."

Today, that joy spans four children and seven grandchildren. What started as one runner has become a family tradition. Together they now participate in the Delaware Youth Center's River Race, the Rotary race in Monticello, and the North Branch-Hortonville race. Some of the youngest grandchildren are still too little to run the full distance, but they're already following in Grandpa's footsteps.

For Dr. Ort, every finish line represents something much bigger than a race. It's time spent together. It's encouragement shared between generations. It's a reminder that healthy habits—and cherished memories—are often built one step at a time. His outlook on health is refreshingly simple.

**"Enjoy life."**

He believes most of us already know the ingredients for a healthy life: keep moving, eat well, sleep well, stay connected with others, and find a purpose that gives each day meaning. His advice?

**"Just do it."**

Perhaps the most surprising lesson comes from his years as an orthopedic surgeon. Many people assume aches and pains mean they should slow down. Dr. Ort has often found the opposite to be true. "Walking and running are great exercises available to everyone," he says. "Very often staying active and exercising is the way to relieve aches and pains—not the other way around."

His philosophy extends beyond physical health. "We only go through this life once," he reflects. "We may as well enjoy doing it." And when asked what advice he would leave for younger generations, his answer couldn't be more fitting for the community that gathers each July for the River Race: **"Think of life's purpose: it is joy and happiness. One way to accomplish it is to keep doing it. The community of like-minded people is essential. Here are people who help you achieve it. Join them and be happy!"**

Finally, when Dr. Ort crosses the finish line each year, one simple thought comes to mind: "Good work. Let's hope we can do it again next year." At the Delaware Youth Center, we often say we're building a stronger community. Dr. Paul Ort reminds us what that truly means. It's families making memories together. It's neighbors encouraging one another. It's choosing health over excuses, connection over isolation, and joy over fear.

This July, whether you're chasing a personal best, walking your very first 5K, or simply cheering from the sidelines, remember Dr. Ort's example.

**Keep moving.**

**Keep smiling.**

**Keep showing up.**

**Because sometimes the greatest victory isn't how fast you finish—it's having the opportunity to do it again next year.**



**"We only go through this life once. We may as well enjoy doing it."**

# 2026 RIVER RACE SPONSOR DIRECTORY



## \$1000 - COMMUNITY CHAMPION

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MEADOW



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Seminary Hill Catskills



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Dennis & Kim Eschenberg



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