

OK5K
SIGN UP
TODAY!



**ALL
ABOARD**
GET YOUR
SPOT NOW

THE RUNDOWN

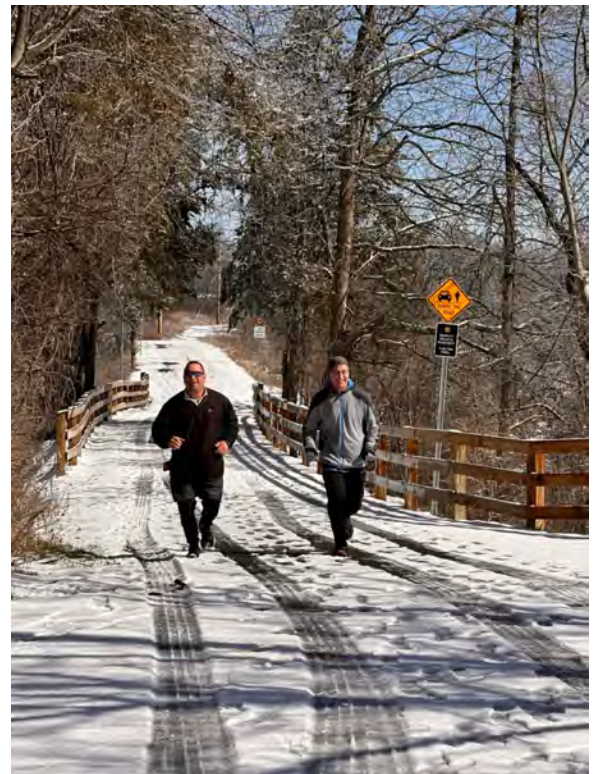
OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 05 ED 02 MARCH/APRIL 2024

Spring 50/50

Rain may have dampened long runs for folks on the third Saturday in March, but the snow that followed didn't phase the nine folks who showed up for the Fun Run 50 in Stockport. Runners and walkers gathered at the AHET trail-head near Tractor Supply and headed north for 25 minutes before turning around and heading back. Eight people stayed for lunch at Mi Rancho Alegre where the meals were yummy and plentiful.



Jed rehydrates with a special mango Margarita at Mi Rancho Alegre in Hudson.



Andrew and Tom braved slippery trail conditions to run the entire out-and-back while the rest of us took it slow.



Fun Run 50 - Chatham Down for the dirt

Twenty-one runners and walkers braved windy weather for Fun Run 50 in Chatham in February. The run took a right on Kinderhook Street and headed for the challenging hills on Highland Road.

The sun peaked out from the clouds from time to time but it still felt colder than

The thermometer's reading of a paltry 25 degrees.

Fifteen folks were able to warm up afterward at the Chatham Brewery with hot food, cold brews and lively conversation.

For those who weren't there, pleased know you were missed.

The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

PROUDLY SPONSORED BY



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MEETS & MEETINGS

Club runs are held on Wednesday evenings and Saturday mornings.

Board meetings are held on the fourth Sunday of each month at Village Hall.

CONTACT US

Do you have news you'd like to share?

We are always looking for contributors for The Rundown.

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VISIT US ONLINE

<http://kinderhookrunners.club>



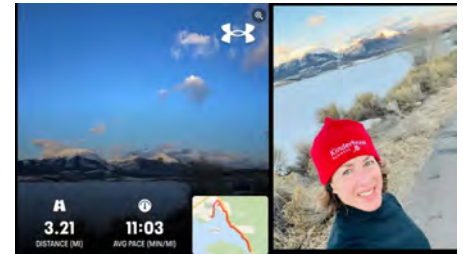
MEMBER NEWS

Blast from the past

As he was cleaning out his closet Chris Keating brought our attention to a race from day's gone by: The Old Chatham 5K.



An aptitude for altitude



Running in Colorado at 9000+ elevation is no joke! Especially on top of skiing for 2 full days in the Rockies!
See y'all at the Fun Run Sunday for some extra miles

Catching up next time



The Recovery Room



We are all wishing a speedy recovery to Derek Grout who reported being on the injured list for a distal fibular fracture. "Of all the miles of running, I was brought down by tripping over an extension cord. Recovering with a pint of IPA. Hoping for a speedy recovery in time for the Boston Marathon. Fingers crossed."

WELCOME NEW MEMBERS!

We wish to extend a warm welcome to our newest members: Tracy Pratt and Jennifer Rhenow. We are looking forward to running with you.

CLUB RUNS

Wednesday | Saturday

RUN DAYS

We will continue our regular weekly club runs on Wednesday and Saturdays throughout the spring and summer in the Village of Kinderhook. Weekend runs with various routes start at 7:30 a.m. and meet at The House of History - AKA James Vanderpoel House (16 Broad Street).

There are two different runs on Wednesdays; the first meets at 8 a.m. at (4 Hudson Street) near the village green. That group usually does a 5-mile loop (Albany Ave to Old Post to Bishop Nelson and back). The group that meets at 6 p.m. starts from 16 Broad Street and runs the OK5K course.

Don't forget to let us know you plan on attending by signing up online at our website, www.kinderhookrunners.club



KRC clinic starts in April

Mark your calendars! Our popular Spring Running Clinic will kick off on April 17th and run on Wednesdays at 6 p.m. through June 5th.

The Spring Clinic is designed for all levels of runners from beginner to seasoned, and offers fun workouts to get you ready for the

summer running season whether you are signed up for your first 5K or your next marathon.

We meet each Wednesday at the Ichabod Crane Track, located on Rider's Pass off of State Farm Road. Parking is available near the tennis courts.



Electric City finishers

Congrats go out to Kristen, Marka and Jen!

April Fun 50

Our next Fun Run 50 will be Sunday, April 14th on the Harlem Valley Rail Trail at Orphan Farm Road. We will leave from the trail-head parking lot, run for 50 minutes, 25 out and 25 back. After the run we will reconvene for a social hour at Roe Jan Brewing Co. Members and friends welcome. Don't forget to sign up on our [website](#) to let us know you will attend.

KRC Yoga

Join us Sundays, April 21 and May 19 for our free, vinyasa flow yoga classes with Mary O'Reilly. We meet at 10 a.m. in the community room above village hall for an hour-long asana session geared specifically for runners! Be sure to sign up on our [website](#).

OK5K STILL Needs You

As many know, KRC now hosts the OK5K which this year is June 8th. The organizing committee meets once a month from January through May, and interested members are welcome to attend. David Durkin, our esteemed volunteer wrangler, is ready willing and able to size you up for a job that will be a perfect fit. Contact him at dpdurkin67@yahoo.com to raise your hand!

COMMUNITY SPIRIT

THE VILLAGE OF KINDERHOOK CLIMATE SMART TASK FORCE
AND KINDERHOOK RUNNERS CLUB PRESENT

DASH FOR TRASH 2024

APRIL
20
9 AM

VILLAGE GREEN
HUDSON &
BROAD ST

CELEBRATE
EARTH DAY

WALK OR RUN IN THIS
COMPETITIVE CLEANUP EVENT

TAKE ONE
HOUR TO COLLECT
AS MUCH LITTER
AS POSSIBLE

AT 10 AM TRASH
WILL BE WEIGHED
AND PRIZES AWARDED

GLOVES
AND
TRASH
BAGS
PROVIDED

FAMILY FRIENDLY



Competitive clean up

The Village of Kinderhook Climate Smart Task Force and Kinderhook Runners Club will again host Dash for Trash, a free competitive cleanup event in celebration of Earth Day. This year's Family Friendly event will take place on Saturday, April 20 rain or shine.

Participants will meet in the Village Green at 9 a.m. and take one hour to collect as much litter as they can before returning at 10 a.m. for the results. Prizes will be awarded to the individuals and teams that collect the most debris by weight. We will be offering prizes for a variety of age divisions and superlative "finds." Garbage bags and gloves will be provided.

Last year, competitors collected more than 240 pounds of garbage from all over the village.

This event offers a great opportunity for participants to learn about all the wonderful recycling and conservation projects available locally, including the "Big Green Box" for recycling batteries and cell phones, and a NexTrex container for collecting plastic bags and plastic film. This past year in partnership with the Kinderhook Memorial Library, we have recycled over 400 pounds of batteries and small electronics. The Library's plastic collecting has also diverted over 1,000 pounds of plastic from landfills and earned the Village two recycled Trex benches. In addition, KRC collects gently worn sneakers for recycling.

D.A.Y.S.I

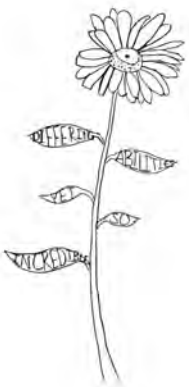
This year the OK5K Race committee has joined with Burke Adams and Miracle League, a group committed to promoting and removing barriers to community-based sports for children with disabilities. In doing so, we have added a new running event called "D.A.Y.S.I (differing abilities yet so incredible)," which consists of a 100-meter race open to all ages and abilities.

This race starts at the flagpole in the village green and ends at the Kinderhook Memorial Library. Heidi Proper, the race's organizer, spoke recently about how she came up with the idea.

"I modeled the race after the one (Miracle League) held at the Sean's Run because I always thought it was awesome how inclusive that was, and once the Sean's Run ended, there was nothing else like it in this area.

"I have several friends with differing abilities who enjoy sports and athletics. I wanted to have something in our community to include people like my friends who always ensure everyone they meet feels welcome and included. I think it's really important to lift each other up and show what's possible and also to show that people are more alike than they are different."

The event will be free to all participants. For more information or to register for the race, visit the [OKSK RACE WEBSITE](#)



On the Run Hyannis, MA

One for All

By Andrew Tanzillo

Hello fellow KRC members!

On 3/3/24 I ran a ½ Marathon in Hyannis, MA. This event is The Hyannis Marathon, Half Marathon, 10K, and Marathon Relay. I have run the event for the past nine years now and used to do the 10K the day before when the event was over a two-day period. Doing the 10K on Saturday and the half on Sunday was fun and challenging. There were three finisher medals to be had so why not? For the last few years all distances have been on the same day. I proudly had my red KRC shirt on and was looking for members but unfortunately did not see any. If some of you were there and I didn't see you sorry I missed, you!

This is a well-run, pun intended, event with, water, Gatorade, soups, snacks, adult drinks, and live entertainment at the post-race party/awards. I have enjoyed doing this race through the years and look forward to it every time. The weather is typical Northeast unpredictable. One year I ran the 10K in a long sleeve and shorts on Saturday and the half the next day bundled up in layers, hat, and gloves. It just makes it more interesting, challenging, and an adventure. And fun right? The course is mostly flat with some hills and sections running along the beach. Many of the roads the course use are secondary and lightly traveled. Support from community groups, residents, local clubs, EMS, and Law Enforcement is prominent, and all were friendly. It is a scenic and relaxed run with nice views and good energy. There are places in the area to stay and eat that are available and convenient, from expensive and elaborate to affordable and reasonably priced.

The Hyannis Marathon has been a fixture on the local running calendar for decades. The first race was in 1978 and the half-marathon was added in 1985. In recent years the event has become one of the top winter races in New England, and a good lead-in to April's Boston Marathon. The race is also a Boston qualifier.

The marathon course is a two-loop circuit through Hyannis and along the harbor, into Hyannisport, to Craigville Beach, through Centerville and back to the starting line. The half-marathon runners make one loop and the 10K course follows a portion of the half-marathon route. The course is picturesque and historical, passing along the Barnstable Police officer Michael Aseton Memorial Park, Historic Hyannis Harbor, John F. Kennedy Memoria, Kalis beach, Lewis bay, and the Kennedy Family Compound in Hyannisport.

The half-marathon is by far the most popular distance. This year's race had 603 runners. The marathon had 125 runners, the 10K had 273, and the relay had 15.



Andrew Tanzillo is a big fan of Hyannis Half-Marathon. He has run it for the past nine years.

"This has become a very popular event because the Cape is a nice place to run in the winter and we get a lot of support from everyone," said event director Paul Collyer.

Hall of Famer Bill Rodgers and Frank Shorter are often on hand throughout the race weekend. This year Bill Rodgers was signing posters at the post-race Expo and on race day. He signed my race shirt, (like any running geek would want right?), on Saturday and is very engaging and personable.

Rodgers is a four-time champion of the Boston and New York marathons and former winner of the Falmouth Road Race. The race was dedicated to the popular and inspirational Hoyts, Father Dick his son Ricky who Dick pushed in a wheelchair at this and many other events.

The race web site is:

<https://www.hyannismarathon.com/>

On The Run with Jonathan LOYCHE

TATA 50K Ultra India

This year's work led me to India, a great opportunity to experience race culture in uncharted territory. I was looking for a Trail Race but had to settle for a 50k road race as this was the only one that fit our travel plans. We (Rebecca and me) arrived in New Delhi two weeks before the race, enough time to acclimate and get most of our work done. I had my long run (30 miles) just two days prior to our departure, on the rail trail from North Chatham to Albany Airport, the big work was done, the next two weeks would just mean staying active with some speed work. It is noticeable in every corner that India is the country with the biggest population in the world.

Everywhere people and more people, animals, colors and smells, an indescribable chaos for our senses.

Unfortunately the Pollution in New Delhi was really bad during our time, think 3x worse than the wild fire smoke we had here in June 2023. Luckily the race was further south, about 2.5 hours outside of Mumbai where the air usually is pretty good.

The Tata 50K was scheduled to start at 01:30 AM on Sunday morning, in India they call the start time "Flag Off" time and that's sort of how it felt.

The race, a 31 mile out and back on pavement with around 3000 feet of elevation.

Luckily I got a room in a hotel that was right next to the Stadium where the staging area and Start / Finish was.

Picked up my Race Package around 3pm the day before, took a couple pictures and went back to the hotel to get some needed rest and food. Food, I should have known better but still made the mistake of ordering room service and of course yummy Indian food thinking that by now my stomach would be fine, which it was for most of the journey, but no, something made my tummy rumble and upset. Pepto Bismol to the rescue, the best secret weapon you can have when traveling overseas. The pink pill, took care of the rumble mostly but brought other problems with it; much needed movement before the race. Oh well, got some shut eye and got up at 11:30 pm to get ready for the race. No bowel movement, yikes.

Rebecca was not allowed in the start area so I did my warmup outside on the road. No spectators, none, surprised no one wanted to get up that early I guess, but you would have thought that out of 1250 Finishers there would be some support from friends or family. Rebecca was the only one cheering me and the other racers on and she was standing in a crowd of 40 silent men watching the race go off- this was surreal.

I position myself in the front to mid pack of the start thinking that would be good, then come the countdown to "flag off" the whole starting area became like a compressed monster of people, I have never felt such compression caused by humans, surprise Indians have a very different tolerance for body contact and distance.



One side effect was that many had to release their excitement in bum puffs, it stank a lot! Luckily this sensation only lasted around 1 minute which felt like an eternity to me, I manage to untangle myself and weave my way to the front.

Very soon I found myself alone dialing my pace in, tummy shaky, but ok. The hills were steep and made it tricky to pace. After the first hill I take a gel, yummy awesome sauce (apple sauce), tummy didn't think so, we had this conversation of stopping, but I said no, so I expel it while running. Ok we got that out of the way, no more awesome sauce for the night, luckily I had some other plain power fuel with me as well.

Then on the downhill I took a nice fall, ouch I forgot how much it hurts to fall on pavement. I got up, check nothing broken, moving on, the Indian road guard whom I fell in front was in shock but I had no time to help him clear that. Scrapped up and bleeding I kept on going, getting water from the next aid station to clean the wounds.

Now I was totally awake and now to focus, even though it is a road race the roads were in a bad condition, lot's of potholes and bumps, so I had to focus more!





The course was on hilly country roads, it was a full moon, so I saw a little bit of the surroundings, it was probably pretty, but I could only see outlines and the thought crossed my mind why is this sold as a scenic race if you don't really see anything?

Most races in South East Asia start in the very early morning, mostly because of the heat but in India maybe also because of the crazy road traffic. Of course hardly any spectators, just road guards, equipped with a whistle and a light sword, them whistling all the time and saying "go go go," me just thinking what the heck do you think I'm doing here?

Oh and sometimes I would encounter a car with their high beams on, very pleasant to be blinded. I got my GI sort of under control but I knew I had to be careful, pushing gently, still mostly alone. Like a mile before the turnaround, I saw the lead runner and cheer him on, from here on the count starts to see where I am in this race, it kept my mind occupied and maybe motivated.

Finally at the turn around I counted about 60, cool not too shabby. Until now I only took water from the aid stations. As I already had done half of the race, I felt adventures and tried their type of Gatorade. It was served in plastic cups that were sealed with a layer of aluminum (like yogurt cups), how odd and weird to drink out of, that stuff was super sugary but gave some nice energy, a nice change; other than that I stayed away from aid station nutrition.



The way back was pretty familiar now, one advantage of running an out and back. Kept on pushing steady with what I had that morning. I would see many runners now coming my way, but it wasn't the same atmosphere to what I was used to at other races, usually you cheer each other on at passing, hmmm at least I like to do that, but there wasn't much resonance to that.

Race culture seems so young and different in India, thinking about all these oddities I came closer towards the finish, around mile 28 my body starts protesting slowly, the fight begins to keep up the pace, keep on going, this was faster than my usual efforts. With excitement I fly into the finish, there is Rebecca cheering me on, the only one, everyone else just does their job or stares at me; cheering doesn't seem to be part of that, or maybe it is just not a thing, or they were just tired, it didn't really matter, I did it, I finished 46th out of 1244 runners in 04:31:48.

I was spent after this effort, the usual smile on the race photos is only to be seen when I received care by the medical personal at the finish, this was hard work and an experience; an experience I would not like to relive but I'm still happy I did it.

COMMUNITY SPIRIT

Fear factors But it shouldn't rule your run

If you are a woman, chances are that some of your experiences while running have been unpleasant.

And it's not just an occasional injury, a blister or a spot of chaffing. It may be the result of a close call with a car or a canine or the local wildlife. Or it might be something even worse.

A recent survey of women in Runners World Magazine found a shocking number - sixty percent - of respondents had experienced some form of harassment while out on a run, and 25 percent had dealt with harassment as a routine occurrence. Twenty-seven percent reported

having been followed while alone and 12 percent reported unwanted physical contact. Only 13 percent said they never feared for their safety while out running.

Since we are a running club, we know that there is safety in numbers and that running in pairs or as part of a group is not only offers motivation it also offers a higher degree of protection.

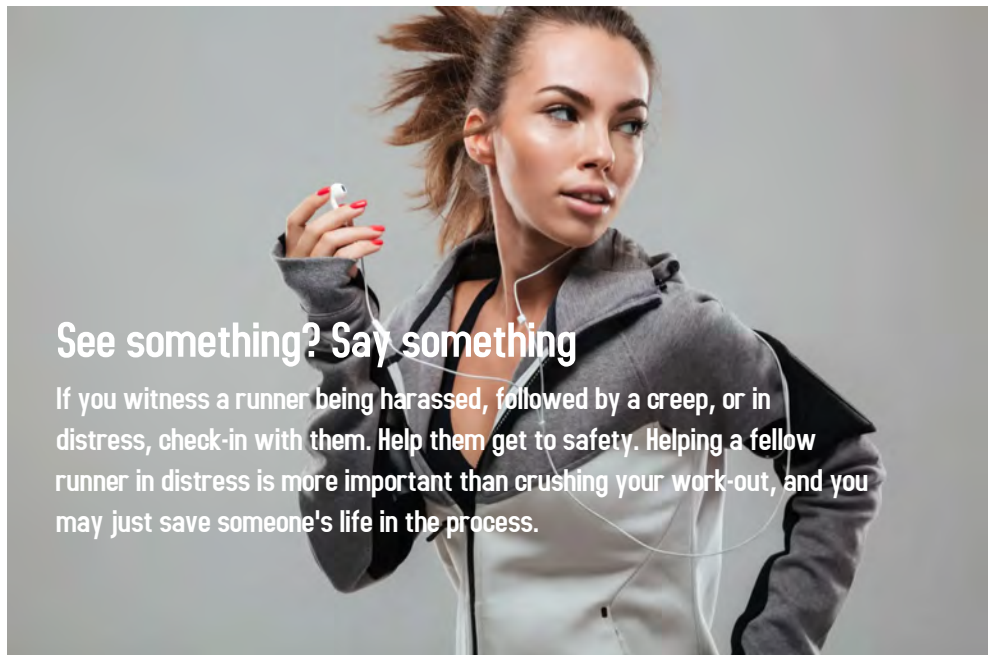
But no one should have to stop running alone out of fear.

For this reason, we collected some safety tips for anyone who is hitting the road or the trails on their own.

*Sources: Running World Magazine, Mayo Clinic, Road Runners Clubs of America.

On the run

- Be alert and aware of your surroundings.
- Wear bright colors.
- Keep earbud volume low so you can hear sounds around you.
- Select various routes so your routine is not too predictable when running alone. Be thoughtful about what you post online about your routes.
- When running along roads, follow all traffic rules. Run against the traffic and not with the traffic, and be prepared to take evasive action.
- Look both ways at intersections. Make eye contact with drivers stopped at intersections before crossing. Don't trust them to be alert and driving undistracted.
- On multiuse trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the path to avoid colliding with a passing runner or cyclist.
- Announce your approach when overtaking and passing other runners.
- Avoid unlit areas, especially at night, and run clear of bushes or parked cars.
- Ignore verbal harassment; keep your distance and keep moving.
- Trust your intuition about an individual or an area. If it feels wrong, get out.
- Screw being polite. If you are concerned about someone or something in your path, cross the street or turn around and backtrack.
- If you witness a runner being harassed, followed by a creep, or in distress, check-in with them. Help them get to safety. Helping a fellow runner in distress is more important than crushing your work-out, and you may just save someone's life in the process.



See something? Say something

If you witness a runner being harassed, followed by a creep, or in distress, check-in with them. Help them get to safety. Helping a fellow runner in distress is more important than crushing your work-out, and you may just save someone's life in the process.

Geared for safety

- Carry *pepper spray if running in isolated areas or if there are aggressive dogs along your route. There are also personal alarms you can buy to scare off animals. *In New York, pepper spray is legal to carry and use for self-defense by anyone 18 years of age or older. However, there are a few restrictions on its purchase and use. Pepper spray canisters cannot contain more than 0.75 ounces of liquid, and the strength of the pepper spray cannot exceed 0.7% major capsaicinoids. Pepper spray can only be purchased from a licensed firearms dealer or licensed pharmacist, and it is illegal to ship pepper spray to New York.
- Take a fully charged phone with you. Not only is the phone for your safety, but it can help your motivation and pace if paired with music, podcasts or any of the myriad training apps available to runners.
- Use wearable identification with name, address, phone number, emergency contacts and medical information. In case of a medical emergency, if you can't speak for yourself, first responders will be able to immediately contact family members and communicate medical conditions or allergy information to medical staff.