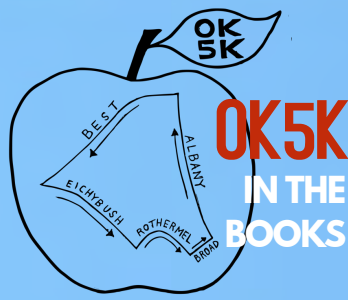


RUNNING KRC
SMART SCHOLARS

INSIDE



TRACK TUESDAY



CONTINUES



STRONG FINISHES DESPITE THE HEAT

THE RUNDOWN



OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 05 ED 04 JULY/AUGUST 2024

Boilermaker 24



The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

PROUDLY SPONSORED BY



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David Durkin, David Grout, Hilary
Dunne Ferrone, Ed Hamilton,
Claudia Lardizabal,
Jonathan Loyche, Marka O'Connell,
Mary O'Reilly, and Rich Phillips

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

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VISIT US ONLINE

<http://kinderhookrunners.club>

Do you have news you'd like to share?

We are always looking for
contributors for The Rundown.



MEMBER NEWS



Karen Dolge, of Kinderhook Runners Club, presented the club's first-ever scholarship awards to Ichabod Crane seniors David Oldrich and Isabella Scott during an awards ceremony at the school on June 12. The students each received awards in the amount of \$500.

KRC bestows first scholarship

In 2024 Kinderhook Runners Club established a scholarship to recognise the efforts and achievements of high school student athletes in track or cross country during the course of their high school years.

These individuals must:

1. Be a graduating student, in good standing, with a grade average of 75 or better, with a passion for running.
2. Have participated in track or cross country during high school
3. Fill out the application form and attach a typed essay that describes your love for running and

how participating or volunteering in sports has influenced you through high school. Students were asked to include in their essays what they have accomplished through their involvement in running and how they use those attributes it in the future.

Applications were submitted to the Counseling and Career Center at Ichabod Crane by the end of February and an Award Selection Committee from the school determined the recipients.

The two scholarships (\$500 each) awarded this inaugural year went to David Oldrich and Isabella Scott.

"I'm so glad we could do this for the community," said Karen after the awards ceremony. "We hope to award these two scholarships every year."

WELCOME NEW MEMBERS!

We wish to extend a warm welcome to our newest members, Zara Steadman, Joey Ruocco, Tamara Tripp, Katherine Kim, and Paul Stathis. We are looking forward to running with you.



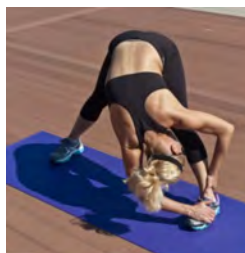
Remember to Stretch



We know stretching is an essential part of almost every workout — especially running. Yet if we're honest few of us finish up with a post-run stretch. According to trainers like KRC's Teresa Warner Maiuri, skipping the stretch can decrease your mobility over time.

FITNESS TIPS FROM TERESA WARNER MAIURI

It's best to do all stretches at least two times on each side. Notice where I gave the standing option for side stretches, too, in case the ground is wet. I usually try to do all standing ones first then seated ones so it flows easier. Go as wide with feet as needed to keep heels down and torso upright. Do this for a few seconds before getting up from the squat, go slow one vertebra at a time.



When you do your quad stretches remember to keep your knees together.

Treadmill Conversions

Heat and humidity, like cold and ice, may keep you on the treadmill this month. We have some conversions to help you out.

5.0	12:00	12:31	11:44	11:05	10:32
10:03	9:38	9:16	8:56	8:38	8:22
8:07					
5.2	11:32	12:02	11:18	10:42	10:11
9:44	9:20	8:59	8:40	8:23	8:08
7:54					
5.4	11:07	11:35	10:55	10:20	9:51
9:26	9:03	8:43	8:25	8:09	7:55
7:41					
5.6	10:43	11:10	10:32	10:00	9:33
9:09	8:48	8:29	8:12	7:56	7:42
7:29					
5.8	10:21	10:47	10:12	9:42	9:16
8:53	8:33	8:15	7:58	7:44	7:30
7:18					
6.0	10:00	10:26	9:52	9:24	9:00
8:38	8:19	8:02	7:46	7:32	7:19
7:07					
6.1	9:50	10:15	9:43	9:16	8:52
8:31					
8:12	7:55	7:40	7:26	7:14	7:02
6.2	9:41	10:05	9:34	9:08	8:44
8:24					
8:06	7:49	7:34	7:21	7:08	6:57
6.3	9:31	9:56	9:26	9:00	8:37
8:17					
7:59	7:43	7:29	7:15	7:03	6:52
6.4	9:23	9:46	9:17	8:52	8:30
8:10					
7:53	7:37	7:23	7:10	6:58	6:47
6.5	9:14	9:37	9:09	8:45	8:23
8:04					
7:47	7:32	7:18	7:05	6:53	6:43
6.6	9:05	9:29	9:01	8:37	8:16
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6:40					

KRC Team spirit

Escarpment Trail Run 30K H2O heroes



KRC Ironman

Ed Hamilton

On his Seventh Lake Placid Ironman

Keep Moving Forward

Ironman # 7 is in The Book.

Lake Placid again delivered as a tough but awesome day in the mountains. I'm very grateful to all in KRC that sent me notes of encouragement, and the accolades after the finish. The messages were appreciated.

I'm well aware that I'm not the fastest person out there, but I do take pride in grinding on when I'm not always feeling it. It starts with reminding myself during training when I don't really want to get up at 4:30 a.m. to hop on the bike trainer, that I'll feel better when done and I'm building towards a goal. Or knowing when I'm looking for my hat and gloves in February when I don't want to go outside for a run, that it will make a difference for those long runs when May and June roll around. In the race itself, there were definitely moments during the marathon where I questioned my life choices and wanted to stop. I thought of Anne & Molly (and Jim) near the finish who were likely wondering why the hell was I taking so long --and told myself to keep pushing forward.

I remind myself in training and races that I'm lucky to be able to tackle the challenge. To be able to share miles with many of you during runs, and to have some great biking partners in Jim and Dave (and others in the past!) that make HOURS on the bike something I can look forward to. One of my favorite workouts is an early morning open water swim followed by a 4 mile run that ends by jumping in the lake again to cool off. Every time I finish one of those is a reminder that the journey with friends is really the prize.

I admit that post race in Lake Placid I want to just leave my bike and sneakers at the race, but by the time of the KRC Wednesday Fun Run a few days later I was thinking about what might be next for 2024 and beyond.

I'm already online looking at different Fall races that might be good goals. I had nutrition issues and didn't feel well during the race marathon, so I'm looking at race formats that would let me test what I eat and drink during longer efforts. Maybe trying a Backyard Ultra or another ultra race where I can try food alternatives. I am also keeping my KRC hat on for options that others in the Club might want to join me or try.

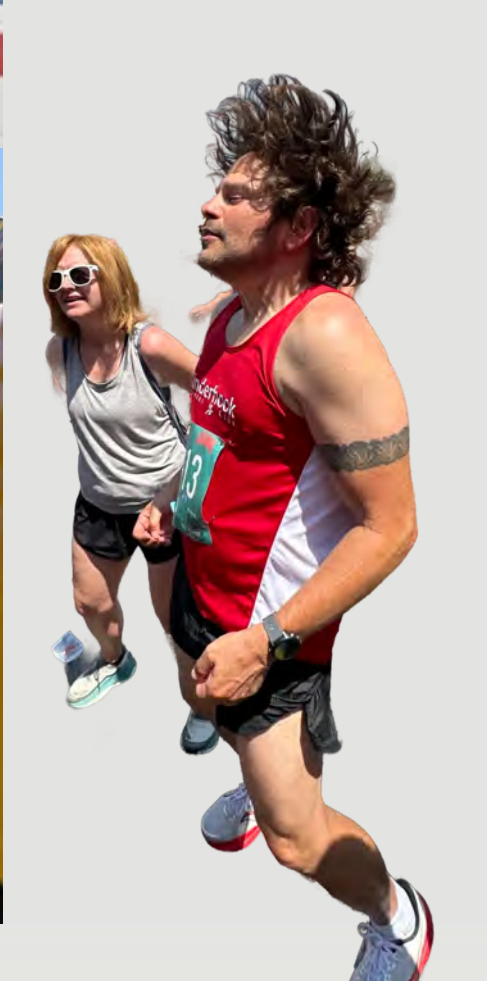
Moving forward for me is figuring out how to give the best effort I can for any given day, and reminding myself to enjoy the journey- whatever the challenge.



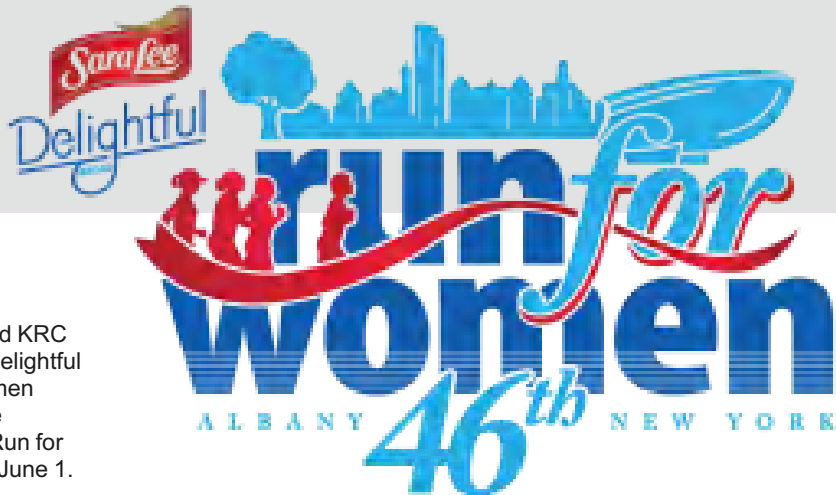
Ed Hamilton has completed his 7th Ironman in Lake Placid. Congratulations! And thanks for the inspiration.



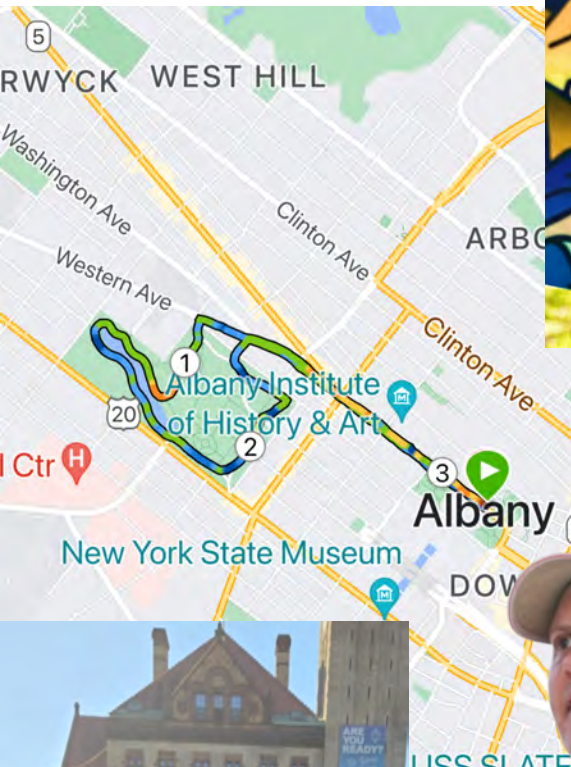
KRC Team spirit



KRC Team spirit



We spotted KRC Red at the Delightful Run for Women (formerly the Freihofer's Run for Women) on June 1.



Although the name has changed, the race still features a first-class experience, complete with a two-day expo, a FLATTERING race shirt, a beautiful and level course through Albany's Washington Park, and a super-cool stained glass finisher's medal.

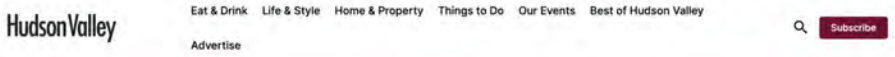
Kinderhook Runners representing included Julie Keating, Jean Hurst, Siobhan Connally and Amanda Clark.



RACING RUNDOWN

IN THE NEWS

Our little running club got some love in Hudson Valley Magazine's round up of local running clubs last month. We are thrilled to have been included in the feature piece.



Things to Do These Running Clubs Offer Fitness and Fun in the Hudson Valley

Whether for community, competition, or camaraderie, join these Hudson Valley running clubs to get fit with friends.

JULY 29, 2024 | BY KAYLA SEXTON



Photo by Miguel A Amutio on Unsplash

SOURCE: HUDSON VALLEY MAGAZINE

TWO THINGS



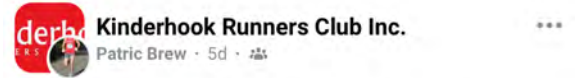
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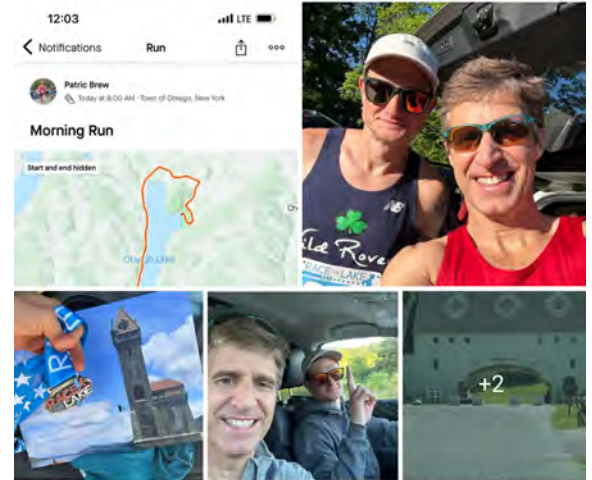
#1

We are happy to report that SEVERAL people at this particular Fun Run expressed hope that one day they would be able to "shuffle" at this Iron Man's recovery pace.

Racing the Lake



Well didn't make the Saturday morning run, But was to represent the KRC in Cooperstown race the lake! Great day!



You, Mary O'Connor Jacoby and 18 others



Race The Lake marathon and half marathon takes racers around beautiful Otsego Lake and past Cooperstown's famous landmarks including the Otesaga Hotel, The Farmers Museum, The Fenimore Art Museum and The Baseball Hall of Fame. The lake will always be on your right with awesome views.

AROUND THE NEIGHBORHOOD



Moving Day

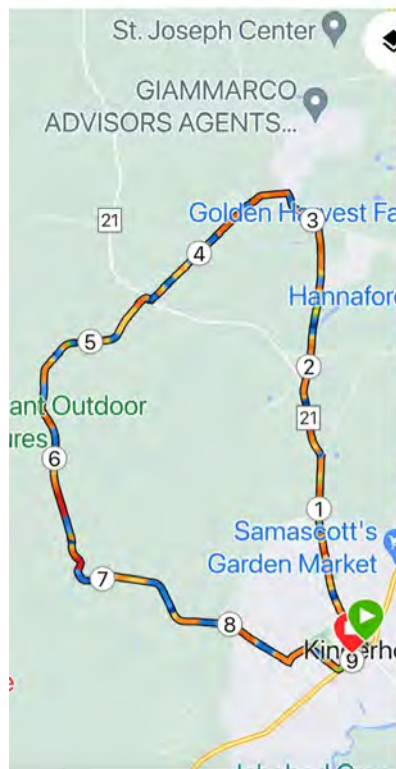
KRCer Wendy Brennan has finally found her forever home inside the VOK confines. She's been running tours of her Seven Eichybus abode after each club run she attends. Welcome to the neighborhood, Wendy!



Siobhan Connally

Just now • 🧑🏻‍🦱

Shoutout to Richie P and the Village of Kinderhook (respectively) for keeping us safe on our epic 9-miler! The sidewalk looks great!



Holy SHIRT!

You know ... you don't have to put up with ratty gear. Especially now that we have an easy, local and super cool on-demand shop for all your favorite club gear, from tees and tanks to shorts and joggers. We've got you covered!

Fun 50

We'll kick off our first Fun 50 of the season on the second Sunday in September. Keep an eye on our website for more details.