

THE RUNDOWN

OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 05 ED 05 SEPT|OCT 2024



PICNIC CHEERS!

There is nothing we runners like more than resetting and refreshing after a run. Kinderhook Runners really enjoy the social aspects of our humble club.

And we are always looking to create opportunities for our members meet up and socialize, whether it's at our Annual Picnic at S & S Farm Brewery or one of our monthly fun runs that are spread out across the Capital Region and beyond.

Xxxxxx

CUTLINE



The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

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MEMBER NEWS

RUNS WE HMRRC's Tawasentha Trail Run

KRC's Michael Thumann reports on one of his favorite races.

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CONTRIBUTORS

Patric Brew, Amanda Clark,
Siobhan Connally, Karen Dolge
David Durkin, Derek Grout, Hilary
Dunne Ferrone, Ed Hamilton,
Jean Hurst, Claudia Lardizabal,
Jonathan Loyche, Mary O'Reilly,
Rich Phillips, Michael Thumann and
Mary Thumann

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.



Photo by Mary Thumann

A River Runs Through It

Tawasentha Park, in Guilderland, is one of the prettiest parks to run a 5k. But don't let the beauty fool you, it's one of the toughest 5k races in our area. There are no medals, no shirts, no fanfare (and no fee if you're a member of HMRRC) just a small group of serious runners that take this course on. The downhills are just as challenging as running the uphill. The beauty is the trail part of the race. After the first two hills you cruise through a wide trail, where if you want to pass someone, this is it. It gets narrower and more challenging as you go. Roots, rocks, a small bridge and then just a single pass to run. After this your up and down the steepest hills, too many

to count. Then there's the Normanskill Creek to cross and the rope climb up a hill, made muddier from those in front of you. There are no PR's here, but I did finish second in my AG. First and second place winners get to pick from the prize table which can include anything from deodorant to chocolate chip cookies. The group of runners is small, generally around 50. Lots of High School runners, maybe preparing for their season. I do it for the training. It's so challenging. I often say "Why do you do this to yourself?" It's for the love we all have for running, competing and finishing.



- Michael Thumann

WELCOME NEW MEMBERS!

We wish to extend a warm welcome to our newest members. We are looking forward to running with you.



REPRESENTING



KRC RED@

Kinderhook had a proud showing at Watervliet's 42nd running of the Arsenal City 5K on Sept. 22. The Club sent seven runners to this fast, fun race that has become a club favorite.

Great job,, team!

The Charlie Diamond

ARSENAL CITY 5K

PICTURED FROM LEFT
Jen Mane
Tom Fraser
Dave Durkin -
Rich Phillips -
Kate Cabral -
Nissa Wallace -
Jean MacKay -



AROUND THE NEIGHBORHOOD

After hours

KRCer Wendy Brennan has finally found her forever home inside the VOK confines. She's been running tours of her UNDISCLOSED Eichybush abode after each club run she attends.

Welcome to the neighborhood, Wendy!



Fun 50 - bRUNch Runs!

We kicked off our first Fun 50 of the season on the second Sunday in September at the Helderberg to Hudson trail in Albany. Afterwards we spent a fun few hours at Wolff's Beirgarten.

This month we will run closer to home on October 6. Plans are to meet at the park and ride on Route 9 in Valatie (across from Bagel Tyme) at 10:30 a.m. Meeting afterward at 11:30 at Harvest Smokehouse at Golden Harvest. Visit our website to sign up.



On the Run

with Jean Hurst

Washington Oregon National Parks



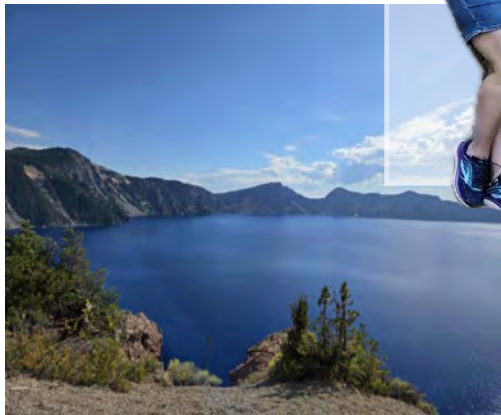
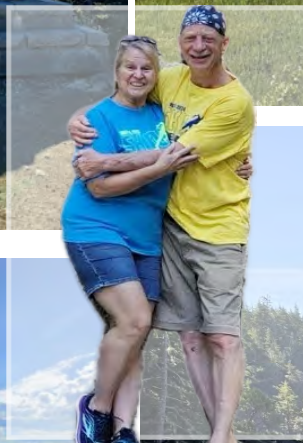
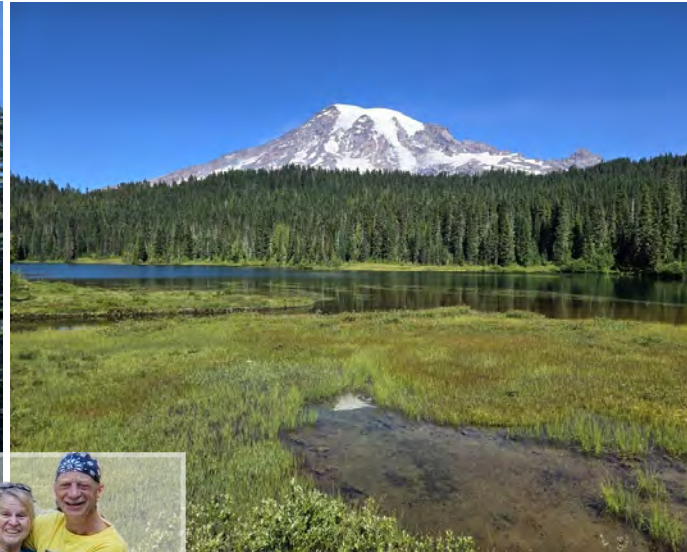
Paradise Parks

Jean Hurst and her husband recently spent 10 days traveling around the Pacific Northwest visiting six National Parks.

The Intrepid traveler and road racer, Hurst has found that her vast collection of race shirts come in very handy when hiking through the wilderness.

"I love that the shirts are so breathable. And I have so many I can share them with my husband. We can coordinate!"

This time the couple represented many local and national races while they trekked through Point Flattery, Olympic National Park, North Cascades National Park, Mount Rainier National Park, And Crater Lake National Park, and Mount Hood.



Make Friends RUN CREWS Influence People

Team spirit

Zara Steadman gathered at team of steady pacers to help her muscle through her last long run on the AHET trail before toeing up to the line in Rhinebeck this October for her first Half Marathon!

This is what running clubs are made for. If you let us know what you are training for, chances are we can find a few people to keep you company along the way.

Season Greeters

Representing KRC seems like it could be all about the run, but it's also about the team (and the car pool opportunities.). Ed Hamilton takes a selfie with the team at the 14th Annual Great Pumpkin Challenge in Saratoga Springs.



On the Run

A Postcard from **Amsterdam** DAMN

DARN!
HOT
DAMN!



Dam tot Damloop in 2017. - Credit: Abeve / Wikimedia - License: All Rights Reserved

ENTERTAINMENT SPORTS DAM TOT DAM LOOP MARATHON RUNNERS AMSTERDAM
» MORE TAGS

SUNDAY, 22 SEPTEMBER 2024 - 16:26

SHARE THIS:



About 8,000 runners at Dam tot Damloop not allowed to start due to heat

The last two starting groups at the Dam tot Damloop are not allowed to start. The organization of the Amsterdam running event has decided this due to the increasing heat, it announced on its website. "The heat is causing health problems for many runners. If we allow the run to continue, we cannot guarantee that we can provide everyone with the right medical care," the organization said.



Mary and Mike Thumann have been touring Amsterdam where Mike was queued up for the Dam tot Damloop 10 miler just before the race was halted for about 8,000 runners held up at the start because of unusually high temperatures leading to an unprecedented number of medical events on the course. Unfortunate as that was, we are grateful that he suffered no ill health effects and he and Mary were able to continue their adventure, which included a stay on a houseboat!

Hello KRC,
Michael was scheduled to run today in the Dam Tot Dam 10-mile race here. He was in the next-to-last corral of a total of 45,000 runners. But literally at the last minute they announced that the last 2 corrals would not be allowed to start. The temps were only 72 degrees, but we can only guess that many registrants were simply unprepared to run this distance and their medical teams were overwhelmed.

Needless to say, it was quite disappointing. But luckily we've had a wonderful 5 days so far with more planned activities (walking tours, visiting museums to see Rembrandts, Van Goghs, Vermeers) before we fly home Wednesday. Here are 2 pix ...one of our houseboat (with the grass on top...go ahead, make a grass joke,...and a piece from an article from the race team.

Mary Thumann
(Michael's PR team 😊)

On the Run

A KRC Contingent Trundled off to **Arundel** ME



Denise Kuhner, Siobhan Connally, Ed Mouw, Claudia Lardizabal and Christine Hong Cunningham representing KRC Red took part in ACT Trail Festival in Arundel, Maine in September. In addition to the trail festival, the self-styled weekend event included beach combing, shopping and dinners galore. Claudia even made a special muffin for on the run breakfasts!



Claudia's Flourless Pumpkin Muffins

INGREDIENTS

- 1 cup pumpkin puree
- 1/2 cup almond butter
- 2 large eggs
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 1/2 cup chocolate chips or chopped nuts (optional)

PROCESS

- Preheat oven to 350 degrees
- grease muffin tin
- In large bowl, combine pumpkin, almond butter, eggs, honey and vanilla. Mix until smooth.
- Add baking soda, baking powder, cinnamon, nutmeg, ginger and salt. Mix until combined.
- Fold in chocolate chips or nuts. Spoon batter into greased muffin tins about 3/4 full.
- Bake for 18-20 until toothpick inserted in center comes out clean.
- Let muffins cool in tin for about 5 minutes before transferring them to a wire rack to cool completely.
- Makes 10 muffins. 160Kcal

CLUB COLORS

Greetings from Sorrento!

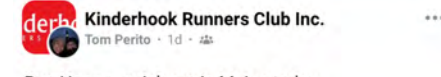


Doing a lot of eating and a little running -and swimming- while in Italy. Get those miles in folks. Greetings from Sorrento...



You, Tim Maul and 12 others

Perito in Paradise



Run Happy, quick run in Maine today

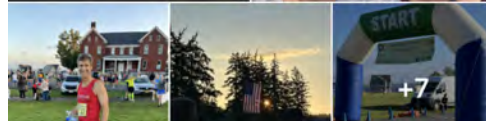


You, David Durkin and 12 others
14 likes

Sacket's Harbor 26.2



Terri Brew is with Patric Brew in Sackets Harbor, NY. Yesterday at 11:28 AM
Congrats to Patric who placed 1st in his age group for the Sackets Harbor Marathon. He is amazing!!!! (A couple ran the 1/2 and were married right after. So awesome!!)



RUN DAYS

Wednesdays & Saturdays

We will continue our regular weekly club runs on Wednesday and Saturdays throughout the fall and winter 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.

Monthly Yoga

October's class with Mary O'Reilly will be Sunday, October 27 at 10 a.m.

Some Tuesdays

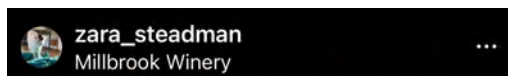
We will try to continue our Track Tuesdays through the fall on Tuesday evenings at 6 p.m. at the Ichabod Crane High School Track. IF the track is being used by students we will move to the AHET trail. For more information, visit our [website](#).

TRUNKSHOP



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

Wine is fine



37 likes, 1 comment

zara_steadman Wine run! 🍷 🏃‍♀️

View all comments

August 25

Looks like new member Zara (left) is owed a red shirt!



CALENDAR

FALL 2024

CLUB RUNS

EVERY SATURDAY

Club Run! Gather at the House of History Saturday mornings at *7:30 a.m. - Various paces, distances.

EVERY WEDNESDAY

Breakfast Run. Gather at the Village Green Wednesday mornings at *8 a.m. for a 5-mile loop or join us at *6 p.m. for the Fun Run 5K course.

SPECIAL EVENTS

MONTHLY YOGA

Come stretch with us! We know, stretching may not be your thing. But our own Mary O'Reilly makes it fun. 10 a.m. on the *Third Sunday of every month at Village Hall. Free for members. Check the website to sign up.

OCT. 5 BIRTHDAY RUN

KRC's Heidi Proper is running 30 miles as she turns 30 and is inviting us to join her for any and all. She starts in Ghent winds up her run at S& S Brewery.

OCT. 6 FUN RUN 50

Albany-Hudson Electric Trail (Bagel Tyme trailhead) for the run at 10:30 a.m., Harvest Smokehouse for the social at 11:30.

OCT. 13 VOLUNTEER OPPORTUNITY

Pitch in and help hand out water at the Hudson Mohawk Marathon and Half Marathon Water Stop in Watervliet. Visit our website for more details and to sign up.

OCT. 30 HALLOWEEN RUN

Join us for a Halloween-inspired fun run. Keep an eye on our website for more details! Mwah-ah-ah-ah. *

* Denotes tentative times/dates. Please consult our website for the most up-to-date information.