

THE RUNDOWN



OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 06 ED 01 JAN | FEB 2025

WINTER IS WONDERFUL

OK5K Planning Has BEGUN

TORTOISE & HARE

This annual member race always starts our year on the right foot. With it's unique timing and annual meeting afterward, it's always a club favorite.



The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

PROUDLY SPONSORED BY



BOARD OF DIRECTORS

PRESIDENT - Ed Hamilton
VICE PRESIDENT - Jonathan Loyche
TREASURER - William Barford
SECRETARY- Christine Cunningham
Linnea Van Tassel, Claudia Lardizabal,
Mary O'Reilly, Karen Dolge
and Siobhan Connally

CONTRIBUTORS

Siobhan Connally, Christine Cunningham,
Karen Dolge, Tom Fraser, Derek Grout,
Ed Hamilton,
Mary Harding, Claudia Lardizabal,
Jonathan Loyche,
Teresa Warner Maiuri
Mary O'Reilly,
and Boilermaker Road Race

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



More than twenty-nine members attended our annual meeting on Jan. 11, and twenty-four competed in our annual Tortoise and Hare race. This year's winner, Mary Harding, won by predicting her 30:11 minute finish within 1 second.

Glad Tidings *Happy 2025 KRC!*



Ed Hamilton,
KRC President

For the of the run

It was wonderful to see so many of you join in either KRC's "Last Run" or "First Run" on NYE and NY's Day. Thanks for coming out. And thanks to all that came out for the Tortoise and Hare event in Village. Mary Harding took the win in the run by guessing her 5K time within ONE SECOND of what she actually ran. CONGRATS Mary! No matter where finishers came in, we had great prizes from our sponsors ranging from \$10 to \$100 dollars.

In addition to the T&H run and food that were enjoyed, the KRC Board announced the annual Spirit of KRC award in recognition of KRC members that went above and beyond to support both KRC and the local running.

This year we gratefully acknowledged the efforts of both Linnea Van Tassel and Dave & Lynne Nagengast. Linnea is a KRC Board member and is always there to make sure KRC events and socials are well organized, and has been a great link to local business to gain support for both KRC and the OK5K. The Board also chose to highlight Dave and Lynne Nagengast, who not only help with KRC, but are stalwarts at many ARE and HMMRC events in the Capital District. They are a constant to volunteer at many local running events, and it's been very common to hear them yell hello or "go KRC" from a water station or being course marshals. THANK YOU for your efforts!

WELCOME NEW MEMBERS!

We wish to extend a warm welcome to our newest members, Bill Hoffman, John McLean and Joan McLean. We are looking forward to running with you. And OLD MEMBERS, if you can't access the website, let this be a gentle reminder to pay your dues.

How about that?

Running News Running News Running News

There's is no shame in a DNF

The Xiamen Marathon in Xiamen City China surprised a select set of runners who ordinary leave races with little fanfare. The race, which attracts around 30,000 registrants, this year awarded gift bags to the non-finishers.

The DNF gift bags were not made public by Xtep beforehand, which ended up being a surprise to many runners. Written on the Xtep DNF gift bag was the term: "It's okay, come again."

The bags reportedly included an Xtep running shirt, a discount on their next purchase of shoes, and a written note that said:

"To the unfinished steps:

You may not have passed the finish line, but you have already surpassed your previous self. At every step, you fought against giving up. Every drop of sweat is in the shape of a dream.

This is not for proof. It's about the journey in the process.

Continue to work hard for your goal in the present and future.

Keep running."

What's on the horizon?

A new year and some new fun

Our club board members have some fun stuff in the works. Keep an eye out on our website for new gatherings and events in the New Year.

First up, the OK5K planning committee has officially kicked off its season of getting ready for the OK5K Race's 25th annual race this year. The 25th annual running will also be included in USATF's Grand Prix events. Also new for the 2025 will be official timing for the Kids Race.

During our regular board meeting in January, a host of new events were discussed including the possibility of helping organize a 5K to run in conjunction with the Queechy Lake Club's Regatta in July. Club member Jay Thorn brought this idea to the board as well as another to host a trail event in July at Harvey Mountain. Thorn discussed the idea of camping as well as hosting a pancake breakfast tailgail using the mountain's wild blueberries.

KRC Club President Ed Hamilton discussed plans to host monthly club dinners to socialize and help members connect for race planning and training.

The club also announced this year's Eight-week Running Clinic is slated to begin on April 16th. The clinic is free to the community and is timed to help runners (and walkers) prepare for The OK5K.

The board also discussed the possibility of erecting some kind of marker in the village to honor KRC as an organization and also to denote our meeting place. We have lots of good ideas to spread cheer for runners!

Anyone who wishes volunteer for the race or any of our events is welcome to attend our meetings. We would love to have your ideas!

Check our [website](#) for details.

CLUB RUNdays

Wednesdays

We offer 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.

Saturdays

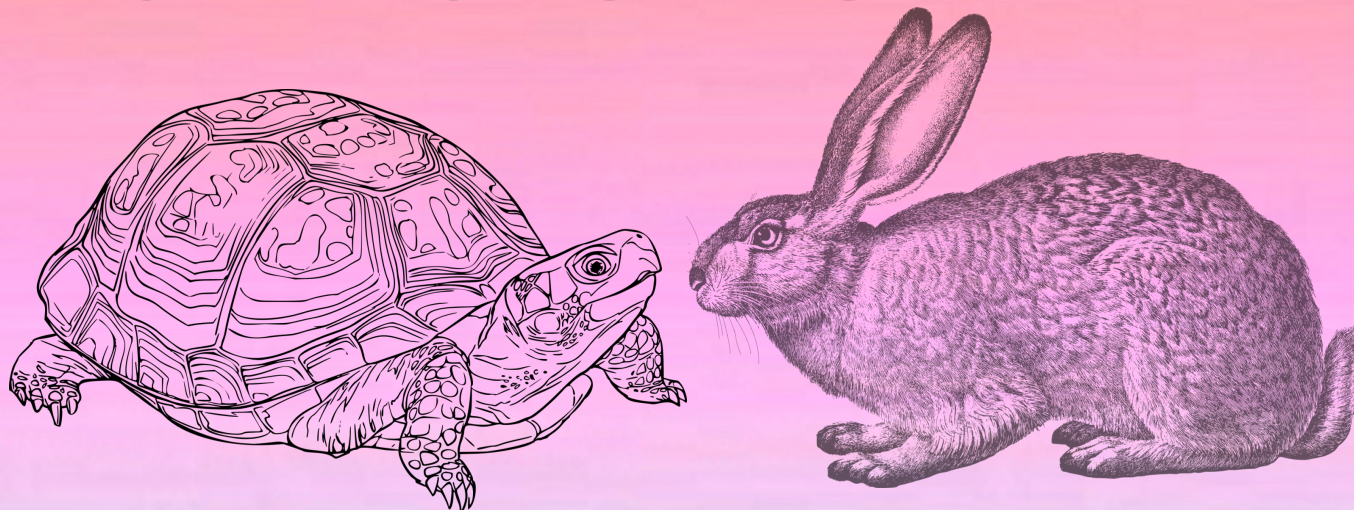
Our regular weekly club runs on Saturdays will meet throughout the fall and winter in the Village of Kinderhook. Weekend runs with various routes start at 7:30 a.m. and meet at The House of History - AKA James Vanderpoel House (16 Broad Street).

Trunk Shop

In need of club gear? Our shop is always open thanks to our local on-demand printer, AC Apparel. Place an order any time and get your KRC red.



the THANK YOU TO THE SPONSORS OF **TORTOISE & HARE**



MORE FUN FOR THE RUN

PLEASE REMEMBER THEM AS YOU SHOP LOCALLY

On behalf of Kinderhook Runners Club, please accept our heartfelt gratitude for your contribution toward our annual Tortoise and Hare members race. This is one of our most beloved events and is dedicated entirely to club members, all of whom are awarded prizes for finishing the 3.1-mile race around an often-icy Kinderhook Village. A special thank-you goes out to State Police in Kinderhook for offering an impromptu pack escort. Our runners were most appreciative!

The race is also special because the winner isn't always the fastest runner of the field. This is one of the creative ways we fulfill our mission to encourage the sport of running for people of all abilities. Your contributions help us do just that, and we hope it sends the message to our runners that support should go both ways. Our sponsors are some of the best people. So, thank you again.

THIS YEAR'S PRIZES PROVIDED BY

**LaBella's
Sei Bella Hair Salon
Show Pony Wines & Spirits
Reifenberg Brewing
Harvest Spirits
Blue Moon Chocolate and Gifts
Kinderhook Wine and Spirits
Chatham Brewing
O.K. Pantry**

**Steiner's Sports
Filis Deli & Jersey Baking Co.
Chatham Book Store
Del's Roadside, Kinderhook
Broad Street Bagels
Fiesta Cafe, Chatham
Valatie Bar and Grill
KT Hair Studio
Hudson Valley Indoor Golf**

SHOP LOCAL SHOP LOCAL SHOP LOCAL SHOP LOCAL SHOP LOCAL

Tortoise & Hare **RUN** CLUB



We had a great turnout despite it being only 27 degrees at the start.



CLUB RUN

We like to change things up with our uniquely timed 5K that makes it possible that the slowest runner could win the race, which enables a uniquely competitive field. This year's winner of the tulip trophy was Mary Harding (Top left) with a time of 30.11. Linnea Van Tassle, who has volunteered so much of her time and expertise in community outreach, was one of three recipients of the KRC' Spirit award. Also honored were Lynne and David Nagengast.





CLUB FUN Volunteering

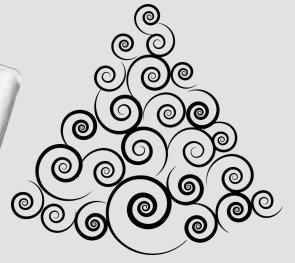
Just before Christmas each year, KRC has gathered with organizers from the Marion Stegmann Fund to pack and deliver food and gifts to needy families across northern Columbia County.

The program was started in the 1950s by Marion Stegmann, who began distributing food and clothing to her needy neighbors in the Niverville area. Over time, it grew to include other individuals, churches, businesses and civic organizations. On her passing, the Kinderhook Elks stepped in.



Jingle all the WAY

CLUB NEWS



Sparkling and Bright

Christine and Linnea really put on a great shindig, don't they? From healthy snacks to the most vegetarian pizza selection in the running world universe! Thank you for all your hard work.



PAINT IT RED

Time Flies when you are part of a team



Patric Brew

Top contributor · January 11 at 11:19 AM · 🌐

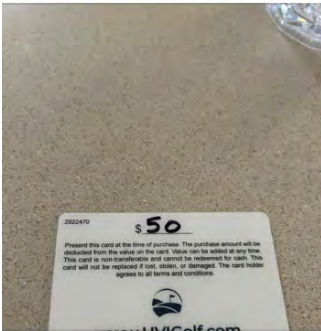
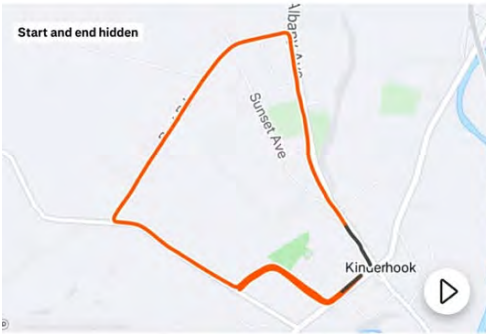
First run in 16 weeks! Felt good!! Great seeing everyone again!



Patric Brew

Today at 9:01 AM · Village of Kinderhook, New York

Morning Run



Kinderhook Runners Club Inc.

Thomas J Fraser · 1h · 🌐

Racing Away in a Winter Wonderland!!! Attended the 2nd Annual Ugly Sweater 5k in Canajoharie this morning- perhaps some KRCers will want to participate in this festive race in the future if they have an ugly sweater to don... The course was an out and back which ran westward along the bike path...Although relatively flat, today it was not fast as it was about 90 percent snow covered. Afterwards beer was served. The exceptionally charming Canjo downtown boasted a myriad of Christmas shopping opps.



You, Mary Sheridan Harding and 4 others



Mary Sheridan Harding

Top contributor · 2h · 🌐

Brought a little KRC to Boston with us this weekend



You, Julie Keating and 8 others

103 post reach



Karen Dolge

1d · 🌐

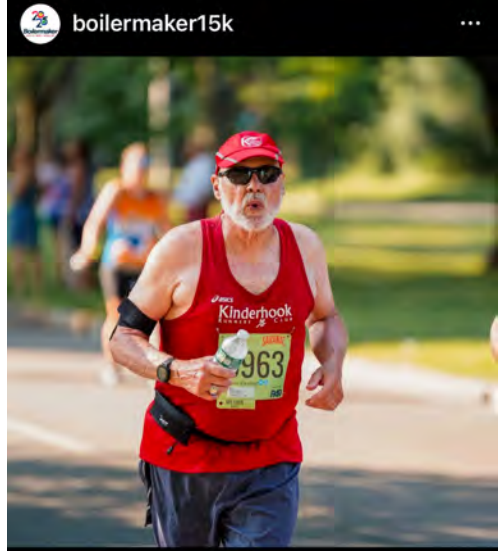
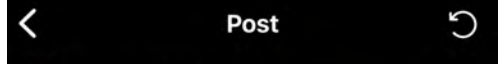
Awww 17 years and many many miles 😊 - with [Thomas J Fraser](#).



You, Julie Keating and 20 others

👍 22

💬 1



👍 113

boilermaker15k We love seeing so many running clubs represented on the course each year!