

THE RUNDOWN

OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 06 ED 02 MAR | APR 2025

INSIDE

Spring Clinic
Starts in APRIL

25th OK5k

More Surprises
In Store

Jonathan Loyche
Takes us along his

Patagonia Ultra



The official newsletter of
THE KINDERHOOK
RUNNERS CLUB



MEMBER NEWS

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BY



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CONTRIBUTORS

- Patric Brew, Siobhan Connally,
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- Claudia Lardizabal,
- Jonathan Loyche,
- Teresa Warner Maiuri
- Mary O'Reilly, Thea Schoep,
- Zara Steadman
- and Jim Waterhouse

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.

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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.

From the President's Desk



Run Soggy not Sorry

Ed Hamilton,
KRC President

We've got a stretch of soggy ahead of us for the next several days, but I'm putting away my hats and running gloves for the season.

We've had several new folks join KRC (and our e-mailing list) over the past several weeks, so I want to say Welcome to any new members. I / (we) look forward to seeing you at either the Saturday morning runs from the Village, or if you check out the website, there are other options listed there. I know all got a welcome email, but please feel free to reach out with any questions, or if you are shy about how to join more club events. That goes for all members, too!

Listed below is the KRC Spring Clinic -- its a great way to meet other runners, or get back into running if you've been taking a break.

On April 12th we also have The Dash for Trash, which KRC helps to organize with The Village of Kinderhook's Climate Smart Committee.

This is a free event and is always fun for families who celebrate Earth Day by seeing who can collect the most trash. We get some speedsters that try and cover ground to collect, but many also have a more leisurely hunt and just feel good about keeping Kinderhook clean. KRC members Siobhan and Ann are joined by many others who make it a fun morning.

Only a few more weeks till we resume the KRC Spring Clinic at Ichabod Crane-- April 16. And every Wednesday till the OK5K. We encourage you to join us and bring friends. We'll have a couch to 5K plan for those that want to train for the OK5K, but we also welcome walkers that may just want to get together with others once a week at the track.

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Putting out a bit of a push for those that want to participate in KRC's annual Boilermaker Road Race trip. Please remember you need to register directly with the race by [clicking here](#).

We also want to see you on the KRC Bus that will transport you in style on race day. Once you register for race, please also make a note on the KRC website to reserve your spot on the bus. Highlighting because Boilermaker sometimes sells out, and we also want to make sure we get the fun people on the Bus! Friends and family are welcome to ride the KRC bus.

That's it. I should be back to running next week, so hope to see some of you out on the roads/trails.

MARK YOUR CALENDAR

Thea Schoep
March 23 at 6:58 AM

I hope you can join us! Cookies and fresh made bread are the prizes. It's a beautiful route.

WELCOME NEW MEMBERS!

We wish to extend a warm welcome to our newest members: Jennifer Mane, Melia Chittenden, Kevin Meehan, Gina Macari and Emily Wall. We are looking forward to running with you.



Running in the RED

Arizona

Jim Waterhouse crossed the finish in the Mesa Marathon with division standing of fifth place! Way to go, Jim.

According to the race website, The Mesa Marathon is a beautiful race course that begins below the large white Phoenix sign painted on Utery Mountain. Marathon runners will experience nearly 1,000 feet of net elevation loss in this fast Boston Qualifier. The race has thousands of parking spots available around the finish at Riverview Park. Marathon runners will enjoy the diverse scenery from cactus desert to spectacular views of the Phoenix Valley from N. Utery Pass Rd.



Challenges & Goals



justrodneY FUNDRAISING APPEAL: For those that don't know, I had a total gastrectomy at @memorialsloanKettering two weeks ago(see ya stomach). Shortish story: I have a genetic mutation that, with family history, brings with it an 80% chance of a rare and aggressive stomach cancer. Good news, no cancer, but a major lifestyle change. To give back to the hospital that gave me so much and to see what I'm still capable of, I'm running the NYC marathon in November with @fredteammskcc. If you're able, please give what you can. LINK IN BIO. 24 minutes ago

We are so inspired by KRC member Chris Scoville, who recently underwent a major lifestyle alteration after learning he was at serious risk of an aggressive type of stomach cancer. Just two weeks after having his stomach removed Chris has signed up to run the New York City Marathon in November.

In addition to challenging himself, he is also challenging all of us to support Memorial Sloan Kettering with this fundraising appeal for @fredstrammskcc. Please consider joining his mission.

La Grange

Kinderhook Runners Club Inc. Mar 29 @ 7:59 AM

Not what I expected and my original goal was 6 loops prior to not seeing them. Ran the first loop and changed my goal to just running for as long as I could to six hours. Still happy with my effort! Learned a lot for the Flagstaff run!

La Grange Running

How did it go? Add Note

Lunch Break!

Kinderhook Runners Club Inc. Patric Brew · 28m

Was shorts weather, stopped for barbecue on way home! Good spot after the tobacco barns.

Afternoon Run

Distance: 6.03 mi Avg Pace: 7:55 /mi

Moving Time: 47:47 Elevation Gain: 246 ft

Vets in Blue

Icebreakers!

zara_steadman Albany Rowing Center

Liked by clardizabal and others

zara_steadman Ran the Albany Ice Breaker 5k trying and failing to catch up with @mckirch24

Training? Connect with KRC



Racing season is almost upon us

There is no shame in hibernating a little during the cold winter months, but we hope you will meet us on the ICCS track on Wednesdays beginning April 16 for our popular Spring Clinic, a free running workshop for runners of all levels.

The workouts are geared to get you ready to run the 25th OK5K Race on June 7. Whether its your first (or your fastest) 5K, we guarantee it will be fun!

In addition to the 5K, other events include Kids One-Mile Race and D.A.Y.S.I. Dash: Differing Abilities Yet So Incredible.

KRC SPRING CLINIC

Wednesdays | April 16 through June 4
6 p.m. at the ICCS Track - FREE

Before WORKouts

Before their workdays start, some of our winter warriors in North Chatham have been getting out before the crack of dawn for some training miles.

That's one of the best things about being a KRC regular! Attending our club runs and events puts you in close proximity to running partners who are willing to face the dark and the drizzle, and even the most below-freezing runs with you.



Crib Sheet

- *Treadmill warm up - 15-20 minutes
- *Jumping Jacks - 2 sets of 30
- *Goblet Squats - 2 sets 12
- *Step-ups - 2 sets of 8
- *Plank to Lizard - 2 sets of 8 both sides
- *Handstand (wall supported) x 2
- *Deadlift (barbell) - 2 sets of 10
-
- *Bench press
 - Set 1 - bar only 5-10 reps; REST
 - Set 2 - 10lbs (to ability) then immediately bar only (for as many as you can) REST
 - Set 3 - 5 lbs (to ability), then bar only for as many as you can. REST
-
- *Assisted pull up -60lbs - 3 reps of 10
- * Assisted step downs - 30lbs - 2 reps of 8 both sides
- *2-minute plank
- * 10-minutes spin bike
- * FINAL STRETCH
- ****MASSAAAAAAAHHGE chair!!!!





Peaks & Valleys

By Jonathan Loyche

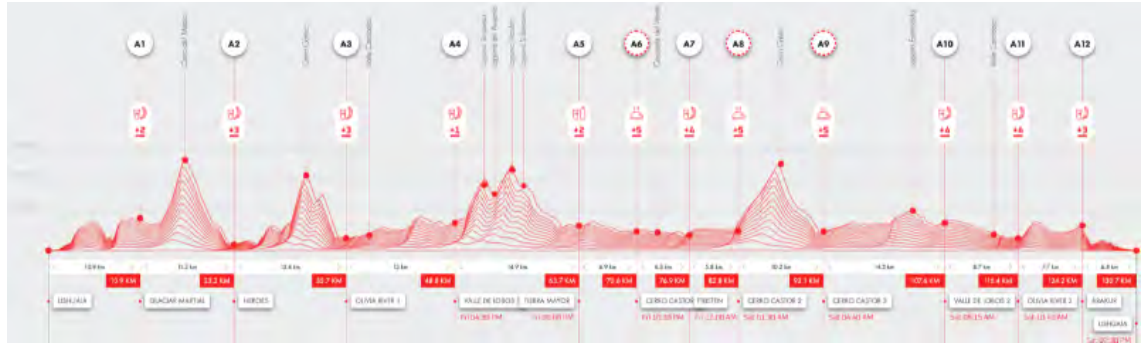
It all started when I received the newsletter from UTMB inviting me to join this race at the end of the world in Patagonia. I quickly checked with Rebecca to see if she would like a trip to Patagonia in March 2025 and then visit my father in Uruguay. She liked the idea and I signed up for the race and had a new goal; somehow I must have forgotten to mention that there was a race involved.

I signed up for this race in August 2024, still injured with a bad ankle sprain that occurred the end of March. It was an injury not even running related but managed to pretty much cancel the whole 2024 running season for me.

Being sidelined is frustrating, I volunteered at a couple of my favorite races in 2024 instead and tried to stay active and fit with cross training. Consistent running wasn't really an option until the end of the year, that ankle was still bothering me and I had to ease into it.

Valhöll - El fin del Munda is part of the UTMB World Series, it takes place in Ushuaia the most southern City of the world.

Ushuaia is in the Tierra del Fuego Province surrounded by the Andes mountains at the Beagle Canal, both are also the border to Chile. Cruises to Antarctica start here.



Our intrepid world traveler took in some epic scenery in the world's southern-most city and brought back a world-class experience. Click on any picture to see more from his epic journey.



January 2025 I finally was able to go back into full training, writing that now makes me wonder why I didn't consider changing to a shorter distance, oh well I wanted to give it a shot.

Only 3 months to build for an 80 mile mountain trail race with 20,000 feet of climbing.

Training went very well and my confidence grew that I could possibly pull this off.

The problem, not only did I want to finish this race, I also had a certain time in mind, something around 20-21 hours.

It rained the night before the race which meant snow on the higher peaks, the race organizers moved the start time of all races one hour ahead because they were concerned about freezing rain the next night making it very hard for slower runners and safety.

5:00 AM start now, temperature in the high 30's F with 20mph wind and rain. They say: don't like the weather in Ushuaia, just wait 15 Minutes.

75% of the climbing is done within the first half (40miles), I enjoyed the



climbing, long brutal steep climbs, there is something nice about knowing that once you are up there you are going down again and it is nice to get them out of the way. The climbs were around 2 miles long with around 4000 feet up/down each.

It was rather joyful to attack them. Such epic views, I have never experienced climbs and landscapes like this.

All three climbs had different terrain and different footing, the first was covered in snow, the trails were icy and slippery, I wish I would have had

Patagonia with Jonathan Loyche (continued)

" I had one weird moment on the second descent where the mountain pulled me towards itself and I got a dizzy, it was some kind of trollish experience, not the internet troll, the mountain troll. "



*** Photographs by Rebecca Loyche, Jonathan Loyche and UTMB photographers

micro spikes, the second green and mossy, the third reminded me of the Grand Canyon, different tones of brown, red and very rocky.

All together these three climbs were around 12000 feet up and down.

It felt a little bit like going through 4 seasons as well, cold and snowy on the peak, warm and wet down in the valley.

Up went very well, down for most of it, the flats sucked and were wet from the rain, streams in full flow and muddy, lot's of mud.

I had one weird moment on the 2nd descent where the mountain pulled me

towards itself and I got a dizzy, it was some kind of trollish experience, not the internet troll, the mountain troll.

It's the flats were I realized that a long, long day and night would lay ahead, I wanted to go faster there and go, but I just couldn't get speed, it was a shuffle and really frustrated me. I did not want to walk this one in.

Before the Aid Station were I would finally see Rebecca there was this long, long muddy stretch, with sliding descents and knee deep mud at some areas that got to me, somewhere there I knew

that I was done for the day.

I had lost my why; why do this to myself, thoughts like I don't want to go back through this, even though I wouldn't need to revisit this stretch there were some out and back sections but not this one, but what if there is more of this. It was cold and wet.

Remembering and feeling that my ankle wasn't 100% yet and all the joy I already had within the previous miles.

Feeling grateful that I finally can get out there again and do what I love, it had been so long.

With one crying eye and one happy eye I finally met

Rebecca, she tried to encourage me to keep on going, but I didn't want to put both of us through this and rather enjoy the next days together.

I did not want this race badly enough and was so happy with what I had already experienced.

It was still very hard to make this call because I knew I could have gone on; I would have finished, but I didn't want to pay the price at this point.

I have a nice running season ahead of me and don't want to be sidelined for it.



Village of Kinderhook, Climate Smart Task Force
and Kinderhook Runners Club present:

DASH FOR TRASH

APRIL 12, 2025 - 9 AM



INFORMATION

Celebrate Earth Day by walking or running in this competitive clean up event. Take one hour to collect as much litter as possible. At 10 a.m. trash collected will be weighed and prizes will be awarded to the winners.

COME JOIN US

This is a fun and free event for all ages. Gather in the Village Square in time to begin at 9 a.m. Gloves and trash bags provided.

BE AN EARTH HERO ... JOIN OUR DASH FOR TRASH

25TH OK5K

Saturday, June 7, 2025

Main Sponsors:



- fastest 5k in the area
- chip timed by  ARE EVENT PRODUCTIONS
- free kids 1-mile run
- free D.A.Y.S.I. 100m Dash (inclusive for all abilities)
- awards
- community spirit
- kids activities - face painting
- walkers welcome
- all proceeds go to local nonprofit organizations

register online
www.ok5krace.com



start time 5K	- 9:00 AM
D.A.Y.S.I. 100	- 8:30 AM
1m kids run	- 8:00 AM



The KRC Spring Clinic begins on April 16!
Join us for free and train with KRC for the OK5K.
more information: www.kinderhookrunners.club



2025 
GRAND PRIX SERIES 

Questions? mail@ok5krace.com

How about that?

Reading RUNNING Reading RUNNING

No Shoes for You

In February, Ironman updated its list of banned running shoes. So those of you NOT participating in one might be interested in some of these performance enhancing models:

ADIDAS

Adizero Prime X / Adizero Prime X Strung / Adizero Prime X 2 Strung

ASICS

SUPERBLAST/Novablast 4/ Nova Blast 5

NEW BALANCE

FuelCell SuperComp Trainer

SAUCONY

Kinvara Pro

STOP Watch



Have you thought about ditching the data and running sans timepiece? Check out this essay in [Outside Online magazine](#)

Runner David Gleisner wrote about his experience giving up his watch for a month and explains how it helped him reconnect with his original love of the sport.

Performance Pantry

Many professional runners are breaking records thanks in part to an old kitchen staple, **Baking Soda** according to a piece on NBC News.

Bicarb, as it is known medicinally, is a legal means of running faster times than ever. As sold by Maurten, a Swedish company that has come up with a stomach-bypassing formula to avert gastric distress, the old-school performance enhancer works by easing the buildup of lactic acid that cause fatigue from hard workouts. Although it's legal, its not without potential side effects: For more information, check out this piece in [Running Shorts](#).



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.

