

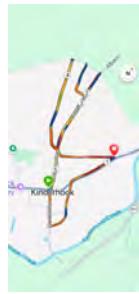


THANKS FOR KEEPING PACE

# Simply Runderful



TURKEY REINDEER



FANTASTIC BEASTS  
3.1

VOL 06 EDITION 06 | NOVEMBER - DECEMBER 2025



# THE RUNDOWN

OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB

## Sprints & Spirits

We'd like to thank the Grout Family for hosting us at their most excellent venue, Harvest Spirits for our holiday party. A wonderful time was had by all.



# HOLIDAY HAPPENINGS

Sugary treats, snowy runs, KRC has a wintry mix for the New Year



GOT A  
GOOD  
TIP?

Visit our  
facebook page  
and tell us all  
about your  
favorite things.



# Club Runs are Special



**ITS  
RUNDERFUL**

**ITS MARVELOUS**

It must be something in the air, but sometimes group runs just seem to click. We all seem to know that, on an individual level, our experience on the run can feel like a roller-coaster: We pour our hearts and souls into training for big races and sometimes the "suck" as Ed Hamilton, our fearless leader likes to say, finds us instead of the superlatives. And other runs we thought would be a slog somehow become glorious without an explanation.

The latter was the sentiment many club members expressed on the first Saturday cold enough to require gloves and jackets (if not long pants and hats). We wanted to share some of the love and the runderful feelings.

# Runderful reflections

**Christine Hong Cunningham**

Not only did we run with the beautiful backdrop of a fall foliage I ran like I hadn't run in a long time! Instead of just running for running sakes I ran like I was training for a race at the end. (I've been so sore since then!)



*On the first crisp day of fall, we listened as folks remarked about a particular Saturday Club Run that stayed with them. We thought we'd share their insight.*

**Wendy Brennan**

How I felt? I was composing my obituary: She died doing what she loved. 🤪

**Dan Kuhner**

I will have only kind words for you Wendy. R.I.P. No worries. I would have picked all of yourself up and put you in a very nice container Wendy. You have earned it. ❤️



**Teresa Warner Mauri**

Too funny!!

After a conversation Hilary and I had at Heidi's wedding about slacking lately when running solo, I made a conscious decision to step it up a notch. In the past 2 weeks I've activated my training mojo with the Stockadeathon in mind. Running solo has been productive again and even fun, but not nearly as much as with the Saturday group!! Trying to keep up makes me a better runner and the company makes the pain tolerable



**Glenn Berninger**

The best runs are those shared.

# Runderful reflections

*We love that our members find running inspiration from keeping things constant, or shaking things up, or learning from each other. Even when we run solo we are in this thing together.*

## Woodland wonders and hill repeats



Marka O'Connell

6d • 6.2

Early morning run = my favorite game of "Guess what those beady eyes are." I'm thinking it was a fox — too graceful for a raccoon. Raccoons always look like they're sneaking off with someone's leftovers, not leaping through the dark like woodland athletes. 🐕 5x20s hill repeats with a side of mystery!

## Holiday Lights Reindeer Run

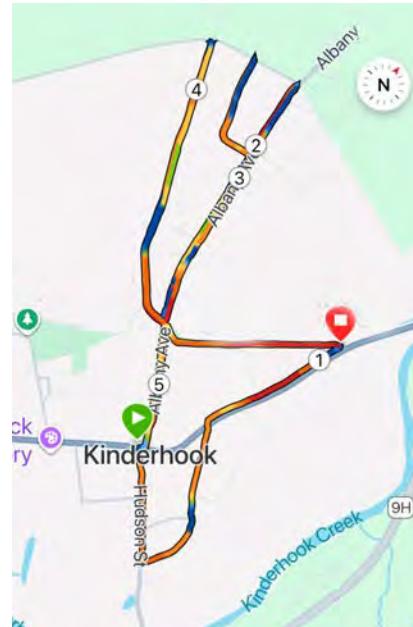


This year, we mapped our first "Reindeer Run" as a holiday challenge and had more than a few hearty souls give it a try.

Runners gathered in the village square wearing their brightest running lights, and took off down Hudson Street, turning left on Williams Street, to a right on Chatham Street (Route 9), to the Empire State Trail head near the Stewart's Shop. Following the trail to a right on Albany Ave., where we ran to Best Road, turned around and ran to a right on James Lane. We stayed on James we met Best Road and

backtracked to Albany Ave., and the village. One last right onto Sunset, and ran that until reaching Best Road one final time. Turning back, we took a right on Albany and headed back to the start on Hudson Street.

Runners could choose to stop there and they would have drawn a reindeer in a little over 5 miles, but if you backtrack one more time and head up Albany Avenue to the trail head back toward Stewart's at Route 9, you would clock about 5.95 miles AND "light" the reindeer's nose when you press STOP on your watch.



Melissa Lahey, a new member, inspired us with her hometown Reindeer Run to start our own.

## Some are just smitten with the mitten

Patric Brew doesn't need a special occasion to run The Mitten, he just steps out of his house at the corner of Merwin Lake and Fisher roads.

Fisher Road turns into Letter S Road, to a left on Fowler Lake Rd. Turn left on Omi Road, left on Fowler Lake Road, left on mile Hill Road quarter mile left on Merwin lake road back to where you started around the lake, 8 miles half dirt road half paved about 300 foot altitude game nice scenic route for 8 miles and other roads to branch off if you want to add on.

My House is open to anyone to park there they want to start from there.

— Patric Brew



PROUDLY  
SPONSORED



## 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

Patric Brew, Siobhan Connally,  
Christine Cunningham, Karen Dolge,

David Grout, Ed Hamilton,

Claudia Lardizabal,

Jonathan Loyche,

Teresa Warner Maiuri

Marka O'Connell, Mary O'Reilly,

Bevis Zotaj

## 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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Kinderhook, NY 12106-0241

[info@KinderhookRunners.Club](mailto:info@KinderhookRunners.Club)

## 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



## Sporting service

We are so grateful for our community, especially those who take care of each other. Each year we help the Elks pack and deliver boxes that fill some pantries over the holidays. We are so grateful to be able to lend a hand.

## Letters to the Board

Hello Jonathan and all the board members,

I just wanted to take a moment to express my heartfelt thanks for the warm welcome and the incredible sense of community I've experienced since joining the club.

I first got involved through the Spring Running Clinic, which was such a generous and inspiring initiative. It was clear from the start how supportive, vibrant, and encouraging this group is. That experience made it an easy decision to become a member, and I'm so glad I did.

Since joining, I've met so many kind and passionate people, and I already feel like I'm part of something truly special. Thank you for fostering such a positive and inclusive environment—it's made a real difference in my life.

Looking forward to many more miles and memories with you all!

Best,  
Bevis Zotaj

## In Memoriam

We are deeply saddened to hear about the passing of Mary Rhoades after a brief illness.

Although she was not a formal member of KRC, she was a joyful participant of our Spring running clinics.



STUYVESANT — Mary Rhoades, 66, passed away on October 24, 2025, at Albany Medical Center with her daughter by her side, following a brief and brave battle with metastatic cancer. Born September 18, 1959 to Maurice and Alice (Gaffney) Caron, in Rockville Centre, NY, she was known for her strength, kindness, and devotion to her family.

Mary retired from Verizon in Menands, NY after many years of service to embrace her greatest role as a full-time grandmother. Her family was her world, and she filled their lives with unconditional love, laughter, and endless support.

Whether she was sharing stories, celebrating milestones, or simply enjoying a quiet afternoon surrounded by those she loved, Mary's warmth and presence made every moment special.

## Welcome

We are pleased to announce our newest members: Melissa Lahey and Maria McPherson. Looking forward to running with you!

# HUDSON RUNS

## Ghostly Gallop 2025

Mike Howard made good use of his (quick) time after coming in 4th in age group at the Ghostly Gallop on Sunday, October 26, fetching water from the bottle filler for finishers. Siobhan Connally (who also managed to eke out a 4th place win in age group) and Mary O'Reilly were no help whatsoever.



One of our favorite low-key costumes of the race were some hustling parents whose stroller coaches didn't think they were hustling enough: "GO FASTER! WHY DON'T YOU GO FASTER?"



Claudia Lardizabal

3h • Bruno Mars •

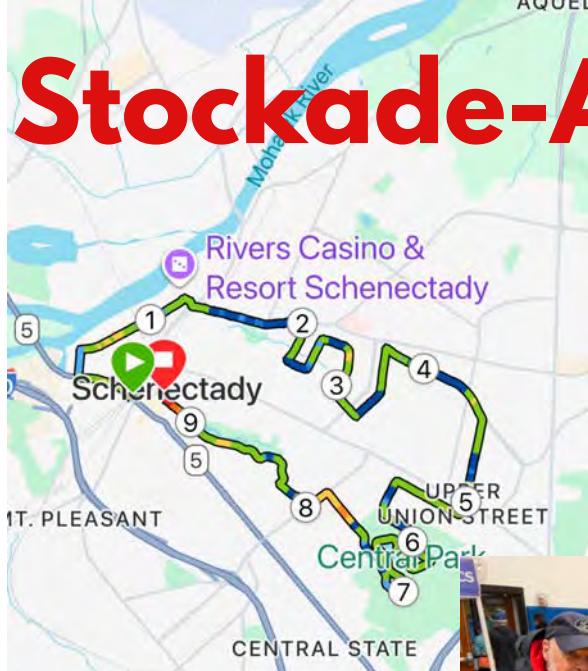
Thank you Mother Nature 🌈. You put the rain on hold. Allowing runners to reach their goals! 🍁. Couldn't do my favorite 15K without the support of my girls and the amazing volunteers. Including @dpdurkin67 @lynnengengast

Was hoping for a better time. HaPpY to be out there with the BEST company. Lots of work to do.

Congratulations to @patricbrew for #1 in his division!

@kinderhookrunnersclub #stockadeathon

# Stockade-A-Thon



 **CLICK HERE!**  
**RESULTS**



## Kinderhook Runners Club Inc.

David Grout • 3m •

Congrats KRC runners and volunteers on a great Stockadeathon yesterday, especially **Patric Brew** for soundly beating me for first place in our division. It was cold and damp but no wind or rain. Also kudos to mom **Jayne Zinke** for running as a proxy for my daughter **Nicole Grout** who had a sore throat. It was her second proxy 15k this year! Jayne was the only female runner over 80! **Kinderhook Runners Club Inc.**

**Thomas J Fraser Tom Perito**



KRC member **Patric Brew** one first in age group at MVP Stockade-athon in November. Congrats, Pat!



## Marka O'Connell

3h •

The Stockadeathon 15K did not disappoint. great course, awesome community support, and volunteers who made us feel like rockstars! So proud of my friend **Meg** for stepping out of her comfort zone to tackle this with me... even if we both questioned our life choices somewhere around mile 8.

Special shout out to **Lindsay** for helping me navigate parking and the start line!



# Morris Memorial Turkey Trot



# Holiday Party



**BRIGHT LIGHTS  
BIG SMILES**  
at Harvest Spirits



# Holiday lights REINDEER RUN



## Dashers & Prancers

Siobhan Connally -  
Dorothea Schoep - Plus one!  
Melissa Lahey -  
Michael Howard -  
Tessa Jane Kalinosky - yahoo!  
Julie Keating - With Chris  
Claudia Lardizabal -  
Christine Cunningham -  
Denise lebrecht-kuhner -  
Glenn Berninger -

# Running in the RED

## Warm greetings

 **Ed Hamilton**  
Admin 9h

No KRC weekly email. I'm repping KRC in St Maarten this weekend!! Get those miles in! (And it's just as beautiful as it looks)

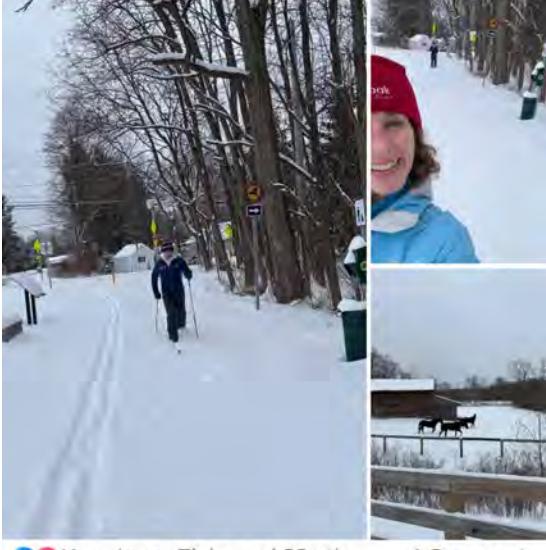


8 Comments 37 Likes 8 Shares

## Cool Running

 **Mary Sheridan Harding**  
Top contributor 1d

**AHET from North Chatham**  
Broke trail for cross country skiing on the rail trail from the North Chatham train station to the north end of Kinderhook Lake.  
[Albany-Hudson Electric Trail](#)



22 others 1 Comment

## NYRR's Ted Corbitt 15K

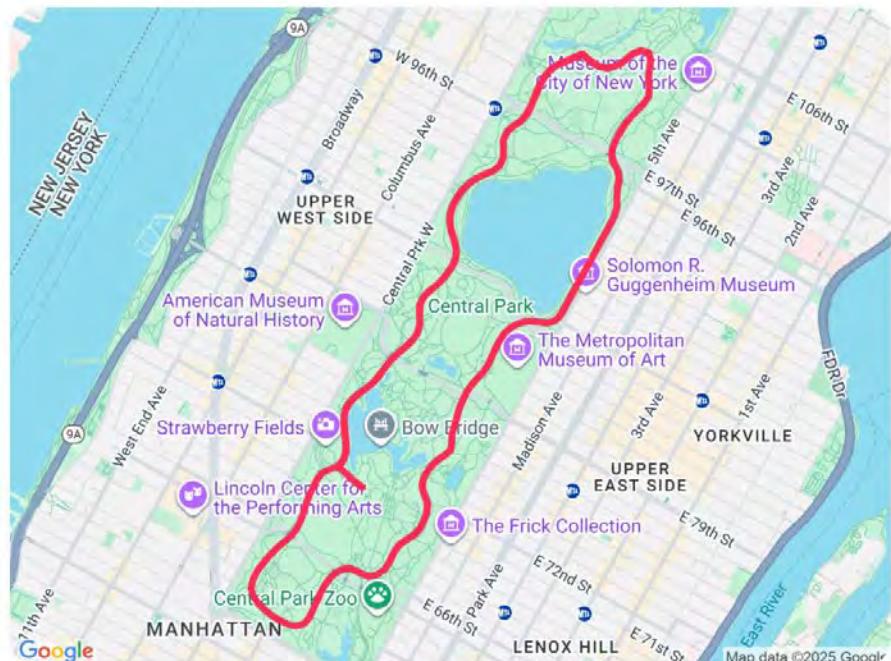


**Mary O'Reilly and Michael Lee at NYRR TED CORBITT 15K**

**Learn more about history-maker Ted Corbitt by visiting his archives**

This race honors Ted Corbitt (1919–2007), the first president of New York Road Runners, the first African-American to compete in the Olympic marathon and an ultramarathon pioneer who ran more than 200,000 miles in his lifetime. Beyond his running achievements, Corbitt's legacy includes setting standards for course measurement and age-group competition.

The December 15K course winds through Central Park and is a scored race that counts toward your 9+1 qualification for the NYC Marathon, making it a popular late-season option for runners working toward their guaranteed entry.



# Running in the RED

## We see you!



Deanna Schuster ▶ Kinderhook  
Runners Club Inc.

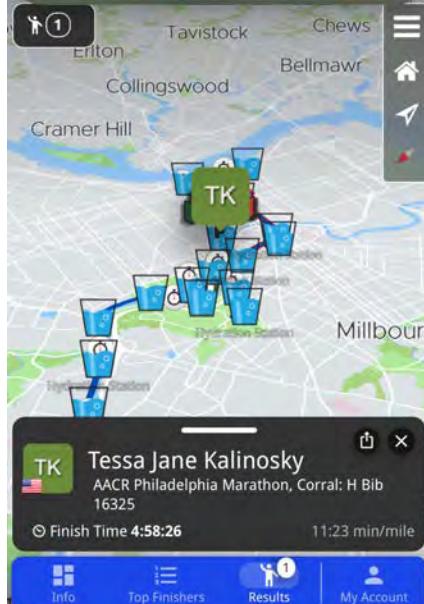
2h •

Buttercup is ready for the Harvest Run!



10 You, Marka O'Connell and 2 others

Club member Deanna Schuster looks fun and festive for the **BCC Harvest Run!**



Tessa Jane Kalinosky completed  
The Philadelphia Marathon

## Fun 50 is out and back



The crew came out on a rain-threatening Sunday to kick off our first social run of the season (you may know it as the Fun 50, where runners gather for 50 minutes of running out and back followed by lunch and libations. Keep your eyes on the website for more extra-curricular events!

Heidi Proper in red at the **D&L Trail Half Marathon**