

# THE RUN DOWN



OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB VOL 07 ED 01 | JAN FEB 2026



After a hard  
winter we  
welcome  
Spring

A Tribute to  
Deryck Culley  
1969-2026

with us in

**SPIRIT  
ALWAYS**



# MEMBER NEWS

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## CONTRIBUTORS

Patric Brew, Siobhan Connally, Jim Costello, Karen Dolge, Tom Fraser, David Grout, Derek Grout, Ed Hamilton, Jonathan Loyche, Lynne Nagengast Tom Perito, Rich Phillips, Jom Tansey, Andrew Tanzillo.

## 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 (or a location TBD).

## 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.

## IN MEMORY

**Deryck Culley**  
1967-2026



*This issue is dedicated to the cherished memory of our dear friend, Deryck Culley, who died unexpectedly this winter.*



*His spirit will be with us always.*

## Deryck in our thoughts

Hello Culley Family,  
My condolences. Deryck was such an all-around good, fun, kind-hearted guy, and he will be missed a great deal. He was passionate about running and like most runners he'd admit to days he was not feelin' it and then there were days he had a real intensity. May he rest in peace.

-- Tom Fraser

Pixie and I were so sad to hear this news. Deryck was such a happy kind and friendly person. There is no one who showed such enthusiasm at every event we saw him. He will be very much missed. Connie, we hope you continue to attend our events, don't be a stranger

-- Jim Tansey

This is truly heartbreaking news. My thoughts are with you and your family during this difficult time. Deryck was a familiar and cherished presence at so many KRC events and runs, and I always appreciated the enthusiasm and joy he brought to each one. He will be deeply missed.

-- Karen Dolge

This is so sad to hear. Deryck's positive energy and enthusiasm for running was always felt by all in the KRC community. He will be missed, but always remembered.

-- Lynne Nagengast

Such sad news. Deryck embodied everything that the running club was about and strived to be. Always positive, enthusiastic, and joyous. Participated in so many activities and events. And a pleasant companion to socialize with after races and fun runs and share his company. A great example to us all and his presence will always be with us.

-- Jim Costello

Always enjoyed running with Derick, the joy on his face when he came to join us for trail runs always made an impact on me! He was so happy!

-- Pat Brew



# In Memorium

## Deryck Richard Culley

October 4, 1969 - January 14, 2026



Deryck Richard Culley died from cardiac arrest on January 14th at 11:30 am; he was 56 years old. He was born at home in Morison, Colorado on October 4th, 1969 during a massive 38 inch snowstorm to Richard and Constance Culley.

Deryck's life was an absolute gift to his family and everyone who knew him. He lived with his parents Constance and Richard and kept their house running by bringing in wood, taking out the trash and recycling, doing the burn, and countless other necessary odd jobs. Every week Deryck divided his time by working at his sister Emily's farm cleaning out stalls, bringing in wood, and feeding the animals, working at his brother William's house cutting and bringing in wood, working at his sister Anna's house cleaning the chicken coop and spending time with his God-daughters, working at Sarah Basset's gardens weeding, planting, and harvesting; and working at Peggy Wilhelm's house doing yard and garden work and watching old movies. Deryck also loved working with the Sisters of Life in Catskill, NY. He took great pride in being able to work hard every day and helping others – and he was strong as an ox. Deryck's strength was legendary in our household. We used to have a game of giving Deryck some impossibly hard thing to pick up or move and then watch in awe as he did it. When he wasn't working Deryck loved long walks with his dog on Dugway road and through Spencertown where he talked to all the neighbors he crossed paths with and talked loudly to himself all the rest of the way, asking and answering his own questions.

He also loved spending time with his friends and doing various fun and educational activities at Coarc every Wednesday. He loved contra dancing, 4-H, skiing at Catamount, and was passionately devoted to the Kinderhook Runners Club where he would go on trail runs and races.

He especially loved spending time with his nephews and nieces (and grand nephews and grand nieces), as well as his cousins out in Wichita Kansas. Deryck also loved visiting and being a long-standing member of the Gregory the Great Academy community in Pennsylvania where his brother Luke lives and works and where he is universally loved and remembered by over three decades of high school boys.

Deryck had a marvelous memory, he was always the family historian, the only one in the family who could settle a dispute over what, where, and when something happened in our family history. Deryck seemed to know everyone. If you ever went into town with Deryck people were constantly saying "Hi Deryck!" He certainly knew the neighborhood far better than any of us. Afterwards when you asked him who that person was, he almost always knew their name, and lots about them. He was the unofficial mayor of Spencertown.

Deryck was an extremely cheerful, joyful and gregarious man: he loved talking to and being with people, and especially sharing a joke. He had a great and inexhaustible sense of humor. Some of his favorite joking questions were:

"Are you keeping out of trouble?" —

"Behavin'?"

"Do you want to rob a bank with me? —

"Where are we going to hide the money?"

— "Let's not, and say we did!"

Deryck loved every member of his family and all of his friends deeply. Our lives were and are enriched by his joy, humor, and light; we suffer a great and irreplaceable loss at his leaving. Deryck was a faithful member of the Ukrainian Catholic Church in Hudson, NY, and he kept strong in his faith in God despite great anxiety and suffering during his last few weeks. May his memory be eternal.

Deryck is predeceased by his brothers David-Patrick and Zachary and by his nephew Edmund, and survived by his parents Richard and Constance, his siblings William, Emily, Luke and Anna as well as countless cousins, nephews, nieces, great nephews and great nieces.

In lieu of flowers, you may give a donation to any one of Deryck's favorite charities: Kinderhook Runners Club ([kinderhookrunners.club/](http://kinderhookrunners.club/)), the Sisters of Life ([sistersoflife.org](http://sistersoflife.org)), or the Farm at Gregory the Great Academy ([gregorythegreatacademy.org](http://gregorythegreatacademy.org)). A viewing was held at the Culley home on Friday, January 16th, and a funeral from St. Nicholas Ukrainian Catholic church in Hudson took place Saturday, January 17th, after which he was interred at the Austerlitz cemetery.

# Tortoise & Hare



We like to change things up with our uniquely timed 5K for a uniquely competitive race, which makes it possible for the slowest runner to potentially win the race.

This year's winner of the T&H - taking custody of tulip trophy for a year - was Mike Howard!

Jayne Zinke received KRC's Spirit of KRC award.

# Jayne Zinke

# Spirit of KRC

By Karen Dolge

This year's KRC Spirit Award winner holds a very special place in my heart — Jayne Zinke.

Jayne is the proud mother of five incredible sons and a grandmother to sixteen grandchildren whom she absolutely adores.

Her running journey began in 1979 — and what a journey it has been. Jayne has completed 24 marathons, including an extraordinary 15 Boston Marathons, eight in New York City, and even one in Moscow. Not to mention all of the other races she participated in. In 1980, she was part of the runner support group that carried the Olympic torch through Kinderhook — a moment that beautifully symbolizes her lifelong commitment to the sport and to this community.

But Jayne's spirit goes far beyond race statistics. You'll often find her out on the road running with her dog, cycling the trails, kayaking, skiing, or hiking — always moving, always embracing life fully. And when she's not participating, she's cheering. She celebrates others' accomplishments as if they were her own, whether it's fellow runners crossing a finish line or her children and grandchildren chasing their dreams.

I have had the privilege of knowing Jayne over the years, and I can say from the bottom of my heart that she is my inspiration — not only in running, but in life. Her strength, humility, consistency, and generosity of spirit embody everything this award represents.

Clockwise from top: Jayne stands with Mike Thumann and David Durkin after Boilermaker finish; Jayne with Jack Nabozny, and Jayne with Karen Dolge.



# In the News



**Jim Costello and Rich Phillips share memories of meeting Olympian, Jeff Galloway at Big Sur Marathon. Galloway, died in February at age 80.**

## Look 'em up for Inspiration

- Jeff Galloway
- Jim Ryun
- Marty Liquori
- Kipchogi Keino
- Zola Budd
- Joan Benoit
- Frank Shorter
- Amby Burfoot
- Bill Rodgers
- Kathrine Switzer
- Steve Prefontaine
- Grete Waitz
- Rosie Ruiz

### MEETING WHILE JEFFING Stats from Big Sur 2016

1321	STERLEY	BRETT	.....48	.....5:17:22
1322	COSTELLO	JAMES	.....61	.....5:17:26
1323	HAHN	JEFFREY	.....54	.....5:17:26
1324	PHILLIPS	RICHARD	.....61	.....5:17:26
1325	TEGGE	ROBERT	.....32	.....5:17:27
1467	YOO	HENRY	.....43	.....5:36:12
1468	GALLOWAY	JEFF	.....70	.....5:36:22
1469	BARR	JOHN	.....56	.....5:36:43
1470	RAXWAL	VINOD	.....44	.....5:37:12
1471	DAINES	CHUCK	.....51	.....5:37:21



## Galloway made time for us

Olympian and author Jeff Galloway, founder of the "run-walk-run" training method that a number of KRC devotees call the 4-1 or the 2-1 (depending on their recovery needs), died last month at the age of 80 as a result of complications from a stroke.

A U.S. Olympian (1972) and a U.S. 10-mile record holder (47:49) in 1973, authored North America's best-selling running book, and a monthly columnist for Runner's World magazine for 21 years. Galloway, who identified himself as "limited runner," embodied the idealism of the first-wave amateur running boom in the 1960s and 1970s. After becoming his Olympic career," Galloway applied his running skills to teaching, and for more than 50 years was inventive in finding ways to recruit, inspire, and educate runners of all levels.

KRC member Jim Costello has encapsulated how elites like Galloway have inspired runners at the casual level:

"He ran his first marathon at age 18 and then every decade of his life into his 70s. He was trying to get to one in his 80s this fall. He was a great guy, too. Jim Ryun, Marty Liquori, Kipchoge Keino, Zola Budd, Joan Benoit, Frank Shorter, Amby Burfoot, Bill Rodgers, Jeff Galloway: Those were my inspirations to get into running in the 1970s and 80s and beyond. You could add Kathrine Switzer, Grete Waitz

and Steve Prefontaine to that list, of course, Rosie Ruiz, my North Star. But Galloway always tops the list."

Jim got to meet Galloway during a marathon he raced in California with KRC original Richie Phillips.

"If you put this in the newsletter, mention that Richie and I met Jeff Galloway. I think it was the Big Sur Marathon in 2016. Richie would know for sure because he talked to him for a while at the Expo. We passed him during the race and chatted a bit. He was doing something like run 1 minute, walk 30 seconds.

Rich confirmed Jim's recollection but credits Jim for being the first to turn him on to the Galloway method a year before.

"Yes, at Big Sur! Jeff did a 30-30 run/walk. I remember because as we sat in the dark waiting for the race to start, they interviewed Jeff in between music playing and he said I'll be running a "30-30" and I remember thinking... what is a 30 30? A 30 minute run the 30 minute walk? But no, it was 30 seconds for the run and walk.

"I credit him for getting me through the last 14 of my 22 marathons . I started doing the walk run, a 9/1 in 2015 , in the New Jersey Marathon actually hit my goal of 4:30, 4:29:14, thanks to Jeff."

# Running in the RED

## Cool Running



We are truly blessed to have the beautiful views on some of our tried and trusted routes. This view can be found near the midway point of Eichyush Road.

## Warm Wishes



Couldn't pass up the adventure, ran the neighborhood for a few miles. It wasn't as bad as one may think, keep pretty warm aft... See more



Jonathan Loyche and 8 others 1 Comment



We changed our Canadian Triathlon to a Duo. Dropped the skate coz temps and winds were too life-threatening and none of us are good skaters. Still a fun and freezing experience. Laura chauffeured, I ran (i.e., plodded thru the snow), and Willie skied (salvaging the family honor, what little I've left him).

## Winterlude Triathlon

Our intrepid marathoner, Jim Costello, happily reports that he and his family made it through a uniquely Canadian winter event, The Winterlude Triathlon, in January, with only a couple of switcheroos.

Originally Jim (in running shoes), his wife, Laura, (on skates) and his son, Willie, (on skis), were planning to compete as a trio (ragnar style). Weather wasn't having it. They decided to triple up on layers and skip the skates.



The runner in this photo with the 511 bib on his leg is me starting my 5K run in the Ottawa Tri on Sunday, Jan. 31. If you're keeping score, I have 3 layers on my hands and feet, 3 on my legs, 5 on my torso, 4 on my head, and 2 on my face. That adds up to 20 layers, which is a PR for me. See you next Wednesday. P.S. I should have gotten the 911 bib.

### THE WINTERLUDE TRIATHALON

Is a part of the annual Winterlude Festival in Ottawa and consists of an 8K skate on the Rideau Canal; an 6K cross-country ski from Mooney's Bay; and a 5K run from Dow's Lake, ending at Terry Fox Facility

#### Course Maps



# CLUB NEWS



**ED HAMILTON**

## From the President's Desk

I have to admit that the winter months don't always offer me lots of topics for my weekly emails. As we head into March and warmer, brighter days, KRC plans for 2026 are starting to gain more steam.

The winter "social" in February at Four Brothers was a nice change to enjoy some food and get some ideas for races and KRC activities in the months ahead. Thanks to those that came, and you can already seem some of the outcomes on the KRC website that we've added. I'll summarize some things below, but go check it out...

**Ambassador Races:** We've added a section for any KRC member to add a race they want to attend and be willing to encourage other KRC members to join you. The idea is to identify races folks want to go to and we ask the ambassador to encourage participation and connection at the race. This is a low key way to help connections in the club, and make going to races less intimidating. This will evolve as the year goes on, but there is already a race posted.

**Challenges:** For 2026 it was suggested that KRC opt into the Firetower Challenge in the Catskills. There are many in the club that enjoy hiking, and we thought having a goal for 2026 would be a great idea. There is more info on Website. The overall challenge is self directed, but Jay and Bevis have already said they will help lead a few hikes for the rest of 2026.

**Spring Clinic:** Not listed on site yet, but save your Wednesday nights after April 15, to join KRC weekly at the ICC track. We'll once again get you ready for the OK5K, and have weekly workouts for any that wish to attend. This is open to the public, so please bring a friend if you want to come try a workout or just walk the track with friends.

**Apparel:** The KRC Apparel store is open and we've added often requested KRC Red tank tops/singlets. You can order from the website.



**Click for more about NYSDEC's 2026 Catskill Fire Tower Challenge.**

## USATF Grand Prix races are set

Last month, Karen Dolge and Jonathan Loyche attended the kick-off celebration of the Adirondack USATF Grand Prix Series for 2026. They were there representing OK5k Race, which is included in the series for the second year in a row.

### ROAD RACES

Running of the Green 5K - 3/14  
 Helderberg to Hudson 1/2 marathon - 4/11  
 Bacon Hill Bonanza 10K - 5/2  
 Delightful Run for Women 5K - 5/30  
 Kinderhook OK5K - 6/6  
 Freedom Mile 1M - 7/4  
 Boilermaker 15K - 7/12  
 Run Bad Blood 5K - 8/6  
 Run 4 The River 1/2 marathon - 9/6  
 MVP Stockadeathon 15 - 11/8

## Welcome

We are pleased to announce our newest members, Matthew and Ava Horst. We look forward to running with you!



### TRAIL SERIES

Grafton 15K - 4/25  
 Plattekill Mountain 10K - 6/7  
 Landis Arboretum 5K Forest Run - 8/15  
 Thatcher Park Trail 10K - 8/23  
 Buck 50 50K - 10/3  
 Malta Trail 5K - 10/18  
 Moreau Half Trail - 10/31

## RUN DAYS

### Wednesdays & Saturdays

We will continue our regular weekly club runs on Wednesday and Saturdays throughout the spring 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).

On Wednesdays we meet 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).

### Spring Clinic

We will host our Free Spring Clinic on Wednesday evenings starting April 15th. We meet at the ICCS Track each Wednesday at 6 p.m. through June 3. The event is geared to all fitness levels and is a training for OK5k June 6th.

### New Merch

With Spring fast approaching (hopefully) we have added new singlets to the official KRC store. The price is \$16 and we have them in stock and ready for pick up. **Click here for options.**



Don't forget to let us know you plan on attending by signing up online at our website, [www.kinderhookrunners.club](http://www.kinderhookrunners.club)