

THE RUNDOWN



OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 07 ED 02 | SPRING 2026



Spring Clinic In Step with Jay Thorn



Jonathan in Thailand

Are you set for OK5K?





Spring CLINIC

Where your running adventure begins

Another great year, filled with enthusiastic folks enduring some fun track workouts in a mix of frenetic weather,

Big thanks go out to our fearless leader, Jay Thorn, who really kept us going!

We also had a few pitch hitters for our stretch workouts

Thanks again to Astrid, Teresa and Jay!





MEMBER NEWS

PROUDLY
SPONSORED
BY



BOARD OF DIRECTORS

PRESIDENT - Ed Hamilton
VICE PRESIDENT - Jonathan Loyche
TREASURER - William Barford
SECRETARY- Christine Cunningham
Linnea Van Tassel, Claudia Lardizabal,
Karen Dolge, Bevis Zotaj,
Glenn Berninger
and Siobhan Connally

CONTRIBUTORS

Patric Brew, Siobhan Connally, Jim Costello, Karen Dolge, Tom Fraser, David Grout, Derek Grout, Ed Hamilton, Mike Howard, Claudia Lardizabal, Jonathan Loyche, Marka O'Connell, Tom Perito, Rich Phillips, Jay Thorn, 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 (or a location TBD).

CONTACT US

PO Box 241
Kinderhook, NY 12106-0241
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.



Dash for Trash

KINDERHOOK – About a dozen individuals and teams pitched in to clean up The Village of Kinderhook on Saturday, April 18th during the sixth Dash for Trash event sponsored by the Climate Smart Task Force and Kinderhook Runners.

Mother-daughter team Sandra and Astrid brought in the most trash by weight, a whopping 92 pounds. Participants from Team Tardigrade, Team Blueberries, the Trash Pandas, Team Lunney and Kinderhook Krew, spent a delightful hour collecting more than 27 pounds of litter between them. Rich Phillips took the title for most refuse collected by an individual with 15 pounds of plastic and glass shards (and one, intact, antique glass Clorox bottle) from the brushy area near the Vly. In the “Every Little Bit Counts” category, senior Dasher Debbie Brown turned in 2.7 ounces of superfine debris.

All in all, participants collected a total of 144.5 pounds of litter during the event.

All winners locally baked earth shaped sugar cookies and handmade ribbons (from 88 percent recycled materials.)

Thanks to all who came out to celebrate Earth Day.

Jonathan Loyche

Betong, Thailand (border of Malaysia)

'Happy Agony'

May 1

Back into the jungle. I've meant to go back for a while, but a sprained ankle and life made me skip two years. I was well prepared for this one trained hard and ready to give it my all. This time, I made sure to arrive two days early to acclimate. I was in India prior for work.

The stats from my watch: 71.5 miles with 24,450 feet of elevation. The start was at 4:00 PM, meaning the hardest part would be that all the climbing through the jungle was done at night.

I had a rough start. My stomach was a bit out of whack and I felt light headed. I wore my sun shirt in the hope that it would keep me cool, but I was wrong. The shirt, combined with the hard work, made me run too hot and sweat too much, my heart rate was way too high.

I hadn't really trained in it until then, and now I know: a sun shirt is good for sun and heat at a moderate effort, but not for heavy climbing in high humidity.

Eventually, I got everything dialed in and was moving well, passing runners and having so much fun.

The jungle was so alive after dark. There were so many noises, the headlamp lit up only small portions, I got to see: big eyes, small eyes, glowing insects, spiders, and ants both small and large.

There were gigantic Dipterocarp trees, bamboo, and flowers I'd never seen. The soundscapes and smells were ever-changing. There was thorny bamboo you didn't want to grab while climbing or descending, and vines that wanted to trip you at every turn. So many things seemed to want to kill you, yet it was all so magical.

I had only 25 miles and about 9,000 feet of elevation left. It should have been perfect for cruising to the finish, the hard work was "done." Go figure; it was not.

I had neglected my feet. By the time I noticed something was wrong, it was too late. I should have tended to them and changed my socks at the drop-bag aid station, or at least carried a spare pair in my pack.

Now every step hurt. It hurt so much I just wanted to quit. I kept thinking about how bad it would be once I finished. I remembered Robert, a math professor from Bangkok who did this race last time; he neglected his feet entirely, his soles separated, and he spent a couple of days on an antibiotic drip in the hospital. I did not want that.

Troubleshooting is a big part of distance running, I had already overcome a weak stomach and light headedness at the start, but this was a dark place I didn't want to be in. I prefer the meditative, attentive space where I can just focus on the running with its normal challenges, but this, no.

At the next aid station, I had a look. Yes, trench foot. Should I seek medical attention? Fearing I would be pulled from the race, I decided against it. Ouch. I kept moving in "happy agony," or so I told myself, trying to keep the bad thoughts out. Step by step. I wanted to quit, so many times.

At the following station, I asked for baby powder, and a mother there found some for me. The medical team seemed sincere and eager to help. I asked them to pop the blisters, disinfect, dry, and wrap both feet. That felt like it would prevent further damage, and despite my fears, they didn't pull me from the race, they were happy I was up for the fight.

When racing, I like to spend most of my time by myself. I run my own race. While company is nice, I enjoy the space that takes shape when I'm out there alone; it's a very special space. Also, when I run alone, I only have myself to blame for my actions. No scapegoats.

Because I had already spent hours in significant pain, I didn't have much left in me. I could mostly only walk. I tried to "run-walk," but then the sun came back and it got hot again—100 degrees, humid, and no wind. Only half a mile from the aid station where they fixed my feet, I wanted to go back. I lay down on the access road and took a minute to rest. I felt sorry for myself, got up, felt a little more sorry, and went on. The death march resumed, with a little less pain and more assurance that I won't lose my feet.

It could have been such a good race; I had a great foundation for an excellent performance. But one mistake (or a couple) got me. This mistake easily cost me two to four hours. I couldn't undo it.

I called Rebecca for the last two miles and talked to her as she was getting ready for her day, no one else I wanted to talk to, maybe next time I get her to join as crew again.

In the end, it just means I have a very good reason to come back and do better. In retrospect, this was a perfect learning experience for my next big adventure in Tennessee this July.

ULTRA



Running in the RED

BOSTON STRONG

Derek's post

Derek Grout
1d · 🌐

Go Mom Go! On Monday I'm running the Boston Marathon in honor of my Mom, Jayne Zinke, who has run the Boston Marathon 15 times before me, but today she is courageously fighting cancer. My Mom's strength, stamina and fearlessness will be in my heart and legs throughout this grueling race, especially this time, this year. In 1998 I ran along side my Mom as an unregistered "bandit": the greatest honor a son could have is watching his Mom crush the Newton Hills. This year I'm officially bib #13214, Wave 3, start time: Monday 10:30 am. Thank you, Mom for inspiring me to be a runner.



Derek Grout
5h · 🌐

I am so grateful for all of you rooting for me yesterday in the Boston Marathon. Finishing strong in 3 hours 11 minutes, I had the wind at my back, the sun in my face and my Mom's energy in my legs. Special thanks to Pat Brew for driving, hotel and friendship. Huge thanks to Kari for the hug at Mile 17 and the soup in Chinatown afterwards. The guy standing in front of me at the starting line had "For Mom" written on his shirt, reminding me that I too was standing there for my Mom.



Rank	Name	Time	Age	Gender	Weight
1	11056	03:11:00	36	M	175
2	11057	03:11:00	36	M	175
3	11058	03:11:00	36	M	175
4	11059	03:11:00	36	M	175
5	11060	03:11:00	36	M	175
6	11061	03:11:00	36	M	175
7	11062	03:11:00	36	M	175
8	11063	03:11:00	36	M	175
9	11064	03:11:00	36	M	175
10	11065	03:11:00	36	M	175
11	11066	03:11:00	36	M	175
12	11067	03:11:00	36	M	175
13	11068	03:11:00	36	M	175
14	11069	03:11:00	36	M	175
15	11070	03:11:00	36	M	175
16	11071	03:11:00	36	M	175
17	11072	03:11:00	36	M	175
18	11073	03:11:00	36	M	175
19	11074	03:11:00	36	M	175
20	11075	03:11:00	36	M	175
21	11076	03:11:00	36	M	175
22	11077	03:11:00	36	M	175
23	11078	03:11:00	36	M	175
24	11079	03:11:00	36	M	175
25	11080	03:11:00	36	M	175

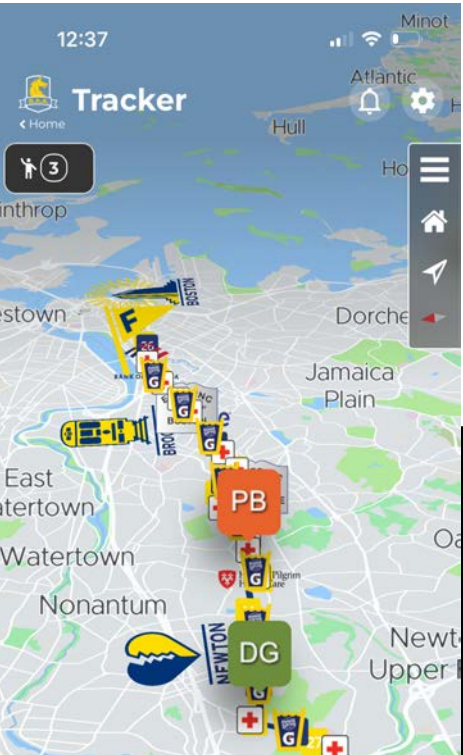
Julie Keating and 69 others 18 Comments

👍 70 🔍 18

We are so proud of our Boston competitors. You are an inspiration,

Kinderhook Runners Club Inc.
Patric Brew · 2h · 🌐

We lucked out on the nice weather tomorrow!! Should be fun!



Chile - Argentina


RunCation


WITH


Mike Howard


After another EPIC day on the trails and some relaxing yoga...Get ready for tomorrow when we head to El Chaltén! We will be staying at 2 hotels Chalten Suites and Destino Sur.


 *7.00am* | Breakfast opens at hotel


 *8.00am* | Optional 5k run along river front *meet in lobby*


 *9.15am* | Drop your bags in the lobby, leave your hotel keys with the front desk and pay any tabs and checkout

 *9.30am* | Depart hotel and bus to the airport, get to go lunch bags to bring on the plane with you, you can bring your water bottle we give you through security.

 *10.:00am* | Arrive at airport, go through security together, everyone will have to go to the ticket gate, show your passport and get your boarding pass, check your luggage and go through security.

 *12:20* | Flight departs at *12:20 from BRC to Bs. As* 15 k checked baggage + 8k

 *4:15pm* | Flight departs at *4:15 from Bs. As to Calafate* 15 k checked baggage + 8k

 *8.00pm* | Leave Airport and bus to La Estela

 *9:30 pm* | Bathroom stop and pick up dinner at La Leona





Running in the RED

Getting out there



New to the group...
My favorite run today followed by an amazing hike w my sister... such a beautiful day!!



Meghan Merante and 10 others

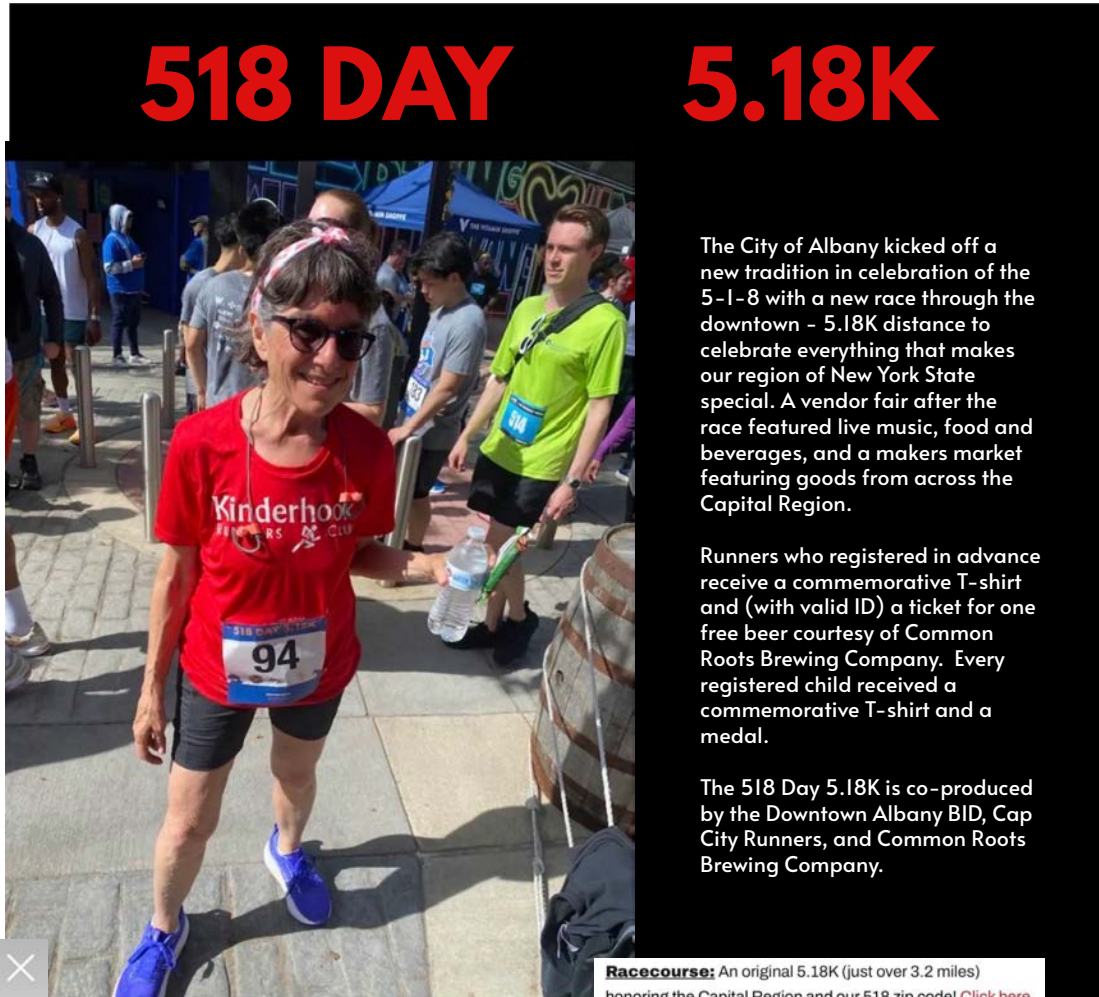
11

Work FORCE!



Found a fellow KRC member amongst 6,000+ of our closest friends about a mile into the race and running together to the finish
My 4th run in 2 months (hip tendon issue).

@kinderhookrunnersclub



518 DAY

5.18K

The City of Albany kicked off a new tradition in celebration of the 5-1-8 with a new race through the downtown - 5.18K distance to celebrate everything that makes our region of New York State special. A vendor fair after the race featured live music, food and beverages, and a makers market featuring goods from across the Capital Region.

Runners who registered in advance receive a commemorative T-shirt and (with valid ID) a ticket for one free beer courtesy of Common Roots Brewing Company. Every registered child received a commemorative T-shirt and a medal.

The 518 Day 5.18K is co-produced by the Downtown Albany BID, Cap City Runners, and Common Roots Brewing Company.

Jodie Landes Corngold, looking speedy in red as she Represented Kinderhook Runners in Albany for the 518 Day 5.18K

Great work!

Racecourse: An original 5.18K (just over 3.2 miles) honoring the Capital Region and our 518 zip code! [Click here to explore the race route](#) - or preview below.

[Download Racecourse hi-res PDF](#)



RUN for Hope

Kinderhook Runners had a strong turnout for this year's Run for Hope to benefit Church Street Preschool on Mother's Day weekend. A big thanks to Karen Dolge for capturing so many great moments on camera!

The first Run for Hope was held in 2015 on Mother's Day weekend to honor the mother of a former Church Street Preschool student. Hope Oakes was only 35 when she passed away in 2014 from myelodysplasia, a form of leukemia. Run for Hope continues to be held every May in memory of Hope and all parents no longer with us.

Kayla Samascott Wilson was a loved community member, wife, mother, and friend who passed in Feb 2020 after a courageous battle with breast cancer. The Kayla Samascott Wilson Scholarship was founded in 2021 to honor Kayla's love of running and is awarded to families of Church Street Preschool who are in financial need of assistance with their tuition or have lost a parent.



Running in the RED

Helderberg 2 Hudson Half



Tom Perito pulled out a 15 second PR on his H2H 1/2 finish time! congratulations, Tom!

Happy Returns



Jay Thorn, Bevis Zotaj and Tom Frasier cooling down after the first Hudson Neighborhood 5K race, April 18th.



Siobhan Connolly running up that hill in Breisach.



Two miles on the riverboat equals 16 trips around the sun deck track.



Rhineland

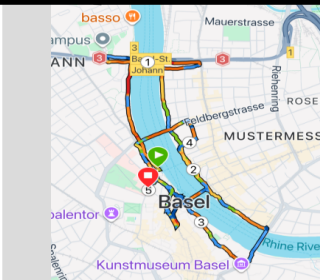
When we decided to take a riverboat cruise of the Rhine this spring, I was a little worried there wouldn't be many opportunities to run. However, I figured, even if our excursion tours were planned as precisely as a Swiss clock, I could always fit a few laps on the boat's sundeck jogging track, (which I did only once).

Instead, I was pleasantly surprised to find that by going on the tours I found not only information about the areas we were visiting but also a preview of places that I could safely run when we had a few hours of free time.

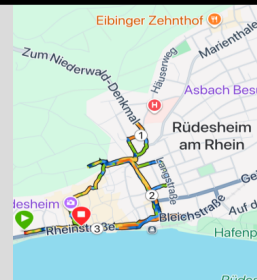
One of my favorites, was an early morning run in Rudesheim, Germany. The boat was slated to depart at 8 a.m. so I got up at 6 and set out for an easy 5K, which turned out to be two laps of the hilly streets, where the night before we had enjoyed a decadent spiked coffee beverage the area made famous. The best moment was finding a trail to a vineyard that gave me a bird's-eye view of the sleepy town and the river where our floating hotel was docked.



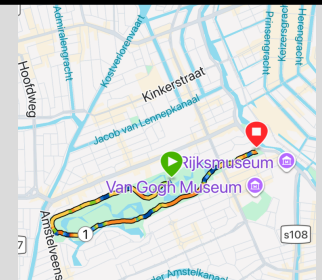
Five miles on Basel Bridges



5K in Rudesheim



Three miles in Amsterdam



Running in the RED

Fire Tower Hikes



On Saturday, May 2nd, the KRC kicked off the first of the 9 Fire Tower Challenge hike / runs.



The first event, to climb to the top of the Overlook Mountain Fire Tower in Woodstock, NY. The drive from the VOK was dark, misty, and cold, but there was a promise of better weather head. Seven hearty souls, Dave, Lynn, Bevis, Astrid, Tom, Scott and Jay, met at the trail head at 9am. The DEC parking lot was almost empty given the questionable weather, but we were determined. As we set out, almost as if planned, the weather began to improve and by the time we arrived at the ruins of the old hotel the weather had become perfect for hiking and running. (See photo). We made it to the top of Overlook Mountain about 10:30am and the sky had cleared and we beheld a beautiful clear, cool spring day in the Catskills. The climb to the top of the Fire Tower was exciting given the strong wind; the wind seemed to increase with every 10 feet of elevation gained, but certainly well worth the effort once we made it to the top. The views were spectacular. (See photos)

Once back on the ground, as we collected our gear to move over to the westward escarpment for more incredible views, we all agreed that it might be chilly, but a least we didn't have to worry about the Rattlesnakes. We all laughed, but it's a real concern in the summer months. We headed back down the same way we had come, some running, most hiking. Once back in the woods, with the sun shining; it was wonderful. We made it to the base of the trail at noon, signed out of the DEC logbook, had handshakes and hugs all around, and agreed that this had been a great day. The next Fire Tower hike / run will be on June 27 at the Balsam Lake Mountain Fire Tower, see the KRC website for more information.

White Lakes Ultra

Marka O'Connell, Kristin Note and Claudia Lardizabal supported each other to run the White Lakes Ultra in May.

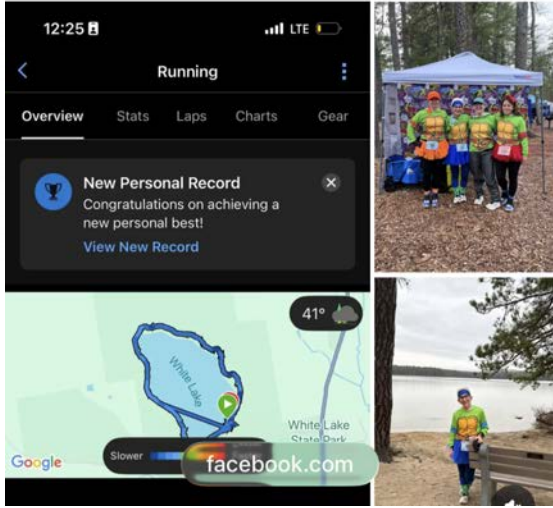
A slightly technical 2 mile, 99% single track trail loop around beautiful White Lake with a short section of beach and sidewalk. There is approximately 50 feet of vertical ascent for a single loop.

Marka O'Connell 14h · Teenage Mutant Ninja...
 White Lakes 24 Hour Ultra recap 🐢🍏
 Came home with 3rd place age group after the hardest thing I've ever done... plus one very earned blister. A whole lot of miles, grit, and just enough "turtle power" to keep going.

The scenery in the White Mountains was absolutely beautiful, the runners loved our Teenage Mutant Ninja Turtles costumes, and the atmosphere was something special.

Best moments? Hearing the loons out on the lake and the owls calling through the night while we kept moving forward... slow and steady like true ninjas. 🐢🍏

Tired, sore, proud, and grateful for every step.



Marka O'Connell is with **Claudia Lardizabal** and **Kristen Van Note** at **White Lake State Park**.
 18h · 📍
 Packet Pickup!!

Let the White Lake Ultra Adventure commence!

Claudia Lardizabal and 37 others · 9 Comments
 38 Likes

Claudia Lardizabal 12h · 📍
 1st Ultra ✅ 12 hours for a total of 34 miles. Couldn't do it without the encouragement of @oconnellmarka @kristenvannote @ell_oh_cee THANK YOU. They make every mile fun, the best costumes, best tent, and never ending food. Leonardo (blue), Michelangelo (orange), Donatello (purple), and Raphael (red) were a big hit. 🍏 #aravaiparunning #whitelakeultras @whitemountainendurance



CLUB NEWS



From the President's Desk

ED HAMILTON

Our heat lovers are likely salivating at the temps in the long range forecast. We'll all be complaining about it being too hot in no time. :)

It was great to see many KRC faces at the Run for Hope on Mother's Day weekend. From KRC member Ryan, taking second place; new member Kristy, running with her daughter; Meghan, pushing that double stroller like she owned the course; or KRC cheerleader, Karen biking along the route to yell out support, it was nice to have a fun group on what could have been a drizzly dreary morning.

I saw several of you with your teams at the Workforce Challenge on May 21. Spirits appeared high for everyone, and it was great to be surrounded by so many just trying to push themselves a bit and enjoy a nice run through Washington Park in Albany.

Keep checking our website. We have a lot to offer leading up to summer and beyond.

Some have mentioned they don't see sign-ups on site for group runs on Saturdays. We appear to be a Friday night sign up kind of group. Many a times I have checked Friday afternoon to a small group, to look later or early Saturday and see 20 people signed up. We encourage sign-up, but if you show up at 7:30 on nearly any Saturday, there will be folks in the Village running.

A reminder, we are in the Final Stretch for the June 6 OK5K. If you haven't signed up yet, now is the time. If you want to volunteer, there is still time. Dave Durkin would welcome the help. You can both run and volunteer.

I have to miss some of the local events as I'm doing a trail relay marathon with family members in Letchworth Park. (western New York). We love to know what runs you are doing, too. Send us your photos and details, and they may wind up in these pages.

Take care - Ed

Welcome

We are pleased to announce our newest members, Niki Hilbert, John Brunner, Don Burton, Kelly Spring, Kristy Bowen, Brian Fuhr, Rochelle Dire, Kathy Lisosky, and Andrea Fleck Nisbet. We look forward to running with you!

RUN DAYS

Wednesdays & Saturdays

Our regular weekly club runs continue 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 had a great turnout for our annual spring clinic! You came to the track no matter the weather, rainy or sweltering, you showed up for yourself, but you also showed up for the camaraderie. We hope you'll continue to join us on Wednesday evenings in the village.

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