

THE RUNDOWN



OFFICIAL NEWSLETTER OF THE KINDERLY RUNNERS CLUB | VOL 07 ED 03 | SUMMER 2026

MEETINGS & GREETINGS



**FUN
50!**
IT'S BACK

**Summer
Sizzled**
& KRC
COOKED

COME FOR THE RUN
SET A COURSE FOR SOME FUN

THE RUNDOWN

The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

VOL 07 EDITION 03 | SUMMER, 2026 | THE RUNDOWN



CLUB NEWS

PROUDLY
SPONSORED
BY



BOARD OF DIRECTORS

PRESIDENT - Ed Hamilton

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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

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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.



Athletes and Scholars

Kinderhook Runners Club is pleased to announce award recipients for 2026 Kinderhook OK5K Scholarship. Karen Dolge and Siobhan Connally presented the \$500 scholarships to Logan Bower and Maisha Perez at Ichabod Crane High School Senior Awards Night in June.

Students from Ichabod Crane who run Track or Cross Country during their high school experience are encouraged to apply for the grants by writing essays, which are selected by Kinderhook Running Club board members.

Past winners include: Kiley Melanson and Ian Sweeney, 2025; David Oldrich and Isabella Scott, 2024.



CLUB NEWS



From the President's Desk

ED HAMILTON

We enter a new season and KRC has a full lineup to keep you running and motivated this Fall. A gift of running is that it's always ready to welcome you back- at your own pace. Whether you've been keeping up the miles and will jump into a race, or just take advantage of lower temps to lace up and witness the Fall colors, we'd love to have you join us.

Several highlights for September include: The KRC Picnic at S&S Brewery on 9/19; A Beer Mile with the Grouts at Golden Harvest on 9/25; The weekly Thursday Dirt Road/Trail series continues; as well as Saturday morning group runs. We also have a Fire Tower Hike on 9/26, and Mary wants to limber you up at Yoga on the 9/20.

For October, we want YOU to help as a volunteer at the HMRRRC waterstop during the Half and Full marathons on the 11th. It's inspiring to watch fellow club members and thousands of others chasing their challenges while giving support and having a good time. We also welcome the return of the Fun Run 50 on October 24 in Chatham. We'll do a 50 minute run and then gather at the Chatham Brewery after. Runners and walkers are welcome. Taking advantage of fall colors, there are also TWO Fire Tower hikes in October

We also have a November Fun Run 50 planned for 11/22 - which will be in Nassau, with a gathering after at Tacos Diablo.

All of these events will be posted on the KRC website, so make sure to sign up. Weekly runs and monthly Yoga also continue. Other pop-up events may also be added. We will make every attempt to steer clear of some local favorites such as the Ghostly Gallop in Hudson and Stockadathon in Schenectady.

Please take pictures of your adventures and share with myself or Siobhan so she can add to future Rundown editions. Ideas or suggestions are also always welcome, feel free to reach out to me, or share with any on the KRC Board.

We hope to see you out there.

– Ed

Second Annual Harvest Spirits Beer Mile Returns



Harvest Spirits is hosting its 2nd Annual Beer Mile on September 25th at the orchards. There are only 75 slots available for "responsible runners (21 years of age and older) to take part in this BYOB event.

Runners must pre-register and bring 4 cans (no bottles, please) of 12-ounce beers or hard ciders to imbibe – one for each lap of the 4-lap course.

A post-race party with live music by Scott Stockman and LA-style Street Tacos from Harvest Spirits' Airstream Food Trailer will be open from 6 to 8 p.m. Distillery tasting room and cocktail garden will be open until 9 p.m.

REGISTER for FREE

Welcome, Friends

We are pleased to announce our newest members, Nicole Gerber, Scott Corwin, Austin Shulkin, Martin Kittell, Blanca Payne, and Clayton Maul, We look forward to running with you!

RUN DAYS

Wednesdays & Saturdays

Our regular weekly club runs continue on Wednesday and Saturdays throughout the fall 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).

A group also meets for Fun Runs on Wednesday evenings at 6. This group is open to the public as an extension of our Spring Clinic and usually completes an easy paced loop of the OK5K course.

Don't forget to let us know if you plan on attending by signing up online at our website, www.kinderhookrunners.club

Merch

Do you need a racing kit? A Hat? Check out our gear store!

Click here for options.



Boilermaker 49

Our Boilermaker trip was one for the books, for sure.

On the plus side, we had 40 riders, the most we've hosted, and mild temperatures and some good breezes for a comfortable race.

However, we did have some serious challenges. For the first time ever, our bus let us off at the wrong Boilermaker start line and our club members were not entirely able to wrap our heads around what was happening in the moment.

We wanted to thank our Albany riders, not only for your patience and graciousness when we arrived at the 5K Boilermaker starting line, but for your assistance when we struggled to solve a problem we just didn't foresee.

We know a few people from the Albany cohort did not get corralled back to the bus and ended up getting a ride to the start by course security. As bad as that was, we also realized how wonderful and generous people in this community of runners can be.

We also must thank Glenn, the man at KRC who held the clipboard and did his best to salvage the day for runners and ensure our safe return, as well as be a support for the driver who was understandably upset.

Hunter bus has been a trusted partner for the many years that we've hired a coach, and despite the error, we feel fortunate that our driver was able to get us to the destination in time for the start and that all of us were able to run the race.

While this was not our finest operational moment, it provided valuable lessons that will help us strengthen our procedures for future trips. We will be reviewing our transportation and communication protocols to identify opportunities for improvement and reduce the likelihood of similar issues occurring again.



Kinderhook Runners Club Inc.

Patric Brew • 19h • 🇺🇸

I wanted to thank everybody that showed up today. It was awesome. Another great boiler maker. Those two guys by the sign look cool. It was a great day. We weren't late and we weren't early. Everything came together right on time.!

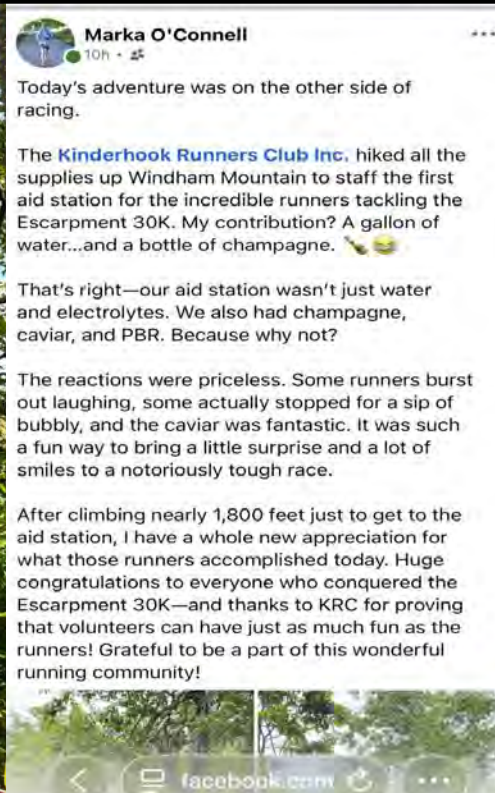


We appreciate how Pat Brew helped keep us positive, too.



Escarpment 49

Support crew



Jonathan Loyche

On the Journey

314 miles in Tennessee

Born a journey runner or a journey runner born?

I connect a certain romance with walking on a road to a far distance. It's a childhood/teenage memory; those who hitchhiked back in the day may get an idea of that feeling, although there was no hitchhiking in this race.

The first time I was introduced to something similar was in Thailand in 2020, on a run with the Bangkok Runners Club led by Gonzague. He put together a 50km run from Bangkok to the ocean with the promise of coconut ice cream at the finish; aid was picked up along the way at convenience stores, coffee shops, etc.

The idea of the Last Annual Vol State is similar, just in a race format: 314 miles (500km), a given route and time frame to complete. You can receive aid from strangers along the course, and you can go to businesses along the course and buy whatever you need. You cannot ask for aid, enter somebody's home, or get in a vehicle.

Because this particular course has been the same for over 20 years, there are now a lot of road angels providing aid, which is amazing, sometimes even overwhelming! I planned for this race for months and got my race pack down to 4.8 lb, but as I found out, it was still overpacked. I didn't use 70% of what I packed, lol, including the headlamp; I only needed my handheld light once in a while, since most of the time there was enough ambient light to navigate through the night.

Things I actually used: Desitin, Salty Britches, Engo Patches, Compeed pads, toothbrush, deodorant and a knife. LMNT and 4C Energy Rush powder were great to have on hand; the gas station 5-Hour Energy bottles can be a little too intense. 2x 450ml water bottles. The power bank I used once. I guess it's a keeper, but only because I had my live tracker on so family and friends could follow where I was; I was able to recharge mostly at businesses or angel stations. Multiple pairs of socks, though I'd probably only bring one extra pair next time. Sun hoodie and singlet, for next time I'll try to find one piece of upper wear that's universal enough. I think that's all I needed, since there was enough aid, including dollar stores.

I was lucky enough to have UltraMatt19 (aka Matt Barker) run next to me early on. He pretty much gave me a crash course and taught me what really matters in journey running. For three days we ran together on and off again, dodging storms, sharing two hotel rooms, and eating many first-class gas station meals. Very thankful for this time.

Really, the biggest challenge was my feet, constantly taking care of them, especially hard this time because we had so many storms. I kept blisters pretty much in check until close to the end, then slowly I would feel hotspots, all from that jungle race in May. Compeed pads to the rescue!



Again, thank you Matt for helping out a rookie. I came into the race with the strategy of tending to my feet often and using Desitin Extra Strength only, baby, and that did it.

Still, my feet started swelling, a totally new sensation; shoes were already a half size up, but when I cut the areas around my big toes out, it felt like I had new feet. I should have done that at the first tingle. I learned a lot in that department, but still have so much more to learn, and for that, obviously, I need to run another journey race, lol! It's just such a new pain. I'm hoping next time will be smoother now that my body is accustomed to this.

Sleep: really just anywhere that was safe and whenever it was needed. Park benches, churches, fire stations, sometimes hotels; a piece of cardboard all of a sudden becomes a comfortable mattress.

Food: whenever I saw a good opportunity. I actually did not lose a single pound; one of my biggest strengths is eating, and eating a lot. Lucky for me, I don't have any dietary restrictions. 6:03:04:54, there are so many small stories packed into this time. There was never a dull moment. Lots of ups and downs.

Very happy and very sad moments, sobbing sad, but then super happy again. Wonderful, amazing, but also annoying beings. Angels! Kindness and anger.

It was life, the essence of surviving and living, life concentrated in a nutshell is it. One step in front of the other, making it to the next chosen resting spot toward the finish, looking out for your fellow runners while not forgetting that this is your race. Being together in your own alone. The single stories matter but create that one big picture; I will savor them for a long time.

I'm thankful for the opportunity to take part in this race and this sport, and for the luxury of being able to train for it and take so much time off.

Grateful for the race organizers, all really nice and caring people who actually want you to succeed in the race and care about your well-being.

It's just hard stuff, but that's what I signed up for.

Scenes from the road ...



Running in the RED

Mark your Calendars

Harvest Run at BCC

The Berkshire Community College Harvest Run and Fun Fair takes place Saturday, Sept. 26, at 10 a.m.

Location: Paterson Field House

Theme: Botanical Gardens Community 5K Trail Run

Kids 1-mile Fun Run (Free!)

Integrus Healthcare

Cook-Off Competition with

plenty of delicious samples

Health and Wellness Fair,

including massage, blood

pressure checks, pulmonary

function testing / "test your

lung power," balance and

stretching activities, and

more!

Awards for Top Finishers

and Best Costumes

All proceeds will benefit the

BCC Nursing and Allied

Health programs and

students.

The Ghostly Gallop 5K

Registration is open for the

October 25, 2026 Ghostly

Gallop to benefit The

Hudson Area Library.

A One-Mile Fun Run kicks off

the festivities at 10 a.m. (Free

for children aged 12 &

under.) Followed by the 5K

Run/Walk at 10:30. All races

are free to students aged 17

and younger.

The Ghostly Gallop is a

cherished autumn tradition

in Hudson, known for its

scenic city course and

enjoyable family activities at

the start and finish lines.

This year marks the 26th

annual Ghostly Gallop,

where participants including

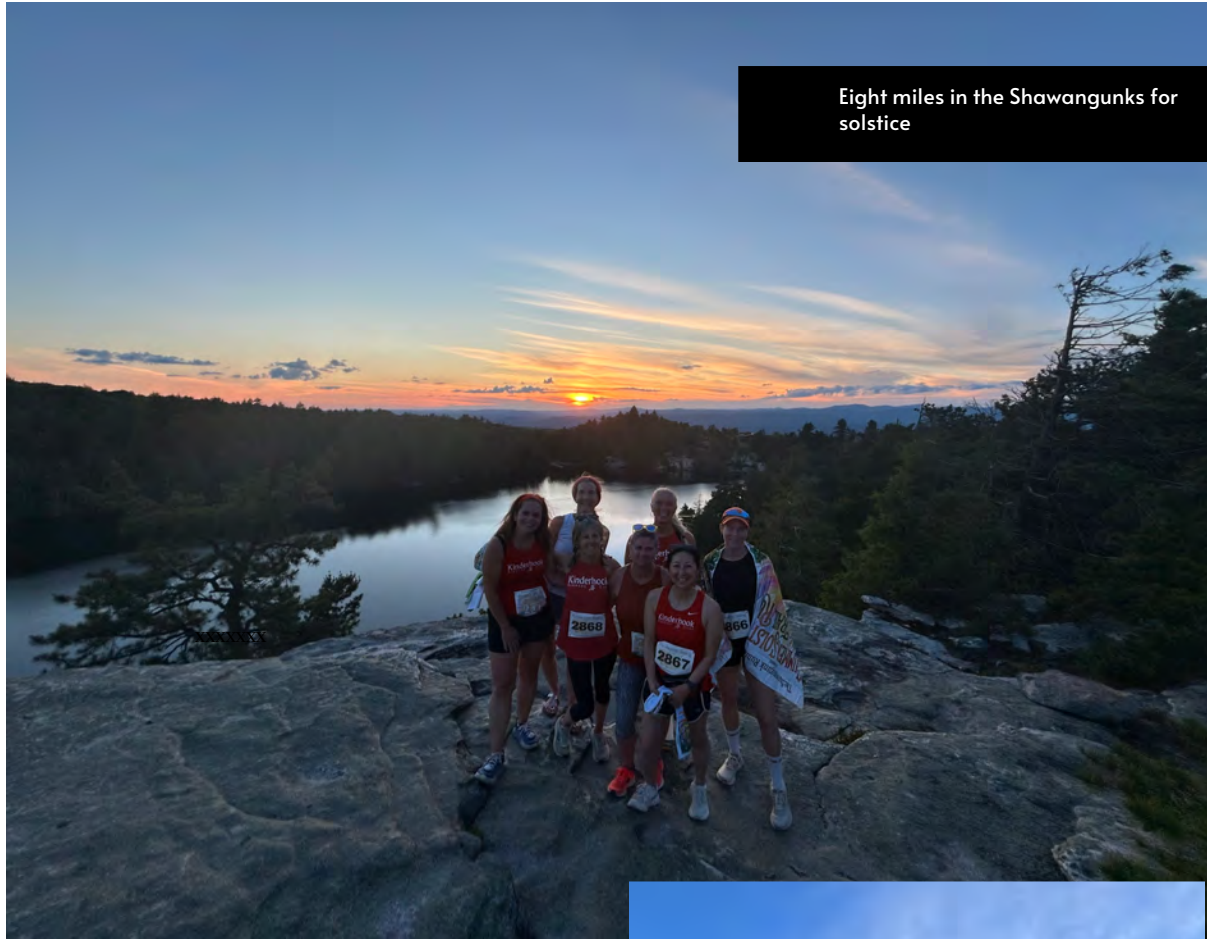
runners, walkers, and

volunteers come together to

support the Hudson Area

Library.

Solstice in the Gunks



Eight miles in the Shawangunks for solstice

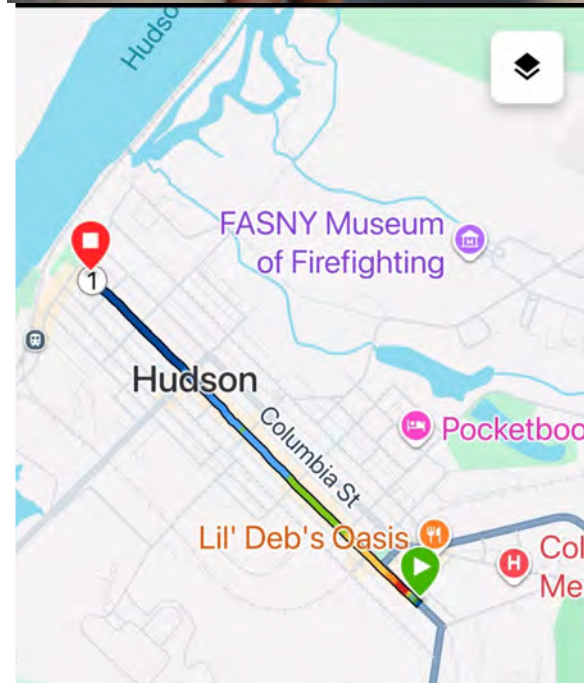


Claudia Lardizabal

1d • 🎵 SRA FOGG • 🌐

Shawangunk Summer Solstice Run - 8.6-mile run in Minnewaska State Park. Nothing better than enjoying a beautiful night running with your BFFs along spectacular cliffside views, pristine glacial lakes and summiting the highest point on Shawangunk Ridge. Teresa Hilary Dunne Christine Cunningham Wendy Brennan #shawangunkrunners #minnewaskastatepark #kinderhookrunnersclub





Hudson Mile

We don't know what the purpose of kerning the "e" at the end, but we can tell you The Hudson Mile was a delight from start to finish.

We counted quite a few KRC members at the second annual race (which is essentially the entire length of Warren Street) on Aug. 29.

This is a fast, downhill course which has attracted some of the best runners in the area. But it is also the perfect distance to push yourself to a PR no matter what your race pace.

Races we love

Sherman 5k

Our own Jeannie Hurst celebrated one of her favorite places – Sherman, NY – by running the town's annual Sherman 5K as part of its Sherman Days celebration. The three-day extravaganza looks like a real hoot!

Click here to see some **old fashioned charm**.



Jeannie Hurst



The hats and medals were a nice touch, as were other finish-line perks, which included catered sandwiches.

The most surprising part was having enough energy (and not feeling too sweaty) to explore

the city of Hudson after the party ended.



On the run with Michael Thumann

Volunteering for kids run program is rewarding

Just Run

They come by the hundreds for a day at the running track. The school bus doors open and out come screaming kids. The coaches, the parents and the elementary schools make this a day that second to sixth graders won't soon forget. The emotion, camaraderie and support these kids give each other is remarkable.

The first time I volunteered to help with the Just Run program I had no idea what to expect. At that time it was held at Union College some ten years ago. The bus load of kids that arrived squealed at the chance to, in most cases, run in their first track meet. Watching these kids line up for each race with such enthusiasm and ready to roar off the starting line with their parents and friends watching left a smile on everyone's faces. This was my first time but I knew I'd be back again to volunteer. The program was so popular Union College soon became too small to manage the growth of Just Run.

The venues have changed several times too, but that didn't diminish the popularity of the program. Over the following years events were held at Guilderland High School, Mohonasen High School, Hudson Valley Community College, and, this year at both Columbia High School and Broadalbin-Perth High School.

The volunteers are in most cases either present or former runners of the Hudson Mohawk Road Runners Club. The parents and coaches from each school give their time and energy to promote running for these young athletes. Their dedication to be there each year to provide direction and encouragement is what makes this program one of the best in the Capital District. This year there were 39 schools and over 1,600 students that participated in track meets held on three days: two at Columbia High School, and one at Broadalbin-Perth High School.

You need a lot of volunteers to make this program work, and the Hudson Mohawk Road Runners has been up to the challenge. Coordinators of the program include Ken Skinner, Tom McGuire and Barbara Bradley. And as a part of that team they have photographers Ray Lee and Bill Meehan who capture the best moments of the kids crossing the finish line. Those pictures along with group school pictures are all found on the HMRRRC website.



Michael Thumann has been a long-time volunteer with HMRRRC's Just Run youth program, and truly enjoys seeing the next generation fall in love with the sport of running.

When you watch second and third graders no more than three feet tall grinding out a 400 meter race you watch in awe. The boys and girls are all provided with "Just Run" t-shirts, bibs, and snacks, plus every finisher gets a ribbon. The screams are loud and some moments are too precious. Each race when all runners are finished the next race begins. At Broadalbin High School the girls 1500 meter race was ready to begin. The girls all lined up anxious to go, when they realized there was still a runner on the track. They all moved out of the way and began clapping and cheering for that last runner. It was spontaneous and sincere. These are some of the things you love to witness.

The Just Run program serves as an opportunity for these young athletes to experience running as a sport to pursue. Many of these runners started in second grade and return each year for the love of the sport.

Next year will bring more challenges and volunteers are always welcome.

The track meets are held in early June, and the Just Run cross country program also sponsored by the HMRRRC is held in late October. If you would like more information about Just Run or if you're interested in volunteering, please contact admin@hmrrc.com

Running in the RED

Thatcher Park 10K



Thatcher park 10k

Hello from Thatcher Park 10K (Tom did not run but he made sure the burgers were not going bad at the finish line) when Jonathan and Jen crossed the finish at the August 23rd race. The event is part of Thatcher Park's extensive trail running festival.

Chasing Bluebirds

Chasing Bluebird Days for Kevin is hosting this fundraising event on Saturday September 19th, 2026, at Saratoga Spa State Park Warming Hut, Saratoga Springs. This family-friendly walk, run and children's fun run will begin with the kids' run at 9:30am followed by the 5K run/walk.

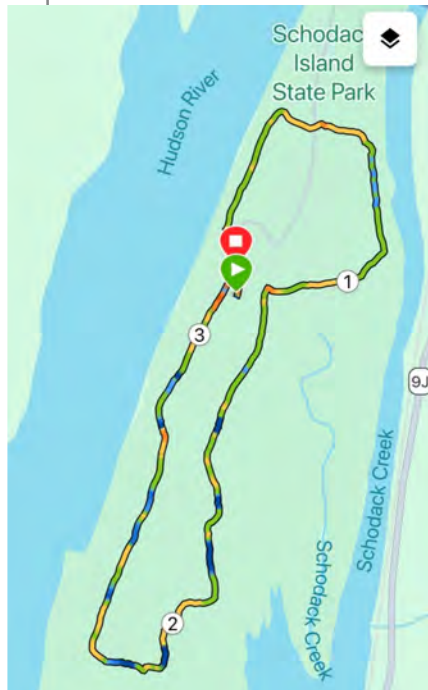
The fundraiser honors KRC member Kevin M. Colwell, a beloved husband and law partner, who lost his life suddenly and tragically at Gore Mountain in a skiing accident on February 8, 2025. Kevin lived his life with purpose, passion, and joy. He was the co-founder of The Colwell Law Group, a devoted husband and doting father to our 3 boys. He led with a vision that nothing was impossible!

This fundraising event will allow Chasing Bluebird Days to award a scholarship in Kevin's memory to a student at Hudson High School, Kevin's alma mater, and Christian Brother's Academy, our children's school, in 2027 and beyond. No one truly dies until the last person says his name.

Dodge the Deer

Look who showed up to ARE's foundational event, Dodge The Deer at Schodack Island State Park the day after OK5k?

From left are Claudia Lardizabal, Tom Fraser (volunteering), Glenn Berninger and Siobhan Connally.



It was a lovely day, making the 5K trail run feel just as easy and breezy as the weather.

We also saw a bunch of 2026 OK5K shirts in the crowd. Great vibes!

After the race, Claudia helped us out with a stretching session. Why don't we do that more often?



Running in the RED

< IN THE NEWS

Kinderhook Runners Club Inc.
Siobhan Connally • 7h • 🌟

Congrats to KRC all star, Jean Hurst, for her glorious appearance on the TU's front page this morning celebrating her finish in the Delightful Run of Women! Jean had arrived home from Denver the night before the race and managed to pull off a PR for every mile of the course! Congratulations. We are so proud.



Iron Man

Todd DiGrigoli is with Ed Hamilton.
Jul 19 • 🌟

Ed is out of the water !! - with **Ed Hamilton.**



Jonathan Loyche and 40 others • 9 Comm...

Ed Hamilton
Admin • 🌟 Jul 20 • 🌟

Thanks to all for support and messages for IMLP! Not finish I hoped, but did mean more time on course in beautiful Lake Placid. Happy. IM #10

You, Jonathan Loyche and 30 ... • 14 Comm...



Summer SPECIAL - Ice cream socials have been a sweet treat for some Wednesday fun runs.

SUMMER SPECIALS - ICE FIRE

FIRE TOWER CHALLENGE - Some of our members followed the challenging path to find some of the best views in NYS.

