

THE RUNDOWN

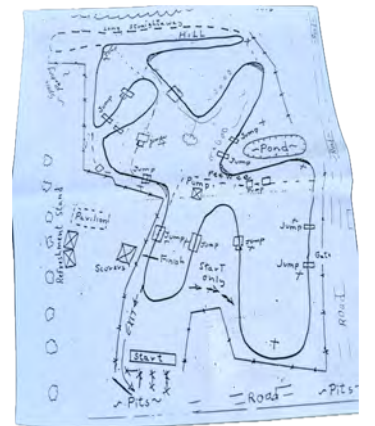


OFFICIAL NEWSLETTER OF THE KINDERHOOK RUNNERS CLUB | VOL 07 ED 04 | FALL 2026

TRACK



**KRC buddies host
unique running events at
Golden Harvest & MX Claverack**



Go, Runner

Chris Scoville will run TCS NYC Marathon with **Fred's Team** to honor those who helped him through life-altering surgery

Even if you've never met Christopher Scoville, you'd probably recognize him as a runner. A good one. With a form so smooth, it seems effortless as he strides down Broad Street. And if you happened to run past his house while he was out doing yard work, he'd give you a hearty wave, a wide smile, and call out some words of encouragement: "Go, Runner!"

But what you would not have known is that he has more courage than he has literal guts.

Two years ago, the marathoner and KRC member got news that changed his life. After learning he had a genetic mutation that was strongly predictive of an aggressive form of gastric cancer, he elected to have his stomach removed at the recommendation of his team of doctors at Memorial Sloan Kettering Cancer Center (MSK).

Perhaps not surprisingly, running has become an important part of his recovery. Soon after his surgery on January 27, 2025, Chris set a goal to run the New York City Marathon as a part of Fred's Team, the official running program of MSK, and worked diligently to be ready for this year's race on November 1.

We recently asked Chris to tell us about how he trained for this momentous occasion. He graciously obliged.

"This is not square one. I still have the knowledge of what it takes, but at times, that is what has made it the most difficult. To understand where I have been, and where I am now. But, it has also been liberating.

"After seeing my decade's-long obsession with running grow from one mile around the block to eight marathons – including three Bostons – starting over after surgery has had its challenges as I come to terms with my new reality.

"But that is where the liberation comes in. I am not the same me I was on January 26, 2025, the day before surgery. But, I have been able to moderate my expectations as I look backwards at surgery and forwards to what is still possible. That is why I chose to run the NYC Marathon.

"Words alone cannot express my gratitude for my surgeon, Dr. Vivian Strong, the other doctors and the nursing staff at MSK. My goal is to raise as much as I can to support groundbreaking cancer research at MSK.



PHOTO CREDIT: Karen Pearson - Hudson Mile

Chris Scoville crosses the finish at the Hudson Mile, Aug. 29, 2026. The Hudson Mile was his first official race since having a preventive surgical gastrectomy in January 2025. Chris' next race will be the TCS New York City Marathon on November 1, which he is running with Fred's Team, the running program of Memorial Sloan Kettering Cancer Center.

"With that perspective, I am figuring out my new paces, fueling strategies, and hydration plan as I build my base and look to the start line in New York. I will show up on November 1 with that knowledge and all that has come before through my running. I will carry that with me over the 26.2 miles along with the rediscovered joy that running brings to me.

Please check out Chris' page on the **Fred's Team** site and consider making a contribution. You can even yell, "Go, Runner!"

Running in the RED

Josh Billings Tri



Derek Grout

1d • 🌐

Despite my teammates hard effort to put us in second position, I stupidly took a wrong turn yesterday in the Josh Billings triathlon, running 1/2 mile or so in the wrong direction. We placed third and my teammates were forgiving and gracious. Thanks to Steve Ray Jr for biking in the rain, Chris and Steve for speed on the water and the whole Ray family for support.



Steven Ray • Add friend

2d • 🌐

413 Real Estate Triathlon Team . Third place overall. Another successful year.



From left: Jean McKay, Rich Phillips, Lynne Nagengast, Nissa Wallace, David Durkin, Dave Nagengast and Michael Thurmman were the KRC contingent at the Arsenal City 5K race.

THE RUNDOWN

The official newsletter of
THE KINDERHOOK
RUNNERS CLUB

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Patric Brew, Siobhan Connally,
Karen Dolge, Tom Fraser, Derek Grout,
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Loyche, Marka O'Connell, Tom Perito,
Karen Pearson, Chris Scoville, Jay Thorn,
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CONTACT US

PO Box 241
Kinderhook, NY 12106-0241
info@KinderhookRunners.Club

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).

<http://kinderhookrunners.club>

Do you have news you'd like to share?
We are always looking for contributors for The Rundown.



Running in the RED

BEER MILE AT GOLDEN HARVEST

Photos by Rebecca Loyce



It was a top-popping good time at Harvest Spirits' second annual Beer Run at the orchard.

A responsibly good time was had by all.



Running in the RED

ANNUAL PICNIC

We had 50 sign up for the annual members' soiree at S&S Farm Brewery in Nassau.

Photos by Christine Cunningham



Track & Trail Run

Another fun run at Patric Brew's family motorcross track, Claverack MX, thanks Patric!

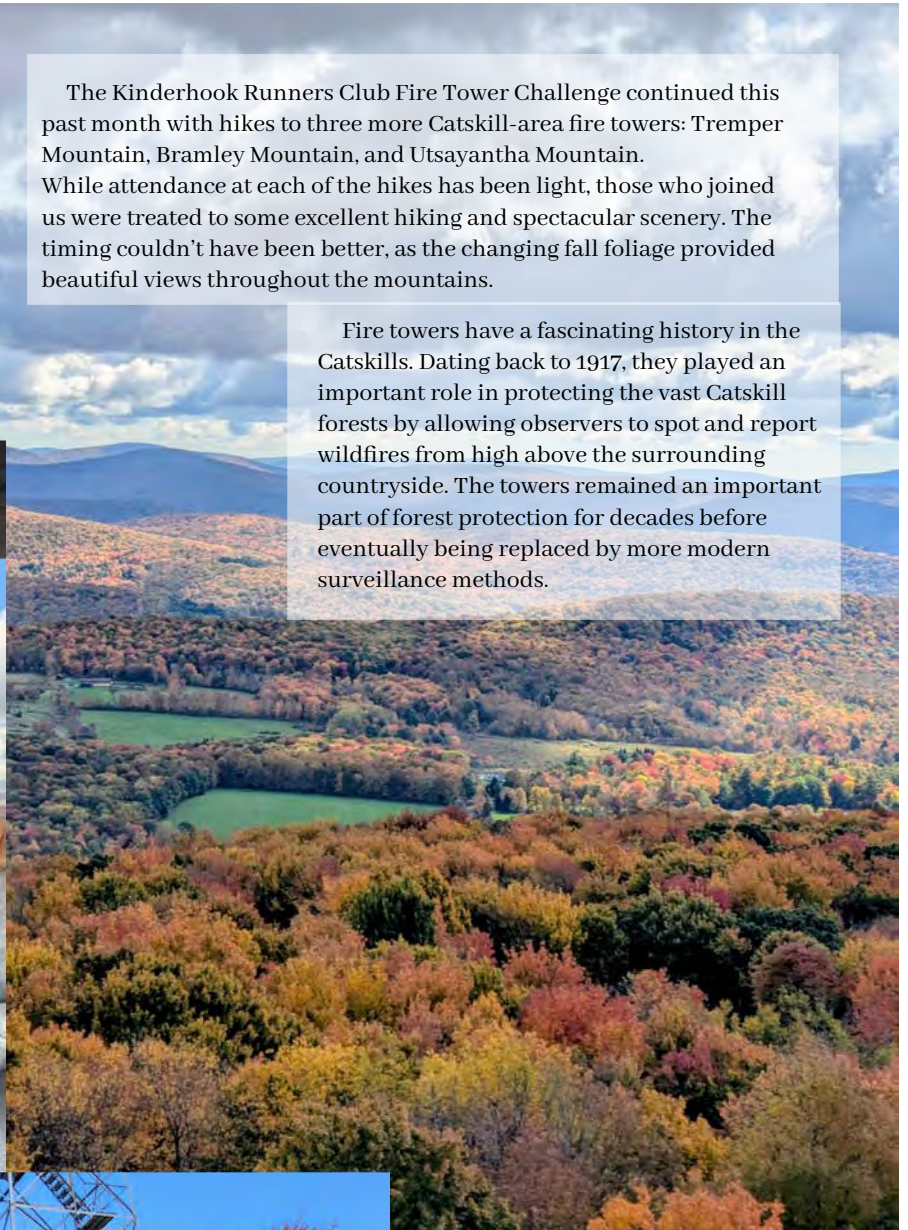


Club Runs are Special

FIRE Tower CHALLENGE

The Kinderhook Runners Club Fire Tower Challenge continued this past month with hikes to three more Catskill-area fire towers: Tremper Mountain, Bramley Mountain, and Utsayantha Mountain. While attendance at each of the hikes has been light, those who joined us were treated to some excellent hiking and spectacular scenery. The timing couldn't have been better, as the changing fall foliage provided beautiful views throughout the mountains.

Fire towers have a fascinating history in the Catskills. Dating back to 1917, they played an important role in protecting the vast Catskill forests by allowing observers to spot and report wildfires from high above the surrounding countryside. The towers remained an important part of forest protection for decades before eventually being replaced by more modern surveillance methods.



Our next and final hike of the series will be Saturday, October 17, when we head to Hunter Mountain. At 4,040 feet, Hunter is the highest elevation of the fire tower hikes in our series and offers some of the most breathtaking views of the Catskill Mountains.

KRC members can sign up for the Hunter Mountain hike on the club website. And as an added bonus, we'll have a number of good options for a well-earned post-hike lunch!

MHRM&HM

The Mohawk Hudson River Marathon and Half Marathon is one of our favorite events whether we're racing or volunteering. We love to see the smiles as runners pass through the waterstop that marks the 8-mile and 21-mile race markers. KRC runners included Patric Brew, Bill Hoffman, Glenn Berninger and Jim Waterhouse. Volunteers included Bevis Zotaj, Astrid, Tom Fraser, Ed Hamilton, Hilary Ferrone, Jonathan Loyche, David Durkin, Jed Cleary, Siobhan Connally, Wendy Brennan, Christine Hong Cunningham, Karen Dolge, Lynne, and David Nagengast, Rich Phillips, and Marka O'Connell.



UPCOMING EVENTS

OCT 17 SAT FIRE TOWER CHALLENGE
9:00 HUNTER MOUNTAIN

OCT 24 SAT FUN RUN 50 - CHATHAM
11:00 MEET AT CBNA LOT

NOV 22 SUN FUN RUN 50 - NASSAU
11:00 MEET AT AHET TRAIL

DEC 13 MON HOLIDAY PARTY
4:00 HARVEST SPIRITS

JAN 01 FRI RING IN THE NEW YEAR
WITH A KRC RUN