

Kinderhook **OK5K**

23rd Running June 10, 2023

**SPECIAL
EDITION**

Changing
of the Guard

New Directors
Same Great Race

PHOTOS

**& RESULTS
INSIDE**



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BUY LOCAL



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Director Emeritus

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And A BIG Thank-You to the Volunteers

About OK5K

From its humble beginnings as a race by local runners for local runners, the Kinderhook OK5k has grown over its 18 years to one of the premier racing, running and community events in the Hudson Valley/Capital District. Its fast, flat USATF-Certified course attracts many of the most accomplished runners in the area along with many first-timers and others who just enjoy a good run. Truly a community event, supported by over 50 local sponsors and hundreds of volunteers and spectators, all the proceeds of the race go directly to local non-profit and charitable organizations.



Changing of the GUARD

Kinderhook OK5K



Co-Directors
Karen Dolge
and Jonathan
Loyche

Kinderhook Runners Club was pleased to present the 23rd running of the Kinderhook OK5K Race, taking over the management from Kinderhook Runners Inc., following the retirement of the event's long-time race director, Dan Curtin in 2022.

Dan's shoes, we realize, were not easy to fill and we are grateful that Karen Dolge and Jonathan Loyche agreed to become co-race directors of this beloved race.

Karen is a familiar face in the local running scene, having been a founding member of the Kinderhook Runners Club in 2009 and an accomplished marathon runner who has competed in The Boston Marathon many times.

Jonathan is an ultra marathoner and self-described mountain goat, who recently completed a 100-mile marathon in Thailand. He is also KRC's webmaster.

"We are striving to uphold the standards Dan set that runners have come to expect from the OK5K Race over the years," said Dolge. "We are so excited to be able to keep this tradition going, and are very grateful to have the support of the Kinderhook Runners Club."

Dolge and Loyche also have a clear vision of the future.

"I began my racing journey with a 5K and although I eventually ventured into longer distances, I believe it serves as an ideal starting point for beginners, said Loyche. "The OK5K holds a special place in our community, as it unites generations of runners and walkers. Our vision is to preserve this event's significance; promote the benefits of this wonderful sport, encourage people to stay active, and raise funds for our local non-profit organizations.

Originally founded in 1998 as a race for local runners, the OK5k has since become a larger community event bringing more than 500 runners and their families to Kinderhook on the second Saturday after Memorial Day.



The race has raised more than \$154,900 over the years, and donated more than \$53,000 to the Valatie Food Pantry and \$17,000 to the Marion Stegman Fund to serve the needy in Northern Columbia County. Additional donations are made to Kinderhook Santa Claus Club, libraries in both Kinderhook and Valatie, the Columbia County Historical Society, Valatie Rescue Squad, Boy Scout Troop 113, Kinderhook Trail Committee, sponsorship of Ichabod Crane sports awards night, and the Glencadia Youth Running Club.



David Durkin

OK5k loves its volunteers

Kinderhook OK5K Race has always had the best volunteers. And we have never been as grateful for their dedicated work as we are this year. This event with so many moving parts has always run like a well-oiled machine.

We'd especially like to thank our Volunteers Wrangler, David Durkin, for ensuring race day stepped off on solid footing and finished strong. And if you helped us in some way: From Registration, to Parking, a Waterstop or keeping the Kids Race

on track, you probably know what a wonderful guy he is, quick with a smile and possessing an enthusiasm that's contagious. Thank you, Dave.

Director Emeritus Dan Curtin

By Jim Costello

We asked James Costello, a long-time friend and fellow OK5K Race committee member, to talk about the race and how Dan came to be its main man.

"The OK5k race, or the Kindercrafters 5k as it was known in its early years, was started rather humbly by local runners Jim Tansey, Gary Van Allen, John Margan and Jack Nabozny as a "race by runners for runners." And in a sense, it has always retained that character.

In its first year in 1999, the race drew approximately 170 local runners on a course laid out essentially in reverse to today's version. It ended on the back lawn of the House of History where the Kindercrafters was setting up for the day – at that time a much bigger affair. Although a small start, everyone loved it and embraced the goals of continuing and expanding in the future.

Dan Curtin participated as a runner in that first year but not in subsequent years as he joined the organizing committee and soon took over as race director.

As director, Dan ensured that that race retained its original character as a race by runners for runners, while expanding its meaning to include the entire community: runners, walkers, family members, spectators, volunteers, sponsors, businesses, and non-profits. And most importantly and probably his greatest contribution to the race (among his many contributions) was his dedication to fully embracing that community and returning all the revenues from the race back to our local charitable and community organizations: food pantry, libraries, firehouses, police, Boy Scouts, Knights of Columbus, to name just a few.

Dan participated as a runner in that first year but not in subsequent years as he joined the organizing committee and soon took over as race director.

After the 2022 running of the OK5k Race, Dan Curtin, its long-time race director, has taken his final bow. During his tenure, Dan presided over 21 of the 22 races that took off from the Village Green. Under his leadership, the event raised more than \$142,000 for local charities.



Karen Dolge presents a commemorative award to Dan Curtin after the 22nd Kinderhook OK5K Race on June 11, 2022.

Over the years, the race supported special requests by local school track teams and Santa Claus clubs, among others. The enhancements and additions that Dan and the committee made to the race over the years – including USATF certification, the Kids 1 mile run and Reading Ramble, expanded reach-out to local sponsors, the hand-crafted ceramic awards created by the ICCS Art Club and art classes, the inclusion of student "garage" bands and anthem singers - all made for a better and unique road race while boosting the benefits to the community at large.

Dan's mentorship has ensured the race is left in capable hands, even if it may require several pairs of them to replace his considerable efforts. The new team includes Karen Dolge, who handled donors, vendors and logistics; Jonathan Loyche, who handled registration and communications; and David Durkin, who managed the cadre of volunteers last year.

"I think that the best part of watching Dan operate was he showed me all of the details that a race director has to take into consideration in order to make race day work," said Durkin.

Race volunteer Julie Keating agrees: "Dan has led the race for so long so well in part because he has a way of getting the best out of people.

"He cleverly matches various tasks such as race publicity, day of race registration, course safety, refreshments, announcements, ask me, etc, to the talents of our large number of volunteers. Further, once a task is assigned to you, you are basically free to perform it as you see fit, or in the whirlwind of race morning, as circumstances dictate. In the approximately 15 years I have been volunteering, virtually all of my work or suggestions were accepted by Dan with a quick 'that's fine' or 'sounds good.' His confidence in the OK5k volunteer team makes us comfortable, and empowers us, and keeps us coming back year after year."

And though he wasn't directing, Dan did have a huge presence at the 2023 race.

He finally had the time to run the course he had shepherded so well. He even won his age group!



June 10, 2023



2023

[CLICK HERE FOR COMPLETE OK5k RESULTS](#)

In the Books

Course Record OK5K Race

Women's - Mollie DeFrancisco - 16:38 - set in 2003

Men's - Emory Mort - 14:44 - set in 2009

Kinderhook OK5k Overall Winners

Women | Men

2023 – Emily Burns 17:50 | Ben Fazio 15:29

- 1999 – Patricia Merritt 20:39 | Wes Mburu 16:47
- 2000 – Laurie Hudson 19:43 | Joe Pienta 16:58
- 2001 – Tina Palmero 21:30 | Jeff Brooks 15:34
- 2002 – Mollie DeFrancisco 17:23 | Joe Pienta 16:00
- 2003 – Mollie DeFrancisco 16:38 | G. Ronsani 16:46
- 2004 – Kari Gathan 18:45 | Ed Crowley 16:35
- 2005 – Kari Gathan 19:19 | Joe Pienta 15:35
- 2006 – Kim Miseno-Bow 18:19 | Ed Crowley 16:27
- 2007 – Dana Peterson 18:38 | Tim Caramore 15:23
- 2008 – Karen Dolge 19:04 | Nick Conway 15:35
- 2009 – Amanda Jinks 18:34 | Emory Mort 14:44
- 2010 – Emily Bryans 17:39 | Chuck Terry 15:12
- 2011 – Kristina Gracey 17:33 | Alex Paley 15:35
- 2012 – Amanda Jinks 17:27 | Lloyd Macky 15:05
- 2013 – Emily Bryans 17:45 | Kevin Treadway 15:15
- 2014 – Karen Bertasso 17:44 | Ricardo Estremera 14:59
- 2015 – Nicole Blood 17:13 | Chuck Terry 15:23
- 2016 – Erin Lopez 17:28 | Eric Macknight 15:27
- 2017 – Mollie DeFrancisco Turner 17:23 | Jacob Andrews 15:20
- 2018 – Nicole Soblosky 18:04 | Anthony Giuliano 16:01
- 2019 – Karen Bertasso 17:54 | Jacob Andrews 15:35
- 2022 – Karen Bertasso 17:40 | Ben Fazio 15:17



23 and counting

Bill Barford

is still on his streak! Mr. Barford has run every oK5K since its inception, including the 2023 Race.

He's also on a streak as a volunteer! He may have checked you in at the registration table.

Did you know OK5K makes it easy to volunteer and run the race? We have many jobs that leave you free to cross finish line.

Course Record - One Mile

Girl's – Natalie Nicholson 6:07 set in 2008

Boy's – Gavin Clark 5:31 set in 2008

One Mile Winners 2023 – Bryce Schuster: 6:30 | MacKenzie Samascott 7:01

- | | |
|---|--|
| 2022 – Bryce Schuster: 6:35 Cyndre Becker: 7:14 | 2012 – Nicholas Johnson 6:03 Riley Warner 7:36 |
| 2019 – Joseph Stead 6:40 Sydnie Becker 8:29 | 2011 – Chase Werner 5:57 Tess Fitzmaurice 7:25 |
| 2018 – Jared Bruns 6:32 Ariana Davis 7:35 | 2010 – Chase Werner 6:04 Samantha Taylor 6:26 |
| 2017 – Alexander Chudy 6:17 Karina Lezama 7:11 | 2009 – Austin Leonard 6:20 Amanda Geiger 7:21 |
| 2016 – Jared Bruns 6:39 Karina Lezama 7:40 | 2008 – Gavin Clark 5:31 Natalie Nicholson 6:07 |
| 2015 – Abigail Dolge 6:34 Brett Richards 6:59 | 2007 – Rickey Cummings 5:38 Natalie Nicholson 6:23 |
| 2014 – Graham Richard 6:39 Abigail Dolge 6:42 | 2006 – Rickey Cummings 5:53 Nora Lankhof 6:41 |
| 2013 – Savanah Charrow 6:32 Robbie Wiltse 6:53 | 2005 – Rickey Cummings 6:15 Kate Maresca 6:40 |
| | 2004 – Rickey Cummings 6:16 Nora Lankhof 6:38 |

[CLICK HERE FOR HISTORIC OK5k RESULTS](#)



2023

OK5K Race Masters Winners 2023

Women's – Alison Heaphy, 56, Troy – 20:58
Men's - Dave Vona, 40, Valatie - 15:50

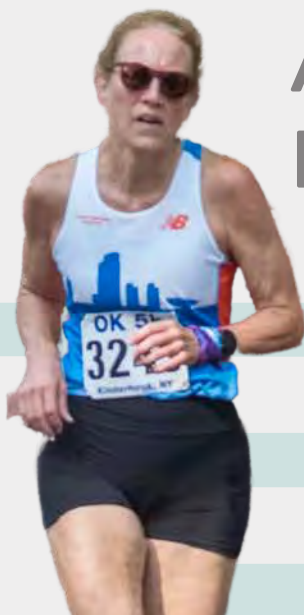
OK5K Race Grand Masters Winners 2023

Women's – Kelly Spring, 60, Old Chatham - 25:53
Men's – Larry Clevenger, 61, Saratoga – 20:17



Dave
Vona

15:50
* new record



Alison
Heaphy

20:58

In the Books

Top Ten Kinderhook OK5k Masters – Men

- 1 – Dave Vona, 40, Valatie – 15:50 – set in 2023
- 2 – Jake Stookey , 41, Clifton Park – 15:52 - 2017
- 3 – Anthony Guiliano, 40, Niskayuna – 15:57 – 2019
- 4 – Kent Lemme, 47, Pittssfield, Ma. 16:01 – 2014
- 5 – James O'Connor, 41, Troy – 16:23 – 2015
- 6 – John Stadtlander, 50, Clifton Park 16:36 – 2016
- 7 – Ben Greenberg, 43, Slingerlands – 16:51 – 2012
- 8 – William Venner, 51, Clifton Park – 17:07 – 2010
- 9 – Derrick Staley. 56, Balston Lake – 17:21 – 2015
- 10 – Thomas Dalton, 55, Schenectady – 17:21 – 2013

Top Ten Kinderhook OK5k Masters – Women

- 1 – Renee Tolan, 40, Clifton Park – 17:35 – 2015
- 2 – Emily Bryans, 42, Schenectaday – 17:39 - 2010
- 3 – Emily Bryans, 45, Niskayuna – 17:45 – 2013
- 4 – Lori Kingsley, 45, Wysox. 17:53 – 2011
- 5 – Emily Bryans, 44, Niskayuna – 18:10 – 2012
- 6 – Renee Tolan, 41, Clifton Park – 18:15 – set in 2016
- 7 – Erin Corcoran, 41, Schenectdady – 18:16 – 2015
- 8 – Erin Corcoran, 43, Schenectady – 18:31 - 2017
- 9 – Anna Benson, 45, Clifton Park – 18:31 – 2010
- 10 – Emily Bryans, 42, Schenectaday – 18:32 – 2015

Top Ten OK5K Grand Masters - Men

- 1 – Bob Giambalvo, 61, Delhi – 18:20 – set in 2011
- 2 – Paul Forbes, 61, Rensselaerville 19:42 – 2012
- 3 – Carl Matuszek, 61, Chatham – 19:51 – 2013
- 4 – Carl Matuszek, 62, Chatham – 20:21 – 2014
- 5 – Paul Forbes, 60, Rensselaerville 20:27 – 2011
- 6 – Lenny Collins, 61, Valatie – 20:51 – 2010
- 7 – John Parisella, 60, Ballston Lake – 21:05 – 2018
- 8 – Dave Glass, 68, Schenectady – 21:07 – 2015
- 9 – Juergen Reher, 63, Wynantskill – 21:07 – 2013
- 10 –Make fazioli, 64, Wynantskill – 21:08 – 2016

Top Ten OK5K Grand Masters – Women

- 1 – Judy Phelps, 61, Ballston Spa – 21:13 – 2013
- 2 – Judy Phelps, 60, Ballston Spa – 22:02 – 2011
- 3 – Susan Wong, 62, Glenmont – 22:43 – 2010
- 4– Martha Degrazia, 60, Slingerlands – 22:52 – 2011
- 5 – Susan Wong, 61, Glenmont – 22:52 – 2009
- 6 – Jayne Zinke, 61, Valatie – 23:05 – 2004
- 7 – Joy deVries, 60, Delmar – 23:25 – 2014
- 8 – Susan Wong, 64, Glenmont – 23:26 – 2012
- 9 – Karen Provencher, 60, Glens Falls – 23:40 – 2015
- 10 – Jayne Zinke, 62, Valatie – 23:44 – 2005

[CLICK HERE FOR COMPLETE OK5k RESULTS](#)

K I N D E R H O O K OK5k Spring Clinic



K I N D E R H O O K

23rd OK5K Race



K I N D E R H O O K

OK5k Kids' Race



K I N D E R H O O K

OK Kids' Race



K I N D E R H O O K

OK5k Kids' Race



K I N D E R H O O K

OK5k Kids' Race





K I N D E R H O O K

23rd OK5k Race



K I N D E R H O O K

23rd OK5k Race





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23rd OK5k Race



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23rd OK5k Race



K I N D E R H O O K

23rd OK5k Race





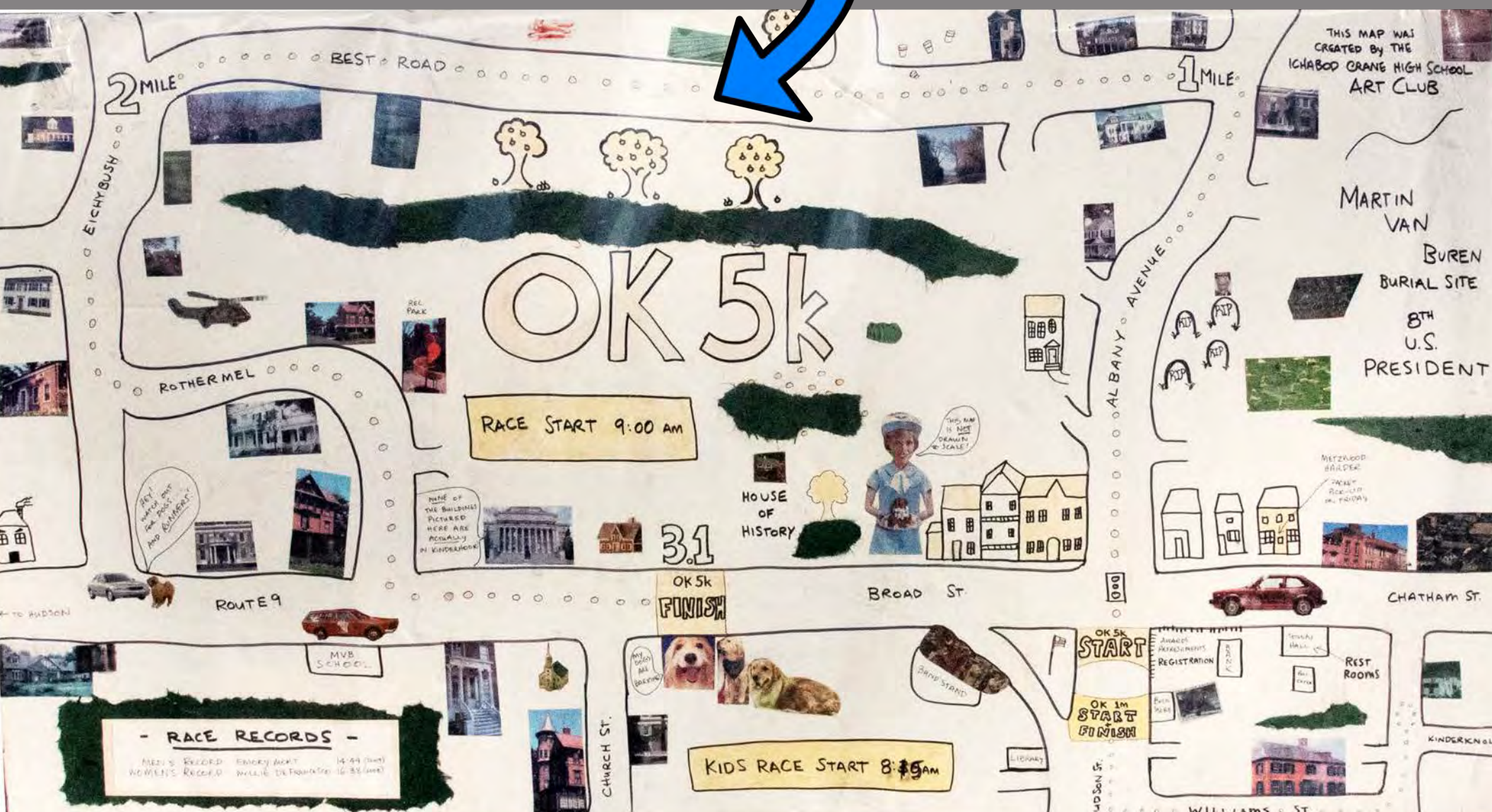
K I N D E R H O O K

23rd OK5k Race



TICTAC runs the BEST water stop

Together, Ichabod Crane Teachers & Community



*Original Race Map



RACE DIRECTORS
Karen Dolge
Jonathan Loyche

RACE COMMITTEE

Ann Birckmayer, Chris Keating, Chuck Shattenkirk, Claudia Lardizabal, David Durkin, Ed Hamilton, Heidi Proper, Glenn Berninger, Linnea VanTassel, Mark Browne, Mary O'Reilly, Ron Rich and Siobhan Connally

DIRECTOR OF VOLUNTEERS
David Durkin

REGISTRATION FRIDAY

Mary O'Connor
Glenn Berninger
Bill Barford
Ann Birckmayer
Charlie Matlock
Tom Fraser
Jean McKay
Dan McKay
Jonathan Loyche
Lara Marotta

SATURDAY

Mary O'Connor
Glenn Berninger
Charlie Matlock
Allison Welch
Jack Welch
Tom Perito
Chuck Shattenkirk
Mary O'Reilly
Marian Williams

KIDS' RACE

Karen Dolge
Heidi Proper
Rich Phillips
Lynne Nagengast
Dave Nagengast
Jean McKay
Dan McKay
Bill Schneider
Deb Shakotko
Tom Fraser
Rose Antonovich
Larry Sheldon

ASK ME

Julie Keating

REFRESHMENTS

Sue Pulver
Claudia Lardizabal
Julen Payne
Annabel Cleary
Christine Cunningham

SPRING CLINIC

Ed Hamilton
Teresa Warner Maiuri

5K COURSE CONTROL

Ron Rich
Knights of Columbus

BEST ROAD (DIR)

Lynn Nagengast
Dave Nagengast

WATERSTOP

Lara Marotta
ICCS Teachers

FINISH LINE

Ed Hamilton
Linnea VanTassel
Dan Kuhner
Anne Leiser

CHEERING SQUAD

Mary O'Reilly
David Patrikios

SWEEP

Rob Warner

STREET SWEEPER

Jed Cleary

ANTHEM

Lauren Stigi

SOUND SYSTEM

David Patrikios

ANNOUNCING

Mary O'Reilly

AWARDS MAKER

Jonathan Loyche

PARKING

Chris Keating
Marka O'Conner
Mike Gagliardi
Rob Warner
John Sundwall
Boy Scouts
Kinderhook Elks

VILLAGE LIAISON

Mark Browne

PHOTOGRAPHER

Siobhan Connally

**WE ARE
NOTHING
WITHOUT
YOU ...
OUR**

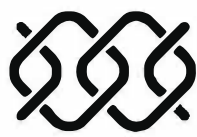
VOLUNTEERS

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