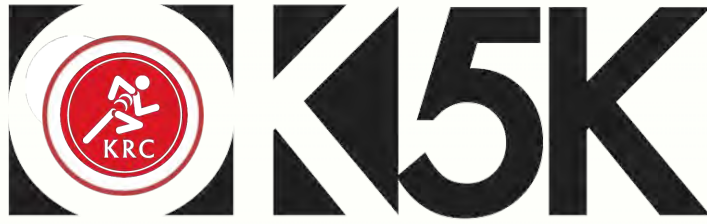


*Kindershook*



26th Running - June 6, 2026

*Lace 'em up!*



**PHOTOS**



**RESULTS  
INSIDE**



# Special Tribute

## This Year's Art

"Lace 'em up!" this year's OK5K logo art was designed by artist and KRC member Jean MacKay.

# INSIDE

## A Word from our Race Directors

Karen Dolge & Jonathan Loyche

## Results

Albany Running Exchange

## Photos

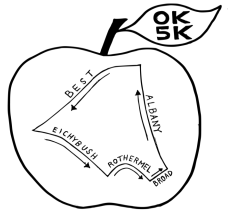
By Siobhan Connally

## Sponsors

The entire community thanks you!

## Volunteers

The Best of THE BEST!



## About OK5K

From its humble beginnings as a race by local runners for local runners, the Kinderhook OK5K has grown over its 26 years to be one of the premier racing, running and community events in the Hudson Valley/Capital District. It's 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.



Runners joined together in a moment of silence in memory of Deryck Culley, a beloved member of the Kinderhook Runners Club who died unexpectedly in January. He was a dedicated runner, who had competed for decades in local races. He was also an enthusiastic participant in KRC's social running events.

We are so grateful to the Culley Family for honoring him by running with us during this year's event.



# Kinderhook OK5K

## A Letter from the Directors

This was our third year since taking over the OK5K and Karen and I have been fine-tuning the well-oiled machine that Dan Curtin handed us. Thank you again Dan for building such a strong foundation! The truth is, planning for the next race starts the moment the last one ends — a lot goes into it! In January, our amazing Committee Team begins meeting and planning, alongside them stand all of our amazing volunteers, without whom we simply could not pull this off.

This year the OK5K set another finisher record of 799 athletes and we couldn't be prouder. Year after year, the race generates meaningful funds for our local nonprofits and this year we were able to add a little more on top of that strong tradition. So many local businesses step up every year, whether with monetary donations to the fund or with food served on race day.

Watching runners give their best out there is truly inspiring. Whether you finish first or toward the back, you all inspire us. You show up, each with your own reasons and you make it happen: this big community event!

I asked Karen about her favorite moments of the race:

"The whole race was my favorite moment — the planning and preparing, the anticipation and the event itself. I love how the whole community comes together for the day, from the race committee, volunteers, runners, and spectators. Everyone had big smiles and seemed to enjoy the race morning festivities. The kids race was so fun to watch and cheer on. Even with the altered hilly course, all smiles were had and no tears this year. For the 5K, I loved watching people cross the finish line with that look of accomplishment and joy. In summary: all the planning and collaboration from the race committee, the near-perfect weather, and the community, sponsors, volunteers, runners, and spectators — that's what makes this race a success!"

## Our cause is our community

The OK5K Race has raised more than \$202,000 since its founding, and donated more than \$59,000 to the Valatie Food Pantry and \$19,000 to the Marion Stegman Fund to serve the needy in Northern Columbia County.

Race proceeds also support the many wonderful groups in our local community, many of which volunteer or provide in-kind services for our events.



Co-Directors Karen Dolge and Jonathan Loyche photographed with Lauren Stigi singing the National Anthem. Also pictured are race volunteers Chris Keating and Jayne Zinke.

I second everything she wrote but there are two moments that stand out.

The first was when a kid came up to the registration desk right after running the Kids Mile and now wanted to run the OK5K. Ready for it, stepping up, excited about the sport. For many, the 5K is just the beginning.

The second: we ran short on water at our aid station toward the end (note taken!!!) so Justin and I grabbed my car, drove the course with water and handed it out to everyone still on the road. So many were surprised and grateful because it was a warm day out there. For some it's just a 5K; for others it's a big achievement. Everyone is fighting their own battle and you all rock!

A heartfelt thank you to our sponsors and partners: to Tierra Farms and Señor Sabor, our Main Sponsors; to Neighbor Running and Fleet Feet for providing the prizes and to all the other generous sponsors listed on our Sponsor Sheet. Thank you to the Kinderhook Fire Department, the State Troopers and the Knights of Columbus for keeping everyone safe on the course, to the Kinderhook Elks for handling parking, to the Kinderhook

Reformed Church for running the refreshment tent and to Community Bank for volunteering with registration and food packaging. And just as importantly: thank you to every individual volunteer who showed up on their own to hand out water, marshaling corners, cheering, setting up and tearing down. You may not wear an organization's name but you are the heart of this race. This race runs on your support!

Looking ahead to next year: one of our big goals is to grow our D.A.Y.S.I. Run — Differing Abilities Yet So Incredible. This 100-meter race is for individuals with developmental disabilities of all ages and abilities and it's one of the most heartwarming parts of our race day. But we need your help to make it even better, both with ideas and with participation. If you have thoughts on how to shape it or know someone who would love to take part, please reach out!

Save the date: the next OK5K is June 12! See you there! And reach out if you'd like to join the organizing team or volunteer — all of you make this happen, together.

With gratitude, Jonathan &  
Karen OK5K Race Directors

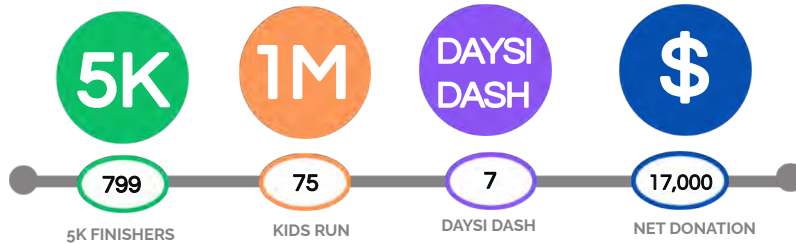
These include the Kinderhook Santa Claus Club, libraries in both Kinderhook and Valatie, the Columbia County Historical Society, Kinderhook Reformed Church, the Valatie Rescue Squad, and The Elks Club.

We are also proud to sponsor Ichabod Crane sports awards night, and the Glencadia Youth Running Club. We are also honored to fund a scholarship to benefit students at Ichabod Crane High School who have shown, through their efforts in track or cross country, a dedication and excellence in the sport of running.



# 2026

## THIS YEAR'S TOTALS



# 5K

FOR COMPLETE RACE RESULTS VISIT [OK5kRACE.COM](http://OK5kRACE.COM)

ALL-TIME DONATIONS: \$ 202,000



Andrew Harrell  
Utica, NY  
15:24



Kerry Flower  
Schenectady, NY  
17:05

### Course Record OK5K Race

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

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

## *In the Books*

### Past Race Winners

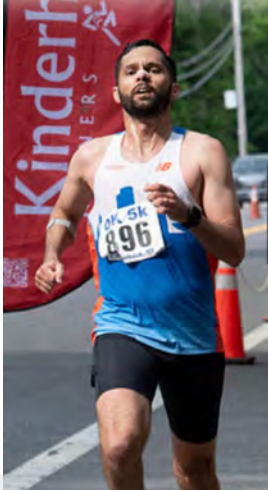
1999 - Patricia Merritt 20:39 | Wes Mburu 16:47  
 2000 - Laurie Hudson 19:43 | Joe Pienta 16:58  
 2001 - Tina Palmero 21:30 | Jeff Brooks 15:34  
 2002 - Mollie DeFrancisco 17:23 | Joe Pienta 16:00  
 2003 - Mollie DeFrancisco 16:38 | G. Ronsani 16:46  
 2004 - Kari Gathan 18:45 | Ed Crowley 16:35  
 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  
 2023 - Emily Burns 17:50 | Ben Fazio 15:29  
 2024 - Emily Taft 17:56 | Ben Fazio 15:45  
 2025 - Cara Udvadia 16:44 | Jonathan Lindenauer 15:23



# 2026 In the Books

## MASTERS



★ New Record

**Ricardo Estremera**

40 15:40



**Karen Bertasso**

42 17:34

### OK5K Race Masters Winners 2026

- 1 – Ricardo Estremera, 40, Albany – 15:40
- 2 – Chuck Terry, 43, Albany – 16:29
- 3 – Jim Sweeny, 43, Troy – 17:35

- 1 – Karen Bertasso, 42, Selkirk – 17:34
- 2 – Lisa Chase, 40, Delmar – 18:01
- 3 – Emily Copenrath, Rensselaer – 19:55

### Top Ten Kinderhook OK5k Masters | Men

- ★ 1 – Ricardo Estremera, Albany, NY – 15:40 – 2026
- 2 – Dave Vona, 40, Valatie – 15:50 – set in 2023
- 3 – Nick Conway, 49, 15:50 – matched in 2024
- 4 – Jake Stookey, 41, Clifton Park – 15:52 – 2017
- 5 – Chuck Terry, 41, Albany – 15:54 – 2017
- 6 – Anthony Giuliano, Niskayuna – 15:57 – 2019
- 7 – Kent Lemme, 47, Pittsfield, MA. 16:01 – 2014
- 8 – Dave Vona, 42, Germantown – 16:03 – 2025
- 9 – Kent Lemme, 50, Pittsfield, MA – 16:14 – 2017
- 10 – James O'Connor, 41, Troy – 16:23 – 2015

### Top Ten Kinderhook OK5k Masters | Women

- 1 – Karen Bertasso, 41 Selkirk - 17:33 – 2025
- 2 – Karen Bertasso, 42, Selkirk – 17:34 – 2026
- 3 – Renee Tolan, 40, Clifton Park – 17:35 – 2015
- 4 – Emily Bryans, 42, Schenectady – 17:39 – 2010
- 5 – Emily Bryans, 45, Schenectady – 17:45 – 2013
- 6 – Lori Kingsley, 45, Wysox – 17:53 – 2011
- 7 – Lisa Chase, 40, Delmar – 18:01 – 2026
- 8 – Emily Bryans, 44, Schenectady – 18:10 – 2012
- 9 – Renee Tolan, 41, Clifton Park – 18:15 – set in 2016
- 10 – Erin Corcoran, 41, Schenectady – 18:16 – 2015

### OK5K Race Grand Masters Winners 2026

- ★ 1 – Steven Tinkler, 61, Clifton Park, NY – 19:13
- 2 – John Sestito, 62, Johnsonville, NY – 20:57
- 3 – Roger Spring, 64, Old Chatham, NY – 23:18

- 1 – Kelly Spring, 63, Old Chatham, NY – 26:14
- 2 – Dianne Ortman, 60, North Chatham, NY – 31:51
- 3 – Marlene Betts, 63, Denver, NC – 32:06

### Top Ten Kinderhook OK5K Grand Masters - Men

- 1 – Bob Giambalvo, 61, Delhi – 18:20 – set in 2011
- 2 – Steven Tinkler, 61, Clifton Park – 19:13 – 2026
- 3 – Paul Forbes, 61, Rensselaerville – 19:42 – 2012
- 4 – Carl Matuszek, 61, Chatham – 19:51 – 2013
- 5 – Larry Clevenger, 63, Saratoga Springs – 20:11 – 2025
- 6 – Larry Clevenger, 61, Saratoga Springs – 20:17 – 2023
- 7 – Carl Matuszek, 62, Chatham – 20:21 – 2014
- 8 – Paul Forbes, 60, Colonie – 20:27 – 2011
- 9 – John J. Sestito, 60, Johnsonville – 20:31 – 2024
- 10 – Lenny Collins, 61, Valatie – 20:51 – 2010

### Top Ten Grand Masters – Women

- 1 – Judy Phelps, 61, Ballston Spa – 21:13 – 2013
- 2 – Judy Phelps, 60, Ballston Spa – 22:02 – 2011
- 3 – Colleen Brackett, 64, Albany – 22:21 – 2025
- 4 – Susan Wong, 62, Glenmont – 22:43 – 2010
- 5 – Martha Degrazia, 60, Slingerlands – 22:52 – 2011
- 6 – Susan Wong, 61, Glenmont – 22:52 – 2009
- 7 – Jayne Zinke, 61, Valatie – 23:05 – 2004
- 8 – Joy deVries, 60, Delmar – 23:25 – 2014
- 9 – Susan Wong, 64, Glenmont – 23:26 – 2012
- 10 – Karen Provencher, 60, Glens Falls – 23:40 – 2015

FOR COMPLETE RACE RESULTS VISIT [OK5KRACE.COM](http://OK5KRACE.COM)



*In the Books*

# 2026 ONE MILE



**Taylor Samascott**  
6:46



**Henry Snyder**  
6:36

**2026- 1st Place - Henry Snyder: 6:36 | Taylor Samascott: 6:46**  
**2nd Place - Riley Samascott: 6:46 | Hayden Sylvester: 7:08**  
**3rd Place - Joshua Schroeder: 7:13 | Audrey Sapkiewicz: 7:41**

### Course Record - One Mile

**Girl's - Natalie Nicholson: 6:07, set in 2008**  
**Boy's - Gavin Clark: 5:31, set in 2008**

### OK Kids Race - Past Winners

2025 - Dylan Spar: 6:45 | Winnie Thompson: 7:30  
2024 - Isabela Handford: 6:54 | J.P. Handford: 7:06  
2023 - Bryce Schuster: 6:30 | MacKenzie Samascott 7:01  
2022 - Bryce Schuster: 6:35 | Cyndre Becker: 7:14  
2019 - Joseph Stead: 6:40 | Sydnie Becker: 8:29  
2018 - Jared Bruns: 6:32 | Ariana Davis: 7:35  
2017 - Alexander Chudy: 6:17 | Karina Lezama: 7:11  
2016 - Jared Bruns: 6:39 | Karina Lezama: 7:40  
2015 - Abigail Dolge: 6:34 | Brett Richards: 6:59  
2014 - Graham Richard: 6:39 | Abigail Dolge: 6:42

2013 - Savannah Charrow: 6:32 | Robbie Wiltse: 6:53  
2012 - Nicholas Johnson: 6:03 | Riley Warner: 7:36  
2011 - Chase Werner: 5:57 | Tess Fitzmaurice: 7:25  
2010 - Chase Werner: 6:04 | Samantha Taylor: 6:26  
2009 - Austin Leonard: 6:20 | Amanda Geiger: 7:21  
2008 - Gavin Clark: 5:31 | Natalie Nicholson: 6:07  
2007 - Rickey Cummings: 5:38 | Natalie Nicholson: 6:23  
2006 - Rickey Cummings: 5:53 | Nora Lankhof: 6:41  
2005 - Rickey Cummings: 6:15 | Kate Maresca: 6:40  
2004 - Rickey Cummings: 6:16 | Nora Lankhof: 6:38

**FOR COMPLETE RACE RESULTS VISIT [OK5KRACE.COM](http://OK5KRACE.COM)**

# K I N D E R H O O K

## 26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



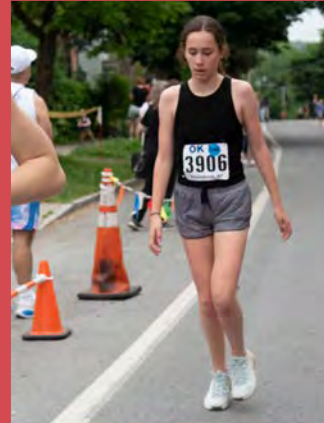
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# OK Kids Race



K I N D E R H O O K

# OK Kids Race



K I N D E R H O O K

# OK Kids Race



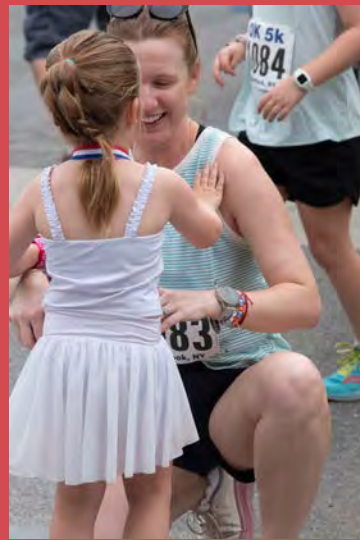
K I N D E R H O O K

# OK Kids Race



K I N D E R H O O K

# OK 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 OK D.A.Y.S.I Dash



K I N D E R H O O K  
26th OK5k Race



K I N D E R H O O K  
26th OK5k Race



K I N D E R H O O K  
26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



K I N D E R H O O K  
26th OK5k Race



# K I N D E R H O O K 26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



K I N D E R H O O K  
26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



K I N D E R H O O K

# OK Rovers



K I N D E R H O O K  
26th OK5k Race



# K I N D E R H O O K

## 26th OK5k Race



# THANK YOU

Best Road  
Waterstop  
Volunteers





### RACE DIRECTORS

Karen Dolge  
Jonathan Loyche

### RACE COMMITTEE

Christine Cunningham, Chris Keating, Claudia Lardizabal, David Durkin, Ed Hamilton, Heidi Proper, Glenn Berninger, Linnea VanTassel, Mark Browne, Mary O'Reilly, Ron Rich, Jay Thorn, Siobhan Connally, and Bevis Zotaj.

### DIRECTOR OF VOLUNTEERS

David Durkin

### REGISTRATION

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Glenn Berninger  
Kelly Macfarlane  
Ann Gottesman  
Junior Hernandez  
Dan Hoffman  
Allison Welch  
Jack Welch  
Aaron Cherlin  
Jay Wells

### SAFETY DIRECTOR

Jay Thorn

### SITE

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Mark Browne  
Jed Cleary  
Mike Thumann  
Jim Waterhouse  
Linnea VanTassel  
Anne Leiser

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Wendy Brennan  
Rich Phillips  
Tom Baumgartner  
Tom Fraser  
Danielle Loyche  
Margaret Miller  
Dave Nagengast  
Lynne Nagengast  
Drew Pelletieri,  
Bill Schneider  
Donna Smith  
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Elize Visser  
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Dana Rexhous Logan Cotsunas  
Astor Vooris Kathy Bolstad  
Bryson Vooris Karen Brink  
Adam Vooris Anna Oh  
Cru Vooris

### REFRESHMENTS

Christine Cunningham  
Linnea Van Tassel  
Phil Hurst  
Mark Johnson  
Colleen Young

### AWARDS

Claudia Lardizabal

### ANTHEM

Lauren Stigi

### ASK ME

Julie Keating

### PARKING SAFETY

Kinderhook Elks  
#2530  
Jim Shord  
Mike Delaney  
Rob Warner  
Anne Leiser

### ANNOUNCING

Chris Keating  
Chris McCluskey ARE

### OUTRIDERS

Heidi Proper  
Justin Pendyke  
Alanna Moss  
Dick Vincent

### VENUE

James Vanderpoel  
House of History

# WE LOVE OUR

# VOLUNTEERS

# THANK YOU

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