

Fall into Fitness

Presented by KRC

Community Group Runs

Easy Pace

3 Miles

No one left behind

Saturdays at 08:30 until Valatie Veterans Day 5K Run
Meet in the Village of Kinderhook by the Martin Van Buren Statue.

Oct 06

Oct 13

Oct 20

Oct 27

Nov 03

Nov 10

Valatie Veterans Day 5K

Would you like to get fit by running but don't know where to start? Come join the Kinderhook Runners Club. It's a group run no more than 3 miles around the Village of Kinderhook. Membership is not required.

Visit

www.Kinderhookrunnersclub.com

