



## Beginners / Intermediate Group Runs

Every Saturday starting in May until the OK5K

Meet in the Village of Kinderhook by the Martin Van Buren Statue.

May 05, 08:00

May 26, 08:00

May 12, 08:00

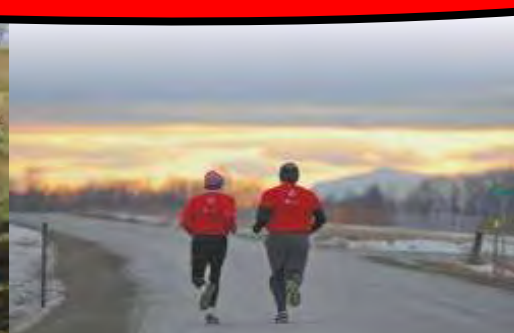
June 02, 08:00

May 19, 08:00

June 09, 09:00 (OK5K Race Day)

Would you like to get fit by running but don't know where to start? Come join Kinderhook Runners Club for a Fun Run. Expect an easy pace of no more than 3 miles around the Village of Kinderhook. No experience necessary and No one left behind. Just bring your running shoes and we will help you do the rest.

Membership is not required.



Visit [www.kinderhookrunnersclub.com](http://www.kinderhookrunnersclub.com) for more information about KRC