



FOR IMMEDIATE RELEASE

CAPITAL TO CAPITAL VIRTUAL 5K

October 17, 2021

The **Rotary Club of Kingston, NY** is sponsoring its second **Capital to Capital 5K** run/walk this fall to benefit the **Hudson Valley National Center for Veteran Reintegration**. This year's "Cap 2 Cap" is a hybrid 5K, which allows participants to join either Virtually or in Person.

- Virtual participants can walk or run a 5 km (3.1 mi) distance on a trail or park in their hometown or elsewhere, anytime between Monday, October 4th and Sunday, October 17th 2021.
- In-Person participants will meet at 9 AM, on Sunday October 17th at the Senate House State Historic site at 296 Fair St in Kingston and run or walk the Van Deusen House on Main Street in Hurley.
- All participants can self-register at zippyreg.com/register/captoacap.

The Rotary Capital to Capital 5K commemorates the human story of the Burning of Kingston, when, in October 1777, over 2,000 Kingston refugees fled to the Town of Hurley as British soldiers burned their city to the ground. Participants who want to run or walk the route of the original refugees will be able to view a map of this route at kingstonnyrotary.org



Entry Fees are as follows:

- \$10 - race entry
- \$15 - race entry and handcrafted finisher's medallion (left)

To receive an official finisher's certificate, entrants must log their time on [Zippyreg.com](https://zippyreg.com) no later than Monday 18 October by 11:59 PM, 2021, to qualify.

For more information, please contact
Richard Cattabiani at cattabianir@gmail.com.