



FOR IMMEDIATE RELEASE

CAPITAL TO CAPITAL Hybrid 5K

October 16th, 2022

The **Rotary Club of Kingston, NY** is sponsoring its third **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 October 3rd 2022 through Sunday October 16th.
- Registration and Check-In will begin at 9am at the Senate House located at [296 Fair St. Kingston Ny](#), and run or walk to School House Lane in Hurley.
- All participants can self-register at zippyreg.com/register/captocap.

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:

- \$15 - race entry
- \$20 - race entry and handcrafted finisher's medallion (left)

The first 20 participants to finish will receive a complementary and ALL NEW [The Burning of Kingston Card Game](#)

To receive an official **Finisher's Certificate**, entrants must log their time on [Zippyreg.com](https://zippyreg.com) no later than Sunday October 16th by 11:59 PM, 2022, to qualify.

For more information, please contact
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