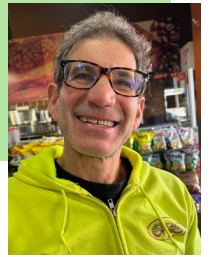


Jaime's Sunday Group Runs THE HOLE STORY!

By Jordan Brown



Some of the people who make the Sunday breakfast group runs a joy (left to right): Jaime, Yolanda, Liza, A.J., Miguel

Every Sunday, Jaime Insignares brings together dozens of eager runners (and dogs!) to his popular ORC group runs in Goshen, NY. Whenever I attend, it is a highlight of my week. I love the challenging courses, chatting with good friends, and going for a delicious, rejuvenating after-run breakfast at Orange County Bagel Bakery. I was eager to learn more, so I interviewed the owners Liza and Brent Kunis. Enjoy!

Please share the story of why you started the Orange County Bagel Bakery in Goshen.

We had a bagel store already in Middletown, and we live in Goshen. We had been looking for a location in Goshen to serve our community.

When did you realize your bagel shop had become an essential part of Jaime's Sunday Breakfast runs?

We don't know the exact time, but we've become so accustomed to the runners coming in every Sunday after the run and feel like everyone has become part of our extended family.



If your bagels could talk, what would they say about the ORC runners who visit each week?

The bagels would say thanks for coming “around.”

How did you come up with the wonderful idea to host an annual holiday breakfast for the ORC runners?

Very simply, the runners support us all year long, the very least we can do is support you with a breakfast!

What are some examples of how OC Bagels has become involved in Goshen philanthropy?

We sponsor youth football, little league, the Goshen all night party for high school, multiple fund raisers in our location throughout the year and many other causes throughout the community.



Where are your bagels baked, and what are your most and least popular bagel flavors?

We bake out bagels at our Middletown location. The most popular flavors are plain and everything. The least popular is salt.

Where do you get your ideas for new bagel flavors?

New ideas come from customers or seeing something fabulous out in the wild world!



What is the most complicated order you get from an ORC regular?

Not complicated, but one of the runners gets ALL the meats on one bagel sandwich ... YOU KNOW WHO YOU ARE 😊

What is your favorite thing you make that you wish more people knew about?

Potato Latkes

Have either of you visited the “Bagel Capital of the World” in Monticello NY?

Not only has Brent visited the bagel capitol, he grew up there! Brent was neighbors with owners of the Monticello bagel bakery, and are still very good friends.



I've been known to be a creative thinker. Have you ever considered making bagels that are square or triangle-shaped?

Stay in your lane, Jordan. 😂

Point taken. Before we go, is there a question I didn't ask you that you'd like to answer?

Not a question, just a statement: We appreciate every runner that comes through our doors, whether it's one time or every Sunday or any day of the week. We look forward to seeing all of you each and every time! ❤️

