

# The Strider



Jan/Feb 2024

The Newsletter of the Alley Pond Striders

Volume XLIII  
Issue 1/2

## FRONT PAGE NEWS

### ABOUT PRESIDENT STEVE, AN INTRODUCTION

I am 82 years young...born in N.Y.C. I was originally a Food Lab Technician for quality control. I went back to college, collected two Master degrees and became a licensed teacher in Chemistry and Math. During this time, I was awarded the Long Island Science Teacher of the Year Award twice. In addition, I had a tutoring agency where I taught math and science.

I retired more than twenty years ago. I have two sons and two grandchildren. Aside from walking, I am a fanatic Scrabble player and have played tournaments across the country.

I am looking forward to playing in the next Scrabble "Nationals." In addition, I enjoy action movies and am an avid reader. I am interested in becoming more active in the Striders and look forward to this new year! Best, Steve Tier.

### Dues Are OVER Due!

Please give your 2024 dues of \$20 for an individual and \$30 for a family to Lynn, Laughlin, any Board member or send to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426. **Checks MUST be made out to the "Alley Pond Striders."** You can also pay via Zelle at [alleypondstriders@gmail.com](mailto:alleypondstriders@gmail.com).

**Note: we are no longer using PayPal and Venmo.**

## **TALK ON THE PATH**

### **- WHAT'S HAPPENING IN AND OUT OF THE PARK**

#### **Happy March Birthday to:**

Tony Florido (4<sup>th</sup>), Erin Ehrlich (8<sup>th</sup>), Andrea Salis (11<sup>th</sup>), Mel Kay (15<sup>th</sup>), John Wilhelm (15<sup>th</sup>), Astrid Georges (16<sup>th</sup>), John Rettmer (16<sup>th</sup>), Judi Rettmer (16<sup>th</sup>), Rafael Katz (19<sup>th</sup>), Nella Carravetta (21<sup>st</sup>), Kathy Ziegler (21<sup>st</sup>), Hank Klein (22<sup>nd</sup>), Phil Marcus (24<sup>th</sup>), Manuel Sanudo (24<sup>th</sup>), Carmen Benitez (26<sup>th</sup>), Conrad Schellenberg (28<sup>th</sup>) and Ellen Katcher (31<sup>st</sup>).

#### **Milestone Birthday**

Strider Phil Marcus, our former Membership Chair, will be **103** on **Wednesday, March 24<sup>th</sup>**.



#### **Welcome to:**

Lillian Shinsato of Bayside and Pat & James of Bayside

#### **Dinner Dance**

A good time was had by all at K.Pacho's on Sunday, Jan.28th. The night was filled with lots of dancing and yakking and of course food and adult beverages. The annual awards and 25 year celebrants were announced and congratulated. A big thank you goes Co-Social Secretary Rosalie Hatch for all the hard work she put into making this night a success. Thanks Rosalie!!

#### **Congratulations to marking the 25 Year Milestone Anniversary!**

The Striders who are celebrating 25 years with the club were presented a certificate at our dinner at K.Pacho's on Jan. 28th. Congrats to Sybil Blumenthal & George Schafer. Here's to many more years as an Alley Pond Strider!!

#### **Congratulations to the 2023 Annual Award Winners!**

Recognized at the dinner for their achievements were:

**Strider of the Year** – Ray Lascot

**Walker of the Year** – Carl Dietz

**Male Runner of the Year** – Joey Pasqual

**Most Improved Walker of the Year** – Alan Gold

#### **Alley Bowl XIV**

Congrats to Rob who organized another successful race - Alley Bowl XIV. A good time was had by all i.e. participants and volunteers.

Douglaston Walk: Dorothy Chusid reported that on February 23 along Little Neck Bay in Douglaston Manor. She reports "[w]e were 28 APS. Despite the freezing cold weather, (23 degrees) we walked 4 miles on the streets in the Manor running parallel with Little Neck Bay. It was a beautiful sunny day. No one complained about the weather. The views from the streets kept everyone's attention. Each of the houses in the enclave is unique - no cookie cutter homes here. For more information on the history of the area follow the link: [dlnhs.org/douglas-manor/](http://dlnhs.org/douglas-manor/)



Please send any items for "Talk on the Path" to the editor at:  
[apstriders@aol.com](mailto:apstriders@aol.com)

## RUNNERS REPORT BY PAT MITROFANIS

Hi everyone! I'm Pat Mitrofanis and I'm excited to be the Alley Pond Striders Runner's Representative. Nothing makes running more enjoyable than running and racing with friends. We had a nice size group of Alley Pond Striders running and cheering the HoHoHo 5K in December which made it so much more fun. We also expect to have four Alley Pond Strider teams enter the Pot of Gold Relay race on March 9th in Eisenhower Park. I'm really looking forward to racing with my APS ladies. So let's keep the camaraderie going! If you'd like to run a particular race, let me and your friends know and let's try to get a group together. Peak racing season is upon us, so there are bound to be some races we have our eyes on.

Race results for January and February, and a couple from November that we neglected to publish in our last newsletter, are as follows:

### Philadelphia Marathon (11/19/2023)

Ilana Galatan 4:53:19

Albert Galatan 5:40:09

### Sri Chinmoy Half Marathon (1/1/2024)

Pat Mitrofanis 1:51:05. (2nd in AG)

Venice Naidoo 2:02:20

### Frozen Flamingo 50k (1/7/2024)

Albert Galatan 7:42:40

### 2024 NYRR Manhattan 10k (2/5/2024)

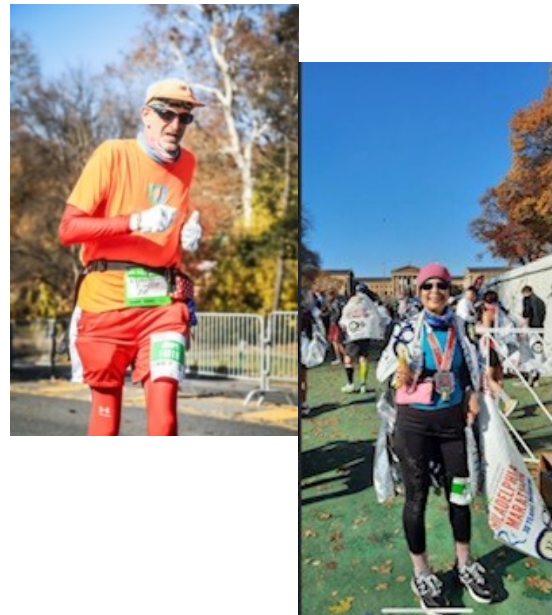
Gerry Ruiz 1:31:15

### 2024 Gridiron 4M (2/11/2024)

Gerry Ruiz 53:02

### PPTC Cherry Tree 10 Miler (2/18/2024)

Venice Naidoo 1:46:54



In closing, please let me know of your race results so we can show off your accomplishments in our newsletter! You can send them to me at [pmitrof@aol.com](mailto:pmitrof@aol.com).

# ALLEY POND STRIDERS 5 MILE CHALLENGE FEATURING OUR ALL PARK COURSE!!

**Sunday, April 28,  
2024 RAIN OR SHINE**

*The majority of race proceeds to  
benefit Our Lady of Lourdes Food  
Pantry, Queens Village NY*



Member of  
USA Track & Field



## START TIMES

**Fun Run 9:00 AM**

**5 Mile Race 9:30 AM**

Register online:  
[www.elitefeats.com](http://www.elitefeats.com)

With the cooperation of the Department of Parks and  
Recreation, City of New York.

**Eligibility:** The 5 Mile Challenge open to runners, joggers and walkers 13 years old and over. Fun Run is open to children 12 and under.

**Course:** A five mile race through beautiful Alley Pond Park and on the historic Vanderbilt Motor Parkway. The course is accurately measured with split times at every mile. Two water stations. Lavatory and Dressing facilities are available.

**REGISTRATION:** Pre-Registration: \$30 (postmarked by April 22nd). RACE DAY Registration \$40. Fun Run for Children - \$10.00. All 5-Mile Challenge finishers receive a finish metal and rally towel.

**DAY OF RACE REGISTRATION** will be held at the Alley Pond Park House - 7:30 to 9:00 AM.

**Awards: 5 MILE RACE:** First three (3) OVERALL finishers (male and female) receive a TROPHY. First three (3) finishers in each AGE GROUP (male and female) receive an award. Age Groups: age 13 to 19 then every 10 years to 70+.

**NO DUPLICATION OF AWARDS.**

**POST RACE REFRESHMENTS AND RAFFLES:**  
**MUST be present to win.**

**CHILDREN'S FUN RUN:** All finishers of the Fun Run shall receive a memento.

**Directions:** Alley Pond Park House located on Winchester Blvd. north of Union Turnpike. From Long Island - Northern State/GCP westbound: Exit 23. Turn left on Union Turnpike to Winchester Blvd. and park is on left. From Manhattan/Queens - GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Park is on right.

Register at [www.elitefeats.com](http://www.elitefeats.com) or by mail.

Make checks payable to:

**Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426**

**NO REFUNDS, EXCHANGES OR TRANSFERS**

**CIRCLE YOUR EVENT: 5 Mile Challenge  
Kids Fun Run**

Last Name

First Name

Mailing Address

Include Apt. No. and/or C/O

City or Town

State

ZIP Code

E-Mail Address

Sex

Age on

Birthday

M

F

Race Day

Mo. Day Yr.

☐
☐
☐
☐

Area Code

Phone Number

☐
☐
☐

Club or Team Affiliation

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Required if entrant under 18

RACE INFORMATION AND RESULTS WILL BE POSTED AT: [WWW.ALLEYPONDSTRIDERS.COM](http://WWW.ALLEYPONDSTRIDERS.COM).



## **ALLEY BOWL XIV – ANOTHER GREAT STRIDER EVENT**

### **BY COACH ROB**

On Sunday, February 11<sup>th</sup>, in wonderful running conditions, 11 teams took to the starting line for Alley Bowl XIV. This football-themed relay involves teams of three passing, instead of handing off, footballs to their teammates who then complete a one-mile loop.

This year, in addition to favorite returning teams from Cunningham and Morris Park, we had an injection of youth as two teams from Chaminade High School and one team from Cardozo High School signed up.

Right away these three teams used their advantage of youth to break away from the pack. Guided by our excellent volunteers from both our striders and walking divisions, they made the first handoff before six minutes.

Behind them a spirited competition among the more ‘seasoned’ runners took place between two teams from the Cunninghammers and our own Alley Pond Men.

By leg 3 the competition for first was down to Chaminade Beirne and the Cardozo Judges, with Chaminade winning by six seconds.

In the spirit themed Team Jersey competition our friends from LIRRC led by Fred Haslett took home the prize basket.

Team scores:

- 1) Chaminade Beirne 17:28
- 2) Cardozo Judges 17:34
- 3) Chaminade Rozea 18:27
- 4) Breakers 19:10
- 5) Alley Pond Men 21:44
- 6) H(e)arts 21:49
- 7) Hammers and Judges 21:58
- 8) Team Paula 22:27
- 9) LIRRC Ducks 22:44
- 10) Alley Cats 29:40
- 11) Morris Park 34:49

Special thanks to Alley Bowl committee members Joe and Ken, BBQ-pitboss Larry and “Alan’s Army” of volunteers!



## ANNUAL DINNER DANCE

Strider of the Year - Ray Lascot with Immediate Past President Ken Kaiser (right).



Most Improved Walked Alan Gold (current Walkers' Rep. with Dorothy Chusid (former Walkers' Rep.) and Ken Kaiser (below).



It's all in the family with Most Improved Runner Joey, Runner of the Year Coach Rob and mom Helen Pasqual with Pat Mitrofanis (current Runners' Rep.) (right).



# Alley Pond Striders New York, Inc

## Income and Expense Statement

Fiscal Year Ending 12/31/2023

**Opening Balance 12/31/2022** **\$ 4,344.22**

### Income

Annual Dinner Dance	\$ 2,710.00	
Membership Dues	2,270.00	
Prepaid Dinner Dance	1,600.00	
Prepaid Membership Dues	840.00	
Five Mile Challenge	300.00	
Alley Bowl	227.00	
City Stride	210.00	
Sale of Club Merchandise	100.00	
Newsletter Ad	50.00	
Donations	\$ 40.00	
<b>Total Income</b>		<b>\$ 8,347.00</b>

### Expenses

Annual Dinner Dance	\$ 3,979.70	
Refreshments	756.20	
City Stride	750.00	
Prepaid Dinner Dance Deposit	500.00	
Web Site Expenses	441.41	
Club Merchandise	379.50	
Picnic	364.02	
Post Office Box	202.00	
Alley Bowl	200.00	
Good & Welfare	71.07	
Stationary	66.37	
Postage	44.58	
Supplies	\$ 28.22	
<b>Total Expenses</b>		<b>\$ 7,783.07</b>

**Ending Balance 12/31/2023** **\$ 4,908.15**



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[apstriders@aol.com](mailto:apstriders@aol.com)**

**[www.alleypondstriders.com](http://www.alleypondstriders.com)**

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*The Alley Pond Striders is a running and walking club with over 160 members and serves the communities of Eastern Queens and western Nassau County, NY.*

*Since the early 1980's, the Alley Pond Striders continue to actively promote the enjoyment of walking and running in Alley Pond Park. The Alley Pond 5 Mile Challenge is one of the longest run local races in the New York City area.*

*The only membership requirement is a desire to take in the sights of Queens' largest forested area on your own two feet.*

*A group of Alley Pond Striders can be found any day of the week at the Park House located on Winchester Blvd. near the intersection of Union Turnpike. Members enjoy walks and runs of various distances and paces through the Park and surrounding area.*

*WALKS AND RUNS EVERY DAY—  
Check with Lynn Henry for times  
and gathering place.*

***For Membership Information  
Please contact Lynn Henry at  
516 437-8715 or  
[lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com)***

### **Board of Directors**

President: Steve Tier  
Vice President: Sara Jablonski  
Treasurer: Laughlin Whalen  
Recording Secretary:  
Gladys Garcia  
Corresponding Secretary:  
Ronit Guriel  
Social Secretary:  
Rosalie Hatch w/Maria Ferraro  
Runners Rep: Pat Mitrofanis  
Walkers Rep: Alan Gold

Membership Chair: Lynn Henry  
Phone: (516) 437-8715

E-mail: [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com)

Annual Dues: \$20 Single Membership

\$30 Family Membership/Couples

**NEW MEMBERS ONLY** who join after  
**June 30th** first year membership fees are  
**\$10 for an individual and \$15 for a family.**

The Strider is the newsletter of The Alley  
Pond Striders and is prepared monthly by:  
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information and articles to  
[apstriders@aol.com](mailto:apstriders@aol.com))  
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