

The Strider



Nov/Dec 2023

The Newsletter of the Alley Pond Striders

Volume XLII
Issue 11/12

FRONT PAGE NEWS

Year end is always a time for changes and reflections. We turn the page on 2023 with hopes for a better 2024. For myself, this President's Message marks the conclusion of my second term as President of the Alley Pond Striders. It has been both an honor and a pleasure to be associated with such a friendly and diverse group.

As many of you may know, this also signifies the end of my second tenure as President of the Striders. My initial term was served in 2004-2005, and I'm sure you'll agree that much has changed in the 18 years that have passed. Despite the evolution over time, one constant remains—the Alley Pond Striders, at its core, is a family.

It didn't take me long after joining to realize that the Striders are not just a running club, a walking club, or even solely a heart-healthy club as it was originally founded. No, the Alley Pond Striders are a family. Each and every Strider has a place in that family, experiencing both good times and tough times. Just like a family, we navigate through it together. If someone misses a run or walk too often, calls go out to ensure everything is okay. And if things are not okay, we reach out to help. That's a family in my book. Growing up in a big family myself, I have no illusions that there is always smooth sailing. Though I might have been annoyed with one of my brothers or sisters, I recognize that I was likely the cause of their annoyance. At the end of the day, we were still family.

As we move into 2024, let's make an extra effort to appreciate our Alley Pond Strider family. Participate and witness the impact you can have throughout the year.

Finally, I would like to welcome the 2024 Executive Board, especially our new President, Steve Tier. I am confident that with Steve's leadership and all our combined efforts, 2024 will be nothing less than a great year for the Alley Pond Striders.

Thank you, stay well and find balance.

Ken Kaiser

TALK ON THE PATH

- WHAT'S HAPPENING IN AND OUT OF THE PARK

Happy January Birthday to:

Bruce Abrams (2nd), Mary Hubert (4th), Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Rosalie Hatch (17th), Pat Kay (20th), Mayme Tong (20th), Alexandra Grzesik (21st), Rosalind Salz (22nd), Rina Wexler (24th), Tina Cothalis (25th), Howie Cohen (26th), Rosie Schellenberg (27th), Gladys Garcia (28th), JoAnn Barnes (30th), Vivien Lim (30th) and Judy Fishkin (31st).

Warm Welcome –to our newest Striders Phyllis Hiotakis of Bayside and Jody Nelson of Bellerose.

Speedy Recovery:

To Bruce Hammer who is recovering at home after recent back surgery.

Holiday Party & Election

A good time was had by all at our annual Holiday Party on Sunday, December 17th. Lots of good conversations and lots of good food! Our election was held and the new members of the board are President Steve Tier, Recording Secretary Gladys Garcia, Walkers Rep Alan Gold and Pat Mitrofanis moved over to Runner's Rep. Vice President Sara Jablonski, Treasurer Laughlin Whalen, Corresponding Secretary Ronit Gurriel and Social Secretaries Rosalie Hatch and Maria Ferraro are all serving for another year. Thanks in advance for your contributions to the Striders in 2024. Thanks to Ken and Randi for their service!

Annual Dinner Dance

Looking forward to seeing everyone at K.Pacho's on Sunday, January 28th from 5:00-9:00pm.- with or without your dancing shoes!! <https://www.kpacho.com/>

- \$80 for members paid in advance
- \$85 for NON-members paid in advance
- \$90 for members paying at the door/day of the Dinner Dance
- \$95 for NON-members paying at the door/day of the Dinner Dance

You can give payment to any board member, mail to the Striders at P.O. Box 298, Bellerose 11426, or pay by Zelle at alleypondstriders@gmail.com.

Dues Are 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. You can also pay via Zelle at alleypondstriders@gmail.com. **Note: we are no longer using PayPal and Venmo.**

Please send any items for "Talk on the Path" to the editor at:
apstriders@aol.com

RUNNERS REPORT - RANDI OPSAHL

As we say goodbye to 2023, I say goodbye to my role as Runners' Representative. Please welcome Pat Mitrofanis, one of our star runners, as the new Runners' rep. All race results should now be sent to Pat Mitrofanis at pmitrof@aol.com or text to Pat at 917-373-0602.

Race results for November and December follow:

NYC Marathon (11/5)

Vivien Lim	3:00:28 (3rd in AG)
Jaime Palacios	3:38:51
Pat Mitrofanis	4:29:50
Venice Naidoo	4:33:41
Andrea Salis	5:12:45
George Waters	6:45:09
Gerry Ruiz	6:45:56



Bay Bridge Run 10K (11/12)

Rob Pasqual	53:26
Joey Pasqual	1:33:40
Helen Pineda-Pasqual	2:08:14

Garden City Turkey Trot 5M (11/23)

Joe Gambino, Jr.	35:38
Kate Gambino	39:55
Lindsey Gambino	43:39
Lynn Henry	1:03:05 (3rd in AG)
Maria Ferraro	1:03:49

Oyster Bay Turkey Trot 5K (11/23)

Fast Eddie Grassel	32:54 (1st in AG)
--------------------	-------------------

One S'More Fun Trail Race 3/4 Mile (11/26)

Joey Pasqual	Finished first
--------------	----------------

HoHoHo 5K (12/16)

Robert Pasqual	24:15.49
Pat Mitrofanis	24:20.85 (2nd in AG)
Venice Naidoo	24:39.69
Kate Gambino	24:43.42
Andrea Salis	24:44.49
Sara Jablonski	32:08.77
Laughlin Whalen	37:08.75
Lynn Henry	40:09.45
Gerry Ruiz	40:26:05
Joseph Pasqual	1:02:17.06
Helen Pasqual	1:02:20.36



Fast Eddie Grassel and Bruce Hammer with Zach Hammer at the Oyster Bay 5k.

It's been a pleasure to serve as your Runners' Rep. in 2023. Happy Trails and see you on the path.

VP MESSAGE – SARA JABLONSKI

On Sunday, December 17th at our Holiday Party we held our annual elections. The new Alley Pond Striders Executive Board members are:

President: Steve Tier

Vice President: Sara Jablonski

Treasurer: Laughlin Whalen

Recording Secretary: Gladys Garcia

Social Secretary: Rosalie Hatch (with Maria Ferraro)

Corresponding Secretary: Ronit Guriel

Runners' Representative: Pat Mitrofanis

Walkers' Representative: Alan Gold

A special thank you to Ken Kaiser for leading us out of the pandemic and into the “new” normal. Also, thank you for all you have done and for all your hard work.

On behalf of the board and myself I would like to welcome Steve. We are thrilled to have you as the new president of the Alley Pond Striders.

**REMINDER – Annual
Dues are NOW DUE.
Membership is still a
great deal at \$20 per
individual and \$30 per
family!**

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	
Total Income		\$ 8,347.00

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	
Total Expenses		\$ 7,783.07

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

Alley Pond Striders Word Search

Z U S T R I D E R U S T R C G
H Z F Y W L R C O P R L E R L
S Y A M R F S B X A A W C E G
P N M A E I W U L R C A H A B
J B I R F N I R N K E L A M O
G A L A R I N U M H V K L C A
R G Y T E S N N E O M E L H R
E E G H S H E N M U S R E E D
E L J O H G R E B S T S N E E
N X C N M S M R E E A D G S U
L E I U E U F M R C R O E E O
I B S P N M H I S A T I X M T
N X O L T C Z F H V P H X U P
E V E H J D H G I T C F E I I
N J D U S A P N P G H N U Z G

Refreshment

Cream Cheese

Membership

Start

Challenge

Parkhouse

Marathon

Race

Strider

Greenline

Runner

Bagel

Finish

Winner

Walker

Family

Board



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, N.Y. 11426-0298

NON PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 464
FLUSHING, NY

Return Service Requested

“Every year you make a resolution to change yourself. This year, make a resolution to be yourself.” Unknown

www.alleypondstriders.com

INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
VP MESSAGE & EXECUTIVE BOARD SLATE	4
TREASURE'S FY2023 FINANCIAL REPORT	5
WORD SEARCH	6

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

Board of Directors

President: Ken Kaiser
Vice President: Sara Jablonski
Treasurer: Laughlin Whalen
Recording Secretary:
Pat Mitrofanis
Corresponding Secretary:
Ronit Guriel
Social Secretary:
Rosalie Hatch w/Maria Ferraro
Runners Rep: Pat Mitrofanis
Walkers Rep: Dorothy Chusid

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

E-mail: 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:
Managing Director: Ken Kaiser (Please send information and articles to apstriders@aol.com)
Senior Editor: Lynn Henry
Web Master : Danielle Weisbord