

# The Strider

45th Anniversary Year



March/April 2025

The Newsletter of the Alley Pond Striders

Volume XLV  
Issue 3/4

## FRONT PAGE NEWS

### PRESIDENT'S MESSAGE

My wife, Marilyn, and I are enjoying the spring weather which has finally appeared. She is recovering from a knee replacement (TKR) and is already no longer using a cane or walker. We are both looking forward to taking short walks with the Striders - nothing over three miles.

I was very impressed with the run. There was a visible and genuine spirit of camaraderie that was not dampened by the colder weather. I was happy to contribute as a volunteer to the race.

I must also compliment all our wonderful sponsors for their generous donations in support of our run. I am looking forward to many future events.

Best, Steve Tier

### PHIL MARCUS - A TRIBUTE

We are sorry to hear the sad news that Strider Phil Marcus passed away on May 16th. Phil was a remarkable 104 years old.

Phil joined the Striders in 1991 and immediately got involved by taking the role of Membership Chair from 1992 to 2003.

Phil was voted Walker of the Year in 1992 and Strider of the Year in 1998.

On his 100th birthday, March 24, 2001 - a celebration was held in Alley-Springfield with a parade of veterans and old vehicles, Striders and local politicians, food and of course a cake.

May his memory be a blessing.



## **TALK ON THE PATH**

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

**Happy May Birthday to:** Vince del Cid (1st), Pat Mitrofanis (1<sup>st</sup>), Pat Vitrano (2nd), Eugene Hartman (9<sup>th</sup>), George Waters (20th) Jacqueline Williams (20th), Albert Galatan (24th), Elik Hirsch (30th) and Letisha Lawlor (31st).

**Happy June Birthday to:** Dorothy Chusid (1st), Lynn Leon (2nd), Donna Sciarrone (2nd), Venice Naidoo (3rd), Elizabeth Chan (4th), Ken Kaiser (6th), Steve Merritt (6th), Talia Galatan (8th), Fran Kraus-Schmidt (11th), Eric Schwartz (13th), Mario Raciti (17th), Sybil Blumenthal (18th), Ruth Abraham (20th), Howard Nachman (20th), Joe Gambino, Jr. (21st), Eleanor Petardi (25th), Nora Kuzoch (23rd), Mindy Bellow (26th), "Fast Eddie" Grassel (28th), Ilana Galatan (29th), Jack Heller (30th) and Ann Marie Williamson (30th).

**Warm Welcome to our newest Striders:** Dan Bach of Long Island City, Cindy Doire of Oakland Gardens, Carmen and Hector Moreno of Jackson Heights, Hammad Qamar of Queens Village, Carmen & Mike Rivera of Glen Oaks and George Roseman of Douglaston.

#### **The Alley Pond Strider Five Mile Challenge – April 27<sup>th</sup>**

Big thank you and congratulations to Race Director Laughlin, the Race Committee and the volunteers who gave of their time to make our race a success. It was so nice that we had three of our original Striders there as the race starters. Fast Eddie Grassel, Bruce Hammer and George Zink. A great day - even the weather cooperated – just a little windy!



This was the eighth time Laughlin has been Race Director! (George was Race Director in 1990.)

#### **Excursion**

Seventeen Striders (both walkers and runners) ventured to Hempstead Lake State Park on Thursday, April 10<sup>th</sup>. A good time was had by all including a delicious breakfast at the nearby Venus Diner. We will return!

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!

Spring is here and that means that runners are out running, racing and generally enjoying the outdoors a lot more than we did a couple of months ago. There are so many races to choose from. I try to post a few of our favorite ones in Constant Contact so please read your emails and join us. And if you have a favorite race, please share with us so we can join you! It's much more fun going with our Alley Pond Strider teammates. Just look at some of the photos from the Cherry Blossom races!

The racing results for March and April are as follows:

### NYRR Washington Heights Salsa, Blues and Shamrocks 5K (3/2/2025)

Pat Mitrofanis	26:09
Venice Naidoo	28:43

### Forest Park Spring Ahead 5-Miler (3/9/2025)

Rob Pasqual	43:23 (1st in Age)
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### NYRR United Airlines NYC Half Marathon (3/16/2025)

Pat Mitrofanis	1:57:20
Gerard Ruiz	No time reported

### Kings Park 15K (3/22/2025)

George Waters	2:09:49
Laughlin Whalen	2:13:27

### Credit Union Cherry Blossom 5K Washington DC (4/5/2025)

Joey Pasqual	26:57
Venice Naidoo	27:05
Lynn Leon	32:48
Helen Pineda-Pasqual	57:54

### Credit Union Cherry Blossom 10-Miler Washington DC (4/6/2025)

(Check out the report on this race in this newsletter)

Pat Mitrofanis	1:21:42
Venice Naidoo	1:30:32
Rob Pasqual	1:39:19
Fran Kraus-Schmidt	1:47:31
Lynn Leon	1:53:00
Nella Carravetta	2:05:09
Randi Opsahl	2:08:48
Maria Ferraro	2:14:08
Laughlin Whalen	2:16:41

### Alley Pond Striders 5 Mile Challenge (4/27/2025)

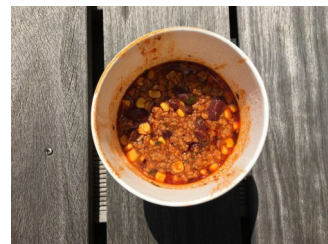
Vivien Lim	33:44 (1st Female OA)
Johnny Scalzo	51:00 (1st in age)
Kathy Scalzo	56:03
Edward Grassel	1:01:08 (1st in age)
George Waters	1:01:10 (2nd in age)
Peter Hoey	1:02:23
Gerard Ruiz	1:07:33

See later in this edition for complete race results!

### London Marathon (4/27/2025)

Pat Mitrofanis	4:55:46
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(Impressive considering the warm temps and Pat was not feeling well)



Don't forget, 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 GO TO WASHINGTON BY RANDI OPSAHL

Every spring the annual National Cherry Blossom Festival in Washington, DC commemorates the 1912 gift of cherry blossom trees from Mayor Yukio Ozaki of Tokyo to Washington, DC. The festival includes one of the nation's premier 10-mile races, the Credit Union Cherry Blossom 10 Mile run, as well as the 5K. A group of Alley Pond Striders traveled to our nation's capital the first week of April to participate.

Several of us started our adventure on Thursday, April 3, at the fabulous Moynihan Train Station where we boarded Amtrak for a comfortable, 3.5-hour journey. After checking into our hotel we headed to Arlington National Cemetery where we watched the changing of the guard at the Tomb of the Unknown Soldier and visited the grave of President John F. Kennedy. The Marine Corps War Memorial, which is just outside the cemetery, was also on the list.

The 2.2 mile long National Mall provides options for everyone. Anchored by the Lincoln Memorial on the west and the Capitol on the east, with 11 of the Smithsonian Institution's museums along the way, you can spend a full day there and barely scratch the surface. The Vietnam Veterans Memorial and the Charters of Freedom at the National Archives were highlights. An additional out-



ing to see the memorials illuminated at night was worth the extra miles we walked.

On Friday, we worked our way to the National Buildings Museum for the race expo. Wasn't that the reason we were here? Easy to forget in a city as interesting as DC. We met up with our fellow Striders who had just arrived, picked up our numbers and started mentally preparing for the races ahead.

The 5K took place on Saturday, April 5. Helen and Joey Pasqual, Lynn Leon and Venice Naidoo ran while the rest of us cheered them on. It was the first half of the Double Blossom challenge for Lynn, who would be running both the 5K and 10 Mile runs to



earn the special Double Blossom medal.

Sunday, April 6, was the 10 Mile run. Nella Carravetta, Maria Ferraro, Fran Kraus-Schmidt, Lynn Leon, Pat Mitrofanis, Venice Naidoo, Rob Pasqual, Laughlin Whalen and I made it to the start with varying goals. While several had time goals in mind—others would be happy to finish before the sweep bus (that would be me). The weather was great, the course was flat and fast, course records were set by the elite runners and most importantly, we all had fun.

When we first entered the race lottery in December 2024, some (who me?) were half hoping we would not be selected. "It seemed like a good idea at the time" and "Who's idea was this?" were often heard on the path as we trained through the winter. Once everyone was across the finish line, and we celebrated our shared experience, we all quickly agreed we couldn't wait to do the whole thing again next year. I look forward to being at the start with my fellow Striders in 2026



*Note: Next year's races are scheduled for April 11 & 12, 2026. The lottery for the 2026 10-mile race opens on December 1, 2025. You can find race and lottery information at [cherryblossom.org](http://cherryblossom.org).*



## APS FIVE-MILE CHALLENGE 'THANK YOU' FROM RACE DIRECTOR LAUGHLIN WHALEN

As we celebrate the 40th running of the Challenge, I want to thank ALL the volunteers who participated in Sunday's race. Once again it was truly gratifying to hear all the compliments from the runners about the encouragement and helpfulness of the volunteers. Many have said that they would return next year, in part, because of that. Just so you don't think we are going to sit on our laurels, I have already scheduled next year's run for April 26th. Again, thanks to everyone for a job well done



President Steve with just a few of the MANY Strider volunteers!

Thank  
You





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Race Date  
April 27, 2025

# Alley Pond 5 Mile Challenge

## Overall Finish List

### 5 Mile

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Age Grade</u>	<u>Time</u>	<u>Pace</u>
1	Leonel Perez	Brooklyn NY	29	42	M	0.7523	29:39.10	5:56/M
2	Omar Cecere	New York NY	7	29	M	0.6269	33:36.00	6:43/M
3	Vivien Lim	NY	174	52	F	0.8157	33:44.00	6:45/M
4	Cy Da	Flushing NY	4	43	M	0.6617	33:58.80	6:48/M
5	James Cha	Bayside NY	24	40	M	0.6397	34:20.30	6:52/M
6	Joshua Cohen	New Hyde Parm NY	52	44	M	0.6546	34:36.90	6:55/M
7	William Daks	Oakland Gardens NY	20	39	M	0.6222	35:02.10	7:00/M
8	Newton Ikhariale	Bellerose NY	62	39	M	0.6084	35:50.00	7:10/M
9	Walter Bryant	Queens Village NY	101	33	M	0.5804	36:26.30	7:17/M
10	Michael Pittelli	Farmingdale NY	31	51	M	0.6459	37:08.10	7:26/M
11	Carrie Lin	Bayside NY	23	39	F	0.6522	37:37.20	7:31/M
12	Jan Kasal	Malverne NY	45	62	M	0.6839	38:37.50	7:44/M
13	Tzvi Goldberg	NY	171	23	M	0.5433	38:46.40	7:45/M
14	Edward Ward	West Hempstead NY	98	69	M	0.7213	39:08.80	7:50/M
15	Horace Bush	Briarwood NY	1	66	M	0.6711	40:52.10	8:10/M
16	Irene Starygina	Astoria NY	49	40	F	0.6035	40:53.00	8:11/M
17	Stephanie Altman	Great Neck NY	5	60	F	0.7392	40:57.30	8:11/M
18	Jim Collins	Flushing NY	100	54	M	0.5988	41:05.30	8:13/M
19	Jelani Mangaroo	Rosedale NY	81	44	M	0.5495	41:14.20	8:15/M
20	Milan Lauro	Bayside NY	78	39	F	0.5881	41:43.40	8:21/M
21	Katrina Bernardo	Port Washington NY	6	42	F	0.5927	42:09.80	8:26/M
22	Robert Hegedus Hegedus	Kew Gardens Hills	50	48	M	0.5423	43:08.80	8:38/M
23	Miguel Cabrera	Great Neck NY	46	42	M	0.5170	43:09.10	8:38/M
24	Ken Klinger	Bayside NY	13	59	M	0.5953	43:10.60	8:38/M
25	Johnny Jiggs	Queens Village NY	30	38	M	0.5005	43:14.60	8:39/M
26	Dustin Abbate	Oyster Bay NY	102	41	M	0.5054	43:48.10	8:46/M
27	Phil Vetrano	N Massapequa NY	91	56	M	0.5701	43:54.60	8:47/M
28	Joseph Mirabella	Bayside NY	94	50	M	0.5391	44:07.80	8:50/M
29	Lorraine Browne	NY	172	55	F	0.6402	44:29.90	8:54/M
30	Jessica Vergara	Brooklyn NY	48	37	F	0.5448	44:36.00	8:55/M
31	Patricia Alcivar	Forest Hills NY	97	40	F	0.5501	44:51.20	8:58/M
32	Alexander Keblish	Ridgewood NY	89	44	M	0.4967	45:37.50	9:08/M
33	Benjamin Kahen	Great Neck NY	61	29	M	0.4525	46:32.80	9:19/M
34	Aury Rivas	Middle Village NY	92	31	F	0.5075	47:03.60	9:25/M
35	Erika Kaiser	New York NY	59	35	F	0.5047	47:46.20	9:33/M
36	Saya Hishikawa	Bayside NY	3	33	F	0.5011	47:50.60	9:34/M
37	Kalman Goldstein	Woodmere NY	51	48	M	0.4860	48:08.70	9:38/M
38	Christopher Kirejczyk	Albertson NY	67	66	M	0.5694	48:09.90	9:38/M
39	Karina Vasquez	Woodside NY	14	39	F	0.5034	48:44.30	9:45/M
40	Matt Greenberg	Woodside NY	15	40	M	0.4503	48:46.50	9:45/M
41	Carlos Perez	Ozone Park NY	68	61	M	0.5355	48:52.90	9:47/M
42	Louis Pace	Woodside NY	10	37	M	0.4390	48:59.40	9:48/M
43	Doreen Chin	Queens Village NY	19	58	F	0.6021	49:03.40	9:49/M
44	Aura García De Rivas	Middle Village NY	93	63	F	0.6230	50:29.40	10:06/M
45	Theresa Juva-Brown	Oakland Gardens NY	34	41	F	0.4872	50:57.10	10:11/M
46	Henry Tse	Fresh Meadows NY	103	29	M	0.4133	50:58.00	10:12/M
47	Johnny Scalzo	Glen Head NY	25	19	M	0.4129	51:00.80	10:12/M

Race Date  
April 27, 2025

# Alley Pond 5 Mile Challenge

## Overall Finish List

### 5 Mile

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Age Grade</u>	<u>Time</u>	<u>Pace</u>
48	Elissa Castro	Forest Hills NY	90	25	F	0.4639	51:22.00	10:16/M
49	Jamie L	Fresh Meadows NY	64	47	F	0.5030	51:48.40	10:22/M
50	Yurac Sinchico	Queens Village NY	66	32	F	0.4616	51:49.70	10:22/M
51	Brian Livian	Great Neck NY	47	25	M	0.4060	51:53.30	10:23/M
52	Vincent Liang	Flushing NY	33	43	M	0.4305	52:13.90	10:27/M
53	Graham Adelina	Fresh Meadows NY	17	41	F	0.4751	52:15.10	10:27/M
54	Eunjin Kim	Bayside NY	11	44	F	0.4855	52:15.10	10:27/M
55	Kenneth Lau	Queens NY	96	39	M	0.4153	52:29.60	10:30/M
56	Peter Tse	Fresh Meadows NY	105	69	M	0.5323	53:03.10	10:37/M
57	Nancy Tse	Fresh Meadows NY	104	61	F	0.5762	53:12.60	10:39/M
58	Dana Getz	New Hyde Park NY	70	67	F	0.6230	53:16.00	10:39/M
59	Jackie Phillip	Queens Village NY	99	47	F	0.4891	53:16.60	10:39/M
60	Samantha Fernbach	Port Washington NY	76	43	F	0.4690	53:40.30	10:44/M
61	Justyn Lee	Fresh Meadows NY	43	11	M	0.4489	53:57.50	10:48/M
62	Louis Cothalis	NY	176	21	M	0.3879	54:18.00	10:52/M
63	Behajah Patterson	NY	173	54	F	0.5170	54:27.90	10:54/M
64	William Montero	Oakland Gardens NY	56	66	M	0.5017	54:39.50	10:56/M
65	Michael Austria	Queens Village NY	65	31	M	0.3814	55:15.50	11:03/M
66	Joe Bradley	Ridgefield CT	58	64	M	0.4816	55:53.00	11:11/M
67	Caroline Poon	Bayside NY	55	51	F	0.4864	55:55.70	11:11/M
68	Kathy Scalzo	Glen Head NY	54	55	F	0.5083	56:03.10	11:13/M
69	Jerry Antimano	Ridgewood NY	72	38	M	0.3856	56:07.40	11:13/M
70	Moses Ruperto	Maspeth NY	86	40	M	0.3913	56:08.00	11:14/M
71	Maria Pantoja	Oakland Gardens NY	57	60	F	0.5341	56:41.20	11:20/M
72	Lori Dykeman	Douglaston NY	60	59	F	0.5259	56:51.70	11:22/M
73	Melissa Baez	Franklin Square NY	18	47	F	0.4378	59:31.20	11:54/M
74	Edward Grassel	Fresh Meadows NY	40	77	M	0.5166	1:01:08.20	12:14/M
75	George Waters	Hicksville NY	22	70	M	0.4663	1:01:10.40	12:14/M
76	Peter Hoey	Floral Park NY	63	65	M	0.4355	1:02:22.90	12:29/M
77	John Novak	Fresh Meadows NY	12	66	M	0.4357	1:02:56.50	12:35/M
78	Jed Golden	Floral Park NY	26	69	M	0.4446	1:03:30.50	12:42/M
79	M Daniel Bach	Lic NY	28	62	M	0.4099	1:04:26.80	12:53/M
80	Mary K	Elmhurst NY	53	50	F	0.4140	1:04:58.70	13:00/M
81	Rakesh Gupta	New York NY	88	55	M	0.3772	1:05:47.90	13:10/M
82	Tom Leyendecker	Malverne NY	21	54	M	0.3738	1:05:48.50	13:10/M
83	Hammad Qamar	Queens Village NY	95	67	M	0.4140	1:06:53.00	13:23/M
84	Roscelin Mendoza	Jamaica NY	106	30	F	0.3557	1:07:04.00	13:25/M
85	Gerard Ruiz	Hicksville NY	2	65	M	0.4021	1:07:33.30	13:31/M
86	Michael Benjamin	Queens Village NY	82	66	M	0.3897	1:10:22.30	14:04/M
87	Arielle Benjamin	Queens Village NY	83	36	F	0.3437	1:10:24.10	14:05/M
88	Stephen Wright	Far Rockaway NY	39	24	M	0.2923	1:12:04.00	14:25/M
89	Hesketh Brown	Rosedale NY	27	21	M	0.2919	1:12:08.90	14:26/M
90	Kimberlee Farrell	Rosedale NY	73	45	F	0.3534	1:12:22.50	14:29/M
91	Laeticia Charles	Hollis NY	38	25	F	0.3247	1:13:23.90	14:41/M
92	Mike Coretsiolis	NY	178	67	M	0.3682	1:15:12.70	15:03/M
93	Tina Cothalis	NY	177	69	F	0.4537	1:15:12.70	15:03/M
94	Debbie Coretsiolis	NY	179	62	F	0.4127	1:15:14.20	15:03/M



Race Date  
April 27, 2025

Alley Pond 5 Mile Challenge  
Overall Finish List

**5 Mile**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Age Grade</u>	<u>Time</u>	<u>Pace</u>
95	Stella Ni	NY	175	63	F	0.4180	1:15:14.80	15:03/M
96	Scott Fairgrieve	Mineola NY	80	74	M	0.3849	1:18:01.60	15:36/M
97	Jody Nelson	Bellerose NY	32	52	F	0.3505	1:18:29.90	15:42/M
98	Carlos Varela	Woodhaven NY	74	62	M	0.3365	1:18:30.20	15:42/M
99	Julia Varela	Woodhaven NY	75	58	F	0.3762	1:18:30.20	15:42/M
100	Nelson Baez	Franklin Square NY	85	49	M	0.3003	1:18:33.70	15:43/M
101	Madison Davis	NY	170	10	F	0.3490	1:21:21.70	16:16/M
102	David Qadir	Jamaica NY	87	35	M	0.2614	1:21:26.00	16:17/M
103	Cecile Dohman	Fresh Meadows NY	79	42	F	0.2791	1:29:32.10	17:54/M
104	Jack Berger	Richmond Hill NY	9	65	M	0.2763	1:38:19.50	19:40/M
105	Louiza Patsis	Jamaica NY	107	53	F	0.2562	1:48:37.30	21:43/M



**THANK YOU TO ALL WHO VOLUNTEERED AND  
PARTICIPATED IN OUR FIVE-MILE CHALLENGE RACE!**

**SEE YOU AT THE ALLEY BOWL ON FEBRUARY 8, 2026 AND  
THE NEXT FIVE-MILE CHALLENGE ON APRIL 26, 2026!!**

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

### ***INSIDE THIS ISSUE:***

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
ALLEY POND STRIDERS GO TO WASHINGTON	4
THANK YOU FROM RACE DIRECTOR	5
2024 ALLEY POND RACE RESULTS AND SPON- SOR LIST	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—  
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**For Membership Information  
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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.**

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