

The Strider



Sept/Oct 2023

The Newsletter of the Alley Pond Striders

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FRONT PAGE NEWS

As the days grow shorter and the temperatures drop, many of us might be tempted to hibernate indoors until the warmth of spring arrives. However, there's no need to let the cold weather keep you from enjoying the many physical and mental benefits of walking and running. In fact, with the right preparations, cold-weather workouts can be both invigorating and rewarding. In this month's newsletter, we're going to explore some valuable tips for staying active during the winter months.

1. Dress in Layers: The key to staying comfortable while exercising in the cold is layering. Start with a moisture-wicking base layer to keep sweat away from your skin. Add an insulating layer to trap warmth and finish with a windproof and waterproof outer layer. Don't forget to wear a hat and gloves to protect your extremities, as they tend to get cold quickly.

2. Proper Footwear: Ensure you have appropriate shoes for the cold and potentially icy conditions. Look for shoes with good traction and consider wearing moisture-wicking socks to keep your feet dry.

3. Warm Up: Before heading out, take a few extra minutes to warm up your muscles indoors. A brisk walk around the house or a set of dynamic stretches can help prevent injuries.

4. Stay Visible: With shorter days, it's important to be visible to others, especially if you're running in low light conditions. Wear reflective clothing, use a headlamp, and consider running or walking with a buddy for added safety.

5. Hydration: Even in cold weather, it's essential to stay hydrated. The cold air can be deceptively dry, leading to increased fluid loss. Drink water before, during, and after your workout to maintain proper hydration levels.

6. Choose the Right Route: In winter, it's wise to select your running or walking routes carefully. Avoid icy patches and opt for well-lit paths or areas that are regularly maintained. Some communities even have cleared winter running and walking trails for your convenience.

7. Listen to Your Body: Pay close attention to how your body is reacting to the cold. If you start feeling too cold or experience any pain, it's okay to cut your workout short or head back indoors. Safety should always be the top priority.

8. Post-Workout Care: After your cold-weather workout, it's essential to change out of wet clothes promptly to prevent getting chilled. Enjoy a warm shower and nourishing post-exercise meal to replenish your energy.

9. Embrace the Benefits: Finally, remember the many advantages of cold-weather workouts. The invigorating cold air can be exhilarating, and research suggests that exercising in colder temperatures can help you burn more calories. Plus, the release of endorphins can boost your mood, helping to stave off winter blues.

In conclusion, don't let the winter weather discourage you from maintaining an active lifestyle. With the right gear and precautions, you can continue to enjoy the benefits of walking and running year-round. So, lace up your shoes, layer up, and get out there – the cold never looked so appealing!

Stay warm and healthy this winter! Fine Balance and Have Impact - Ken Kaiser

Talk on the Path - What's Happening In and Out Of the Park

Happy November Birthday to:

Joe Gambino (3rd), Ronit Guriel (4th), Randi Opsahl (4th), Audrey Hatch (5th), Murray Gottlieb (6th), Haydee Perez (6th), Maxwell Fishon (7th), Elizabeth Brown (8th), Joanne Snider (10th), Roza Agabs (11th), Rachel Belson (11th), Paul Santino (11th), Judy Densky (12th), Lynn Henry (17th), Rene Wasserman (17th), Ruben Encalada (19th), David Schultz (20th), Aberaham Zadi (21st), Nicole Appel (23rd), Richie Cohen (23rd), Kin Tong (23rd), Ray Prochak (24th), Luz Rodrigues (25th) and Jerry Kirschner (30th)

Warm Welcome to our Newest Striders:

Christine Bartholoma of Bayside, Ariann Munford and Michelle Munford of Laurelton, Alina Murino of Fresh Meadows, Riccardo Pellicciaro of Bayside and Joanne Snider of Bayside.

City Stride

Thanks to Dorothy and her “team” for putting together another great City Stride. The weather was beautiful – ok maybe a little windy! I think we all enjoyed the walk on the Brooklyn Bridge and Governors Island. I know I did. Governors Island was on my bucket list.

Thinking of you

Keep John Rettmer in your thoughts as he has been in rehab since August since his fall and surgery. It's been a long haul but he's making progress.

Congratulations

To proud parents Judi & John Rettmer whose daughter and former Strider Jean Schapowal was featured on the cover/article in the Explore section of Newsday on Oct. 16th. Jean is the owner of Cakes with Character and represented the USA in Italy in the FIPGC Cakes Designers World Championship which she said is “the Olympics of cake decorating.”



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

RUNNERS REPORT - RANDI OPSAHL

Fall running weather is finally upon us, along with Fall Marathon season. We have several members running the NYC Marathon this year. Be sure to join us at Mile 14 in Long Island City to cheer them on..

Race results for September and October follow:

2023 New Balance Bronx 10M (9/17)

Vivien Lim	1:05:12 1st in AG
Jaime Palacios	1:11:12 2nd in AG
Venice Naidoo	1:27:28
Gerry Ruiz	2:17:16

BMW Berlin Marathon (9/24)

Pat Mitrofanis	4:13:29
Venice Naidoo	4:41:29

2023 NYRR Staten Island Half (10/8)

Gerry Ruiz	3:00
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Get to the Point 5K (10/15)

John Scalzo	23:41 1st in AG
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NHP-M 8K Run (10/22)

Pat Mitrofanis	39:09 1st place Female Senior Masters
Andrea Salis	40:01 1st in AG

Rhatigan's Run 5K (10/28)

Pat Mitrofanis	23:39 1st in AG
Peter Hoey	35:04
Laughlin Whalen	37:34 1st in AG
Lynn Henry	39:28 1st in AG



Rhatigan's Run: (Front row)) Karen Hoey, Peter Hoey, Pat Mitrofanis, Lorraine Brown (Strider friend) and Lynn Henry. (Back row) Sam Van De Cruze, Mike Weisbord, Laughlin Whalen and Venice Naidoo. And trying to get everyone lined up properly: Scarlett Hoey (woof).

VP MESSAGE – SARA JABLONSKI

I am pleased to report that the Nominating Committee has secured the following slate for the 2024 Alley Pond Board:

President: Steve Tier
Vice President: Sara Jablonski
Treasurer: Laughlin Whalen
Recording Secretary: Gladys Garcia
Social Secretary: Rosalie Hatch (with Maria Ferraro)
Corresponding Secretary: Ronit Gurriel
Runners' Representative: Pat Mitrofanis
Walkers' Representative: Alan Gold

I wish to thank the members of the Nominating Committee: Dorothy Chusid and Rosalie Hatch (Board Members) and Lynn Henry, Debbie Pantano, and Fran Kraus-Schmidt (from open membership) for their invaluable assistance.

Voting will take place during our Holiday Party on **Sunday, December 17th**.



**REMINDER – Annual
Holiday Party &
Executive Board Election
December 17, 2023**

WALKING IN 7 EASTERN EUROPEAN COUNTRIES

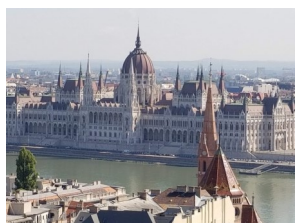
BY DIANE GRUNTHAL WITH PHOTOS BY ALLEN GRUNTHAL

People often ask what my favorite destination is, and without hesitation, I reply the Austrian Alps, remembering how the sun spills gold over the highest peaks. So too, Vienna, Austria, is my favorite city.

Vienna is where we launched our journey cruising down the Danube. How divine it was to see this enduring cultural powerhouse again in all its baroque, gilded glory, and unparalleled elegance. It was home to groundbreaking composers (Beethoven, Mozart, Brahms), scientists, philosophers, architects, and painters and now home to world class museums. Our 7.5-mile walk included the Hofburg Palace; Sisi Museum, home to perhaps Europe's best collection of crown jewels; the massive Gothic St. Stephen's Cathedral with its skyscraping spire; the Kunsthistorisches Museum; and the dazzling, statuesque and world-famous opera house.



Diane & Allen with
Mozart in Vienna



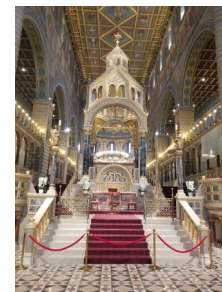
Budapest, Hungary

The shop's next stop was in Bratislava, Slovakia. Just as Vienna fought off centuries of Germanic barbarians, marauding Magyars, Mongol hordes, Ottoman Turks, and encroachment by the Soviet Union after World II, so too Slovakia was disfigured by the communists, then overshadowed by the Czechs. For centuries it was ruled from Hungary, at other times by the Hapsburg Empire; finally gaining freedom in 1989. It was interesting to walk to the various town sights and enjoyable to hike up to the Bratislava Castle.

Budapest, Hungary was next, where we spent two days exploring the traditional Buda side and the modern Pest side. Like all the other eastern European countries, Hungary had many rulers including Celts, Vandals, Huns, Avars, Tatars from Mongolia, and the seven nomadic Magyars; later the Holy Roman Empire. The Hapsburgs ruled for over a century but finally compromised and handed Hungary the reins, creating the dual monarchy of the Austro-Hungarian Empire. After WWII, Hungary was ruled by the Soviets, who ruled Hungary with an iron fist. After an unsuccessful uprising in 1956, Hungarians finally found freedom in 1989.

We covered 11 miles in the two days visiting, among other sites, the Hungarian Parliament, Hero's Square with its monuments and statues celebrating 14 Hungarian leaders who represent the whole span of this nation's history, and City Park. We made the best of our half day in Pecs, Hungary, and soon arrived in north-east Croatia. Allen and I had returned to the U.S. three weeks earlier from a bike trip to the Dalmation coast of Croatia. On this trip, the ship docked in the northeast part of Croatia, totally unlike the coast.

Novi Sad, Serbia the highlight of which was the Novi Sad Synagogue. We enjoyed a short concert performed by members of the Jewish Community. Then on to Belgrade, Serbia, a city that has been ravaged and rebuilt 20 times in its history. A guided walk around the massive Kalemegdan Fortress, built in the 3rd century by the Romans, showed its stalwart walls which loom over the Old Town and impressive medieval gates which enclose Orthodox churches. The most impressive Church of St. Sava is one of the largest orthodox churches in the world.



Pecs Hungary
Cathedral

Indicative of many of the Eastern European countries ravaged by constant changing of rulers and constantly changing land mass, our guide told us she was born in Yugoslavia, considers herself Yugoslavian and still worships Marshal Josip Tito, considered the "Father of Yugoslavia". Never mind that the country known as Yugoslavia only existed from 1918 to 1992. Our

(Continued on page 7)

STRIDERS OUT AND ABOUT: CITY STRIDE & CENTRAL PARK

City Stride: It was a beautiful sunny day going over the bridge. There were 42 Striders who were part of our City Stride that included the Brooklyn Bridge and South Street Seaport. Some of us took the ferry to Governors Island to take in the views of the City and walk on trails. Some of us took a tram on the Island to give us an overview of what's on the Island.



Ray Lascot, Pat Farell, Joann Kelley and Cristina Canavan

until he proposed to his girl- us waited patiently watching and excitement. After he did plauded and wished them cial feature of our excursion.



Shulamit Cooper

DiNatale, Shulamit Cooper, Ellen Heimberger, Carl Dietz, Judy Fishkin, Diane Haber, Dorothy Chusid and Michael Kirmayer.

Central Park: Strider Michael Kirmayer led a group of Striders on a walk through Central Park starting at 90th Street & 5th Avenue and ending in the east side of the Park near the Conservatory, at least a three mile trek. The park has lovely paved trails with interesting waterfalls and rock formations. An added feature: along the way a young man approached Michael and asked that we wait on the other side of a small waterfall friend. The group of with anticipation the honors we ap- well. An added spe-

Striders who enjoyed the Centennial Park walk were: Reena Fettner, Gladys Garcia, Alan Gold, Anthony



Alan Gold and Dorothy Chusid



Reena Fettner, Gladys Garcia and Diane Haber





St. Stephen's
Cathedral, Vienna

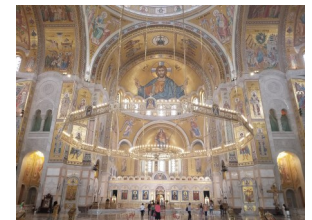
guide told us she has had 4 different passports; this was true of some of the other Eastern European countries as well.

I was truly blown away by the impressive National Museum of Serbia, which we visited on our own. It contained many masterpieces of world-famous artists, and two paintings by Serbians Stevan Aleksic "The Burning of the Remains of St. Sava" (1912) and Dorde Krstic's "The Fall of Stalac (1902) -- a must see when in Belgrade. In Donji Milanovac Serbia we visited St. Nicholas Orthodox church, a small historic church built in 1840, we were treated to the church's choir a cappella singing performance.

Vidin, Bulgaria is one of the oldest cities in Bulgaria and is home to the only entirely preserved medieval Bulgarian castle and the Baba Vida Fortress, a 10th century medieval Fortress. So impressive was the beautifully preserved Osman Pazvantoglu Mosque, which is a celebration of multiple faiths living harmoniously side by side.

Our final three days were spent in Romania, first in Constanta known as the "Pearl of the Romanian Riviera" and then on to Bucharest. Bucharest's Revolution Square is marked by a stark monument honoring the more than 1,000 Romanians who died to bring freedom to their country in 1989. Romania is the only Eastern European country where the transition from communism to democracy came with a violent revolution--and the only one that ended with an execution. Bucharest's enthralling colossal structure known as the Palace of the Parliament is the world's largest civilian building containing 3,000 rooms. Intended to be the headquarters of Romania's government and built by the country's communist dictator Nicolae Ceausescu, (arguably Europe's most damaging communist dictator aside from Joseph Stalin). Beginning in 1984, it took more than 20,000 workers and 700 architects seven years to build it. Ceausescu did not live to see its completion, as he was executed on Christmas Day in 1989. The Palace has a most luxurious interior with huge halls and opulent rooms, one of which is filled with a five-ton crystal chandelier.

Most European cities have no skyscrapers, no malls, just cobblestone streets. Unlike Western Europe though, these Eastern European cities we visited had been torn down, deserted, dilapidated, and rebuilt many times. Most have been rejuvenated, some not so much. While religion was discouraged in communist times, these days, faith is an increasingly important part of every life.



Belgrade Serbia
Cathedral

REMINDER – Annual Holiday Party & Executive Board Election December 17, 2023



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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“And all at once, summer
collapsed into fall.”
Oscar Wilde

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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**

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: Randi Opsahl
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:
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