

The Strider



Jan./Feb. 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII
Issue 1/2

FRONT PAGE NEWS

Wow, it's February already and another year has passed. Thanks Lynn for keeping good records and for reminding me it's already been 10 years since I joined the club. And, if you were at our annual Dinner Dance this year, thank you for supporting the club. If you were unable to make it you missed a nice party, but I hope to see you there next year. A highlight was the presentation of the annual awards and I'd like to congratulate all the Striders who won. The awards were well-deserved and appreciated by the club membership. Thank you, Nella and everyone involved who helped make this year's party a success.

Sunday, February 4th, was Alley Bowl VIII. This was the first year I was able to participate. I had a great time running with team "Cinderella" with Peter and Larry, and my daughters on team "No Name." While my team didn't win, I am proud of team "No Name" for taking 3rd. It was a lot of fun and I'd like to thank Rob Pasqual and all the volunteers who helped this year. The weather was a little cold, but everyone had a good time.

I know I don't have to remind anyone in the club that our Annual Five Mile Challenge in the park is on Sunday, April 29th, but I do need to remind everyone that we still need sponsors, volunteers and runners for our race. I've said this in the past, but the message hasn't changed. If you have any friends or runners who have run this race or have never run this race, encourage them to sign up and run. Our race is local, challenging, scenic and fun. This year the club selected Basketball Buddies as the main charity for our race to be supporting. Basketball Buddies is a local program specifically designed for children on the Autism Spectrum. My son has volunteered and been involved with Basketball Buddies over the years and I can assure the club that our contribution to this program is a good choice for the club.

See you on the Path!
Michael

NOTICE!

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ALLEY POND FIVE-MILE CHALLENGE

APRIL 29, 2018

VOLUNTEER, RUN, WALK, CHEER!

TALK ON THE PATH - WHAT'S HAPPENING IN AND OUT OF THE PARK

Happy January Birthday to: Michael Kon (2nd), Bhabikhan Sandhu (7th), Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Tanampreet Sandhu (11th), Pat Kay (20th), Sumeet Sandhu (21st), Tina Cothalis (25th), Howie Cohen (26th), Peter Tsun (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th), Vivien Lim (30th), Diane Merzon.

Happy February Birthday to: John Reinle (2nd), John Novak (5th), Ellen Winkler (10th), Steve Appel (12th), Sheryl Gilbert (13th), Ben O'Reilly (14th), Jaime Palacios (21st) and Frank Schmidt (27th).

Congratulations: To the 2018 board – President Mike Weisbord, VP Arthur Fettner, VP Larry Lutzak, Treasurer Joe Gambino, Runners' Representatives Helen Pasqual/Debbie Pantano, Walkers' Representative TBA, Corresponding Secretary Fran Kraus-Schmidt, Recording Secretary Diane Haber and Social Secretary Nella Carravetta.

Thank you to Fred Feinstein for his contributions to the Striders. Fred's leaving the Board after serving for the past three years as Walkers Representative.

Congrats to the Award Winners

The awards were announced at the Dinner Dance:

Walker of the Year - Diane Haber
 Most Improved Runner of the Year - Randi Opsahl
 Most Improved Runner of the Year - Carlos Noreiga
 Runner of the Year - Elik Hirsch
 Runner of the Year - Vivien Lim
 Strider of the Year - Lynn Henry

Congrats to 10 year and 25 year members

25 years - Bill Jablonski
 10 years - Elik Hirsch, Vivien Lim, Kevin Morrissey, John Reinle, Michael Weisbord

Congrats also go out to

Just like Serena Williams, Astrid Georges completed her grand slam although Astrid completed it as a spectator! Astrid recently returned from a month long trip to Australia and New Zealand where she attended the Australian Open. This was the crowning jewel as she had in previous years attended the French Open, Wimbledon and of course the U.S. Open in Flushing Meadow. Congratulations Astrid!

Congratulations to Nella Caravetta. Her daughter Oriana was engaged to Shane Kiley on February 17th. Congrats to the happy couple.

Condolences

- to Sara Jablonski on the passing of her father on Tuesday, January 23rd.
- to Brother Ben O'Reilly on the passing of his brother in January.
- To George Schafer on the passing of his sister on February 15th

Oakland Lake Walk

It was a beautiful day for a walk around Oakland Lake on Saturday, January 27th.

Dinner Dance

It was a lot of fun at Trattoria Lucia on Saturday, January 27th. Lots and lots of dancing! Thanks to Nella for all her efforts in putting it all together.

Dues Are Due Just a reminder that it's that time of year again! The annual individual membership is \$20 and a family membership is \$30. You can give your dues to Lynn Henry at the Park House or send them to: Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426.



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

WITH DEEPEST SORROW

It is with heavy hearts that we share the sad news that on February 17th our friend and Strider Debbie Pesa passed away after a brave fight against cancer.

Debbie joined the Striders in July 2005 and from the start became involved and made so many contributions to the club. In 2008 and 2009 she served as Runners Representative. In 2010/2011 Debbie took the lead as President. Debbie also took steps to bring the Striders into the 21st Century with digital media. Debbie took on the responsibility as webmaster for the Club's very first website and also setup and maintained our Facebook page.

Debbie was also recognized for some of her contributions. In 2007 she was recognized as Most Improved Runner of the Year and in 2014 she was voted Strider of the Year.

Debbie made the Alley Pond Striders a better club, a better place to be. She never missed an opportunity to help out and contribute. In addition to the Striders, Debbie was also a strong animal rights advocate and through that caring took in Tucker, a Jack Russell terrier in need and who became a great companion.

Our thoughts and prayers go out to her mother and sister and to her dog Tucker.

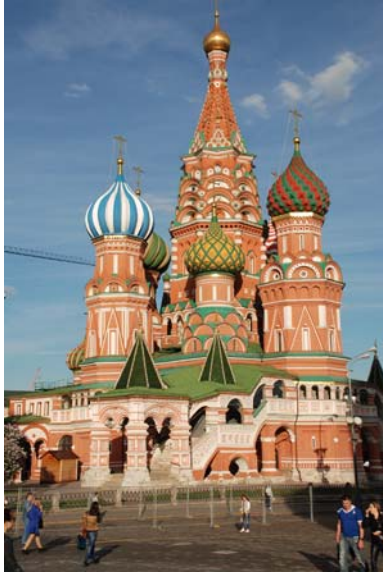
She will be missed. May she Rest in Peace.



2008 Ocean-to-Sound Relay..don't remember the outcome, but based on this picture...we won!

Running through Red Square by "Fast" Eddie Grassel

Ruth and I flew to St. Petersburg, Russia, our first stop on a trip through Russia, Israel and Paris. Russia is the largest country in the world and was once part of the Soviet Union (CCCP). Our wonderful travel agent, Mary Grace, arranged for a guide and driver during our entire stay in Russia. We were then able to experience our travels by ourselves with the help of our English speaking guide, Marina. She was very knowledgeable about the history and art of St. Petersburg and treated us like royalty. St. Petersburg is a large, beautiful city of canals, old historic buildings, and wide boulevards. My first runs were along the Neva River, which curves through the middle of the city and has many bridges to traverse for a loop run. After a couple of days I decided to run along the canals to a park near the Church on Spilled Blood. The inner walls of this church are covered with golden mosaics from floor to high ceilings. The latter route was more scenic and beautiful with low level houses and cobble stone streets.



St. Petersburg is a very European city with the Hermitage, once known as the winter palace, and the palaces of Peter the Great and Catherine the Great. Touring each of these sights brings you back into a time where gold and precious stones were used in decorating every room. Exotic woods, amber, marble and other magnificent materials were used to build these opulent structures.

Walking through the Hermitage's five buildings is an all-day adventure. Our guide informed us of historical events and anecdotes in every room. The Russian Orthodox Churches are marvels of architecture and color patterns. This city, called the Venice of Russia, is not to be missed. The international cuisine, which is offered in many of the fine restaurants we visited, left us satiated and satisfied. We traveled through the city via the beautiful subway system, walking and taking taxis. The subway stations are marvelous; they are like museums - - filled with statues, stained glass, and paintings- all in bright, clean, deep tunnels. People were very friendly and helpful although English is not widely spoken outside of the hotels.

We took the three hour Sapsan Train, a speed train, to Moscow. Lunch was served and we were treated in a first class manner the entire trip. A new guide and driver met us at the station and took us to our hotel.

Ruth stayed in Moscow the first day and visited the Pushkin Museum and other parts of town. I decided to take a one day, fourteen hour car trip, to Suzdal and Vladimir, about fifty miles away and back to Moscow that evening. Suzdal is a gorgeous eighteenth century town which has its

own Kremlin, monastery, and outdoor museum. I envisioned old Russia before the revolution of 1917. It was an eye opening experience that I would recommend if you have the time. The next morning I left my hotel in the center of Moscow and ran through Red Square, which means beautiful square and ended my run with a loop of the Moscow Kremlin. *Kremlin* means fortress and houses the government buildings. It was truly exciting to run through all the history that has taken place in Moscow. My run also took me along the Volga River and onto small islands in the center of the city. We were free to go anywhere in Moscow, although you must be with a guide to enter the Kremlin. The Moscow subways are even more spectacular than St. Petersburg; they are also very deep, efficient and filled with fantastic art and lighting. Traffic is intense- cars are everywhere and parking is very difficult. Our driver made our life much simpler by dropping us off and picking us up. Visiting the Armory Chamber and Diamond Fund was unique with many of the Czars' gem studded gold and silver items from the 12th - 19th centuries. Our trip concluded with a visit to St. Basil's Cathedral, which was one of the most beautiful structures I have ever seen. It is located in Red Square, and we listened to a small choir while visiting the Cathedral.

We flew from Moscow to Tel Aviv, Israel on Aeroflot Airlines to attend our niece's wedding. My daughter, Amy, flew in from Malta, and we chose an apartment through Airbnb across the street from Hayarkon Park. The park is over five kilometers long, with a river running its length that leads directly to the Mediterranean Sea. I ran daily along a tree lined path which was also used for biking, kayaking, and walking. My nephew and I would meet up in the warm mornings and run 10 kilometers each day. It was a lovely way to start the day. Ruth and I visited Jaffa and Jerusalem, and attended a wonderful outdoor wedding with about three hundred guests at a Kibbutz in the north of Israel.

We decided to end our trip with a stopover in Paris for four days. The Airbnb we chose was a few blocks from Luxemburg Gardens, where I ran each morning with hundreds of other runners. It is a mini Central Park with a lake and a palace/museum at its center. We took the metro to visit the Museum d'Orsay and the Rodin Museum and gardens. Our days were filled with walks to the artist section of Montmartre, to Notre Dame, and of course to the Eiffel Tower. Eating at outdoor restaurants is a joy and people-watching is a must. After three weeks of perfect weather, hotels, apartments, fine restaurants, and three countries, it was

time to come home to the "Big Apple".



ALLEY BOWL VIII – THE BOWL REPORT! By Rob Pasqual

On Sunday, February 4th, the Striders once again held Alley Bowl. This 8th edition of the race took place in real winter weather, but luckily not in the rain that fell heavily later in the evening.

Eight teams stepped up to the start including the last year’s champions the “Tight Ends,” the Cinderella’s from the Striders and the Morris Park Crew who first came to Alley Bowl II and have come to every one since.

At the start, The Omahas took the lead with the Tight Ends and team No Name trailing behind. At the end of the second leg however, the Ends had taken the lead setting up a thrilling final leg as Omaha third leg took off in quick pursuit. It was a race to the wire, but the Tight Ends prevailed with a time of 18:22, winning by 1 second.

We had four teams competing in the football jersey division, and the prize basket in that division went to team JRT.

A 5th basket was awarded this year, at the suggestion of Helen Pineda and Debbie Pantano and that prize basket went to the hardest working team, Rosalie Hatch’s Team Tim.

Despite the absence of some of our key volunteers, the race went of without a hitch as our perennial volunteers were helped out by newcomers John Novak and Arasu.

Results

- 1) FRNY Tight Ends 18:22
- 2) Omahas 18:23
- 3) Team No Name 24:50
- 4) Run JRT 25:20 (Jersey Division winner)
- 5) Fast Fumbles 25:27
- 6) Morris Park 28:17
- 7) Cinderella 28:38
- 8) Team Tim 34:58



Runner's Report (Deborah Pantano (DebPantano@hotmail.com))

This year there will be two women organizing the runners of Alley Pond, Helen Peneda-Pasqual and Debbie Pantano. We hope to bring some energy and fun back to our Striders. Our club has runners of various talents and we need to get our name back into the running community!

Joe Gambino has already begun to sell ¼ zipper sweatshirts and hoodies. Singlets and tees are expected to be available very soon. The idea is to gear up in Alley Pond Green and get out to run. We are aiming to participate in team runs at various events in our area. Perhaps we can car pool to make it easier for traveling. More information will come. When you complete any race please send your results to Helen or Debbie for the 2018 Point Game.

Many Striders have run in the Kings Park 15k in the past. If you are interested in doing this race again please inform us. It could be a good run to train for and run together. This year it will be held on Saturday March 10.

In the spring we have the Aspire10k which takes place on Saturday, April 7, 2018. Keep this one in mind. Always a good time.

Save the date - Sunday April 15. The JFK 5k run could be a good time for everyone. Let's try to get Striders on the runway.

Hope everyone stays strong and injury free thru the winter...**Go Striders!**

Calendar of Events

Sunday, March 18th: Monthly meeting/refreshment day. Club provides the coffee and bagels – you bring a treat to share for the refreshments and your ideas for the membership meeting!

Saturday, March 24th: Club run event - Run for Tomorrow's Hope in Garden City 5k run/walk. Discount - \$5 with code.

Saturday, April 21st: Monthly meeting/refreshment day. Club provides the coffee and bagels – you bring a treat to share for the refreshments and your ideas for the membership meeting!

Sunday, April 29th: Alley Pond Striders Five Mile Challenge!!



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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Reminder: Alley Pond Striders Five-Mile Challenge April 29, 2018

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The Alley Pond Striders is a running and walking club with over 225 members and serves the communities of Eastern Queens and western Nassau County, NY.

For over 30 years, The 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 largest 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 BEGIN at 9:00 am at Alley Pond Park House on weekends and 9:00 am during the week.

For Membership Information Please contact Lynn Henry at 516 437-8715 or lynnahenry@yahoo.com

Board of Directors

President: Mike Weisbord

Vice President: Arthur Fettner/Larry Lutzak

Treasurer: Joe Gambino

Recording Secretary: Diane Haber

Corresponding Secretary:

Fran Kraus-Schmidt

Social Secretary: Nella Carravetta

Runners Rep: Debbie

Pantano/Helen Pineda-Pasqual

Walkers Rep: TBA

Membership Chair: Lynn Henry

Phone: (516) 437-8715

E-mail: lynnahenry@yahoo.com

Dues: \$20 Single Membership

\$30 Family Membership/Couples

Members joining on or after October 1st of each year are automatically members for the following year.

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 (Level 15): Debbie Pesa