

The Strider



Volume XL
Issue 7/8

July/August 2021

The Newsletter of the Alley Pond Striders

FRONT PAGE NEWS

Hi Fellow Alley Pond Striders!

I hope that this newsletter finds that you had a safe and better summer. We are happy to continue to keep you - our Alley Pond Striders - updated on news and events affecting our Alley Pond Strider members.

The Global Pandemic

The latest information at this writing reports that *in NY City*, the key measurement averages are all trending downward once again. At least 66% or 5,508,516 NYC residents have received one vaccination dose. Our area in northeast Queens remains one of the best in vaccination rates as well as one of the lowest infection rates. Please continue to remain mindful of others when in enclosed areas, where you do not know each other's vaccination status. Wearing a mask in those situations is key to both protecting your fellow citizens, especially young children, who have yet to have access to the vaccines. We can and will beat Covid-19 if we all continue to do this, together.

APS Board Elections – Concerning upcoming Board elections, there's a very important announcement in this Newsletter from our Nominating Committee!

The Alley Pond Striders 40th "Plus" Anniversary Dinner-Dance

Reminder that the long awaited event is Friday, October 29, 2021 from 6:30pm to 10:30 pm at K'Pacho Restaurant! Our members should finally be able to feel safe and secure so we can all have fun and celebrate our organization's great history! Dining and dancing with a live DJ will be provided. (*We will require proof of vaccination in order to attend this historic APS event.*) Please contact us if you wish to attend and have not yet done so.

Vanderbilt Motor Parkway in Alley Pond Park

Our Membership Chair, Lynn Henry, is keeping a close watch on reconstruction. We'll keep you apprised. As a reminder, this two-phase project involves Phase One: resurfacing between Winchester and Springfield Boulevards; expected completion is for the fall of 2021. Phase Two - the entire length of the Parkway (running through Alley Pond and Cunningham Park) will also be refurbished at a future date.

The APS Monthly Breakfast Run/Walk

Back in June, we held our Refreshment Run/Walk Breakfast on Saturday the 19th and it was a big success! Thanks once again to APS Walker Representative Dorothy Chusid and to Ray Lascot for working with Parks to have the outing. You can read more later on in this issue. We will resume the Refreshment Run/Walk Breakfast starting Sunday, September 19th.

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

Happy September Birthday: Walter Ehrenpreis (3rd), Betty Jacobson (4th), Christina Reinle (8th), Lou Cothalis (11th), Lenore Feinstein (16th), Ira Gardner (26th), Lynn Nachman (27th), Angie Elkaray (28th) and Maria Ferraro (29th).

Happy October Birthday: Diane Haber (4th), Fred Feinstein (5th), Basil Mitrofanis (5th), Gerry Ruiz (6th), Stan Zibulsky (8th), Gus Greis (9th), Susan Miller (11th), Janet Fox (12th), Lynn Dunworth (16th), Denise Lee (19th), Susie Perry (21st), Ray Lascot (22nd), Laughlin Whalen (23rd), Annette Richman (27th), and Anthony Rizzotto (31st)

Warm Welcome –to our newest Striders: Angie Elkaray of New Hyde Park, Ruth Molano of New Hyde Park, and Rafael and Angela Medalla of Hicksville.

Speedy Healing

To Dorothy Chusid who is recovering from an injury that's been keeping her off the trails.

Condolences

Our thoughts and prayers are with our fellow Striders who recently lost close family members.

- Mike Weisbord, Ruth Mezistrano & Laura & Danielle Weisbord on the passing on Mike's mother in June.
- Astrid Georges on the passing of her sister Barbara in July.
- Ronit Guriel on the passing of her brother Ofer on August 17th. (Covid)
- Judi Rettmer on the passing of her sister Barbara Dircks on Sept. 2nd (Covid).

Looking Ahead

Refreshment Day – Sunday, September 19 after our walk/run in the Park House. The club supplies the bagels and coffee, you can bring a treat to share.

Please send any items for "Talk on the Path" to the editor at:

apstriders@aol.com

RUNNERS REPORT BY COACH ROB PASQUAL

Well, it was hot....it was rainy, yet still the Alley Pond Striders took to the streets to race and train for the plethora of races coming this Fall. Remember our big team event is Sunday, 9/26, the Ocean to Sound Relay.

Results:

7/3 Happy Days 5k

| | |
|---------------|--------------------------------|
| Rob Pasqual | 24:06 1 st place AG |
| George Waters | 32:49 |
| Gerry Ruiz | 35:39 |

7/17 Watermelon 5k

| | |
|----------------|--------------------------------|
| Pat Mitrofanis | 26:37 2 nd place AG |
|----------------|--------------------------------|

LIRRC Wed Night 5k

| | | |
|------------|-------|------------------------------------------------|
| Gerry Ruiz | 36:58 | Helen Pineda-Pasqual at the Kinzua 5k (above)! |
|------------|-------|------------------------------------------------|

7/24 Kinzua 5K

| | |
|----------------------|-------|
| Helen Pineda-Pasqual | 51:47 |
|----------------------|-------|

7/25 Kinzua Half Marathon

| | |
|-------------|---------|
| Rob Pasqual | 2:02:54 |
|-------------|---------|

8/13 Moonlight Mile

| | |
|-------------|-------------------------------|
| Rob Pasqual | 6:53 2 nd place AG |
| Gerry Ruiz | 10:27 |

Aspire 10K

| | |
|--------------------|--------------------------------|
| Vivien Lim | 40:55 1 st Place AG |
| Jamie Palacios | 43:03 1 st Place AG |
| Sue Corrie Del-Cid | 1:14:04 |
| Vince Del-Cid | 1:20:28 |

Vivien Lim at the Aspire 10k!



Looking ahead, The St. Francis Prep 5k, held on our home course is Sunday 10/24. See <https://sfponline.site-ym.com/events/EventDetails.aspx?id=1535278> for details. We have a lot of runners running the NYC Marathon this year. Remember to go to mile 14 to cheer them on!

2022 PROPOSED EXECUTIVE BOARD SLATE - OFFICIAL NOTIFICATION

Due to the COVID-19 pandemic and the related issues, it has been difficult to conduct normal Alley Pond Strider business (or any business for that matter). Despite these difficulties, the 2020 Executive Board continued to serve the club and after a significant amount of work and meetings, the following PROPOSED 2022 EXECUTIVE BOARD SLATE is up for vote:

President - Ken Kaiser

Vice President - Sara Jablonski

Treasurer - Laughlin Whalen

Recording Secretary - Pat Mitrofanis

Corresponding Secretary - Mindy Bellow

Social Secretary - Maria Ferraro with Rosalie Hatch

Runner's Rep - Rob Pasqual

Walker's Rep - Dorothy Chusid

The election voting process will be held virtually using CONSTANT CONTACT (the club's email-based news and notification system). Specifically:

1. Official Executive Board Slate notification - made above in this edition of 'The Strider' (July/August 2021).
2. Constant Contact voting email - distributed by September 16th.
3. All votes due and election closed - September 30th.
4. Constant Contact notification of election results - October 1st.
5. Transition period for 2020 Board to 2022 Board - October 1 through October 31st.
6. 2022 Executive Board begins - November 1, 2021 through December 31, 2022.

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Races resume!!

See our Runner Representative Rob Pasqual's column latest on the resumption of races, especially the Ocean-To-Sound 50 Mile Relay Race! The Long Island Marathon, Half Marathon and 10K race will be the week before. Debbie Pantano created an APS club team entry so be sure to note that when asked about your club (Alley Pond Striders!) when registering.

Whatever comes our way, we Striders will "take it in stride". Please remain safe, well and healthy and see you in Alley Pond Park! Have a great fall season and enjoy our park!! – Larry

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SPECIAL INFORMATION - Tropical Storm IDA Support Information

In New York City, many parts of Queens County was devastated by the record rainfalls caused by the remnants of Hurricane Ida's destructive path. Many of our members suffered flood water damage. We have compiled a listing of web-sites that may be of help and assistance:

- IF YOU HAVE FLOOD INSURANCE - FEMA:

<https://www.floodsmart.gov/flood/document-damage>

- IF YOU **DO NOT** HAVE FLOOD INSURANCE - NYC:

<https://www1.nyc.gov/site/severeweather/resources/report-damage.page>

- Further - NYC:

<https://portal.311.nyc.gov/article/?kanumber=KA-03453>

Strider dues of \$20 for an individual and \$30 for family membership. Checks can be sent to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426, given to a board member at the park or you can pay using PayPal on the website

<http://www.alleypondstriders.com>

ANNUAL DINNER DANCE



CELEBRATING 40 YEARS

K. PACHO | FRIDAY, OCTOBER 29 | 6:30-10:30 PM

1270 UNION TURNPIKE, NEW HYDE PARK | \$70 PER PERSON | DUE OCT.8*

PAYMENTS CAN BE MADE TO ANY BOARD MEMBER,
ON THE WEBSITE WITH PAYPAL, OR VENMO: @MICHAEL-WEISBORD
CONTACT: ALLEYPONDSTRIDERS@GMAIL.COM

*AFTER OCT. 8 THE PRICE IS \$75 AND \$80 AT THE DOOR



THE NEWSLETTER OF THE
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2022 Executive Board Slate Notification - see Page 4.

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.

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 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: Larry Lutzak
Vice Presidents: Arthur Fettner (in memorial) and Mike Weisbord
Treasurer: Laughlin Whalen
Recording Secretary: Diane Haber
Corresponding Secretary:
Fran Kraus-Schmidt
Social Secretary (acting):
Nella Carravetta
Runners Reps: Helen & Rob Pasqual
Walkers Rep: Dorothy Chusid

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 : Danielle Weisbord