

# The Strider



March/April 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII  
Issue 3/4

## FRONT PAGE NEWS

I really hate starting my article with “Wow, it's April already.” But it is! Spring is here and as always summer is right around the corner. Just a reminder our Five Mile Challenge is almost here. This year the club picked Basketball Buddies as our main race charity. Basketball Buddies is a local program at the Samuel Field Y that helps kids with Autism learn the fundamentals of basketball. Also, new for this year's race is a two-mile walk on the Vanderbilt Motor Parkway. Hopefully, the two-mile walk is successful and we will continue to have it as part of our yearly race. If you plan on running the race this year, all club members get a five dollar discount day of the race. Just write Alley on your race application when you sign up. If you're not running the race this year (or even if you are), please volunteer and if you know anyone who might want to sponsor our race there's still a little time left to get involved

In October we changed the day of our monthly membership meetings. Membership meetings are now immediately following our refreshment run. Our next meeting is Saturday, April 21<sup>st</sup> at the park house. The club supplies the bagels and coffee. If you want, bring a treat to share. If not, just stop by and say hi.

I'd like to thank our Runners Reps Debbie Pantano and Helen Pasqual who have been doing a great job getting the club out to races. I also want to thank Ray Lascot for volunteering to be our new Walkers Rep. I walked with Ray the other day and I have to admit it wasn't easy keeping up with him.

Hope to see everyone at this month's membership meeting, refreshment run and our Five-Mile Challenge.

See you on the Path!  
Michael

**ALLEY POND STRIDERS  
FIVE-MILE CHALLENGE**

**APRIL 29, 2018**

**VOLUNTEER, RUN, WALK, CHEER!**

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

### **Happy March Birthday to:**

Billy Greenwald (11<sup>th</sup>), Mel Kay (15<sup>th</sup>), John Wilhelm (15<sup>th</sup>), Trudy Bauer (16<sup>th</sup>), Astrid Georges (16<sup>th</sup>), John Rettmer (16<sup>th</sup>), Judi Rettmer (16<sup>th</sup>), Nella Carravetta (21<sup>st</sup>), Kathleen Ziegler (21<sup>st</sup>), Hank Klein (22<sup>nd</sup>), Phil Marcus (24<sup>th</sup>), Conrad Schellenberg (28<sup>th</sup>) and Gloria J. Schneider (31<sup>st</sup>).

### **Happy April Birthday to:**

Andy Ziegler (2<sup>nd</sup>), Debbie Patano (3<sup>rd</sup>), Haydee Mendoza-Courtney (3<sup>rd</sup>), Suzanne Tow (7<sup>th</sup>), Allen Grunthal (14<sup>th</sup>), Helen Pineda-Pasqual (23<sup>rd</sup>), Maria Elena Jiminiz (24<sup>th</sup>), Ellen Bottner (25<sup>th</sup>) and Bruce Hammer (26<sup>th</sup>).

### **Welcome Back**

Happy to have Sam Van De Cruze back with the Striders and back running on the path!

### **Welcome**

To Manju Thomas and her mother, Susy, who just joined the Striders. Manju is not a stranger as we've seen her running on the path for years! Welcome to the Striders - we're happy you've joined us!

### **Condolences**

To Gus Greis on the passing of his wife Susanne.

### **Speedy Recovery**

Glad to hear that both Judi and John Rettmer are doing well after they both had surgery in early March.

### **Membership Directory**

It's time to update our Membership Directory. You'll be receiving an email soon to update or add your information for the new edition.

### **Walkers Rep**

Happy to hear that Ray Lascot will be leading walks in the park. Ray knows the park "like the back of his hand" and will make the walks interesting, fun and invigorating!

### **Clean Up**

The semi-annual cleanup of the motor parkway is on Saturday, April 22nd. See info on page 3.

### **Alley Pond Strider Five Mile Challenge**

Mark your calendar to volunteer and/or run on April 29th. Note: as a Strider you will receive a \$5 discount off the registration fee.

Please send any items for "Talk on the Path" to the editor at [apstriders@aol.com](mailto:apstriders@aol.com)

# ALLEY POND STRIDERS 5 MILE CHALLENGE FEATURING OUR ALL PARK COURSE!!

The majority of race proceeds to benefit  
Basketball Buddies—a community-  
based program for children with autism.

Register online  
at:  
[www.elitefeats.com](http://www.elitefeats.com)



Member of  
USA Track & Field



Sunday, April 29,  
2018 RAIN OR SHINE

## NEW EARLIER

### START TIMES

Fun Run	9:00 AM
5 Mile Race	9:30 AM
2 Mile Fun Walk	9:30AM

With the cooperation of the Department of Parks and  
Recreation, City of New York, Mayor Bill deBlasio and  
Parks Commissioner Mitchell Silver.

**Eligibility:** The 5 Mile Challenge and 2 Mile Fun Walk are open to  
runners, joggers and walkers 13 years old and over. Fun Run is open  
to children 12 and under.

**Course:** A five mile race through beautiful Alley Pond Park and on  
the historic Vanderbilt Motor Parkway. The course is accurately  
measured with split times at every mile. Two water stations.  
Lavatory and Dressing facilities are available.

**REGISTRATION:** Pre-Registration: \$25 (postmarked by  
April 26th.) includes designer race shirt. RACE DAY  
Registration \$30 (race shirts while they last). Fun Run for  
Children - \$7.00. MUST be present to receive race shirt.

Day of Race Registration will be held at the  
Alley Pond Park House - 7:30 to 9:00 AM.

**Awards: 5 MILE RACE:** FIRST THREE OVERALL FINISHERS,  
male and female, receive a TROPHY. FIRST THREE AGE GROUP  
FINISHERS, male and female receive an award. Age Groups 13 - 19  
then every five years to 70 and over. **THERE WILL BE NO  
DUPLICATION OF AWARDS.**

**NEW THIS YEAR—2 mile fun walk—not scored.**

**POST RACE REFRESHMENTS AND RAFFLES — You must be  
present to win.**

**CHILDREN'S FUN RUN:** All Fun Run finishers shall receive a me-  
mento.

**Directions:** Alley Pond Park, Bayside/Bellerose in Northeast Queens.  
Park House located on Winchester Blvd. north of Union Turnpike.  
From Long Island - Northern State/GCP westbound: Exit 23. Turn left  
on Union Turnpike to Winchester Blvd. Turn left onto Winchester  
Blvd., park on left. From Manhattan/Queens - GCP eastbound: Exit 23.  
Follow signs to Winchester Blvd. Turn right at the stop sign. Parking

Register at [www.elitefeats.com](http://www.elitefeats.com) or by mail.  
Make checks payable to: ALLEY POND STRIDERS  
148 Andrews Road, Mineola, NY 11501

## NO REFUNDS, EXCHANGES OR TRANSFERS

CIRCLE YOUR T-SHIRT SIZE: S M L XL

CIRCLE YOUR EVENT: 5 Mile Run  
2 Mile Walk Fun Run

Last Name

First Name

Mailing Address

Include Apt. No. and/or C/O

City or Town

State

ZIP Code

E-Mail Address

Club or Team Affiliation

Sex

Age on

Birthday

M

F

Race Day

Mo.

Day

Yr.

Area Code

Phone Number

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Required if entrant under 18

RACE INFORMATION AND RESULTS WILL BE POSTED AT: [WWW.ALLEYPONDSTRIDERS.COM](http://WWW.ALLEYPONDSTRIDERS.COM).

## The Music Capital of the United States (October 2017) by "Fast" Eddie Grassel

Nashville, Tennessee is the music capital of the United States and a wonderful town for outdoor activity. Live music is offered virtually all day in hundreds of different venues. Many of these small clubs are free and have young, new artists performing. The Cumberland River divides the city and goes right through downtown. Broadway, the main street in town, houses many music clubs, restaurants and shops where live music is constantly playing.



Ruth and I stayed in an Airbnb, south of downtown next to Vanderbilt University and a few blocks from Centennial Park. The park has a life-sized replica of the Parthenon, a lake, and a tree-lined path which circles the park--perfect for my morning run. Each day I would leave our house and run through the university which led me to Centennial Park. Many runners, walkers and dog walkers were enjoying this people-friendly park.

We visited the small neighboring towns of Franklin and Leipers Fork. Each had delightful restaurants where we lunched outside and enjoyed the local southern hospitality. In the evening we would return to



Nashville and go to music venues such as the Grand Old Opry, The Station Inn and Printer's Alley. Downtown has endless bars which each house live music all day. The Ryman Auditorium is the original Grand Old

Opry and must be booked well in advance to see a performance. Nashville is of course home to country music, but there is blue grass, rhythm and blues and rock in abundance.



This is easily one of the best cities in the USA and a guaranteed good time will be had by all.

## Calendar of Events

**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!

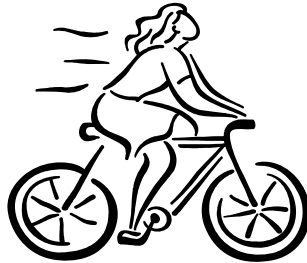
**Sunday, April 29<sup>th</sup>:**  
**Alley Pond Striders**  
**Five Mile Challenge!!**

**Saturday, May 12<sup>th</sup>:** 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, May 26th:** We return to our weekend start time of 8:30 am



# Volunteers Needed



## Greenway Clean-way Day (#14) on the Vanderbilt Motor Parkway (aka "the bicycle path")

If you enjoy walking, jogging, biking, hopping, skipping, or jumping along the wonderful Greenway that we all share, then please join us on

***Saturday, April 21st, 2018 at 9:00AM***

to do our small part to keep the Greenway a Clean-way. Invite your neighbors, bring your children, and come have some fun with us. **Community service participation letters will be provided to any youth who request it.**

**\*We provide garbage bags/gloves, all we need is YOU. Meet on Greenway at one of these locations: 1) Dead End-bottom of 209<sup>th</sup> St.**

**2) Bell Blvd. overpass     3) Springfield Blvd. overpass**

**4) Kingsbury Ave. & Grand Central Pkwy. service road (end of Alley Pond apts)**

Sponsored by: The Father John J. Murray Knights of Columbus Council at American Martyrs Church, Bayside, Queens and the NYC Partnership for Parks

\*For more information contact us at [kofc14666fm@gmail.com](mailto:kofc14666fm@gmail.com) [www.kofcam.weebly.com](http://www.kofcam.weebly.com)

## Runner's Report (Deborah Pantano and Helen Pasqual)

Spring is here and the Striders are out running everywhere. March has challenged all of us with cold, wind and snow. The warmer weather is headed here soon.

On Saturday, March 3rd Peter Hoey ran in the Little Cow Harbor 4 mile for Hope in 44:50 minutes.

On March 12th, Ira Gardner completed his 10<sup>th</sup> country to run a marathon. He ran in Barcelona as his 10<sup>th</sup> Olympic City. Ira completed the run in 5:38:59.

Saturday, March 10th Laughlin Whalen and Debbie Pantano ran Kings Park 15k.

The club was also represented well in the NYC Half Marathon on March 18th. Larry Lutzak, Gerry Ruiz, and Randi Opshal ran the new course on a very cold morning!

The Alley Pond Striders made up 4 teams to race Sunday, March 18th in the John Corrigan 4x2. Our runners left their mark in Eisenhower Park. Each of our teams earned medals. Everyone who attended enjoyed being out with the Alley Pond team. Check the Alley Pond Facebook site for many action photos.



Camera shy: Laughlin and Maria



The Striders were out at Garden City in the Run for Tomorrow 5k on Saturday, March 24th. This was another fun morning for all. Perfect weather for a March 5k. A great sunny day and once again medals were earned. Nella, Maria, Joe and Debbie earned age group medals. Nella,

You rock! After knee surgery and earning a medal on your age group, Awesome!



Rob Pasqual and Gerry Ruiz ran the Littlest Angel 5k and Lil Joey Pasqual did the kids race on March 25th.

In addition, Ira Gardner did the Philly half marathon in 2:28. That's his 175th half marathon.

The Five-Mile Challenge is approaching. We need everyone that is available to come out and help put on this race. If you are interested in running the five miles or walking the new two mile event, you can do so with a \$5 club discount.

In May, our club run will be in Floral Park. Let's plan on attending the Hance Family Foundation 5k on Saturday, May 19th. More info to come!

Those of you who ran in Eisenhower Park in the past may be interested in the Wednesday Night 5k Series. These will be starting on May 23 at 7 pm. They also have a kids run each week.

Hope to keep on reporting good news about Striders on the road....Go Striders!



THE NEWSLETTER OF THE  
ALLEY POND STRIDERS  
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# Alley Pond Striders

## Five-Mile Challenge

### April 29, 2018

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

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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](mailto: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: Ray Lascot**

**Membership Chair: Lynn Henry**

**Phone: (516) 437-8715**

**E-mail: [lynnahenry@yahoo.com](mailto: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](mailto:apstriders@aol.com))**

**Senior Editor: Lynn Henry**

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