

The Strider



March 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 3

FRONT PAGE NEWS

Our Five Mile Challenge is fast approaching and will be held on Sunday, April 24th. We need volunteers and sponsors for this annual race. Please speak to businesses you use and ask about their sponsorship. Sponsorship of \$100 or more gets the business name listed on our race tee shirt. Sponsorship of more than \$100 will appear in larger print and higher in the listing of sponsors on the shirt. All our sponsors are listed in 'The Strider' newsletter.

Once again, I have to thank Joe Gambino and Randi Opsahl for finding the place to hold our annual dinner dance which was generally a success. Special kudos go to Joe who had family members and friends come to the annual dinner dance. I believe only 32 Striders attended but our losses were cut because of Joe's diligence. He emailed people and personally called people on the phone. The food was very good as well as the soda, beer and wine at Trattoria Lucia. The buffet was plentiful.

See you on the path! Stan Z.

TALK ON THE PATH - WHAT'S HAPPENING IN AND OUT OF THE PARK**Happy March Birthday to:**

Maria Velez (4th), Billy Greenwald (11th), David Frisone (14th) Mel Kay (15th), John Wilhelm (15th), Trudy Bauer (16th), Astrid Georges (16th), John Rettmer (16th), Judi Rettmer (16th), Nella Carravetta (21st), Kathleen Ziegler (21st), Hank Klein (22nd), Phil Marcus (24th), Sue Polansky (25th), Conrad Schellenberg (28th) and Gloria J. Schneider (31st).

Special recognition to John Rettmer who is celebrating a milestone birthday this month — the big eight oh! He and Judi are also celebrating a milestone in their Strider membership as they joined in June 1986.

Welcome

To new members Reinalda and Ray Johnson of Flushing.

Looking forward to Spring and getting back to "normal!"

Even though we've had some frigid weather and snowy and icy conditions, there were a group of hardy Striders who have been out walking and running. We've had to change from our usual routes i.e. we've had to walk and run on the streets parallel to the Motor Parkway or walk on the Creedmoor grounds and/or we've had to wear some extra layers — but we've been out there!

Mark Your Calendars

For upcoming events, the annual Five Mile Challenge is on Sunday, April 24th. Sponsors and volunteers are needed!

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

"Happy St. Patrick's Day but also remember -- Beware the Ides of March!"



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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

Have you seen the movie “Four Weddings and a Funeral?” How about the Strider version... Four Races and a Proposal. Do you think you get a lot done in a weekend? Well it’s hard to believe what Jaclyn Dagnall did. She recently wrote to tell me about one special weekend...

“I wanted to report back and let you know that I am proud to say I completed all four races in the Dopey Challenge at Disney World. (5K - 28:39, 10K- 1:02:22, Half Marathon - 2:30:08 and Full Marathon- 5:05:55 with a total run time of 48.6 miles in approximately 9.1 hours!) My now fiancée proposed to me the day after the marathon by Cinderella’s Castle. So, I guess you could say I took home a little extra bling with six medals and a ring :) I’m now looking forward to the spring racing season including the Alley Pond 5 Mile Challenge race.”

The ALLEY BOWL VI was held on February 7th with beautiful weather and a great turn out. The full results are below, but I’d like to give two special shout outs. First, shout out to the Front Runner (FRNY) guys who have made coming out to the Alley Bowl their Superbowl tradition – and this



year they brought some friends as a second team (bummer that their friends beat them). My second shout out to the “Winning Team” – which certainly was the cutest group with Kate, AJ and Grandpa (aka Joe) Gambino. Thanks and congratulations to all those who ran it and special thanks to those who volunteered to make this such a special event!

Don’t forget to send me your sports news at sara_jablonski@yahoo.com so you can be featured on the sports page!

Place	Time	Bib #	Team Name
1	17:56	103	FRNY Wide Receivers
2	18:19	102	FRNY Tight Ends
3	19:00	106	Wall of Drinks
4	19:25	105	When It’s Over
5	20:33	109	Night Hawks
6	22:33	101	Morris Park
7	22:38	104	The Winning Team
8	22:46	100	Denver Panthers
9	23:14	108	Ilana’s Bobcats
10	24:45	107	LIRRC Turtles

Notes from the race director:

Greetings and thanks again to all the Striders and my friends who once again made the Alley Bowl a fun experience. A lot of race director's would probably view a race of 30 people with disappointment. But in this world of soooo many mega-races, I find it refreshing. We continue to get repeat customers from LI, Manhattan and the Bronx who come out in spite of the weather. Hey, 4 of the 6 bowls have had some snow on the ground. But they come because it's a fun race, and it's fun because by now all of the volunteers know exactly what to do. In many ways it's a race director's dream. It's quick to set up, it more than covers its cost and it fills a need.

Eight years ago I came up with the concept when I wanted to run on Superbowl Sunday and could not find a race, besides a sold out NYRRC event, within 50 miles. Like on Thanksgiving Day, there are a lot of people looking to get some exercise in before the evening feasting. We give them an option, and we do it pretty good.

See ya next year...Rob P.=

“The Strider” is a better newsletter when our members contribute to it. Write an article or a story and share it right here.

Send your articles or stories to Ken Kaiser at apstriders@aol.com by the 15th of the month and you will see it in the following month's edition!

**REMINDER
OUR NEW WEB
PAGE IS NOW
AT:**

WWW.APSTRIDERS.COM

Alley Pond Strider
DUES are annual dues
from January through
December. New
members joining after
October 1st will have
valid membership
through December of
the following year.

Dues can be given to
Lynn Henry, any Board
member or mailed to:

**ALLEY POND
STRIDERS
P.O. BOX 298
BELLEROSE, NY
11426-0298**

Calendar of Events

Thursday, 3/3:

Monthly Membership
meeting at 8pm in the
Park House.

Executive Board
meeting is held at 7pm
immediately before -
all members are
welcome. Also March
birthday celebration!

Sunday, 3/20:

Special SUNDAY

Edition - Refreshment
Day. The club sup-
plies the bagels and
coffee, you bring a
treat.



2016 Alley Bowl Relay on SUPERBOWL SUNDAY!



Alley Pond Park Queens, NY





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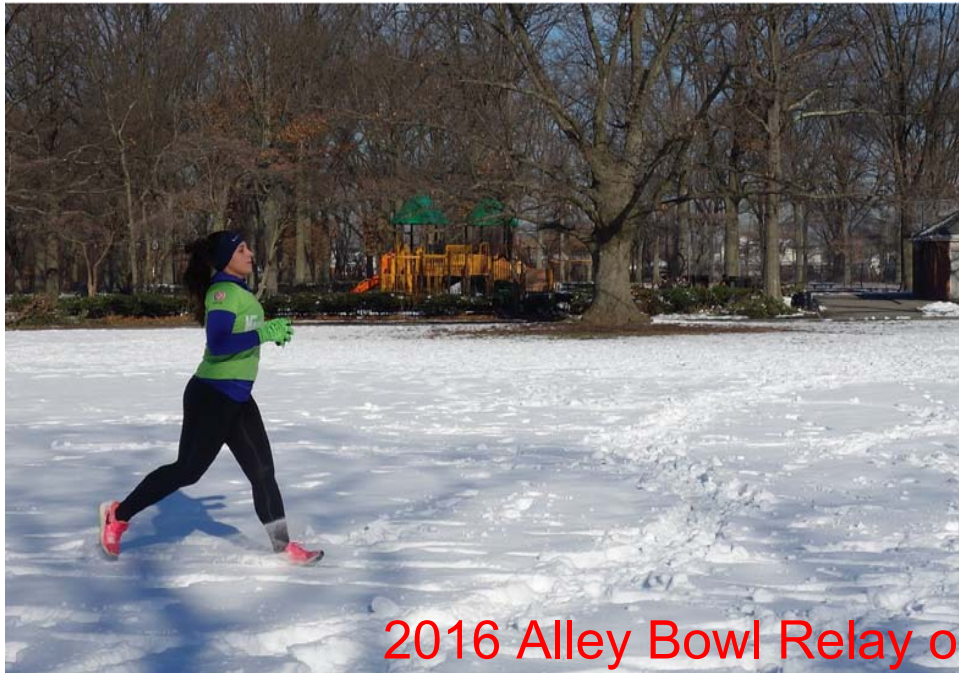




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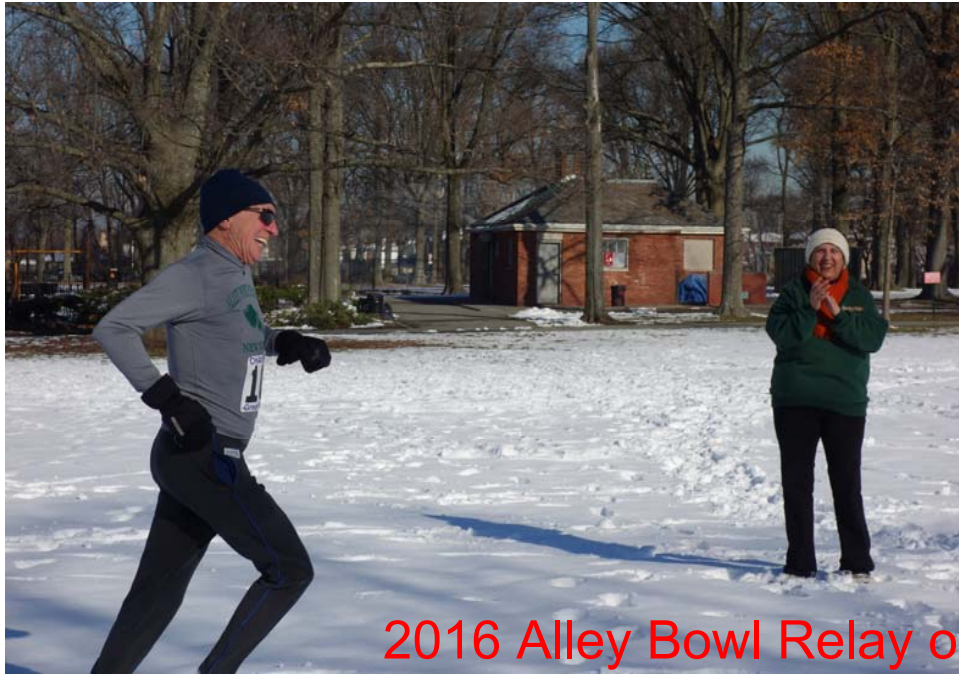


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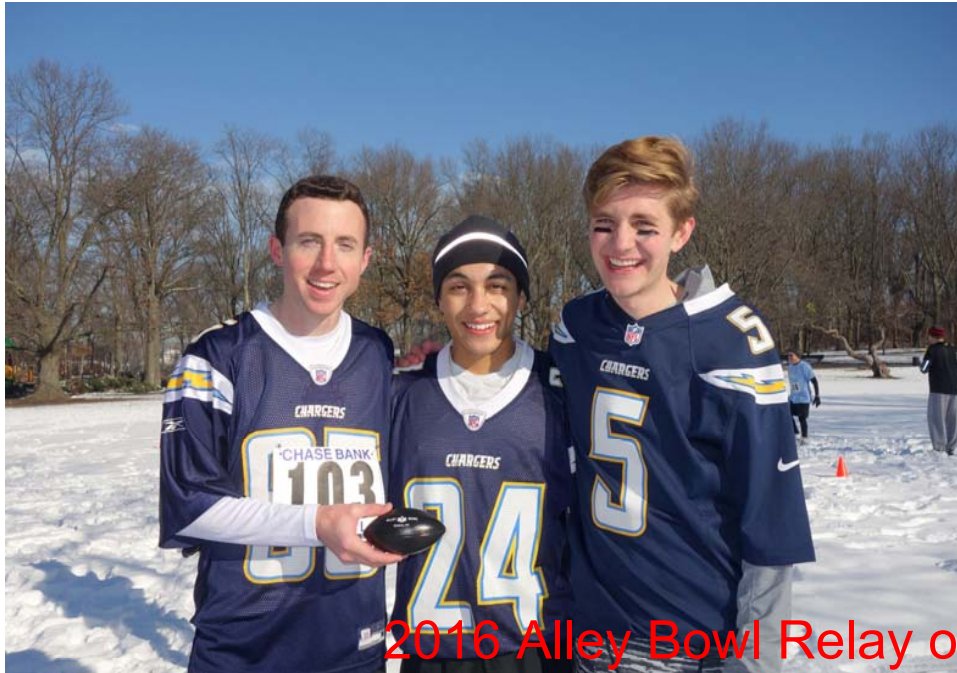


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“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”

Mark Twain

www.apstriders.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*

Board of Directors

President: Stan Zibulsky

Vice President: Diane Haber

Treasurer: Joe Gambino

Recording Secretary:

Maria Ferraro

Corresponding Secretary:

Ronit Gurriel

Social Secretary: Nella Carravetta

Runners Rep: Larry Lutzak

Walkers Rep: Fred Feinstein

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

Sports Editor: Sara Jablonski

Web Master (Level 15): Debbie Pesa