

The Strider



May/June 2023

The Newsletter of the Alley Pond Striders

Volume XLII
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FRONT PAGE NEWS

I hope this message finds you in good spirits and health as we leave spring behind for the sunny warmth of summer. It is with great pleasure that I write to you today to celebrate the resounding success of our recent Annual Picnic. With a remarkable turnout of 65 enthusiastic participants, the Striders once again showcased its vibrant spirit and unwavering dedication we have to health, fitness, and the main feature – Alley Pond Park.

The Annual Picnic proved to be an extraordinary occasion, filled with conversation, laughter, and great barbeque (thanks to Rosalie & Maria for coordinating and Randi, Pat, Sara, Laughlin and Joe for all the prep work support and taking the heat at the grill)! It was truly heart-warming to witness so many Striders coming together, embracing the spirit of our club and fostering a welcoming atmosphere at this annual event. This year's picnic drew more participants than I can recall. To everyone who helped make this a great success – my thanks!

As I reflect on this memorable event, I am excited to announce that we are not done yet. We have two upcoming events that are sure to keep our spirits high and our feet in motion. First, the highly anticipated City Stride walk which will go bring us back to across the iconic Brooklyn Bridge for this annual destination walk. This event, scheduled for September (date to be determined), will allow us to enjoy the city's breathtaking views. Lace up your shoes and join us as we stride across this architectural masterpiece, united by our love for walking and a sense of adventure.

Additionally, I am delighted to announce the Ocean-to-Sound Relay running race. This thrilling event, set to take place on September 17th, will challenge our members' endurance and teamwork as they embark on a journey across Long Island from the shores of Jones Beach (the ocean) to Oyster Bay's Teddy Roosevelt State Park on the Long Island Sound (the sound). Our Runners' Representative, Randi will be forming our fellow Striders into a team or teams and prepare for a memorable day of team and club spirit.

Before we dive into these exciting upcoming events, let us not forget our next refreshment day, scheduled for July 15th. This will be our next opportunity to refuel, rehydrate, and reconnect with fellow Striders. Whether it's sharing your favorite healthy snacks or simply enjoying each other's company, this day promises to be another refreshing break from our busy schedules.

I would like to extend my heartfelt gratitude to each and every member of the Alley Pond Striders for your continued support and participation. Your dedication and enthusiasm are what make our club truly exceptional. Let's keep pushing our boundaries, reaching new milestones, and inspiring others to join us on this incredible journey of fitness, well-being and balance with the Park.

Stay well and find balance, Ken Kaiser

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

July Birthdays

Kathy Waldman (1st), Ilana Galatan (4th), Reena Fettner (5th), Frances Taylor (7th), Ruth Molano (11th), Jacquie Haberer (13th), Barbara Santino (13th), Steve Turkeltaub (14th), Laura Weisbord (16th), Danielle Weisbord (16th), Sara Jablonski (17th), Lee Dunworth (18th), Ellen Mascolo (19th), Godfrey England (21st), Diane Grunthal (21st), Joby Jacob (24th), Ruth Mezistrano (24th), John Sassone (26th), Pam Foster (27th) and Kathy Lutzak (28th).

Warm Welcome to our Newest Striders

Shulamit Cooper of Great Neck, Nadia Cruz of Rego Park and Alma Orenstein of Queens Village.

Feel Better

Thinking of Ray Prochak and sending our thoughts that he feels better and stronger with every day.

Annual Picnic

A good time was had by all on Saturday, June 17th. We had a really nice turnout. Thanks to everyone who worked so hard to pull this together led by Rosalie and Maria.

Motor Bikes on the Path

Please have a look at this link from Matt Symons, Northeast Administrator of the Parks Department in response to our question about allowing motor scooters and bikes on the path. Please see our letter on Page 5, and if you feel strongly that this shouldn't be allowed please make an online comment on the line below.

(<https://www.nyc.gov/assets/home/downloads/pdf/office-of-the-mayor/2023/micromobility-action-plan.pdf> and scroll to the bottom of page 31 for a paragraph on a pilot program starting this summer), which states: *NYC Parks will launch a pilot in Summer 2023 that would allow legal electric micromobility devices to operate on parks drives and greenways. The pilot will also explore design interventions and signage to reduce conflicts between cyclists and pedestrians, so all park users feel safe. Lessons from this pilot will inform the City's long-term practices for electric micro mobility in our City's parks.*

Education and enforcement will be an important component of making this a success. My advice for providing feedback/reporting enforcement concerns is to make an online comment here: <https://www.nyc.gov/assets/home/mail/html/maildpr.html>

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

RUNNERS REPORT - RANDI OPSAHL

I'm happy to report the following race results for May and June 2023. Congratulations everyone and thanks for representing APS.

2023 RBC Brooklyn Half (5/20/23)

Vivien Lim	1:26:48 - 1st in AG!
Jaime Palacios	1:34:45 - 3rd in AG
Gerry Ruiz	3:09:40

Sparrow's Nest 5K (6/3/2023)

Larry Lutzak	45:03
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2023 NYRR Queens 10K (6/17/23)

Pat Mitrofanis	0:49:54 - 6th AG
Venice Naidoo	0:51:04
Gerry Ruiz	1:23:11

Shelter Island 10K (6/17/23)

Vivien Lim	0:40:26 - 1st in AG. (6th female overall)
Jaime Palacios	0:43:49 - 1st in AG



Vivien Lim with Olympic Marathon star Joan Benoit at Shelter Rock 10K.

REMINDER!

This year's Ocean-to-Sound 50-Mile Relay is Sunday, September 17th. Please let me know if you are interested in running on a club team. randi_opsahl@yahoo.com. This is always a fun day!

Have a great summer!



STRIDERS OUT AND ABOUT

A large group of Striders enjoyed the ambiance of Norman J. Levy Park - a former land-fill now a beautiful park with goats as lawn maintenance.



The following is a letter sent to the NYC Department of Parks in Opposition to motorized vehicles in Alley Pond Park. If you agree, reach out to your representative with your opposition.

Subject: Protecting the Serenity and Safety of Alley Pond Park: Say No to Motorized Vehicles on the Vanderbilt Motor Parkway

Dear Commissioner, NYC Department of Parks & Recreation:

I write to express my deep concern and opposition to the proposal to open Alley Pond Park and its greenways to motorized vehicles. As a member of the 40-year-old Alley Pond Striders – a community club of walkers and runners who frequent this cherished park - I am acutely aware of the potential negative consequences such a decision would bring.

Alley Pond Park serves as a sanctuary for countless individuals seeking respite from the city's chaos. Its paths and greenways are predominantly utilized by walkers, runners, families with children, and dogs on leashes. These diverse park users do not always behave predictably, and introducing motorized vehicles to the mix would create a dangerous situation. Cyclists already pose a risk due to speed differences, particularly on downhill slopes. Regrettably, we know of individuals who have suffered injuries from collisions with cyclists, some resulting in severe consequences. The sight of elderly park-goers scrambling to avoid speeding cyclists, E-bikes, and motorbikes has become distressingly common. By allowing motorized vehicles, we would only exacerbate these dangers by significantly increasing speed disparities and the potential for accidents. We cannot overlook the fact that motorbikes and E-bikes are heavier and faster than conventional bicycles, further amplifying the risks faced by pedestrians.

While we recognize the importance of E-bikes and other forms of micro mobility as viable transportation options, we firmly believe that parks should not be integrated into the transportation grid. Instead, they should remain sanctuaries separate from the hustle and bustle of city streets. Parks are invaluable spaces for exercise, nature appreciation, and relaxation, and motorized vehicles contribute little to none of these essential aspects. If motorized vehicles are permitted, children, in particular, will lose a safe space for play and discovery, which is vital for their healthy development. We believe other options, such as protected travel lanes on Union Turnpike and associated roads would provide the same benefits without the significant downsides and safety concerns.

It is our firm belief that a resolute "NO MOTORS in NYC parks" policy should be maintained. I urge you to reconsider the proposal and protect the serenity and safety of Alley Pond Park for present and future generations. Thank you for your attention to this pressing matter.

Sincerely,

Kenneth J Kaiser

Kenneth J. Kaiser, PE, BCEE, PMP
President
Alley Pond Striders, Inc.

STRIDERS ANNUAL PICNIC IN THE PARK (JUNE 17TH)



Thanks to all
the Striders
who made this
year's picnic a
great success!!





THE NEWSLETTER OF THE
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Attitude is the 'little' thing that
makes a big difference.
Winston Churchill

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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
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Corresponding Secretary:
Ronit Guriel
Social Secretary:
Maria Ferraro & Rosalie Hatch
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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