

The Strider SPECIAL EDITION - FIVE MILE CHALLENGE RESULTS



May 2017

The Newsletter of the Alley Pond Striders
P.O. Box 298, Bellerose, N.Y. 11426-0298

Volume XXXVI Issue 5

FRONT PAGE NEWS

I want to thank all the volunteers, sponsors and runners who participated in our annual Alley Pond Striders Five Mile challenge this year. If you ran our race, congratulations and hope you enjoyed the challenge. As president of our club I really enjoyed the race and was very proud of our club. We did a great job and everyone involved had a good time. I've only been a member of the club a short time but some of our members have been doing our race for over 30 years. Wow!

Saturday, May 20th is our monthly refreshment run and Saturday, June 17th is our annual picnic in the upper park area. The club supplies the BBQ, hamburgers and hot dogs and fixings and all you have to do is bring a treat, salad, or special dessert to share and enjoy. The picnic usually starts around 10:30am after our run/walk.

Lastly, I wanted to let all the Striders know that the Vanderbilt Motor Parkway did not win this year's District 23 participatory budgeting vote. All the money that was available went to our local schools in the district. If you live in the 23rd district which is represented by Council Member Barry S. Grodenchik please call or email his office and remind him how important the Motor Parkway is to you and how badly it needs repaving. If you don't live in the 23rd district, please call or email Queens Borough President Melinda Katz and let her know the Motor Parkway needs help. Hopefully, if enough people get involved, the Motor Parkway will get repaved.

Council Member Barry S. Grodenchik 718 468-0137 m23@council.nyc.gov
Queens Borough President Melinda Katz 718 286-3000 info@Queensbp.org

See you on the path!
Mike Weisbord

Calendar of Events

Saturday, 5/20 - Refreshment Day!

Saturday, 5/27 - Memorial Day weekend! Weekend walk/run times move back to 8:30am

Wednesday, 6/7 - Monthly Membership Meeting at the Park House. Board Meeting starts at 7pm and all are welcome. General Membership Meeting starts at 8pm.

Saturday, 6/17 - ANNUAL PICNIC IN THE UPPER PARK.

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

Happy May Birthday to:

Vince del Cid (1st), Pat Mitrofanis (1st), Harjit Sandhu (6th) Carlos Noriega (17th), Nancy Mancini (19th), Albert Galatan (24th), Arthur Fettner (29th), Elik Hirsch (30th), and Letisha Lawlor (31st).

Welcome to New Members

Brian Bak of Little Neck; Miguel Calderon of Queens Village; Sheryl Gilbert of Fresh Meadows; Donna Hahl of Valley Stream; Jerry Kirschner of Great Neck; and, Barbara Russo of Elmont.

Path Cleanup

On Saturday, April 22nd, 11 Striders helped clean up the path. Dorothy Chusid, Fred Feinstein, Arthur Fettner, Carol, Pam Foster, Jerry Kirschner, Diane Haber, George Schafer, Andy Ziegler, Betty Jacobson, and Joby Jacob. (Sorry if I missed anyone!)

Did Your Hear?

Sorry to say that repaving of the Motor Parkway did not pass in the recent funding vote. There's always next year!

Congrats

Stan Zibulsky who is a first time Grandpa! His son Danny and wife Amy had a baby boy - Charlie born on Wednesday, April 12th weighing in at approximately 7 1/2 lbs. Everyone's doing well!

Lynn & Lee Dunworth who celebrated their 50th wedding anniversary on April 8th. Their anniversary was announced in Newsday's May 7th article on LI Celebrations.

Elik Hirsch who ran the C&O Canal 100 mile endurance run in Maryland on April 29th & 30th. Elik you're amazing!

On the Road

Judy Densky was on the road again and writes: *On 3/22-4/2 I visited Amsterdam and had another wonderful trip there (it's about my 25th!) and I stayed again with Dutch friends Nancy and Els. They accompanied me to several places and I walked around and stopped at parks and concerts, museums too myself.*

Nancy and Marien took me to the Keurkenhof in Lisse outside Amsterdam for a day seeing flowers, an old windmill, and the lake in the park. It is the national tulip show held every spring and the variety of old and new tulips of varied colors

Was staggering. Weather was lovely the whole 10 days and it rained only one afternoon about 90 minutes which for A'dam is pretty good.

My day at the national park with stop in the museum buildings included a ride on free bikes provided to park goers so you can bike between the various pavilions. Loved it.

I went to 5 museums, 3 parks and 1 concert so, for me, it was filled with all the things I love to do, and the canals are so lovely in the old town.

Alley Pond Five Mile Challenge

We can all be proud of our yet another successful Five Mile Challenge. All the pre-work and day of race work paid off. We know how to work together!

Mark your Calendar

We return to our 8:30 am weekend start on Saturday, May 27th of Memorial Day Weekend

Our annual picnic will be held on Saturday, June 17th - Upper Park Area

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



Spring Walk

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

Congratulations to Dave Miles for continuing to be such an inspiration as he once again completed the Boston Marathon – this year he finished it in 3:27.36!

Extra big CONGRATULATIONS to Vivien Lim for finishing our Five Mile Challenge on April 30th as FIRST PLACE female!! I know Vivien worked hard and it paid off!

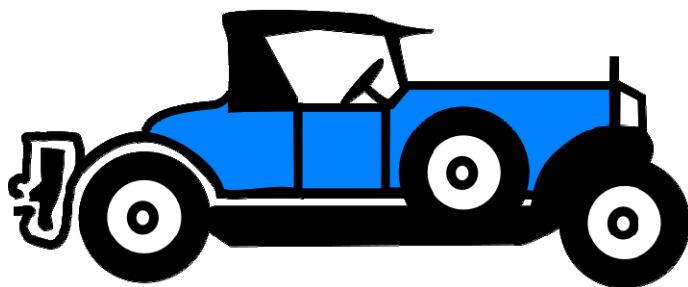


On May 7th former Prez Rob Pasqual ran the 10k at the Long Island Marathon Weekend Races. Rob finished in a time of 48:04 (pace of 7:45) which placed him 9th in his age group. This was a great accomplishment for such a large race.



Mark Your Calendar - Sunday, June 25th

If you're on the Motor Parkway on Sunday, June 25th be on the lookout for a parade of antique cars that will travel east starting around 9:00am from Hollis Court Terrace. More info will follow in the June newsletter.



Strider Artist "Running Away" with the Show

A great article entitled, "Autistic Artist Captures Personalities on Paper," just appeared online yesterday in a widely read online publication called Spectrumnews.org. It's about Nicole and it mentions the running club so I'm thinking that you might want to consider re-publishing it in an upcoming issue of "The Strider," and, perhaps, sending out the online link, or just the name of the article, to everyone. The link includes high quality photos of 8 of Nicole's drawings. Many of The Striders have been following her progress over the years and I think that they might enjoy reading this.

Nicole and I will be leaving for England on June 30th. We'll be crossing England from coast to Coast, following a famous route called, "The Coast to Coast Walk." (see it on YouTube). We'll be hiking 192 miles through three National Parks...The Lakes Region, The Yorkshire Dales, and The North York Moors. Each night, over the course of 22 days, we'll be staying in a series of very romantic Bed & Breakfasts, some of which date back to the 17th century. We'll be looking forward to seeing all the Striders when we return on July 24th.

See you on the trail!
 Thanks and best wishes,
 Nicole and Steve

The Alley Pond 5 Mile Challenge - What an amazing race! By Vivien Lim

It was so refreshing to run a race on my home turf. The cheers from the crowd, especially from the Striders, gave off such positive energy and support. It was so heartwarming to have John Rettmer, our former race director, start us off.

I have a special thank you to "Uncle Joe" a.m. Joe Gambino, for taking care of my youngest son, Marcus. As a mother of two young boys, I am so appreciative of Joe and other Striders for giving me the peace of mind to focus on the race since I knew that my children were being watched over by such a supportive group. I was especially proud to have my older son, Calvin, be a part of this wonderful event by assisting at the water station at the mile two marker. He is a burgeoning runner and he was thrilled to see runners



who chose to get their refreshments from him personally. Exposing my sons to all these wonderful role models serves as another great highlight of the race for me.

I would also like to give a heartfelt thank you to my coach, Jaime Palacios, who holds an unwavering belief in my ability to stretch my limits, both physically and mentally. He was steadfast and encouraging, always pacing me during track workouts and timed trail runs. Our affectionately dubbed "Team Jaime" consists of "Mama Mia" a.k.a Rosalie, Pat, and Susan. There is such wonderful camaraderie among us that each

gathering has as much laughter and fun as running and training. I am fortunate to be among such a group.

It was such a memorable race for me. From the training preparations to crossing the finish line as the first female runner, I truly enjoyed every aspect. Many thanks to Laughlin, President Mike, and all the organizers for putting on such a fantastic race. I am so proud to be a Strider!



A Special THANKS to all our Sponsors!

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THANKS!!

ALLEY POND STRIDERS FIVE MILE CHALLENGE 2017 RESULTS

Overall Place	Time	ChipTime	First Name	Last Name	Gender	Class Pos	Gender Place	Total Pace
1	29:09.5	29:09.5	Alex	Eletto	M	1	1	5:50/M
2	31:11.8	31:11.8	Guillermo	Fuentes	M	2	2	6:14/M
3	32:35.1	32:35.1	Jaime	Palacios	M	3	3	6:31/M
4	32:55.3	32:55.3	Thomas	Mihailin	M	1	4	6:35/M
5	33:22.0	33:22.0	Brian	Belval	M	1	5	6:40/M
6	33:44.6	33:44.6	Ned	Daily	M	1	6	6:45/M
7	34:00.8	34:00.8	Edward	Jara	M	1	7	6:48/M
8	34:35.4	34:35.4	Mike	Yakub	M	1	8	6:55/M
9	34:54.7	34:54.7	Vivien	Lim	F	1	1	6:59/M
10	35:02.1	35:02.1	Ken	Klinger	M	1	9	7:00/M
11	35:09.5	35:09.5	Horace	Bush	M	2	10	7:02/M
12	35:25.9	35:25.9	Paul	Salerni	M	1	11	7:05/M
13	35:34.7	35:34.7	Edward	Ward	M	2	12	7:07/M
14	35:50.8	35:50.8	Jessica	Allard	F	2	2	7:10/M
15	36:22.9	36:22.9	Len	Richards	M	3	13	7:16/M
16	36:52.4	36:52.4	Walter	Bryant	M	1	14	7:22/M
17	36:58.7	36:58.7	Douglas	Caputo	M	2	15	7:24/M
18	37:05.2	37:05.2	Brian	Bak	M	2	16	7:25/M
19	37:48.0	37:48.0	Gabriel	Audidier	M	1	17	7:33/M
20	37:59.7	37:59.7	Melissa	O'Selmo	F	3	3	7:36/M
21	38:49.8	38:49.8	Bryan	Butuick	M	2	18	7:46/M
22	39:34.4	39:34.4	Jan	Kasal	M	2	19	7:55/M
23	39:38.1	39:38.1	Boris	Audidier	M	3	20	7:56/M
24	39:43.0	39:43.0	Donald	Ferguson	M	4	21	7:57/M
25	39:45.0	39:45.0	Michael	Ludwig	M	3	22	7:57/M
26	39:57.1	39:57.1	Erin	Francese	F	1	4	7:59/M
27	40:01.2	40:01.2	Michelle	Yuen	F	2	5	8:00/M
28	40:30.1	40:30.1	Pat	Mitrofanis	F	1	6	8:06/M
29	40:56.9	40:56.9	Regina	Yuen	F	1	7	8:11/M
30	41:00.3	41:00.3	John	Cavagnaro	M	1	23	8:12/M
31	41:06.3	41:06.3	Ilana	Galatan	F	1	8	8:13/M
32	41:09.4	41:09.4	Kevin	Glover	M	4	24	8:14/M
33	41:11.2	41:11.2	David	Gonzalez	M	2	25	8:14/M
34	41:12.5	41:12.5	Kevin	Creegan	M	5	26	8:14/M
35	41:19.5	41:19.5	William	Kelly	M	5	27	8:16/M
36	41:22.2	41:22.2	David	Frisone	M	1	28	8:16/M
37	41:30.8	41:30.8	Louis	Cothalis	M	6	29	8:18/M
38	41:35.3	41:35.3	Maria	Morales	F	1	9	8:19/M
39	41:40.7	41:40.7	Corrie	Pikul	F	1	10	8:20/M
40	41:52.1	41:52.1	Jennifer	Fox	F	2	11	8:22/M
41	41:52.2	41:52.2	Robert	Bubnik	M	2	30	8:22/M

42	42:04.4	42:04.4	Mark	Zeltser	M	3	31	8:25/M
43	42:12.9	42:12.9	John	Iraj	M	3	32	8:26/M
44	42:25.2	42:25.2	Susan	Yang	F	2	12	8:29/M
45	42:47.9	42:47.9	John	Novak	M	6	33	8:33/M
46	43:01.8	43:01.8	Keith	McDowell	M	4	34	8:36/M
47	43:07.5	43:07.5	Selma	De Oliveira	F	3	13	8:37/M
48	43:21.1	43:21.1	Brett	Walitt	M	4	35	8:40/M
49	43:22.4	43:22.4	Dawn	Konopka	F	1	14	8:40/M
50	43:28.6	43:28.6	Alex	Gonzalez	M	4	36	8:42/M
51	43:43.2	43:43.2	Bryan	Lesseraux	M	5	37	8:45/M
52	44:37.0	44:37.0	Tara	Duggan	F	1	15	8:55/M
53	44:49.6	44:49.6	Rob	Paskoff	M	7	38	8:58/M
54	44:51.0	44:51.0	Eileen	Duggan	F	2	16	8:58/M
55	44:54.8	44:54.8	Nicole	Avila	F	3	17	8:59/M
56	44:56.9	44:56.9	Diane	Ditchfield	F	1	18	8:59/M
57	45:22.3	45:22.3	Yung	Wu	M	6	39	9:04/M
58	46:21.5	46:21.5	Anthony	Chow	M	5	40	9:16/M
59	46:44.1	46:44.1	John	Dessereau	M	7	41	9:21/M
60	46:51.1	46:51.1	William	Rafferty	M	6	42	9:22/M
61	46:53.3	46:53.3	Glenn	Davidson	M	8	43	9:23/M
62	47:10.6	47:10.6	Lynn	Leon	F	3	19	9:26/M
63	47:11.9	47:11.9	Tara	Ryan	F	2	20	9:26/M
64	47:14.7	47:14.7	Maureen	Frisone	F	1	21	9:27/M
65	47:15.0	47:15.0	Robert	Lawson	M	3	44	9:27/M
66	47:16.6	47:16.6	Letisha	Jenkins	F	4	22	9:27/M
67	47:26.1	47:26.1	Jessica	Defilippo	F	2	23	9:29/M
68	47:31.0	47:31.0	Kathleen	Adinolfi	F	3	24	9:30/M
69	47:39.5	47:39.5	Carlos	Noriega	M	7	45	9:32/M
70	47:44.4	47:44.4	Lawrence	Luebcke	M	5	46	9:33/M
71	47:50.7	47:50.7	Joe	Bradley	M	9	47	9:34/M
72	47:54.6	47:54.6	Scott	Fairgrieve	M	2	48	9:35/M
73	48:03.0	48:03.0	Hammad	Qamar	M	10	49	9:37/M
74	48:05.2	48:05.2	Wilson	Vargas	M	2	50	9:37/M
75	48:20.2	48:20.2	Norman	Gordon	M	3	51	9:40/M
76	48:24.1	48:24.1	Rosalie	Hatch	F	2	25	9:41/M
77	48:37.4	48:37.4	Antonio	Clarke	M	8	52	9:43/M
78	48:42.6	48:42.6	Jennifer	Sackowski	F	3	26	9:44/M
79	49:03.9	49:03.9	Debra	Newman	F	4	27	9:49/M
80	49:09.7	49:09.7	Jill	Nickerauer	F	4	28	9:50/M
81	49:13.4	49:13.4	Kevin	Fox	M	11	53	9:51/M
82	49:17.9	49:17.9	Regina	Joyner	F	4	29	9:51/M
83	50:30.8	50:30.8	Sandra	Wentdavid	F	3	30	10:06/M
84	50:37.2	50:37.2	Kevin	Ryan	M	9	54	10:07/M
85	50:41.8	50:41.8	Maria	Ferraro	F	4	31	10:08/M
86	50:55.8	50:55.8	Robert	Meyerson	M	8	55	10:11/M
87	50:56.7	50:56.7	Emmanuel	Ezencua	M	1	56	10:11/M
88	51:02.1	51:02.1	Karen	Rose	F	2	32	10:12/M

89	51:12.7	51:12.7	Christopher	Correia	M	2	57	10:14/M
90	51:16.7	51:16.7	Perry	Zeichner	M	3	58	10:15/M
91	51:19.0	51:19.0	Terry	Bisogno	M	9	59	10:16/M
92	51:49.8	51:49.8	Adrienne	Markowski	F	5	33	10:22/M
93	51:58.5	51:58.5	Gerard	Ruiz	M	12	60	10:24/M
94	52:25.3	52:25.3	Jack	Berger	M	13	61	10:29/M
95	52:44.7	52:44.7	Robyn	Rothman	F	5	34	10:33/M
96	52:45.5	52:45.5	Emma	Allen	F	5	35	10:33/M
97	52:59.0	52:59.0	Maya	Carl	F	2	36	10:36/M
98	53:08.8	53:08.8	Peter	Hoey	M	14	62	10:38/M
99	53:10.8	53:10.8	Jim	Weller	M	7	63	10:38/M
100	53:18.2	53:18.2	Beryl	Rosenberg	M	10	64	10:40/M
101	53:19.2	53:19.2	Andrea	Gaines	F	3	37	10:40/M
102	53:35.1	53:35.1	Amy	Kirchner	F	6	38	10:43/M
103	53:35.5	53:35.5	George	Waters	M	10	65	10:43/M
104	53:58.8	53:58.8	Ira	Gardner	M	15	66	10:48/M
105	54:10.5	54:10.5	Rebecca	Angelou	F	6	39	10:50/M
106	54:12.5	54:12.5	Maxine	Pearlman	F	3	40	10:50/M
107	54:24.5	54:24.5	Jasmine	Rivera	F	7	41	10:53/M
108	54:44.0	54:44.0	Carol	Drucker	F	5	42	10:57/M
109	54:44.1	54:44.1	St. John	Butvick	M	6	67	10:57/M
110	54:44.2	54:44.2	Julie	Teyan	F	4	43	10:57/M
111	54:44.8	54:44.8	Elizabeth	Farrell	F	2	44	10:57/M
112	54:50.1	54:50.1	Richard	Spiegel	M	4	68	10:58/M
113	54:53.6	54:53.6	Lori	Calise	F	3	45	10:59/M
114	54:53.7	54:53.7	Larry	Lutzak	M	5	69	10:59/M
115	55:17.0	55:17.0	Jed	Golden	M	11	70	11:03/M
116	55:33.4	55:33.4	Ann	Vazquez	F	4	46	11:07/M
117	56:11.7	56:11.7	Shagun	Khanna	F	8	47	11:14/M
118	56:12.6	56:12.6	Pranesh	Rao	M	4	71	11:14/M
119	56:30.7	56:30.7	Nina	McCann	F	5	48	11:18/M
120	57:13.9	57:13.9	Anthony	Rizzotto	M	3	72	11:27/M
121	58:07.4	58:07.4	Steven	Caggiano	M	7	73	11:37/M
122	58:14.2	58:14.2	Diane	Schocken	F	6	49	11:39/M
123	58:38.8	58:38.8	Martha	Rowen	F	1	50	11:44/M
124	59:11.2	59:11.2	Christina	Heerkens	F	9	51	11:50/M
125	59:14.5	59:14.5	Jackie	Olmsted	F	6	52	11:51/M
126	59:27.0	59:27.0	Nancy	Killian	F	7	53	11:53/M
127	00:07.8	00:07.8	Judy	Friedman	F	5	54	12:01/M
128	00:13.2	00:13.2	Petra	Valentin	F	8	55	12:03/M
129	00:15.9	00:15.9	Bea	Rahman	F	9	56	12:03/M
130	01:16.6	01:16.6	Lilly	Sehayek	F	10	57	12:15/M
131	01:16.6	01:16.6	Kenneth	Ramondino	M	12	74	12:15/M
132	01:26.0	01:26.0	Reshma	Bharne	F	10	58	12:17/M
133	01:29.2	01:29.2	Rakesh	Gupta	M	11	75	12:18/M
134	01:53.3	01:53.3	Dixon	Curtis	M	4	76	12:23/M
135	02:12.7	02:12.7	Paul	Ginocchio	M	8	77	12:26/M

136	02:15.5	02:15.5	Steven	Adinolfi	M	9	78	12:27/M
137	04:31.4	04:31.4	James	Israel	M	5	79	12:54/M
138	05:09.8	05:09.8	Carrie	Fischetti	F	11	59	13:02/M
139	05:11.5	05:11.5	Darren	Pierce	M	12	80	13:02/M
140	05:56.5	05:56.5	Peter	Stein	M	6	81	13:11/M
141	09:13.5	09:13.5	Tina	Cothalis	F	5	60	13:51/M
142	10:50.0	10:50.0	Wanda	Troy	F	6	61	14:10/M
143	13:34.4	13:34.4	Candice	McRae	F	6	62	14:43/M
144	13:44.0	13:44.0	Nancy	Pease	F	6	63	14:45/M
145	17:49.7	17:49.7	Susan	Slagg	F	12	64	15:34/M
146	18:01.8	18:01.8	Denise	Jackson	F	7	65	15:36/M
147	18:02.1	18:02.1	Darren	Jackson	M	8	82	15:36/M
148	23:29.0	23:29.0	Jeannette	Wood	F	11	66	16:42/M
149	24:43.3	24:43.3	Mike	Polansky	M	6	83	16:57/M
150	24:43.4	24:43.4	Mindy	Davidson	F	8	67	16:57/M
151	28:06.1	28:06.1	Laura	Holder-Gibbs	F	9	68	17:37/M
152	28:30.6	28:30.6	Rebecca	Torns	F	7	69	17:42/M
153	36:37.2	36:37.2	Joyce	Peña	F	12	70	19:19/M

Pictures of the 2017 Five Mile Challenge can be found on
- the Alley Pond Striders Facebook Page
- at www.elitefeats.com (our race scoring team)



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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**CONGRATULATIONS to all
 the Five Mile Challenge
 participants.**



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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
Treasurer: Joe Gambino
Recording Secretary: Diane Haber
Corresponding Secretary: Currently vacant
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
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