

The Strider Summer2016



July/August 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 7/8

FRONT PAGE NEWS

Our Annual Strider Picnic will be held in the Upper Park on Saturday, September 17th. We have a permit for that date. We didn't want to have the picnic over the summer because people might be on vacation. Again, the club will supply hot dogs, burgers (beef, turkey and veggie) along with beans and sauerkraut, as well as the related condiments. Please bring goodies to share and your own chair so you will be comfortable.

There will be no club membership meetings over the summer however there will be a board meeting at 7:00pm on August 4th. All club members are invited.

Club membership meeting will resume in September. Since the first Thursday of the month is on Sept. 1st (and still folks are in their summer schedules), the Board has decided to move **the next Membership Meeting to Sept. 8th. This is an important meeting to discuss the distribution of the Five Mile Challenge race proceeds and we need 25 people at the meeting to have a vote.**

Our next refreshment day is on Saturday, August 20th. Please bring goodies and the club supplies coffee and bagels.

See you on the path.
Stan Z.

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

August Birthday

Gillian Turbin (7th), Rob Pasqual (13th), George Schafer (13th), Jose Gonzalez (14th), Betty Abramson (17th), Mike Morgan (18th), Ray Ciccolilli (19th), Terri Case (19th), Tom Case (20th), Kay Leaver (25th), George Zink (25th)

Nice to See

Out-of-towners Mel Kay from Virginia, Diane & Allen Grunthal from Jersey and former Strider Tina Gimmi from Florida at the June refreshment day.



Walk in Kissena Park

Fred organized a walk in Kissena Park on June 26th

← (see photo)



Congrats

To Striders Sue Gamez (Corrie) and Vince del Cid who were recently married.

To Jean Rettmer Schapowal and her lead partner who were on

Cake Wars on the Food Channel on August 1st.

Missing from the Path

Don't worry that you haven't seen Jack Goldman walking on the path. He left us in July to retire(?) in sunny Florida.

Good News

Happy to hear that both Herb Carp and Barry Jonas are feeling better and are back to socializing at the bagel shop.

Race Sponsor Thank Yous

Joe Gambino presented thank you certificates to Race Sponsors Dejan Popovic of Runner's Edge and Bobbi Nigro of Yamuna Body Rolling.



Annual Picnic

Mark your calendar for our Annual Picnic on Saturday, Sept. 17th.

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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

Hope everyone is enjoying this beautiful summer!

Late, but always good to hear running news: on May 29th Rosalie Hatch ran L'Chaim 5K. She came in 1st with a time of 28:30- 9:10 pace.

Things were busy in the Pineda/Pasqual house this summer. Rob reported about the NYS Senior Games that took place on June 18th. Helen came in 2nd place in the 1500 technical walk and 3rd place in the 4 X 100 meter relay. Rob placed 3rd in the 800 meter run and 3rd in the 4 X 100 meter relay. On June 30th Rob completed the NYC Police Chase 5K in a time of 23:08. Helen completed Long Beach Fabulous 4th of July 4K in 40:12

On July 4th Debbie Pantano wrote- *I ran the (Bellmore) 4 mile race and placed 3rd in age. Jerry Ruiz and John Rettmer were there too! Last weekend I did the Achilles Run. Jerry, Sue, Vince and Albert were there. I was a guide for a man from my group (great job Debbie). John Rettmer also wrote about the race- I did the Bellmore Striders 4 mile race last Monday. Very hot day but took 3 place in age, time was 50:12. Very large race with over 550 runners.*

Ira Gardener reported about his amazing accomplishment- *I finished my quest for all 50 states for a marathon last week on 6/26 on the Big Island, Hawaii. I have run at least one full & half marathon in all 50 states. I finished my Alaska marathon on 6/18 for my 49th state. Ira's race times were Anchorage, AK in a time of 5:43:52 and Kona, HI in a time of 6:10:36.*

Allen wrote to us that - *July 10 was a good day for the Grunthals. Allen ran the Mad Marathon, his very first marathon, and Diane ran the Mad Half Marathon, her very first half. We were both surprised and delighted to finish first in our respective age categories, so it was a special day for us. Allen's time for the marathon was 3 hours 51 minutes. The Mad Marathon is a very hilly (2100' ascent), challenging and scenic running race in the mountains of northern Vermont. The weather was cool with rain showers throughout the race, but it did not dampen our spirits.*



Rugged Maniac Race – Rob



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

SUMMER RUNNING BY SARA JABLONSKI

For many of us, summer running and walking are not a slice of heaven. On some days it's more like time in purgatory. Many a day during this time of year I am dragging myself out the door taking whatever small amount of motivation I can muster. The thought of running for a measly few miles at a time makes me question my sanity. I know I am not alone in my feelings.

So, what does get me out? What do I do to improve that time in purgatory? Well, here are some things I do:

- ⇒ Try to get up and out a few hours early and run or walk in the mornings when it's cooler; there is less traffic and it is more peaceful.
- ⇒ SLOW down; reduce your pace to accommodate for the increased heat and humidity.
- ⇒ Put on sunscreen – this may not help your running time, but it will save your skin from signs of early aging and cancer.
- ⇒ Cross-train. Instead of running try walking, biking or take a cool swim.
- ⇒ ALWAYS be aware of your surroundings. It is nice to run or walk to music, but if you can't hear what's going on around you, you are risking get hit by a car, a bike or maybe even another runner..
- ⇒ And, finally, the most important thing you must do in the summer is HYDRATE!! Keep in mind that by the time you feel thirsty, you are already starting to become dehydrated. Drink water during shorter runs or walks. Stay safe and enjoy the rest of the summer!



Calendar of Events

Saturday - 8/20:

Refreshment day - the Club provides the bagels and you provide the conversation. Come on out and bring something to share.

RETTMER TRIP REPORT

Hi, Judi and John Rettmer are finally coming down from their vacation HIGH. We were in Italy for just over two weeks. North to South and various place in between. This trip was amazing. We landed in Rome and quickly caught another flight to Venice and never stopped. We covered so many hills, mountains, cathedrals, church ruins and even St. Peter's. They just opened Trevi Fountain for us (it had been closed for several years).

Italy was very crowded but wait until July and August. We were told due to the Pope's new message many, many more will be coming over. And Sicily was great. We used lots of transportation: planes, trains, motor coaches and ferries and even a ocean going ferry.

This trip was a reward for John as he suffered a car crash just before the trip almost totaling his Mini Cooper. Took longer to fix his car. He was T-Boned in driver's door, sent up sidewalk through a chain link fence and into the trees and woods of the GCP by Little Neck Pkwy. And he walked away (after he finally got the driver's door opened and climbed over the downed trees). Testament to the strength of that little car.....built like a tank.

Well, now to wait for next year; in fact, we already booked *The Best of the Danube to Prague 11-day Cruise & Tour*. We can't wait.

June Membership Meeting Highlights



GLOBAL RUNNING DAY-MILLION KID RUN - P.S. 94 QUEENS

BY LYNN LEON

June 1, 2016 was Global Running Day. This was a worldwide celebration of running! John "the Penguin" Bingham believes that the goals of running are to have fun and finish. An inspirational quote from him is "I am a runner because I run. Not because I run fast. Not because I run far." At P.S. 94Q in Little Neck, Alley Pond Striders Debbie Pantano, Joe Gambino, and Nella Carravetta supported the students to embrace running.

In addition, the New York Road Runners Club helped schools participate in Global Running Day by having the first-ever Million Kid Run. The goal was to have a million kids around the world running. At P.S. 94Q, with the help of these Striders, the students were part of that million.

I would also like to take this opportunity to give a sincere "Thank You!!" to Alley Pond Strider, Debbie Pantano. She was inspiring 20 future runners every Wednesday morning, at P.S. 94Q. She timed them, measured the distance, cheered them, nursed them for injuries, and most importantly - was a positive role model of how runners encourage each other. Her dedication to running should be applauded by everyone!

As a community, Striders helped make the goal of fitness fun and inspired kids to embrace running as a way to get healthy and fit. Striders, thank you for your help and support. After all, we are one in million!





THE NEWSLETTER OF THE
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Let a man walk ten miles steadily on a hot summer's day along a dusty English road, and he will soon discover why beer was invented.
Gilbert K. Chesterton

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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