

The Strider



Sept/Oct. 2017

The Newsletter of the Alley Pond Striders

Volume XXXVI Issue 9/10

FRONT PAGE NEWS

Hi Striders, It's October already and I hope everyone has been enjoying the park. The weather has been great and the park is looking good. Hopefully it should be looking better in the near future. Our Council Member Barry Grodenchik and the Parks Department recently announced that part of the path will be repaved. I've said this before but everyone in the club should be calling or writing our elected officials and let them know how important the park is to them and the community.

I'd also like to congratulate and thank all the Alley Pond Striders who participated and supported this year's Bethpage Ocean to Sound relay race. We had two teams competing and both teams did well. Our Mixed Master team did really well and placed first in their group. Both teams and their support crews did a great job and the club should be very proud. It was a busy day as City Stride to Governors Island also took place on September 24th.

Due to the Jewish holidays our October Membership meeting was postponed until Saturday morning, October 21st. The meeting will be held after our monthly refreshment run/walk in the park house. Hopefully everyone will be able to attend.

I also want to congratulate my buddy and new club member Ned Daily. Last month I had the pleasure to be Ned's Sherpa for the world championship Half Ironman in Chattanooga, Tennessee. Ned was competing with the best of the best and he took 8th in his age group (60-65). Two weeks later Ned competed in a full Ironman also in Chattanooga and took 1st in his age group. Guess who's going to Kona next year with Ned?

Hope to see everyone October 21st - if not see you on the path!

Michael

NOTICE!

+++++

**RUN AND WALK TIME HAVE MOVED
BACK TO 9:00 AM
FOR THE FALL/WINTER MONTHS.**

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

Belated but sincere Happy Birthday to Ray Johnson who celebrated his birthday on August 7th and Peter Hoey on August 21st.

Happy September Birthday

Walter Ehrenpreis (3rd), Betty Jacobson (4th), Christina Reinle (8th), Nicole Avila (8), Lou Cothalis (11th), Lenore Feinstein (16th), Lee Fettner (19th), Ira Gardner (26th), Lynn Nachman (27th), Miguel Calderon (29th) and Maria Ferraro (29th)

Happy October Birthday:

Diane Bruce (4th), Fred Feinstein (5th), Rosie Saltos (6th), Gerry Ruiz (6th), Stan Zibulsky (8th), Gus Greis (9th), Janett Ameerally (12th), Lynn Dunworth (16th), Susie Perry (21st), Ray Lascot (22nd), Laughlin Whalen (23rd), Herb Silver (27th), Rose Giraldo (28th), George Rosales (30th), Stan Schneider (30th) and Anthony Rizzotto (31st)

Welcome to Our Newest Striders

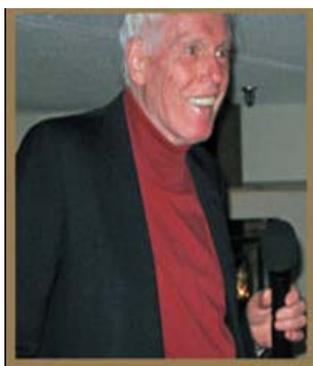
Rachel Belson of Great Neck, Ned Daily of Garden City Park; Jaime Palacios of Fresh Meadows and Leon Wong of Queens Village.

Congrats

Wishing a lifetime of happiness, love, good health and fun to Laurie Wennerholm and Gary Korzon who were married on Saturday, Sept. 9th.

Congrats to Judi Rettmer who on September 29th donated her 104th pint of O- blood for a total of 13 gallons! That's amazing when you figure that the human body contains about 1.5 gallons of body!! A wonderful milestone when you think of how many people she has helped.

Sad News



We recently heard the sad news that Ray Dowe passed away on September 24th after a long illness. Ray joined the Striders in November 2004. Ray was Walker's Rep in 2006, 2007 and 2008. He was the Walker of the Year in 2009 and 2011.

Sadly, Ray was not an active Strider member the last three years as he was dealing with medical issues. However, Ray was always highly thought of and never forgotten as Ray had always been there to lead a walk or help out when he could. A gentle, nice man who left behind a lot of friends in the Striders.

From Fred Feinstein, "A few thoughts about Ray...He hadn't been a member too long, when he volunteered to become Walkers Rep. He organized many new and different walks, such as Governors Island and Atlantic City. When we went on overnight trips, he was always the life of the party. He will be missed."

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



STRIDERS SPORTS SPOTLIGHT

BY SARA JABLONSKI

September 24th "THE BIG One" Ocean to Sound: Alley Pond All Stars mixed masters came in first, in a time of 6:39:46 (29 out of 104 teams). Alley Pond Joey's Heroes finished in 7:49:48. Everyone did an awesome job even though they had to run in 90 degree weather. Also, a special shout out to two Alley Ponders who did not run, but supported our teams. Thank you Nella Carravetta and Helen



Pasqual! (Check out the Alley Pond Strider FaceBook page for many more pictures.)

September 30th Molloy High School Andrew Harvey 5K: Rob Pasqual



completed the 5K coming in 2nd in age with a time of 23:29. Joey Pasqual (the cute kindergartener)



came in first place in the 50 meter dash. Way to go Joey!



If you have sports news to report, email me at: Sara_jablonski@yahoo.com

Volunteers Needed



Greenway Clean-way Day (#13) 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, October 21st, 2017 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 209th St.; (2) Bell Blvd. overpass; (3) Springfield Blvd. overpass; and, (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 www.kofcam.weebly.com

Calendar of Events

Saturday, 10/21: SPECIAL Monthly Membership Meeting (following walks/runs). All are welcome. Note: this is also the monthly Refreshment Day. The club supplies bagels and coffee - bring a treat to share!

CITY STRIDER 2017 BY FRED FEINSTEIN

On September 24th the Striders embarked on the Annual City Stride bus □ trip. This year's trip was to Governors Island the 172-acre island in New York Harbor located between the southern tip of Manhattan Island and Brooklyn. The National Park Service administers a small portion of the north of the island as the Governors Island National Monument, while the Trust for Governors Island operates the remaining 150 acres, including 52 historic buildings. Today, Governors Island is a popular seasonal destination open to the public between May and September with a 43-acre public park completed between 2012-2016, free arts and cultural events, and recreational activities. The island is accessed by ferries from Brooklyn and Manhattan.

The native peoples referred to the island as *Paggank* ("nut island"), likely after the island's plentiful hickory, oak, and chestnut trees, while the Dutch called it *Noten Eylant*, a translation, and this was borrowed into English as Nutten Island. The island's current name, made official in 1784, stems from the British colonial era, when the colonial assembly reserved the island for the exclusive use of New York's royal governors. During the American Revolutionary War, Continental Army troops raised defensive works on the island, which they used to fire upon British ships before they were taken. From 1783 to 1966, the island was a United States Army post, and from 1966 to 1996 the island served as a major United States Coast Guard installation.

We had about 20 walkers and runners attend. We left the Park House at 9:00am, and 40 minutes later we were enjoying the short ferry ride to Governors Island. On the Island we went to the Information Booth and decided what we were going to do. They had a zip-line and bikes for rent. There were some in our group, who took a guided tour of a historic prisoner of war jail from the Civil War. They also checked out a fort from Revolutionary War days. There were also many different artists, who displayed their works of art. There were many places to eat, but most of us chose to enjoy the outside food court.

After lunch many of us just went for a walk and took in sights such as the Manhattan skyline and the Statue of Liberty. By 2:30 pm we had to catch the ferry back for our 3:00pm bus ride back to Alley Pond Park. Although we hit traffic coming home, we made it back to the park by 4:00pm.



It was a hot day, almost 90-degrees, but I still think, all had a good time.



THE NEWSLETTER OF THE
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I would rather sit on a pumpkin and
 have it all to myself than be crowded on
 a velvet cushion.
 - *Walden* , [Henry David Thoreau](#)



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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)
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