

# The Strider



November/December 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII  
Issue 11/12

## FRONT PAGE NEWS

I hate to say this “again,” but it’s December already. It’s been two years since I became President of the club and I have to thank the Alley Pond Striders for giving me this opportunity. Our club has been around for a long time and has a lot of history. I have enjoyed my time as President of the club and look forward to many more years running with the Alley Pond Striders.

Sunday, December 16th is our Holiday Party/Membership meeting in the park house. The meeting starts around 10am after our morning run/walk. As always the club supplies the bagels and coffee. Feel free to bring a treat to share with the club and enjoy.

We have some upcoming events to mention:

- Saturday, January 19th is our annual dinner dance. Exciting news is that it will be at a new location Giardino on Northern Blvd. in Douglaston. See the flyer in this newsletter!
- Sunday, February 3rd is Alley Bowl VIII in the Springfield Blvd. parking lot area.
- Sunday, April 28th is our Five Mile Challenge.

Thanks again and I want to wish everyone Happy Holidays and a very Happy New Year.

See you on the Path!  
Michael

ALLEY POND STRIDERS - ANNUAL DINNER DANCE

SATURDAY, JANUARY 19, 2019

**NEW LOCATION AND ONLY \$50/PERSON!**

AT GIARDINO RESTURANT ON DOUGLSTON PARKWAY  
NORTH OF NORTHERN BLVD.

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

### Happy November Birthday to:

Joe Gambino (3<sup>rd</sup>), Ronit Guriel (4<sup>th</sup>), Randi Opsahl (4<sup>th</sup>), Herb Ascher (6<sup>th</sup>), Maxwell Fishon (7<sup>th</sup>), Rachel Belson (11<sup>th</sup>), Judy Densky (12<sup>th</sup>), Lynn Henry (17<sup>th</sup>), Walter Long (19<sup>th</sup>), Ned Daily (21<sup>st</sup>), Nicole Appel (23<sup>rd</sup>), Richie Cohen (23<sup>rd</sup>), Ray Prochak (24<sup>th</sup>) and Jerry Kirschner (30<sup>th</sup>)

### Happy December Birthday to:

Iris Hertzberg (1<sup>st</sup>), Larry Lutzak (9<sup>th</sup>), Lenny Katz (10<sup>th</sup>), Mike Polansky (12<sup>th</sup>), Eric Renart (16<sup>th</sup>), Marilyn Silver (18<sup>th</sup>), Penny Smith (20<sup>th</sup>), Ada Rosales (22<sup>nd</sup>), Dave Miles (23<sup>rd</sup>), Ramona Chodorski (26<sup>th</sup>), Michael Weisbord (29<sup>th</sup>), Scott Fairgrieve (30<sup>th</sup>) and Bill Kaiser (31<sup>st</sup>)

A Warm Welcome - To Cheryl Rush of Saint Albans

She's back! Debbie Pantano is back running after a seven week recovery from an injury on the path.

Soon to be back? Hoping to see Lynn Leon and Peter Hoey both back running soon and also see Rosalie recover from her foot injury!

Saturday, Oct. 20th - was the semi-annual Park Clean-up sponsored by the Knight of Columbus. Thanks to the Striders who volunteered to help keep our park clean!

### Elections - Nominating Committee

It's not too late to throw your name in for a board position. The election will be held at our Holiday party on Sunday, December 16<sup>th</sup>. Here is your chance to make a difference! Please let Larry Lutzak, Lynn Henry or any member of the Board/Nominating Committee if you are interested in any or all positions.



### Dinner Dance

Mark your calendar for our Annual Dinner Dance on Saturday, January 19<sup>th</sup> at Giardino on Douglaston Parkway just north of Northern Blvd. Check out the information flyer for details.

Please send any items for "Talk on the Path" to the editor at [apstriders@aol.com](mailto:apstriders@aol.com)

### Runner's Report (Deborah Pantano and Helen Pasqual)

There are many times to be proud of the Striders and their accomplishments. At this time I am reporting some races our members have recently attended.

On Saturday, October 13th Ned Daly competed in the **Ironman World Championship** in Kona, Hawaii. Ned placed 20th in his age group. A little disappointed with his results, Ned stayed in Hawaii for two more weeks to compete in the **Xterra World Championship** off-road Triathlon. This time Ned won 1st in his age group and was able to go home.

The **Oyster Bay 5k** our very own Fast Eddie/ Ed Grassel placed 2nd in age (28:42) 9:17 pace.



Sunday, October 28th was the **Little School 5k** at the beautiful Brady Park in Massapequa. Representing the Alley Pond Team were Helen Pasqual, Maria Ferrero (2<sup>nd</sup> in age), Tom and Terri Case and Vivien Lim (1<sup>st</sup> in age). The scenic course was fun to run but the confusion at the start

affected everyone's results!

Another great running day was the **NYC Marathon**. Jaime Palacios was 3<sup>rd</sup> in age (3:02). Gerry Ruiz and Jonathan Brunot also ran. Who will run in this event next year?



The **Rhatigan's Run** was on Saturday, November 10th in Floral Park. Laughlin Whalen crossed the finish line in style, 2<sup>nd</sup> in age.

The **Harrisburg Marathon Relay** was on Sunday, November 11th. Joey's hero's was a team of Striders – Rob and Helen Pasqual, John Novak and Lorraine Browne.

The **Long Beach 10k Turkey Trot** was Sunday, November 18th. Vivien Lim finished another great run with 1<sup>st</sup> in her age group.

It was a very chilly **5 Mile Turkey Trot** in Garden City this year. Joe Gambino was 1<sup>st</sup> in age ( 48:45), Maria Ferrero (52:58), Lynn Henry was 3<sup>rd</sup> in age (57:10) and Joe Gambino Jr, and the Gambino grandchildren (Lindsey, AJ, and Kate) also completed the five mile event.

Sunday, November 25th was **Rob's 5k Run** through Stillwell Woods. This year the trail was very messy and muddy from recent rain but Rob Pasqual ran this race (25:54).



As the temperatures outside drop, please be careful of the black ice. We really do not need more injured Striders. Have fun and enjoy your runs!!

## Longstride 2018 by Coach Rob Pasqual

On Saturday, October 13th, nearly 50 runners stepped up to the line for the 10<sup>th</sup> edition of Longstride, "Longstride 2018." Though the weather was still kind of rainy 20 minutes before the race, by the time Deacon Nat Smith of St. Clements finished his pre-race prayer the sky was rain free.

The race quickly developed into a two-horse race between our own Arasu Mani and Faruq Lane, nephew of a long time visitor to Alley Pond Park, Michelle Nero. In the end, Lane squeezed out a one second win in the closest Longstride finish ever.

Not to be outdone, Aunt Michelle also came in first overall, beating out our own Nella Carravetta by less than 10 seconds. Other AP finishers included Laughlin Whalen, who won his age group, John Sassone, who finished second in his age group and Gerry Ruiz, who finished third in his age group.



Of course this race could not have been done without the help of the Alley Pond Striders. The club was a t-shirt sponsor as was Ken Kaiser and Helen Pineda. Strider Mike Morgan did a superb job with the race marshals; covering for the lack of police traffic protection provided that day. And of course the Z-team came out of retirement once again to time and score our race. On behalf of the St. Clement Longstriders and myself, thank you, thank you, and thank you.

## The Strider Thanksgiving Food Drive by John Sassone

(Picture - John Sassone and Joe Gambino with Sr. Cathy at The Lady of Lourdes Food Pantry in Queens Village.)

The Alley Pond Striders once again showed their generosity and commitment to the local community by sponsoring a Thanksgiving Food Drive to benefit the food pantry at Our Lady of Lourdes in Queens Village.

The food pantry serves many families and senior citizens in the area and is also part of the Hunger Hot Line. It is run by volunteers. Sr. Cathy who has headed it for the last five years reports that a change she has seen is that many seniors are unable to get out to come to the pantry so volunteers have stepped up to make deliveries. Other recipients come to the pantry because they lost their job or suffered a medical event that drained their savings.

Thanks to all the Striders who supported what has become an annual event. In addition to bags of soup, cereals, pastas, and other needed items, \$925 was donated!!! WOW! **Debbie Pantano** once again was the first to come in with several large bags of food. Generous cash contributions were given by many including **Ken, Lynn, Nicole and Steve, Pat, Diane, Laughlin, Rosie, my wife Pat** and my colleagues at **Janney, Montgomery Scott** who also supported our drive. Joe and Lynn were a big help in delivering the food and collecting donations. I would also like to thank **Matt Symons** and the NYC Department of Parks for allowing us to place a collection bin in the park house and keeping an eye on the donation bucket.

Mother Teresa said, "If you can't feed a hundred, then feed just one." I think our efforts this year will feed a hundred, most of whom are women and children. Holidays will be a little happier for some because of The Striders. If you missed, the drive, you can still give a check to me or any Board member. Make it out to Our Lady of Lourdes and put "Food Pantry" in the memo box. I would be great to get over \$1,000.





# Alley Pond Strider Annual Dinner Dance

Giardino

44-37 Douglaston Pkwy.  
Douglaston, NY 11363

Saturday, January 19th  
7:00-11:00 PM

RSVP by January 11th  
DJ

Appetizers, Salad, Pasta, Dinner, and Dessert  
Beer, Wine and Soda

\$50 Per Person

Name \_\_\_\_\_

# of attendees \_\_\_\_\_

Send check to: Alley Pond Striders  
PO Box 298  
Bellerose, NY 11426-0298

Cash or checks can be given to  
Nella Carravetta, Joe Gambino or Lynn Henry

**ALLEY POND STRIDERS: ALLEY BOWL IX  
THREE PERSON X 1-MILE  
FOOTBALL RELAY**



**February 3, 2019  
RAIN, SNOW OR SHINE  
POST RACE TAILGATE PARTY!**



**GAME SCHEDULE  
Pre-Game Signup and Draft\* 9:00 am  
Kickoff 9:30 am  
Rain, Snow or Shine  
Kids Touchdown Dash 10:15am**

**Eligibility:** Three person x 1-mile relay race where you will toss a football to advance your team. This event is open to all Runners, Joggers and Walkers 10 years old and over.

**Course:** A fun 1-mile loop through beautiful Alley Pond Park. At the completion of each one mile loop, each player (runner) will toss a football in the specified zone to the next player on their team to run the next one mile loop. Each team will get to keep their football! The course is accurately measured. Lavatory and Dressing facilities available.

**Registration (Pre-Game):** Day of Race Registration ONLY will be held at the Alley Pond Park Springfield Blvd and 76th Avenue Park area from 8:00 to 9:15 am.

**ENTRY FEE:** Alley Bowl Relay: \$30 (that's only \$10 per runner). PRE-REGISTRATION AVAILABLE BY MAIL (due on or before January 30); \$24 (save \$2 per runner!). \*PRE-GAME DRAFT: IF you don't have team, come anyway as a free agent and we will help you get drafted by a team!

**THIS IS A NO FRILLS RACE!** There are NO tee-shirts and no big sponsors, but there are fun prizes.

**RACE IS LIMITED TO 50 TEAMS!**

**Pre-Game Registration ends at 9:15 am for the relay.**

**Kickoff for the relay will be at 9:30 am.**

**Kids Touchdown Dash at 10:15am is a 50-yard dash for kids 10 and under. Registration for the dash is just \$1!**

**Awards:** FIRST THREE OVERALL TEAMS receive a BIG GAME MUNCHIE BASKET. BUT, don't worry if you don't win, all teams get to keep their football and we will have some cool raffles!!! **COSTUME AWARD:** first team crossing finish with ALL three teammates wearing football jerseys win a gift basket!

**Directions:** Alley Pond Park (Springfield), Bayside in Northeast Queens. Registration and race start is located on Springfield Boulevard and 76th Avenue north of Union Turnpike. From Northern State/GCP westbound: Exit 23. Turn right onto Union Turnpike to Springfield Blvd. Turn right onto Springfield Blvd. Turn right on 76th Avenue, park on left. From GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Continue south to Union Turnpike. Make right onto Union Turnpike to Springfield Blvd. From Springfield Blvd. turn right onto 76th Avenue, park on left.

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

**TEAM NAME:**

**BIB NUMBER (assigned race day):**

Team Captain (runner #1): Signature and address

Running Back (runner #2): Signature

Tailback (runner #3): Signature

City or Town

State

ZIP Code

Area Code

Phone Number






E-Mail Address

**Pre-register (\$24) by mail on or before January 30, 2019. Make checks payable to:**

**ALLEY POND STRIDERS: 251-04 Shiloh Avenue, Bellerose, NY 11426**



THE NEWSLETTER OF THE  
**ALLEY POND STRIDERS**  
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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](mailto:lynnahenry@yahoo.com)***

**Board of Directors**

**President: Mike Weisbord**

**Vice President: Arthur Fettner/Larry Lutzak**

**Treasurer: Joe Gambino**

**Recording Secretary:  
Diane Haber**

**Corresponding Secretary:**

**Fran Kraus-Schmidt**

**Social Secretary: Nella Carravetta**

**Runners Reps: Debbie**

**Pantano/Helen Pineda-Pasqual**

**Walkers Rep: Ray Lascot**

Membership Chair: Lynn Henry

Phone: (516) 437-8715

E-mail: [lynnahenry@yahoo.com](mailto: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](mailto:apstriders@aol.com))

Senior Editor: Lynn Henry

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