

The Strider



Sept/Oct 2022

The Newsletter of the Alley Pond Striders

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FRONT PAGE NEWS

As many of you may know, this is my second time being president of the Alley Pond Striders. By this time in 2005, I was completing my first year in my first turn as president. At that time, former president Lynn Henry told me that the second year was easier since you know what to do. I'd like to think that will continue to be the case.

One of the things I learned "back in the day" is that it's all about impact. Do something, do anything - but get involved. If you are not involved, you miss the opportunity to connect with others; and during these times connecting with others has been shown to be paramount to our wellbeing and mental health.

As we do every year at this time, we elect a new Executive Board. VP Sara Jablonski and the Nominating Committee scoured the club membership rolls for "volunteers." You will find Sara's report and the proposed ballot in this newsletter. To those who are stepping forward for the Board - I thank you. The members of the Board do the work that keeps the Striders running...and walking. From refreshment days to the Annual Picnic, to our Annual Dinner Dance, the Board coordinates all these events. But the Board does not do these things alone - it is important for ALL Striders to join in and help with these events. I know that everyone who helps on our club events feels the pride of contributing to each success.

Speaking of Strider events, we have our November Refreshment Day on Saturday, November 19th. On Sunday, December 18th we will have our Holiday Party and Executive Board election. Please join us for these final 2022 events.

Coming in January 2023, we will once again enjoy our Annual Dinner Dance. Social Secretary Rosalie Hatch and the Dinner Dance Committee are working on final details, such as date, time and venue. Stay tune for details.

On Superbowl Sunday, February 12th, Coach Rob Pasqual will once again be heading out to the gridiron for the Alley Bowl!

Enjoy the park and find balance, Ken Kaiser

APS EXECUTIVE BOARD NOMINATING COMMITTEE - UPDATE by VP Sara Jablonski

The nominating committee's proposed board slate for 2023 is:

President: Ken Kaiser
Vice President: Sara Jablonski
Treasurer: Laughlin Whalen
Runners Representative: Randi Opsahl
Walkers Representative: Dorothy Chusid
Recording Secretary: Pat Mitrofanis
Social Secretary: Rosalie Hatch /co Maria Ferraro
Corresponding Secretary: Ronit Guriel

This is not the final slate, so please feel free to reach out if you are interested in any of the positions. The vote for the 2023 board will be at the holiday party on Sunday, December 18th. If you are interested in being on the ballot please let me know by 12:00 PM, December 17th at sara_jablonski@yahoo.com.

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

Happy November Birthday to:

Joe Gambino (3rd), Ronit Guriel (4th), Randi Opsahl (4th), Haydee Perez (6th), Maxwell Fishon (7th), Elizabeth Brown (8th), Roza Agabs (11th), Rachel Belson (11th), Judy Densky (12th), Lynn Henry (17th), David Schultz (20th), Ned Daily (21st), Nicole Appel (23rd), Richie Cohen (23rd), Ray Prochak (24th) and Luz Rodrigues (25th)

Warm Welcome –to our newest Striders: Cristina Canavan of Flushing, Dee Felice of Douglaston, JoAnn Kelly of Flushing, Roz Lester of Oakland Gardens, Ralph Leuzzi of Bayside, Ellen Mascolo of Great Neck, Steve Merritt of Whitestone, Gladys Garcia and Martin Ricketts of Glen Oaks.

And welcome back to Mary Hubert of Flushing.

Refreshment Day

We had a great turnout on Saturday, Oct. 22nd for a dual celebration! Fast Eddie sponsored the bagels, etc. to celebrate with his fellow Striders the milestone of running 80,000 miles. According to Eddie “the first 80,000 was easy, not sure about the next 80.” Congrats Fast Eddie! Very impressive!

There was also cake and singing to celebrate Ray Lascot’s 91st birthday. Happy Birthday Ray!!

Congratulations

To Judi Rettmer. With her recent donation, Judi has now donated a total of 15 gallons of blood. Wow! What a milestone and also what an impact she has had on the lives of so many people.

Please send any items for Talk on the Path to ap-striders@aol.com



RUNNERS REPORT BY COACH ROB PASQUAL

Deck your walls with lots of medals!

Tis the season, for racing! Because, you know, there will be a lot of big eating events coming up, and if you don't go out and exercise...

Luckily the Striders have been running and there are still a ton of events on the 2022 racing calendar. By the time you read this I'm sure our marathon crew will have made us proud. We hope for good weather for the Thanksgiving and holiday season runs, and amazingly Alley Bowl XIII is just around the corner.

Now onto our results:

8/14 Dirty Sock 10K

Venice Naidoo 50:03

8/20 NYC Marathon Training Series (12 Mile)

Andrea Salis 1:48:19

9/4 Forth Hunt 5k & 10k, Alexandria, VA

Joey Pasqual (5k) 27:30 2nd place AG

Helen Pineda-Pasqual (5k) 55:10

Rob Pasqual (10k) 48:40 1st place AG

9/11 Last Bash at the Beach 10k

Gerry Ruiz 1:17:40

9/17 NJ Senior Olympics

1500m Rob Pasqual 6:14 3rd Place

400M Rob Pasqual 1:23 3rd place

9/18 Bronx 10 miler

Venice Naidoo 1:26:24

Pat Mitrofanis 1:26:27

Sue Corrie 1:53:59

Gerry Ruiz 2:07:11



St. Stan 5k age group winners: Lynn Leon, Sara Jablonski and Fran Kraus-Schmidt!



Peter Hooey and Lynn Henry (age group winner at the Rhatigan's Run 5k.

RUNNERS REPORT (CONTINUED)

9/24 Ocean to Sound Relay

Joey's Alley Pond Allstars 7:23:01
28th Overall, 3rd place master's men division



10/9 Staten Island Half Marathon

Venice Naidoo 1:49:44
Albert Galatan 2:37:13
Gerry Ruiz 2:50:57



10/15 St. Clement Longstride 2022

Joey Pasqual 7:26 1st place AG
Joe Gravagna Jr. 9:35 2nd place AG
Joe Gravagna Sr. 9:38 1st place AG
John Sassone 10:02 1st place AG
Cheryl Rush 13:20

Striders ruled the day!!!



10/23 New Hyde Park 8k

Pat Mitrofanis 38:40 1st place AG
Andrea Salis 38:49 2nd place AG
Venice Naidoo 38:56 2nd place AG



THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
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HAPPY THANKSGIVING!

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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: Ken Kaiser
 Vice President: Sara Jablonski
 Treasurer: Laughlin Whalen
 Recording Secretary: Pat Mitrofanis
 Corresponding Secretary: Mindy Bellow
 Social Secretary: Maria Ferraro & Rosalie Hatch
 Runners Rep: Rob Pasqual
 Walkers Rep: Dorothy Chusid

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
 Web Master : Danielle Weisbord