

The Strider



October 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 10

FRONT PAGE NEWS

The picnic was excellent. The weather on September 17th was wonderful. The only problem was there were a lot of bees. I was assuring everyone that the bees wouldn't bite anyone. I was right, except for me. I was bitten by a bee just below my lips. I put ice on it and the swelling, it never hurt. Nobody else was bit.

I want to especially thank Nella Carravetta for buying all the food and supplies. She also did the majority of the barbecuing. She worked very hard and played a big part for the picnic's success. Thank you, thank you!

I also want to thank Helen Pineda-Pasqual for taking pictures. I want to thank Joe Gambino for helping by helping barbecue and bringing his cooler. Lynn Henry also deserves thanks for arranging the picnic after the original date in June was rejected. Larry Lutzak brought the grill and also helped to barbecue.

The Board meeting will revert back to the first Thursday with the October meeting on October 6th at 7:00. Members are welcomed to attend. The membership meeting will take place at 8:00 pm.

We will revert back to a 9:00 start on Columbus Day weekend, i.e. Saturday, Oct. 8th. The next refreshment run will take place on Sunday, October 16th.

See you on the path!
Stan Zibulsky

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

Happy October Birthday to:

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), George Rosales (30th), Stan Schneider (30th) and Anthony Rizzotto (31st). October birthdays were celebrated at the recent Membership meeting.



Welcome New Striders!

Kiran Mandrekar of Little Neck, Ada & George Rosales of Fresh Meadows and Irene Tannenholtz of Great Neck.

Speedy Recovery

Wishing a speedy recovery to John Rettmer who suffered a stroke in September. After spending some time getting stronger in rehab in Glen Cove, John is now at home taking physical therapy several times a week and looking forward to getting back to the park.

Congrats Grandparents.

Congrats to Lynn & Howie Nachman on the birth of their first grandchild. Their daughter Melissa gave birth to a baby boy, Kai Slayton Ojeda on Sunday, Sept. 11th at 11:59pm. Kai weighed in at 5 lbs. 14 oz. and 18 inches long. Congrats to Melissa and Kenny!



Congrats to Randi Opshal on the birth of her third grandchild and first grandson— Emanuel James Lyons who was born on Oct. 3rd to son R.J. and daughter-in-law Marika. Emanuel weighed in at 8 lbs. 14.5 oz.



A Nice Walk to End the Summer A group of walkers went to Jones Beach on September 24th for the last bit of summer weather.

Strider Picnic

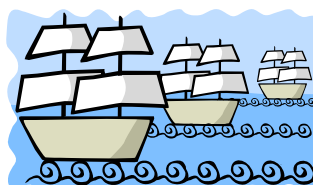
Everyone had a great time at the picnic on Sept. 17th. We had beautiful weather and over 50 people (not counting the yellow jackets!). Thanks Nella for a great job!

Reminder

Saturday, Oct. 12th - Columbus Day Weekend - we return to our 9:00 am weekend walk and run start times.



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



Happy Halloween

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

Summer is over and the cooler running weather is finally here. Congratulations to those who ran in the Ocean-to-Sound Relay, it was a beautiful day. There are pictures on the Alley Pond Striders Facebook page.

Fran Kraus-Schmidt has been out on the race circuit and reports:

- ⇒ On September 18th, ran the Summer's Not Done 3-Mile race at Tobay Beach in a time of 28:16 for first in age.
- ⇒ On October 2nd, ran the 5k Run To The Lighthouse at Robert Moses State Park coming in 1st in age at a time of 28:49. Fran notes it was "part road and part beach. It was a nice race but a bit challenging because the sand was soft."

Amazingly consistent running by Fran - way to go!

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

Editor's Note:

This edition of "The Strider" and all those that follow will be missing something - something that cannot be replaced. Barry Jonas, my friend and a regular proof-reader and contributor to the quality of this newsletter, has passed away after years of battling cancer.

No matter how careful I was in reviewing and setting up each edition, Barry found the errors - sometimes small, sometimes not so small; but, he found them all. Although Barry did not volunteer to the position (it came about from emails he would send me pointing out the errors) when asked to help, he did and I appreciate it. Barry made this a better newsletter and I will always appreciate his contributions.

Thank you Barry - rest in peace.

Ken Kaiser
Editor - The Strider

Calendar of Events

Thursday, 10/6 Monthly Board Meeting starts at 7pm (all are welcome), followed by the Monthly Membership meeting.

Saturday, 10/15: Refreshment day after our walks and runs. The club provides the bagels. Please bring something to share....a treat and your best conversation.

Sunday, 10/30: City Stride (see details on page 5).

Bikers bike, Swimmers swim and Runners Run – by Rob Pasqual

That's what they told me at running camp anyway. So let's race! On October 15th I'm once again holding "Long Stride 2016." This one-mile run/walk held in Jamaica, Queens is a Strider favorite where as Gerry Ruiz will tell you "Everyone comes home with something."

As many of you are fresh off the excitement of the Ocean to Sound relay, I'm looking for members for yet another relay event. The Harrisburg Marathon relay is Sunday, November 13th in Harrisburg, PA. Teams of four run six miles+ each. The race features a flat course and an after-race party. Check out their website: <https://runsignup.com/Race/PA/Harrisburg/HarrisburgMarathon>

Let me know if you are interested.
rpasqual@nyc.rr.com

A YEAR OF RUNNING, HIKING, AND BIKING BY DIANE AND ALLEN GRUNTHAL

The past year was an active one for the Grunthals, this being the first 12 months of Allen's retirement. His bucket list is long. The only question was how to attack it.

We arrived in Colorado in September 2015 to hike three weeks in successively higher and higher mountains. To properly acclimatize and avoid altitude sickness, we started in Boulder at



Boulder at 6,200 feet above sea level and hiked nearby mountains in The Front Range, after which we drove to Rocky Mountain National Park where we hiked mountains of 9,000 to 11,000 feet in elevation. The park is very high up in altitude and even if all you do is drive the roads and stop at the lookouts, you will be astounded at the majestic scenery and wildlife viewing. But hiking the trails allows you to really experience the raw beauty of the park. Our final week in Colorado saw us summit Quandary Peak at 14,265 feet. Allen went on to summit four more peaks over 14,000 feet in the next two days, including 14,433' Mt. Elbert, Colorado's biggest mountain and the 2nd highest mountain in the continental U.S. Mountains bigger than 14,000 feet in Colorado are known as 14ers. There is much less oxygen at this



altitude, and your lungs gasp for breath at every step. In January and

February 2016 we used our season passes to ski at Killington in Vermont, until it was time to leave in March to hike for three weeks in New Zealand. We started with an exciting hike amongst volcanoes over the Tongariro Crossing in the North Island - hiking through Lord of the Rings filming sites. Some of you

will remember the Land of Mordor, on the flanks of Mount Doom (a behemoth volcano from whose fires the One Ring was created and ultimately destroyed). We continued to the South Island, then on to Stewart Island and one other small island, where the flightless birds have no predators.

Allen had never before run a marathon, so he was long overdue. In April 2016 Allen trained hard and won first in age in the Lake George Half Marathon, his first half in 23 years. But this was only a tune-up for the main event, the hugely hilly Mad Marathon in July in the mountains of northern Vermont. Allen ran the full marathon and Diane ran the half, and much to the surprise of both of us, we each won 1st in age. It was a special day for us.

In May 2016 we boated and biked the Cyclade Islands in the south of Greece. Greece is far more mountainous than we anticipated. Diane was very envious of the 40-something women in the group who were smart enough to have rented e-bikes (bikes with tiny battery operated motors) for the entire trip! Riding a bike with a motor is cheating, isn't it?

In September 2016 we journeyed to Austria for two weeks of hiking and biking, followed by one week of hiking in southern Germany. We highly recommend Austria for its dazzling, dramatic views of high mountain summits spotted with glaciers in flawless skies, and countless dedicated biking paths, mostly paved. Highlights include hiking up 3,000 vertical feet where jaw-dropping 360 degree views awaited us. The scenery could not have been more spectacular. Then we biked inn to inn. Finally, we climbed to the summit of Germany's highest mountain, the Zugspitze, where we had to negotiate near vertical mountain walls, ascending while clinging to iron ladders, chains and rungs bolted into the rocks. Definitely not for people who are scared of heights.

We feel very blessed and fortunate to explore the world all the while improving our health and exercise acumen.



In Memory of Barry Jonas



Sadly, Barry Jonas passed away on Saturday, Sept. 24th after a long struggle with cancer.

Barry joined the Striders in 2001. He walked on the path with the guys until he was bit by the running bug and ran the Staten Island half-marathon. After some injuries and his struggle with cancer he transitioned back to walking. Barry was always good for a lively discussion having the ability to say the right things to get a reaction both at the park and at the bagel shop!

Approximately 20 Striders attended his memorial service on Sept. 29th where we met his family and found out things we never knew about Barry for instance he was an Eagle Scout and also was in the National Guard. Who knew??

Some comments that were posted on Facebook:

"I'm going to miss his smile and how he brightens up the dimples of my 3 1/2 year old Joey. Barry Jonas, we will miss you, my friend!" Helen Pasqual

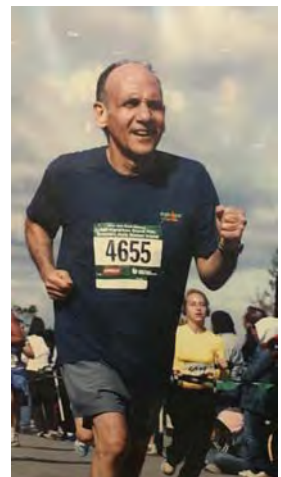
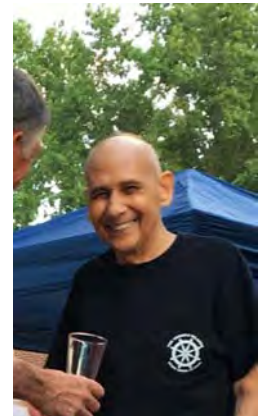
"Here's to you Barry Jonas!
You still keep the Striders together!
You will be with us in our thoughts.
I cannot erase that Smile you give!
Rest in Peace!" Helen Pasqual

"So sorry to hear about the transition of Barry Jonas. I would often walk with Barry on my visits to New York and Alley Pond Park from Los Angeles. We also share the same birthday of May 31st. The St. John's University basketball team has lost a huge fan. RIP Barry." Arthur J. Henry.

"On a day that epitomized the reasons we love running for a team, we remember our friend Barry. May you finally find a race t-shirt you like." Robert Pasqual

"I remember running this race with Barry (we at least started together.) He's missed already."
Christina Reinle

"I have lost a good friend." Richie Cohen



City Stride 2016:

It's not too late to sign up for the City Stride on Sunday, Oct. 30th. The bus will depart Alley Pond at 9:00am and return at approximately 4:00 pm. The destination this year is Central Park. You can add your name on the sign-up sheet in the park house or email Fred Feinstein at mightyfein@gmail.com.



2016 APS PICNIC

















THE NEWSLETTER OF THE
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There are three ingredients in the good
 life: learning, earning and yearning.
 Christopher Morley

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INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
STRIDER SPORTS SPOTLIGHT	3
CALENDAR OF EVENTS	3
A YEAR OF RUNNING, HIKING, BIKING	4
BARRY JONAS TRIBUTE	5

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