

The Strider



April 2017

The Newsletter of the Alley Pond Striders

Volume XXXVI Issue 4

FRONT PAGE NEWS

Wow! It's April already, winter is over, spring is here and summer is just around the corner. If you haven't paid your dues yet, they are overdue. Many club members have asked if we could add the option of paying our dues online. The club is looking into this added convenience, in addition to adding an online store to purchase new and vintage Strider gear. Hopefully, these features will be available soon on our website.

Our Alley Pond Striders Five Mile Challenge is a couple of weeks away on Sunday, April 30th. Again I want to remind everyone how important it is that we have sponsors, volunteers and especially runners for this event. It's too late for sponsors to be included on the T-shirts but they can still be added with a link on our website. Remember, most of the proceeds from our race benefit local charities.

Last month I thanked the NYC Parks Department for the wonderful job they have been doing in the park. I recently learned that park worker Lenin Perez was transferred. He is not assigned to the park anymore but we are told he will be assigned to the park as needed. I think we still have Tanya and hopefully with Stan's help the park will continue to look good. Most of our club members already know this. But for those that don't, long time Strider and past president Stan Zibulsky volunteers in our park almost every day. Stan can be found almost every morning working the path and picking up trash. The Parks Department has been doing a good job, but Stan has been doing a REALLY good job in the park. I would like to thank Stan again this month personally and for the club for his dedication and hard work for both the club and park. Thank you Stan.

See you on the path! Michael

SAVE THE DATE!
OUR ANNUAL PICNIC
SATURDAY, JUNE 17TH

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

Happy April Birthday to:

Andy Ziegler (2nd), Debbie Pantano (3rd), Suzanne Tow (7th), Allen Grunthal (14th), Helen Pineda-Pasqual (23rd), Maria Elena Jimenez (24th), Ellen Bottner (25th) and Bruce Hammer (26th).

New Members

Welcome to Nicole Avila of Saint Albans.

Welcome back to Kin Tong from Bayside!

Condolences

To Nancy Mancini on the passing of her father.

And to Herb Carp's family on his passing (see article on page 5).

On the Road

In March, Astrid Georges and Ray Prochak took a trip to sunny Florida to visit with fellow Striders Billy Greenwald and Sue Perry.

Astrid reported they had a wonderful time and from the photo you can see that Billy & Sue have found the Fountain of Youth!!



Stan Z – (poem by Rosie Schellenberg)

**Stan Z: It' as plain as you can see
Has a heart of compassion for all his family**

**That includes the Striders, for whom he labors and cares for,
As they patiently stand by his side to guide,
as he endeavors to help, for is why he is there for**

**At the Striders Party he surely showed his heart
by presenting an award to a Strider who surely did his part**

**It was for John Rettmer, who was the honoree
And Stan Z, on behalf of the Striders, who will present it to him - so lovingly**

**For the Striders is an organization - that "caring" is their "core"
Now think about it seriously..... Who could ask for more!!!!**

Five Mile Challenge – April 30th

Your assistance is needed! If you haven't signed up to volunteer, please do so ASAP. Every signed up volunteer gets a tee-shirt

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

STRIDERS SPORTS SPOTLIGHT

BY SARA JABLONSKI

As we spring into Spring, the Striders took on MARCH MADNESS at a feverish pitch! Reports from several Striders show that with age come greatness. Lynn Henry and Joe Gambino conquered a St. Patrick's Day race, Fran Kraus-Schmitt took on education, and Rob Pasqual took on a group of Angels. Read their accounts below:

Lynn Henry reported that "Joe and I ran the Rockaway Parade Day 5k on March 4th. The race was entirely on the boardwalk (no wood - it's now concrete after Sandy reconstruction!) It was WINDY and COLD which I think led to the small turnout. Joe ran 26:59 – a 8:42 pace and placed 1st in his age group. I ran 33:25 - a *blistering* 10:47 pace and placed 1st in my age group too. (However, I must note that I was the only one in my age group - and it was 10 year age groups!!) Did I mention it was WINDY and COLD???"

Fran reported that on March 25th, she ran the East Rockaway Education Foundation 5k in a time of 25:47, which won her 1st in age!

Rob Pasqual reported that on March 26th, he ran in the Littlest Angel Foundation 5k race in Woodbury, NY in a time of 23:07



which won him 1st in Age!

Last minute news! Just in! On Saturday, March 25th Peter Hoey ran "Run for Tomorrow Hope" which is a 5K in Garden City. Peter had a time of 30:52.

Calendar of Events

Wednesday, 4/5:

Monthly Board Meeting (7 pm) followed by Monthly Membership Meeting (8 pm). All are welcome at both meetings.

Saturday, 4/15:

Monthly Refreshment day. The Club provides bagels and coffee after runs/walks. You bring a treat to share!

Sunday, 4/30: Alley Pond Striders Five Mile Challenge - sponsor it, run it, volunteer for it, **SUPPORT IT!**

Spring-ing Ahead by Coach Rob Pasqual

While we eagerly prepare for our Five Mile Challenge and hopefully the great accompanying weather, here are some other events that you may be interested in.

On Saturday, April 29th my CYO team, the Longstriders will be going down to see the Famous Penn Relays, in Philadelphia, PA. The Penn Relays is an all-day festival of running which includes some of the best high school, college and professional runners in the country. Last year it even included a 100-meter dash featuring a 100-year-old man! As of now, we have extra tickets. For \$80 we provide roundtrip transportation to Franklin Field and your ticket to the event. The bus leaves from St. Clement church in Jamaica, Queens.

On Saturday, July 8th, the Brooklyn Cyclones come to Staten Island to battle the SI Yanks. This game is also a fireworks night! Many of you have joined me going to these games in the past and have really enjoyed it. If you choose to, you can also enjoy the free SI Ferry ride to get there. The game starts at 7pm and group tickets are as little as \$12 per ticket. If 20 people are interested, we could also reserve a luxury suite with all-you-can-eat privileges.

Call or email me if you're interested, rpasqual@nyc.rr.com or 718 347-3740 since these events are coming up fast.

See you on the trail!

John Rettmer – A Real Strider!

At this year's annual dinner dance awards were given for runners and walkers, but in addition to these awards, a Special Award was given to John Rettmer. This award read:

2016 RECOGNITION OF SERVICE to
JOHN RETTMER -

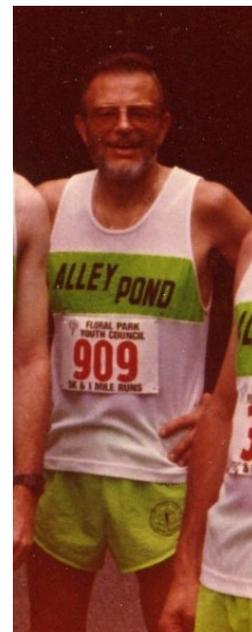
In recognition of outstanding dedication and contributions to the success of our club

Although this award is very well-deserved, it does not come close to telling how John has gone above and beyond in his days with the Alley Pond Striders. He joined the club in June 1986 and always has been a major proponent and contributor. This is evident by the positions he has held beginning with Vice President in 1991 and President in 1992 and 1993. After a hiatus, he returned to the Board as Runner's Rep in 1998 followed by Treasurer in 1999, 2000 and 2001. His long-term commitment as Race Director for our Five Mile Challenge is an impressive 19 years i.e. 1998 to 2016. Always remaining calm no matter what!

John has won other awards in addition to this one. He was Most Improved Runner in 1987, Runner of the Year in 1996 and Strider of the Year in 1994 and 2003.

John has worn the "Strider colors" proudly representing the Alley Pond Striders in many races from 5k's to marathons winning many age group awards along the way.

And, all along the way, his biggest supporter is his wife Judi who is also a Strider. Judi has been, and continues to be, there every step of the way to cheer him on and help him and has had the unofficial title of "Assistant to the Race Director." Congratulations John! Look forward to seeing you at the park!



Herb Carp in memoriam

Herb Carp passed away on Sunday, March 26th at 92. Herb was a "Strider Founding Father." He was there at the beginning in 1981 and he just marked 35 years.

Herb had been a dedicated runner who ran before work and then with fellow Striders on the weekend. Herb was also a marathon runner who ran the NYC Marathon in 1986 and 1987. Herb made the transition to walking as so many other Striders have done. Although he stopped walking a few years ago, he continued to be a regular at the bagel shop keeping up his Strider friendships and being a calming influence when discussions got crazy.

You probably remember seeing Herb at our Five Mile Challenge as he always worked post-registration in tandem with Bill Kaiser (another Founding Father.) Herb was the money man!

Herb was a great artist who drew portraits of many Striders. Artwork that they cherish. He was a WWII vet and he was married to Selma who passed in 2008 who was also an active Strider. They were a great team!



Some Striders have expressed their feelings on Herb's passing:

- "Fast Eddie" Grassel who is also a founding member "Sorry to hear, Herb was a good guy."
- Bill Kaiser "Really sad. A great guy and a great Strider. He will really be missed."
- Mel Kay "Herb was a great and interesting guy."
- Louie said he used to call him "renaissance man."
- Stan "Herb was very nice and a very wise man."
- Joe D. "large intellect."
- Joe G. "Herb's the first guy I ever saw write vertically not horizontally! He will be missed at the bagel shop."
- Lynn H. "I used to run with Herb et. al. when I first joined the club. There were always interesting conversations on the run. A very nice person."
- Gillian "He was one of my favorites. Classy, smart guy. He will be missed."

Some running shoes cannot be filled....rest in peace.

Alley Pond Strider DUES are annual dues from January through December. New members who have joined after October 1st will have valid membership through December of 2017. Dues for 2017 (\$20 individual/\$30 family) can be given to Lynn Henry, any Board member or mailed to:

**ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, NY 11426-0298**



THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
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"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."- [John Bingham](#), running speaker and writer.



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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:
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