



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

### June Birthday

Happy Belated Birthday to Nora Kozuch who celebrated on June 23rd.

### Happy August Birthdays

Gillian Turbin (7th), Rob Pasqual (13th), George Schafer (13th), Jose Gonzalez (14th), Betty Abramson (17th), Mike Morgan (18th), Ray Ciccolilli (19th), Terri Case (19th), Tom Case (20th), Kay Leaver (25th), George Zink (25th).

### Happy September Birthday

Walter Ehrenpreis (3<sup>rd</sup>), Betty Jacobson (4<sup>th</sup>), Christina Reinle (8<sup>th</sup>), Lou Cothalis (11th), Ann Puckett (15<sup>th</sup>), Lenore Feinstein (16<sup>th</sup>), Sam Van De Cruze (22nd), Ira Gardner (26<sup>th</sup>), Lynn Nachman (27<sup>th</sup>) and Maria Ferraro (29th).

### Welcome

To Denise Lee of Levittown and Andrea Salis from Beechhurst.

### Congrats

To Nella Carravetta on the birth of her first grandchild Fiona on August 15. Fiona was 8 lbs. 11 oz. and 20 inches long. Baby and parents Orianna and Shane (and also Nona) are doing well!

To "Fast Eddie" Grassel on the birth of his 2nd granddaughter Juliet who was born on August 21st to Lianna & Allen Rezhets and sister Mia. Juliet was 6 lbs. 3 oz. And Grandpa says "and is very cute."



### Sad News

Sorry to share the sad news that Strider Karen Nash passed on August 20th after a long illness. Karen had been a Strider since May 2017. As per her wishes, there was no funeral. There may be a memorial service some time in the future.

### Spotted on the Path

Happy to see John Rettmer back to biking on the path.

### Excursion Run

On Sunday, August 11<sup>th</sup> a group of us ran to Cunningham Park to try the natural ice pops we had heard about. There was also the opportunity to try "home made" bourbon. Some of us imbibed and the consensus was that it was very good. (There were also vendors selling fruits, vegetables and bread. FYI, the market is open on Sundays 9:00am to 2:00pm till November 24<sup>th</sup> so we'll let you know when we're making our next visit.) Thanks Fran for organizing! \*Note: the two guys on the right behind Rosalie are the nice "bourbon guys."



### Looking Ahead

Ocean to Sound is September 22<sup>nd</sup>. Please contact Helen Pineda-Pasqual at [hpineda181@gmail.com](mailto:hpineda181@gmail.com) if you are interested in running or volunteering as a support person.

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

## RUNNERS REPORT BY COACH ROB PASQUAL

Hello my friends, more results are coming in and the point game leaders are now clear. Don't forget Ocean to Sound is coming up. It looks like we'll be sending two Strider teams. And if you're looking for a race with minimal travels and great amenities, check out the St. Francis Prep 5k on Sunday 10/20. That race also has a free children's run.

Let's begin our results with our Traveling Man, Ira Gardner

1/20 <b>Houston Half Marathon</b> 2:21:53	3/31 <b>Philly Half Marathon</b> 2:30:27
2/3 <b>Trimara Half Marathon</b> 2:21:46	4/4 <b>Paris Marathon</b> 6:04:58
2/24 <b>NYC Runs Half Marathon</b> 2:27:27	4/28 <b>APS Challenge</b> 54:15
3/15 <b>Jerusalem Half Marathon</b> 2:42:03	5/18 <b>NYRRC Brooklyn Half</b> 2:30:45
3/23 <b>Tarrytown Half Marathon</b> 2:31:13	5/27 <b>Boulder Bolder 10K</b> 1:09:46
	6/15 <b>NYRRC Queens 10K</b> 1:06:23

### 4/4 Shore to Shore 50k

Elik Hirsch 8:23:44

### 5/18 3 Days at the Fair Marathon

Elik Hirsch 5:58

### 6/29 Forbidden Forest 30 hr Ultra run (scary indeed!)

Elik Hirsch 78 Miles

### 6/23 Katie's Run

Peter Hoey 33:12

### 7/4 Bellmore 4 Miler:

Jamie Palacios 25:51 1<sup>st</sup> place AG

Vivien Lim 26:08 1<sup>st</sup> place AG

Scott Fairgreive 34:30

Laura Weisbord 39:11

Danielle Weisbord 41:02

Gerry Ruiz 44:45

Peter Hoey 47:53

Mike Weisbord 51:28

### 7/4 Long Beach 4K

Helen Pineda-Pasqual 43:17

### 7/7 Hot Dog Dash 5k

Rob Pasqual 24:35 1<sup>st</sup> place AG

### 7/27 Staten Island 6 hr. race

Elik Hirsch 29.35 miles

### 8/17 DeCrescito Memorial 5K

Peter Hoey 35:00



Coach Rob at the Hot Dog Dash 5k

## Hiking and Sightseeing in Nevada and California by Allen & Diane G.

Diane and I went to Nevada (with a side visit to California) to hike and sight-see for three weeks, and we were quite surprised at the wide diversity of natural beauty throughout the trip. Went hiking in two national parks (Death Valley in CA & Great Basin in NV) and six other parks, along with a visit to Hoover Dam and the Strip in Sin City.

Hiking in Death Valley National Park (the continental US's largest, hottest & driest) ranged from snow covered 10,000+ foot peaks to 100+ degree temps in Badwater Basin, 282 feet below sea level. Hiking in Great Basin National Park required the use of snow shoes above 9,000 feet (in June!) with the biggest peaks still buried under 10+ feet of snow. Hiked in other parks with names like Valley of Fire, Cathedral Gorge & Red Rock Canyon - you can just imagine the scenery from the names.

We visited Hoover Dam, an amazing feat of engineering during the Great Depression, which produced our country's largest man-made lake (Lake Mead), provides electricity for 1 million people and irrigates 1 million acres of farm land. Spent several days on the Strip in Las Vegas (even though we don't gamble) - there is no other place like it in the world. Gambling everywhere, even the supermarkets and gas stations have slot machines. Prostitution and weed are legal in Nevada. The open consumption of alcohol outdoors and wearing next-to-nothing clothing is actively encouraged. Even drugstores have beer caves. Ferris wheels, zip lines, roller coasters, volcanic eruptions, replicas of the Eiffel Tower & Empire State Building - the Strip has everything.

Click/tap on the link below which will lead you to a Google Photos album of 26 pictures where you can click/tap on the first photo and scroll through the pictures individually, or view as a two-minute slideshow.

<https://photos.app.goo.gl/PVQYWZNZaRZYpHpfW6>

All the best,

Allen



## **APS Runner/Walker Safety** by Larry Lutzak

Recently, I was running in our beautiful Alley Pond Park with several of our members. I'm coming back (number 500!) from a shoulder injury but it's fully healed now so I'm happy to "pound the pavement" with my APS buds.

In running with our Membership Chair, Lynn Henry, we touched upon the subject of runner safety/awareness. I forget how we arrived on the subject but Lynn mentioned that she had one of the "runner dog tags" which has been advertised for decades. While I don't have that ID product, I always run with three (3) items that I feel are crucially important in the event that you are suddenly in need of medical attention.

Here's what I always carry on my person:

My NYS Driver's License – it's the new one that is made of plastic and has both your picture as well as a "hologram" of that picture in smaller relief in the lower right/hand corner. It has your name, address and age.

My Medical Coverage Card – in this case, it's my AARP/United Health Care "Medicare Supplemental Plans" card, also plastic. This card automatically tells a medical responder that I have Medicare coverage.

My "The Gallon Club" NY Blood Center card – it's old (I've donated over four gallons in my lifetime) but it has two vitally important pieces of information on it that do not appear on the other two cards previously mentioned: Your "Blood Type" (mine is B-, rare) and your "CMV" (CMV = cytomegalovirus) status – (I am "CMV –"which is good).

The "dog tag" idea is great because it is one piece of information, metal stamped, and I would recommend it for anyone, runner or walker or any sport.

We tend to rely on our mobile phones for virtually everything, and if we are able, we can summon help immediately. However and if you're either alone or you and your partner(s) doing a run or other activity are incapacitated for some very serious reason and/or rendered unconscious, a physical ID such as the dog tag and/or other ID as previously mentioned could be a "lifesaver".

So the next time you plan to leave from home to run or just to buy a loaf of bread or milk, remember to make sure you have this vitally important information on your person – it just may save your life.

## **CALENDAR OF EVENTS**

**Wednesday, Sept. 11th.** City Stride to Roosevelt Island

**Saturday, Sept. 21st**—Refreshment Day. The club supplies bagels and coffee. You bring a treat to share.



THE NEWSLETTER OF THE  
**ALLEY POND STRIDERS**  
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“How beautifully leaves grow old.  
 How full of light and color are  
 their last days.” – John Burrows

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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: Larry Lutzak

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Nella Carravetta with Rosalie Hatch, and Maria Ferraro

Runners Reps: Helen & Rob Pasqual

Walkers Rep: Ray Lascot

Membership Chair: Lynn Henry  
 Phone: (516) 437-8715

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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))

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