

# The Strider



Nov/Dec 2022

The Newsletter of the Alley Pond Striders

Volume XLI  
Issue 11/12

## FRONT PAGE NEWS

All the best of the holiday season and Happy New Year to all! Hoping and looking forward to a New Year filled with our best futures in reach.

As the saying goes, 'the only constant is change' - sometimes these are good changes and some are not, but what changes do occur are not always within our control. So as we move into 2023, my goal will be to strive to take control where I can and accept when I cannot. As a club, we have many exciting opportunities to reach out, step out of our comfort zone and make positive changes in our lives. Soon we will enjoy our Annual Dinner Dance on February 5th at K.Pacho - an opportunity to enjoy the company of our fellow Striders and maybe even shake-a-leg to the DJ's music. The Alley Bowl XIII follows on February 12th which is a wonderfully fun event that is the unofficial kickoff to the Superbowl and an opportunity to enjoy Alley Pond Park: Springfield - and, there may even be some snow!

Early in 2023 we will start our planning for the annual Challenge Race. Race Director Laughlin Whalen will once again be looking for participation in the Race Committee as well as sponsors and volunteers. I encourage all Striders to take this opportunity to get involved, not just for our race, but at all our Strider events.

Maybe the best opportunity we have for change is in connecting to those around us. Some of my closest friends were found through my membership in the Striders.

I started with a quote on change, so let me end with another - 'be the change you wish to see in the world (Gandhi)'. Seek out positive changes and pursue them!

Stay well and find balance, Ken Kaiser



## **Talk on the Path - What's Happening In and Out Of the Park**

### **Happy January Birthday to:**

Mary Hubert (4<sup>th</sup>), Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Rosalie Hatch (17<sup>th</sup>), Pat Kay (20<sup>th</sup>), Rosalind Salz (22<sup>nd</sup>), Rina Wexler (24<sup>th</sup>), Tina Cothalis (25th), Howie Cohen (26th), Rosie Schellenberg (27th), Gladys Garcia (28<sup>th</sup>), JoAnn Barnes (30th), Vivien Lim (30th) and Judy Fishkin (31<sup>st</sup>).

**Warm Welcome** to our newest Striders: Carl Dietz of Queens Village, Ivan Falla of Flushing, Pat Farrell of Bayside, Judy Fishkin of Bayside and Aberaham Zadi of Oakland Gardens. And welcome back to Reena Fettner and John Scalzo!!

### **Condolences:**

Our thoughts and prayers are with Ken Kaiser on the passing of his sister Annmarie Kaiser on Monday, December 19<sup>th</sup>.

Our thought and prayers are with the family of Strider Carlos Noriega. Carlos passed away on Tuesday, December 27th after a valiant fight with cancer.

### **Holiday Party & Election**

A good time was had by all at our annual Holiday Party on Sunday, December 18<sup>th</sup>. Our election was held and President Ken Kaiser, Vice President Sara Jablonski, Treasurer Laughlin Whalen, Walkers Rep Dorothy Chusid and Recording Secretary Pat Mitrofanis, Social Secretaries Rosalie Hatch and Maria Ferraro are all serving for another year. Randi Opsahl is our new Runners' Rep and Ronit Guriel is the new Corresponding Secretary. Thanks in advance for your contributions to the Striders in 2023.

Thanks to Rob Pasqual who served as Runners Rep from 2019 for his service to the Striders. (Note: Rob was also Runners Rep 2012-2014, Vice President 1997-1999 and President 2002-2003) And, thanks to Mindy Bellow who was Corresponding Secretary for the last year.

### **November Food Drive**

Thanks to John Sassone for once again organizing another successful food drive for the Our Lady of Lourdes food pantry. Look for more info in our next newsletter.

### **Annual Dinner Dance**

Looking forward to seeing everyone at K.Pacho on Sunday, February 5<sup>th</sup> with or without your dancing shoes!!

**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

Wow another year comes to an end. If I need any further proof of how quickly time flies I only have to look at my now 10-year old boy wearing long pants that are noticeably about two inches short. Running conditions aren't as ideal as they were. But a little nip in the air hasn't stopped the Striders from making their appointed rounds.

### 10/23/22 New Hyde Park 8K

Pat Mitrofanis	38:48	1 <sup>st</sup> place AG
Andrea Salis	38:49	2 <sup>nd</sup> Place AG
Venice Naidoo	38:56	2 <sup>nd</sup> Place AG

### 10/29/22 Rhatigan's Run 5K

Venice Naidoo	23:03	2nd place AG
Peter Hoey	31:32	
Lynn Henry	36:50	2nd Place AG

### 11/24/22 Garden City 5 Miler

Maria Ferraro	58:01
Lynn Henry	1:06:00

### 11/24/22 Hot to Trot Turkey Trot 2 miler

Rob Pasqual	15:55	1 <sup>st</sup> place AG
Joey Pasqual	19:22	
Gerry Ruiz	24:54	

### 11/24/22 Oyster Bay Turkey Trot by the Bay 5K

Eddie Grassel	30:14	1 <sup>st</sup> Place AG
---------------	-------	--------------------------

### 12/10/11 It's a Wonderful 5k

Eddie Grassel	30:16	1 <sup>st</sup> place AG
---------------	-------	--------------------------

### 12/17/22 HO HO HO 5k

Sue Corrie	35:36
Vince Del Cid	35:36
Gerry Ruiz	37:38

As my term as Runner's Rep as expired, this will be my last report. It seems Team Pasqual has been holding down this job for the last ten years. But it's been fun. Helen has been our Ocean to Sound relay captain extraordinaire. We've ventured to Washington DC, Rockefeller Preserve, Caumsett State Park and we've practiced pacing ourselves without a watch.

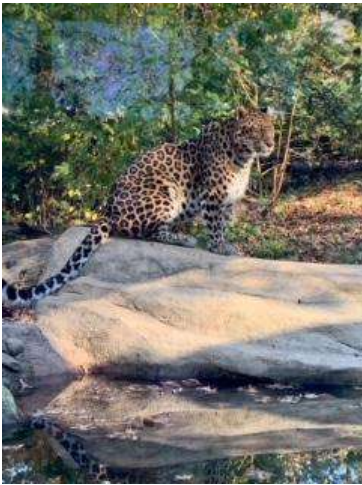
Never fear, I'll still be around (Alley Bowl 13 coming 2/12) and unless AMC Network suddenly realizes they're missing a hell of an editor you'll see on the trails Tuesdays or Thursdays.



## City Stride By Judy Densky

On November 19th a group of Striders left the Alley Pond Park lot at 8:30 am and took off for the Annual City Stride event. This year, the event was a trip from our Long Island to the island of Staten. Once on board, the bus made good time to our first destination - the Staten Island Zoo where we arrived shortly before its opening. This timing allowed us to take a few minutes before it opened to take a short walk in the adjoining neighborhood to admire some of the old and unique homes.

Once the zoo opened and we had an opportunity to walk around, we were all were enthralled by all what the zoo had to offer. We were amazed by the excellent habitats for its varied animals and the award winning snake section.



After the zoo, we enjoyed a tasty lunch at a local tavern. We finished our day with a visit to Snug Harbor and its old retired seaman community which featured several buildings dating back from the 1890's thru 1920's. Walking down lovely lanes and old streets brought up visions of what it looked like in by gone times.

The art lab had a good collection of work by local artists and the old romantic trellised gardens that still held charm despite being out of season. Many of the group also visited the Staten Island museum with history, art and science wings.

Our bus driver got us back to the Alley Pond Park safe and satisfied with lovely memories shared by good friends. A day to



## Dues Are Due!

**2023 dues of \$20 for an individual and \$30 for a family can be paid to Lynn, Laughlin or any Board member, or send to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426 or on the website with PayPal and Venmo: @Michael-Weisbord**

**From the VP's Desk** by Sara Jablonski**Introducing the Alley Pond Striders Executive Board for 2023:**

President: Ken Kaiser

Vice President: Sara Jablonski

Treasurer: Laughlin Whalen

Runners Rep: Randi Opsahl

Walkers Rep: Dorothy Chusid

Recording Secretary: Pat Mitrofanis

Social Secretary: Rosalie Hatch with co secretary: Maria Ferraro

Corresponding Secretary: Ronit Guriel

I want to thank Rob Pasqual and Mindy Bellows for their contributions to the Board with special thank you to Rob for the multiple years he has served on the Board. .Also, thank to everyone that voted at our Annual Holiday Party. Have a happy, healthy, and fun New Year!

**Annual Dinner Dance!****Date****February 5, 2023****Place****K.Pacho at 1270 Union Tpk., New Hyde Park****Start Time****5pm (note earlier start time)****Cost****Before 2/5: \$80 member/\$85 non-member****At the Door on 2/5: \$90 member/\$95 non-member****Before 2/5: Pay Lynn, Laughlin any Board member, or send to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426 or on the website with PayPal and Venmo:****@Michael-Weisbord**

# ALLEY POND STRIDERS: ALLEY BOWL XIII

## THREE PERSON X 1-MILE FOOTBALL RELAY



**February 12, 2023**

**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 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 30 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 are located on Springfield Boulevard and 76th Avenue north of Union Turnpike. **From North-ern 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

State

Area Code

Phone Number






City or Town

**Pre-register (\$24) by mail on or before January 30, 2022. Make checks payable to: ALLEY POND STRIDERS and mail to 251-04 Shiloh Avenue, Bellerose, NY 11426. Or use PayPal on our webpage: [www.alleypondstriders.com](http://www.alleypondstriders.com) or Via Venmo: @MICHAEL-WEISBORD**



THE NEWSLETTER OF THE  
**ALLEY POND STRIDERS**  
 P.O. BOX 298  
 BELLEROSE, N.Y. 11426-0298

NON PROFIT ORG.  
 US POSTAGE  
**PAID**  
 PERMIT NO. 464  
 FLUSHING, NY

Return Service Requested

# Happy & Healthy New Year! Embrace Change!

[www.alleypondstriders.com](http://www.alleypondstriders.com)

## INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
CITY STRIDE	4
FROM THE VP DESK	5
ALLEY BOWL XIII APPLICATION	

*The Alley Pond Striders is a running and walking club with over 160 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 EVERY DAY— Check with Lynn Henry for times and gathering place.

**For Membership Information Please contact Lynn Henry at 516 437-8715 or [lynnahenry@yahoo.com](mailto: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](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  
 Web Master : Danielle Weisbord