

# The Strider



September/October 2020

The Newsletter of the Alley Pond Striders

Volume XXXIX  
Issue 9/10

## FRONT PAGE NEWS

Hi Everybody!

Many parts of the United States are now dealing with the predicted dreaded “second wave” of Covid-19 cases. In New Jersey, there appears to be the start of their second wave. However and while we have seen “hot spots” in certain parts of Brooklyn and Queens, Queens itself appears (for now) to be calming down in reported Covid-19 cases. We pray that we have both effective remedial treatment as well as an effective vaccine as soon as possible. Whatever comes our way, we Striders will “take it in stride.”

It now finally appears that the Vanderbilt Motor Parkway work has finally started to take shape, with signs being posted and fencing being erected. As of this writing, the path is still open but we will keep you all posted via our weekly Constant Contact news briefs, thanks to Lynn Henry and our Striders who use the park continually.

The minimum allowable in-person races being allowed are still limited to 5K race events with limited pre-registrant participation (40-50 runners per “wave”, up to three to five waves) per event, no amenities, staggered starts, no spectators, PPE required of each registrant (face mask, buff or gaiter). The running community continues to gradually move back to more racing events. Hopefully we’ll see longer races in 2021, the pandemic permitting.

On Saturday, September 26<sup>th</sup>, the Striders held our first monthly Refreshment Run/Walk since January in the Upper Park of Alley Pond Park in the same location of our Annual June picnic event. Walker Rep Dorothy Chusid and also Ray Lascot teamed up with Social Committee Rep Nella Carravetta to stage a fine morning gathering of both walkers and runners. All refreshments were brought by our Social Committee, pre-wrapped along with hand sanitizer. All participants were reminded to stay six feet apart. We thank NYC Parks’ Matt Symons for allowing this gathering to take place – a well-needed social gathering before the winter!

Our Runner Rep Rob Pasqual held another Rockefeller Run and it was well attended! See his article, later in this issue, for more details.

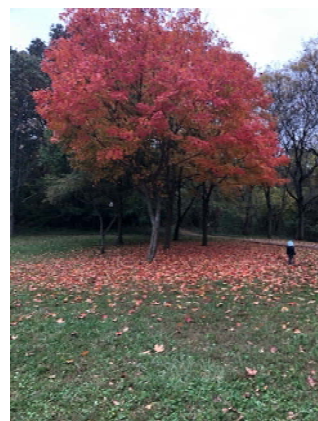
We are going to announce our annual food drive, headed by our John Sassone, around mid-November. The support that our members provide will be especially heartfelt this year. Many people are out of work due to the pandemic causing the loss of jobs that never rematerialized. Please be as generous as you can.

Once again and out of an abundance of caution to keep our members safe, the Alley Pond Striders 40<sup>th</sup> Anniversary Dinner-Dance scheduled for Sunday, October 18<sup>th</sup> 2020 at K’Pacho Restaurant was cancelled, yet again. ***We are now looking to hold this event in the spring of 2021.*** We’ll keep you posted on the status of this event.

As Alley Pond Striders, we always care about each other. Please, be safe, well and healthy and see you in Alley Pond Park!

I wish all of our members and their families to remain safe and healthy. Please have a healthy, safe Thanksgiving, a thoughtful Holiday season and wish for a better New Year in 2021!

Larry



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

### **Happy October Birthday:**

Diane Haber (4th), Fred Feinstein (5th), Basil Mitrofanis (5th), Gerry Ruiz (6th), Stan Zibulsky (8th), Gus Greis (9th), Janett Ameerally (12th), Janet Fox (12th), Lynn Dunworth (16th), Denise Lee (19th), Susie Perry (21st), Ray Lascot (22nd), Laughlin Whalen (23rd) and Anthony Rizzotto (31st).

### **Happy November Birthday to:**

Joe Gambino (3rd), Ronit Guriel (4th), Randi Opsahl (4th), Herb Ascher (6th), Haydee Perez (6<sup>th</sup>), Maxwell Fishon (7th), Rachel Belson (11th), Judy Densky (12th), Lynn Henry (17th), Ned Daily (21st), Nicole Appel (23rd), Richie Cohen (23rd), Ray Prochak (24th) and Luz Rodrigues (25<sup>th</sup>).

**Warm Welcome** to our newest Striders, Carmen Benitez of East Elmhurst, Rafael Katz of Little Neck, Rosalind Salz of Forest Hills and John Socolick.

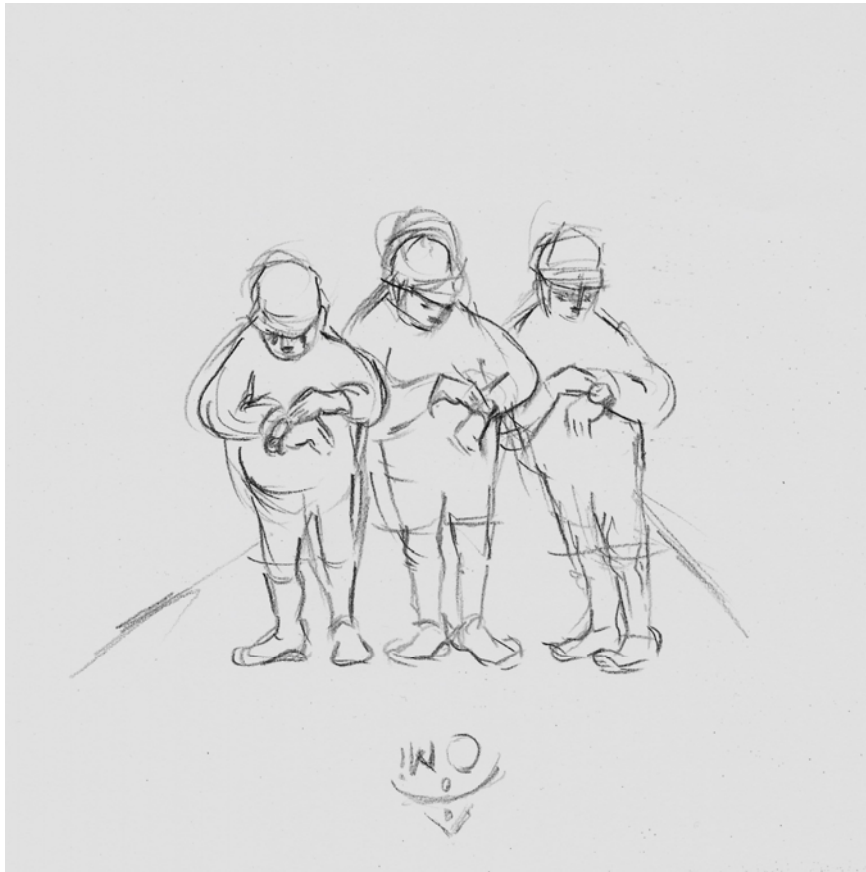
### **Speedy Recovery**

To Bill Kaiser who is getting stronger everyday and hopes to be back home soon.

### **Nominating Committee**

All those who are interested in giving back to the Striders by running for **any** 2021 Executive Board Positions, please contact Larry Lutzak at [wa2cnv@yahoo.com](mailto:wa2cnv@yahoo.com) or Lynn Henry at [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com).

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



### **Cartoon Captions from the Park**

On November 1st we once again adjusted our clocks to go back to Standard Time.

Rosalie Hatch has penned the sketch to the left from her observations on the path.

For me, as a Strider on the Path, this sketch could be titled "What Time Do We Start?...What time is it?...I think my watch needs a new battery." Or, maybe..."Striders pondering time".

What do you think the caption should be? Email me at [apstriders@aol.com](mailto:apstriders@aol.com) and let me know what you think. We'll print those captions in the next newsletter.

## RUNNERS REPORT BY COACH ROB PASQUAL

Welcome, my friends, to the final two months of a very unique running year. Yeah the weather has been great and you've probably had a lot of free time to hit the roads and train. Alas, finding a real, mano y mano race to run in has been tricky.



On September 27th Rob and Striders including or NJ Striders Allen & Diane Grunthal enjoyed a nice run or walk at Rockefeller Preserve.

Oh yeah, we do actually have more race results:

9/20 Last Bash at the Beach 5k

Gerry Ruiz 33:53 24<sup>th</sup> place

9/27 Endless Summer 5k

Gerry Ruiz 32:56 25<sup>th</sup> place/ 2<sup>nd</sup> place Age Group

Larry Lutzak 40:03 38<sup>th</sup> place.

Allen Grunthal let us know that he ran the Sterling Furnace Half Marathon trail running race on September 19th in Sterling Forest State (NY) Park. Allen noted it was a

“challenging, exhausting 13.1 mile course with 1800 foot ascent (and descent) over rocks and roots. Sunny, cool and dry: perfect race weather. I was the oldest person in the race, and was pleasantly surprised (astonished actually) to find out I finished 8th Overall.” Great job Allen!

Time for this edition of My Favorite Race:

First up, yours truly...I was in my junior year at Archbishop Molloy HS in 1976. Up to that time, I'd placed a lot in junior/midget weight-based events but had never scored any Varsity points. At the CHSAA City Championship that year the coach put me on the leadoff leg for the 2-mile relay. We finished 5<sup>th</sup> overall. My 880 time of 2:03, which was 4 seconds faster than I'd ever run before. After that I was finally out of my brother's shadow and I could seriously consider running college track.



Next Up, Former AP President John Rettmer. John's favorite was a rainy Boston Marathon he ran at age 55. He ran the tough course in 3:30 and thoroughly enjoyed it.

On November 7th, Helen Pasqual led a group of Lady Striders to Rockefeller Preserve. (Rob was busy coaching!)





# Strider September Refreshment Day







## Striders at Oakland Lake



**DUES ARE DUE...It's almost time!**  
**As a reminder, Strider dues are \$20 for an individual and \$30 for family membership. Checks can be sent to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426, given to a board member at the park or you can pay using PayPal on the website**

**<http://www.alleypondstriders.com>**

## ANNUAL STRIDER THANKSGIVING FOOD DRIVE

**Saturday, Nov 14th thru Sunday, November 29th**

The Our Lady of Lourdes Food Pantry on 220th Street is one of the closest to the park and we want to benefit the local community. The Lourdes pantry serves over 85 families; many are single mothers, senior citizens or disabled. It serves Queens Village, Bellerose, Floral Park and lower Bay-side. The pantry is also part of the Hunger Help Line, where anyone can call for help. They get desperate callers.

The Covid crisis has particularly hurt many food pantries and the needs have increased as so many workers have lost their jobs. Although these are turbulent times we all have some blessings to count. It's a great time to help those in need with what we can, whether it be material goods or prayers or, preferably, both. **We Striders have been very generous in the past.**

Needs include: Instant potatoes, sugar, coffee, tea, desserts including pudding and jell-o, non-perishables, evaporated milk, soup, Rice-a-Roni, hot and cold cereal, cookies, juices, peanut butter, jelly, canned fruit and vegetables, condiments, spices, cooking oil. Boxed stuffing, gravy mixes, cake, bread and muffin mixes, boxed milk.

PLEASE NO OUTDATED FOOD.

**Cash and checks also welcome.** Gift cards from any supermarket are welcome (but those from **Key Food** are especially appreciated). Currently they do not need pasta.

Look for the food bin in the park house.

Make checks payable to: Our Lady of Lourdes.

Put "Food Pantry" in the memo area.

Give to any Board member or John Sassone.

***"If you can't feed a hundred people, then feed just one."  
Mother Teresa***



THE NEWSLETTER OF THE  
ALLEY POND STRIDERS  
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"We may not have it all  
together, but together,  
we have it all." Anonymous

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

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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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Mike Weisbord  
Treasurer: Laughlin Whalen  
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Social Secretary (acting):  
Nella Carravetta  
Runners Reps: Helen & 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  
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