

The Strider



May/June 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII
Issue 5/6

FRONT PAGE NEWS

I want to start this month's "The Strider" message by thanking everyone involved in this year's annual Five-Mile Challenge. The race was a success and would not have been possible without the support of everyone involved. Thank you, Laughlin and our race committee for all the work they did putting the race together. Thank you to all the volunteers who made the event possible. Thank you to all our sponsors for their donations. Thank you Tamika and Eric from NYC Parks for making the park look good and thank you Council Member Barry Grodenchik and the NYPD Honor Guard for starting this year's race. I also want to thank all the runners and walkers who took the Five-Mile Challenge and I hope to see you again

Our next monthly refreshment day is Saturday, June 16th. (No meeting - just a few updates.) Enjoy your walk or run in the park then stop by the park house for bagels and coffee usually around 10:00AM. As always the club supplies the bagels and coffee. Bring a treat to share and spend some time with your fellow Striders.

Saturday, July 14th is our annual club picnic in the upper park area. The club supplies the BBQ i.e., hamburgers, hot dogs and all the fixings. Striders bring our favorite i.e. a salad, side dish or dessert, etc. Show up (with a chair!) and have a good time. The picnic usually starts around 10:30am after our run/walk.

See you on the Path!
Michael

**ALLEY POND STRIDERS
ANNUAL PICNIC
JULY 14, 2018!**

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

Happy May Birthday to:

Vince del Cid (1st), Harjit Sandhu (6th), Carlos Noriega (17th), Albert Galatan (24th), Arthur Fettner (29th), Elik Hirsch (30th) and Letisha Lawlor (31st)

Happy June Birthday to:

Dorothy Chusid (1st), Lynn Leon (2nd), Talia Galatan (8th), Fran Kraus-Schmidt (11th), Kevin Morrissey (11th), Sybil Blumenthal (18th), Ruth Abraham (20th), Madeline Karlitz (20th), Howie Nachman (20th), Tony Gabb (21st), Joe Gambino Jr. (21st), Eleanor Petardi (25th), Dolores Davis-Kon (26th), Barbara Russo (26th), Orla O'Donoghue (27th), "Fast Eddie" Grassel (28th) and Ilana Galatan (29th).

Condolences

Our thoughts and prayers are with Peter Hoey and family on the passing of his father on April 12th.

And our thoughts and prayers are with Sara Jablonski on the passing of her mother on May 15th.

Alley Pond Five Mile Challenge

We can all be proud of our yet another successful Five Mile Challenge. Plus we added a two-mile walk to this year's event! All the pre-work and day of race work paid off. We know how to work together! A special thanks to Race Director Laughlin Whalen.

Path Cleanup

On Saturday, April 21st, seven Striders helped clean up the path: Dorothy Chusid, Walter Ehrenpreis, Arthur Fettner, Ronit Gurriel, Carol, Betty Jacobson and George Schafer. Great job! Thanks for representing the Striders! (Sorry if I missed anyone!)

Looking to Walk in the Woods?

Join Ray Lascot on Saturday and Sunday mornings at 8:30. Ray takes Striders into the woods for a guided, enjoyable three/four mile walk on the trails. Feedback has been great!

Mark your Calendar

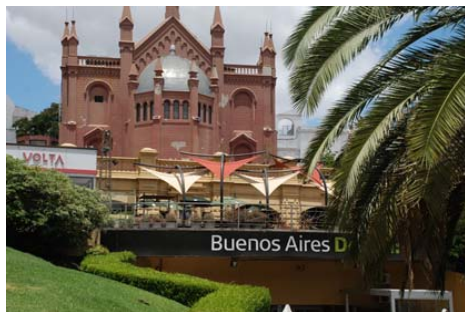
Reminder...we returned to our 8:30 am weekend starts on Sat., May 26th of Memorial Day Weekend.

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



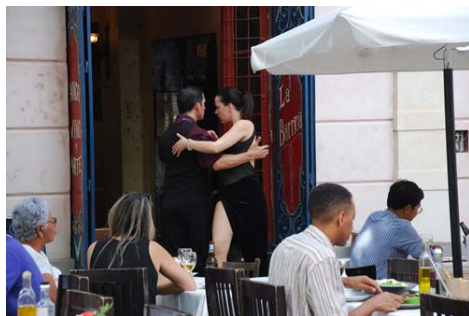
The Traveling Runner in Buenos Aires, Argentina by “Fast” Eddie Grassel

When a first cousin invites you to his special birthday party, you go! Off we flew to Buenos Aires, Argentina,



to celebrate cousin Mario's 75th birthday and 50th wedding anniversary. We booked an AirBnB in the center of Buenos Aires—the Recoleta area, right next to a long series of parks. The weather in December is quite warm and the city is very busy with locals and tourists. This is one country in South America that has a European flare.

I ran along the Avenida del Libertador, which has seven or more parks and allows you to run for miles with an almost uninterrupted path. I chose to do a few laps of one of the larger parks,



Argentine sun.

Jardin Japones, where hundreds of runners were doing their morning runs. It was an excellent workout in the warm

This city of over four million people has many interesting neighborhoods to explore. We spent our time in Puerto Madero, San Telmo, La Boca, Recoleta and Palermo. Puerto Madero is the old port, which allows you to walk along the river on both sides, with waterfront restaurants in abundance. San Telmo is the old city where we went to a tango night club and watched professional dancers as dinner was served. La Boca is a small riverfront neighborhood with multi-colored houses and street entertainers dancing the

tango and offering lessons for those interested in learning to dance. Recoleta is a high-end neighborhood with boutiques and restaurants throughout. Palermo is



the hip part of the city with young people, street fairs, and restaurants everywhere. This city is alive with people strolling around and eating in restaurants into the early morning hours.

We took an excursion on our own to Colonia, Uruguay, which is one hour away by speed boat. Colonia is a UNESCO Heritage site and well worth the visit. This is an old Uruguayan town with cobblestone streets, old churches, beautiful coastline views, and friendly people.

Throughout our trip we spent time with our family in museums, walking the different neighborhoods, and sharing family stories over food. A delightful vacation!

Calendar of Events

Saturday, June 16th: Monthly refreshment day. Club provides the coffee and bagels – you bring a treat to share for the refreshments. No membership meeting—just brief updates will be provided.

Sunday, June 17th: Happy Father's Day to all the Dads!

COMING IN JULY

Saturday, July 14th Annual Picnic in the Upper Park off Winchester Blvd. (Upper Park)

Runner's Report (Deborah Pantano and Helen Pasqual)

The weather is definitely better for running now. Striders are entering many events.

Randi Opsahl and Rob Pasqual ran the **Cherry Blossom Ten Miler** in Washington, DC on April 8th and Helen Pasqual ran the 5K.

In Garden City, our runners went out for the **Garden City Run for a Cure 5k** on April 21st. Maria Ferraro placed 2nd in age. Peter Hoey, Mike Weisbord, and Laura Weisbord also ran well.

At the **Queens Center for Progress (5k)** on April 22nd, the Alley Pond Striders raced with Fran Kraus-Schmidt placing 2nd in age while Laughlin Whalen ran 29:46 which secured 2nd in his age group. Peter Hoey took 3rd in age, that's after racing the day before! Other Striders there were Lynn Leon, Ira Gardner and Larry Lutzak.

Also on April 22nd, Randi Opsahl ran the **NYRR Run as One** four miler and was 2nd in age.

May brought even more races and events for our Striders. On Saturday, May 5th, Ira Gardner joined the Shorewalkers for **The Great Saunter**. This event was a 32 mile walk around Manhattan.

Rob Pasqual was out at the **Rock the River Trail 6k race** on Sunday, May 6th. Despite a fall, he came in 30th overall with a time of 39:41.

Every year the Striders take to racing in the **Long Island Marathon, Half Marathon and 10k**. This year's May 6th event attracted many runners. The 10k was run by Maria Ferraro and Debbie Pantano. For the half marathon: "Fast Eddie", Susan Yang, Pat Mitrofanis –2nd in age, Audrey Hatch and Laughlin Whalen. Laughlin finished in 2:13:14.

The **Half Marathon in Prospect Park** on May 13th attracted our runner Ira Gardner. Here he had a personal best for the year of 2:16:10.

Also on May 13th, Randi ran the **NYRR Japan 4 Mile run** and on June 3rd the **Italy Run**.

On Saturday May 19th, our runners were divided-even with the raindrops-all the Striders did great! **The Brooklyn Half** was completed by Sue Corrie, Randi Opsahl [5th in age] 2:07:03 and Ira Gardner 2:14. While the **Hance Family Foundation 5k** was raced by Carlos Noriega, Peter Hoey, Jaime Palacios, Lynn Henry and Debbie Pantano. Debbie, Jaime and Lynn all won their age groups!

I would like to thank all the Striders who came to the park for the **Five Mile Challenge** on April 29th. All volunteers and runners made this a great event. The runners included: Jaime Palacios, Larry Lutzak, Peter Hoey, Albert Galatan, Carlos Noriega, Danielle Weisbord (1st in age), John Novak, Susan Yang (2nd in age), Elik Hirsch (2nd in age), Ned Daily (1st in age), Pat Mitrofanis (1st in age), Audrey Hatch (2nd in age), Len Richards (3rd in age) and Vivien Lim was the 2nd place overall finisher!

There are a few races in our area that may appeal to you:

- **Katie's Run 5k** will be held to support the Ronald McDonald House of Long Island. It takes place in New Hyde Park on Sunday, June 24th. The post-race celebration is a BBQ in Memorial Park.
- Some runners may also be interested in running in Flushing Meadow Park on Thursday evening, June 21st. This is the **NYC Police Chase 5k**. It can be found on the EliteFeat website.
- The LIRRC club is having their annual **5k Wednesday Night series**. The races take place in Eisenhower Park at 7pm. The runs start and finish at Field #2.

Please contact me at debpatano@hotmail.com with your results for the point game and reporting in this article. I have found it hard to get all the facts for races which the Striders participate. Your help is needed.

Keep running and enjoying! Go Striders!!

Five Mile Challenge Race Sponsors 2018

Dr Brian Bak D.C.
Natural Wellness Center
56-15 251st Street
Suite 1
Queens Village, NY 11427

Brickwell Cycling & Multisports
3 Northern Blvd
Great Neck, NY 11021
Attn: Andrew Motola

Bobbi Nigro
Yamuna Body Rolling with Bobbi
8858 Sabre Street
Bellerose Manor, NY 11427
www.yamunausa.com
bobbinigro@gmail.com

Crabtree Restaurant
226 Jericho Turnpike
Floral Park, NY 11001

Eye Care. Health Care
217-30 77th Avenue
New Hyde Park, NY 11040
Attn: Dr. Dana L Getz

Terri's Facial & Spa Services
746 Foxhurst Road
Baldwin, NY 11510-3529
516-506-9500

Fiamma 41
214-26 41st Avenue
Bayside, NY 11361
Attn: Alex Bonavita

Global Telecom Supply
3 Expressway Plaza
Suite 114
Roslyn Heights, NY 11577-2033

Jimmy's Trattoria
45-73 Bell Blvd
Bayside, NY 11361

Jr's Bagel Factory, Inc.
222-10 Union Turnpike
Bayside, NY 11364-3643

Key Food Store #1622
6617 Grand Avenue
Maspeth, NY 11378

Maxim Hygiene Products
121 East Jericho Turnpike
Mineola, NY 11501
Attn: Kenneth Alvandi
888-956-2946

Dr. Robert L Oerzen Jr.
Oerzen Chiropractic Associates
248-36 Jericho Turnpike
Bellerose Vilage, NY 11001-4002

QVD Automotive Specialists
218-02 Hillside Avenue
Queens Village, NY 11427-1951
Attn: Robert H Diehl Jr.

John G Sassone, CFP
Janney Montgomery Scott LLC
1001 Franklin Ave., Suite 202
Garden City, NY 11530-2932

Miracle Touch Massage Therapy PC
16303 Horace Harding Expy., Suite LL8
Fresh Meadows, NY 11365
Attn: Susan Yang

Stanley Zibulsky
8752 Chevy Chase Street
Jamaica, NY 11432-2440

**Thanks to all our sponsors and race
event participants!**



Alley Pond Striders 5 Mile Challenge - 4/29/2018

[Event Page](#)

Questions or Corrections? [Click here](#)

[2 Mile](#) [5 Mile Open](#) [AGE GROUPS](#)





























Search

Bib#, name, etc



2 Mile

PLACE	NAME (CLICK FOR DETAIL)	BIB	AGE	GENDER PLACE	TIME	PACE	MORE
1	Grace Murphy	182	12	F 1/17	22:00.43	11:00/M	i c
2	Chloe Murphy	181	10	F 2/17	25:57.41	12:59/M	i c
3	Winnetto Martin	73	39	F 3/17	29:15.55	14:38/M	i c
4	Kierie Fitzgibbon	36	31	F 4/17	31:17.45	15:39/M	i c
5	Anke Appelmann	6	51	F 5/17	32:30.95	16:15/M	i c
6	Franziska Oswald	106	27	F 6/17	32:31.35	16:16/M	i c
7	Steven Flores	187	22	M 1/12	32:51.34	16:26/M	i c
8	Roman Stymiest	160	16	M 2/12	36:14.24	18:07/M	i c
9	Edward Chodorski	17	71	M 3/12	36:16.05	18:08/M	i c

11	Ramona Chodorski	18	64	F 8/17	36:20.04	18:10/M	 
12	Kayla Cordero	164	17	F 9/17	36:20.54	18:10/M	 
13	Brandon Gomez	165	17	M 4/12	36:20.74	18:10/M	 
14	Eddie Murther	166	15	M 5/12	36:21.21	18:11/M	 
15	Dina Shmuel	133	41	F 10/17	37:44.18	18:52/M	 
16	Brittany Amalfitano	4	27	F 11/17	37:45.24	18:53/M	 
17	Nancy Amalfitano	5	56	F 12/17	37:48.20	18:54/M	 
18	Michael Dubrow	190	42	M 6/12	39:12.14	19:36/M	 
19	Anthony Brown	189	54	M 7/12	41:52.49	20:56/M	 
20	Robert Foster	191	44	M 8/12	41:55.41	20:58/M	 
21	Gabriel Sommerville	159	15	M 9/12	42:00.78	21:00/M	 
22	Jessica Guzzo	49	26	F 13/17	48:04.95	24:02/M	 
23	Jordan Tomiye	161	17	M 10/12	48:11.32	24:06/M	 
24	Jon	157	36	M	48:11.60	24:06/M	 










25	Schnitzer	150	17	M 14/17	48:12.70	24:05/M	i 📷
26	Jasen Beers	162	16	M 12/12	48:13.90	24:07/M	i 📷
27	Danielle Schaefer	156	27	F 15/17	48:16.89	24:08/M	i 📷
28	Ana Fred	188	43	F 16/17	48:17.61	24:09/M	i 📷
29	Irene Phillips	111	36	F 17/17	48:47.39	24:24/M	i 📷





5 Mile Open






















PLACE	NAME (CLICK FOR DETAIL)	BIB	AGE	GENDER PLACE	TIME	PACE	MORE
1	Mark Du	28	34	M 1/93	29:56.32	5:59/M	i 📷
2	Alex Eletto	31	20	M 2/93	30:09.70	6:02/M	i 📷
3	Jaime Palacios	109	63	M 3/93	32:06.26	6:25/M	i 📷
4	Kevin Duminr	7958	30	M 4/93	32:54.86	6:35/M	i 📷
5	Sophia Muccini	95	15	F 1/64	32:55.64	6:35/M	i 📷
6	Vivien Lim	70	45	F 2/64	33:03.62	6:37/M	i 📷
7	Austin Ali	3	17	M 5/93	33:18.91	6:40/M	i 📷
8	Thomas Mihailin	84	22	M 6/93	33:37.17	6:43/M	i 📷


























10	Ned Daily	23	60	M 7/93	34:16.14	6:51/M	 
11	Jeff Steinberg	167	56	M 8/93	34:55.96	6:59/M	 
12	Gareth Brancato	10	59	M 9/93	35:06.30	7:01/M	 
13	Douglas Caputo	7952	48	M 10/93	35:10.21	7:02/M	 
14	Ken Klinger	63	52	M 11/93	35:19.23	7:04/M	 
15	Wai Long Leon Wong	150	27	M 12/93	35:35.03	7:07/M	 
16	Edward Jara	7961	36	M 13/93	35:41.41	7:08/M	 
17	Kanala Bolvanska	9	42	F 4/64	36:42.46	7:20/M	 
18	Lucas Muccini	92	11	M 14/93	36:48.78	7:22/M	 
19	Philip Hamid	50	51	M 15/93	36:58.78	7:24/M	 
20	Brittany Dunbar	7959	29	F 5/64	37:15.14	7:27/M	 
21	Len Richards	120	56	M 16/93	37:16.72	7:27/M	 
22	Romulo Brito	11	40	M 17/93	37:18.30	7:28/M	 
23	Chris Ezzo	32	53	M	37:23.54	7:29/M	 


























24	Vicki Pugh	100	31	19/93	37:50.55	7:34/M	 
25	Peter Ormand	105	35	M 20/93	37:52.48	7:34/M	 
26	Audrey Hatch	52	29	F 6/64	37:54.63	7:35/M	 
27	Michelle Yuen	153	33	F 7/64	38:01.12	7:36/M	 
28	Deirdre Carl	192	38	F 8/64	38:03.62	7:37/M	 
29	Ita Hyland	55	51	F 9/64	38:09.08	7:38/M	 
30	Pat Mitrofanis	87	56	F 10/64	39:12.68	7:50/M	 
31	Andrew Garcia	43	41	M 21/93	39:34.38	7:55/M	 
32	Andy Ko	7964	20	M 22/93	39:35.36	7:55/M	 
33	Regina Yuen	7967	30	F 11/64	39:38.27	7:56/M	 
34	Lou Ann Leslie Wallace	146	46	F 12/64	39:50.88	7:58/M	 
35	Corrie Pikul	112	42	F 13/64	39:57.71	7:59/M	 
36	Sean Chick	168	42	M 23/93	40:11.16	8:02/M	 
37	Horace Bush	13	59	M 24/93	40:30.09	8:06/M	 




39	John Novak	101	59	M 25/93	40:55.73	8:11/M	 
40	Elik Hirsch	178	46	M 26/93	41:15.26	8:15/M	 
41	Nick McNickle	80	64	M 27/93	41:30.51	8:18/M	 
42	Gerry Dunbar	29	66	M 28/93	41:34.35	8:19/M	 
43	Pauline Tang	169	47	F 15/64	41:56.07	8:23/M	 
44	Matthew Monkowski	89	38	M 29/93	41:58.01	8:24/M	 
45	Susan Xia Yang	152	53	F 16/64	42:02.80	8:24/M	 
46	George Lai	64	53	M 30/93	42:16.93	8:27/M	 
47	Ricardo Sosa	135	54	M 31/93	42:30.89	8:30/M	 
48	Pierre Chavezz	15	38	M 32/93	42:57.56	8:35/M	 
49	Kevin Creegan	22	63	M 33/93	42:59.66	8:36/M	 
50	Robert Bubnik	12	26	M 34/93	43:05.97	8:37/M	 
51	Ronald Olaizola	103	26	M 35/93	43:09.36	8:38/M	 

53	Patrick Chan	14	53	M 36/93	43:33.42	8:43/M	 
54	Laura Cody	20	48	F 18/64	43:42.69	8:44/M	 
55	Brian Cody	19	48	M 37/93	43:42.83	8:44/M	 
56	Julio Olaizola	102	33	M 38/93	43:43.77	8:45/M	 
57	Josephine Demoura	7968	54	F 19/64	43:58.20	8:48/M	 
58	Jason Berba	8	41	M 39/93	44:18.62	8:52/M	 
59	Mark Flug	37	50	M 40/93	44:19.46	8:52/M	 
60	Matthew Lum	71	27	M 41/93	44:20.89	8:52/M	 
61	Vincent Odonoghue	183	69	M 42/93	44:25.33	8:53/M	 
62	Dale Powell	115	36	M 43/93	44:37.86	8:55/M	 
63	Bryan Lesseraux	65	48	M 44/93	44:42.63	8:56/M	 
64	John Reinle	7963	41	M 45/93	44:56.41	8:59/M	 
65	Erica Summer	7953	47	F 20/64	45:03.83	9:01/M	 

























67	Brad Tomsky	139	45	M 47/93	45:11.59	9:02/M	 
68	Maria Chee	16	47	F 21/64	45:21.22	9:04/M	 
69	Jaclyn Dagnall	193	29	F 22/64	45:24.58	9:05/M	 
70	Matt Schreiber	130	37	M 48/93	45:26.43	9:05/M	 
71	Liz Washington	177	47	F 23/64	45:34.72	9:07/M	 
72	Allen Leung	7957	35	M 49/93	45:35.24	9:07/M	 
73	Brett Walitt	144	41	M 50/93	45:40.06	9:08/M	 
74	Stephanie Salinas	126	25	F 24/64	45:54.57	9:11/M	 
75	Jerry Huang	7966	30	M 51/93	46:37.52	9:19/M	 
76	Melanie Muccini	93	42	F 25/64	47:23.00	9:29/M	 
77	John Dessereau	26	63	M 52/93	47:31.52	9:30/M	 
78	Carlos Noriega	100	49	M 53/93	47:52.31	9:34/M	 
79	Theresa Juva-Brown	59	34	F 26/64	48:08.01	9:38/M	 

81	Brian McGovern	77	60	M 54/93	48:34.13	9:43/M	 
82	Joe Bradley	173	57	M 55/93	49:05.49	9:49/M	 
83	Eric Modena	88	38	M 56/93	49:21.27	9:52/M	 
84	William Montero	90	59	M 57/93	49:25.90	9:53/M	 
85	Wilson Vargas	142	80	M 58/93	49:26.12	9:53/M	 
86	Robert Meyerson	83	63	M 59/93	49:27.40	9:53/M	 
87	James Mc Dougall	75	63	M 60/93	49:27.84	9:53/M	 
88	Robyn Rothman	123	40	F 28/64	49:34.34	9:55/M	 
89	Hammad Qamar	116	60	M 61/93	49:49.22	9:58/M	 
90	Brian Igrisa	172	24	M 62/93	49:59.69	10:00/M	 
91	Jim Weller	174	52	M 63/93	50:18.07	10:04/M	 
92	Nora Scullin	131	40	F 29/64	50:38.16	10:08/M	 
93	Danielle Weisbord	7965	23	F 30/64	50:49.01	10:10/M	 

95	Robert Shallet	7962	56	M 65/93	51:21.95	10:16/M	 
96	Steven Caggiano	184	42	M 66/93	51:36.64	10:19/M	 
97	Ben Milone	85	69	M 67/93	55:10.76	11:02/M	 
98	Kelly Rodriguez	121	37	F 31/64	55:21.60	11:04/M	 
99	Caroline Meinstein	82	55	F 32/64	55:25.18	11:05/M	 
100	Sabrina Guerre-Douglas	47	49	F 33/64	55:31.96	11:06/M	 
101	Rebecca Stevens	138	24	F 34/64	56:17.42	11:15/M	 
102	Mikayla Saborowski	125	23	F 35/64	56:17.48	11:15/M	 
103	Ilena Schreiber	129	37	F 36/64	56:28.51	11:18/M	 
104	Lawrence Lutzak	72	66	M 68/93	56:31.64	11:18/M	 
105	Albert Galatan	41	52	M 69/93	56:47.92	11:21/M	 
106	Kevin Fox	38	58	M 70/93	56:54.57	11:23/M	 
107	Jed Golden	44	62	M 71/93	56:59.86	11:24/M	 


109	Denise Mordimere	91	53	F 38/64	57:26.65	11:29/M	 
110	Craig Lieber	69	44	M 72/93	57:35.57	11:31/M	 
111	Peter Hoey	53	58	M 73/93	57:44.26	11:33/M	 
112	Patricia Ezzo	33	57	F 39/64	57:49.93	11:34/M	 
113	Jose Urena	140	29	M 74/93	58:13.36	11:39/M	 
114	Willy Airaldi	2	43	M 75/93	58:17.29	11:39/M	 
115	Amy Jean	154	62	F 40/64	58:30.18	11:42/M	 
116	Steven Adinolfi	1	42	M 76/93	58:31.57	11:42/M	 
117	Damian Pacheco	170	38	M 77/93	58:37.07	11:43/M	 
118	Kenneth Ramondino	118	63	M 78/93	58:45.65	11:45/M	 
119	Nancy Killian	61	54	F 41/64	59:01.22	11:48/M	 
120	Patrick Shalvey	7956	52	M 79/93	59:41.96	11:56/M	 
121	Cora Shalvey	7955	21	M 80/93	59:42.22	11:56/M	 

123	Petra Valentin	141	53	F 43/64	1:00:36.56	12:07/M	 
124	Peter Stein	137	70	M 81/93	1:00:48.24	12:10/M	 
125	Sumi Gupta	171	49	F 44/64	1:01:07.93	12:13/M	 
126	Thomas Leyendecker	66	47	M 82/93	1:01:08.05	12:14/M	 
127	George Waters	149	63	M 83/93	1:02:29.25	12:30/M	 
128	Shagun Khanna	60	36	F 45/64	1:03:04.49	12:37/M	 
129	Vincent Del- Cid	179	62	M 84/93	1:03:19.55	12:40/M	 
130	Pranesh Rao	119	29	M 85/93	1:03:38.68	12:44/M	 
131	Karen Rose	122	48	F 46/64	1:04:05.43	12:49/M	 
132	Cynthia Jimenez	57	40	F 47/64	1:04:54.94	12:59/M	 
133	Ann Vazquez	143	62	F 48/64	1:05:23.81	13:05/M	 
134	James Israel	56	73	M 86/93	1:05:47.81	13:09/M	 
135	Scott Wassmuth	148	43	M 87/93	1:08:00.91	13:36/M	 


137	George Liao	68	60	M 88/93	1:09:46.29	13:57/M	 
138	Luisa Lezaja	67	54	F 50/64	1:11:11.25	14:14/M	 
139	Linda Fairgrieve	34	64	F 51/64	1:11:19.79	14:16/M	 
140	Doreen Mc Dougall	74	54	F 52/64	1:11:36.37	14:19/M	 
141	Judy Friedman	40	60	F 53/64	1:12:49.94	14:34/M	 
142	Agnieszka Dynda	30	38	F 54/64	1:12:50.22	14:34/M	 
143	Michelle Kirkland	62	46	F 55/64	1:13:21.71	14:40/M	 
144	Patricia Steigerwald	136	58	F 56/64	1:15:05.53	15:01/M	 
145	Mary Lou Samwell	127	58	F 57/64	1:15:05.57	15:01/M	 
146	Jeremy Krugman	176	74	M 89/93	1:15:58.82	15:12/M	 
147	Ken Bernstein	7951	59	M 90/93	1:15:58.90	15:12/M	 
148	Rick Feinstein	175	74	M 91/93	1:15:59.06	15:12/M	 
149	Candice McRae	81	33	F 58/64	1:16:32.54	15:18/M	 

151	Mindy Davidson	24	58	F 60/64	1:19:38.71	15:56/M	 
152	Mike Polansky	113	77	M 92/93	1:19:39.23	15:56/M	 
153	Alexis Nivens	99	34	F 61/64	1:23:28.46	16:42/M	 
154	Susan Slagg	134	53	F 62/64	1:25:27.83	17:05/M	 
155	Carol Hanft	51	53	F 63/64	1:25:28.48	17:06/M	 
156	Jeannette Wood	151	36	F 64/64	1:27:18.59	17:28/M	 
157	Alan Kaufman	185	60	M 93/93	1:29:28.50	17:54/M	 

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“The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively” — Bob Marley

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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

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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

Web Master (Level 15): Debbie Pesa