

The Strider



May/June 2019

The Newsletter of the Alley Pond Striders

Volume XXXVIII
Issue 5/6

FRONT PAGE NEWS

Hi Everybody!!

As you read this, Alley Pond Striders have been very busy, running in many of our NYC and Long Island races, as well as walking the many scenic miles of our NYC-Long Island geography. You can read all about the results in Rob and Helen Pasqual's Runners' report, later on in this issue.

We also held our annual Alley Pond Strider Picnic Barbeque on Saturday June 15th! Thanks to Nella Caravetta, as well as Maria Ferraro, for organizing this fun event once again!

We have a new Acting Treasurer! Our Alley Pond Five Mile Challenge Race Director, Laughlin Whalen, has graciously agreed to take over the Treasury duties for Alley Pond Striders. I thank our Joe Gambino very, very much for dutifully taking care of the Treasury all these many years.

The big news is that we are heading towards the year 2020 and the 40th Anniversary celebration of the founding of The Alley Pond Striders! And, within this momentous occasion, we have the upcoming 10th Anniversary of the Striders' annual winter event, in February 2020 – The Alley Bowl!

We'll be reviewing where, when and how we'll be celebrating the APS 40th Anniversary. I would ask that past and present members please send us their many memories of the past years of our wonderful club. We have had many, many great runners pass through our beloved Alley Pond Park. It would be great to gather all of these great memories for all our members, their families and friends to look back upon fondly. It's a rich history that we hold, as well as shared, with other clubs in our area.

As we get ready for the summer, remember that we will also be participating in the annual Ocean-To-Sound 50 Mile Relay, from Jones Beach in Wantagh to the Finish in Oyster Bay, on Sunday, September 22nd 2019. If you wish to participate/help form a team/teams, please contact Helen and Rob.

Please also remember to pay your member dues, if you have yet to do so!

Finally, please keep track of your running race results and send them into Rob and Helen.

Have a great summer and 'see you in the Park! – Larry



HAVE A HAPPY AND SAFE SUMMER

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

JUNE Birthdays

Dorothy Chusid (1st), Lynn Leon (2nd), Ken Kaiser (6th), 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), "Fast Eddie" Grassel (28th) and Ilana Galatan (29th)

July Birthdays

Karen Nash (7th), Jacquie Haberer (13th), Steve Turkeltaub (14th), Sara Jablonski (17th), Lee Dunworth (18th), Diane Grunthal (21st), Joby Jacob (24th), John Sassone (26th), and Pam Foster (27th),

Condolences

Our thoughts are with Ray Prochak on the passing of his mother Olga "Ollie" on May 31st. And our thoughts are with Helen Pineda-Pasqual whose uncle recently passed.

Speedy Recovery

- ⇒ Wishing a speedy recovery to Arthur Fetter who broke his shoulder.
- ⇒ Wishing a speedy recovery to Bill Kaiser who is back home after a recent hospital day.
- ⇒ The Rettmer household was a zoo as John had ambulatory surgery but then had to spend five days in the hospital to dissolve a clot behind his knee. After he came home Judi had ambulatory surgery.



Belated Congrats

To Lynn Leon who recently became a first time grandmother. Granddaughter Lyla was born on April 7th to her son and daughter-in-law.

Did you see John & Judi Rettmer featured in the Love Story section of LI Celebrations on Sunday, May 5th's *Newsday*? A great article on a great whirlwind romance i.e. he proposed after only meeting 24 hours before! They're coming up on their 55 anniversary in September!

Picnic

A great time was had by all at our annual picnic. It was a great turnout and great weather. Special thanks to Nella, Maria, Larry, Mike et al who helped put the day together.

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

CALENDAR OF EVENTS

Saturday, July 20: Refreshment Day after walk/run. Club supplies coffee, bagels and you bring a treat.

Sunday, July 21: Rockefeller Preserve run (talk to Coach Rob Pasqual for more information)

RUNNERS REPORT BY COACH ROB PASQUAL

Striders have not only raced but have picked up some **serious hardware** in the last few months. Continues good luck in the months ahead.

5/5 LI Race Festival:

Rob Pasqual	52:53	10K
Eddie Grassel	2:20:00	Half Marathon
Laughlin Whalen	2:23:16	Half Marathon
Gerry Ruiz	2:41:37	Half Marathon
Peter Hoey	3:09:09	Half Marathon

5/9 NYC Senior Games:

Rob Pasqual	3:16 80	0M 3 rd place
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5/18 Hance 5K:

Peter Hoey	32:42	
Scott Fairgrieve	26:51	1 st place AG
Lynn Henry	34:17	1 st place AG

5/19 Forest Park 4 Miler:

Pat Mitrofanis	31:00	2 nd place AG
Laughlin Whalen	38:36	1 st place AG
Debbie Pantano	41:19	2 nd place AG
Maria Ferraro	44:56	
Peter Hoey	45:38	
Helen Pineda-Pasqual	1:12:07	

CYO Ray Suarez Memorial Meet

Joey Pasqual 55M 1st place

6/2 New Hyde Park 8K

Vivien Lim	33:07	2 nd place AG
Pat Mitrofanis	38:17	1 st place AG
Laughlin Whalen	46:32	
Peter Hoey	58:57	(I see a pattern here!)
Larry Lutzak	1:00:22	



COMING UP:

- ⇒ Rockefeller Preserve run: Sunday, July 21
- ⇒ NEW 4 Mile prediction run (NO WATCHES) AP Path 8:45am (DATE TBD)
- ⇒ Ocean to Sound Relay Sunday 9/22



Alley Pond Striders Annual Picnic





THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
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Summertime - school is out,
 keep a look out for kids and
 pets while driving!

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**

Board of Directors

President: Larry Lutzak
 Vice Presidents: Arthur Fettner &
 Mike Weisbord

Treasurer: (acting) Laughlin Whalen
 Recording Secretary: Diane Haber
 Corresponding Secretary:
 Fran Kraus-Schmidt

Social Secretary Committee:
 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

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 : Danielle Weisbord