

# ALLEY POND STRIDERS



## MEMBERSHIP APPLICATION 2023

**Ken Kaiser**  
President

**Sara Jablonski**  
Vice President

**Laughlin Whalen**  
Treasurer

**Pat Mitrofanis**  
Recording  
Secretary

**Rosalie Hatch/  
Maria Ferraro**  
Social  
Secretary

**Dorothy Chusid**  
Walkers'  
Representative

**Randi Opsahl**  
Runners'  
Representatives

**Ronit Guriel**  
Corresponding  
Secretary

**Lynn Henry**  
Membership  
Chair  
(516) 437-8715  
Or by e-mail:  
lynnahenry@yahoo.com

1/14/2023

## A COMMUNITY CLUB OF RUNNERS AND WALKERS CELEBRATING OVER 40 YEARS (EST. 1980)

The Alley Pond Striders, Inc. is a community-based club consisting of runners, joggers and walkers. The runners meet Saturday and Sunday mornings (smaller groups also meet weekdays) at 8:30 am (starting Memorial Day weekend) and 9:00 am (starting Columbus Day weekend) at the Alley Pond Park Field House located on Winchester Boulevard north of Union Turnpike. The walkers meet daily at 9:30am by the bathrooms in the upper park off of Winchester Blvd. (across from the large soccer field.) At these times we head out for runs and walks of various distances and paces, depending on the desires of those present. We also enjoy a Refreshment Day and brief membership meeting on the THIRD Saturday of each month (or once a quarter on Sundays) following our runs and walks. Club meetings are held in the Alley Pond Park Field House.

The Striders host and participate in such events as:

- The Alley Pond Five Mile Challenge Race
- Annual Club Picnic
- Alley Bowl Club Fun Run and other no-frills races
- City Stride Destination Club Walk
- Ocean-to Sound 50-Mile Relay
- Highlight Walks and Runs outside of the Park
- Year-end Club Dinner Dance and Awards

All members receive *The Strider*, our electronic newsletter which features articles and information of interest to the membership and a Calendar of Events.

All NEW members are given a Club tee-shirt.

The Alley Pond Striders welcome all runners, joggers and walkers to join our amiable and enthusiastic group.

**ALLEY POND STRIDERS, INC.**  
P.O. BOX 298  
BELLEROSE, NEW YORK 11426-0298

**Web Address: [www.alleypondstriders.com](http://www.alleypondstriders.com)**



## Alley Pond Striders Membership Application

Please complete the following  
and mail to:  
Alley Pond Striders  
P.O. Box 298  
Bellerose, NY 11426-0298

### PLEASE PRINT

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Apartment #: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Shirt Size:    S    M    L    XL

Membership:    NEW    RENEWAL

**Membership fees: \$20 per Individual and \$30 per Family. Membership expires December 31st each year and is renewable the following January. NEW MEMBERS ONLY who join after June 30th membership fees are \$10 for an individual and \$15 for a family. Make checks payable to: Alley Pond Striders, Inc. or on the website with Paypal or Venmo: @MICHAEL-WEISBORD**