

The Strider



Jan./Feb. 2019

The Newsletter of the Alley Pond Striders

Volume XXXVIII
Issue 1/2

FRONT PAGE NEWS

First and foremost, I wish to thank our outgoing President, Mike Weisbord, for his stewardship during the 2017 and 2018 years. Mike made several innovations that favorably impacted our membership. I hope to continue Mike's forward thinking.

I also want to thank our past Board slate as well for keeping both our Running and Walking membership involved in activities, especially our Runner Reps – Debbie Pantano and Helen Pasqual – and Walker Rep Ray Lascot as well as Dorothy Chusid for “pinch-hitting” on Ray's behalf. I hope to continue our Striders success over the next two years.

So far in 2019, we had a great Post-Holiday party at Giardino's Restaurant in Douglaston on January 19th. A BIG thank you to our outgoing Social Secretary Nella Carravetta for arranging the venue when we lost our old restaurant location due to Trattoria Lucia suddenly, and sadly, closing its doors. Kudos to our Recording Secretary Diane Haber for getting her friends to attend, which helped to secure the bigger room for a great evening of dining and dancing!

We just had our Ninth Annual Alley Bowl, which was well attended and included a dramatic and exciting finish between the first and second place teams! You'll read more about the Alley Bowl later in this Newsletter. Thank you Rob Pasqual and Ken Kaiser and all our volunteers for making the 2019 edition a success!

We have our “signature” race coming on April 28th 2019 – The Alley Pond Striders Five Mile Challenge and One Mile Kids race. Our race committee is in the planning process and we'll keep you posted.

We are also testing and evaluating several e-Mail platforms. We'll choose one that we feel will help APS to deliver timely, important and interesting news to our membership. We encourage any of our members to feel free to contribute articles and information on running events, tips and more.

I wish all our Running and Walking Strider members a healthy, safe , successful and Happy 2019!

CALENDAR OF EVENTS

Saturday, March 16th - Monthly Refreshment Day. Club provides the bagels and coffee - you provide a treat to share.

Sunday, April 28th - Annual Five Mile Challenge

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

Happy January Birthday to: Bhabikhan Sandhu (7th), Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Tanampreet Sandhu (11th), Pat Kay (20th), Sumeet Sandhu (21st), Tina Cothalis (25th), Howie Cohen (26th), Peter Tsun (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th), Vivien Lim (30th) and Diane Merzon.

Happy February Birthday to: John Reinle (2nd), John Novak (5th), Ed Chodorski (10th), Ellen Winkler (10th), Katherine Skaris (11th), Steve Appel (12th), Ben O'Reilly (14th), Jaime Palacios (21st) and Frank Schmidt (27th).

Congratulations

To the 2019 board – President Larry Lutzak, VP Arthur Fettner, VP Mike Weisbord, Treasurer **** (Joe Gambino – acting), Runners' Reps Helen Pineda-Pasqual/Rob Pasqual, Walkers' Rep Ray Lascot, Corresponding Secretary Fran Kraus-Schmidt, Recording Secretary Diane Haber and Social Secretary ****(Nella Carravetta – acting).

Big thank you to Mike Weisbord for the contributions he made as President in 2017 and 2018. And, thanks for their service to those leaving the board: Debbie Pantano, Nella Carravetta and Joe Gambino. (Note: Nella and Joe are continuing in their positions until replacements are found. If you are interested in being our Social Secretary or Treasurer, please contact Larry Lutzak).

Congrats to the 2018 Award Winners - announced and presented at the dinner dance on January 19th. The well-deserved awards went to:

Walker of the Year - Dorothy Chusid

Most Improved Runner of the Year - Pat Mitrofanis

Male Runner of the Year - Jamie Palacios

Female Runner of the Year - Vivien Lim

Congrats to the Striders who are 10 year (Ray Ciccolilli, Lynn Leon and Randi Opsahl) **and 25 year members** (Penny Nickels Smith, Rob Pasqual and John Sassone).

Happy News

Congrats to Debbie Pantano - whose son Jonathan got engaged on Christmas. Wedding date is March 7th.

And congrats to Randi Opsahl on the birth of a granddaughter on January 2nd. Randi is now the proud grandmother of three girls and one boy!

Warm Welcome

To Jeff Klein of Little Neck and to Basil Mitrofanis of Jamaica Estates.

Sad News

Our condolences to Laughlin Whalen and Christina & John Reinle on the passing of Diana Whalen on February 21st.

Dinner Dance

It was a lot of fun at Giardino on Saturday, Jan. 19th. Because of the forecast we changed the start time to 6:00pm and that worked out perfectly although the snow was a no show – the rain showed up instead! We had approximately 70 people with lots and lots of dancing! Thanks to Nella for her efforts in putting it all together.

Dues Are Due

Just a reminder that it's that time of year again! The annual individual membership is \$20 and a family membership is \$30. You can give your dues to Lynn Henry at the park house or send them to: Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426.

Free Senior Tax Assistance Info. From "Fast Eddie" Grassel to all members:

I am part of a AARP program that does taxes for Free for anyone. Our target group are seniors. If anyone is interested please contact me at egrassel@aol.com.

We work in the library and it is first come first serve. I am in Fresh Meadows library on Thursdays from 12 till 4. starting Feb 1 until April 15 or 17th. However my team members are in different libraries throughout Queens Monday Through Friday. I can send a list once I receive it or check your local library for tax help from AARP.

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

RUNNERS REPORT BY COACH ROB PASQUAL

I'm baaaack, sort of. After a few years off the board, I'm back as your Runner's Rep. This time, however, I'm not alone as my beloved, Helen is my co-runners Rep. In future months we'll pinpoint certain races and training runs. And as the summer draws to a close, Helen will again be spearheading out Ocean to Sound Relay efforts (how dare that team beat Viv's all-stars last year).

The year is young, but already we do have some race results.

On January 5th, Fast Eddie Grassel ran a 1:01:45 in the Joe Kleinerman 10K in Central Park. The next day, Audrey Hatch ran a nifty 37:01 at the Coca Cola Classic 5 mile run.

Reminder: Make sure to let me know your race results, as I'll also be keeping score for the "Bruno Fioretti Memorial" Point game.

BIKING OUR WAY AROUND FLORIDA BY ALLEN GRUNTHAL

Having got in some early season skiing in October and November here in the northeast, Diane and I decided to head for a warmer climate and drove down to Florida to bike all around the state between Thanksgiving and Christmas. Florida is a very biker friendly state, with bike paths everywhere, and no hills to slow you down.

First we based ourselves in Delray Beach, and biked north & south along the Atlantic Ocean. Diane rode her bike into Trump's Mar-a-Lago (the southern White House) in Palm Beach, and was promptly thrown out by security. Next we joined a group and biked the full length of the Florida Keys, a 200 mile round trip from Key Largo to/from Key West, simultaneously enjoying the views of the Atlantic Ocean and Gulf of Mexico. And Key West is one funky town! Then we spend some time hiking and biking in Everglades National Park, dodging the alligators. The wildlife and birds in this park were extraordinary. After that we based ourselves in Sarasota and biked north & south along the Gulf of Mexico. Racked up 400+ miles of biking on this trip. Finally, a visit to Savannah, GA and Charleston, SC to enjoy their southern charm.

Click/tap on the link below which will lead you to a Google Photos album of 22 pictures where you can click/tap on the 1st photo and scroll through the pictures individually (with captions), or view as a slideshow (no captions) <https://photos.app.goo.gl/NZVqSPuF4cAZEyiw8>

Alley Pond Striders Annual Dinner Dance and Awards





And Thank You!
From the St.Clement Long
Striders



OUR LADY OF LOURDES FOOD PANTRY

92-94 220 St.

Queens Village, N.Y. 11428

Tel. (718) 479-0924



Matt: 25:40

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

December 10, 2018

Dear Members of the Alley Pond Striders,

Once again, may I express to you our sincere gratitude for your very generous donations of food and money. I am very aware of your on-going efforts and generosity to support our food pantry during the holiday season. I am especially grateful to John Sassone, who takes on the responsibility to organize, collect and deliver the proceeds from your drive.

Please know that both food and money donations such as yours are important to our mission and, most especially welcomed during the Thanksgiving/Christmas season. Your contributions certainly allows us to provide our pantry participants with more than just a bag of canned goods because we are able to offer them holiday food options and perhaps gifts that will enable them in some measure to celebrate the holidays as well.

As we move toward this New Year, I will pray for your health and happiness. I will also pray in thanksgiving for your assistance and count you as those who understand message of our mission taken from the words of Jesus: "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Sincerely,

Sister Kathy Hickey, CSJ

Director

Running in the Foothills of the Rockies 2018 by The Traveling Runner -

Fast Eddie

Imagine being in a town that has paved paths for running, biking and walking everywhere. Boulder, Colorado offers the outdoor enthusiast every opportunity to experience the Rocky Mountains without any planning. This town of 80,000 people is within a few miles of the Rockies and forty minutes from Denver. I was able to go out each morning and run on different trails for as far as I wanted. There were underpasses for major roads and signs for the distances traveled.

Ruth and I rented a car and stayed in a beautiful Airbnb home ten minutes from downtown Boulder. Our first hike was to Eldorado Canyon State Park. It is a magnificent place with easy trails and views of rock climbers scaling 1,000 foot walls. In the afternoon we went to Pearl Street, a pedestrian mall in downtown Boulder, walked through shops, and stopped for lunch in one of the many restaurants. Our next day we went to Chautauqua Park, in town, which offers many trails of varying degrees of difficulty into the foothills of the Rockies. The altitude starts at 6,000 feet and increases to 8,000 feet, which means you need plenty of water and an easy pace to traverse the tree lined paths. We were there in October and the weather and views were spectacular.



Rocky Mountain National Park is one hour from Boulder. We took the Peak to Peak scenic road to get there, which was a little longer than the direct route but well worth the drive. We ended up in Estes Park which is the entrance town to the park. It is a great starting point for a breathtaking drive and hike through the park. Once within the park, I highly recommend driving on Trail Ridge Road, a one lane dirt road that ends at a 12,000 foot summit with exceptional views in every direction. It is windy and cool and the thin air can make breathing difficult. If this happens drive down below the tree line at 9,000 feet and you will feel much better. We took short hikes throughout the park and saw many Elk. It was their mating season, and they made loud bugle sounds to bring the females closer and warn other bulls to stay away. The lakes and snow covered peaks were a joy to see. Put Boulder on your bucket list—you will not be sorry

Coming up Travels to India



ALLEY BOWL IX – THE BOWL REPORT! By Rob Pasqual

After a bitterly cold workweek, somewhat warmer weather greeted the 10 teams for this year's Alley Bowl IX. Though we were missing a few of our regular volunteers, we were glad to welcome back Sara and Conrad who put in outstanding work helping our Alley Bowl vets. We were also glad to have the additional help of first time volunteers Rosalie, Arasu and Vivien.

The defending champion Front Runner's team the "Tight Ends" returned this year as well as the 3 Musketeers who they narrowly defeated last year. The Morris Park team, who has been with us since Alley Bowl II, was also here, as well as three teams from the Achilles runners.

After veteran Referee/starter Ken Kaiser gave pre-game instructions the race was off. Again, it quickly developed into a two horse race between the Tight Ends and the Musketeers. There was also a spirited fight for the third prize basket as the Bravos, the Love/Hate Runners, Morris Park and our own Alley Pond team went back and forth.

Running at a blistering sub six minute pace, the Ends and the Musketeers actually lapped the entire field. As I watched both teams with about 400 meters to go it looked like the Front Runners would be dethroned. But in the last 100 meters, Gilbert Gaona was able to take the lead, winning by less than a second.

After that everyone enjoyed the hotdogs made by fine pit crew, Larry and Conrad. The top three teams and the first team in uniform to finish were given goody baskets made by Helen. Next year, at Alley Bowl X, we're looking to adding some special extras and maybe even, dare we say it? T-shirts

- | | |
|----------------------------|----------|
| 1) Tight Ends | 17:48 |
| 2) 3 Musketeers | 17:48:05 |
| 3) Bravos | 26:35 |
| 4) Love/Hate Runners | 26:54 |
| 5) Morris Park I | 28:26 |
| 6) Alley Pond Only | 29:13 |
| 7) Morris Park II | 29:55 |
| 8) Achilles #2 | 34:35 |
| 9) Achilles #1 | 41:36 |
| 10) Achilles 4 Wheel Drive | 46:30 |





THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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Reminder: Alley Pond Striders Five-Mile Challenge April 28, 2019

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 and
Mike Weisbord
Treasurer: (acting) Joe Gambino
Recording Secretary: Diane Haber
Corresponding Secretary:
Fran Kraus-Schmidt
Social Secretary (acting):
Nella Carravetta
Runners Reps: Helen & Rob Pasqual
PasqualPasqual /

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