

# The Strider



September/October  
2019

The Newsletter of the Alley Pond Striders

Volume XXXVIII  
Issue 9/10

## FRONT PAGE NEWS

Hi Everybody!!

If you've been keeping up with our e-Mailer and checking our Alley Pond Striders' Face Book page, our members have been busy running races as well as walking and hiking to interesting places!

As we approach the end of Daylight Savings Time and the start of Eastern Standard Time, shorter daylight hours and chilly weather, we can reflect on a very good summer-into-fall for our Strider family.

On Sunday, September 22<sup>nd</sup> 2019, the 34<sup>th</sup> Annual Ocean-To-Sound 50 Mile Relay Race, from Jones Beach in Wantagh to the Finish in Oyster Bay Long Island took place. The highlight was the second straight year 1<sup>st</sup> Place win for our APS relay team captained by Pat Mitrofanis. Our "Joey's Heroes" team also ran valiantly with great individual Leg times! Thanks to Helen Pasqual & Rob Pasqual for organizing of the teams, registration and runner road support. (I was again fortunate and very happy to run as well on the Joey's Heroes team, as well as provide support for our APS teams!)

Our members once again presented well at local and regional races, many of which involved charities which benefitted from our as well as fellow running and walking clubs' participation. Those races included The Forest Park Four Miler; Newport – Liberty Park (NJ) Half Marathon; the Great Neck 5K run for Autism research; The Rhatigan Run and most recently the Totten Trot 5K Race.

The APS Walkers had a great Field trip to Roosevelt Island and the overall feedback was great! Thanks go out for a great job organizing the event in September by Walker Rep Dorothy Chusid as well as our former Rep Ray Lascot!

APS 40<sup>th</sup> Anniversary in 2020 We have just formed our 40<sup>th</sup> Anniversary Celebration sub-Committee, so as to begin preparation now. The Committee will be chaired by me. Members thus far are Diane Haber; Fran Kraus and Nella Carravetta. We will be asking you – our members - if they wish to be on this very important committee. We will meet soon to discuss when/where/how to celebrate/publicize this momentous occasion. We will also be reaching out to Queens dignitaries

Concerning the 40<sup>th</sup> Anniversary, I am now receiving archival photos and stories of past glories! Please continue to send us your stories and photos covering the many wonderful events of our great club during those years. As I've written before, we have had many, many great runners pass through our beloved Alley Pond Park. It's a rich history that we hold, as well as share, with other clubs in our area.

We already have interest in our upcoming 10<sup>th</sup> Anniversary of the Striders' Alley Bowl on Super Bowl Sunday, February 2020. We hope to have our biggest turnout ever! We have also started planning for our Alley Pond Striders Annual Five Mile Challenge Race, which State Senator John Liu told me personally that he wants to attend!

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

Have a great and safe 'rest of 2019 and 'see you in the Park! – 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), Herb Silver (27th) and Anthony Rizzotto (31st).

### Happy November Birthday to:

Joe Gambino (3<sup>rd</sup>), Ronit Guriel (4<sup>th</sup>), Randi Opsahl (4<sup>th</sup>), Herb Ascher (6<sup>th</sup>), Maxwell Fishon (7<sup>th</sup>), Rachel Belson (11th), Judy Densky (12<sup>th</sup>), Lynn Henry (17<sup>th</sup>), Walter Long (19th), Ned Daily (21st), Nicole Appel (23<sup>rd</sup>), Richie Cohen (23<sup>rd</sup>), Ray Prochak (24<sup>th</sup>) and Jerry Kirschner (30th)

Welcome – to our newest member Maria Medina of Jamaica.

Congrats - to Strider Maria Ferraro on the birth of her granddaughter Olivia Rose Santopadre on October 8<sup>th</sup>. Mom and baby are doing great.

Congrats - to our two Ocean to Sound teams especially the Alley Pond All Stars who came in 1st place in their division!

### Recovering

Stan is getting stronger with his stay in rehab. He's open to visitors, calls and/or cards so please keep in touch.

The Grand Rehab and Nursing  
157-15 19th Ave. (Room 226)  
Whitestone, NY 11357  
718 746-0400

(FYI, it's on a dead end street and only accessible from Francis Lewis Blvd.)

John Rettmer is recovering from six broken ribs after a bike accident. He's doing well but his biking days will be limited to indoor riding!

Condolences – our thoughts and prayers are with Ken Kaiser on the passing of his mother Antoinette Kaiser on Thursday, October 24<sup>th</sup>.

### Nominating Committee

If you are interested in giving back to the Striders by running for **any** 2020 board position, 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)



**RUNNERS REPORT BY COACH ROB PASQUAL**

As the big event of the fall, the NYC Marathon, approaches we take a look back to the end of the summer and see the Striders' weren't kicking back and relaxing at all.

First, kudos to Helen, as she once more organized out Ocean to Sound teams. Once again our two teams had a blast! The APS All-Stars, captained by Pat Mitrofanis, placed 14<sup>th</sup> overall and 1<sup>st</sup> in the Mixed Masters division. In addition to Pat, the team consisted of Vivien, Joe Gambino Jr., Lenny Richards, Jamie Palacios, Darlene Ritchie, Arasu Mani and new member Andrea Salis.



Joey's Heroes, consisting of Rob, Kara Leon, Larry, Peter Hoey, Peter Tsun, Gerry, George and new member Denise Lee placed 87<sup>th</sup> overall and 6<sup>th</sup> in the Master Men's division.

Special thanks to Joe Gravagna, who ran alongside George in the brutal sun during Leg 8.

**Other race results:**

4/20 **Shore to Shore 50K:** Elik Hirsh 8:23:44

5/18 **Three Days at the Fair Marathon:**  
Elik Hirsh 5:58

6/22 **Rugged Maniac Adventure Run:**  
Elik Hirsh 30:00

6/29 **Forbidden Forest 30-hr Ultra**  
Elik Hirsh 78 miles in 27 hours (WOW!)

7/27 **Staten Island 6-hr Race:** Elik Hirsh 29/35 miles

8/9: 10 Peak2Brew Relay  
Audrey Hatch(3 legs total)  
Leg 1: 4.6 miles 32:00  
Leg 2: 9.3 Miles 1:19:00  
Leg 3: 2.95 miles 21:23

**8/24 Helsinki Half Marathon:**

Ira Gardner 2:49:26

**8/25 Burke Lake 10k (Fairfax VA):**

Rob Pasqual 51:47 1<sup>st</sup> Place AG

**9/8 Blazing Trails for Autism:**

Scott Fairgrieve 34:33

Debbie Pantano 40:26 (3<sup>rd</sup> place AG)

Laughlin Whalen 41:51

Peter Hoey 44:57

Larry Lutzak 45:12

**9/14 Dark Strides**

**Rogue Run 10k:**

Rob Pasqual 51:15

(1<sup>st</sup> place AG)



**9/29 Bronx 10-Miler:**

Vivien Lim 1:05:35 1<sup>st</sup> place AG

Gerry Ruiz 2:04:26

**10/12 Hartford Half Marathon:**

Rob Pasqual 1:52

**10/13 Staten Island Half Marathon:**

Ira Gardner 2:29:04

**Point Game Leaders**

Elik 168.21

Ira 161.5

Gerry 43.3

\*\*\*\*\*NOTICE\*\*\*\*\*

**Don't forget: Our next Rockefeller Preserve run is scheduled for Saturday 11/9. Meet at the APS parking lot at 7:30a. Enjoy the Fall foliage.**

**See you on the trails!**

## BIKING AND HIKING IN SPAIN

BY DIANE GRUNTHAL

Allen and I started our bike tour in the southern part of Espana, known as Andalucia; a kaleidoscope of 10 centuries of history, great artistic masterpieces, and many different forms of architecture.



Sevilla, was the first town we visited, whose cathedral is the third largest church in Europe, after St. Peter's at the Vatican in Rome and St. Paul's in London, and the largest Gothic church anywhere.

The lavish Royal palace in Seville, built by the Moors in the 10th century, revamped in the 14th century, has been a residence for Spain's rulers for 2000 years. It is decorated with a mix of Islamic and Christian elements, a style called Mudejar.

The Spanish company which led our biking tour housed us in five different places; haciendas, old monasteries, and convents, many dating from the 15th and 16th centuries; some with stupendous views of the mountains and castles.

The most impressive and exciting cite for us was the Mezquita in Cordoba, an exquisite wonder of the medieval world, a mosque dating from A.D. 784, with a 16th century church rising up from the center, in what was once the center of Western Islam. Easily, this had to be the most beautiful building we had ever seen. Cordoba is a city with a glorious Roman and Moorish history; during the Dark Ages, when much of Europe was barbaric and illiterate, Cordoba was a haven of enlightened thought. Cordoba was famous for religious tolerance, artistic expression, and dedication to philosophy and the sciences.

The further south we pedaled, from Sevilla to Cordova to Granada, we had to use our studied Spanish more often than anticipated, even in the best hotels and restaurants. We were happy



to occasionally have our Spanish pronunciation corrected; try saying corkscrew in Spanish (sacacorchos).

We cycled through olive growing plantations and a town known as the "Last Ara-

bian Frontier." In Subbetica National Park, our biking group spent the night in the Baroque town of Priego de Cordova. We took part in a cheese festival in Zuheros, a village hanging from rocks, with its dramatic Moorish castle.

Granada was the final destination of the biking part of our tour; home to the Alhambra, the last and greatest Moorish (Islamic) fortress. The jewel of the Alhambra: the Royal palace was built mostly in the 14th century. While Europe slumbered through the Dark Ages, Moorish opulence blossomed--ornate stucco, plaster stalactites, carved wood ceilings, and exuberant gardens. One can imagine sultan's with hookah pipes lounging on pillows upon Persian carpets.

Most of Spain ousted Islamic rule in the 11th century. The Moors controlled Western Spain for seven centuries, which ended in 1492 when the sultan of Granada handed the keys to the city to the conqueror, King Ferdinand.

The bike tour was over and we headed to the Sierra Nevada mountains to meet our hiking group. The bus took a winding narrow road with hairpin turns to the sleepy country village of Capileira, located in the mountains known as the **Alpujarras**.

Capileira, built in the side of a hillside, and sitting at nearly 5000 feet, is the highest and most remote of three whitewashed villages in the Poqueira Gorge, an area of rugged scenery and 1000 year-old narrow, twisting cobblestone streets which undulate throughout the village. Many hikers come here because of the proximity of so many trails right from the town.

Since most of the hikes on this trip descended from our home village down into the valley and back up; Allen took several days to hike by himself up into the Sierra Nevada mountains. Over two days he scaled peaks from 8,500 feet to 10,000 feet; one day covering 15 miles and 6,000 feet of ascent.

The British group with whom we have hiked in Europe every year for over nine years, offered it's usual two hikes each day. Their hikes are described as harder walks and easier walks, the term "easier" being relative; easier hikes on this particular holiday were 5 to 8 miles with ascents from 800 to 1,800 feet.

The most exciting part of our trip was ascending Mulhacén, at 11,400 feet; the highest peak in the Spanish mainland. In fact Mulhacén is 250 feet higher than the highest mountain of the Pyrenees, the Aneto. The 9.2 mile round trip took almost 6.5 hours.

For the final leg of our trip, we traveled to Madrid, Toledo and El Escorial, home to some of the world's artistic masterpieces and architectural wonders.



Madrid's Prado museum has 3000 canvases including the greatest collection of paintings by the European masters, including Raphael, Titian, Fra Angelico, Rubens, Durer, Bosch, Montegna and of course the Spanish painters --- El Greco, Valaquez and Goya. The museum's centerpiece and perhaps the most important painting in the museum is Valazquez's "Maid of Honor (Las Meninas, c. 1656). Some art critics considered this work the best artistic masterpiece ever created!

Madrid's massive gray-and-white cathedral is 110 yard long and 80 yards high with a 5000 pipe organ. Also to be visited is Madrid's center of power: from Moorish castle to Christian fortress to Renaissance palace to the current Royal Palace, built in the 18th century. It is Europe's 3rd largest palace, after Versailles and Vienna's Schonbrunn, with 2,800 rooms,



imposing Baroque architecture and a most sumptuous interior packed with royal antiques. Imagine a room with a frescoed ceiling, painted stucco figures, silk-embroidered walls, chandelier, furniture and multicolored marble floor in Rococo style

with exotic motifs.

The town of Toledo, an hour south of Madrid, has been declared a national monument, with a rich mix of Jewish, Moorish, and Christian heritage. This stoney wonderland remains the historic, artistic and spiritual center of Spain.

Toledo is Spain's leading Catholic city where, in the same spot as the present day cathedral, people have worshiped for more than 1500 years; Visigoth Christians, Islamic Moors, and Christians. The cathedral contains a five-story Gothic altarpiece, Renaissance-era frescoes, one-of-a-kind ten-foot tall golden monstrance and artistic masterpieces, including El Greco's original "The Spoliation" a.k.a. "The Disrobing of Christ", 1579 A.D.

It would have been difficult to leave Madrid without seeing Picasso's "Guernica", housed in the Centro de Arte Reina Sofia. It was born in response to the Spanish civil war; a monumental mural - 286 square feet - and stands as Spain's national piece of art.

All in all our trip was great exercise, an inspiring history lesson, and an artistic adventure, from the Visigoths to the Moors to the conquering Christians which made Spain what it is today.

**STRIDER THANKSGIVING FOOD DRIVE**— Sunday, November 16th to Sunday, December 1st the 30th (Sunday after Thanksgiving)

The Food Pantry at Our Lady of Lourdes on 220th Street is one of the closest to the park and we wanted 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 Bayside.

The pantry is also part of the Hunger Help Line, where anyone can call for help. They get desperate callers.

Needs include: Non Perishables, Evaporated milk, soup, Rice-a-Roni, cereal, cookies, juices, desserts, peanut butter, Jelly, canned fruit and vegetables, pasta, coffee, teas, condiments, spices, cooking oil. Cash and checks also welcome. 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*

## CALENDAR OF EVENTS

Saturday, 11/16: Refreshment Day - the club provides the bagels and coffee, YOU bring a treat to share!

## ROOSEVELT ISLAND WALK: CITY STRIDER - SEPTEMBER 11, 2019

When planning our annual City Stride trip for this year we wanted to choose a place that was of interest to all, keeping in mind the physical capabilities of our Striders. Based on this and a recommendation from a friend who has lived on the island for 42 years, Roosevelt Island was our choice.

Roosevelt Island has an interesting history. From 1921-1973, the Island housed several hospitals, including a hospital for Smallpox patients. Remnants of this hospital still stands for its gothic architecture. The hospital was built in 1856. The Island was renamed Roosevelt Island after Franklin D. Roosevelt in 1973.

A week before we took our trip, Ray Lascot and I scoped out the Island to become familiar with the Island and the main attractions that bring tourists to it. We also wanted to make sure that there was a means of transportation for the those of us who had difficulty with walking. Taking all this into consideration, Roosevelt Island seemed to be the ideal place for our City Stride.



We were 25 Striders that took the trip on Sept. 11, 2019 a very significant day in itself. There is a red bus that makes 19 stops on the Island for free which includes the main attractions. All of us took one of these buses to get us to the places we wanted to see.

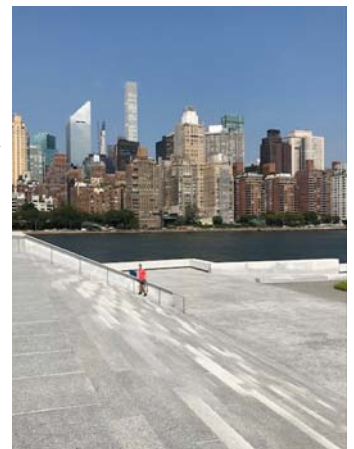
Since all of us wanted to see different things we did not stay together as a group except for lunch which was at Nisi Restaurant and a tour of Cornell-Technion University which we had reservations for at 2:30 pm.

The following is a list of places that were visited by our Striders:

- Four Freedoms Park - Of interest is the bronze bust of FDR, a small park with rows of trees near a River walk along the East River, the Hope Memorial of the four freedoms, part of FDR's State of the Union Address to the nation during WWII, a lovely view of the skyline of parts of Queens and Manhattan from the park. Being here on Sept. 11., held more of a special meaning to us.
- Lighthouse
- River walk – Walking path along the East River.
  - Cornell-Technion University
  - Tram
  - Smallpox Hospital – Remnants of this hospital still stands for its gothic architecture.
  - Cat Sanctuary – which is behind one of the abandoned hospital buildings. Residents of the Island care for these animals.
  - Small flower gardens kept by residents.
  - Lovely apartment buildings and shops to see.



In closing, from the general consensus of our group, it seems as though everyone had a good experience.





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“If life were predictable it would cease to be life, and be without flavor.” —*Eleanor Roosevelt*



[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)**

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 President: Larry Lutzak  
 Vice Presidents: Arthur Fettner & Mike Weisbord  
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 Runners Reps: Helen & Rob Pasqual  
 Walkers Rep: Ray Lascot

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 Pond Striders and is prepared monthly by: Managing Director: Ken Kaiser (Please send information and articles to [apstriders@aol.com](mailto:apstriders@aol.com))  
 Senior Editor: Lynn Henry  
 Web Master : Danielle Weisbord