

# The Strider



Mar/Apr 2023

The Newsletter of the Alley Pond Striders

Volume XLII  
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## FRONT PAGE NEWS

Happy Spring! The weather has turned the corner with the sun higher in the sky and warmer temperatures. We should all take advantage of this time to make it back to Alley Pond Park and check out the progress of the repaving work on the Path. Just keep in mind that with the warmer temperatures, we need to think about hydrating ourselves. Check out the VP Report to see what you should consider about hydration.

Historically, this issue of 'The Strider' was a bit late because it contained the results and pictures from our Annual Five Mile Challenge. Unfortunately, we had to postpone this year's race due to the work on the Path. We are already thinking about next year's race. Our Race Director, Laughlin Whalen is planning a Race Committee Meeting in the coming weeks so we can make our next race - our most successful. If you are interested in participating in the Race Committee, keep an eye out for the meeting invite.

Sadly this past month, we learned of the passing of Frank Kilkelly a founding member of The Alley Pond Striders. Although I did not know Frank well, I am aware of his contributions to the Striders. Frank was a lawyer and worked on the incorporation papers that made the Striders...The Alley Pond Striders, Inc. Also, in celebration of his 90th birthday, Frank was the starter for last year's challenge race. Frank's contributions should inspire all of us to take our talents and have an impact on the Striders. Like Frank, we all have special talents that we can use to make the Striders a better club. I encourage everyone to consider making an impact with their talents.

Coming up next month, we have our annual club picnic on June 17th. The event - as in past years - will be in the Upper Park YELLOW BBQ Area. The club will provide the basics for a good BBQ (i.e., hamburgers, hot dogs, beans and the like) and YOU are asked to bring an item to share that will make it a GREAT BBQ. Maybe that special salad made from a family recipe - or a fruit salad...really anything that you think others would enjoy.

Finally, I will mention that the work on the Path is anticipated to be completed sometime during the summer. Once the Path is finished, we are looking to coordinate a Fun Run to "try out" the new pavement. We are hopeful to encourage current, past and maybe even some future Striders to join us.

Stay well and find balance, Ken Kaiser

## **Talk on the Path - What's Happening In and Out Of the Park**

### **Happy May Birthday to:**

Vince del Cid (1<sup>st</sup>), Pat Mitrofanis (1<sup>st</sup>), Lydia Fiorentino (8<sup>th</sup>), Eugene Hartman (9<sup>th</sup>), Rafael Medalla (10<sup>th</sup>), Jack Heller (12<sup>th</sup>), George Waters (20<sup>th</sup>) Jacqueline Williams (20<sup>th</sup>), Albert Galatan (24<sup>th</sup>), Elik Hirsch (30<sup>th</sup>) and Letisha Lawlor (31<sup>st</sup>).

### **Warm Welcome to our newest Striders:**

Ellis and Isabelle Baumel of Oakland Gardens, Ruben Encalada of Fresh Meadows, Rita Dee Ross of Bayside, Lisa Garger of Franklin Square and Jacqueline Williams of Queens Village.

### **Condolences:**

Our thoughts are with George Zink on the passing of his brother Paul in April.

To the Kilkelly family on the passing of Frank Kilkelly on Sunday, May 7<sup>th</sup> at 92. Frank was a founding member of the Striders. Frank was a runner and would always be there on the weekends to run with the group. As a lawyer he handled the legal paperwork for the club. (And as aside, many Striders used Frank to handle their closings and/or wills.) Frank was the starter at last year's race to celebrate his 90<sup>th</sup> birthday. (Delayed a year because of covid.) Always a smile on his face and a genuinely nice person. RIP Frank.



### **Motor Parkway Update**

Well, we thought we had good news! The fences were down and the paving was done. However, now a new fence was erected at Springfield Blvd. with this sign although it hasn't stopped walkers, runners and biker from enjoying the smooth surface! Breaking news: benches were added near Bell Blvd.

### **April 30<sup>th</sup> Run**

It would have been our race day if it hadn't been postponed until 2024. However, at Fran's suggestion we decided to commemorate the day by running the old five mile race course i.e. start on Winchester Blvd. up the Grand Central hill, etc. Here's a photo of Rosalie, Fran, Suzanne, Lynn & Laughlin taken after our run. P.S. now I remember why they call it the 5 mile Challenge!! It was definitely a CHALLENGE!

P.P.S. We don't have a photo of Ernie but we were impressed he was wearing his Alley Pond Strider medal that he received last year!



**Please send any items for "Talk on the Path" to the editor at:**  
**[apstriders@aol.com](mailto:apstriders@aol.com)**

## RUNNERS REPORT - RANDI OPSAHL

I'm happy to report the following race results for March and April 2023. Congratulations to everyone and thanks for representing APS so well!

### Celebrate Life Half Marathon (3/12/23)

Pat Mitrofanis	1:52:07 - 1st AG
Venice Naidoo	2:01:41

### 2023 United Airlines NYC Half Marathon (3/19/23)

Vivien Lim	1:28:14 - 1st in AG
Pat Mitrofanis	1:49:01
Gerard Ruiz	3:14:51

### Credit Union Cherry Blossom 5K (4/1/23)

Rob Pasqual	0:24:28
Joey Pasqual	0:28:55
Helen Pineda-Pasqual	1:00:00

### Credit Union Cherry Blossom 10 Mile Race (4/2/23)

Pat Mitrofanis	1:20:41
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### Boston Marathon (4/17/23)

Pat Mitrofanis	4:03:54
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### TCS London Marathon (4/23/23)

Venice Naidoo	4:20:16
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### Delaware Marathon (4/23/23)

Albert Galatan	5:55:59
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### Helen's Run/Walk (4/23/23)

Helen Pineda-Pasqual	57:14:03 - 2nd in AG
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April 30th Run Group  
Up for the Challenge!



NYRR has notified all clubs that they will reinstating random testing of top finishers at weekly races in 2023. This program was temporarily on hold during the pandemic. NYRR will conduct anti-doping educational seminars for the top locally based NYRR members.

Remember to send me your race results so you can see your name in lights! Please send to me at [randi\\_opsahl@yahoo.com](mailto:randi_opsahl@yahoo.com) or text to 917-414-6125. Please do not use the link on the Alley Pond webpage, I will not see them.

**One last note: It's never too early to start thinking about Ocean to Sound. This year's race is scheduled for September 17. Are you interested in participating in this relay? Let me know.**

Until next time, happy trails!

## STRIDERS OUT AND ABOUT

A group of over 20 Striders took to the roads on a bus trip to Woodloch Pines Resort located in the Pennsylvania Poconos. Reports are - the weather was great, the property was lovely, food great and the food was non-stop.



**VP MESSAGE** – SARA JABLONSKI**Sometimes Water Is Just Not Enough!**

This past April, I was in Florida, and I was getting a light headache in the mornings and at night. My memory must be going because I finally remembered that after my runs, I was drinking water. Yes, water! Let me go back. The same thing happened to me before in Florida. Last May, my friend Nancy said, “down here with this humidity water is not enough.” With more than a little skepticism I decided to buy a box of 10 Gatorade single packets, so I just had to add it to water. Turns out in a few hours the headache was gone for good.

WALKERS you don’t get off so easily. Years ago, my father was doing an easy hike, when he started feeling a little headache and suddenly, he got dizzy and had to sit down. Two good Samaritans gave him Gatorade and they refused to leave until my father drank the whole bottle. It became clear to me that water was not enough. During exercise your body not only loses water, but also electrolytes, which, if not replaced, will cause headaches or worse. I'm not saying you must go out and buy Gatorade (full disclosure - I don't have any stock in this company) there are dozens of different brands in bottles, powder, or tablets. By the way a cold glass of chocolate milk also works. The point is you need to hydrate properly as the weather continues to get warmer and unfortunately humid.



# REMINDER – Annual Picnic on June 17, 2023



THE NEWSLETTER OF THE  
ALLEY POND STRIDERS  
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plant trees, under whose  
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*The Alley Pond Striders is a running and walking club with over 160 members and serves the communities of Eastern Queens and western Nassau County, NY.*

*Since the early 1980's, the Alley Pond 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 longest run 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 EVERY DAY— Check with Lynn Henry for times and gathering place.*

**For Membership Information  
Please contact Lynn Henry  
at  
516 437-8715 or  
[lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com)**

## Board of Directors

President: Ken Kaiser  
Vice President: Sara Jablonski  
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Pat Mitrofanis  
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Walkers Rep: Dorothy Chusid

Membership Chair: Lynn Henry  
Phone: (516) 437-8715

E-mail: [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com)

Annual Dues: \$20 Single Membership  
\$30 Family Membership/Couples

**NEW MEMBERS ONLY** who join after  
June 30th first year membership fees are  
\$10 for an individual and \$15 for a family.

The Strider is the newsletter of The Alley  
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