

The Strider



March 2017

The Newsletter of the Alley Pond Striders

Volume XXXVI Issue 3

FRONT PAGE NEWS

Wow! It's March already, winter is almost over and spring will be here soon. I wasn't at this year's Alley Bowl VII, but I've been told everyone had a great time. It was also the most successful Alley Bowl so far. I'd like to thank Rob Pasqual and all the volunteers who helped him make this event a success. I overheard this morning that next year's Alley Bowl VIII will be bigger, better and just as much fun.

The Alley Pond Striders Five Mile Challenge is almost here, less than two months away on Sunday, April 30th. I want to remind everyone how important it is that we have sponsors, volunteers and especially runners for this event. Please, if you know any sponsors or runners who might be interested, get them involved with this club race. If you have any friends or runners who have never run this race, encourage them to sign up and run. Once they run our five mile race through Alley Pond Park and the historic Vanderbilt Motor Parkway they will be hooked. Our race is challenging, scenic and fun.

I would also like to thank the New York City Parks Department and the Northeast Queens Parks Administrator Matt Symons and his staff at Alley Pond Park. Park workers Lenin Perez and Tanyika Fields have been doing an excellent job in the park and it shows.

Thank you Matt and your staff. Keep up the good work.

See you on the path! Michael

Alley Pond Strider DUES are annual dues from January through December. New members who have joined after October 1st will have valid membership through December of 2017. Dues for 2017 (\$20 individual/\$30 family) can be given to Lynn Henry, any Board member or mailed to:

**ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, NY 11426-0298**

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

Happy March Birthday to:

Billy Greenwald (11th), Mel Kay (15th), John Wilhelm (15th), Trudy Bauer (16th), Astrid Georges (16th), John Rettmer (16th), Judi Rettmer (16th), Nella Carravetta (21st), Kathleen Ziegler (21st), Hank Klein (22nd), Phil Marcus (24th), Conrad Schellenberg (28th) and Gloria J. Schneider (31st).

Welcome

To new member Rose Giraldo of Fresh Meadows.

Congrats

John Sassone is sharing some good news about Arlene Natalie. "Arlene was born 2/16 just before midnight. She weighed 8 lbs 6 oz. My son Chris and his wife Olga's first child. Arlene was my wife's mother's name and Natalie is Olga's mother's name. She is home and doing well. We now have three granddaughters. Two in California and now one in NY. We feel very blessed."



2017 Dues

Have you forgotten to pay your dues? A reminder will be emailed shortly to those who haven't paid. We hate to have to remove you from the membership roster.

"Happy St. Patrick's Day but also remember -- Beware the Ides of March!



REMINDER: Daylight Savings Time begins on Sunday, March 12th at 2 am when the clocks "spring" ahead one hour! It's also a good time to check the batteries in your smoke alarms.



NOTICE! Five-Mile Challenge Sponsors...

We are less than two months away from the premier event of the Striders and we are looking to make this a monumental event. This can only happen if we have a large turnout of runners and an abundance of sponsors. While you do not have any control over the number of runners, you definitely do have some input on the number of sponsorships we receive. As an incentive to obtain sponsors, the club will be awarding an official Olympic jacket to the member who obtains the highest CASH amount of sponsor money. It's there for the taking. Please be aware that all sponsorships must be in the Race Committee's hands no later than April 1st.

Calendar of Events

Wednesday, 3/1:

Monthly Board Meeting (7 pm) followed by Monthly Membership Meeting (8 pm). All are welcome at both meetings.

Sunday, 3/19:

Special Sunday edition of the Monthly Refreshment day. The Club provides bagels and coffee after runs/walks. You bring a treat to share!

Alley Bowl VII by Coach Rob Pasqual

On Sunday, February 5th, a record 19 teams descended on Alley Pond Park for Alley Bowl VII. It was perfect football weather and for the first time in three years the course was snow-free (probably a disappointment for some).

Returning teams included the Front Runners, the Morris Park team (who brought a “B” team this year), the guys from OCR and some Alley Pond regulars. The biggest group, however, came from PS 94! Thanks to their Mighty Miler Coach Lynn Leon, they put six teams on the starting line. Their top team finished 8th.

The second biggest group was from the Achilles Runners with three teams. Kudos to Debbie Pantano for bringing them out. With the increased attendance and the family cheering sections, we wiped out the hot dog and the chocolate supply. It was the first time I’d ever left the race dog-less!

In the race itself, the Tight Ends took the gold in 19:32. One of these days I have to check our back issues and see what the course record is! The OCR Dads took second and the newcomers PSA 5 took third after bolting out to an early lead.

The Morris Park “A” team took the football jersey division. This team from the Bronx has been at every Alley Bowl since Alley Bowl II and we’re always happy to see their blue uniforms and smiling faces.

This year we also gave a special award to the fastest team from PS 94. That went to the “Speedy Passing Pandas.” One of the members of that team, Bridget O’Connell, was also one of the top finishers at Longstride 2016 a few months back.

This race, of course, could not succeed without our great volunteers, most of who have worked all seven Alley Bowls. I’d say they were a fine-tuned machine, but that phrase doesn’t mean as much as it once did. Nonetheless they were fantastic. I was there slightly before 8 and we were gone by 11:30.

I look forward to an even better run next year. And yes, we’ll put more dogs on the fire.



MESSAGE FROM WALKER'S REP FRED FEINSTEIN

There seems to be some confusion about what time we walk.

1. All walks begin at the Park House at 9:00 am.
2. For folks who join the walk up the hill, walks will begin at 9:10 am.
3. Final stop to join the walk, will be at the bathrooms in the upper parking lot at 9:15am.
4. In the summertime (beginning Memorial Day weekend) all times will be a half hour earlier.
5. In the event of snow, everyone meets at the Park House at 9:00am to walk in Creedmoor.
6. Trips from the park leave at 8:30am if you want to car pool (NO guarantees). In case of heavy rain, trip will be cancelled.
7. If in doubt about if a walk has been cancelled, check your email.
8. If there are trips you would like, tell the Walker's Representative.

The Walkers At Oakland Lake





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 P.O. BOX 298
 BELLEROSE, N.Y. 11426-0298

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Spring is nature's way of saying,
 "Let's Party!"
 Robin Williams



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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: Mike Weisbord
Vice President: Arthur Fettner
Treasurer: Joe Gambino
Recording Secretary: Diane Haber
Corresponding Secretary: Currently vacant
Social Secretary: Nella Carravetta
Runners Rep: Larry Lutzak
Walkers Rep: Fred Feinstein

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 (Level 15): Debbie Pesa