

The Strider



July/August 2022

The Newsletter of the Alley Pond Striders

Volume XLI
Issue 7/8

FRONT PAGE NEWS

As cooler weather starts to move in and summer comes to end, we start getting into our Fall activities. The first thing coming up is our dual Refreshment Day/Membership Meeting on September 18th. During this Sunday Refreshment Day edition we can catch up with the plans for the rest of 2022. Please attend and help us shape the remainder of this year.

Also coming up are the Ocean-to-Sound 50-Mile Relay race and the Annual City Stride Event. Please talk to Runners' Rep Coach Rob to join the relay race, and Walkers' Rep Dorothy for information on the City Stride.

In early November we have the NYC Marathon and for those not running it - we will be cheering at Mile 14. Moving forward to later this year, we will be discussing our Annual Holiday Party and 2023 Executive Board election (see VP Sara's message below) and the Annual Dinner Dance in early 2023.

And, with all those exciting events, the cooler weather will let us also enjoy our walks and runs in the beautiful changing colors of Alley Pond Park!

Enjoy the park and find balance, Ken Kaiser

APS EXECUTIVE BOARD NOMINATING COMMITTEE by VP Sara Jablonski

This year's nominating committee has been formed and will be getting together to find candidates for the Alley Pond Striders Executive Board. The Nominating Committee includes Rosalie Hatch, Dorothy Chusid and me from the current board and Lynn Henry, Ronit Guriel and Fran Kraus-Schmidt.

Please feel free to run (or walk) for any of the Board positions (President, Vice President, Treasurer, Recording Secretary, Corresponding Secretary, Social Secretary, Walkers' Representative and Runners' Representative). Although each of these positions have different tasks in support of the club, the most important qualities we need are enthusiastic Striders who will help the club run smoothly, have ideas for improving the club, and work as part of the Executive team. We meet once per month (currently virtually using Zoom).

Although all positions are available, there are two positions that must be filled. These are:

- Corresponding Secretary: this position coordinates general correspondence including sending sponsor letters and thank you letters for our Annual Five Mile Challenge event, get well cards and sympathy cards.
- Runners' Representative: this position brings our runners together by coordinating fun, run-focused excursions, various races, and the coordination of the Striders' participation in the Annual Ocean-to-Sound Relay.

If you are interested in any of the Executive Board positions and becoming part of the Striders' leadership, please contact myself or anyone else on the Nominating Committee. Email me: sara_jablonski@yahoo.com

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

Happy September Birthday to:

Tom Bruckman (2nd), Walter Ehrenpreis (3rd), Betty Jacobson (4th), Christina Reinle (8th), Lou Cothalis (11th), Ann Puckett (15th), Alope Agarwala (16th), Lenore Feinstein (16th), Fred Hewitt (19th), Ira Gardner (26th), Lynn Nachman (27th), Angie Elkaray (28th) and Maria Ferraro (29th).

Warm Welcome to our Newest Striders:

Alope & Anita Agarwala of Floral Park, Pram Mongkolthavorn of Manhattan, Samantha Siler of Bay-side, Kathy Waldman of Little Neck and Rima Wexler of Glen Oaks.

Condolences

Our thoughts are with Larry Lutzak and family on the sudden passing of his brother Phillip on August 23rd.

Path Update

Work has started on the repaving of the motor parkway from Springfield Blvd. to St. Francis Prep. Surveyor marks are down and the fences are going up!

Refreshment Day

Enjoyed seeing so many Striders on Saturday, August 20th. It was a nice day to sit outside at the picnic tables and eat and yak. Thanks to Rosalie, Sara, Fran and Laughlin for their teamwork.

Our next Refreshment Day will be a Sunday edition on September 18th. We will also be having a Membership Meeting during our Refreshment Day.

New Digs

Congrats to John and Pat Sassone on their new home. Happy to say they are still within a short driving distance to Alley Pond.

Happy to Have Joined the Striders

Al Gold recently joined the Alley Pond Striders, and clearly he believes this has been a good decision. In fact Al recently sent the following to this newsletter:

It has been about 6 months since I joined the Alley Pond Striders. This has been one of the best things that happened in my life. A good friend, also an AP Strider, said that they are nice friendly people, around my age who share not only the walking activity, but also other interests as well. Since I like to walk and enjoy the outdoors and socializing, I decided to join them for a walk. Now I am "hooked on walking" with them. I made new very close friends and discovered new places to walk and socialize. One other thing, being single, I met my "sole-mate" and significant other as an extra bonus during our club walks. I believe that this has happened to other runners/walkers in our club. Is there something in the air at Alley Pond Park??? I'll leave you with a quote from a song "walk on, walk on with hope in your heart and you'll never walk alone". Happy running and walking to all. Stay safe and healthy.

Why did you join the Striders? What makes you stay? Let us know!

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

RUNNERS REPORT BY COACH ROB PASQUAL

It was a pretty hot summer. Still, the Striders have been running in races a-plenty. The marathon crew is intently focused on November 6th, while Helen and I are continuing to work on our Ocean-to-Sound squad.

In this edition we're going back a few month to feature some performances that failed to make our previous issues.

3/20 United Airlines Half Marathon

Pat Mitrofanis	1:48:46
Ira Gardner	2:31:54
Sue Corrie Del-Cid	2:41:02
Gerry Ruiz	3:01:29

4/10 Shape and Health Women's Half Marathon

Andrea Salis	1:53:07
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5/15 Forest Park 4 miler

Andrea Salis	33:04 2 nd Place AG
Pat Mitrofanis	33:14 1 st Place AG
George Waters	44:45
Gerry Ruiz	50:58

5/28 NYRR Virtual 5k Run

Andrea Salis	30:19
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6/11 Mastercard NY Mini-Marathon 10K

Pat Mitrofanis	50:03
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7/4 Four on the 4th, Needham, MA

Albert Galatan	42:46
Ilana Galatan	40:10

Coming up, Debbie Pantano would like to see some Striders join her at the 10/2 Blazing Trails for Autism race. And, as always, our marathoners would appreciate seeing our membership in force at Mile-14 at the NYC Marathon.

7/4 Bellmore Strider Independence Day 4

Mile Run

Vivien Lim	24:47 1 st place AG
Pat Mitrofanis	30:56 1 st place AG
Andrea Salis	32:24
Gerry Ruiz	48:30

7/4 Long Beach 4K

Rob Pasqual	19:09 2 nd place AG
Joey Pasqual	26:13
Helen Pineda-Pasqual	43:40

7/9 Runner Edge LI Women's 5K

Vivien Lim	19:12 1 st place AG
Pat Mitrofanis	23:45 1 st place AG

7/23 BUS 6 hour PJ Romp

Albert Galatan	15 place (26 loops and 7 fractions of a loop)
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7/31 NYRR 5 Mile Club Team

Championship

Venice Naidoo	39:23
Rob Pasqual	40:50
Pat Mitrofanis	42:08
Sue Corrie Del-Cid	59:48

7/31 Only In Harlem 5k

Gerry Ruiz	37:18
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8/13 Run for Julie 5K

Rob Pasqual	24:20 2 nd place AG
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THE ST. CLEMENT TRACK TEAM
LONG STRIDE 2022
A ONE MILE RUN/WALK THROUGH THE COMMUNITY



**Saturday,
 October 15, 2022
 RAIN OR SHINE**

STARTING TIMES
 Race Number Pick up - 8:15 to 9:45 AM
 1 Mile Run/Walk - 10:00 AM
Rain or Shine

Course: A one mile run/walk: starts on 141st Street and proceeds north to 116th Avenue where you go around Drew Memorial Park and head back to St. Clement. Lavatory and Dressing facilities available.

Registration: Pre-Registration: **\$15** (received **BEFORE** October 11) includes designer T-Shirt. NOTE: T-Shirts are only guaranteed for those who pre-register. After October 10 and on RACE DAY Registration **\$20** (T-shirts while they last). Current St. Clement Track Team members can register for **\$5**.

Day of Race Registration will be held at St. Clement Hall from 8:15 to 9:45 AM.

LIMITED TO first 200 entrants. ENTER NOW!!
REGISTRATION CLOSSES at 9:45 AM promptly!

Awards: Awards will be presented immediately after the race to the following age group winners:

- 12 & under; 13 to 19; 20 to 39; 40 to 54 ; 55 to 65 and Over 65.
- Special Awards will be presented to the oldest participant!

The **Manny Ramjohn Award** will be presented to the male and female winner in the 12 & under age group.

The Award ceremony will be held in St. Clement Hall immediately following the completion of the race.

THERE WILL BE NO DUPLICATION OF AWARDS. POST RACE REFRESHMENTS AND RAFFLES — You must be present to win.

Location: 141-11 123rd Avenue; one block east of the VanWyck Expressway.

Make checks payable to: St. Clement Track Team
 c/o St. Clement Church at 141-11 123rd Avenue,
 Jamaica, NY 11436

NO REFUNDS, EXCHANGES OR TRANSFERS

CIRCLE YOUR T-SHIRT SIZE:
 S M L XL

Last Name

First Name

Mailing Address Include Apt. No. and/or C/O

City or Town State ZIP Code

E-Mail Address (Optional)

Sex M F

Age on Race Day

Area Code

Phone Number

Birth Day Mo. Day Yr.

Check here to be notified of future events.

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages against St. Clement, and all sponsors, their representatives, successors, and assigns, for any and all injuries suffered to me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Signature: _____ Date: _____ Parents Signature: _____

STRIDER RACE PICTURES



Gerry Ruiz on July 31 at finish line of the Harlem 5k.

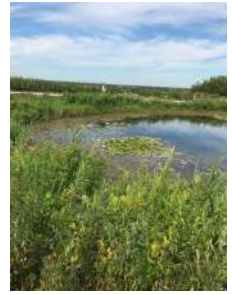


Vivien Lim (above) finishing at the Runners Edge 5k on July 9th.

Vivien and Pat Mitrofanis after the race! They both look so great, you have to wonder if they even ran?!?! Amazing job!!

WALKERS OUT AND ABOUT BY DOROTHY CHUSID

Thirteen of our Walkers spent the morning walking in Norman Levy Park on Sunday, August 14. It was a beautiful sunny day as we travelled the wide trails covered with crushed seashells. We chose to walk together (no group leader needed) exploring different parts of the park. Although I've been to this park several times before, our newest members were not and experiencing the sights were exciting to all of us.



We walked the two levels of the park, the upper and lower. We were able to see the Skyline of Manhattan from the upper level, yes, from this park in Merrick, L.I.! Other attractions found in the park are: Nigerian dwarf goats that keep the grounds mowed. These animals are let out of their pens several times a day. They are very docile and can be found walking on the trails with people.

Interestingly, the history of the park is that NJL was originally a garbage dump (that is, a landfill). Once the landfill was closed it was covered and converted to a 50-acre Preserve in 2000. It was named after Norman J Levy, who was a State Senator who was a champion for the environment.

Note to all Runners and Walkers – these great events are open to all Striders, so please join us on our next excursion. Keep an eye on the emailed Constant Contact for upcoming walks.



Pictured at NJL Park (left to right):

John Socolick, Joe & Donna Scotessa, Donna is the new member, Alan Gold (new member, as of March or April), Fred Feinstein, Dorothy I. Chusid, Lenore Feinstein, Anita and Alope Agarwala (husband & wife, new members. Several members came later and were not part of the photo. Jackie Haberer, an old member, was one of them.





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Fall Festive Time!

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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: Ken Kaiser
 Vice President: Sara Jablonski
 Treasurer: Laughlin Whalen
 Recording Secretary: Pat Mitrofanis
 Corresponding Secretary:
 Mindy Bellow
 Social Secretary:
 Maria Ferraro & Rosalie Hatch
 Runners Rep: Rob Pasqual
 Walkers Rep: Dorothy Chusid

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