

The Strider



Volume XXXIX
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July/August 2020

The Newsletter of the Alley Pond Striders

FRONT PAGE NEWS

I hope that you all had a safe and fun summer!

The NYC area is almost back to full reopening, albeit with houses of worship, schools, restaurants and gyms doing so on a limited and/or delayed basis. Many parts of the United States are still dealing with Covid-19 cases but the numbers have been declining, overall. We pray that a “second wave” does not occur and that we have both effective remedial treatment as well as an effective vaccine as soon as possible. Whatever comes our way, we Striders will “take it in stride.”

The week after T.S. Isaias moved through our area, I walked with our Dorothy Chusid and Ray Lascot and walkers in Alley Pond Park, to see how things were. The Parks Department was still clearing Vanderbilt Motor Parkway of trees and debris. On behalf of Alley Pond Striders, I stopped to personally thank the eight workers for the wonderful job they were doing. They were very grateful for our support.

Despite major road racing events being cancelled (including the NYC Marathon for 2020), there have been small 5K races popping up. They consist of limited registrant fields (forty to fifty participant registrations per event), no amenities, staggered starts, no spectators, PPE required of each registrant (face mask, buff or gaiter). *However, they are in-person races.* If these are managed safely, we could be gradually moving back to a better place for our beloved sport.

Through our Walker Rep Dorothy Chusid’s efforts with NYC Parks’ Matt Symons, we are scheduling a return to our monthly Refreshment Run/Walk for Saturday 26, 2020 at the APEC temporary offices on the Springfield Blvd. side of Alley Pond Park. Further information, including safety protocols will be announced.

Through one of our long-time members, John Wilhelm, we are finalizing plans to give out free face masks and hand sanitizer. This is being administered through a grant that APS applied for and received approval to issue. The initiative is called “Go The Distance” and emphasizes the positive side of wearing a mask in these times of the global pandemic. We will have further information as we finalize the details. We believe it will be a great way to advertise the Alley Pond Striders at the Park.

Our Runners Rep Rob Pasqual will be scheduling another Rockefeller Run for this fall, after the success of the summer run. We are also looking into having more “socially spaced” running groups. Look for Rob’s report in this Newsletter!

We are reviewing the Alley Pond Striders 40th Anniversary Dinner-Dance scheduled for Sunday, October 18, 2020 at K.Pacho restaurant. We’ll keep you posted on the status of that event and whether or not we will have to reschedule the event once again.

As Alley Pond Striders, we always care about each other. Please, be safe, well and healthy and see you in Alley Pond Park! Larry

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

Happy September Birthday: Walter Ehrenpreis (3rd), Betty Jacobson (4th), Christina Reinle (8th), Lou Cothalis (11th), Lenore Feinstein (16th), Ira Gardner (26th), Lynn Nachman (27th) and Maria Ferraro (29th).

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) Annette Richman (27th) and Anthony Rizzotto (31st)

Warm Welcome to our newest Striders: Lydia Fiorentino of Jackson Heights, Rebecca Galbinski of Flushing, Danny Juhn of Forest Hills, and Michael Kirmayer of Oakland Gardens.

Speedy Recovery to Bill Kaiser who is getting stronger everyday and hopes to be back home soon.

Breaking News: If you haven't been to the park in a while, please come on down. Besides running or walking and seeing your friends, come see the exercise equipment and also the lines have been painted in the parking lot! Yeah!!

Nominating Committee: If you are interested in giving back to the Striders by running for **any** 2021 board position, please contact Larry Lutzak at wa2cnv@yahoo.com, Lynn Henry at lynnahenry@yahoo.com or Mike Weisbord at micol@verizon.net.

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



RUNNERS REPORT BY COACH ROB PASQUAL

Bankers bank, musicians play and yes, runners continue to run. The Striders may not be racing, but they're on the path, they're on the roads, they're on the web and oh so many texts. There is a lone strider, however, who continues to do us proud. Ex-President Gerry Ruiz placed second place age group at the Queens 5k on 8/22 at Flushing Meadows Park.

Looking ahead, Larry has reported three other races in the months ahead:

9/20 5k in Rockaway

9/27 5k at Flushing Meadows

10/17 5k at Cedar Creek Park

I'm also planning our next Rockefeller run for Sunday, 9/27. Details to follow.



And this month's edition of "Our Sunday Best" First up Hank Klein:

Many runners strive to run in the Boston Marathon but they have some tough qualifying times that they need to achieve before being allowed to enter it. The qualifying times differ for runners according to their age group and gender. For me, back in 1984 I needed to complete a marathon during the year before in 3 hours and 10 minutes.

My choice for this attempt was the 1983 New York City Marathon. My previous best had been a very difficult 3:18 in the 1981 NYC Marathon and several races in between were not near that mark. I knew that I would have to train like a demon to accomplish this so I did. Besides my regular runs, I attended the Tuesday evening NYRRC speed training classes with Bob Glover and his staff coaching, starting back in '82. Each week we would do a different tough session designed to make us faster runners.

During this year I ran several races and found that I was now getting PRs in many of them. In the Spring, on Friday evenings, a group of us would meet at Prospect Park and after an easy 2 mile warm-up we would run the "Monument Hill" half mile cross country loop 4 times. At the end of each loop, Harry Murphy, our coach would call out and write down our times. When we finished, he would hand us our "report card" to see how we did. I (and many others) was usually slowest on the third loop. We would finish with another mile or two easy as a warm down.

In early July, I went to the Craftsbury Distance Running Camp in Vermont and stayed there for two weeks. Most days we did double workouts and my mileage grew enormously with 76 miles the first week and 72 the second. This compared to weekly mileage in the mid 50's that I had been doing. My long runs there were 15.5 miles and 16 miles. On July 31st, I did a 19-mile run and an easy 2.5 miles that evening (to recover). My first 20 miler was on August 21st and two more followed that leading up to the Oct. 23rd target marathon date. The road runner Tuesday classes gave us a few weeks (not in a row) of one mile repeats with 3 min. rests between them. The last one was on Oct. 4th and I averaged a bit under a 6 min. pace for the 5 repeats. I was never in as good a shape in my life. My sub 3:10 goal now felt within reach.

I made my final plans and preparations (taper, massage, mental imaging, flotation tank, pace plans) and got nervous. Would it all work? Could I really do it? On race day morning, my club at the time (Prospect Park Track Club) met up at a predetermined location at Fort Wadsworth. As soon as we arrived and used the facilities, my good friend

(Continued on page 5)

Where were you 30 years ago? The Alley Pond Striders Men's Masters Team were running and winning First Place in the 1990 Ocean-to-Sound Relay! If you were on that winning team, send a note to apstriders@aol.com and let us know about that day.

THIRTY YEARS AGO IN GLIRC *September 1990*

Award winners in the inaugural Maccabiah 5K Run on September 9, 1990 were Karen Cotty (1st woman OA, 18:07), Jackie Novak (1st 20-24, 21:18), Margarita Marascia (2nd 30-34, 19:38), Charlie White (3rd 45-49, 18:32), Bert Jablon (1st 60-64, 21:11) & Bill Benson (3rd 65 plus, 24:24), with Sue Polansky serving as the "rookie" Race Director....Joanne Gallo (22:20) scored 1st in the 40-44 age group in the September 1, 1990 Sea Cliff 5K.... Among the finishers in the September 16, 1990 Montauk Run to the Point 5K were John Lupski (18:00), Steve Attias (18:59), Jim McDougall (19:07), Bert Jablon (21:47), Irene Robinson (23:53), Barry Saltsberg (24:15), Doreen Curtin (24:45), Curt Robinson (24:56), Joe DeFrancisci (28:46), Al Westbrook (30:53) & Julie Westbrook (41:36, who won an age group medal that Al lost on the way home!)....Vera Allen ran a 1:02:10 in the September 1990 Great Cow Harbor 10K....Jackie Novak turned in a PR of 45:37 in the September 1990 Great Cow Harbor 10K....Dan Badalament scored with an 18:14 to take 2nd place honors in the 45-49 age group in the September 1990 Sea Cliff 5K....The New York Athletic Club Men's Team and the Warren Street Social & Athletic Club Women shared top honors in the September 23, 1990 Ocean to Sound Relay and the Alley Pond Striders took first place in the Men's Masters Division.... Highlighting our September 1990 Open General Meeting were Bill Partridge & Phil Kreuter, speaking on "Injury Prevention, Physical Therapy and Rehabilitation," and the presentation of the Paula Wunderlich Memorial Trophy to Karen Cotty as the first Club finisher in the 1990 Long Island Women's 5K Run.

FOOTNOTES SEPTEMBER 2020 GLIRC



NEWSDAY/ALEANDRA VILLA IGARCA

iverside and Long Beach boulevards

one be provided rent money.
Ilene Curtis,
Nissequogue

Runners want trails reopened, too

Bowling alleys can reopen, and protocols for the long-awaited reopening of gyms

have been issued by Gov. Andrew M. Cuomo ["Wait is over, gyms can reopen soon," News, Aug. 18]. But what about us runners? Long Island's road and trail racing scene is one of the healthiest and most socially rewarding activities possible, but it has been shut down since mid-March.

Notwithstanding the entreaties of the Greater Long Island Running Club and other leaders of the Long Island running community, running races are among the few activities still prohibited. Our club has developed protocols that will maximize COVID-19 safety once we are allowed to resume racing. Other leading organizations in the local running community have done the same. And, yet, no word when we can resume our sport.

Mike Polansky,
Plainview

Editor's note: The writer is president of the Greater Long Island Running Club.

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Mike Polansky—President of GLIRC as well as long-time Strider, wrote this letter to *Newsday* looking for Gov. Cuomo to reopen running trails.

(Continued from page 3)

Cliff called me over and said, "Do you want to get a good start?" "Then come with me." We walked out the gate as the volunteers shouted that we couldn't go out. We walked a bit down the Plaza to close to the actual start line and sat down on the side to wait for the crowds to be allowed out. After about an hour, they let the runners out onto the plaza and we ran into the crowd to get as near to the start as possible. The gun (cannon) went off and I was on my way. Instead of losing one to three minutes getting to the actual starting line in a slow walk, I was able to run immediately. My fear was that I would be trampled by faster runners behind me. However there was ample running room and it only cost me 7 seconds to reach the actual start line. This felt great.

The weather was cloudy with light drizzle on and off and it was about 55 degrees. Not bad at all. I felt great going over the bridge and had to hold back to keep to my planned pace. Especially on the downhill side. In Brooklyn, I soon met up with a girl I knew from the Road Runner classes and we decided to run together as long as possible. She was not looking for a particular time but just wanted to see what she could do that day. It felt good to have company and that took the edge off. We noticed that at the mile markers they were not calling out the elapsed time (as that appeared on the clocks). Instead they told us the time we would finish in if we kept the same pace going. It felt great to hear 3:05 -3:06 at most of the mile markers (so far). Brooklyn finally passed and on to Queens. (Who were those wild people in green near the 14mile mark?) Over the bridge into Manhattan and now the race got serious. The crowds here were as great as I ever could remember and I truly felt that they were cheering for me as I went by much closer to the front than ever before. My friend dropped back a bit at around 17 miles and I was now completely on my own. As preplanned, I met a friend at 18 miles with my special drink to help me get through. This drink was used in practice during the long runs and I knew it would work well. Another friend met me at about the 20mile mark with my next drink. I was still running well now but had slowed just a bit as they called for a 3:07 finish. Into the Bronx and then back into Manhattan all was well.

My final drink came at 5th Ave and 102nd Street where we turned into Central Park going up a big hill to the 23 mile mark. This friend had not prepared the drink properly and I soon would up with a side stitch so severe that I could only jog slowly while trying everything I could think of to get rid of it (grunting, rubbing it, breathing into it, walking a bit). Nothing seemed to work for about two miles. Leaving the park near 59th street, there was a clock and sign that said "one mile to go". A little quick arithmetic in my head told me that I needed a 6:27 final mile to make my 3:10 goal. My most negative feelings came though now. "How can I run that fast after 25 miles already? "You blew it, all that training for nothing!" "What a wasted day."

Then I seemed to snap out of it. I remembered the sub 6-minute mile repeats that I had done and said I got nothing to lose by going for it. It started raining lightly again now and I just threw off my gloves and started giving it everything I had. At a sharp turn, I ran wide to avoid getting caught up with the crowd running close to the turn. Back into Central Park at Columbus Circle and now the grandstands were in sight with the most amazing crowds I had ever seen or heard. I even heard Joan yelling "Go Hank". I was to marry Joan in two months and I will never understand how I heard her voice through the thousands of people there. Later, a friend of mine told me that I passed him near Columbus Circle and he thought that I had been shot out of a cannon. I never saw him. As I approached the finish line I could see the clock counting the seconds away all too quickly. As I went into the final yards I doubled down on my efforts but knew that I would not make it. I crossed the line in 3:10:03 with such mixed feelings that I didn't know whether to be sad or happy. I think that I was both if that's possible.

The next day, I called Bob Glover (from the NYRRC classes) and told him my finishing time. I asked him if I should appeal to Boston that I got a slow start or was blocked on the way. He told me just to apply and see if they would accept me as is. They did that. It turned out that anything in the 3:10s would do. Even a 3:10:59. Today the rules have been changed and you must be under the time goal so a 3:09:59 or better would be required.

Up Next: Helen Pineda-Pasqual:

Helen's Favorite race was Boston Half Marathon in the year 2BJ (BJ - Before Joey). The race, which started at the Suffolk Downs racetrack, provided excellent views of the Atlantic and the Boston Skyline. And even though we got to the starting line with minutes to spare, Helen ran her fastest 13.1 M.



THE NEWSLETTER OF THE
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“Every leaf speaks bliss to me, fluttering from the autumn tree.” – **Emily Brontë**

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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

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 Runners Reps: Helen & 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)
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