

The Strider



January 2017

The Newsletter of the Alley Pond Striders

Volume XXXVI Issue I

FRONT PAGE NEWS

As incoming President of the Alley Pond Striders I would first like to say thank you to the club for this opportunity and wish everyone a happy and healthy holiday and New Year. For those who don't know me. I have been a member of the club since 2009 and try to run in our park as often as I can. I would also like to acknowledge and thank our outgoing President Stan Zibulsky for his hard work and dedication to both our club and Alley Pond Park.

Our membership meetings have always been held on the first Thursday of the month. The meetings will be changed to the first Wednesday of the month starting January 4th. The reason for this is because I am also on my local civic board and we meet on the first Thursday. If this is going to be an issue with our club I will do my best to try to make it work for both.

That said, we are starting off 2017 with a lot of activities. On Wednesday, January 4th we have our first meeting of the year. The board meets at 7:00 pm followed by the Membership Meeting at 8:00pm. All members are invited to attend the board meeting. Refreshment day is Saturday, January 21st. Please bring some goodies. As usual, the club supplies bagels, bialys and coffee. Finally, for the month of January our Annual Dinner Dance is on Saturday, January 21st from 7:00 pm to 11:00 pm at Trattoria Lucia, located at 243-63 Jericho Turnpike in Bellerose. The event features a buffet dinner with beer, wine and soda and a DJ for all-night dancing!

For the Dinner Dance, please RSVP by January 14th. Send check to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426-0298. Cash and checks can be given to Nella Carravetta, Joe Gambino, Lynn Henry or any board member. The cost of the buffet dinner is \$50.00. This is the same restaurant as last year and I've been told the food was great and the party was enjoyed by all.

See you on the path! Mike

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 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 January Birthday to: Michael Kon (2nd), Bhabikhan Sandhu (7th), Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Tanampreet Sandhu (11th), Pat Kay (20th), Sumeet Sandhu (21st), Tina Cothalis (25th), Howie Cohen (26th), Peter Tsun (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th), Vivien Lim (30th) and Diane Merzon.

Congratulations

To the 2017 new board – President Mike Weisbord, VP Arthur Fettner, Treasurer Joe Gambino, Runners' Rep Larry Lutzak, Walkers' Rep Fred Feinstein, Corresponding Secretary TBA, Recording Secretary Diane Haber and Social Secretary Nella Carravetta.

Thank you to those who served in 2016 and are leaving the board - President Stan Zibulsky, Recording Secretary Maria Ferraro and Corresponding Secretary Ronit Guriel. Thank you for the time and efforts you gave to the Striders last year.

Welcome

To Orla O'Donoghue from Glen Oaks.

On the Road to Recovery

John Rettmer is continuing to make great strides in his recovery. We're happy to report that John & Judi have been walking on the path.

Former Strider Sandy Morrison is back home as of Tues., 12/13 and Judy Densky paid her a visit. She still wears a cast on her right arm but is much better. Cast should come off in one-two weeks.

Condolences

Walter informed us that Strider Dorothy Chusid's brother Harold passed away this past Sept. at his home in Florida after a long illness. Walter said "He was a very jovial person and we will surely miss him."

Our Talented Striders

Nella Carravetta, Diane Haber and Larry Lutzak are members of The Oratorio Society Of Queens which put on their wonderful Annual Holiday Concert on 12/18. A number of club members were spotted in the audience enjoying this great group and particularly our talented Striders! They were great!

Mark Your Calendars

Our annual dinner is on Saturday, January 21st and the Alley Bowl is on Sunday, February 7th. These are both fun events and a great way to spend time with your fellow Striders! Look forward to seeing you there.

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

Happy New Year !!

STRIDER SPORTS SPOTLIGHT BY SARA JABLONSKI

Wouldn't you know it, we get weeks of above normal temperatures and on the day of the HoHoHo Holiday run we get snow and cold temperatures. The annual event that draws large enthusiastic crowds was cancelled 20 minutes before the start by the local police due to road safety concerns. I hope those who went out to the race were still able to at least have some fun.

On December 11th, Coach Rob reported that it was clean Alley Pond Strider sweep in the Dumb Ass 30 relay (okay there were only three teams, but we tried really hard). The teams were:

- 1st place: Alley Pond Thunder: Lenny Richards, Coach Rob & Arasu Mani
- 2nd place: Alley Pond Nighthawks: John Novak, Larry Lutzak & Lou Cothalis



- 3rd place: Alley Pond Lightning: Tim Wilson, Lucile Noel-Munoz & Joe Gravagna

Don't forget to be extra careful running during this time of year. It gets dark early. Don't assume that just because you can see the cars that they can see you. Wear bright and reflective cloths and stay on well lighted streets and paths.

If you have some interesting sports news, me the information and a picture or two to sara_jablonski@yahoo.com so you can be featured on the sports page!



Nella says....

It's party time!

**Come One Come All
Alley Pond Striders
Annual Dinner**

Saturday

January 21, 2017

7:00 to 11:00 pm

RSVP by 01/14/2017

\$50.00 per person

Trattoria Lucia

**247-63 Jericho Turnpike,
Bellerose, NY**

**DJ/Buffer dinner with beer,
wine & soda**

**Name: First _____
Last _____**

of attendees: _____

Send check to: Alley Pond Striders

P.O. Box 298

Bellerose, NY 11426-0298

**Cash Payments and checks can be given to
Nella Carravetta, Joe Gambino or Lynn Henry**

Austin, Texas “The New Running Capital of the U.S.” by The Traveling Runner ‘Fast Eddie’ Grassel (egrassel@aol.com)

Ruth and I visited Austin, Texas for our 40th anniversary in October. It is a large, sprawling city but has a small town feel, with its unique shops and walk-able neighborhoods. We stayed in an Airbnb apartment in the heart of the city. My priority was to

be near an area where I could run, so we stayed near



Zilker Park, which has a 10 mile loop around Lady Bird Johnson Lake. Each morning I ran with hundreds of runners, walkers, and bicyclists on the wide gravel path along the water’s edge. The lake, which is actually a river, divides the city into north and south with kayakers, canoes, and tour boats patrolling its shores.

South Congress is Austin’s main street and is full of interesting shops-ones that sell western boots, antiques, crafts and clothing-and numerous music venues. You can view the Capitol from all over the city. It was once Austin’s tallest building, but modern skyscrapers are now all over the downtown area. We went to three small clubs to hear blues, country, and rock music. You can also go to ACL (Austin City Limits) to hear all types of eclectic music. It is a young, hip town where art and music are two of its main attractions. Food trucks are everywhere and offer every type of food. Good restaurants are plentiful and eating outdoors is the norm because of Austin’s

excellent climate. It does get very hot in the summer, but we had wonderful, dry weather in October.

We had a car and visited the LBJ ranch, San Antonio and the hill district of



Austin. The LBJ ranch was the Texas White House in the 1960’s and was also near Johnson’s boyhood home. It is now a national historic site and well worth a visit. San Antonio is about an hour away and has the Alamo, the river walk, and an old brewery, which now houses many restaurants and shops.

A fun place to check out in Austin is the University of Texas and its Texas clock tower, open on weekends for a beautiful 360 degree view of the city. The university houses the LBJ Library, which is a fascinating museum filled with documents, videos, audio conversations, photographs, and a comprehensive look at the times that any history buff will enjoy. We found Austin to be a fun, easy and friendly city to visit.

As a side note: if you travel to Austin from May to October, visit the Congress Avenue Bridge at dusk and see over 1.5 million bats leave their habitat and go out to forage. They migrate back to Mexico in winter.





**HAPPY
NEW
YEAR!**

Alley Pond Strider
DUES are annual dues
from January through
December. New
members joining after
October 1st will have
valid membership
through December of
the following year.

Dues can be given to
Lynn Henry, any Board
member or mailed to:

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

Calendar of Events

Wednesday, 1/4: Monthly Board Meeting (7 pm) followed by Monthly Membership Meeting (8 pm). All are welcome to both meetings. As part of our meeting, meet the new Board and hear the 2016 Dow wrap-up report from John Sassone. John always gives a great talk!

Saturday, 1/21: Monthly Refreshment day. Club provides bagels and coffee after runs and walks. You bring a treat to share!

+++++

February 5th - Alley Bowl VII

The Alley Bowl VII relay is just around the corner. Again this year we need empty gift baskets. So if you have any old gift baskets lying around from years gone by bring them to Helen or myself. We'll pretty them up and make our winning teams really happy.

Thanks, Coach Rob

PS: We also need volunteers. Race date Sunday, 2/5 at Alley Pond Springfield.

Alley Pond Striders Annual Holiday Party (December 2016)



**ALLEY POND STRIDERS: ALLEY BOWL VI
THREE PERSON X 1-MILE
FOOTBALL RELAY**



**February 5, 2017
RAIN, SNOW OR SHINE
POST RACE TAILGATE PARTY!**



**GAME SCHEDULE
Pre-Game Signup and Draft* 9:00 am
Kickoff 9:30 am
Rain, Snow or Shine
Kids Touchdown Dash 10:15am**

Eligibility: Three person x 1-mile relay race where you will toss a football to advance your team. This event is open to all Runners, Joggers and Walkers 10 years old and over.

Course: A fun 1-mile loop through beautiful Alley Pond Park. At the completion of each one mile loop, each player (runner) will toss a football in the specified zone to the next player on their team to run the next one mile loop. Each team will get to keep their football! The course is accurately measured. Lavatory and Dressing facilities available.

Registration (Pre-Game): Day of Race Registration ONLY will be held at the Alley Pond Park Springfield Blvd and 76th Avenue Park area from 8:00 to 9:15 am.

ENTRY FEE: Alley Bowl Relay: \$30 (that's only \$10 per runner). **FIRST TIME: PRE-REGISTRATION AVAILABLE BY MAIL (due on or before January 30, 2017); \$24 (save \$2 per runner!). *PRE-GAME DRAFT: IF you don't have team, come anyway as a free agent and we will help you get drafted by a team!**

THIS IS A NO FRILLS RACE! There are NO tee-shirts and no big sponsors, but there are fun prizes.

RACE IS LIMITED TO 50 TEAMS!

Pre-Game Registration ends at 9:15 am for the relay.

Kickoff for the relay will be at 9:30 am.

Kids Touchdown Dash at 10:15am is a 50-yard dash for kids 10 and under. Registration for the dash is just \$1!

Awards: FIRST THREE OVERALL TEAMS receive a BIG GAME MUNCHIE BASKET. BUT, don't worry if you don't win, all teams get to keep their football and we will have some cool raffles!!! **COSTUME AWARD:** first team crossing finish with ALL three teammates wearing football jerseys win a gift basket!

Directions: Alley Pond Park (Springfield), Bayside in Northeast Queens. Registration and race start is located on Springfield Boulevard and 76th Avenue north of Union Turnpike. From Northern State/GCP westbound: Exit 23. Turn right onto Union Turnpike to Springfield Blvd. Turn right onto Springfield Blvd. Turn right on 76th Avenue, park on left. From GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Continue south to Union Turnpike. Make right onto Union Turnpike to Springfield Blvd. From Springfield Blvd. turn right onto 76th Avenue, park on left.

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

TEAM NAME:

BIB NUMBER (assigned race day):

Team Captain (runner #1): Signature and address

Running Back (runner #2): Signature

Tailback (runner #3): Signature

City or Town

State

ZIP Code

Area Code

Phone Number

E-Mail Address

Pre-register (\$24) by mail on or before January 30, 2017. Make checks payable to:

ALLEY POND STRIDERS: 251-04 Shiloh Avenue, Bellerose, NY 11426



THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
 P.O. BOX 298
 BELLEROSE, N.Y. 11426-0298

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A New Year's Resolution is something
 that goes in one year and out the other!
 Happy New Year!



www.apstriders.org

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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