

# The Strider



September/October 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII  
Issue 9/10

## FRONT PAGE NEWS

Happy Fall! I hope everyone had a fantastic summer and everyone is doing well. The weather is beautiful this time of year and I hope you're taking advantage of our park and all it has to offer.

I recently attended a couple of meetings that affect our park and club. On Monday, September 24<sup>th</sup> I attended a scoping meeting for the Vanderbilt Motor Parkway project. The city plans to repave and do some minor repairs on the path. Council Member Barry Grodenchick secured the funding for this much needed project and hopefully the inconvenience of the path closed for one year will be worth the wait. We were concerned that the project might interfere with next year's Five Mile Challenge, but we were assured our race would not be affected as they plan on starting May 1<sup>st</sup>. I also attended a couple of meetings with

the Friends of Alley Pond Park. This is a new group of volunteers who care about our park and plan on doing many projects. The first will be on Saturday, Nov 3<sup>rd</sup>. If you care about our park and think you might be interested in joining The Friends of Alley Pond Park, please read this notice, visit their Facebook page or email TheFriendsOfAPP@Gmail.com.

Congratulations to all the Alley Pond Striders who participated in this year's GLIRC Ocean to Sound 50-Mile relay race. Again, this year we had two teams competing and both teams did well. The club was busy that day. We also had a club trip to the Old Bethpage Village Restoration Village Long Island Fair. Both walkers and runners had a good day and enjoyed the fair.

We will be holding our club elections at the December meeting/refreshment run. If any club member is interested in running for a board position, please contact any board member or someone on the nominating committee. See you on the Path! Michael



### Dig In.

Care for NYC Parks through hands-on service projects.

**THE FRIENDS OF ALLEY POND PARK**

with

Partnerships for Parks  
presents

**IT'S MY PARK DAY!**

Join us for a day of cleanup, painting, daffodil bulb planting, and trail work at Alley Pond Park.

**Date:**  
Saturday, November 3<sup>rd</sup>, 2018

**Time:**  
9 am - 12 pm

**Location:**  
Meet at the Alley Pond Adventure Course Parking Lot.  
Entrance to Parking lot is by the Douglaston Parkway  
underneath the Grand Central Pkwy

**Google Map Directions:** <https://goo.gl/maps/6GdKD36Se3m>

<https://www.nycgovparks.org/programs/rangers/adventure-course/directions>

Please view the above link or send an email for more directions

**Contact:**  
TheFriendsOfAPP@gmail.com

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

### Belated Happy July Birthday

to Ruth Mezistrano and Danielle and Laura Weisbord who celebrated their birthday in July.

### Happy September Birthday

Walter Ehrenpreis (3<sup>rd</sup>), Betty Jacobson (4<sup>th</sup>), Christina Reinle (8<sup>th</sup>), Lou Cothalis (11th), Joseph Mullins (11th), Lenore Feinstein (16<sup>th</sup>), Lee Fettner (19<sup>th</sup>), Sam Van De Cruze (22nd) Ira Gardner (26<sup>th</sup>), Lynn Nachman (27<sup>th</sup>) and Maria Ferraro (29th).

### Happy October Birthday:

Diane Bruce (4<sup>th</sup>), Fred Feinstein (5<sup>th</sup>), Rosie Saltos (6th), Gerry Ruiz (6<sup>th</sup>), Stan Zibulsky (8<sup>th</sup>), Gus Greis (9<sup>th</sup>), Janett Ameerally (12<sup>th</sup>), Lynn Dunworth (16<sup>th</sup>), Susie Perry (21st), Ray Lascot (22<sup>nd</sup>), Laughlin Whalen (23<sup>rd</sup>), Herb Silver (27th), Rose Giraldo (28th), Stan Schneider (30<sup>th</sup>) and Anthony Rizzotto (31st).

### Welcome to Our Newest Striders

Max Fishon of Forest Hills, Tony Florido of Howard Beach, Ann Puckett of Douglaston, Eric Renart of Bayside Hills and Katherine Skaris of Douglaston.

### Congrats

Wishing a lifetime of happiness, love, good health and fun to:

- Strider Leon Long who was married to Sue on Saturday, September 8th.
- Nella's daughter Orianna Carravetta and Shane Kiley who were married in Manhattan on Saturday, September 22nd.
- Congrats to George Schafer. His oldest grandchild was married on Saturday, September 29th. George was thrilled to be able to dance with his granddaughter at

her wedding!

### Congrats

to our two Ocean to Sound teams especially the Alley Pond All Stars who came in 2nd place in their division!

### Bethpage

### Restora-

### tion Vil-

### lage -

### 9/23/18

There was a nice turnout and Fred Feinstein reported a "Good

time was had by all....

We had 21 walkers and 3 runners."



### Strider Contact List

Thanks for all the input I received to update the Contact List. The updated edition will be emailed within the next few days. Please email any additions (Cell Phone?) or corrections to [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com)

### Looking Ahead

- The Park Cleanup is on October 20th and it's also refreshment day.
- October 20, Refreshment Day—club provides the bagels and coffee - YOU bring treats to share!

### Nominating Committee

The committee was formed at our last membership meeting. If you are interested in giving back to the Striders by running for any 2019 board position, please contact Larry Lutzak at [wa2cnv@yahoo.com](mailto:wa2cnv@yahoo.com), Lynn Henry at [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com) or any board or nominating committee member.

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

## Runner's Report (Deborah Pantano and Helen Pasqual)

At this time I would like to apologize for failing to report a wonderful race. On Sunday, June 3rd a group of Striders were at the **Forest Park 4 miler**. Mike Weisbord, Maria Ferrero, Peter Hoey, Howie Cohen, Helen Pineda and Debbie Pantano enjoyed a beautiful trail run. Howie earned 3<sup>rd</sup> in age, while Debbie took 2<sup>nd</sup> in age and Maria 3<sup>rd</sup> in age!

The **Whisper Run** in Eisenhower Park was a good day too. On Sunday, August 19th race, Gerry Ruiz and Debbie Pantano (2<sup>nd</sup> in age) both enjoyed this 10k through the park.

Ira Gardner has been running all across the map. On August 26th, he ran the **Northeast Race to the Top of Vermont** in a time of 1:13 with a final elevation of 2660 feet. On September 16th, he ran the **Jersey City Half Marathon** in a time of 2:26. And then, on September 23rd, Ira ran the **Montreal Marathon** for his 11<sup>th</sup> Olympic City!

The **Blazing Trails for Autism** was held on Sunday, September 9th. Striders included Helen Pasqual, Peter Hoey, Susan Yang, Laughlin Whalen and Vivien Lim. All the runners received a great white hoodie and a challenging 4-mile run. Vivian came in 3<sup>rd</sup> overall!!

Sunday, September 23rd the Striders had two dynamic teams in the **Ocean to Sound Relay Race**. The day started with a slight drizzle that dissipated early so running conditions were perfect! The **APS All Stars** placed 2<sup>nd</sup> in age. This team consisted of Joe Gambino (Jr.), Jaime Palacios, Pat Mitrofanis, Lynn Leon, Len Richards, Susan Yang, Dave Miles and Vivien Lim. The **Joey's Heroes' Team** consisted of Joe Gravagna, Tom Case, Larry Lutzak, Peter Hoey, Arasu Jam, Peter Tsun, Gerry Ruiz and George Waters. This team finished 15 minutes faster than expected. Everyone enjoyed the party after the race too.

On Sunday, October 7th a group took a trip to beautiful **Rockefeller Preserve**. It was a morning in runners' paradise. We hope to go again and welcome all Striders to join us...keep an eye out for information to come.

On Sunday, October 14th The **Staten Island Half** was attended by Pat Mitrofanis, Vivien Lim (her **FIRST** half) and Len Richards. The weather was perfect and Pat had a PR and Vivien came in 2nd in age. Just a note: a hill in the last quarter mile of this race arguably makes it tougher than our Five Mile Challenge with its hill at the start.



Also on October 14th, Maria Ferraro, Debbie Pantano, Gerry Ruiz and George Waters ran in the **Brooklyn Greenway Half Marathon/5k** - a scenic 5k along the water. Helen Pineda was at her post along one pier catching action photos of all the runners! Everyone had a beautiful morning.

The next team race for the Striders to choose from are both on October 28th. It seems many of the good events occur on the same day. Pick your preference either **Sunday, October 28** at the Fort Totten 5k or the **Little Village School 5k** at Brady Park in Massapequa Park. Good luck to all!

The holidays are approaching and that means Turkey Trots. Please let us know us of your races and results so you can be recognized by your fellow Striders in this newsletter. In the past, Alley Pond Striders attended the **HOHO 5k**. It is not too early to register for this flat & fast run. Santa hats and costumes are ouraged. This year's race will be held on Saturday, December 15 starting at JFK Middle School in Bethpage. I hope to see many familiar runners! Try to save this date to run.

# Volunteers Needed

## Greenway Clean-way Day (#15) on the Vanderbilt Motor Parkway (aka "the bicycle path")

If you enjoy walking, jogging, biking, hopping, skipping, or jumping along the wonderful Greenway that we all share, then please join us on

***Saturday, October 20th, 2018 at 9:00AM***  
***(shine or rain)***

to do our small part to keep the Greenway a Clean-way. Invite your neighbors, bring your children, and come have some fun with us. **Community service participation letters will be provided to any youth who request it.**

**\*We provide garbage bags/gloves, all we need is YOU. Meet on Greenway at one of these locations: 1) Dead End-bottom of 209<sup>th</sup> St.**

**2) Bell Blvd. overpass     3) Springfield Blvd. overpass**

**4) Kingsbury Ave. & Grand Central Pkwy. service road (end of Alley Pond apts)**

Sponsored by: The Father John J. Murray Knights of Columbus Council at American Martyrs Church, Bayside, Queens and the NYC Partnership for Parks



\*For more information contact us at [kofc14666fm@gmail.com](mailto:kofc14666fm@gmail.com)

[www.kofcam.weebly.com](http://www.kofcam.weebly.com)





THE NEWSLETTER OF THE  
**ALLEY POND STRIDERS**  
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“A fallen leaf is nothing more than  
 a summer’s wave  
 goodbye.” – Unknown



[www.alleypondstriders.com](http://www.alleypondstriders.com)

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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](mailto:lynnahenry@yahoo.com)**

**Board of Directors**  
**President: Mike Weisbord**  
**Vice President: Arthur Fettner/Larry Lutzak**  
**Treasurer: Joe Gambino**  
**Recording Secretary: Diane Haber**  
**Corresponding Secretary: Fran Kraus-Schmidt**  
**Social Secretary: Nella Carravetta**  
**Runners Reps: Debbie Pantano/Helen Pineda-Pasqual**  
**Walkers Rep: Ray Lascot**

Membership Chair: Lynn Henry  
 Phone: (516) 437-8715  
 E-mail: [lynnahenry@yahoo.com](mailto: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](mailto:apstriders@aol.com))  
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