

The Strider



Summer 2018

The Newsletter of the Alley Pond Striders

Volume XXXVII
Issue 7/8

FRONT PAGE NEWS

I hope everyone has been having a good summer. Between family and work I have to apologize to the club for missing most of our club runs in the park this summer. I averaged one run a week and they were usually at the New York State Summer Run Series on Monday nights. I really missed running with the club and hopefully I will get back into the groove soon.

The club barbecue was on Saturday, July 14th. It was a beautiful day; we had plenty of good food and a nice club turnout in the park. Thanks to everyone who helped put the barbecue together and thank you to all the club members who were there. If you didn't make this year's barbecue, hope to see you next year.

Last week, I gave the Samuel Field Y Basketball Buddies program a check for \$2,100. A big thank you to the club, our race sponsors, and all who participated in our Five Mile Challenge race. Basketball Buddies is a great program at the Y that teaches the fundamentals of basketball to children with special needs. I want to personally thank the club for supporting this program and assure everyone that we made a good choice and our donation is definitely appreciated.

For many years Laughlin has been sending out emails for the club. Recently Lynn Henry has taken over this important club responsibility. Thank you Laughlin and thanks Lynn for volunteering. If you aren't receiving club emails (except for Stan) please go on the club website, contact us and send in your email address.

Our next club meeting and refreshment run/walk is **Saturday, September 22nd**. If you have any ideas, questions, complaints, or just want to say hi and have something to eat, please try to make the September meeting. As always the club supplies the bagels and coffee. Just bring a treat to share if you want.

See you on the Path!
Michael

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

June Birthday

Happy Belated Birthday to Nora Kozuch who celebrated on June 23rd.

July Birthdays

Reena Fettner (5th), Karen Nash (7th), Jacquie Haberer (13th), Steve Turkeltaub (14th), Sara Jablonski (17th), Lee Dunworth (18th), Diane Grunthal (21st), Joby Jacob (24th), John Sassone (26th), Pam Foster (27th) and Jean Schapowal

August Birthday

Gillian Turbin (7th), Rob Pasqual (13th), George Schafer (13th), Jose Gonzalez (14th), Leon Wong (14th), Betty Abramson (17th), Mike Morgan (18th), Ray Ciccolilli (19th), Terri Case (19th), Tom Case (20th), Peter Hoey (21st), Kay Leaver (25th), George Zink (25th), Kara Nandin (29th)

Welcome

To George Waters of Hicksville. George is new to the Striders but a regular runner in Alley Pond Park.

Condolences

To Gillian Turban on the passing of her mother, Janet on August 18th..

Congrats

To Maria Ferraro whose daughter Teresa was married to Zach Zosse on Saturday, July 14th in Vermont.

To Terri and Tom Case on their new grandson, Luca James who was born July

16th weighing in at 8lbs 12oz.

Strider Picnic on July 14th

A good time was had by all at our annual Strider picnic. The weather was nice, the food was great and there was lots of yakking! Thanks to Nella and crew for putting it all together.

Looking Ahead

Sunday, October 7th -- The 7th Annual Motor Parkway Sunday Drive to Lake Ronkonkoma. See antique cars travelling along the Motor Parkway at the "CHALLENGE OF CHAMPIONS" celebrating the 110th Anniversary of the Long Island Motor Parkway Starts in Cunningham Park ends at Ronkonkoma Lake. Time TBA

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

Calendar of Events

Saturday, 9/22:

Monthly refreshment day and membership meeting. Club provides the coffee and bagels - you bring a treat to share.

Runner's Report (Deborah Pantano and Helen Pasqual)

This has been a real hot summer and the **Alley Pond Striders** have been running all over. To start, Rob Pasqual ran the **Light for Orphans 5k** and was 3rd place overall, 25:23 on June 2nd. On June 10th, Vivien Lim took first place female at the **Cancer 5k**. The **Queens 10k** was completed by Randi Opsahl and Ira Gardner on June 16th.

Helen and Rob Pasqual attended the **Senior Games**. Rob won the 800 meter and 2nd in the 400meter. Helen took 3rd place in the 1500 meter run.



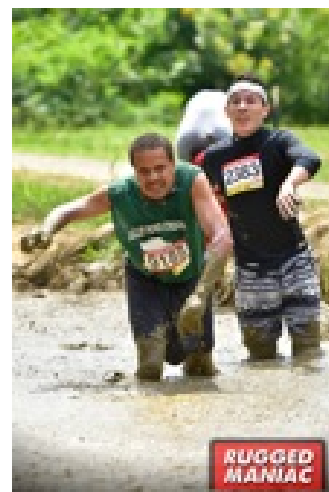
On June 16th, Vivien Lim ran 19:21 and took 2nd in age in the **Bolla Charity 5k**. **Katie's Run 5k** on June 24th was completed by Peter Hoey and Mike Weisbord. Randi Opshal ran the four mile **NYRR Hope and Possibilities** on June 24th. On the 4th of July the **Bellmore Striders** had a hot **four mile run**. Here Vivien Lim took 2nd overall in 25:29. Other Striders who completed the race were Laura and Mike Weisbord, Helen Pineda-Pasqual, Joey Pasqual, Peter Hoey and Debbie Pantano. Everyone got wonderful watermelon at the finish.



At the **Farmingdale Women's 5k** Pat Mitrofanis and Vivien Lim competed. Vivien was 1st in age with 19:49. Pat had a PR of 22:50 and achieved her goal of one minute per mile under Vivien.



For something different on July 21st, Rob Pasqual participated in the **Tough Mudder**. On Sunday, August 5th the Alley Pond Striders were divided. At the **Massapequa Mile** Vivien Lim ran 5:30 - not only first place for women's master but setting a new L.I. record in her age group! The same day the Striders ran at **Sand Point Preserve 5k**. We were a small group- Peter Hoey, Larry Lutzak, Helen Pineda and Debbie Pantano (3rd in age). More good watermelon and ice at the finish!



In the past, many of the Striders enjoyed the **Blazing Trails for Autism 4-mile run**. It takes place at Great Neck South High School. Everyone receives a nice hoodie and a wonderful run. This event has been moved and will be on Sunday, September 9th. Please note the date change for this great event.

Ocean to Sound is approaching. This will be Sunday, September 23rd. Best of luck to all the runners. Have fun out there!!!

HIKING UTAH'S MIGHTY FIVE – BY DIANE GRUNTHAL

Many hikers go to Utah's national parks and monuments and don't feel compelled to write about it. I, on the other hand, was persuaded because I was so unprepared for the unimaginable scenery we encountered hiking southern Utah's five national parks, a national forest and two national monuments. I thought nothing could compare to some of the magical mountains Allen and I hiked in the Alps in Western Europe, the Tatras in Eastern Europe, the Tongariro Alpine pass in New Zealand, the Torres del Paine in Patagonia (South America), as well as the mountains in Alaska, Hawaii, the Sierra Nevada, the Grand Tetons, Joshua Tree, and the Rockies.



Bryce Amphitheatre

Utah's parks do compare, and then some. They are a surreal kingdom of massive rock sculptures, red castles, tall pinnacles of various shapes of sandstone, granite rocks and quartz, and ancient sand dunes frozen in time, remnants of an upwelling of magma, weathering and erosion some 25 million years ago. Water and ice, extreme temperatures and underground salt movement all contribute to the rock scenery; some like the formations of balanced rocks-perched atop a seemingly inadequate base.

Our favorite was Arches National Park, a land of towering spires, pinnacles, fins and bridges, ranging from sliver-thin cracks to spans greater than 300 feet. This park has the densest concentration of natural stone arches anywhere in the world. The Nuns and Priests pinnacles looked just as they are named, shooting into the sky hundreds of feet in the air. A not-to-be missed hike is up to the ribbon of rock known as Delicate Arch, perhaps Utah's most iconic and famous landmark, looking like a giant fin, standing on the brink of a canyon, with the dramatic La Sal Mountains as backdrop. After clamoring over rock and around boulders, following rock cairns on slick rock on an exposed ledge, one reaches the bowed sandstone arch, a spectacular example of the power of erosion. Those who drive to viewpoints can view this sandstone archway with binoculars at one of the pullouts.

If one chooses to take a tour bus, or drive one's car, it is still possible to see magical scenery. However, hiking here is an otherworldly experience. The five national parks have hiking trails ranging from less than 1 mile to 5+ miles. We hiked 41 trails in 15 days, stringing together 2 to 4 hikes each day of various

lengths, providing new vistas and surprises around every bend. While elevation gains were modest in the first 4 National Parks and forests we visited, hikes can take longer than expected as the terrain is often soft sand and slick rock, the latter being smooth, not slippery, except if wet; and wash consisting of loose gravel.



Court of Patriarchs

Canyonlands NP introduced us to wave after wave

of deep canyons, mesas, buttes, fins, cliffs and spires in Utah's high desert. So many hikes, yet Aztec Butte stands out as an exhilarating skitter, hiking up slickrock to a Navajo sandstone dome yielding stellar views and endless sky. A small spur trail led us to ruins of an Ancestral Pueblo granary.

The Navajo called Capitol Reef NP the Land of the Sleeping Rainbow. The contrast of red Entrada and white Navajo sandstones and the magnificent rip in the crust of the earth create surreal landscapes of giant cliffs, massive domes, arches, bridges, and twisting canyons all examples of geologic erosive forces shaped and lifted over millions of years. Hike up 950 feet to Cassidy Arch; folklore has it that Butch Cassidy hid out here. Hikes not to be missed are the ascents up Cohab Canyon, and the exposed route up Hickman Bridge.

We punctuated our hiking with a one day scenic road trip to get from Capitol Reef to Grand Staircase-Escalante National Monument on Scenic Byway Route 12, one of the premier Byways in America. This drive was an extraordinary experience, through a landscape carved through geologic time. In GSENM we descended a mile into a steep wide canyon between sandstone cliffs down slickrock and soft sand leading through a desert moonscape to a 120 foot waterfall. GSENM has an abundance of rock art - petro glyphs of pictures or symbols pecked into the rock's surface, and pictographs which are painted symbols by early native inhabitants hundreds of years ago.

Bryce Canyon NP is our 2nd most favorite of all the parks and monuments. Bryce Canyon is unlike any else in the world, hiking among pink limestone cliffs and multicolored pinnacles and buttresses. At over 8,000 feet, Bryce Canyon was blessedly cooler than all the other parks, 70 degree temperatures, versus 80's and 90's. The park's series of natural amphitheaters are sunk into pink cliffs and filled with delicate red rock statuesque rock formations, called Hoodoos. These are bulbous columns of pink castle spires resembling daggers, shaped by snow and ice melt and water seeping into fractures. As it re-freezes, it expands and cracks the rock around it. A 4-mile hike down 500 feet into the Bryce Amphitheater took us to a hoo-doo named as it looks - Queen Victoria of England riding a horse.

Then there was Zion National Park. One of the most memorable day hikes is Zion's Angels Landing, a 5-mile trail ascending first for 1,000 feet in 2 miles; hiking up long switchbacks up the canyon wall, hugging the face of the towering cliff, before the main attraction: a razor-edge traverse and a final 500 feet on a chain-assisted scramble to the summit. The final 500 feet of the 1,500' total elevation gain ascends a series of switchbacks on a narrow, exposed ridge, impossible without the steel chains assisting. Often fellow hikers extended helpful hands, as they waited their turn to come down, as we climbed up single file. The 5,790 foot summit of Angels Landing has 360 degree panoramas of the entire Zion Canyon, towering rock mountains, startling sentinels of stone and sheer milky-white cliffs; rock walls varnished with mineral stains surrounded us. Even on a week day in late May, it was necessary to arrive at Zion's cavernous parking lot at 8 am, and to luckily find a parking spot, and to then wait 30 minutes to board the required shuttle bus to get to most of Zion's trailheads. I finally took a rest day and Allen proceeded to tackle Zion's more aggressive hikes, logging 13 miles and 3000 feet.

Our special odyssey ended in Salt Lake City. How refreshing it was to see so many young men and women so devoted to their Mormon religion that they spent a year and one half away from their families and friends to do volunteer missionary work in Salt Lake City.

Delicate Arch



APS ANNUAL PICNIC



THE ST. CLEMENT TRACK TEAM

LONG STRIDE 2018

A ONE MILE RUN/WALK THROUGH THE COMMUNITY



Saturday, October 13, 2018 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: **\$10** (received **BEFORE** October 11) includes designer T-Shirt. NOTE: T-Shirts are only guaranteed for those who pre-register. After October 11 and on RACE DAY Registration **\$15** (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 and Over 55.
- Special Awards will be presented to the oldest participant!

The **Manny Ramjohn Award** will be presented to the male and female winner on 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

Birthday
Mo. Day Yr.

Area Code

Phone Number

☐ 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 forgoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever:

Signature: _____ Date: _____ Parents Signature: _____

If entrant under 18



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
P.O. BOX 298
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August rain: the best of the summer
gone, and the new fall not yet born.
The odd uneven time. *Sylvia Plath*

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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 8:30 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

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Fettner/Larry Lutzak

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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

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