

The Strider



September 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 9

FRONT PAGE NEWS

During this mid-summer, a Board meeting was held. At this meeting, the Board discussed how to distribute race proceeds from our Five Mile Challenge to various charities. Although the Board came up with a recommendation, the final decision on how to distribute these funds must be decided by the membership and the opportunity to vote on the Board's recommendation will be provided to the membership.

The next meeting will occur on the second Thursday of the month on September 8th (since 9/1 is before Labor Day). The Board meeting will start at 7:00pm (all members are welcome) and the Membership meeting will begin at 8:00pm.

The club picnic is September 17th in the Upper Park. Please bring goodies and your own chair. We have a permit and the picnic will take place rain or shine. Let's pray for good weather. The club will supply franks, hamburgers, turkey and veggie burgers as well as beans, sauerkraut, mustard, ketchup and coleslaw. The picnic will start after our walks and runs (around 10:30 am) with the grill being ready around noon.

The August 20th refreshment day went very smoothly and I want to thank those who attended and helped out.

See you on the path!
Stan Zibulsky

P.S. There will be no refreshment day in September. The picnic takes the place of the refreshment day.

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

September Birthdays

Walter Ehrenpreis (3rd), Betty Jacobson (4th), Christina Reinle (8th), Lou Cothalis (11th), Joseph Mullins (11th), Lenore Feinstein (16th), Lee Fettner (19th), Muriel Marcus (25th), Ira Gardner (26th), Lynn Nachman (27th) and Maria Ferraro (29th)

Belated Happy Birthday to Ray Johnson who celebrated his birthday on August 7th.

Congratulations

To Rosie & Conrad Schellenberg who celebrated their 50th wedding anniversary with a cruise to Bermuda!

Strider Picnic

We're looking forward to the Strider picnic on Saturday, Sept. 17th in the upper park. Just think -- all the crazy hot, humid weather of the summer will be behind us!

Looking Ahead

We'll be going back to our 9:00 weekend start on Columbus Day weekend - Oct. 8th.

Nice View

A group of Striders enjoyed a walk at Oakland Lake and shared these pictures below.



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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

So it's been a hot and humid couple weeks with not much racing going on. But I can report:

- ⇒ Lynn Henry crushed it at the Sands Point 5k finishing in a time of 35:47.
- ⇒ Rosalie Hatch ran in a "virtual race." This event was in support of the birth of our National Parks (100 years!) and each participant ran on the honor system. Rosalie ran a 10k in our own Alley Pond Park completing the distance in a time of 58:28! Rosalie reported "it was an interesting race running by yourself."

Speaking of running alone....Ocean to Sound Relay is coming up. If you are interested talk to Larry - our Runners' Rep.

Don't forget to send me your sports news at sara_jablonski@yahoo.com so you can be featured on the sports page!

There is
FUN
 to be done!
 ~Dr. Seuss

Calendar of Events

Thursday, 9/8: Monthly Board Meeting starts at 7pm (all are welcome), followed by the Monthly Membership meeting. During this important meeting we will discuss and vote on the distribution of the Five Mile Challenge Race proceeds. This is an important meeting - one not to miss.

Saturday, 9/17: Annual Picnic in the Upper Park Area. Club provides basic BBQ food and fixings, you bring salads or treats to share. Picnic starts after runs/walks (around 10:30 am), but the grill won't be serving until noon.

YOU NEVER KNOW....(OR BUMPING INTO STRIDERS IN THE ADK) BY NELLA CARRAVETTA

It's July 31, and a colleague has convinced me to sign up for a bike tour near Lake George, NY. I did not know what it was going to be like, but I figured it would NOT be a walk in the park.

We drive to the location where they are collecting our bikes to be put into vans and taken to the start, and then we wait...and wait for the bus that would carry the riders. At this point, I am starting to get a bit anxious. On the drive to the event, I could not help but notice that the course route is quite hilly. At least for the first eight miles or so.

What could possibly ease my pain? Hearing a friendly voice saying: "*hey what is an Alley Pond Strider doing here?*" It was Diane Grunthal who was there with Allen (already on the bike for some time as he was the awesome biker who was certainly not going to do less than the 75 miles route). Diane was doing the same 20 mile route I had signed up to do. The support along the course, both Diane's and Allen's, carried me to the end and it was so welcomed. Allen stayed with me for a few miles just when it was really getting harder and assured me that the big downhill would be nothing I could not handle. I rode with them in the past in Vermont and having them here was wonderful.

When all the miles, hills and valleys were conquered, we all met at the end for a BBQ with good beer and conversation.

It's always great to see other Alley Pond Striders outside of the park! Which just once again reminded me of how lucky I have been to be part of this generous, supportive, kind group of people, for the last 18 years!!!! Can you believe that?

So next time you are at a far off run, walk or ride, take a moment to look around and you may just find a friendly Strider near by.





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Today is your day! Your mountain is waiting. So...get on your way.

Dr. Seuss



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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: Stan Zibulsky
Vice President: Diane Haber
Treasurer: Joe Gambino
Recording Secretary: Maria Ferraro
Corresponding Secretary: Ronit Gurriel
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
 Sports Editor: Sara Jablonski
 Web Master (Level 15): Debbie Pesa