

# The Strider



Volume XXXVI  
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Nov./Dec. 2017

The Newsletter of the Alley Pond Striders

## FRONT PAGE NEWS

I hate to say this, but it's December already. I'd really like to thank all the Striders who have helped me and advised me over the past year. I am looking forward to another year as President of the club and another year running with a great group of people. I really enjoy being part of this club and would recommend everyone join a club like ours. If it wasn't for the Striders, I might not be running today. Knowing someone from the club is usually on the path or the possibility that I might meet "Fast Eddie" and have the opportunity to run and chat with him, has really encouraged me to get out in the park and run. Now if only I can convince Eddie to attend a club meeting.

This month's Holiday party and Membership meeting are on Sunday, December 17th. We have our 2018 club elections and other club business to discuss. Council Member Barry Grodenchik will be stopping by to say a few words and answer some questions. Please try to attend if you can. As always the club supplies the bagels and coffee. Feel free to bring a treat to share with the club and enjoy the meeting. In addition to our monthly meetings and refreshment days, a couple of other important dates to remember for next year are: Saturday, January 27th for our Annual Dinner Dance at Trattoria Lucia, Sunday, February 4th - Alley Bowl VIII and Sunday, April 29th our Five Mile Challenge in the park.

Hope to see everyone at future club events and I want to wish everyone Happy Holidays and a very good New Year.

See you on the Path!  
Michael

## NOTICE!

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**HOLIDAY PARTY/MEMBERSHIP MEETING  
(WITH 2018 BOARD ELECTION)**

**DECEMBER 17, 2017**

**SPECIAL SUNDAY EDITION!**

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

### Happy November Birthday to:

Joe Gambino (3<sup>rd</sup>), Ronit Guriel (4<sup>th</sup>), Randi Opsahl (4<sup>th</sup>), Herb Ascher (6<sup>th</sup>), Reinalda Johnson (10th), Kiran Mandrekar (10th), Rachel Belson (11th), Judy Densky (12<sup>th</sup>), Lynn Henry (17<sup>th</sup>), Walter Long (19th), Ned Daily (21st), Nicole Appel (23<sup>rd</sup>), Richie Cohen (23<sup>rd</sup>), Ray Prochak (24<sup>th</sup>) and Jerry Kirschner (30th).

### Happy December Birthday to:

Iris Hertzberg (1<sup>st</sup>), Bill Jablonski (5<sup>th</sup>), Larry Lutzak (9<sup>th</sup>), Lenny Katz (10<sup>th</sup>), Kiran Mandrekar (10th), Mike Polansky (12th), Brian Bak (15th), Marilyn Silver (18<sup>th</sup>), Penny Smith (20<sup>th</sup>), Ada Rosales (22nd), Dave Miles (23rd), Michael Weisbord (29<sup>th</sup>), Scott Fairgrieve (30th) and Bill Kaiser (31st)

### Welcome Back

To Len Richards of Jamaica

### Speedy Recovery

Nella is recovering from meniscus surgery and hopefully will be able to transition back from walking to running very soon.

John Rettmer is recovering after a recent vascular surgery on his leg.

### Condolences

To Ray Lascot on the passing of his wife Glenda in early December.

### Happenings

First, the semi-annual Park Clean-up sponsored by the Knight of Columbus was held on October 21<sup>st</sup>. Thanks to the Striders who volunteered including Joby Jacobs. It was also our monthly refreshment day and our first Saturday Membership Meeting. The overall sentiment was that it was a great idea and will be continued. A free raffle was held for two Dunkin Donuts \$10 Gift cards. The lucky winners were Lynn Henry and Rosalie Hatch. The 50/50 raffle was won by Hank Klein.

Our November refreshment day/meeting had another big turnout. The Dunkin Donuts gift cards were won by Pam Foster and Audrey Hatch.

### Congrats

To superman Elik Hirsch. Elik did a Double Ironman in early October. That's a 4.8 swim, 224 bike ride followed by a 52.4 mile run! Congratulations Elik - you're amazing!

To Carlos Noriega who ran his first 1/2 marathon - the Queens Half on 11/18 in 2:19.

### Elections - Nominating Committee

It's not too late to throw your name in for a board position. The election will be held at our Holiday party on Sunday, December 17th. Here is your chance to make a difference! Please let Diane Haber, Lynn Henry or any member of the Board/Nominating Committee know if you are interested in any or all positions.

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

## STRIDERS SPORTS SPOTLIGHT

BY SARA JABLONSKI

October 23<sup>rd</sup> – Saint Francis Prep 5K: Congrats to Robert Pasqual he came in first in age!

November – Coming in at 1:55, Rob decided he wants to branch out and make new friends at the Disney half marathon.



Grandpa Fast Eddie Grassel came in second in his age group in the Massapequa 5K. Eddie ran with his daughter, Lianna, who gave birth to Eddie's granddaughter just three months ago! Eddie also ran with Bruce Hammer and his two sons Evan and Zack.

Congrats to the Striders who ran the NYC Marathon on Nov. 5th: Jaime Palacios, Sue Corrie Del-Cid, Vince Del-Cid, Gerry Ruiz, Lynn Leon, Kara Nandin, Ira Gardner, Nicole Appel and Dave Miles. (Hope I didn't miss anyone!)

November 18<sup>th</sup>- Lynn Henry reported, Blazing Trails for Autism 5K had a nice Strider turn out of runners and spectators:

Jaime Palacios- 6:22 pace for 1<sup>st</sup> in age.  
 Vivien Lim- 6:31 pace for 1<sup>st</sup> master and 3<sup>rd</sup> woman overall.  
 Pat Mitrofanis- 7:34 pace for 1<sup>st</sup> in age.  
 Sue Corrie Del-Cid - 8:40 pace for 3<sup>rd</sup> in age.  
 Fran Kraus Schmidt- 8:58 pace for 3<sup>rd</sup> in age.  
 Debbie Pantano - 9:39 pace.  
 Laughlin Whalen - 9:43 pace.

Laura Weisbord - 10:15 pace.

Peter Hoey - 10:40 pace.

Danielle Weisbord - 10:46 pace.

Mike Weisbord - 10:46 pace.

Maria Ferraro - 10:47 pace.

Vince Del-Cid - 11:07 pace.

Lynn Henry - 12:55 pace (welcome back to running after your injury)!

Also seen were Nella Carravetta, Helen Pineda, and Joe Gambino (volunteer).

November 23<sup>rd</sup> (Thanksgiving Day Runs): North Shore Turkey Trot 5K: Sara Jablonski (me!) ran her first 5k in a long time. She came in 2nd in her age group! And, at the Garden City Turkey Trot 5-Mile:

Ned Daily - 6:42 pace (1st in age)

Joe Gambino - 9:49 pace (2nd in age)

Debbie Pantano - 9:34 pace

Laura Weisbord - 10:12 pace

Danielle Weisbord - 10:29 pace

Peter Hoey - 10:42 pace

Maria Ferraro - 10:45 pace

Mike Weisbord - 11:16 pace

Kate Gambino - 11:19 pace

Lynn Henry - 12:12 pace

A.J. Gambino – ran fast.



Never know who you might see: Kathy Scalzo (former Strider VP), me, and former Striders John Cantwell and John Scalzo!

**If you have sports news to report, email me at: [Sara\\_jablonski@yahoo.com](mailto:Sara_jablonski@yahoo.com)**

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



February 4, 2018  
RAIN, SNOW OR SHINE



**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). PRE-REGISTRATION AVAILABLE BY MAIL (due on or before January 30); \$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, 2018. Make checks payable to:**

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

### STRIDER FOOD DRIVE *BY JOHN SASSONE*

The Alley Pond Striders once again showed their generosity and commitment to the local community by sponsoring a Thanksgiving Food Drive to benefit the food pantry at Our Lady of Lourdes in Queens Village.

The food pantry serves many families and senior citizens in the area and is also part of the Hunger Hot Line. It is run by volunteers. Sr. Cathy who has headed it for the last four years explains that the needs ebb and flow with the economy. Many recipients come to the pantry because they lost their job or suffered a medical event that drained their savings. Rents in the area have increased and many families are living pay check to paycheck so it doesn't take much to push a family over the edge.

Thanks all to the Striders who supported what has become an annual event. In addition to bags of soup, cereals, pastas, and other needed items, \$540 was donated. Special thanks to Stan Z, Prez Mike, Panayiota M, and my wife Pat for their cash contributions as well as my colleagues at Janney, Montgomery Scott who also supported our drive. I would also like to thank Matt Symons and the NYC Department of Parks for allowing us to place a collection bin in the Park House.

Mother Teresa said, "If you can't feed a hundred, then feed just one." I think our efforts this year will feed a hundred, most of whom are women and children. Holidays will be a little happier for some because of The Striders.

Pictured - John Sassone with Sr. Cathy at The Lady of Lourdes Food Pantry in Queens Village.



### STRIDER WALKERS TRIP TO MARYLAND





**Come One Come All!**

Alley Pond Striders

Annual Dinner

Saturday, January 27, 2018

7:00 to 11:00 pm

RSVP by 01/20/2018

\$55.00 per person

Trattoria Lucia

247-63 Jericho Turnpike,

Bellerose, NY

DJ/Buffer dinner with beer, wine & soda

Name: \_\_\_\_\_

# of attendees: \_\_\_\_\_

Send check to: Alley Pond Striders

P.O. Box 298

Bellerose, NY 11426-0298

Cash or checks can be given to

Nella Carravetta, Joe Gambino or Lynn Henry



THE NEWSLETTER OF THE  
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 BELLEROSE, N.Y. 11426-0298

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# Happy Holidays and Happy New Year!



[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**  
**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](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))  
 Senior Editor: Lynn Henry  
 Web Master (Level 15): Debbie Pesa