

The Strider



Sept/Oct 2021

The Newsletter of the Alley Pond Striders

Volume XL
Issue 9/10

FRONT PAGE NEWS

Dear Fellow Alley Pond Striders -

As we head from fall towards winter, I hope that this Newsletter finds you well and enjoying the fall season in our beautiful Alley Pond Park! There are lots of activities going on including *The Alley Pond Striders 40th "Plus" Anniversary Dinner Dance on Friday, October 29th!* Our Alley Pond Striders 40th Anniversary Dinner Dance at last, at K.Pacho Restaurant in Lake Success! Thanks to all who attended and shared in this milestone event! The Phase One resurfacing of the Vanderbilt Motor Parkway between Winchester and Springfield Boulevards has finally been completed and is now "unofficially" reopened! The results are a new road surface that is now being enjoyed by everyone who uses the park. *The APS Monthly Breakfast Run/Walk* has now returned to the Park House on Winchester Blvd.

APS Races – APS was well represented in the resumption of the Ocean-To-Sound 50 Mile Relay Race where our fast team once again took First Place in Mixed Masters! We also participated in The Long Island Marathon, Half Marathon and 10K races as well as the Blazing Trails 4 Mile Run for Autism. See our Runner Representative Rob Pasqual's column for more on APS running activities! Our *APS Walkers* continue to have great success in their walks both in our Park as well as organizing walking events.

APS Board Elections – The votes are in! The Nominating Committee did a terrific job in forming a winning slate of candidates that were voted in at the end of September by our members. They are scheduled to assume leadership from this administration starting November 1st. I am pleased to announce that our Newsletter Editor Ken Kaiser will be leading our Alley Pond Striders along with our new Vice President, Sara Jablonski! Their many years of APS experience will assure that APS continues to thrive. You can read more later in this Newsletter. I thank Ken and Sara, along with the complete Executive Board, for stepping up and assuming this important responsibility. Our club is in great hands!

Finally – It is with mixed emotions that, after serving you, our members, from January 1, 2019 until October 31, 2021, I am stepping down as your President. I was able to witness the start of the improvements in our Alley Pond Park, celebrate the 100th Birthday of Strider Phil Marcus, continue to see ways developed to keep our members involved and engaged, including celebrating our 40th Anniversary of the founding of APS. It was also a very challenging time, while we all have had to survive this once-in-a-lifetime global pandemic that continues to affect each and every one of us.

However – While it was one of the most challenging positions that I have held in my lifetime, it was worth the effort and the memories. We had a great team and all helped tremendously! Whatever comes our way, we Striders will continue to "take it in stride!" I wish you all a safe, happy and holiday season! And...I'll see you in Alley Pond Park!

All the best, to you all, Larry Lutzak

(Editor's note: a great THANKS to Larry and the entire Executive Board)



Talk on the Path - What's Happening In and Out Of the Park

Happy October Birthday:

Diane Haber (4th), Fred Feinstein (5th), Gerry Ruiz (6th), Stan Zibulsky (8th), Gus Greis (9th), Susan Miller (11th), Janet Fox (12th), Lynn Dunworth (16th), Denise Lee (19th), Susie Perry (21st), Ray Lascot (22nd), Laughlin Whalen (23rd), Annette Richman (27th) and Anthony Rizzotto (31st)

Happy November Birthday to:

Joe Gambino (3rd), Ronit Gurriel (4th), Randi Opsahl (4th), Herb Ascher (6th), Haydee Perez (6th), Maxwell Fishon (7th), Elizabeth Brown (8th), Roza Agabs (11th), Rachel Belson (11th), Judy Densky (12th), Lynn Henry (17th), David Schultz (20th), Ned Daily (21st), Nicole Appel (23rd), Richie Cohen (23rd), Ray Prochak (24th) and Luz Rodrigues (25th)

Warm Welcome –to our newest Striders: Ava Ballenas of Glen Oaks, David Shultz of Whitestone and Ann Marie Williamson of Whitestone.

Thank You!

We're welcoming a new board but want to say thanks to the 2020 board whose service went above and beyond.

President - Larry Lutzak

Vice President - Mike Weisbord & Arthur Fettner (in memorial)

Treasurer - Laughlin Whalen*

Runner's Rep - Rob Pasqual/Helen Pineda-Pasqual

Walkers' Rep - Dorothy Chusid *

Recording Secretary - Diane Haber*

Corresponding Secretary - Fran Kraus-Schmidt

Social Secretary - Nella Carravetta

*Staying on in 2022

Looking Ahead

- ⇒ Not too late to sign-up for our Dinner Dance at K.Pacho's on Friday, October 29th. Do you have your dancing shoes ready?
- ⇒ Refreshment Day– Saturday, November 20th after our walk/run. Good time to see the work they've done on the path.

Please send any items for "Talk on the Path" to the editor at:

apstriders@aol.com



Runners Report by Coach Rob Pasqual

The weather has pleasantly cooled and the big NYC race is just around the corner, and looking at recent results, the Striders are ready. The numbers of runners on our compromised Motor Parkway have increased and more Striders are going up to the winners podium.

A warm welcome to our new President Ken Kaiser. Here's hoping his steady hand and decreased pandemic numbers bring this club back to normalcy. (*Editor's note: "normalcy" is based on Strider normal, maybe not normal normal*).

And now our results:

9/4 Main Street Mile

Gerry Ruiz 9:51

9/5 Mardi Gras Run to Great South Bay Brewery

Rob Pasqual 39:59
Denise Lee 43:25 1st place AG

9/25 Endless Summer 5K

Gerry Ruiz 36:43 3rd place AG

9/26 Bronx 10 miler

Joseph Gravagna 1:37:37
Sue Corrie 1:53:28
Gerry Ruiz 2:01:44

9/26 Ocean to Sound Relay

Alley Pond Joey's Heroes 9:17 - 60th place
With Carlos Noriega, Peter Hoey, Larry Lutzak, Len Richards, George Waters, Lou Cothalis, Joe Gravagna and Audrey Hatch

Alley Pond All Stars 6:13 - 13th overall 1st place AG

With Joe Gambino Jr, Rob Pasqual, Jamie Palacios, Pat Mitrofanis, Andrea Salis, Denise Lee, Arasu Mani and Vivien Lim

10/3 Blazing Trails for Autism 4 Miler

Vivien Lim 25:54 1st place female overall!
Jamie Palacios 27:07 1st place AG
Pat Mitrofanis 30:59 1st place AG
Debbie Pantano 42:13
Peter Hoey 43:57
Larry Lutzak 57:24
Helen Pineda-Pasqual 1:07:44



Looking ahead...On Saturday, 11/27 at Bear Mountain State Park is the annual Bill Markiewicz Alumni Cross Country race at noon. This is a freebie folks and is welcome to anyone who ever ran for their high school cross-country team (though if you didn't who would remember). The course is very scenic, but has one killer hill.

Another hidden classic is the Taconic Road Runners XC Relay and Couple Relay in December. This is another low fee race held at Blue Mountain reservation in Peekskill. More details will follow. BTW you don't need to be a real couple to run the couples relay, I ran this race with Debbie Pesa more than I did with Helen.



2022 EXECUTIVE BOARD - INTRODUCTION

Due to the COVID-19 pandemic and the related issues, it has been difficult to conduct normal Alley Pond Strider business (or any business for that matter). Despite these difficulties, the 2020 Executive Board continued to serve the club and after a significant amount of work and meetings, the following 2022 EXECUTIVE BOARD SLATE was elected on October 1st in a virtual election:

President - Ken Kaiser

Vice President - Sara Jablonski

Treasurer - Laughlin Whalen

Recording Secretary - Pat Mitrofanis

Corresponding Secretary - Mindy Bellow

Social Secretary - Maria Ferraro and Rosalie Hatch

Runner's Rep - Rob Pasqual

Walker's Rep - Dorothy Chusid



1. The election voting process was held virtually using CONSTANT CONTACT (the club's email-based news and notification system). This 2022 Executive Board begins on November 1, 2021 through December 31, 2022.

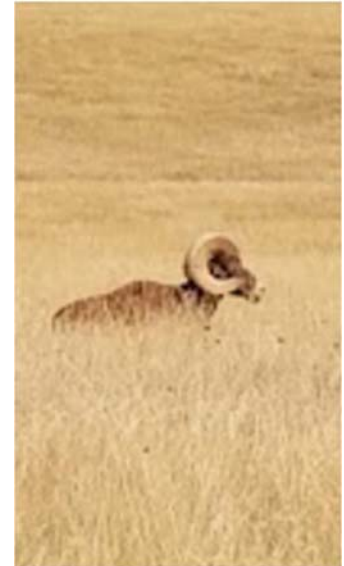
Thank you to those exiting , those staying and those joining the Executive Board.

THANK YOU SO MUCH!

HIKING IN AMERICA WITH THE GRUNTHALS

Diane and I spent two weeks hiking and sightseeing in glorious South Dakota. Wait. What? South Dakota?

We did 15 hikes in Badlands National Park, Buffalo Gap National Grassland, Wind Cave National Monument and Custer State Park, which included a climb of 7242' Black Elk Peak - South Dakota's biggest mountain. Hiked amongst bison, elk, goats and prairie dogs - all wild animals. Visited Mount Rushmore National Memorial, South Dakota Air & Space Museum, Minuteman Missile National Historic Site and Jewel Cave National Monument. Chowd on bison burgers, elk burgers and walleye. Pleasantly surprised about the varied and beautiful scenery in South Dakota. Put South Dakota on your bucket list.

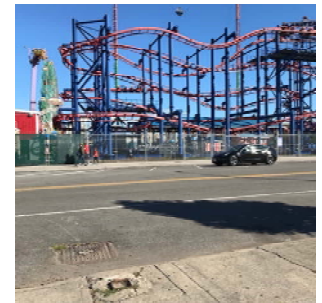


Annual City Stride by Dorothy I. Chusid

Once again the Striders strode out on the Annual City Stride event. The day was one of exploring and reminiscing at Coney Island. We were 23 Striders. The day was sunny and in the high 60s, a perfect day to enjoy the sights and sites.



We started our adventure at the Aquarium with exhibits both inside and outside. All were interesting with innovative settings. It takes about two hours of walking to cover all of the exhibits. It's worth the time and energy!



We broke up into smaller groups after the Aquarium. Some of us chose to walk on the Boardwalk where we saw some of the rides from Luna Park as well as taking in the beach and the salt air. Unfortunately, the amusement park was closed and none of the rides were available to go on. Some of our adventurous Striders were ready to go on the Cyclone and were disappointed that they couldn't.

We all decided to have lunch at Nathan's; how could one visit Coney Island and not eat at Nathan's?



From the feedback from our Striders, all seem to have enjoyed the time spent at Coney Island. I know I did.



Striders, Diane Haber, Sybil Blumenthal, George Schafer, Mindy Bellow, resting after their walk on the Boardwalk at Coney Island. With Ray Lascot in the picture to the right.



Post note: We also had the opportunity to see the changes in the neighborhoods in Brooklyn while we were riding in the bus. I appreciate the great pictures added to my pictures in this report from Pam Foster, Diane Haber and Tony Florido.

ANNUAL DINNER DANCE



K. PACHO | SATURDAY, OCTOBER 29 | 6:30-10:30 PM

1270 UNION TURNPIKE, NEW HYDE PARK | \$70 PER PERSON | DUE OCT. 8*

PAYMENTS CAN BE MADE TO ANY BOARD MEMBER,
ON THE WEBSITE WITH PAYPAL, OR VENMO: @MICHAEL-WEISBORD
CONTACT: ALLEYPONDSTRIDERS@GMAIL.COM

*AFTER OCT. 8 THE PRICE IS \$80



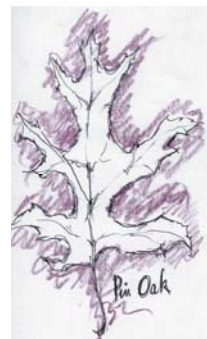
THE NEWSLETTER OF THE
ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, N.Y. 11426-0298

NON PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 464
FLUSHING, NY

Return Service Requested



Fall Leaves by Rosalie



www.alleypondstriders.com

INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
2022 EXECUTIVE BOARD ELECTION RESULTS	4
HIKING IN AMERICA WITH THE GRUNTHALS	5
CITY STRIDE	6
ANNUAL DINNER DANCE	7

The Alley Pond Striders is a running and walking club with over 160 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 EVERY DAY— Check with Lynn Henry for times and gathering place.

**For Membership Information
Please contact Lynn Henry
at
516 437-8715 or
lynnahenry@yahoo.com**

Board of Directors

President: Ken Kaiser
Vice President: Sara Jablonski
Treasurer: Laughlin Whalen
Recording Secretary: Pat Mitrofanis
Corresponding Secretary: Mindy Bellow
Social Secretary: Maria Ferraro & Rosalie Hatch
Runners Rep: Rob Pasqual
Walkers Rep: Dorothy Chusid

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 : Danielle Weisbord