

The Strider



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The Newsletter of the Alley Pond Striders

FRONT PAGE NEWS

First and foremost, I hope that you are all safe as well as your families and friends. I write my message knowing that we're all sharing a terrible moment in all of our lifetimes – the spread of Covid-19 into a global pandemic. It has touched every one of our lives.

So far, Kath and I have been fortunate as well as our immediate family. Unfortunately, our sister-in-law's father was affected by Covid-19 and passed away in his nursing home in Manhattan. I have also lost two friends infected by Covid-19, from different organizations that I belong to as well. We are all affected by this scourge, which is dangerous to anyone and everyone.

I do have some good news on fighting Covid-19. One of our own Striders who was infected recovered from the virus. Several friends of mine from another organization that I'm involved with have survived! One of them had three days of 103 degree fever and beat it. Another was in ICU near us but made it out of the hospital and has returned home. He performed his Tai Chi exercises after leaving the ICU. The hospital staff was surprised and encouraged him continue as it showed an increase blood flow to his lungs.

What has resulted in shutting down just about everything that we live for has also redirected our time and routines. While a majority of us are sheltering at home with family, some are home, alone. If you know of anyone that is home alone and needs a phone call, please call and/or Face Time or Skype with them. The worst feeling is to be alone and no one thinks of you.

Let me cover a few items that your Board members are trying to adjust/modify from our schedule. I have more good and hopeful news. I have reached out to K'Pacho Restaurant to reschedule our APS Dinner Dance and celebration of our 40th Anniversary event. Our new date is now Sunday, October 18, 2020. This is contingent on our all being able to hold our event by that time.

In the meantime and if you wish to have APS hold your payment, we will do so and thank you very much for doing so. However we also realize that these are very difficult times, financially. If you have requested a refund and have yet to receive it for our previously scheduled/cancelled March 23rd date, please be patient. We will honor your refund request.

Concerning the cancelling of our annual APS Five Mile Challenge last month, we will not be able to reschedule for the remainder of 2020, even if we wanted to do so. NYC Parks announced that, as of last week, ALL permits have been cancelled through the summer of 2020. Further, all cancelled permit holders are prohibited from reapplying for any other dates in 2020. However and due to Parks' rules, we will be allowed to have our permit renewed for the same date in April of 2021. Still, even if we could reschedule later in 2020, all the other races in our area are also looking to do the same thing. If the NYC-LI fall & winter racing schedules are not cancelled, that would not benefit APS to hold its race and expect a reasonable turnout of runner support.

Our 40th Anniversary year will still be celebrated, even if we have to delay until 2021. It is still a great milestone of achievement to have our organization still be a viable part of the running community in Queens, NYC and Long Island.

I thank our Runner Representatives Rob & Helen Pasqual as well as Walker Representative Dorothy Chusid for keeping in touch with our Strider members.

Remember – keep moving! Either run/walk where it's least trafficked by others. Maintain your social distancing of at least six feet. Bring a mask and gloves with you in case you are suddenly and unexpectedly thrust into the company of others while outside.

Here's an *Outside* magazine article on whether or not a mask is necessary while running. Ideally, if you are running in a remote or little-trafficked area, then you don't need it at all:

[You Probably Don't Need To Wear A Mask When You Run](#)

Do your home strengthening exercises with family or, if alone, add some music to help stimulate your adrenaline and keep your motivation. Such exercises help to achieve a better runner/walker by strengthening those muscles that are needed to support your legs and torso when running/walking.

And here's a *Runner's World* article that's worth reading for runners as well as walkers:

https://www.runnersworld.com/runners-stories/a32006870/social-distancing-while-running-coronavirus/?source=nl&utm_source=nl_rnw&utm_medium=email&date=040320&utm_campaign=nl19890230

As Alley Pond Striders, we care about each other. Please be safe, well and healthy! Larry

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

Happy March Birthday to: Tony Florido (4th), Erin Ehrlich (8th), Andrea Salis (11th), Mel Kay (15th), John Wilhelm (15th), Astrid Georges (16th), John Rettmer (16th), Judi Rettmer (16th), Nella Carravetta (21st), Kathy Ziegler (21st), Hank Klein (22nd), Conrad Schellenberg (28th) and Gloria J. Schneider (31st).

Special Happy Birthday to Phil Marcus. On March 24th Phil celebrated his 99th birthday. Happy Birthday Phil!



Happy April Birthday to: Andy Ziegler (2nd), Debbie Pantano (3rd), Suzanne Tow (7th), Cheryl Rush (11th), Allen Grunthal (14th), Helen Pineda-Pasqual (23rd), Maria Elena Jiminiz (24th), Ellen Bottner (25th) and Bruce Hammer (26th).

Happy May Birthday to: Pat Mitrofanis (1st), Vince del Cid (1st), Harjit Sandhu (6th), Carlos Noriega (17th), George Waters (20th), Albert Galatan (24th), Arthur Fettner (29th), Elik Hirsch (30th) and Letisha Lawlor (31st)

Congratulations:

To Howard & Lynn Nachman who celebrated their 50th wedding anniversary on April 11th.

To Tom Case on his recent retirement.

To Judi Rettmer who recently donated her 110 pint of blood.



Condolences:

To Mike Weisbord and family on the passing of his father on April 2nd at 96 years old.

To Trudy Bauer's family. Trudy passed on Sunday, April 19th at 95 years old. Trudy had been an active walker until medical issues curtailed her exercising.

NOTICE - No Picnic: To confirm what you've probably assumed, we won't be having our annual picnic this year.

Looking Ahead

We return to our weekend start time of 8:30am on Saturday, May 23rd – Memorial Day Weekend.

As Larry mentioned in his article, our annual dinner has been rescheduled to Saturday, October 18th at K'Pacho.

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

RUNNERS REPORT BY COACH ROB PASQUAL

So, if I'd bet you the Mets and Yankees would be undefeated at the end of April and you had no races on the horizon, I bet you'd take that bet. Ta-Da! The world's been turned sideways and who knows when this ship will right itself. Yet we Striders press on. Not together, but we press on.

In the future there will be refreshment runs, Rockefeller runs and an Alley Pond Challenge. But again I don't know when (if I did my investment statements wouldn't be as painful as they are).

We do have some results:

3/8 Queens St. Patrick Day 5k

Rob Pasqual 23:48 1st place AG
Ira Gardner 34:52 2nd place AG
Gerry Ruiz 35:21 3rd place AG (a 60+ sweep!)

NEW FEATURE: My Sunday best

In the absence of real races, we asked members to recall their best race ever.

First up, **Lynn Henry**: Although running three NYC Marathons was a high point in my running life, I have to say that my first race -- the L'eggs Mini-Marathon in Central Park in 1978 is something I have never forgotten.

What a first race with the hoopla of thousands of women running with friends and strangers on the sidelines yelling support! It still gives me goose bumps when I think about the music, announcements, balloons and the medal they gave me at the finish.. I was so excited that I set a goal and I did it! (10K - 68:44) And the rest is history!

Next **Mel Kay**: I joined the Alley Pond Striders in 1985 - A few runners (Jack Halberg, George Zink and John McHugh) were very encouraging and helped me out a lot. Later I would run with Eddie Grassel, John Rettmer, Bruce Hammer and Joe Gambino (who I could never beat in a race) During my time with the Striders I ran 1/2 marathon in 1:31: 04 and 5ks in the low to mid 19 minute range. I rarely placed in any event - maybe an infrequent 2nd or 3rd place. After we moved to Virginia I got slower and slower but kept running about 15 miles a week. One day in September, 2005 a few friends encouraged me to do a 5K race so we all went. I was 60 years old and ran a slow-ish 25:48. We left and did not hang around after the race - the next day I get a call - Did you know you finished first in your age group? Not only did I finish first but first out of 25 in my age group!!! (maybe there were a lot of walkers!!!) Anyway a few days later I retrieved a really nice trophy with a speedy looking runner on top. Mel Kay

Finally, young **Joey Pasqual**: In the fall of 2018 Joey ran his first cross country race at Alley Pond Park. Halfway through the race, Joey was in the top ten when he fell down. Disappointed, he walked, crying to the finish. This past fall he ran the race again. This time he took the lead immediately and won the 300 meter race by about 10 meters. The next week he asked me a few times" Daddy, when do I race again?"



Rockefeller Preserve

WALKERS' REPORT

A group of our walkers are still managing to walk everyday weather permitting. We meet at Alley Pond Park, at the top of the hill on the Motor Parkway off Kingsbury Avenue from Monday-Friday. We leave at 9:30 am to walk on the trails in the woods. These usually are either the white, red, orange or blue ones or a combination of several of them, depending on the weather conditions the day or days before. After a rain, the trails are muddy. In this case, we stay on the Motor Parkway for our walk which is usually runs an hour to an hour and half. We leave fifteen minutes earlier on Saturday. Sundays are reserved for walks to different sites. Two weeks ago we went to Oakland Park. Last Sunday, we did our walk around the beautiful Little Neck Bay in Douglaston Manor. We met at the L.I.R.R. station. All walks on Sunday start at 9am.

We would like all of our walkers to join us. Many are not interested in being outdoors because of COVID-19. Our group is very concerned about the virus and are taking all the necessary precautions; we all wear masks and do social distancing.

We are keeping strong and optimistic during a difficult time. We are fortunate that we have places to go like our beautiful parks that lift our spirits and brightens our outlook for the future. Our group offers each of us an opportunity to socialize with one another, albeit in a limited way. Being together lessens the feelings of being isolated and wards off loneliness which is prevalent nowadays. It also helps with handling anxiety and other emotions by sharing feelings with one another. Taking walks in parks, beaches, new neighborhoods where there are no restrictions is therapeutic; it gets those endorphins flowing!

Pam Foster took a lovely shot in Oakland Lake.

Project: We are working with one of the Park's Administrators, Matt Symons, who is helping us mark the trails in the woods more distinctly so that anyone can walk on them without a leader. Matt has been very cooperative with this project. A proposal may be made to be able to use a GPS as well. Thank you Mike Weisbord for helping us to connect with Matt.

To All: Please stay safe and healthy, Dorothy I.
Chusid



ALLEN'S TRAVEL REPORT (THERE AND BACK-IN-TIME)

Hi all,

In these difficult times, I'd like to take your mind off the current news for a few minutes.

The ski trip (with a group of 30 from Central Jersey Ski Club) started out great. Diane and I visited 2 ski areas in British Columbia (western Canada) - Revelstoke and Silverstar. Started at Revelstoke, which has 5,620' vertical, the largest in North America. They were having one of their snowiest ski seasons ever, and the deep base and expansive tree skiing was sublime. Didn't want to leave after 3 days of skiing, but it off to Silverstar.

The morning we traveled to Silverstar, all recreational operations at the resort closed due to Covid-19. We tried to get an early flight back to NJ, but it was not possible. What to do? We went hiking/walking on the closed multi-use trails for 3 miles twice a day for 3 days, then it was off to catch flights from Kelowna to Toronto to Newark, just before Canada closed the borders to travelers. Got home just in time to find the toilet paper store shelves continuously bare. WTF!

Click/tap on the link below which will lead you to a Google Photos album of 15 pictures where you can click/tap on the 1st photo and scroll through the pictures individually, or view as a 2 minute slideshow.

<https://photos.app.goo.gl/TtrFNqXt2zdr33kp6>

It's probably going to be some time before I issue another travel report, as Diane and I had to cancel 2020 planned trips to Scotland (hiking), Croatia (biking), Virginia (hiking), South Dakota (hiking) and Nepal (hiking), where we hoped to have an up-close look at Everest. Am now walking my neighborhood (400 townhouses) every day and greeting neighbors I never met before, from a 6+ foot distance of course.

[Stay well](#) everyone!

All the best, Allen Grunthal



THE NEWSLETTER OF THE
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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

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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:
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