

The Strider



June 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 6

FRONT PAGE NEWS

Our next meeting will take place on Thursday, June 2nd at 8:00pm. Bobbi Nigro will be speaking about and demonstrating Yamuna body rolling. In addition, Striders who have a birthday in June and July will be honored and cake and ice cream will be served. The Board will meet from 7:00 to 8:00pm. All members are invited to attend the board meeting.

Starting on Saturday, May 28th, weekend runs and walks start at 8:30am to avoid the heat. The weekday runs and walks will start at 9:00am as usual.

The club will have its annual picnic on **Saturday, June 18th** in the Upper Park. I will be there early to reserve tables. Please bring the usual delicious salads and fruits for the picnic. We will have hot dogs, burgers, turkey burgers and veggie burgers. Please contact Nella at nellacarravetta@gmail.com to volunteer to grill or help out in another way. Bring some chairs for yourself. There will be no refreshment day in June - the picnic will take its place.

Finally, as we have done in the past few years, there will not be a Membership Meeting in July and August. And, there will be a mid-Summer issue of "The Strider" replacing the normal two issues.

See you on the path.
Stan Z.

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

JUNE Birthdays

Dorothy Chusid (1st), Lynn Leon (2nd), Ken Kaiser and Macie (6th), Talia Galatan (8th), Laurie Wennerholm (9th), Fran Kraus-Schmidt (11th), Kevin Morrissey (11th), Sybil Blumenthal (18th), Ruth Abraham (20th), Madeline Karlitz (20th), Howie Nachman (20th), Tony Gabb (21st), Joe Gambino Jr. (21st), Eleanor Petardi (25th), Dolores Davis-Kon (26th), "Fast Eddie Grassel (28th), Ilana Galatan (29th) and Debbie Pesa (30th).

July Birthdays

Reena Fettner (5th), Jacquie Haberer (13th), Steve Turkeltaub (14th), Ray Jaffe (16th), Sara Jablonski (17th), Lee Dunworth (18th), Diane Grunthal (21st), Joby Jacob (24th), Herb Carp (25th), Herman Mays (25th), John Sassone (26th), Pam Foster (27th), Alan Abbey (28th) and Jean Schapowal. (29th)

Congrats

There is wonderful news that on Friday May 20th, Rob Pasqual's Dad, Morris Pasqual was posthumously inducted into the CYO Hall of Fame. Rob, you and your family must be so proud that he received this well-deserved honor.

Congrats

To Mike and Ruth Weisbord. Their daughters Laura & Danielle graduated from SUNY New Paltz on Sunday, May 15th.

Good Wishes and Happiness

To Laurie Wennerholm and Gary Korzon who got engaged on Friday, May 20th,

Road Trip

Striders Fred and Lenore Feinstein, Sybil Blumenthal, George Schafer, Jo Ann Barnes and Suzanne Tow (not in photo) went in search of the Fountain of Youth in St. Augustine, Florida.



Happy Father's Day to all the Strider fathers and grandfathers!

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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

I hope everyone had a fun and active Memorial Day weekend! Just a reminder as of May 28th weekend walks and runs begin at 8:30AM.

Let's start our reporting on the 1st of the month with Laughlin Whalen completing the L.I. Marathon 10K, in 57:46 - 9:19 pace and 3rd in age. Meanwhile, Fran Kraus went a little out of her way to see some pigs. She did the Flying Pig Half Marathon in Cincinnati, Ohio in a time of 2:14. She met former Strider Andie Davis who drove from Indiana and they met up with another friend from Wisconsin. Also on May 1st, Rob Pasqual and Debbie Pantano completed the Rock the River 6K. I guess they didn't think we had enough hills in our park so they went off to do a hillier run with "a lot of steps," in Fort Lee, NJ. Rob Pasqual finished in 38:31 (16th overall) and Debbie Pantano finished in a time of 51:32.

On Sunday, May 15th a group of Striders supported the Forest Park 4 Miler. Laughlin Whalen came with a time of 36:55 (pace 9:14) which was good enough for 3rd in age. Also running was Helen Pasqual with little Joey running the last half mile with mom.

John Rettmer who continues to be an impressive runner also completed the Forest Park 4 Miler. John's wife Judi reported: "*Hi all, Yesterday the Forest Park 4 mile race was held. John (being 80 now and probably the oldest runner in APS) wanted to come in under one hour. He did, and did better than that, he came in under 50:00:00 his time was 49:03! In fact the closest age to his as we can locate in their list of finishing runners was either 74 or 76. And it was good and cold and windy. Too bad Forest Park does not give out awards for older runners.*"

The Hance Family 5K was held on May 21st in Floral Park – three Striders participated and ALL placed: Scott Fairgrieve - 25:20 (2nd in age); Joe Gambino - 26:36 (1st in age); and,

Lynn Henry -32:16 (2nd in age).

Finally, Rob Pasqual is inviting all club members to join him. In his words, "*At least once a year I like to go up to Rockefeller Preserve to run its beautiful trails. This year I'd like to head up on Sat., 7/2. We'd leave from Alley Pond at 8 am; it takes about an hour to get there. Anyone else interested? Let me know rpasqual@nyc.rr.com.*"

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

Calendar of Events

Thursday - 6/2: Membership meeting starts at 8 pm in the Park House. The Executive Board Meeting starts at 7 pm and all are welcome to both meetings. Bobbi Nigro will be our special guest speaker. Also, June and July birthdays will be celebrated. Please come join us.

Saturday - 6/18: Annual Picnic in the Upper Park area. The club will have the basics of a bbq - but we need you to bring a special treat to make it a GREAT event. Come on out and bring something to share.

Sunday - 6/19: Happy Father's Day to all the Dads and those who are just like a Dad!



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

“Whenever the sun is shining, I feel obligated to play outside!”
 – Charles M. Schulz, *The Complete Peanuts*, Vol. 1: 1950-1952

www.apstriders.com

INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
STRIDER SPORTS SPOTLIGHT	3
CALENDAR OF EVENTS	3

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

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