

The Strider



July/August 2017

The Newsletter of the Alley Pond Striders

Volume XXXVI Issue 7/8

FRONT PAGE NEWS

Hi all, it's now safe to say summer is almost over. I hope everyone in the club has taken advantage of our park this summer. It doesn't make a difference if you're a runner or walker as Alley Pond Park is great for both activities.

Just a reminder that on Wednesday, September 6th we'll have our first board and membership meetings after the summer break. If you have any ideas or suggestions that could benefit the club please attend this meeting and share them with your fellow Striders. I hope everyone can make it and support our club. Refreshments will be served.

Many Striders running and walking in the park noticed that the sign honoring Mel Kaplan in the Upper Park was missing. Recently I spoke with the Park Administrator about it. He wanted me to let the club know that the sign will be replaced. After learning the good news, I spoke with Mel's daughter Joanie. She was very happy and wanted me to thank the club for helping to get her Dad's sign back. I didn't know Mel Kaplan, but after speaking with some of our long time members. I learned the club has a lot of history. I'm hoping that maybe the club can convince some of these members to speak at a membership meeting and give some of us newer members the history on the club. From some of the stories I've recently heard, I'm sure it will be an entertaining and interesting meeting.

The park looked really good this summer. I want to thank Tanyika and Eric for doing a good job in addition to being such nice and helpful people. Eric is a temporary summer worker for NYC Parks and August 30th is his last day. Hopefully he will be back next year.

Wishing Lynn and Nella a speedy recovery from their knee injuries.

See you on the path! Michael

NOTICE!

NEWSLETTER UPDATE

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**STARTING WITH THIS TWO-MONTH EDITION OF
"THE STRIDER" WE WILL BE PUBLISHING THE
NEWSLETTER BI-MONTHLY (EVERY TWO MONTHS) -
SO, THE NEXT EDITIONS WILL BE SEPTEMBER/
OCTOBER AND THEN NOVEMBER/DECEMBER.**

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

June Birthday—Happy Belated Birthday to Nora Kozuch who celebrated on June 23rd.

July Birthdays — Irene Tannenholtz (12th), Reena Fettner (5th), Karen Nash (7th), Jacquie Haberer (13th), Steve Turkeltaub (14th), Ray Jaffe (16th), Sara Jablonski (17th), Lee Dunworth (18th), Diane Grunthal (21st), Joby Jacob (24th), John Sassone (26th), Pam Foster (27th), and Jean Schapowal.

August Birthdays—Gillian Turbin (7th), Rob Pasqual (13th), George Schafer (13th), Jose Gonzalez (14th), Betty Abramson (17th), Mike Morgan (18th), Ray Ciccolilli (19th), Terri Case (19th), Tom Case (20th), Kay Leaver (25th), George Zink (25th).

Welcome Back - To Kim Lyons of Whitestone

Sad News

Donna Hahl who was only a short-time member of the Striders but a long time runner/walker on the path was tragically killed in July. Donna was an active member of the running community and a good friend of Debbie Pantano.

Condolences to Nella Carravetta on the passing of her mother on July 27th.

Condolences to Debbie Pantano and her husband Jimmy. Jimmy's father's passed in August.

Congrats

To Grandpa "Fast Eddie" Grassel and Grandma Ruth on becoming first time grandparents! Mia Rose Rezhets was born to Lianna Grassel Rezhets and Allen on Sunday, August 6th weighing in at 71/2 pounds and 19 inches. Mother and baby are fine. Grandpa said "The kid will be a fast runner once she starts walking."

Vacations—Heard of a lot of Striders vacationing in Europe this summer (although not together!). George Zink, Allen & Diane Grunthal, John & Pat Sassone, Ray Ciccolilli, and John & Judi Rettmer.



Rockefeller Preserve

Thanks Rob for arranging our July 30th run up in Rockefeller Preserve. The weather was perfect and the preserve is beautiful. We (Rob, Helen, Debbie, Randi, Pat, Lynn & Joe) had a great time. (and we saw Vivien, Jaime, etc. who had just finished a 14 mile run!)



Baseball News

On 8/5 Rob Pasqual played in a Red Sox Fantasy Camp hard ball game at TD Bank Ballpark in Bridgewater, NJ. He finished 1 for 3 with a single.

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

STRIDERS SPORTS SPOTLIGHT

BY SARA JABLONSKI

I hope that everyone had a wonderful summer with family and friends! Here are some summer race results:

June 3 – Joey Pasqual, Debbie Pantano and friends did the St. John's 5K.

June 4 - The unstoppable Vivien Lim took 1st in age with a time of 33:25 (6:43 pace), in the New Hyde Park 10K Championship. Also, coming in first in age was Pat Mitrofanis with a time of 38:58 (7:50 pace). I'm sure the other Striders in attendance enjoyed this action-packed race.



June 18 – L'Chaim 5K: Rosalie Hatch came in 1st in age with a time of 28:30 (9:10 pace). As if this wasn't exciting enough, her daughter Audrey did her first race EVER with a time of 24:53 (8:00 pace), and she also won 1st place in her age group (25-29). Way to go!!

June 20 – Keeping up with Mom isn't easy, but Calvin Chang (Vivien Lim's son) did it! He set a new USATF Long Island Outdoor track record in the 100m dash (13:28) and long jump 4.20m (13.09.50) for 9-10 year old boys.

We want to congratulate Helen and Rob Pasqual on a great job in the **2017 Senior Games** in Cortland, New York.



July 4th - Bellmore Striders 4mile Independence Day Run: Vivien Lim came in 2nd place Masters and 1st in age with a time of 26:35 (6:39 pace). Vivien wants to give a shout out to our President Mike, Helen Pasqual, and Debbie Pantano who also ran. In the 1-mile Joey Pasqual finished in a time of 10:12.

August 6 – Massapequa Mile: The amazing Vivien Lim did it again! She came in 1st place Female Master with a time of 5:43 and broke the USATF Long Island (outdoor) record for women ages 40-49. By the way the previous record was 5:48, which was held since 2007.

On Sunday, **August 13th** Storm King (Orange County) opened their outdoor art museum to runners of all ages. Doing the 10K, John Novak came in 2nd in age with a time of 54:12. Rob Pasqual also came in 2nd in age, in the 5K with a time of 24:35. Helen Pasqual ran the 5K in 52:15. The family that runs together stays together. Keeping that in mind little Joey Pasqual did the 1 mile in 11:28.

Hiking, Biking & Sightseeing in Italy

by Allen Grunthal with Diane

Diane and I spent much of the month of May exploring beautiful Italy, from Venice in the north to the Amalfi Coast in the south. Italy is a country filled with spectacular churches, but none can hold a candle to St. Peter's Basilica in Vatican City in Rome.

We spent a week hiking with a group mainly from England in western Italy in Sorrento, Positano and the Amalfi Coast. The mountains rise dramatically up from the sea, with charming towns and winding roads impossibly built into the sides of mountains. On our day off from hiking we visited the island of Capri.

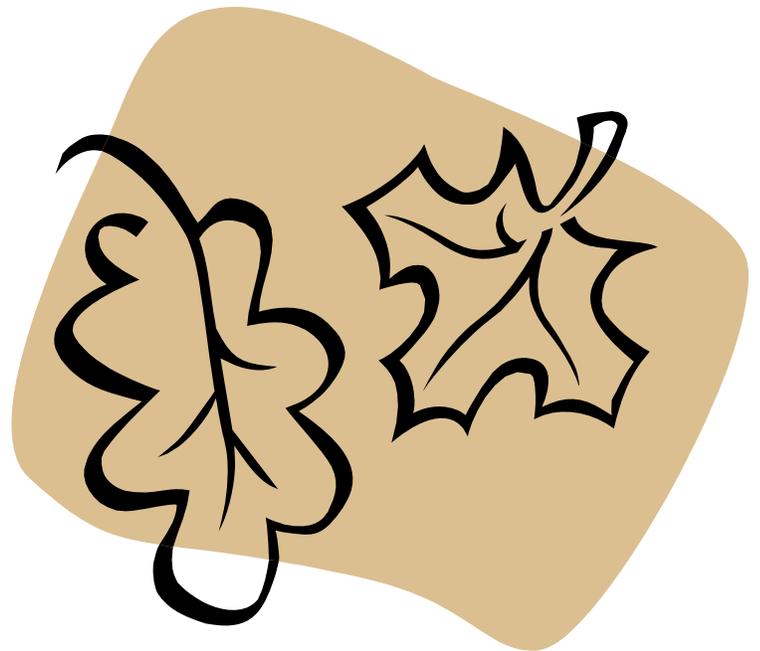
After the hiking, we biked 400 miles across Italy from Venice (the "Floating City") on the Adriatic Sea, through Tuscany, then on to Pisa on the Ligurian Sea, with a group of people from all over the world. Biking is hugely popular in Italy, with bike paths seemingly everywhere, and drivers who expect and respect bikers on the road. We stopped in numerous towns to visit historical sites, and sample the local foods and wines. Limoncello anyone?

Click on the link below which will lead you to a Google Photos album of 29 pictures. Just click on the first picture and scroll thru the rest of the pictures. There are captions at the bottom of each picture (<https://goo.gl/photos/YaMUQo8r kATiyv6k6>).

STAN THE MAN by Rosie Schellenberg

Stan the man starts his day
Walking down the Vanderbilt Highway
Keeping it litter-free
You might say why?
Cause' he wants to make a difference each
minute of the day

But he looks most professional
When he remembers to wear his gloves, bag
and wand
and his filled water bottle to drink – so he's
totally hydrated
So that come what may
It will make his day
As he makes his way
Down the Vanderbilt Highway



Remembering Adele Schnapp

by Dorothy Chusid

Adele became a member of APS in 1991. She remained active and involved in our club until our health started to decline about six years ago. She died on June 2, 2017 at the age of 85.



Adele was a professional artist and poet. Her home was graced with her beautiful works of art and anyone who visited her was taken by the warmth that she and her home exuded. Her special talent is still recognized on the funny, cute characters on the M & M candies. Some of the older members may also remember the art

work she did for our Tee Shirts for our challenge races.

Many of us remember Adele as a generous and kind person. She loved people and had an open door policy to anyone who wanted to come and visit her. She extended these to two special days twice a year; her New Year's Eve parties, and her summer barbeque held in her backyard. I know that many of us have very fond memories of these days.

Adele was a woman who loved and embraced life. She was always ready to "go and do." Movies, dining with friends, trips to museums, taking walks with us, were some of the activities she loved to participate in with us. Adele had a strong personality, could be very opinionated and would challenge you "to the bone," if you did not agree with her. Having this trait made her an even more interesting person.

Adele was truly an unique person. Perhaps a legend in her time. Those who knew her were indeed fortunate. She had that special way of touching each of us in a special way. I personally thank G-d for knowing her. She was a wonderful friend and confidante. I learned a lot from her and boy was she good at interpreting dreams!

She will be sorely missed.

Calendar of Events

Wednesday, 9/6:

Monthly Board Meeting (7 pm)

followed by

Monthly Membership Meeting (8

pm). All are

welcome to both meetings.

Sunday, 9/17:

Sunday edition of the monthly Refreshment Day. The club supplies bagels and coffee - bring a treat to share!



THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
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“Autumn is a second spring
 when every leaf is a flower.”
 – Albert Camus



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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

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
 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)
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