

The Strider



Nov/Dec 2021

The Newsletter of the Alley Pond Striders

Volume XL
Issue 11/12

FRONT PAGE NEWS

Merry Christmas, Happy Holidays and Happy New Year to all! Although these past two years have been difficult and challenging times, hope in the future is our greatest strength. Hope for the New Year and hope for our best future.

Let me introduce myself for those who may not know me and my Strider history. I am Ken Kaiser and I joined the Striders in 1999. At that time, I was new to running, but not to Alley Pond Park as I grew up in nearby Oakland Gardens. As a kid, my Dad would often take my brothers and I on hikes through the Alley Pond Park woods where we discover the beauty of our park. Soon after joining the Striders I was elected to the Executive Board as the Recording Secretary. Through the following years, I participated in the Board as Recording Secretary (several terms), Vice President (several terms) and President (2004 and 2005). I have also been the editor of 'The Strider' since August 2002. It has always been my belief that the greatest strengths of the Striders are its members, each and every one of you!

Before discussing my thoughts and hopes for the new year, I would like to thank the 2019/2020 Executive Board for staying on during some of the pandemics worst days. I would also like to thank Dorothy Chusid and Ray Lascot for continuing to encourage current and new Walkers to the Park; to the Running Ladies who met consistently at the Park and would enjoy breakfast together outside and socially distant after their runs. I cannot understate the value and importance of socially responsible contact. I believe the pandemics greatest harm is to our mental health. Alley Pond Park and our fellow Striders are an important resource for all of us.

So as we move into 2022, my goal will be strive toward a return to the Park; a return to our walks and runs; a return to our beautiful park and our Strider family. With that said, I will continue to remind folks that we can do all these things safely by getting the vaccination and booster shots, maintaining social distance, and wearing an appropriate mask. We do each of these things not just for our own health but for the protection and health of those around us.

Finally, I would like to encourage all Striders to get involved - volunteer for our club events, help out setting up and cleaning up after our Refreshment Days. But most importantly, reach out to your fellow Striders and encourage them to come back to the park; encourage them to join you for a walk or run; or just check-in on them and see how they are doing. Again, our greatest strength as a club is our members...is YOU!

Stay well and find balance, Ken Kaiser

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

Happy December Birthday to: Iris Hertzberg (1st), Larry Lutzak (9th), Mike Polansky (12th), Penny Smith (20th), Michael Weisbord (29th), Lori Calise (30th), Scott Fairgrieve (30th) and Bill Kaiser (31st).

Happy January Birthday to: Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Danny Juhn (11th), Toby Kass (16th), Pat Kay (20th), Rosalind Salz (22nd), Tina Cothalis (25th), Howie Cohen (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th) and Vivien Lim (30th).

Warm Welcome to new members Martha and Robert Klein of Great Neck and Lesley Stroll of Roslyn Heights. And welcome back to Eric Schwartz of Oakland Gardens.

Special Recognition

Ray Lascot's family made a \$300 donation to the Alley Pond Striders in his name in recognition of the time Ray devoted to the club during the pandemic. Ray was out everyday to safely keep the Striders walking and enjoying the outdoors. And also can't forget Ray celebrated his milestone 90th birthday!

Dues Are Due!

Please give your 2021 dues of \$20 for an individual and \$30 for a family to Lynn, Laughlin any Board member, send to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426 or on the website with PayPal and Venmo: @Michael-Weisbord.

November Refreshment Day had a great turnout with many of the Strider family in attendance.



December Holiday Party



(Continued on page 5)

Runners Report by Coach Rob Pasqual

As 2021 nears its end, the Striders have shown they're not ready to take a break just yet. After an incredible showing at the NYC Marathon our presence in local races is still very noticeable.

And now our results:

10/11 Boston Marathon

Pat Mitrofanis 4:06:57

10/17 Atlantic City Marathon

Andrea Salis 3:57:45

10/29 Rhatigan's Run

Peter Hoey 32:18

Gerry Ruiz 33:44

Lynn Henry 36:55 1st place age

Janet Fox 57:37

11/7 NYC Marathon

Vivien Lim 3:00:34 1st place AG

Audrey Hatch 3:28:01

Arasu Mani 3:45:00

Pat Mitrofanis 4:01:14

Denise Lee 4:31:32

Joe Gravagna 5:19:05

Sue Corrie 5:33:08

Albert Galatan 5:46:09

Angie Elkaray 5:52:05

Ruth Molano 5:52:08

George Waters 6:17:58

Vince del-Cid 8:51:51

11/15 Oyster Bay 5K

"Fast" Eddie Grassel 29:55 1st place AG

11/25 Garden City 5 Miler

Lou Cothalis 43:29

Tina Cothalis 45:00

Ned Daily 33:53

Joe Gambino Jr 36:00

Kate Gambino 47:58

Lindsey Gambino 48:18

Maria Ferraro 58:55

Lynn Henry 1:02:57 1st place AG



11/25 to Turkey Trot 2 Miler

John Novak 17:07

Gerry Ruiz 23:02

George Waters 23:34

Larry Lutzak 24:19

11/25 Port Washington 5 Miler

Arasu Mani 58:44

11/27 Bill Markiwicz Memorial XC run

Arasu Mani 20:03

Rob Pasqual 25:48

Looking ahead, Alley Bowl XII is scheduled for Sunday, February 13th. **Volunteers are needed.** In 2022 we're planning a group walk/run at Caumsett State Park. The Alley Pond Challenge race committee will be meeting shortly. **Volunteers and sponsors are definitely needed.**

See you on the roads.

GREEN LINE RIBBON CUTTING – BY SARA JABLONSKI

After much anticipation the day finally came, the official opening of Phase I of the path. Talk about pomp and circumstance! Many Queens officials were there for this special occasion including Queens Borough President Donovan Richards, NY State Senator John Liu, Councilman Barry Grodenchik (who put in the work to get the project funded), and our friend and Northeast Queens Parks Administrator Matt Symons.

Due to the unusually warm and fabulous December day, there was a noticeably large Strider representation at the event. Of course, you're wondering when Phase II is going to be started and completed. Although, it is our understanding that this next phase will start in the Spring, we don't know the exact start date, but we do know that Phase II is fully funded.

For now, let's just enjoy the new paved path. See you on the Green Line.



(Continued from page 2)

40th Anniversary Dinner

A good time was had by all with over 50 Striders and guests in attendance at K.Pacho's at our delayed dinner dance on Friday, October 29th.

Thank you to all those who worked to put this special event together including Larry, Mike, Laughlin and Lynn. An especially big thank you to Ned Dailey for the terrific slide show of the Strider history. It was displayed on a jumbo flat-screen and ran continuously all night with Ned adding the photos he was taking during the dinner. (Mike and Lynn assisted in gathering the photos but it was Ned to put it all together.) Thanks Ned—you did a lot of work and its much appreciated!



As we all know, Covid threw a monkey wrench into having our party, etc. So it was no surprise that the 2019 annual awards were presented in 2021. (And because of Covid, the 2020 award program was suspended.) Congratulations to the 2019 winners for:



Walker of the Year – Dorothy Chusid
 Male Runner of the Year – Peter Hoey
 Female Runner of the Year - Pat Mitrofanis
 Most Improved - Denise Lee
 Strider of the Year – Stan Zibulsky & Lynn Henry

Thank You Certificates

Certificates were presented to the members of the Board who were leaving after “above and beyond” service during the past year and a half or more: Nella Carravetta, Diane

Haber, Fran Kraus-Schmidt, Mike Weisbord and Helen Pineda-Pasqual. And a special President's Award presented to Larry Lutzak

Membership Milestones - 10 and 25 Year Certificates

The Striders who joined in 1996 and were inducted into the 25 year club in 2021 are:

Lenore Feinstein
 Mike Morgan

The Striders who joined in 2011 and are marking 10 years as members are:

Albert Galatan
 Larry & Kathy Lutzak
 Judy Densky
 Pam Foster

The Strider who joined in 2010 and celebrated 10 years in 2020:

Joe Gambino, Jr.



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50/50 Drawing: We had a 50/50 drawing at the dinner. Congrats to winner Ellen Bottner!!



40th Year Trivia - Do you know the Striders are who were the “founding fathers?”
(answer on last page)

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

THANKSGIVING FOOD DRIVE BY JOHN SASSONE

Food Insecurity - horrible words that we are hearing more often. However, thanks to the generosity of the Alley Pond Striders and my colleagues at Janney Montgomery Scott, the two hundred families that Our Lady of Lourdes Food Pantry serves will be a little more secure this holiday season.

We raised \$1,275.00 and MANY bags of food, paper goods, and toiletries. Sr. Mary Vianney Nwakaazor, SJS, who runs the food pantry, could not believe how many trips Lynn, Larry, and I made toting bags of donations down the stairs to the pantry. Volunteers will sort the goods and prepare bags for the families based on their needs and preferences. The needy include single mothers, retired seniors, and the working poor. They also get calls on the Emergency Food Hotline from the truly desperate. Most come from Queens Village, Bellerose, Floral Park and parts of Bayside.

When I was a kid in Catholic grammar school we used to pray for the missionaries who went to Africa. We had little cardboard boxes called mite boxes to put loose coins in and we gave them to the missionaries to help support their work with the poor. Sr. Mary is a member of **The Sisters of Jesus the Saviour**, an order of nuns founded in Nigeria. They work with the poor in Detroit, Miami, and here in Queens. Perhaps this is an example of good Karma.

Although we do not know the names of the generous people who filled the bin in the park house, I would like to acknowledge some of those who gave cash contributions: **Ken Kaiser, Lynn Henry, Joe Gambino, Pat Sassone, Larry and Kathy Lutzak, Michael Weisbord, Ruth Mezistrano, Dorothy Chusid Diane Haber, Pat Mitrofanis and Diane Piliere Grunthal.**

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 and keeping an eye on the donation bucket.



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. If you missed, the drive, you can still give a check to me or any Board member. If you did not donate and would like to, make the checks out to: Our Lady of Lourdes, put Food Pantry in the memo section and mail to: Alley Pond Striders, PO Box 298, Bellerose, NY 11426 or use our website - <http://www.alleypondstriders.com> to donate using the new "PAYPAL" selection located on the right side of the top bar on the main page. Please mark your donation "Thanksgiving Food Drive

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



**February 13, 2022
RAIN, SNOW OR SHINE
POST RACE TAILGATE PARTY!**



**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 30 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, 2022. Make checks payable to: ALLEY POND STRIDERS and mail to 251-04 Shiloh Avenue, Bellerose, NY 11426. Or use PayPal on our webpage: www.alleypondstriders.com or Via Venmo: @MICHAEL-WEISBORD



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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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