

The Strider



July/August 2023

The Newsletter of the Alley Pond Striders

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FRONT PAGE NEWS

Summer is coming to an end, even though warm temperatures persist and make us question the seasons. With the start of Fall, we look to cooler weather, longer walks and better runs. On the club schedule, we will have our dual Refreshment Day/Membership Meeting on September 17th. During this Sunday Refreshment Day edition we can catch up with the plans for the rest of 2023. Please attend and help us shape the remainder of this year.

Although the Ocean-to-Sound Relay race was canceled for this year, the Annual City Stride Event is set for September 23rd. Please talk to Walkers' Rep. Dorothy for information on the City Stride.

In early November we have the NYC Marathon and for those not running it - we will be cheering at Mile-14. Moving forward to later this year, we will be discussing our Annual Holiday Party and 2024 Executive Board election (see VP Sara's message below) and the Annual Dinner Dance in early 2024 (date and place to be determined).

Although the year seems to be flying by, there is still plenty Strider happenings!

Enjoy the park and find balance, Ken Kaiser

APS EXECUTIVE BOARD NOMINATING COMMITTEE by VP Sara Jablonski

It's election time again and this is a big one because President, Recording Secretary, Runners and Walkers Representatives need to be filled for the 2024 Executive Board. Although all positions are open (VP, Treasurer, Corresponding Secretary and Social Secretary), we must get new volunteers for the Recording Secretary, Runners and Walkers Representatives and the President of the Alley Pond Striders. This year's nominating committee has been formed and will be getting together to find candidates for the Alley Pond Striders Executive Board. The Nominating Committee includes: Rosalie Hatch, Dorothy Chusid and me from the current board and Lynn Henry, Deb Pantano and Fran Kraus-Schmidt from the open membership.

I know you're thinking PRESIDENT whooo not me! Well than who? This amazing club needs someone to represent the Striders. Don't worry the past president stays on for a year, if you need help, and the Vice President is right there with you. Also, the board meetings are through Zoom so you don't have to leave your home. Think about serving in this wonderful club or if you know someone who would help us to continue running this great group of people please reach out to me.

If you are interested in any of the Executive Board positions and becoming part of the Striders' leadership, please contact me or anyone else on the Nominating Committee. The slate of names must be completed and announced by November in advance of our Board Elections during our Annual Holiday Party in December. Please contact me at: Sara_jablonski@yahoo.com

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

Happy September Birthday to:

Tom Bruckman (2nd), Walter Ehrenpreis (3rd), Betty Jacobson (4th), Pat Farrell (5th), Christina Reinle (8th), Lou Cothalis (11th), Dee Felice (14th), Ann Puckett (15th), Aloke Agarwala (16th), Lenore Feinstein (16th), Fred Hewitt (19th), Lee Fettner (19th), Nadia Cruz (20th), Ira Gardner (26th), Lynn Nachman (27th), Maria Ferraro (29th) and John Scalzo (30th).

Warm Welcome to our Newest Strider:

Noriko Brandman of Carle Place.

Wishing a Speedy Recover:

To John Rettmer after his recent fall and subsequent surgery.
To Rachel Belson recovering from a fractured knee.

Thank you for Condolences:

Ben Greis posted on the Alley Pond Face Book page on July 29th: "Hi-just a note of thanks to those who sent me sympathy cards on my behalf of my father Gus Greis who passed away on 7/15. He loved being a part of the Striders. He's now running along with his old friends Mel Kaplan, Joe Michaels, Ian Field among others in heaven."

ENJOY THE END
OF SUMMER
DAYS!



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

RUNNERS REPORT BY RANDI OPSHALL

Hoping everyone had a great summer of running and relaxing. As the weather starts to cool, the excitement of fall marathon season is ahead. Many marathon runners have the lifetime goal of running the Abbott World Marathon Majors, six of the largest and most renowned marathons in the world: the Tokyo Marathon, Boston Marathon, TCS London Marathon, BMW BERLIN-MARATHON, Bank of America Chicago Marathon and TCS New York City Marathon. Two of our members are on their way to achieving this goal. After completing the upcoming September 24th marathon in Berlin, Venice Naidoo and Pat Mitrofanis will be on their way—Venice will have completed 4 of 6 and Pat 3 of 6.

The summer heat didn't stop APS members from strutting their stuff. Following are race results for July and August.

National Senior Games (7/ 9-10)

5K

Rob Pasqual 25:38

400 Meter

Rob Pasqual 01:20

Runner's Edge LI Women's 5K (7/9)

Pat Mitrofanis 24:23:81 - 1st in AG

Bellmore Striders Independence Day 4 Mile Run (7/4)

Vivien Lim 25:53:63 **3rd Female Overall**

Jaime Palacios 27:51:72 1st in AG

Ruben Ecalada 31:11:44 5th in AG

Pat Mitrofanis 31:33:21 2nd in AG

Venice Naidoo 31:45:12

Andrea Salis 32:58:03 4th in AG

2023 NYRR Retro 4-Miler (7/15)

Venice Naidoo 33:30

2023 NYRR Brooklyn R-U-N 5K (7/17)

Gerry Ruiz 46:36

Damon Runyon Yankee Stadium 5K (7/22)

Joey Pasqual 28:31

Rob Pasqual 29:09

2023 NYRR Team Championship 5M (7/30/23)

Venice Naidoo 42:49

LIRRC Wed Night Series 5K (8/9)

Rob Pasqual 24:18

2023 Percy Sutton Harlem 5K (8/12/23)

Venice Naidoo 30:00

2023 TCS NYC Marathon Training Series 12M (8/19)

Venice Naidoo 1:53:04

Gerry Ruiz 3:08:59

Correction!

In the last report, I failed to include race results for Rob Pasqual and Arasu Mani at the Long Beach City Manager's 10 Mile Race to Remember on 5/28/2023. Their results were 1:31:07 and 1:19:59, respectively.

HIKING AND BIKING IN CROATIA

BY DIANE GRUNTHAL WITH PHOTOS BY ALLEN GRUNTHAL

How do Allen and I even begin to describe this idyllic country on the Adriatic Sea. It is a country so alive with white stone buildings still standing after a few thousand years, emerald bays, olive groves, fields of lavender, small vineyards and villages, and dramatic views of the mountains.

We began in Dubrovnik, "The Pearl of the Adriatic." Our walking tour of this medieval town, so rich in history, included monasteries, museums, and historical buildings. The real gem was climbing up the thousand steps to walk around the city on top of the walls. Another outstanding adventure in Dubrovnik was our hike up Syd (pronounced Surge) Mountain for a 3-mile 1,000-foot ascent, adding another mile for the walk from our guest house to the trailhead. There were expansive views of Dubrovnik as we walked up to the summit. Many scenes from TV's Game of Thrones were filmed in Dubrovnik and other cities in Croatia.



Diane and Allen on the Adriatic Sea.

One of the many interesting villages we visited was Ston with its impressive 14th century 3-mile-long defensive walls. They are the longest defensive walls in Europe. We visited other small villages and fortresses, following scenic backroads through rolling farmland.

A highlight of our trip was our time in Split. Walking in Diocletian's Palace, which the emperor built in 300 A.D., is like taking a step back in time. We wandered through the intriguing maze of narrow cobblestone streets where pre-Romanesque churches nestle alongside Gothic chapels. Diocletian executed more Christians than anyone else in history. His remains and any history about him were later completely eradicated by the citizens of what became a Roman Catholic City. We headed to Marjan Hill and did an 8-mile hike around the Split peninsula with great views of the city, the coastline below and the surrounding mountains through a pine forest. We visited the old hermitage of Saint Jerome, where people used to live in caves.

An outstanding 8-mile hike on wooden boardwalks was in Plitvicka (pronounced Pleet-VEET-sa) Lakes National Park. This park, Croatia's largest, is considered to be one of Europe's greatest natural wonders. It follows the course of 16 crystal blue-green lakes on their dramatic and cascading descent over 92 travertine barriers and waterfalls.

The best was yet to come as the next leg of our journey was on bicycles, cycling on 3 mountainous islands and one peninsula with numerous coves, beaches, and turquoise bays. Sometimes we rode country roads high above the Adriatic Sea, other times alongside the sea. The island of Brac is the largest island in Central Dalmatia, known by the ancient Romans for its quarries of limestone and dolomite.

Hvar island was absolutely charming with its unspoiled quaint villages. We cycled to the village of Jelsa to lunch at an authentical stone restaurant near the sea. Croatia is known for its many stone buildings still standing for a few thousand years. Nothing is flat in Croatia, just hills and mountains of all kinds, rolling, steep and long. Of course, Allen biked all the optional hill rides.



Church in Dubrovnik



Trogir

The island of Korcula (pronounced Kar-CHOO-la) did not disappoint, graced by the stunning walled old city. Cycling Peninsula Peljesac, this unusually shaped peninsula is the most famous wine growing region in Croatia. Of course, we stopped cycling for a wine tasting.

The people of Croatia are not only warm and friendly, but their command of English is extraordinary, complete with our idioms and slang. Most Croatians learned English by watching American television. We were so grateful that nearly everyone spoke English because it is difficult to correctly read and pronounce Croatian.

We reluctantly said goodbye to this beautiful country on the Adriatic Sea, with its rich history and survival through their many rulers and ever-changing national boundaries, from the Ottomans to the Venetians, Austrians, French, Romans, Germans, and Communists. Finally, after a five-year war to achieve independence in 1995, they are now a stable country long sought after by vacationers.



Plitvick National Park

Dubrovnik Fortress on Adriatic
Sea



THE NEWSLETTER OF THE
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INSIDE THIS ISSUE:

FRONT PAGE NEWS AND VP MESSAGE	1
TALK ON THE PATH	2
RUNNERS REPORT	3
HIKING/BIKING IN CROATIA	4-5

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: Ken Kaiser
Vice President: Sara Jablonski
Treasurer: Laughlin Whalen
Recording Secretary: Pat Mitrofanis
Corresponding Secretary: Ronit Gurriel
Social Secretary: Rosalie Hatch & Maria Ferraro
Runners Rep: Randi Opshal
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