

# The Strider



November/December  
2019

The Newsletter of the Alley Pond Striders

Volume XXXVIII  
Issue 11/12

## FRONT PAGE NEWS

President's Message as told by Ken Kaiser...

With President Larry visiting his daughter in Cozumel and not wanting to "stop the presses," I was able to interview Larry and really dig deep for this newsletter's message.

I think we can all agree that 2019 was a good year and great end to the 2010's. The Alley Pond Striders have continued to thrive as a club as we approach our 40th anniversary in a new decade. There are not many walking/running clubs that can boast the same success. We continue to encourage our members to enjoy and support Alley Pond Park with our daily walks and runs. We have pushed to get community funding for various improvement projects. We once again conducted our, now famous, Five Mile Challenge - an important event on the race calendar that has supported many worthy charities through the years.

And now, as we move into 2020, the club has many fun and exciting events on the horizon. Our first event is coming in February on Super Bowl Sunday (2/2/20) - ALLEY BOWL X. This event has been a fan favorite bringing in teams from far and wide to complete a three-mile x three person relay race...WITH THE PIGSKIN TOSS! This may not be the fastest race you will ever see or participate in, but it is always great fun, and the after-run party is nothing short of the ultimate tailgate!

Coming on March 21st, we will celebrate the Alley Pond Striders 40<sup>th</sup> Anniversary with a spectacular dinner dance at K Pacho in New Hyde Park. This venue has convenient parking, a lovely event room with elevator access! The food is great and there is a dance floor - because we all know how the Striders dance!

And, looking a bit further into the year is our Five Mile Challenge on Sunday, April 26th. This year's race will be a bit more of a planning challenge since the Vanderbilt Motor Parkway (the "Path") is scheduled to be repaved in the spring. But, no matter what, the Striders will be holding our annual race.

With that all said, we will have our daily walks/runs, our Monthly Refreshment Days, the Annual Picnic and Annual Holiday Party. Exciting things for 2020, but remember, these events don't happen on their own...come out to the park and get involved! Volunteers are always needed to make it fun for all!

Happy and Healthy New Year! And, see you at the Park, Larry (with Ken)

**WHAT REALLY MAKES SUNDAY, FEBRUARY 2ND SUPER?**

**ALLEY BOWL X COMING TO ALLEY POND PARK - SPRINGFIELD BLVD.**

**RUN IT, TOSS IT, RUN IT - PARTY!**

**VOLUNTEER IF YOU CAN!!**

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

### Happy December Birthday to:

Iris Hertzberg (1st), Jeff Klein (7th), Larry Lutzak (9th), Mike Polansky (12th), Eric Renart (16th), Marilyn Silver (18th), Penny Smith (20th), Ramona Chodorski (26th), Michael Weisbord (29th), Scott Fairgrieve (30th) and Bill Kaiser (31st).

### Happy January Birthday to:

Sue Corrie Del-Cid (10<sup>th</sup>), Sue Lan Hom (11th), Tanampreet Sandhu (11th), Toby Kass (16<sup>th</sup>), Pat Kay (20<sup>th</sup>), Tina Cothalis (25th), Howie Cohen (26<sup>th</sup>), Peter Tsun (26<sup>th</sup>), Rosie Schellenberg (27<sup>th</sup>), JoAnn Barnes (30<sup>th</sup>) and Vivien Lim (30<sup>th</sup>).

Warm Welcome to Toby Kass of Bayside.

Speedy Recovery to Gillian Turbin who we hope to see back on the path real soon after hip surgery.

In the "Can't keep a good man down category," great to see John Rettmer back walking on the Path.

40<sup>th</sup> Anniversary Dinner Dance Look forward to seeing you at our 40<sup>th</sup> Anniversary Celebration at our Annual Dinner Dance on Saturday, March 21<sup>st</sup> from 6 pm to 10 pm at K Pacho. Details will be forthcoming.

### Dues Are Due!

**Please give your 2020 dues of \$20 for an individual and \$30 for a family to Lynn, Laughlin, any Board member or send to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426.**

### Congratulations to our 2020 Board

President - Larry Lutzak  
Vice President - Mike Weisbord & Arthur Fettner  
Treasurer - Laughlin Whalen  
Runner's Reps - Rob Pasqual/Helen Pineda-Pasqual  
Walker's Rep - Dorothy Chusid  
Recording Secretary - Diane Haber  
Corresponding Secretary - Fran Kraus-Schmidt  
Social Secretary - Nella Carravetta

Please send any items for "Talk on the Path" to the editor at [apstriders@aol.com](mailto:apstriders@aol.com)

## RUNNERS REPORT BY COACH ROB PASQUAL

As 2019 ended, the Alley Pond Striders did not slow down. Many capped off their summer training efforts with a marathon, while others earned their turkey with a nice turkey trot.

Looking back, we first catch up with new Strider, Denise Lee:

2/9 Mardi Gras 7+ mile race: 108:32

5/19 Port Jefferson Brewing Company 15 K: 1:42:27

6/15 Bolla Charity 5K: 28:58

6/30 Massapequa Firecracker 5K: 29:17

8/18 Aloha 5 Mile Run: 50:35

9/8 Heart of an Eagle 5k:29:40

9/21 Cow Harbor 10K: 1:00:11

10/12 Hot Cider Hustle 5K:27:09

10/26 Village of Brightwaters 5K: 26:44

11/28 Massapequa Turkey Trot:26:23

11/30 Our Lady of Hope School 5k: 25:33

12/1 Rob's Run: 28:25

12/8 Jingle All the Way 5k 25:11

And with other races:

9/7 Ted 100 mile race: Elik Hirsch 26:52:11

10/27 Marine Corp inaugural 50k: Elik Hirsch 6:09

11/3 NYC Marathon:

**Vivien Lim: 3:03!**

Jamie Palacios: 3:05

Pat Mitrofanis 3:47

Sue Corrie 4:38

Gerry Ruiz 6:00

Janet Fox 6:13

11/10 City Tri Half Marathon (Prospect Park):

Ira Gardner 2:34:12

11/10 Solomon Schecter 5k:

Elik Hirsch 23:43 2<sup>nd</sup> Place AG

11/16 Queens Half Marathon: Ira Gardner 2:44:27

11/23 Philly Half Marathon: Ira Gardner 2:34:50

11/24 Philly Marathon: Rob Pasqual 4:25

11/28 Garden City 5 Mile Turkey Trot:

Joe Gambino jr: 35:05

Laughlin Whalen 50:51 1<sup>st</sup> place AG

Maria Ferraro 54:36

Peter Hoey 57:41

Lynn Henry 59:56 1<sup>st</sup> Place AG

11/28 Town of Huntington 4 mile run:

Lou Cothalis 33:22 2<sup>nd</sup> place AG

12/8 Central Park Half Marathon:

Ira Gardner 2:36:52

### Point Game Standings

1) Elik 253

2) Ira 213

3) Gerry 69.5

### Looking Ahead

Alley Bowl X is Sunday, February 2nd. We need volunteers, raffle prizes, ENTRANTS and a willingness to stand out in the cold. Let's make this one special, people. You should see this year's winner's trophy.



I'd like to put on another Rockefeller Preserve run in March. Now that the dinner dance date is set (March 21), we'll announce the date (we want to make sure people have energy to dance). I'd like to set up an Alley Pond team for the Joe Latino Relay this year. And our friends at Front Runners have invited us to their Indoor Meet at the New Balance Armory. When's the last time YOU ran on a banked track?

Keep laughing, keep running, and see you at the dinner dance.

## HIKING AND CHILLAXING IN BARBADOS BY ALLEN GRUNTHAL

Left home in the dead of night to drive 85 miles to JFK airport in a snowstorm, only to arrive in sunny, very warm Barbados in the southern Caribbean. Spent 16 days on the island, hiking, swimming and sight-seeing. Driving in Barbados required concentration; everything is reversed. Steering wheel on right side of car, all levers in opposite the usual positions, drove on left side of very narrow local roads where cars could barely squeeze by each other, with locals speeding in their dented cars. Hiked to the summit of the biggest mountain - 1,115' Mt Hillaby. Went beach-hopping, swimming in the warm aquamarine Caribbean Sea in as many beaches as we could fit in an afternoon. Watched a world rugby competition, including a women's team from northeast USA. With temps in the upper 80's every day, it was hard to return to NJ, where it was 15 degrees and snowing. So now it's time to get back to skiing.

Click/tap on the link below which will lead you to a Google Photos album of 22 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/h8HRc8k7i3bUwpSWA>

All the best,

Allen

**Donations** One of the most impactful things the Alley Pond Striders do is make donations to worthwhile charities. Below are some donation pictures:



Donation to the Long Stride running team lead by our own Coach Rob Pasqual.

Food and cash donation to Our Lady of Lourdes Food Pantry. Please don't forget that this need is all year-round and your donations are always welcome and needed.





## ODDS AND ENDS

(Right) 'Fast Eddie' with his daughter Lianna and Bruce Hammer's two sons Zack & Evan at the 2019 Oyster Bay 5K.



(Left) Great pictures of Coach Rob and Joey at the 2019 Philly Marathon.



(Right) Helen Pasqual finishes up the HoHoHo 5k!

## CALENDAR OF EVENTS

Saturday, 1/18: **Refreshment Day** - the club provides the bagels and coffee, YOU bring a treat to share!

Saturday, 3/21: **APS 40th Anniversary Special Dinner Dance** at K. Pacho in New Hyde Park.



THE NEWSLETTER OF THE  
**ALLEY POND STRIDERS**  
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# Happy & Healthy New Year - 2020!

[www.alleypondstriders.com](http://www.alleypondstriders.com)

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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](mailto:lynnahenry@yahoo.com)***

### Board of Directors

President: Larry Lutzak  
 Vice Presidents: Arthur Fettner & Mike Weisbord  
 Treasurer: (acting) Laughlin Whalen  
 Recording Secretary: Diane Haber  
 Corresponding Secretary: Fran Kraus-Schmidt  
 Social Secretary Committee: Nella Carravetta with Rosalie Hatch, and Maria Ferraro  
 Runners Reps: Helen & Rob Pasqual  
 Walkers Rep: Dorothy Cushid

Membership Chair: Lynn Henry  
 Phone: (516) 437-8715

E-mail: [lynnahenry@yahoo.com](mailto: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](mailto:apstriders@aol.com))  
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