

The Strider



May/June 2020

The Newsletter of the Alley Pond Striders

Volume XXXIX
Issue 5/6

FRONT PAGE NEWS

I hope that this Newsletter finds you are all safe as well, as your families and friends.

Since our last update, our Alley Pond Strider members remain active within safety precautions. While parts of the United States are experiencing an increase in Corona Virus cases and spreading of Covid-19, fortunately we in our area as well as NY-NJ-CT area are in our recovery phases! Our running neighbors in Nassau and Suffolk, as well as upstate NY are entering Phase 3 recovery while we in the NYC area are now starting our Phase 2 recovery period. This is a great achievement for New Yorkers. While the major races such as the Boston Marathon had postponed and then eventually cancelled their racing events, the latest news from the NYC Marathon Committee is that the 50th Anniversary NYC Marathon has also been cancelled for this year.

For Queens and Long Island, I see a possible opportunity - developing by the fall - for local, small to middle distance running events. Provided that we all keep practicing the social safeguards that were put in place back in March, we may have the opportunity to see limited road racing by October-November – maybe sooner. Small 5K through 10K and maybe even Half Marathons may be possible. Those events are more spread out geographically in Queens and Long Island. Overall, runners and walkers have been very cognizant of both their own as well as fellow neighbors' safety.

For APS, it's hoped that we may be able to return to our monthly Breakfast Run/Walk by the fall as well! It's a great opportunity to see each other literally "in the flesh" and a great advertiser for Alley Pond Striders. We are also working on several project ideas and we'll continue to keep you up-to-date via the fine work of our Member Chair, Lynn Henry via our Constant Contact e-mailer!

Our Runner Rep Rob Pasqual has yet again rescheduled the Rockefeller Run for mid July. That can be done easily with proper social distancing. Our Walker Rep Dorothy Chusid with Ray Lascot has been brilliant in keeping the Walkers active and safe. They have also been helping Parks to clear the trails within our Alley Pond Park. If you wish to help on the Trail clearing, please e-Mail Dorothy.

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

June Birthdays:

Dorothy Chusid (1st), Lynn Leon (2nd), Ken Kaiser (6th), Talia Galatan (8th), Fran Kraus-Schmidt (11th), Kevin Morrissey (11th), Sybil Blumenthal (18th), Ruth Abraham (20th), Luz Londono (20th), Howard Nachman (20th), Tony Gabb (21st), Joe Gambino, Jr. (21st), Eleanor Petardi (25th), Nora Kuzoch (23rd), Barbara Russo (26th), "Fast Eddie" Grassel (28th) and Ilana Galatan (29th).

July Birthdays:

Jacque Haberer (13th), Steve Turkeltaub (14th), Charlene Mulhall (16th), Danielle Weisbord (16th), Laura Weisbord (16th), Sara Jablonski (17th), Lee Dunworth (18th), Godfrey England (21st), Diane Grunthal (21st), Joby Jacob (24th), Ruth Mezistrano (24th), John Sassone (26th), and Pam Foster (27th).

Warm Welcome to our Newest Striders

Annette Richman of Beechhurst, Gene Hartman and Luz Rodriguez of Little Neck and Marilyn and Steve Tier of Kew Gardens.

Congrats to Our Newest Retirees

To Maria Ferraro and Sara Jablonski who both recently retired from the NYC Board of Education. Wishing you good health, happiness and fun in your well-earned retirements

Speedy Recovery

Albert Galatan is amazing. In May he had three stents put in and in June he logged 97 miles. Happy to hear Diane Grunthal is recuperating from surgery for her torn meniscus.

Condolences

Our thoughts are with Vince and Sue del Cid on the passing of Vince's mother.

An Appreciated Note of Encouragement:

Dear Friends:

As a member of the Alley Pond Striders (as well as, of course, of the Greater Long Island Running Club), I read the latest issue of the Striders' Newsletter with interest and with empathy as to what the Striders are going through.

The need to cancel the club's signature APS 5 Mile Challenge, which I have had the pleasure of participating in for several decades, could not have been easy. The need to postpone the APS 40th anniversary Dinner Dance was certainly not easy.

But the Newsletter was the kind of upbeat publication that is so important in these trying times. The Front Page News, the Runner's Report, the Walkers Report and the Travel Report all bubbled with the kind of positive vibrations that are keeping us all going. I especially enjoyed the report on the doings of young Joey Pasqual. Helen and Rob can be quite proud of their young man!

I'm looking forward to the time when we can all be together again, and am especially looking forward to competing in the 2021 APS 5 Mile Challenge. The bad stuff will pass. In the meantime, keep on running and walking for your health...and your sanity.

Be safe, Mike Polansky

Mike Polansky, President

Greater Long Island Running Club

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

RUNNERS REPORT BY COACH ROB PASQUAL

Hey Gang! I hope all is well and you can get some form of exercise in. These days parks are like gyms in January, full of people, some exercise fanatics others experiencing the beauty of Alley Pond Park for the first time.

Fast Eddie Grassel joined the legion of folks doing virtual runs. He ran the virtual LI Marathon on 5/3.

Looking ahead, we'll make a return to Rockefeller Preserve for a run/walk on Sunday, July 19th. Those who've joined us in the past have thoroughly enjoyed the experience. This time, we'll leave from the AP parking lot at 7:00 am so can beat the heat and avoid any overcrowding closures.

I'm also thinking of having coordinating another 4-mile prediction run in August. We'll see what stage we're in at that point.

And now this month's edition of "My Sunday Best"!

First up, "The Doctor", Vivien: The race I am most proud of is the 2019 NYC marathon. The marathon race day was a culmination of months of training which included frequent 20 mile plus training runs. While training for the marathon, I had lost my nanny of almost 10 years and my father in law became very sick. As a result, I learned to cook and manage housework, visit my father in law in the hospital while answering a multitude of medical questions from my in laws, in addition to handling my usual responsibilities of taking care of my kids and my own patients. I am truly grateful for my amazing coach and training partner Jaime Palacios and my family for supporting me during this difficult time. My runs were a great source of stress relief and a source of inspiration as I focused solely on running during those hours of training instead of my "to do" list. A couple days before the NYC marathon, I realized I would not be starting with Jaime as we were assigned different race corrals. My initial plan was to follow his pace during the first 20 miles. I now had to rely on myself. Jaime gave me strict instructions to keep an even pace and to take a few deep breaths every mile, which I followed to a "T". I met a friend of mine at the start and was really tempted to follow him, but since he was running much faster splits, I eventually convinced him to go ahead so I could stick to "the" plan. The miles went by quickly and I was grateful for the crowd support that made everyone feel like a hero. I was especially grateful seeing familiar faces like my family and my APS family in Long Island City. There is a certain magic that takes over a runner when seeing familiar faces that you suddenly feel energized even though you've just run for miles and miles. I was elated to also meet up with Jaime around the last mile of the marathon. The happiness was met with some sadness when

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PRESIDENT'S MESSAGE (CONTINUED FROM PAGE 1)

Also – we still have the Alley Pond Striders 40th Anniversary Dinner-Dance scheduled for Sunday, October 18th 2020 at K'Pacho restaurant. We'll keep you posted on the status of that event and if it will comply with NYS Covid-19 guidelines by then, along with our own confidence in holding the event safely.

Still, we must remain mindful and vigilant of our fellow citizens' health so we can regain the eventual freedoms of running, walking and playing with our family, friends and neighbors. I'm re-printing the ending of my last Newsletter post, as a reminder of the many ways that APS members can remain safe, healthy and strong.

Remember – keep moving! Either run/walk where it's least trafficked by others. Maintain your social distancing of at least six (6) feet. Bring a mask and gloves with you in case you are suddenly and unexpectedly thrust into the company of others while outside.

Here's an *Outside* magazine article on whether or not a mask is necessary while running. Ideally, if you are running in a remote or little-trafficked area, then you don't need it at all:
[You Probably Don't Need To Wear A Mask When You Run](#)

Do your home strengthening exercises with family or, if alone, add some music to help stimulate your adrenaline and keep your motivation. Such exercises help to achieve a better runner/walker by strengthening those muscles that are needed to support your legs and torso when running/walking.

And here's a *Runner's World* article that's worth reading for runners as well as walkers:
https://www.runnersworld.com/runners-stories/a32006870/social-distancing-while-running-coronavirus/?source=nl&utm_source=nl_rnw&utm_medium=email&date=040320&utm_campaign=nl19890230

As Alley Pond Striders, we always care about each other. Please, be safe, well and healthy!

Larry

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I found my coach was unable to run his usual pace and finish the same time with me due to a severe leg cramp. I ended up finishing the NYC marathon in a time of 3:03 which far surpassed my expectations (but not those of my coach as he always believed in me from the start!!).

The NYC marathon was my first marathon race and I'll never forget the experience and the myriad of emotions that came with the race and the training. I love running because it challenges your mental toughness and the 2019 NYC marathon was no exception!!

Up Next, Ultraman Elik Hirsch: Beast of Burden UltraMarathon (Summer Edition), August 08th, 2015 - AKA Giving back. It was my 3rd 100 miler. I was doing well when I met a female runner. She was going through a very painful divorce to a horrible person. She didn't like humans at that point in her life especially if they were Male. She was very suspicious of me. She was very guarded even though she needed the company at her lowest (both during the race and in life). I pulled her for about 10 miles. At that point she forced me to leave her as she had to spend some time in the port-a-pottie. I got her over a 3 hour PR. I got myself almost a 3 hour PR. I broke through to her that not all Males are terrible. I got a big hug besides the PR.

Last, but not least, longtime Strider Fran Kraus: I'll say The South Nyack 10 Miler was one of my favorites since it might be a race people have never heard of.

It had great scenery. Even though it was out and back I actually looked forward to coming back and seeing the views again. Finishes in a park and there was a street fair in town and a great place for breakfast with really good waffles. I went to my first consignment shop and since then love consignment stores.

**Albert Galatan enjoying
some socially distance
running at Alley Pond Park!**





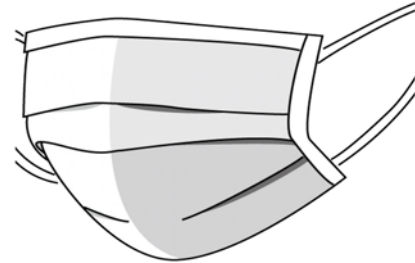
THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
 P.O. BOX 298
 BELLEROSE, N.Y. 11426-0298

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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

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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:
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