

# The Strider



The Newsletter of the  
Alley Pond Striders  
P.O. Box 298  
Bellerose, N.Y. 11426-0298

April 2007

Volume XXVII Issue 4



*The Alley Pond Striders is a running and walking club with over 250 members and serves the communities of Eastern Queens, NY.*

*Now in our 27th year 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 EVERY DAY at 9:00 AM at Alley Pond Park House.

**For Membership Information Please Call Lynn Henry (516) 437-8715.**

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## PRESIDENT'S MESSAGE by Debbie Pantano

Spring is finally here. It sure is great to be a Strider. The Five Mile Challenge is approaching. This is the time for our club to join together and make a great race for all. All of the race participants will enjoy the beauty of the park and friendliness of our club.

A portion of the proceeds of our race go out to local charities who truly appreciate our donation. This is how we can make a difference in our community. The food drive is also a great assistance to the Soup Kitchen. Cash and food contributions will be collected before the start of the race on race day. Please make checks out to Solid Rock Baptist Church with a note for the Soup Kitchen.

We are now going to try a new schedule for our Refreshment Days. On even months it will be held on the third Saturday, and on odd months it will be held on the third Sunday of the month. This is meant to allow working individuals the opportunity to join more often. This month Refreshment Day will be held on Saturday April 21. The club will still provide the coffee and bagels. Just bring something to share with your fellow strider.

Before you know it, we will be planning our Annual Picnic. This is always a fun time for all. Watch the newsletter for details.

With all the trees and flowers in bloom more Striders are out in the park. Everyone wants to enjoy the warmer day and burn off the winter weight. Everyone needs to be aware of all the others out in the park.

Bikers, runners, and walkers all enjoy the green line. When you are out in the park please be careful and stay to the right side. This will allow faster moving individuals to pass and prevent accidents. I know many Striders like to go out in large groups, but be considerate and don't block the whole path.

See you at the park

### Membership News:

Welcome New Members: **Noelia Caban** of South Ozone Park. **Welcome back** to Madeline Napolitano of Flushing .

**DUES:** Just a reminder that Dues are Over Due! The Strider bylaws state that non-paying members be removed from the membership list by March 1st. Therefore if we don't receive your dues by April 15th we will be forced to from your name from the e-mail and snail mail distribution lists. You can give your dues (\$15 individual/\$20 family), to Laughlin or Lynn or any board member at the Park House or send them by mail. If you have a question about your status, you can e-mail Lynn at [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com).

# RUNNERS EXCHANGE

 by  
Christina Reinle

Please contact Christina Reinle at [whale-doe908@aol.com](mailto:whale-doe908@aol.com) with your race results and

**PLEASE INCLUDE APS ON ALL YOUR RACE APPLICATIONS.**

March—in like a lion, out like a...LION?!?!? Although the weather has been quite unpredictable, the Striders have not! As usual, our dedicated runners have been out on the trail getting ready for races, marathons, or in my case—bikini season (aaaahh!!!) Here are the latest results:

**NYRR Al Gordon 4mile Snowflake Run—February 24, 2007**

**Rachita Sharma**—pace of 8:23, overall time of 33:33  
**Laferne Thomas**—pace of 11:05, overall time 42:47

**North Fork 3 x 2 Relay Bethpage State Park—February 25, 2007:**

(Please note that although there were awards presented for best overall time, individual leg times were not documented)

**Team 1—Alley Pond Has Beens:** Russ Lay, Laughlin Whalen, Debbie Pesa—Overall time of 47:41

**Team 2—Alley Pond Stridettes:** Debbie Pesa, Christina Reinle, Sue Gamez—Overall Time of 47:39

**Team 3:** Laferne Thomas, Suzanne Tow, “*Some Guy*” (really—we don’t know his name J)

**Team 4—Team Bub y Rub:** Rob Pasqual, Yariv Leers, Bob Wenzel, Overall Time of 40:55—**2<sup>ND</sup> PLACE, MEN’S MASTERS DIVISION,**

**Team 5—Team Ted’s Troopers:** Vince DelCid, Ted T., Rob Pasqual, Overall Time of 40:56—**3<sup>RD</sup> PLACE, MEN’S MASTERS DIVISION**

**Team 6—Ray Lascot, John Kwasnik, “*Some Guy*” (these interlopers need to leave the Stiders alone J)**

**Caumsett 50K—March 4, 2007:**

**Sue Gamez**—overall time of 5:25—**2<sup>ND</sup> PLACE IN AGE**

**NYRR Coogan's Salsa, Blues & Shamrocks 5K—March 4, 2007:**

**Yariv Leers**—pace of 6:57, overall time of 20:23  
**Laferne Thomas**—pace of 10:56, overall time of 32:43  
**Joel Velasquez**—pace of 13:27, overall time of 41:35

**Tricia Marie Velasquez**—pace of 13:27, overall time of 41:30

**Kings Park 15K—March 10, 2007:**

**Vince DelCid**—pace of 8:40, overall time of 1:20:38

**Sue Gamez**—pace of 8:40, overall time of 1:20:38

**Howard Nachman**—pace of 9:45, overall time of 1:30:50

**John Rettmer**—pace of 9:40, overall time of 1:30:01,  
**3<sup>RD</sup> PLACE IN AGE**

**Gerry Ruiz**—pace of 9:51, overall time of 1:31:45

**John Sassone**—pace of 9:25, overall time of 1:27:46

**Laughlin Whalen**—pace of 9:16, overall time of 1:26:20

**NYRR Colon Cancer Challenge 15K—March 11, 2007**

**Vince DelCid**—pace of 8:11, overall time of 1:16:10

**Sue Gamez**—pace of 8:11, overall time of 1:16:11

**Deborah Pesa**—pace of 10:41, overall time of 1:35:58

**NYRR Colon Cancer 4 mile Challenge—March 11, 2007**

**John Graffeo**—pace of 10:00, overall time of 33:18

**Helen Pineda**—pace of 11:12, overall time of 41:55

**Laferne Thomas**—pace of 11:57, overall time of 46:10

**Joel Velasquez**—pace of 11:49, overall time of 47:03

**Wilmington, Delaware Half Marathon—March 11, 2007**

**Ira Gardner**—overall time of 1:56:07

**PLEASE INCLUDE APS ON ALL YOUR RACE APPLICATIONS**



## FOOD FOR THOUGHT

by Andie Robertson

### These Sneakers Are Made For Running

Depending on your age, many of you may remember the 60's song made famous by Nancy Sinatra, "These Boots Are Made for Walking." Few people, however, recall that there was actually a sequel to that song called "These Sneakers Are Made For Running" – or as the lyrics to the follow-up song read, "...and that's just what they'll do, one of these days these sneakers are going to run all over the place with you." Of course, since that time "sneakers" have evolved into more and more sophisticated versions of their ancient cousins, with lots of bells and whistles – some even including computer chips – promising to make the average plodder a "super-runner!" This new breed of running shoe has virtually hundreds of configurations designed for males or females, for bigger or smaller runners, for those who pronate or supinate, for all different types of surfaces including asphalt, trails, and tracks, and intended for various distances – long, short, or in-between.

So I felt the need to write a column about the current status of running shoes. Now your first question might be somewhere along the lines of: "What on earth do running shoes have to do with a nutrition column?" While the connection might not at first be evident, I hope that by the time you finish reading this column you will agree that it has everything to do with running. In fact, it may be one of, if not THE, most important thing you'll ever learn about running.

Before moving on to the focal point of this column, I feel compelled to disclose the source of the information I am about to impart. This knowledge was gained while attending the Craftsbury Running Camp in Craftsbury, Vermont last summer. While I was at the camp, an older runner (oh, wait, they were all older runners – since it was a Master's running camp) made me realize that while running shoes can be your best friends (properly sized, with the right kind of support for your running style, designed for the type of running you do, replaced before they aren't too worn out), they can also be your worst enemies! It was during a discussion of famous older runners who had gone to that

great road race in the sky that this tip about running shoes was presented.

We had just finished discussing Jim Fixx, the avid runner who wrote The Complete Book of Running and who died at the young age of 52 from a heart attack. Since he had a history of heart problems in his family, runners speculated that he probably lived 10 years longer than if he hadn't been a runner, while couch potatoes said, "See, I told you this running stuff was no good for you!" Following this part of the conversation, one of the running camp attendees (also known as running campers, even though the average age for those attending this week was close to 50) mentioned that a friend of his who had attended running camp a long time ago had also died at an early age (in his mid-50's). However, unlike author Fixx, this person did not have a history of family heart problems, but – and you should pay particular attention to this next part of the conversation – he always ate rather poorly, including eating "a lot of sneakers and junk!"

Well, I have to say that when this fellow revealed this interesting fact, I was a bit taken aback, and while I snickered to myself about eating sneakers (and I wasn't even snookered) at the time, this information ate at me over the next couple of days so that by the time I left running camp it was clear that I had to get the word out. "Sneakers are meant to be worn on the feet, not eaten, and if eaten, should certainly be done so in moderation!" There, I've said it and I'm a better person for it – because while most people that would hear a comment such as this (including the other two people who were present) might not know what to do with such a volatile piece of information, I knew that through this nutrition column, I could pass the word.

So consider yourselves warned – if you are ever out on a long training run and your hunger is just gnawing at you, and you don't know how you'll ever finish unless you lean down and take a big bite out of the toe of your sneaker, DON'T DO IT! As Nancy Reagan would say if she was aware of this urgent issue, "Just Say NO To Sneakers!!" because while it might seem worth it in the short-term, in the long run you are risking upset stomach, nausea, greatly increased gas (and not the kind you buy at the pump) and even death!

In fact, knowing this little tip may have already saved my life, because as I was preparing to

*(Continued on page 5)*

## RACING AROUND IN APRIL COMPILED BY JOHN RETTMER

<u>Date/Day</u>	<u>Time</u>	<u>Race/Distance/Place</u>	<u>Contact</u>
Apr 1		LIRRC April Fools 10K 9am Eisenhower Park	mail@lirrc.org or (516) 569-4959
Apr 8		LIRRC Easter 5K 9am Eisenhower Park	mail@lirrc.org or (516) 569-4959
Apr 14		Doug Wood 8k Cross Country Challenge 9am Crab Meadow Beach, Northport	Bill Fleming at (631) 757-5051
Apr 15		LIRRC Aldo Scandurra 10 Mile LI Half Marathon Tune-Up 9am Eisenhower Park	mail@lirrc.org or (516) 569-4959
Apr 21		Sayville Running Co 3 and 6 mi Prediction Runs 10am 55 Main Street West Sayville	Sayville Running Company (631) 589-5700
Apr 22		Annual JFK 5K Race 9am Runway of JFK Airport - Bldg 14	
Apr 22		LIRRC 13.1 Mile Jack Dowling Half Marathon tune-up 9am Eisenhower Park	mail@lirrc.org or (516) 569-4959
Apr 29		Alley Pond Strider Five Mile Challenge 9:00am Alley Pond Park	See Page 7

### DON'T FORGET!

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## News & Notes by Herb Ascher

*Note: Please send information concerning any Striders (past, present or future)*

Phone (718) 969-1837 or email:

[haschb2@verizon.net](mailto:haschb2@verizon.net).

APRIL BIRTHDAYS: **Blanche Ascher** (Apr.5); **Tom Bala**; **Evelyn Kaplan**; **Barbara Mayerson**; **Millie O'Neill** (Apr. 14); **Debbie Pantano** (Apr. 3); **Helen Pineda**; **Andrea Robertson** (Apr. 2); **John Sullivan**; **Susanne Tow**; **Marcia Zibulsky**; **Andrew Zeigler** (Apr. 2).

APRIL ANNIVERSARIES: Lee & Lynn Dunworth ['40]; Bill & Alice Fliegel ['55]; Howard & Lynn Nachman ['70].

Susan and **Gus Greis** proudly announce the birth of granddaughter **Jaden** Marly who was born on Sunday February 25 at 8:44 am. She weighed in at 9lbs. 1oz. and she measured 21 inches from the top of her head (with a full head of hair, no less) to the bottom of her little feet. Grandparents add that she is as alert as a month-old baby.

After a heroic struggle with cancer, Strider **Isabel Jaffee** died on March 12. Her daughters, Anne and Cerise will be holding a memorial service at the Samuel Field Y at 1 pm on April 15.

Walkers' Rep **Ray Dowe** reported back from a Strider trip to Atlantic City with empty pockets. Hmm...apparently he forgot to take his "funny" dice.

Just a reminder that the **Alley Pond Strider 5 Mile Challenge** will be held on **Sunday, April 29** rain or shine. As always, it's success depends on the work of Strider Volunteers. There is always a spot open for a volunteer. Sign up and help. It's always a ball... and don't forget, that donors are always welcome. Sign on local businesses for donations or to have them printed on the race shirts. Also, don't forget to bring a canned food for the hungry in Jamaica.

DON'T FORGET to renew your **Alley Pond Striders** membership: **Single Membership, \$15 Family Membership, \$20**. Make checks payable to *Alley Pond Striders* and mail to:

**ALLEY POND STRIDERS, PO Box 298  
Bellerose, New York 11426**

or give the money to any Board member.

## A Heartfelt 'Thank You'

I want to thank all the Striders who rallied around me when I had a stroke at the end of January. During my 12 days in the hospital and 2 1/2 weeks in rehab, Stan and I received numerous phone calls inquiring about my condition and many, many cards wishing me well. All your thoughts, prayers, visits and cheery notes helped lift my spirits and let me know how much I am cared about.

I'm happy to say that I've been home for 2 weeks. I'm getting physical therapy at home, and I'm now walking with only the assistance of a cane.

So thanks again to all of you for your kindness to me at this time. They were very much appreciated!

*Marcia Zibulsky*

Note from Stan: As usual Marcia expressed her thanks to all those who sent cards, called or otherwise inquired about her health. I wanted to express my thanks to all Striders who inquired about my illness when I couldn't run for two months in November and December.

*Stan Zibulsky*

*(Continued from page 3)*

leave the running camp a fellow camper – sort of a sinister version of Santa/Einstein/Moses – approached me with an offer that prior to this knowledge would have been too good to refuse: an errant, succulent-looking (and I'm sure, yummy-tasting) sneaker for my long drive back to New York.

I'm certain that without this information, I would have jumped at the chance and would have taken that sneaker with undoubtedly catastrophic results. Armed with my new knowledge, however, I easily declined the offer and drove home with no gastric pain or other difficulties. Given the same opportunity (Hey, buddy, want to buy a sneaker snack? I'll give you a good price), decline, decline, and after that, decline again! It's not worth the quick endorphin buzz – refuse the offer and you'll be doing your body one of the biggest favors you can ever give it.

Besides, both Nancys (Reagan and Sinatra) would be proud – that is, if they only knew... the secret of the sneakers.

**ALLEY POND STRIDERS  
FIVE MILE CHALLENGE**

**Sunday, April 29, 2007: RAIN OR SHINE**

SPECIAL FOOD DRIVE TO BENEFIT THE  
SOLID ROCK BAPTIST CHURCH  
SOUP KITCHEN.  
PLEASE BRING A DONATION OF  
NON-PERISHABLE FOOD ON RACE DAY.



**STARTING TIMES (RAIN OR SHINE):**

**Fun Run 9:30 AM**

**5 Mile Race 10:00 AM**

*This event benefits  
City Harvest  
and other local charities.*

With the cooperation of the Department of Parks and  
Recreation, City of New York, Mayor Michael  
Bloomberg, and Parks Commissioner Adrian Benepe

**Eligibility:** Five Mile Race is open to Runners, Joggers and  
Walkers 13 years old and over.

Fun Run open to children 12 and under.

**Course:** A five mile race through beautiful Alley Pond Park  
and the historic Vanderbilt Motor Parkway. The course is ac-  
curately measured with split times at all mile markers. Two  
water stations. Lavatory and Dressing facilities available.

**Registration:** Pre Registration: **\$16** (through April 25) in-  
cludes designer T-Shirt. After April 24th and RACE DAY Reg-  
istration **\$20** (T-shirts while they last).

**Day of Race Registration** will be held at the Alley Pond Park  
House from 8:00 to 9:30 AM.

**Fun Run for Children - \$5.00.** T-Shirts while they last.  
MUST be present to receive T-shirt.

**REGISTRATION CLOSSES** at 9:30 AM for the 5 Mile event.

**Awards: 5 MILE RACE:** FIRST THREE OVERALL FINISH-  
ERS, male and female receive a TROPHY. FIRST 3 AGE  
GROUP FINISHERS, male and female receive a TROPHY.  
Age Groups 13 - 19 then every 5 years to 80 and over.  
**THERE WILL BE NO DUPLICATION OF AWARDS.**  
**POST RACE REFRESHMENTS AND RAFFLES — You  
must be present to win. CHILDREN'S FUN RUN:** All  
finishers of the Fun Run shall receive a memento.

**Directions:** Alley Pond Park, Bayside/Bellerose in North-  
east Queens. Park House located on Winchester Boule-  
vard north of Union Turnpike. From Northern State/GCP  
west: Exit 23. Turn left on Union Turnpike to Winchester  
Blvd.. Turn left on Winchester Blvd., park on left. From  
GCP east: Exit 23. Follow signs to Winchester Blvd. Turn  
right at the stop sign. Parking lot on right.

**Make checks payable to: ALLEY POND STRIDERS**

**Mail to: 148 Andrews Road, Mineola, NY 11501**

**NO REFUNDS, EXCHANGES OR TRANSFERS**

**CIRCLE YOUR T-SHIRT SIZE: S M L X XL**

**CIRCLE YOUR EVENT: 5 Mile Run Fun Run**

Last Name  First Name

Mailing Address  Include Apt. No. and/or C/O

City or Town  State  ZIP Code

E-Mail Address (Optional)

Sex  Age on  Birthday   
Area Code  Phone Number

Check here to be notified of future

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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parents Signature: \_\_\_\_\_

Required if entrant under 18

## Alley Pond Striders



P.O. Box 298  
Bellerose, NY 11426

Winter/Spring 2007

Dear Race Sponsor,

It is that time of year again when the Alley Pond Striders gear up for our Five Mile Challenge Race. As you are aware, the Five Mile Challenge has become known as one of the best races of the year, thanks to the friendly volunteers, the scenic yet challenging course, the abundant refreshments, nice T-shirts, fun kids race, and plentiful raffle prizes. For many, the Five Mile Challenge marks the start of the Spring running season. This event brings together the athletic community in friendly competition and provides a showcase for both Alley Pond Park and the surrounding areas. Additionally, and most importantly, a portion of the race proceeds is donated to worthy local charities, including City Harvest and Long Island Riding for the Handicapped.

This year the Alley Pond Striders Five Mile Challenge will be held **Sunday, April 29, 2007**. With your sponsorship and support, this year's race can be a community event that will make us all proud of our contribution. In addition to supporting a great race, your sponsorship is also a great way to get your business' name out to the community, and to potential customers. Past races have drawn more than 400 runners, walkers and children.

Contributions of merchandise or perhaps gift certificates for your business to be distributed and raffled off at the race are also an excellent way to provide needed sponsorship. We can also distribute your advertisements, coupons or flyers at the race. As we have done in past years, a listing of all our race sponsors will be included in our Race Results Newsletter and on our Internet web page. Sponsors donating \$125 or more will also have their names included on the Race T-Shirt that is given out to the race participants. Donations of \$250 or more will be included on the Race T-Shirt in a larger font and will be placed higher in the sponsorship listing. Additionally, at your request, sponsor websites can be linked to the club's website, which gets several hundred hits per month.

The Alley Pond Striders are very active in the community. We are nearly 300 members strong and host two races annually. Your participation in this important 25th Anniversary Year event provides a unique opportunity to put your company or business name in front of the community.

We appreciate your support and commitment to the local community.

Gratefully yours,

*John Rettmer*  
John Rettmer,  
Race Director

*Debbie Pantano*  
Debbie Pantano  
President

**SPONSORS NEEDED FOR THE ANNUAL  
ALLEY POND STRIDERS FIVE MILE CHALLENGE**

# Calendar of Events

## APRIL 2007

**Thursday, April 5th:** Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting.

**Saturday, April 21st:** Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

**Thursday, April 26th:** Board Meeting at John Rettmer's house to prepare for the Five Mile Challenge.

**Sunday, April 29th: FIVE MILE CHALLENGE! IT'S NOT TOO LATE TO VOLUNTEER OR TO BECOME A SPONSOR!**

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### **COMING AT THE MAY 3RD MEMBERSHIP MEETING:**

Our guest speaker will be Strider Arthur Laxer presenting his slides of a trip to Utah, Arizona and more. Arthur is an avid photographer. It promises to be an interesting presentation.



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#### Board of Directors

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**Corresponding Secretary:** Helen Pineda  
**Social Secretary:** Joe Gambino  
**Runners Rep.:** Christina Reinle  
**Walkers Representative:** Ray Dowe

Membership Chair: Lynn Henry  
(516) 437-8715  
Dues: \$15 Single Membership  
\$20 Family Membership/Couples  
Members joining on or after October 1, 2006 are automatically 2007 members.

The Strider is the newsletter of The Alley Pond Striders and is prepared monthly by:  
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Labels: Bill Kaiser

*Check us out on the web at:*

*[www.apstriders.org](http://www.apstriders.org)*