

The Strider



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

January 2008

Volume XXVIII Issue I



The Alley Pond Striders is a running and walking club with over 250 members and serves the communities of Eastern Queens and Nassau County, 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 at
(516) 437-8715.**

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PRESIDENT'S MESSAGE BY GERRY RUIZ

Filling in the footsteps of the greats who preceded me in my Strider lifetime - Rob, Ken, and Debbie, is an awe-inspiring task. With this position, I hope to draw from Rob's speed, Ken's wit, and Debbie's heart (apologies to past president's not mentioned-despite my appearance, I've not been a Strider for that long). I only promise to do my best.

This, though, isn't possible without all of you. Yes, even the most curmudgeonly Strider. Membership meetings can be tests of tolerance, but my peeps care enough to show up for them. That, in and of itself, says a lot. As 12 step programs state: "you don't have to like everyone, but you must love all."

I very proudly identify myself as an Alley Pond Strider, reveling in the fact that I am Queens born and bred, went to high school miles away, college down the road, and celebrated my eighteenth birthday...well...let's don't reveal TOO much. Suffice to say, much of my college years were spent in this very park. My fellow Striders, whom I'm proud to call "my peeps," ask nothing more than to share a 3-10 mile space, walking/running/kvetching. The time will bring some interesting experiences, some intense discussions, and maybe, just maybe, some FUN. (dunno 'bout you, but if it isn't fun, what's the point???)

One definite: more communication. Ever wonder why some of our neighbor clubs seem to hook up for races, social activities etc...? We'll attend to that. "We" being the peeps I'm proud to associate with: your Board.

We start with the Emerald Nuts midnight Run. Some of us are signed up, some considering. If you plan to run it, walk it, be there, let me know. In years past it was (almost) warm, for winter anyway. One plan is to hook up for dinner/a movie/whatever, then head over to the park. Trust me, if the weather holds, it's quite an experience.

Welcome: Janet Turbin of Bellerose Manor; Margaret Colgan of Flushing; Gloria & Stanley Schneider of Flushing; Dave, Janet & Katie Miles of Fresh Meadows and Kathy De Vos of Whitestone .

REMINDER: Dues paid on or before January 1, 2008 will be \$15 for individuals and \$20 for families. After January 1st the dues are \$20 for individuals and \$30 for a family.

RUNNERS EXCHANGE

BY DEBBIE PESA

Contact Debbie Pesa at dpesa@nyc.rr.com
with your race results.

PLEASE INCLUDE APS ON ALL YOUR RACE
APPLICATIONS.

With a little help from some pretty good oatmeal cookies, the club elected me as your new runner's rep. I hope to merit your support throughout the coming year. Thank You.

I hope everyone had a wonderful holiday season. The New Year is a time of reflection and resolution and I'm sure I'm not the only one with plans to re-dedicate myself to running my best and having a great time out there.

**Philadelphia Marathon, Philadelphia, PA—
November 18:**

Ira Gardner—4:32.42, pace 10:25
Doris Tegge—gun time 5:01.52, chip time 4:55.24, pace 11:31

NYRR Race to Deliver 5M— November 18:

Yariv Leers—27:42, pace 6:55
Richard Hubert—30:12, pace 7:33
Mary Hubert—33:08, pace 8:17
Tom Case—33:47, pace 8:26
Gerard Ruiz—37:00, pace 9:15
Deborah Pesa—37:15, pace 9:18
John Graffeo—41:54, pace 10:28

LIRRC 5k Cross Country, November 18:

Rob Pasqual—19:47, pace 6:22 – **2nd Place in Age, 3rd Place Overall** Congrats!!

Merrill Lynch Turkey Trot 5M, November 22:

Yariv Leers—34:16, pace 6:51
Joe Gambino—37:35, pace 7:31
Deborah Pesa--45:35, pace 9:07

Port Washington Thanksgiving Day Run 5M, November 22:

Ed Grassel—40:50, pace 8:10 – **3rd in Age Group** this was Ed's first race in his new age group and he blew up the competition
Bob Shapiro—gun time 45:56, pace 9:12, chip time 45:47 – **2nd in Age Group**, staying strong, Bob!

Archbishop Molloy Michael Volpe Memorial 800m, November 24:

Rob Pasqual—2:35, **1st place** – way to go, Rob!

Rob's Run 5k Cross Country—November 25:

Rob Pasqual—19:52, pace 6:24
Helen Pineda—33:29, pace 10:47

NYRR Hot Chocolate 15k—December 1:

Tom Case—1:23.59, pace 9:01
Janett Ameerally—1:28.57, pace 9:33
Gerard Ruiz—1:30.13, pace 9:42

Marathon of the Palm Beaches Half, West Palm Beach FL—December 2:

Andy Hodas—1:54.51, pace 8:46

Wantagh Snowball Run 5M—December 8:

Gerry Ruiz—45:30, pace 9:06

Fly With the Owls 4M—December 9:

Fran Kraus-Schmidt—30:37, pace 7:39 – **2nd in Age**

NYRR Joe Kleinerman 10k—December 9:

Satkham Persaud—48:24, pace 7:48
Ira Gardner—55:18, pace 8:55
Deborah Pesa—56:54, pace 9:10

NYRR Holiday Run 4M—December 15:

Richard Hubert—29:38, pace 7:24
Mary Hubert—36:02, pace 9:00

Ho Ho Ho Holiday 5k Run—December 16:

Dave Miles—18:20, pace 5:54 - **1st in Age**
Laughlin Whalen—25:56, pace 8:20
Christine Reinle—26:23, pace 8:29
Tom Case—29:01, pace 9:20
Gerry Ruiz—29:21, pace 9:26
Fran Kraus-Schmidt—29:28, pace 9:29
Deborah Pesa—29:43, pace 9:33
John Rettmer—34:52, pace 11:13
Hank Klein—35:11, pace 11:19
Thomas Balas—37:49, pace 12:12
Howard Schultheiss—38:54, pace 12:32
Howard Nachman—40:47, pace 13:07

PLEASE INCLUDE APS ON ALL
YOUR RACE
APPLICATIONS



The Traveling Runner: Visiting the lost City of Petra By 'Fast' Eddie Grassel (egrassel@aol.com)

On a clear and sunny day in late October, Ruth and I walked across the border from Israel to Jordan. We were met by a guide and we took a two hour bus ride to the lost city of Petra. Tucked away in the southern desert of Jordan are the city of Petra and the Wadi Rum (valley of Rum). Accompanied by my Israeli cousins, Motte and Osnat, we began the trek to Petra. The area is pure desert with only a few Bedouin villages along the way. We walked through a very narrow canyon for about 3 kilometers to get to the lost city. The temperature was in the low 80s with 10% humidity. There was a great deal of shade because of the high natural walls on both sides of our walk. Every so often a camel or horse drawn carriage would pass by transporting visitors who were not able to make the trek. The different angles of the sun reflecting off the rocks created different colors at each turn; reds, oranges, grays, browns, greens and variations of whites were surrounding us. After 45 minutes we saw our first sighting of a huge, magnificent structure, the Treasury, built into the sandstone of the mountainside, where the city of Petra begins. The entire city was created in the middle of the desert by the Nabatanaen people in 300 B.C., a civilization that lasted for 600 years. This was a flourishing city on the silk trail between Asia and Europe. Water systems, crops, animal traders, craftsmen and merchants were all part of this bustling city. A few thousand people lived in Petra, involved in all aspects of cosmopolitan life. The city disappeared from the map until the early 19th century when it was rediscovered by a Swiss adventurer. It was recently listed as one of the man made wonders of the world.

The next morning we were picked up by our guide and driven in a jeep to Wadi Rum. We spent the entire day observing natural wonders off the beaten track with no one else in sight. We explored arches, mountains, an oasis, dried river beds, and sand- lots of it. We came upon two men sitting with their camels in a shady spot. I asked if we could take their picture and they responded by offering us a ride on their camels. It was a true adventure and lots of fun. At midday our guide made a wonderful lunch in the middle of the desert using dug up brush and food he brought along in the jeep. The atmosphere in Wadi Rum was extremely calm,

quiet and serene. I must say this was the highlight of our trip. That evening we were brought back to Aqaba where we walked back across the border to Israel.

The next day we were in Jerusalem where I had a magnificent run in Saker park right in the middle of the city. As I ran through the gardens, playing fields and walkways, I was able to reflect on a different world only a few hours away. I had been in the holiest city in the world where thousands of people from all different faiths came to pray. My six mile run felt like it took minutes because of the many different thoughts going through my mind. This area of the world is in the news all the time; it is truly a wonderful place to visit with good people, incredible sights and an opportunity to be in a timeless place. A must see!

**COMING
JANUARY 26
The Annual
Strider Dinner
Dance at the
White House
Restaurant.
Only \$37 per
person!
SEE JOE GAMINO
FOR DETAILS OR
WITH YOUR
CHECK!**

RACING AROUND IN JANUARY

<u>Date</u>	<u>Race/Distance/Place</u>
Jan 1. Tuesday at 2pm:	Republic Airport New Year's Day Resolution 5K Run at Republic Airport on the runway off of Route 110 in Farmingdale.
Jan 10. Thursday at 7:00 p.m.	<u>NYRR Thursday Night at the Races</u> / New Balance Track and Field Center at the Armory.
Jan 12. Saturday at 9:00 a.m.	<u>NYRR Fred Lebow Classic (5M)</u> in Central Park.
Jan 24. Thursday at 7:00 p.m.	<u>NYRR Thursday Night at the Races</u> / New Balance Track and Field Center at the Armory.
Jan 27. Sunday at 8:30 a.m.	<u>NYRR Half-Marathon Grand Prix Presented by Continental Airlines: Manhattan</u> in Central Park.

**COMING
JANUARY 26
The Annual Strider Dinner Dance
at the
White House Restaurant.
Only \$37 per person!
SEE JOE GAMBINO FOR
DETAILS OR WITH YOUR
CHECK!**

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.

JANUARY BIRTHDAYS: Joanne Barnes; Robert Bruce; Sue Gamez; Alice Gibbons; Andy Heiz; Glenda Lascot; Jan Laxer; Diane Merzon; Don Merzon; Emmett Miller; Rose Schellenberg.

JANUARY ANNIVERSARIES: Hank & Grace Gottlieb ['59] *Congratulations to all!*

Strider **Astrid Georges'** mother passed away on December 6. A funeral service was held at **St. Nicholas Greek Orthodox Church** on December 10th. Condolences to Astrid and her family for what must be a truly great loss.

Rolling Thunder Special Needs Program (RTSNP) is a non-profit organization set up specifically for physically and mentally challenged athletes. They meet at the **Alley Pond Park House** on Saturdays and Sundays at **9:00 AM**. They also meet at **Queensboro Community College** Running Track on Wednesdays at **5:00 PM**. **Membership is free** and all children interested in walking or running are welcome. Contacts are **Vincent Del-Cid (718) 464-2345** and **Steve Cuomo (631) 399-5564**.

After returning from Italy with a group of Striders, Alley Pond Strider **Dorothy Chusid** has arranged a nine-day trip (February 13 – 21) to Tropical Costa Rica with **Collette Vacations**. Included are visits to *Monteverde Cloud Forest, Thermal Spa Resort, Poas Volcano* as well as the world's largest Butterfly Garden. Departure date is **February 13...** Nine Striders have already signed up. If you're interested, call Dorothy at **(718) 454-7281**.

Strider **Norman Miller** became a grandfather when his grandson, **Joshua** was born on **December 2**. Congratulations to Norm and the happy parents, **Michael** and **Cindy Miller**.

On December 13, to celebrate Strider **Hy Simon's 94th birthday**, his granddaughters, Rachel and Autumn decided to hold a party. Among the invited were a dozen Alley Pond Striders who were introduced to newly married Autumn's husband. Hy was pleased with the turnout and he thanks all for coming.

The December 16 **Holiday/Election Day Party**, attracted a full house despite a weather report promising rain and sleet. Reality set in providing a be-

low freezing temperature with snow mush underfoot. Out on the motorway, Walkers walked and Runners walked and, once in the park house all ate. Once assembled, ballots were distributed and a new Board was elected: President, **Gerry Ruiz**; Vice President, **Russ Lay**; Treasurer, **John Kwasnik**; Recording Secretary, **Gillian Turbin**; Corresponding Secretary, **Helen Pineda**; Social Secretary, **Joe Gambino**; Runners' Rep., **Debbie Pesa**; Walkers' Rep., **Ray Dowe**.

NOT FROM OUTER SPACE: **Trudy Hodas** escaping from that intolerable weather in Florida (hot, ugh) and here to see her beloved grand children tore herself away for some time with her beloved Striders. **Andy** and **Nancy Heiz** not having a problem with nose deep snow, also managed time with their beloved Striders. It's always great to see visiting Striders, you bet.

Yes, the motor parkway was completely covered with ice earlier in the week and Striders responded in two ways: Walking/Running on the icy Motor Parkway or Walking/ Running on the street to avoid the ice on the parkway. This produced the following results: Strider **Harry Judd** fractured his wrist and shoulder after slipping and falling on the parkway. Strider Harry Judd and **Carole Cortines** slipped and fell on the street. Not wanting to be left out, I slipped and fell just one step short of returning to the parking lot. As I fell, I watched my head bounce a few times. All in all, not bad for a 200+ membership!

Club Apparel for Sale

Please see Laughlin Whalen or e-mail him (lwhalen142@aol.com) if you're interested in purchasing any of the following merchandise.

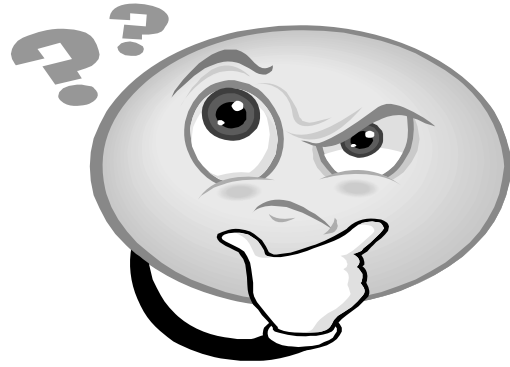
Singlets, Men and Women's (S, M, L)	\$22
Running Shorts (S, M, L)	\$19
Long Sleeve Cotton Shirt (S)	\$13
Long Sleeve Coolmax Shirt L, XL	\$37
White Short Sleeve Coolmax Shirt (S, M, L, XL)	\$15
Sleeveless Green Coolmax Shirt (S, M, L, XL)	\$17
Green Baseball Caps	\$10

All of the above apparel are imprinted with the Alley Pond logo or name.

How Smart are YOU?

This is a quiz for people who know everything! (I won't list names here, but you know who you are.) Although I initially included myself on that list, I found out in a hurry that I didn't know everything. These are not trick questions. They are straight questions with straight answers.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters "dw" and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter "S."



Answers To Quiz:

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends . . . Boxing
2. North American landmark constantly moving backward . Niagara Falls (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Only two vegetables that can live to produce on their own for several growing seasons: Asparagus and rhubarb.
4. The fruit with its seeds on the outside . . . Strawberry.
5. How did the pear get inside the brandy bottle? It grew inside the bottle. (The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.)
6. Three English words beginning with dw . Dwarf, dwell and dwindle.
7. Fourteen punctuation marks in English grammar . . . Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parentheses, braces, and ellipses.
8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh Lettuce.
9. Six or more things you can wear on your feet beginning with "s" . Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

A Call to Assist – Annual Blood Drive By Eric Schwartz

I would like to hold the Annual Alley Pond Strider drive on Saturday, January 5, 2008 at the Lake Success Blood Donor Center after our morning run/walk . The Center is open on Saturdays from 8:15 am to 1:30 pm.

The Blood Center is located on the ground floor of 2500 Marcus Avenue (0.25 mile east of Lakeville Road). It is the second building on the left (north) side of Marcus Avenue (immediately after 2000 Marcus Ave.) after turning left from the Lakeville Road Exit from the eastbound Northern State Parkway.

Donating blood is a vital way to assist those in need. In addition, donating blood can be beneficial to the donor. Specifically, donating blood helps to reduce any excess iron that may build up in the body, a genetic condition that some people suffer from. Second, donating blood causes the body to produce fresh red blood cells.

Please join us on Saturday, January 5, 2008 and donate!

Alley Pond Striders Membership Directory 2008

The Alley Pond Striders is an ever changing organization with new members entering the club and old members moving or getting e-mail address. So that we can all keep up with each other, there has been a decision to update the current Membership Directory.

As many of you may recall, the Membership Directory is **NOT** a listing of members, but a voluntary club “contact book”. It is provided to Striders for Striders. It allows members to find phone numbers, address or e-mail addresses of other Striders. It is important to understand that only information that YOU request to be included will be included in the Directory. If you only want your name and address included, that is all that will be included. If you only want your name and e-mail address, that is what will be listed. Also, if you chose NOT to be included in the directory, you will not be included.

The last edition of the Membership Directory was mailed out for distribution. With the dawn of the 21st Century and the Internet era, the Membership Directory will be distributed electronically. By having an electronic directory, we will be able to provide periodic updates and make additions as necessary. Anyone who wishes a hard copy of the directory will be able to request one at a cost of \$2.00.

To be included in the Membership Directory 2008 please fill in the following and either mail the form to the Alley Pond Striders (PO Box 298, Bellerose, NY 11426); or e-mail the information you want included to APStriders@aol.com; or give this form directly to Lynn or Ken.

NAME: _____

Address: _____

Phone Number: _____

E-mail address: _____

Please print clearly.

Thank you, Lynn Henry & Ken Kaiser

Calendar of Events

JANUARY 2008

Tuesday, January 1st: New Year's Day "Hangover Walk and Run" starting at 10:00am. Bring some goodies to share after our walks and runs.

Thursday, January 3rd: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting.

Saturday, January 19th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Thursday, January 31st: Executive Board Meeting, 8pm at Fame Diner. All members are welcome to attend the Board Meetings.

+++++

DON'T FORGET THIS IMPORTANT EVENT:

JANUARY 26TH - ANNUAL DINNER DANCE AT THE WHITE HOUSE RESTAURANT - COST IS \$37/PERSON: SEE JOE GAMBINO FOR INFORMATION AND WITH YOUR CHECK.



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Board of Directors

President: Gerry Ruiz
Vice President: Russ Lay
Treasurer: John Kwasnik
Recording Secretary: Gillian Turbin
Corresponding Secretary: Helen Pineda
Social Secretary: Joe Gambino
Runners Rep.: Debbie Pesa
Walkers Representative: Ray Dowe

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

E-mail: lynnahenry@yahoo.com

Dues: \$20 Single Membership

\$20 Family Membership/Couples

Members joining on or after October 1, 2007
are automatically 2008 members.

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

Editor: Ken Kaiser (Please send information and articles to apstriders@aol.com)

Assistant Editors:

Gillian Turbin & Lynn Henry

Labels: Bill Kaiser

Mailing: Lynn Henry

Check us out on the web at:

www.apstriders.org