

The Strider



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

February 2008

Volume XXVIII Issue 2



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

A film was recently released (and some Striders came together en masse to view) entitled "Spirit of the Marathon," it'll be released on DVD as well. It follows the roads five individuals take which eventually leads them to the marathon. No, the club doesn't reap benefits from it's sale, but one cannot fail to hold it as an encapsulation of "all things Strider."

Whether walking or running, only we would understand why an individual would push themselves beyond what anyone would consider "normal" limits, much less leave the house on a cold day-just ask Stan. Oddly, most of us suffer from "runner's low self-esteem," thinking everyone is faster. Yet, we always seem to find at least one running partner or several peeps behind us. Add to this a few thousand like-minded issue filled peeps, and presto! A marathon.

We do the voodoo that we do for a host of reasons: health (physical and other), sociability, etc. Bottom line: we do it. The commonality of grouching about our aches, the course, the weather, whatever: we're out and doing what we love. We are Striders.

It was wonderful to come together for the film as well as the annual dinner dance, however, none of this would have been possible without each and every member. And...this is only the beginning. More events will be forthcoming and the only requirement is you. The North Fork 3 x 2 "how much must I freeze for a cookie" relays and our world famous Five-Mile Challenge in April come to mind.

Be proud, wear the colors, be there!

Welcome: Kathy de Vos of Whitestone; Dovid Schachner (Dave) of Hollis Hills; Edgar Pineda of Glen Oaks; Ernst Ackermann of Whitestone; Loula Hios of Bayside; Marc Rosenberg of Flushing; and, Olga Brunot of West Hempstead.

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Reminder: Dues are due! The 2008 rates are \$20/individual and \$30/family. In accordance with the bylaws, non-payers will be deleted from the membership rolls March 1st.

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.

I hope everyone who attended the Dinner Dance had a great time. And for those who didn't...why not?

Following the holidays, January is a little light on the race calendar, but we had a few diehards who managed to find a race during the past month.

Republic Airport Runway 5k—January 1:

Gerry Ruiz—26:24, pace 8:31

Mississippi Blues Half Marathon, Jackson, MS—

January 5:

Ira Gardner—1:58.44, pace 9:04 – this was Ira's 48th state and the 23rd where he finished better than 2 hours – way to go!

Fred Lebow Classic 5M—January 12:

Ed Grassel—40:29, pace 8:05

John Parry—47:26, pace 9:29

Janet Bijarro—47:27, pace 9:29

USATF Indoor Track Meet—January 13:

800 Meters

Yariv Leers—2:59.08, 1st in Age – are his shoes still smokin'?

Martin County Half-Marathon, Hobe Sound, FL—

January 13:

Andy Hodas—1:57.09, pace 8:56, 3rd in Age. Andy added that it was a balmy 66 degrees at the time of the race. I think I feel a few pangs of jealousy.

PLEASE INCLUDE APS ON ALL YOUR
RACE APPLICATIONS

Alley Pond Striders, Inc		
Income and Expense Statement **		
as of December 31, 2007		
Balance		
12/31/2006		\$4,913.01
INCOME		
Membership	\$ 4,443.00	
Five Mile Challenge	1,622.80	
Lucky Buck	145.50	
Back Alley 5k	\$ 91.72	
		\$6,303.02
EXPENSES		
Newsletter Printing	\$ 1,908.00	
Sale of Club Merchandise	803.70	
Postage	651.07	
Refreshments	616.48	
Annual Dinner Dance	557.20	
City Stride	410.00	
Picnic	310.61	
Good & Welfare	296.94	
Ocean to Sound	219.22	
Supplies	188.94	
Dues	100.00	
Web Site Expenses	\$ 72.86	
		\$6,135.02
Ending Balance		
12/31/2007		\$5,081.01
** All categories are shown at their net value (Income has been offset by expenses where applicable). These amounts do not reflect the true income/loss of all categories due to receipt of amounts in different years.		

Pick 4 by Rob Pasqual

As a long time runner I always take note when I hear someone say " I have to run this race". Gee, what's the appeal? Are they blackmailing you or do they have a really awesome T-shirt? Some feel that way about certain marathons, which kind of like saying "I have to go to DMV".

Well you can't run every road race (unless you're Gerry or Vince), so suppose you could only run four races a year. Why four? No special reason, but at least you can run a race every season. If you'd like, just include one word about the race that explains its appeal. For instance, my list would be:

Morris Mauler - the course
 Andrew Harvey - 5k the people
 Ocean to Sound relay - the party
 Quebec Half Marathon - the city

Send me your list at rpasqual@nyc.rr.com.
 I'll try to put the results in next month's newsletter.
 Happy 2008!

My Dear Fellow Striders,

My family and I thank you ever so much for all your condolences and prayers for my mother.

I cannot express enough how comforting it was to see and hear from so many of you.

We truly are more than a running and walking club, we are a caring family.

Astrid

WHITHER THE DOW CONTEST

By John Sassone

The Dow Jones Industrial Average ended 2007 at 13,264.82 for a gain of 6.43%. Several prescient Striders came close but one nailed it!!!

Congratulations to LAFERNE H. THOMAS whose prediction of 13,263 was only a whisker off the actual figure. It would have been a photo finish on the track! Laferne joins past winners ALESSA LEVINE, NORMAN MILLER, LENORE FEINSTEIN, JEROME PASTERNAK, AND LAUGHLIN WHALEN in the Winners Circle.

The "Close But No Cigar" award goes to NELLA CARAVETTA whose 13,286 was the closest 2nd place finish in the history of the contest. Honorable mention goes to RONIT GURIEL and HANK KLEIN. This was the 2nd year in a row for Roni. Is three times the charm?

JOHN SASSONE announced the winner at the January meeting which included a fun filled game of stock market trivia and knowledge as well as some financial planning tips. Our Treasurer JOHN KWASNIK showed his business acumen by winning the game and a Nest Egg Piggy Bank for a prize.

You can hand in your prediction for the Close of the Dow 2008 to John at the park house or email him at cfpstrider@aol.com. Reference STRIDERS in the title to distinguish it from spam. Cut off is 2/15 and a prize will be given to the Strider who comes closest.

A point of information. There have been three bear markets since 1987. The Dow dropped from 2722 to 1738 from 8/25/87 to 10/19/87 for a loss of 36%. A year later it was up 24%. From July 1990 to Oct. 11, 1990 the Dow sunk from 2999 to 2365 – down 21%. A year later it had rallied 25.9%. The last Bear began on 1/14/00 with the Dow 11722 and ended at 7,286 on 10/9/02 a decline of 37.85%. The Dow bounced back 32.9% the following year. The contrarian long term investor has done very well buying when everyone else is depressed and selling.

RACING AROUND IN FEBRUARY

<u>Date</u>	<u>Race/Distance/Place</u>		
Feb 3	Founders Day 5K	9:30am Southampton Gubbins and Agawam Park, Pond Lane, Southampton Village	
Feb 3	11th Annual Polar Bear Club Benefit Swim	1pm Long Beach	Brrrrrr!!!
Feb 3	LIRRC Group Fun Run -- 4 or 7 miles	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Feb 9	Long Beach 4 Mi Run	10am Magnolian Blvd & West Bay Dr. Long Beach	
Feb 10	Valentine's Day Prediction Run	12 noon Sayville Running Co 55 Main Street; West Sayville	Brendan Barrett 631-589-5700
Feb 10	LIRRC Group Fun Run -- 4 or 7 miles	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Feb 17	LIRRC Group Fun Run -- 4 or 7 miles	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Feb 23	Runners Edge Fun Run (various distances)	Main Street Farmingdale	Note: significant discount in store after the runs.
Feb 24	North Fork Bank 3x2 Mile Relay	10am Bethpage State Park Picnic Area	
Feb 24	LIRRC Group Fun Run -- 4 or 7 miles	9am Eisenhower Park	mail@lirrc.org (516) 569-4959

Congratulations

To our 25 year and 10 year members!!

The following individuals have been active members of the Striders. These members were recognized for their membership and contributions at the Annual Dinner Dance held on January 26, 2008.

The Striders inducted into the 25 year club this year are: Richie Cohen, Lee Dunworth, Lynn Dunworth and Allen Grunthal.

The Striders marking 10 years as members are: Nella Carravetta, Dorothy Chusid, Jimmy Falzetta, Joan Ferioli, David Haisley, Ken Kaiser, John Kwasnik, Paul & Barbara Santino, Jean Schapowal and Stewart Wolf.

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.

FEBRUARY BIRTHDAYS: Ernst Ackermann (Feb. 2); Steve Appel; Howard Cohen; Ray Dowe (Feb.22); James Downey; Marilyn Harbater; Harry Judd; Melanie Ngai (Feb.8); Corinne Di Stephan.

FEBRUARY ANNIVERSARIES: Tom & Alice Gibbons['46]; Herb & Selma Carp['47]; Luis & Susan Arauz ['75]; Don Rahman & Diane Merzon['97]. Congratulations to Ed and Betty Jacobson who recently celebrated 50 years together!

Even though I couldn't attend this year's Dinner Dance, everyone who attended agreed that it was a really enjoyable event. With a mixture of good food and all night dancing there was little room left for disappointment. Well, maybe a tiny room for those who expected but did not receive any of the awards given during the evening.

These are the deserving Striders: *Walker of the Year* -- **Ed Jacobson**; *Most Improved Female Runner* - **Debbie Pesa**; *Most Improved Male Runner* - **Howard Cohen**; *Runner of the Year* - **Bob Wenzel**; *Striders of the Year* - **Lynn Henry & John Kwasnik**.

Seen on the Parkway: **Mel Kaplan**, walking (although slowly), **Stan Zibulsky** starting to run again, **Barney Gambino & Marie** visiting his brother **Joe**. Newest Strider **Ernst Ackermann** enjoying the Motor Parkway and the dinner dance as well.

Best wishes to **Bruce Hammer**, recovering from a heart procedure and to **Hank Gottlieb** who is also in recovery. Both would appreciate a card or a call.

With a so-far mild winter, running and walking in Alley Pond Park has been exceptionally pleasant. Starting with the **Martin Luther King** holiday, large numbers of runners and walkers have been showing up weekends and weekdays. So, come on

down and join the fun.

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**Immaculate Conception Center -
FRIDAY FILM FESTIVAL**
Hosted by: Fr. Robert Lauder and the
Office of Faith Formation
7200 Douglaston Parkway
Douglaston, NY 11362
718 281 9582

All movies begin at 8:00 PM

Peter Glenville's *Becket on March 14*. Starring Richard Burton, Peter O'Toole, John Gielgud

Victor Fleming's *Joan of Arc on March 28*. Starring Ingrid Berman, Jose Ferrer, Francis L. Sullivan

Jacques Doillon's *Ponette on April 4*. Starring Victoire Thivisol, Delphine Schiltz, Matiaz Bureau Caton (subtitles)

Ron Howard's *Cinderella Man on April 18*. Starring Russel Crowe, Renee Zellweger, Paul Giamatti, Craig Bierko

Rodney Bennett's *Monsignor Quixote on April 25*. Starring Alec Guinness, Leo McKern, Ian Richardson

Ingmar Bergman's *The Virgin Spring on May 2*. Starring Max von Sydow, Birgitte Valberg, Gunnel Lindblom (subtitles)

Suggested Donation: **Series** (6 programs) \$25.00, **Single film** \$7.00. All tickets may be obtained at the door. Series tickets may also be obtained by mailing a check payable to **Immaculate Conception Center**, together with a stamped self-addressed envelope to:

Friday Film Festival
7200 Douglaston Parkway
Douglaston, NY 11362

Alley Pond Striders Five Mile Challenge

April 27, 2008

Race Sponsorship Form

Date: _____

Contact Name: _____

Business Name: _____

Address: _____

Telephone: _____

Contribution: _____

Checks should be made payable to: Alley Pond Striders, Inc.
Please write "Race sponsor" on the check

Name as it should appear on the T-Shirt: _____
(Please supply logo)

Please send to: John Rettmer Race Director
Alley Pond Striders
P.O. Box 298
Bellerose, NY 11426

Any questions? Please call Stan Zibulsky at 718-454-3492

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

**SPEAK TO YOUR LOCAL MERCANTS AND SEE IF THEY
WISH TO SPONSOR OUR ANNUAL EVENT.**

**USE THE SPONSORSHIP LETTER ON
PAGE 6 AS YOUR INTRODUCTION.**

Alley Pond Striders Membership Directory 2008...LAST CALL

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

FEBRUARY 2008

Tuesday, February 7th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting.

Thursday, February 14th: Valentine's Day. Did you know...about 15% of U.S. women send themselves flowers on Valentine's Day; about 73% of people who buy flowers for Valentine's Day are men, while only 27% are women; and about 3% of pet owners will give Valentine's Day gifts to their pets. And, for our friends at the post office...about 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas. **Don't forget the one you love!**

Saturday, February 16th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Thursday, February 28th: Executive Board Meeting, 7pm at Fame Diner. All members are welcome to attend the Board Meetings.

Friday, February 29th: LEAP DAY - also known as Sadie Hawkins day. Ladies, your choice!



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NON PROFIT ORG.
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PERMIT NO. 464
FLUSHING, NY

Board of Directors

President: Gerry Ruiz

Vice President: Russ Lay

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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

\$30 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