

The Strider



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

March 2008

Volume XXVIII Issue 3



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.**

INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	1
RUNNERS EXCHANGE	2
PICK 4	3
RACING AROUND	4
NEWS & NOTES	5
SPONSORSHIP LETTER	6
FIVE MILE CHALLENGE	7
CALENDAR OF EVENTS	8

PRESIDENT'S MESSAGE BY GERRY RUIZ

Striders to the left, Striders to the right, Striders everywhere! At least it seemed so, at times. Recent weeks found wearers of the green at Long Beach as well as the halves in Manhattan and the Bronx. Very impressive. We were sighted at both showings of the Spirit of the Marathon as well as eight, yes, EIGHT teams at the North Fork 3x2 Cross-Country Relay. "Wow" can't begin to sum it up. We're not letting temps nor conditions stop us!

Now comes the real fun! Our world famous Five Mile Challenge (April 27) is fast approaching. If each of us tells a friend, just imagine the response. I've been, literally, putting our race application in the hands of my peeps, challenging them to do a "real race." Think of the response if each of us brought a friend. We know it's a blast, don't assume others do. It takes work, but, if we put ourselves into it, it can of course be done.

Also of note, when the NYRR published the latest requirements for Marathon entry, it made note of the need for 20 volunteers from recognized clubs to, as a group, give their services at one of their events. We can do this, AND have a blast.

We'll be drawing upon our resources (YOU) to make it all successful. I know I'm not alone in wanting to repay the gift I've been given.

Be proud, wear the colors, be there!

Welcome: Michelle Scarola of Bayside.
Dues: If you have not already paid your 2008 dues, please do so by the end of March. The membership list will be updated at that time. We wouldn't want you to miss even one newsletter!

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.

We're just starting to see the first tantalizing glimmers of Spring and the race calendar shows it. The March schedule is full of races of all distances. So why not get out and try a race if you haven't done one before.

One late result:

USATF Indoor Track Meet—January 13:
800 Meters

Rob Pasqual—2:35, **1ST PLACE OVERALL!**

PF Chang Rock n Roll Arizona Half Marathon,
Phoenix, AZ—January 13:

Ira Gardner—2:02.24, pace 9:21

NYRR Manhattan Half-Marathon—January 27:

Dave Miles—1:20.06, pace 6:06, **3rd in Age**

Yariv Leers—1:40.27, pace 7:40

Darlene Ritchie—1:45.12, pace 8:01

Andrea Robertson—1:45.33, 8:03

Suzanne Gamez—1:46.51, pace 8:09

Christina Reinle—1:50.40, pace 8:26, **PR**

Vincent DelCid—1:52.05, pace 8:33

Dovid Schachner—1:54.07, pace 8:42

Laughlin Whalen—1:54.59, pace 8:46

Dana Getz—1:56.33, pace 8:53

Tom Case—1:58.08, pace 9:01

Ira Gardner—1:59.00, pace 9:05

Robert Wenzel—2:12.28, pace 10:06

Ilonna Wenzel—2:12.29, pace 10:06

Gerard Ruiz—2:20.43, pace 10:44

Jack Costi—2:47.25, pace 12:46

NYRR Gridiron Classic 4M—February 3:

Yariv Leers—28:27, pace 7:06

Tim Rasmussen—29:41, pace 7:25

Tom Case—32:16, pace 8:04

Deborah Pesa—35:17, pace 8:49

John Parry—35:27, pace 8:51

Janet Bijarro—35:55, pace 8:58

Gerard Ruiz—36:09, pace 9:02

Robert Wenzel—42:10, pace 10:32

Marcy Manna—53:48, pace 13:27

Long Beach Snowflake 4M—February 9:

Sue Gamez—30:54, pace 7:44, **2nd in Age**

Tom Case—30:58, pace 7:45

Fran Kraus-Schmidt—31:02, pace 7:46, **2nd in Age**

Ray Lascot—33:33, pace 8:34 – **2nd in Age**

Gerry Ruiz—35:20, pace 8:50

Dave Miles—36:18, pace 9:05

Vincent DelCid—45:02, pace 11:16

Fleet Feet Run for Your Heart 5k, Stuart, FL—
February 9:

Andy Hodas—25:18, pace 8:09

Howard Schultheiss—35:48, pace 11:31

NYRR Bronx Half-Marathon—February 10:

Dave Miles—1:19.58, pace 6:06 - **3rd in Age**

Bob Wenzel—1:45.41, pace 8:04

Darlene Ritchie—1:48.45, pace 8:18

Andrea Robertson—1:53.17, pace 8:38

Sue Gamez—1:54.32, pace 8:44

Christina Reinle—1:55.16, pace 8:47

Tom Case—1:56.11, pace 8:52

Kevin Morrissey—1:59.14, pace 9:06

Laughlin Whalen—2:00.37, pace 9:12

Nella Carravetta—2:10.34, pace 9:58

Gerry Ruiz—2:16.32, pace 10:25

Dovid Schachner—2:16.40, pace 10:25

Jack Costi—2:35.33, pace 11:52

PPTC Cherry Tree 10M—February 17:

Tom Case—1:26.34, pace 8:39

Gerry Ruiz—1:43.26, pace 10:20 (he started 5 minutes late)

PLEASE INCLUDE APS ON ALL
YOUR RACE APPLICATIONS

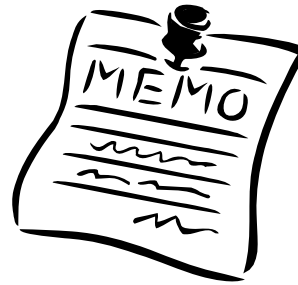
UPDATE: Pick 4 by Rob Pasqual

The results are slowly trickling in so we're going to extend PICK 4 for one more month. Remember we are looking for the 4 runs/walks you absolutely have to enter every year. When you submit your list be sure to include a brief reason why you think that race is so special.

Send results to Rob Pasqual at rpasqual@nyc.rr.com.

+++++++

Coming Soon: your favorite post marathon dish.

**Take note!**

Coach Bob Wenzel will be starting track workouts starting Tuesday, March 25th. The workouts will be held at Queensborough Community College and will begin at 6 pm.

WANTED!

Relay Members Needed:
John Corrigan 4 X 2 mile Relay
Sunday March 16th
9am at Eisenhower Park

Contact Rob Pasqual for
more information.

The Alley Pond Strider Five Mile Challenge will take place this year on April 27th. To make this a success and the type of great community event that the Striders are known for, we need your help.

We need YOUR help as a volunteer. Please volunteer to help at registration, or at the water stop, or maybe as a course marshall...or maybe at the finish line. It does not matter where you chose to volunteer, any help you can give will ensure success!

RACING AROUND IN MARCH

<u>Date</u>	<u>Race/Distance/Place</u>		
Mar 2	Caumsett 50K USATF Championship	8:30am Caumsett Park	
Mar 2	LIRRC 5 Mile Run	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Mar 8	Kings Park 15K	9am New Discovery Elementary School Lawrence Road Kings Park	631 349-7646
Mar 9	LIRRC 10-Mile LI Half-Marathon Tune-Up	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Mar 15	Go for the Green 5K	9am - fun run; 9:15 5K SCSD Elementary School; Lawrence Ave Smithtown	631-265-5511
Mar 16	Shamrock 5k	9:30am Southampton Culteral Center, Veteran's Hall at Agawam Park, Pond Lane, Southampton Village	631-324-3239
Mar 16	LIRRC John Corrigan 4 x 2 Mile Relay	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Mar 22	Joe Latino Winter Relays (6x2mi)	10am Sunken Meadow State Park East End Parking Lot	
Mar 22	Huntington St. Patrick's Day Run	8:30am fun run 9am 5K American Legion 360 Mill Dam Rd @ Rte 110	
Mar 23	LIRRC Easter 5K Bunny Run	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Mar 30	May the Road Rise to Meet Ye		
Mar 30	Suffolk County 5K and Half Marathon	9am SC Comm College Ammerman Campus Nicholls Rd Selden	
Mar 30	Great Nor'easter Offroad Duathalon (2mRun/10 mile mtn Bike/2m Run)	9:30am Mashashimuet Park Sag Harbor	broichj1@juno.com
Mar 30	LIRRC Grandpa Leo 20K LI Half-Marathon Tune-Up	9am Eisenhower Park	mail@lirrc.org (516) 569-4959

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.

MARCH BIRTHDAYS: Trudy Bauer; Nella Cavaretta (Mar. 21); Noemi Cuevas; Bill Fliegel; Tom Gibbons; Billy Greenwald; Mel Kay; Hank Klein; Jan Laxer; *Phil Marcus* (Mar. 24); John Rettmer; Judi Rettmer; Conrad Schellenberg; John Wilhelm; Sid Young; Kathleen Zeigler (Mar.21) *Astrid Georges* (Mar. 16),

BELATED HAPPY FEBRUARY BIRTHDAY to Marge Colgan, Charles Manna, Ben O'Reilly, Tim Rasmussen, Greg Schellenberg, Frank Schmidt and Agnes Walsh

BELATED HAPPY JANUARY BIRTHDAY to Barbara Baum,. Esther Cohen, Howard Cohen, Kay Connolly, Mary Hubert, Bhabikhan Sandhu and Peter Tsun.

MARCH ANNIVERSARIES: Stan & Marcia Zibulsky ['69] Diane & Robert Bruce ['92]. Best wishes to all of these celebrating Striders.

Yes, despite a fairly mild winter with only one or two days of freezing temperatures, we were finally treated to snowfall. With snow 5 to 8 inches deep, many walkers and runners took to the streets fearing the Motor Parkway would prove to be impassable. The usual hardy souls fearlessly made their way along the parkway without incident. The secret of their success as usual, was layered clothing, a hood or ear warmers, a good pair of gloves or mittens and the ability to walk on snow or ice without slipping and sliding. Walkers also know that they can avoid the worst of wind and cold by walking into the woods. Another secret is the fact that the Parks Department staff generally provides a path through the snow. So, come on down, winter doesn't shut down the park. In any case, whether on ice, snow or pavement, the keyword is walk/run with extreme care.

Alley Pond Striders Membership Directory 2008...VERY 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

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

Calendar of Events

MARCH 2008

Thursday, March 6th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting.

Saturday, March 15th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Monday, March 17th: St. Patrick's Day! Wear the green as a Strider and be Irish...at least for the day!

Thursday, March 27th: Executive Board Meeting, 7pm at Fame Diner. All members are welcome to attend the Board Meetings.



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Board of Directors

President: Gerry Ruiz
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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