

# The Strider



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

April 2008

Volume XXVIII Issue 4



*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

Birds are chirping, blooms are blooming, foliage is turning Strider green, we've forgotten how to spell "snow".....can only mean one thing: SPRING!

After a not too shabby winter, it's THAT time of year, our world renowned Five Mile Challenge is upon us! It IS truly world renowned you realize, just ask anyone who wore our singlet at the NY Marathon last year. N' it's not too late to lend your assistance, as anyone who attended any Strider event can attest, there's a place for everyone-one of the innumerable charms of our club. Don't forget to tell a friend. It still amazes me that so many haven't experienced the delight of that which many of us take for granted. Assume nothing. Spread the word!

The race committee has been hard at work (I have witnesses) doing that which needs to be done. Lots of behind the scenes stuff. Ever wonder who puts the tape on the race applications? Who brings them to the Post Office? Who puts the money into the account to pay for the mailing? Who measures the course? How those race applications magically appear at various locations? For them it's just being a Strider, but these peeps deserve our thanks...and our help.

Be proud, wear the colors, be there!

**Welcome: Robert and Myrna Rossen of Great Neck and Susan Lee Bady and James Li of Brooklyn.**

**APRIL 27th—the Alley Pond Strider's Five Mile Challenge.**

**Volunteer it! Run it! Watch it! Enjoy it!**

**BE PART OF IT!!**

# RUNNERS EXCHANGE

BY DEBBIE PESA

Contact Debbie Pesa at [dpesa@nyc.rr.com](mailto:dpesa@nyc.rr.com)  
with your race results.

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

This month is all about the volunteers. Thank you to those of you who help out at the MORE marathon so we can qualify for a NYC Marathon entry for the club – I'm sure it's going to be a whole lot of fun. And thanks to all the volunteers that will make the 5 Mile Challenge this month the best race in the city – way to go Alley Pond!

**AT&T Austin Half Marathon, Austin, TX—February 17:**

Ira Gardner—1:57.11, pace 8:57 – this was Ira's 24<sup>th</sup> state finish in under 2 hours

**North Fork Bank 3 x 2 Trail Relay—February 24:**

Tuesday Night Lights—40:41, 3<sup>rd</sup> Men's Masters

- Rob Pasqual
- Len
- Dave Miles

Alley Pond 2 for 3—45:41

- Tim Rasmussen
- Russ Lay
- Bob Wenzel

Alley Pond Stridettes—52:01

- Debbie Pesa
- Christina Reinle
- Sue Gamez

Alley Pond Milers—53:28

- Gerry Ruiz
- Tom Case
- Sara Jablonski

Alley Pond Old Timers—55:19

- Vince Del Cid

- John Rettmer
- Laughlin Whalen

Alley Pond Pounders—58:25

- Ray Lascot
- Hank Klein
- John Kwasnik

2 Slow Blondes and 1 Brunette—1:02.11

- Laurie Wennerholm
- Ken Kaiser
- Sara Jablonski – who ran twice!

Alley Pond—1:09.41

- Katia Adams
- Noelia Caban
- Debbie Pantano

**Leap Year Midnight 5k, Republic Airport, Farmingdale—February 29:**

Gerry Ruiz—28:38, pace 9:14

**Salsa, Blues & Shamrock 5k—March 2:**

Yariv Leers—21:31, pace 6:56

Tom Case—23:57, pace 7:43

Janet Bijarro—27:33, pace 8:53

John Parry—27:33, pace 8:53

Gerry Ruiz—27:48, pace 8:58

**King's Park 15k Run—March 8:**

Tom Case—1:21.27, pace 8:45

Fran Kraus-Schmidt—1:27.00, pace 9:20

Sara Jablonski—1:29.48, pace 9:38

Laughlin Whalen—1:41.46, pace 10:56

John Rettmer—1:42.50, pace 11:02 – **3<sup>rd</sup> in Age**

**ALLEY POND PICK 4 RACE CONTEST**

Well, the results are in! After two months of rigorous research our Pick 4 staff has successfully compiled the results of our highly informal poll. Striders, as we all know, have varied tastes. We like big city marathons and spectacular views, but we also like running in prisons. We really like crowds and post race goodies, while T-shirts and entry fees don't seem to really matter. From all of our respondents the average distance of choice is 7.8 miles. Here are our results:

**NYC Marathon**- 2 votes "A regular guy gets to feel like a rock star", the crowds

**Riker's Island 5k**- 2 votes "The BBQ"

**Manhattan Training Run**- 1 vote "How many guys can boast running Manhattan."

**Little Rock Marathon**- 1 vote "Medals bigger than my spleen."

**Nike NY Half Marathon**- 1 vote "Only chance to run through Times Square without NYPD chasing me."

**Massapequa Dirty Sock 10K**- 1 vote "The XC course & the socks"

**Alley Pond Strider 5 Mile Challenge** "Nuff said"

**Morris Mauler 5k**- 1 vote "The Hill, aka the bast\*rd"

**Ocean to Sound Relay**- 1 vote "The party"

**Quebec 10K**- 1 vote "The city"

**Quebec Half Marathon**- 1 vote "The city and the run across the St. Lawrence River"

**Andrew Harvey 5k**- 1 vote "The people, a mini HS reunion"

**Midnight Run** – 1 vote "The fireworks"

**Run for Ridley 5k**- 1 vote "The hot soup"

**Central Park Women's 10k** – 1 vote "You Go Girls!"

**Cow Harbor 10k**- 1 vote "The crowds and the best goodies"

**Aspire 10k**- 1 vote "The handicap runners provide the best possible inspiration"

**Grete's Gallop**- 1 vote "This late season Half Marathon

almost guarantees peak performances"

**Utica Boilermaker 15k**- 1 vote "The party & the brewskies"

**Main St. Mile**- 1 vote "The greatest showcase of milers in the area."

**Massapequa Firecracker 5k**- 1 vote "Great post race atmosphere"

**Sprint for Sands Point Preserve 5k**- 1 vote "When else can you run through a castle and have horses in corrals running with you."

Ultimately, when it comes to Alley Pond racers perhaps Yariv Leers put it best when he wrote, "all in all, just the convenience of traveling east or west just enjoying getting out to the races as much as I have the opportunity to do so. The excitement. Enjoy seeing many fellow Striders as well as seeing many other familiar faces."

**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.

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

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

**REMINDER!** Coach Bob Wenzel has started track workouts every Tuesday. The workouts will be held at Queensborough Community College and will begin at 6 pm.

## RACING AROUND IN APRIL

<u>Date</u>	<u>Race/Distance/Place</u>		
Apr 5	ASPIRE 10K	9am	
Apr 6	Mazzola 4 Mi Run	8:30am (kid run 8am) YMCA 60 Main St Huntington	631-858-1855
Apr 6	LIRRC Jim & Herb 10K	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Apr 6	Heroes 5K Run	9am Hewlett Point Beach/Park 130 Hewlett Point Avenue, East Rockaway	info@buildinghomesforheroes.com or call (516) 684-9220
Apr 12	Doug Wood 8K Cross Country Challenge	9am	
Apr 13	Seawolves 10k	Stony Brook University, Stony Brook	
Apr 13	Jigsaw 4-Mile Run/Walk for Autism	9:30am East Islip Marina/ 9am Kiddie Run	631-521-4134
Apr 13	LIRRC Jack Dowling 13.1 Mile LI Half-Marathon Tune Up	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Apr 19	St. Charles Hospital Run for Rehabilitation 4 Mi	9am	
Apr 19	St. James Fire Dept 5 Mi Run	9am 533 N Country Rd; St. James	
Apr 20	Fourth Annual Kenya-USA Bi Continental 5K Run	9am Shoreham Wading River HS Shoreham	Larry Hohler 631-473- 1662 and Kevin Mann 631-821-8184
Apr 20	EER/OMAC Spring Warmup	TBD East Hampton	
Apr 20	St. Joseph's College 5K run/ Walkathon	10am St Joe College LI Campus 155 West Roe Boulevard; Patchogue	Bryan Gill 631-447- 3331; mcolson@sjcny.edu
Apr 20	Hurricane Biathlon (2mi run/ 10 mi bike/ 2 mi run)	9am Suffolk Community College Riverhead Campus	broichjl@juno.com
Apr 20	LIRRC 10K LI Half- Marathon Tune-Up	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Apr 27	Alley Pond Striders Five Mile Challenge	See Page 7	

New Yorkers for Parks will host the 6th Annual Parks Advocacy Day on **Wednesday, May 14th from 9:00-11:00am at the New York County Lawyers Association, 14 Vesey Street (bet. Broadway and Church)**. Community leaders and park advocates will be joined by New York City Council Members to have town hall style discussions on parks and open spaces. In addition, we will have a panel discussion on "best practices" on parks from other cities. The Mayor's Budget for FY '09 includes a 5% cut to the Department of Parks and Recreation budget including **\$3 million** to Parks Maintenance and Operations and **\$5.2 million** to The Afterschool program, which provides essential recreation funding. New Yorkers for Parks will ask for full budget restorations to these vital park services and programming. If you have questions, please contact Okenfe Lebarty at (212) 838-9410 or email at [oaigbe@ny4p.org](mailto:oaigbe@ny4p.org). To register for the event please call Emily Antoniadis at (212) 838-9410 x313 or email at [emilya@ny4p.org](mailto:emilya@ny4p.org), or [register online](#).

**Colon Cancer Challenge 15k—March 9:**

Suzanne Gamez—1:18.58, page 8:29

Dana Getz—1:22.47, page 8:54

Ira Gardner—1:23.35, page 8:59

Gerard Ruiz—1:27.47, page 9:26**Colon Cancer Challenge 4M—March 9:**

Laferne Thomas—45:57, page 11:29

John Graffeo—46:57, page 11:44

**Central Park Challenge 8K—March 15:**

Gerard Ruiz—45:50, page 9:13

John Graffeo—58:38, page 11:47

**John Corrigan 4 x 2 Relay—March 16:****Alley Pond Plus – 57:06, 2<sup>nd</sup> Overall**

Rob Pasqual—12:54

Gerry Ruiz—16:22

Len Richards—12:53

Joe Gravagna—14:57

**Alley Pond Babes—1:20.25, 2<sup>nd</sup> Female Open**

Katia Adams—20:25

Noelia Caban—20:10

Helen Pineda—21:53

Debbie Pantano—17:57

Debbie Pesa—17:50, ran with a non APS team

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

***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).

{**Note: this month's article is brought to you with the assistance of Lynn Henry**}

**April Birthdays:** Blanche Ascher, Tom Bala, Janet Bijarro, Mall Blumfeld, Kathy DeVos, Lenore Feinstein, Joan Ferioli, Bob Flynn, Allen Grunthal, Bruce Hammer, Michael Moloney, Debbie Pantano, Andrea Robertson, Paul Smith, John Sullivan, Suzanne Tow and Andrew Ziegler.

**Notes -- here's some of the correspondence, we've received:**

A note from newly inducted 10 year member Paul Santino: "To All: Injuries (plantar fasciitis) have kept me away from running, but like General MacArthur, 'I shall return!' Run well, run often, and above all, stay healthy!"

A letter in December from one of our "founding fathers" Mike Guluzzi. "I am submitting my dues for year 2008 in the amount of \$15. I am an original member of the Alley Pond Striders and will be 84 years old on December 5, 2007. I would like to continue my membership for the year 2008... I have resided in Charlotte, NC for 10 years now and enjoy receiving the newsletter as a way to keep up with the Strider news and its growth. I do wonder how many original Striders are left."

Best regards to all,

Michael Guluzzi

(Editors note: Mike - here are the other active original members: Herb Carp, Tom Gibbons, Eddie Grassel, Gus & Suzanne Greis, Bruce Hammer, Bill Kaiser, Mel Kaplan, Lenny Katz, Bea Kee, Normal Pachtman, Hy Perrick and George Zink.

You can drop Mike a line at:

9010 Warbler Court

Charlotte, NC 28210-7977

There was an interesting article about former APS Member Larry Borger in the NY Times.: A Sky-line That Sways in the Breeze: It can be found at: [www.nytimes.com/2008/03/05/nyregion/05about.html?\\_r=1&scp=1&sq=borger&st=nyt&oref=slogin](http://www.nytimes.com/2008/03/05/nyregion/05about.html?_r=1&scp=1&sq=borger&st=nyt&oref=slogin)

## 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

## APRIL 2008

**Thursday, April 3rd:** Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Our **GUEST SPEAKER** will be: Ms. Margarita Borisova from Arbor Vitae Acupuncture.

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

**Thursday, April 24th:** Executive Board Meeting, 7pm - place to be determined. All members are welcome to attend the Board Meetings.

**Sunday, April 27th:** Alley Pond Striders Five Mile Challenge!!



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**Walkers Representative:** Ray Dowe

Membership Chair: Lynn Henry  
Phone: (516) 437-8715  
E-mail: [lynnahenry@yahoo.com](mailto: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:  
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*Check us out on the web at:*

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