

The Strider



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

May 2008

Volume XXVIII Issue 5



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.

SPECIAL RACE RESULTS ISSUE

PRESIDENT'S MESSAGE BY GERRY RUIZ

It Was a Dark and Stormy Night...(If you got THAT reference, you're definitely a Strider)

If the glass was half full, it was perfect running weather. If half empty, why bother discussing it? Yes, I'm talkin' 5m Challenge weather. A cooling spritz greeted our big day, keeping the masses cool, thanks to the guy upstairs-no, not Howard - though he did call it correctly.

This one brought some usual and not so usual suspects. Our hard work really paid off in attracting participants from far and wide, Suffolk even. Seriously folks, it was heartening to see the local clubs pull together and join in for a few miles of togetherness. Really brought to mind the Grand Prix days. No patch for this one, but a wonderful AP Grey keep-sake. We totaled approximately 70 more finishers than last year! Yes, we ARE getting bigger and better!!!

Personal highlights: of course, offspring (you know him as "Keith") helping at registration - he really IS my best work - thanks to you all for really making him feel welcome (told him youse guyz was ok), seeing Mike/Fred/Jared/Erik/Leo (n' he ran it too!!!) together under one roof - REALLY what it's all about, the fruits of Judi Rettmer's labors (how many boxes DID she have to unwrap??? Very very nice touch, wonderful treats). Joe Gambino, George and Lynn Henry NOT going Postal while trying to cull results - how they did it without meds I'll never know, my guys from across the street bringing up the rear (yes, the raffle winner eventually DID get off his cell phone, about 5 minutes ago I think), Herb's taking a shine to "offspring", seeing my NYC running peeps join us.....too many memories.

Whenever I speak of The Line, my club, or individuals from the club, it is always with a lot of baggage-good baggage, and it all shone through.

Thank you to the NYC Parks - this morning (writing on Monday 4-28) you'd never tell there was a race - the park was restored to it's pristine condition, thanks to each and every one of us who did that voodoo that we do. It's worth every second of effort.

Be proud, wear the colors, be there!

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Welcome: Kay Learer of Floral Park.

Join the Alley Pond Striders today and be front page news!

Congratulations to April's Lucky Buck Winner: Sybil Blumenthal!

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.

RUNNER'S EXCHANGE by Debbie Pesa

The 2008 5 Mile Challenge is one for the record books and I'm so proud of the race we put on. Even in questionable weather, we had a wonderful turnout and everyone seemed to be having a fantastic time. What's a little rain among friends? Thank you to everyone who helped this be such a great race.

Huntington St. Patrick's Run 4M - March 22:

Debbie Pesa – 34:55, pace 8:44
Gerry Ruiz – 35:35, pace 8:54

Joe Latino 6 x 2 Mile Winter Relay - March 22:

The Archbishop Molloy Alumni team "Stanner 6" captained by Rob Pasqual placed 4th overall and 2nd place in their age group with a time of 1:22:06

Sunrise to Sunset Relay, Florida- March 28 & 29:

Andy Hodas – 3 legs: 6.1 miles - 55:49, 5.1 miles - 46:31, 4 miles - 35:51

Suntrust National Marathon, Washington, D.C. - March 29:

Gerry Ruiz – 5:08.38, pace 11:47

Scotland Run 10k - March 30:

Yariv Leers – 43:35, pace 7:01
Ira Gardner – 53:52, pace 8:41
Tom Case – 53:53, pace 8:41
Debbie Pesa – 58:00, pace 9:21
Robert Wenzel – 59:06, pace 9:31

Run for ASPIRE 10k-April 5:

Tom Case – 49:57, pace 8:02
Gerard Ruiz – 58:44, pace 9:26

Run for the Turtles 5k, Siesta Key Beach, FL - April 5:

Sid Young – oldest person in the race, 87 years young, **1st in age**

MORE Magazine Half Marathon - April 6:

Suzanne Gamez – 1:45.33, pace 8:03
Andrea Robertson – 1:48.23, pace 8:16
Darlene Ritchie – 1:49.00, pace 8:19
Christina Reinle – 1:50.44, pace 8:27
Dana Getz – 1:58.41, pace 9:03
Nella Carravetta – 2:05.13, pace 9:33
Laferne Thomas – 2:42.40, pace 12:25

Cherry Blossom 10 Miles, Washington, D.C. - April 6:

Rob Pasqual – 1:10.03, pace 7:01
Helen Pineda – 1:51.44, pace 11:11
Lynn Henry – 1:52.59, pace 11:18

Jigsaw 4Mile Race for Autism - April 13:

Andrea Robertson – 30:00, pace 7:30 – **1st place in age - way to go, Andie!**

Run As One, TGL Classic - April 13:

Gerry Ruiz – 35:37, pace 8:54

NYIT 5k Run - April 13:

Rob Pasqual – 20:15, pace 6:31 - **2nd in age – fantastic!**
Helen Pineda – 32:29, pace 10:27

Adidas Run for the Park 4M - April 20:

Debbie Pesa – 33:57, pace 8:29
Bob Shapiro – 35:41, pace 8:55
Gerry Ruiz – 37:08, pace 9:17
Helen Pineda – 43:13, pace 10:48

Boston Marathon - April 21: Everyone was so fast!!

Dave Miles – 2:55.49, pace 6:43
Sue Gamez – 3:46.32, pace 8:39
Darlene Ritchie – 3:50.49, pace 8:49
Andrea Robertson – 3:50.57, pace 8:49

REMINDER! Coach Bob Wenzel has started track workouts on Tuesdays. The workouts are held at Queensborough Community College and begin at 6 pm.

SUNRISE TO SUNSET RELAY by Andy Hodas

I once again had the pleasure of participating in the *Sunrise To Sunset Relay* March 28th and 29th. It is a 170 mile race across Florida from Jensen Beach on the Atlantic side to Fort Myers on the Gulf, including over 50 miles on the levee around Lake Okeechobee.

Since the race's inception last year the field of runners practically doubled from 23 teams to 44, and judging by the comments and enthusiasm of the runners at the after race party, it would not surprise me if it again doubled next year.

Our team, "The Loco Locals" (I'm not crazy about the name either but it kind of grows on you) finished in the middle of the field of 44 and 4th out of 8 in the mixed open division after 27 hours of running.

The following is taken from what was printed on the tee shirts worn by one of the teams and sums up the experience perfectly: 170 miles, 36 legs, 27 hours, 12 runners, 5 counties, 2 drivers, 2 vehicles equals 1 sweaty, nasty, funky hell of a good time.

ALLEY POND BASEBALL GAME OUTING

Everyone loves the sounds of summer, the laughter at a picnic, the sizzle of a frank, the quack of the bat..... The QUACK of the bat? Yes, folks this summer the Striders, once again will have a night at the stadium. Our destination this year, however, won't be Shea or Yankee Stadium, rather it will be Citibank Park, home of the Long Island Ducks.

If you've tried to buy tickets to a major league game in NY this summer you may have noticed that they are pretty scarce and a little pricey. We have tickets for the Saturday, August 2nd game between the LI Ducks and the Bridgeport Bluefish. Tickets are only \$11 dollars roughly the equivalent of a Crackerjack and a soda at Yankee Stadium.

The Ducks play at Citibank Park in Central Islip, exit 43a on the Southern State Parkway.

Minor league games are full of fun and quirks and this game is on "Fireworks Night". You can see future stars or some players on the...ahem, downside of the slope. And for a couple of hours Strider Yankee fans and Met fans can come together in harmony (at least until they have to decide how much to tip).

Game time is 7pm. See Rob Pasqual for tickets and more details.

**ALLEY POND STRIDERS
MEMBERSHIP APPLICATION
SPECIAL RACE NEWSLETTER
FORM (\$20 INDIVIDUAL AND
\$30 FAMILY)**

Please complete and mail to:
Alley Pond Striders, Inc.
P.O. Box 298
Bellerose, New York 11426

PLEASE PRINT

DATE: _____/_____/_____

LAST NAME: _____

FIRST NAME: _____

DATE OF BIRTH: _____/_____/_____

SEX (CIRCLE): MALE FEMALE

SHIRT SIZE (CIRCLE) S M L XL

ADDRESS: _____

TOWN: _____

STATE: _____ ZIP CODE: _____

PHONE: (____) _____

E-MAIL: _____@_____

SIGNATURE: _____

RACING AROUND IN MAY

<u>Date</u>	<u>Race/Distance/Place</u>		
May 3	Rikers Island 5k	Rikers Island Parking Lot at 10:00am	
May 4	LI 10K, Half Marathon and Marathon	8am Charles Lindbergh Blvd. East Meadow	(516) 572-0248
May 7	LIRRC Wed Night Summer Series	6:30pm Kid's 1/4 Mile Fun Run (\$1). 6:35 Youth 1/2 Mile and 1 Mile Fun Run (\$1). Opening Ceremony at 7pm with 7:05pm 5k start time	mail@lirrc.org (516) 569-4959
May 10	8th Annual 5K Run For The Health of It Race/Walk	8:30 fun run; 9:am 5K VNSHS Office; 505 Main Street, Northport	Roberta Podell 631-930-9383
May 11	Elizabeth McNamee Memorial Run	9:30am West Islip High School	
May 14	LIRRC Wed Night Summer Series	6:30pm Kid's 1/4 Mile Fun Run. 6:35pm Youth 1/2 Mile and 1 Mile Fun Run 7pm 5K	mail@lirrc.org (516) 569-4959
May 18	3rd Annual Comsewogue Warrior 5K/Fun Run	9:00- 5k road race, start is on Bicycle Path in front of Comsewogue HS; 565 Bicycle Path, Port Jefferson Station (8:15 and 8:30am fun runs)	
May 21	LIRRC Wed Night Summer Series	6:30pm Kid's 1/4 Mile Fun Run. 6:35pm Youth 1/2 Mile and 1 Mile Fun Run. 7pm 5K	mail@lirrc.org (516) 569-4959
May 24	Ironclad Triathlon (1/2 swim; 13.5 Mi Bike; 3.2 mi run)	7:30am Webb Institute Glen Cove	
May 28	LIRRC Wed Night Summer Series	6:30pm Kid's 1/4 Mile Fun Run 6:35pm Youth 1/2 Mile and 1 Mile Fun Run. 7pm 5K	mail@lirrc.org (516) 569-4959
May 31	YAI/National Institute for People with Disabilities - Central Park Challenge 5k	Central Park at 72nd Street Registration at 7:30 am Run begins at 9:00 am	www.yai.org

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 After school 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. To register for the event please call Emily Antoniadis at (212) 838-9410 x313 or email at emilya@ny4p.org, or [register online](#).

Five Mile Challenge Race Results

Special Pull Out Sports Section

Congratulations to all the award winners and finishers of the Alley Pond Striders' Five Mile Challenge. Although the weather for this year's race could have been better, everyone had a great time and enjoyed the scenic beauty of Alley Pond Park.

A word about the results. Due a computer problem, some finish times after 55 minutes were not recorded. Please note that despite the absence of finish times, the finish positions are accurate and were hand-checked.

Finally, the Alley Pond Striders wish to thank all the race participants and spectators for once again joining us for this spectacular event. We hope that you will join us in September for the Back Alley 5k (a cross country race through the woods of Alley Pond Park) and for next year's Five Mile Challenge! Race information will be on our website www.apstriders.org

Fin.	A/G	S	P	First Name	Last Name	Time	Pace	Fin.	A/G	S	P	First Name	Last Name	Time	Pace
1	00	M	1	JORGE	REAL	00:25:54.70	5:10	44	50	M	8	GRANT	RADIKE	00:36:37.82	7:19
2	00	M	2	MICHAEL	BRADY	00:28:04.27	5:36	45	45	M	10	MICHAEL	MORRISSEY	00:36:39.91	7:19
3	00	M	3	RAY	COYLE	00:28:04.49	5:36	46	00	F	3	DANIELLA	BEZNICKI	00:36:44.19	7:20
4	13	M	1	STEPHEN	FINCH	00:28:05.69	5:37	47	35	M	8	ELIK	HIRSCH	00:36:48.04	7:21
5	20	M	1	TERENCE	BAPTISTE	00:28:43.21	5:44	48	40	M	2	CHRIS	EZZO	00:36:50.67	7:22
6	30	M	1	ANDREI	VOLIK	00:29:11.17	5:50	49	40	M	3	ROBERT	ROSSEN	00:36:51.11	7:22
7	40	M	1	VICTOR	GARCIA GAR-	00:29:16.33	5:51	50	13	M	8	DANIEL	MUELLER	00:36:53.25	7:22
8	13	M	2	AARON	MALDONADO	00:29:43.85	5:56	51	13	F	1	JACQUELINE	KASAL	00:36:56.27	7:23
9	13	M	3	KENNETH	MC LOUGH-	00:30:05.21	6:01	52	40	M	4	ALEX	GONZALEZ	00:36:57.10	7:23
10	45	M	1	JAIME	LIN	00:30:09.88	6:01	53	50	M	9	FRANK	NAROI	00:37:00.56	7:24
11	30	M	2	MICHAEL	MONTOYA	00:30:31.47	6:06	54	13	M	9	RICHARD	FORTE	00:37:06.11	7:25
12	25	M	1	ANDRAS	BISHOP	00:30:45.58	6:09	55	40	F	1	XIMENA	NINAHUANCA	00:37:10.17	7:26
13	13	M	4	THOMAS	FULOP	00:30:47.78	6:09	56	40	M	5	VICTOR	MACALUSO	00:37:11.54	7:26
14	35	M	1	AURELIO	MURPHY	00:31:04.09	6:12	57	40	M	6	RICK	BLOOMER	00:37:13.74	7:26
15	50	M	1	CESAR	DIMAS	00:31:08.82	6:13	58	55	M	2	PERRY	ZEICHNER	00:37:19.50	7:29
16	13	M	5	MICHAEL BRIA	ESTEVEZ	00:31:57.26	6:23	59	55	M	3	SCOTT	FAIRGRIEVE	00:37:38.62	7:31
17	50	M	2	VINCENT	MONTERO	00:32:06.60	6:25	60	30	M	3	MATTHEW	WOOD	00:37:50.05	7:34
18	55	M	1	TED	MORTON	00:32:15.88	6:27	61	50	M	10	LARKLAND	BROWN	00:37:51.42	7:34
19	50	M	3	WINTHROP	TRUET	00:32:19.62	6:27	62	45	M	11	JOHN	DURALIA	00:37:51.80	7:34
20	45	M	2	MICHAEL	JACOBS	00:32:38.34	6:31	63	50	M	11	TERRY	BISOGNO	00:37:59.05	7:35
21	35	M	2	RAFAEL	LANGMESSER	00:32:49.11	6:33	64	50	M	12	MARLON	JOSEPH	00:38:04.11	7:36
22	45	M	3	JAIME	MEDALLA	00:32:53.56	6:34	65	60	M	1	RUSSEL	LAY	00:38:12.02	7:38
23	50	M	4	IVAN	SEQURA	00:33:20.47	6:40	66	50	M	13	TOM	BREWER	00:38:14.49	7:38
24	35	M	3	ARTHUR	MILLS	00:33:24.37	6:40	67	30	F	1	APRIL	LEMIEUX	00:38:29.81	7:41
25	13	M	6	LAWRENCE	VENDRYES	00:33:36.40	6:43	68	13	M	10	POLNETTI	ALVAREZ	00:38:41.24	7:44
26	35	M	4	YORKI	ROBINSON	00:33:53.15	6:46	69	35	F	1	LIZ	WASHINGTON	00:38:48.32	7:45
27	00	F	1	MARITZA	MUNOZ, SR.	00:33:59.30	6:47	70	40	M	7	GLADWYN	MARTIN	00:38:52.55	7:46
28	45	M	4	LEN	BISHOP	00:34:23.36	6:52	71	45	F	1	LISA	GONZALEZ	00:38:52.88	7:46
29	25	M	2	DAVID	RICHARDS	00:34:26.05	6:53	72	55	M	4	JEFFREY	BERG	00:39:05.79	7:49
30	35	M	5	MARTIN	GONZALEZ	00:34:52.58	6:58	73	30	M	4	JEFFREY	FITTERMAN	00:39:07.11	7:49
31	45	M	5	JAN	ALPERIN	00:35:06.20	7:01	74	65	M	1	JAMES	DURSTON	00:39:17.27	7:51
32	50	M	5	CHRISTOPHER	KASAL	00:35:09.61	7:01	75	25	M	4	JAMES	TURZER	00:39:21.00	7:52
33	35	M	6	STEPHEN	KUNKEL	00:35:12.14	7:02	76	50	M	14	THOMAS	CARTON	00:39:21.28	7:52
34	25	M	3	CUTREA	SANDFORD	00:35:34.99	7:06	77	50	M	15	TOM	CASE	00:39:25.29	7:53
35	13	M	7	JAMIL	PHILLIPS	00:35:36.85	7:07	78	50	M	16	BLAS	ABADIA JR	00:39:26.55	7:53
36	45	M	6	THOMAS	FERGUSON	00:35:44.87	7:08	79	60	M	2	ARTHUR	GONZALEZ	00:39:31.93	7:54
37	50	M	6	MICHAEL	BROGAN	00:35:47.18	7:09	80	25	F	1	DENISE	GONCALVES	00:39:38.09	7:55
38	45	M	7	RAMIRO	RUSSO	00:36:01.29	7:12	81	13	M	11	JOSEPH	ZELLMANN	00:39:39.57	7:55
39	00	F	2	CARMEN	MUNOZ	00:36:04.75	7:12	82	35	F	2	CHRIS	MORRISON	00:39:41.55	7:56
40	45	M	8	GREGORY	ANDERSON	00:36:08.43	7:13	83	50	M	17	RICHARD	BOUKAS	00:39:44.02	7:56
41	35	M	7	BORIS	NOLD	00:36:14.42	7:14	84	40	F	2	MARY	KROEBEL	00:39:55.28	7:59
42	45	M	9	DONALD	ALVAREZ	00:36:28.76	7:17	85	13	M	12	YORKI	MUNOZ, JR.	00:39:59.40	7:59
43	50	M	7	PATRICK	FERGUSON	00:36:36.17	7:19	86	25	F	2	ANITA	BONESTEEL	00:40:01.81	8:00
					DISKIN			87	50	M	18	BARRY	BLUM	00:40:03.19	8:00
								88	60	M	3	TONY	VICTORIO	00:40:04.83	8:00

Fin.	A/G	S	P	First Name	Last Name	Time	Pace	Fin.	A/G	S	P	First Name	Last Name	Time	Pace
89	55	M	5	DENNIS	CLEARY	00:40:05.82	8:01	171	40	F	14	MARISOL	ALI	00:46:54.74	9:22
90	65	M	2	JOHN	WALLACE	00:40:15.16	8:03	172	55	M	14	MICHAEL	KLEIN	00:47:01.66	9:24
91	50	M	19	DOUGLAS	MOODY	00:40:21.04	8:04	173	45	M	#	ANIBAL	ELLIN	00:47:05.12	9:25
92	40	F	3	ANGELA	MEIKLE	00:40:36.86	8:07	174	20	M	3	JASON	LIN	00:47:12.37	9:26
93	45	F	2	GAIL	MARINO	00:40:45.59	8:09	175	65	M	4	JACOB	CYSNER	00:47:28.14	9:29
94	45	M	12	STANLEY	CHIN	00:40:50.64	8:10	176	45	M	21	GEORGE	BROWN	00:47:59.88	9:35
95	55	M	6	GEORGE	LIRA	00:40:51.63	8:10	177	50	M	#	JOE	KOENIG	00:48:02.58	9:36
96	45	M	13	KEN	TOBACK	00:40:52.78	8:10	178	40	F	15	LILLY	SEHAYEK	00:48:04.00	9:36
97	25	M	5	BRIAN	MORREALE	00:40:57.45	8:11	179	50	F	6	OLGA	SENG	00:48:12.02	9:38
98	55	F	1	EVE	NOLONAKIS	00:40:57.67	8:11	181	45	M	#	LUIS	CRUZ	00:48:23.78	9:40
99	40	M	8	DAVID	STEWART	00:40:58.33	8:11	182	60	M	9	BOB	PATTERSON	00:48:29.27	9:41
100	13	M	13	OBEDI	LUYAVDO	00:40:59.70	8:11	183	45	F	6	BERNADETTE	CANNY	00:48:29.93	9:41
101	55	M	7	JUAN	OLIVERAS	00:41:15.36	8:15	184	55	F	3	DOROTHY	RUSSO	00:48:35.64	9:43
102	60	M	4	BILL	ROBESON	00:41:17.12	8:15	185	70	M	2	MARTIN	ACKERMAN	00:48:38.39	9:43
103	30	F	2	LORENA A	BENSON	00:41:19.31	8:15	186	40	F	16	MICHELE	ACKERMAN	00:48:43.72	9:44
104	30	F	3	ALEEN	TSOUKIAS	00:41:21.95	8:16	187	45	M	#	RANDY	REISCH	00:48:58.93	9:47
105	35	F	3	LISA	GOMEZ	00:41:29.97	8:17	188	35	F	8	CARMEN	PIROSKI	00:49:06.23	9:49
106	25	F	3	HEIDI	GOLDBERG	00:41:30.74	8:18	189	40	F	17	DEBORAH	SERRANO	00:49:06.95	9:49
107	60	M	5	DAVID	FRISOWE	00:41:32.28	8:18	190	70	M	3	CARLOS	MORALES	00:49:07.50	9:49
				CATHERINE-	BRADY-			191	55	F	4	ELIZABETH	FARRELL	00:49:09.20	9:49
				AN	GONZALEZ	00:41:32.88	8:18	192	25	F	8	JENNY	TURZER	00:49:11.67	9:50
108	40	F	4	MICHAEL	BAK	00:41:36.67	8:19	193	35	M	12	ALEX	BRITO	00:49:13.38	9:50
109	25	M	6	ARTHUR	STERENBUCH	00:41:45.73	8:21	194	65	M	5	LEO	NICHOLAS	00:49:18.59	9:51
110	60	M	6	MARC	KORNHEISER	00:41:56.28	8:23	195	65	F	1	WENDY	BURNS	00:49:26.06	9:53
111	35	M	9	JOHN	STANLEY	00:42:00.67	8:24	196	55	F	5	GLORIA	WITHUS	00:49:37.76	9:55
112	55	M	8	WENDY	BLAUMAN	00:42:02.65	8:24	197	40	F	18	JANINE	THOMSON	00:50:02.04	10:00
113	40	F	5	ANDY	HODAS	00:42:04.19	8:24	198	40	M	12	DAVID	FEIBUSCH	00:50:07.15	10:01
114	55	M	9	PAUL	ALOE	00:42:05.67	8:25	199	20	M	4	EZRA	HOOVER	00:50:10.66	10:02
115	50	M	#	FRANK	RUGGIERO	00:42:08.75	8:25	200	30	M	5	DANIEL PETER	JANES	00:50:31.20	10:06
116	35	M	10	MARIE	BREWER	00:42:11.88	8:26	201	25	F	9	KELLY	LARKIN	00:50:38.95	10:07
117	50	F	1	TATIANA	KORAC	00:42:21.98	8:28	202	35	M	13	MICHAEL	MORPEAU	00:50:39.88	10:07
118	30	F	4	PEGGY	DELANEY	00:42:23.30	8:28	203	35	F	9	DENISE	MORGAN	00:50:40.93	10:08
119	50	F	2	CHRISTINE	PORTELA	00:42:33.02	8:30	204	60	M	10	RAY	BECKERMAN	00:50:55.92	10:11
120	40	F	6	ROB	GOODLIFFE	00:42:38.57	8:31	205	65	M	6	JOSEPH	GALLAGHER	00:50:58.72	10:11
121	25	M	7	IRA	GARDNER	00:42:38.90	8:31	206	45	F	7	PAMELA	WEESS	00:51:10.53	10:14
122	45	M	14	BERNADETTE	BOYLE	00:42:38.90	8:31	207	55	M	15	GEORGE	MAUL	00:51:15.64	10:15
123	30	F	5	DEBORAH	PESA	00:42:50.87	8:34	208	50	M	27	HARRY PETER	PULIDO	00:51:33.71	10:18
124	40	F	7	BRION M.	COBB	00:42:52.58	8:34	209	70	M	4	FERNANDO	RUIZ	00:51:44.48	10:20
125	55	M	10	JULIA	NOMEE	00:42:55.93	8:35	210	65	M	7	MYRON	MEDING	00:51:54.64	10:22
126	35	F	4	KIERAN	KELLY	00:42:57.90	8:35	211	35	M	14	ERIC	ERSKINE	00:52:02.82	10:24
127	20	M	2	BERNIE	JANES	00:42:59.22	8:35					SAMAROO			
128	35	M	11	SIMON	LIM	00:43:12.90	8:38	212	45	M	#	DAVI	SINGH	00:52:18.53	10:27
129	55	M	11	GERARD	RUIZ	00:43:17.57	8:39	213	60	F	1	DIANA	LEIFEIS	00:52:40.94	10:32
130	45	M	15	LIZ	GARVEY	00:43:20.97	8:40	214	30	F	6	NORA A	PEREZ	00:52:43.30	10:32
131	40	F	8	BOBBI	NIGRO	00:43:21.47	8:40	215	45	F	8	MICHELE	WALKER	00:52 +	10:24
132	45	F	3	SELMA	DE OLIVEIRA	00:43:22.57	8:40	216	50	M	#	DARRELL	ROBINSON	00:52 +	10:24
133	35	F	5	MAUREEN	FRISONE	00:43:37.89	8:43	217	35	F	10	ELIZABETH	HIRSCH	00:52 +	10:24
134	55	F	2	WILLIAM	SENG	00:43:41.79	8:44	218	55	M	16	JIM	THORNTON	00:52 +	10:24
135	50	M	21	MICHAEL	OGAZON	00:43:48.60	8:45	219	65	M	8	DAN	SINIGALLIA	00:52 +	10:24
136	65	M	3	ANGELA	MEDALLA	00:43:56.24	8:47	220	65	M	9	J	GUARDINO	00:52 +	10:24
137	40	F	9	MATTHEW	ACKERT	00:43:58.16	8:47	221	40	M	13	PHILIP	SCOTT	00:52 +	10:24
138	45	M	16	MARI	HIGUCHI	00:44:08.87	8:49	222	50	F	7	DIAN	LITTLEPAGE	00:52 +	10:24
139	45	F	4	REGINA	JOYNER	00:44:13.48	8:50	223	20	F	2	JESSICA	PULIDO	00:52 +	10:24
140	40	F	10	FRED	PUPKE	00:44:17.60	8:51	224	65	M	10	MIKE	POLANSKY	00:52 +	10:24
141	55	M	12	MORENO	MORENO	00:44:24.08	8:52	225	55	M	17	GEORGE	ENGDAHL	00:52 +	10:24
142	50	F	3	HECTOR	MORENO	00:44:27.98	8:53	226	30	M	6	MICHAEL	REINHART JR	0:00	
143	60	M	7	ANN	FORTE	00:44:31.83	8:54	227	35	F	11	MICHELLE	KEMP	0:00	
144	45	F	5	WILLIAM	SCHULTHEISS	00:44:32.43	8:54	228	50	M	#	WILLIAM	BURRUS	0:00	
145	40	M	9	DEBORAH	PANTANO	00:44:33.42	8:54	229	40	M	14	MICHAEL	RIOS	0:00	
146	50	F	4	JASON	QUEVEDO	00:44:48.58	8:57	230	30	M	7	JUAN	GONZALEZ	0:00	
147	25	M	8	NORMAN	GORDON	00:44:50.89	8:58	231	45	F	9	BARBARA ANN	FLAHERTY	0:00	
148	60	M	8	LAURA	REILLY	00:44:52.37	8:58	232	50	M	#	JAMES	PATTERSON	0:00	
149	25	F	4	GWENDOLYN	HILL	00:44:55.01	8:59	233	25	F	10	ADELE	GOLDBERG	0:00	
150	25	F	5	DANNY	SHUM	00:44:57.09	8:59	234	20	F	3	SHIRA	GORDON	0:00	
151	40	M	10	RALPH	WEYANT	00:45:01.05	9:00	235	45	M	25	RONALD	PECHTOL	0:00	
152	45	M	17	JACK	BERGER	00:45:01.32	9:00	236	25	F	11	KRISTIN	WNUK	0:00	
153	45	M	18	KRISTEN	LIM	00:45:09.95	9:01	237	13	F	2	AMBER	MORRELL	0:00	
154	20	F	1	SALVATORE	CARRETTA JR	00:45:10.44	9:02	238	45	M	#	MICHAEL S	THOMAS	0:00	
155	50	M	#	ROBERT	SHAPIRO	00:45:14.61	9:02	239	55	F	6	OLGA	RAPALO	0:00	
156	70	M	1	ROXANNE	CONLON	00:45:16.76	9:03	240	65	M	11	TOM	HANRAHAN	0:00	
157	35	F	6	DON	HODGE	00:45:18.24	9:03	241	40	F	19	DOROTHY	MICHAELS	0:00	
158	55	M	13	HECTOR	CABRERA	00:45:19.83	9:03	242	45	F	10	JO-ANNE	RASKIN	0:00	
159	50	M	#	AL	IGLESIAS	00:45:21.26	9:04	243	50	F	8	LINDA	FAIRGRIEVE	0:00	
160	40	M	11	FRED	HASLETT	00:45:22.63	9:04	244	65	M	12	GEORGE	HADDEN	0:00	
161	50	M	#	CHRISTINA	JUVA	00:45:25.60	9:05	245	25	F	12	JEWEL	RIZZO	0:00	
162	25	F	6	ANNE	RUSSO	00:45:26.97	9:05	246	60	F	2	NANCY	GEYGAN	0:00	
163	35	F	7	KATHY	SCALZO	00:45:29.33	9:05	247	50	F	9	DIANE	O'NEAL	0:00	
164	40	F	11	CHARLES	CALITRI	00:45:31.15	9:06	248	60	M	11	FRANKLIN	AQUILERA	0:00	
165	50	M	25	JOSE	GONZALEZ	00:45:48.50	9:09	249	55	F	7	MARCY	MANNA	0:00	
166	45	M	19	HEIDI MARIE	MILLARD	00:45:55.64	9:11	250	45	F	11	CYNTHIA	JOHNSON	01:07:04.30	13:40
167	25	F	7	OLGA	POTANAS	00:45:57.02	9:11	251	12	F	1	GRACE	STEWART	01:07:56.30	13:50
168	50	F	5	CAROL	MARKIEWICZ	00:46:12.07	9:14	252	40	F	#	MARKISHA	BECKFORD	01:09:18.30	14:00
169	40	F	12	PAULINE	SETO	00:46:46.50	9:21	253	50	F	10	JEAN	SMITH	01:10:50.30	14:10

Fin.	A/G	S	P	First Name	Last Name	Time	Pace
254	70	M	5	GEORGE	DENNIS	01:11:08.30	14:20
255	55	M	18	ROBERT	KUZYN	01:11:48.30	14:31
256	55	F	8	MARY	WETTERAU	01:14:18.30	14:40
257	70	M	6	CARLOS	PULIDO	01:14:30.30	14:43
258	30	M	8	ROBERTSON	MARDI	01:14:47.00	14:44
259	60	M	12	JEFFREY	KOCH TARTAGLIA JR	01:16:19.30	15:20
260	55	M	19	JOEY		01:16:20.30	15:20
261	35	F	12	JENNIFER	STEWART	01:16:21.30	15:20
262	30	F	7	ELIZABETH	HAMILTON	01:16:56.30	15:30
263	35	M	15	ALEX	HERNANDEZ	01:16:57.30	15:30
264	45	F	12	KIM	STRONGIN	01:18:00.30	15:59
265	45	M	27	DAVID	JONES	01:18:00.30	15:59
266	65	F	2	ANNE-MARIE	WRIGHT	01:20:26.30	16:05
267	55	M	#	MICHAEL	DESORBO	01:21:46.30	16:20
268	35	M	16	JEFFREY	SPANN	01:22:29.30	16:25
269	20	M	5	MARK	FRISBY	01:25:29.30	17:20
270	40	M	15	PETER	CURRY	01:25:30.30	17:20
271	25	M	9	FELIX	ANDUJAR	01:25:31.30	17:20
272	35	F	13	PAULINE	STAFFORD	01:25:32.30	17:20
273	65	F	3	JOAN	HAMILTON	01:30:29.30	18:05
274	30	M	9	ANTHONY	STEELE	01:34:19.30	18:45
275	45	M	#	ANTHONY	WOODLEY	01:34:33.30	18:50
276	70	M	7	RICHARD	BURBRIDGE	01:35:40.30	19:05

**ALLEY POND STRIDERS
MEMBERSHIP APPLICATION
SPECIAL RACE NEWSLETTER
FORM (\$20 INDIVIDUAL AND
\$30 FAMILY)**

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Alley Pond Striders, Inc.

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TO ALL THE ALLEY POND
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www.susanthewinner@gmail.com or
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DATE: Sunday, June 8 from 2 to 4 pm.

All Alley Pond Striders are welcome.

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THANK YOU,

without your kind
support our race would
not succeed!



THE TRAVELING RUNNER IN SPAIN by

Eddie Grassel

We arrived in Madrid on a beautiful sunny day in early April. My daughter, Amy, who has been studying there, was waiting at the hotel. We chose a small, quaint hotel in the center of the city near the palace and the opera house. Our introduction to Spanish life was just what you would expect when visiting Europe. Amy took us to the Plaza Mayor for lunch. It was a large plaza with outdoor cafes and many people milling around. Lunch consisted of a relaxing hot meal of paella and other Spanish dishes under sun umbrellas. Madrid is an excellent walking city and we strolled through the old part in the afternoon.

My sole request was to find a running route for my run the next day. Amy took me to the park of the West and pointed me in the direction of the national forest park. When the sun rose at 7:30 the next morning, I left my hotel and ran to the palace where I saw runners who were heading in the same direction. I followed them through the park, down a hill, over a small bridge, along a river and into the national forest where you can run for 20 miles. I only ran for an hour but what a magnificent prelude to Madrid.

Each day I would start with a run and then meet the family for breakfast. We would spend our days visiting museums, parks, historical sites and walking through various parts of the city. Dinners were quite late and full of young people eating, drinking and having a good time. I found Madrid to be a clean, traditional city with an excellent subway system. People were very friendly and having had a personal Spanish speaking guide, my daughter, Amy, made the experience even nicer. After six days in Madrid we took a rapid train to Barcelona.

The speed train traveled 300 kilometers an hour, the equivalent of 180 mph. It was a truly moving experience that I highly recommend. We arrived in the center of Barcelona in two and one half hours and taxied to our hotel in the old city right off the La Ramblas Boulevard. Scores of people strolled along the wide La Ramblas buying goods from vendors, being entertained by street performers and people watching. We also

enjoyed going into the old city's many narrow streets and shops. Barcelona is a very international city with a young adventurous spirit. There are bicycle stands throughout the city where residents may rent a bicycle and drop it off at another location. My run there consisted of running down the Ramblas to the sea and going along the boardwalk, a cement path, until I was half tired. The breeze off of the Mediterranean was invigorating. I would do this early because Spain in April with perfect temperature, created streets too crowded to move freely on after 10AM. In the summer it can get extremely hot. Our main points of interest were the Gaudi Park, tours through the Gaudi buildings and a visit to the unfinished Holy Family Cathedral. We also did a day trip by train and cable car to Montserrat, a cathedral high in the mountains.

I would be remiss if I did not tell a couple of personal stories. Ruth, the kids and I were taking a subway on our first day. I took out 20 Euros to buy tickets for all of us. The train arrived and we took it a couple of stops to our destination. As I got out of the train, a young woman asked me the time and I showed her I did not wear a watch. I felt her other hand going into my pocket where I kept my cash. I grabbed her hand and pushed her away. She raised her hands and then proceeded to run back into the train. I was a hero to my kids for the next ten minutes.

Later in the week we took a one hour bus ride to Toledo, a beautiful little town outside of Madrid. We spent a pleasant day walking, visiting the Jewish section which was six hundred years old, and had lunch. After a few hours we decided to go back to Madrid and were told the bus drivers were on strike but we could take a train. When we arrived at the train station we were told the next train was full. No problem we would take the next available train. "Sir you do not understand, all the trains are full, you will have to get a hotel here and take a train in the morning."

We examined our options and my wife said, "Let's rent a car". Right next to the train station was an Avis dealer and they had a car for four with a standard transmission. No problem, it has been 15 years since I drove a stick shift, but I gave it a try. An hour later we were in Madrid at our hotel.

My daughter, Amy, who is speaking perfect Spanish, loved our time together and we all had a thrill visiting her. Next term she is off to Australia!

Calendar of Events

MAY 2008

Thursday, May 1st: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Our **GUEST SPEAKER** will be Samara Doucette of Collette Tours to discuss travel tips and what's happening in the travel industry.

Saturday, May 17th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Saturday, May 24th: **NOTE CHANGE IN TIME...**Weekend Run/Walk times move back to **8:30 am** for the Summer season.

Thursday, May 29th: Executive Board Meeting, 7pm - Fame Diner. All members are welcome to attend the Board Meetings.



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, N.Y. 11426-0298

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Members joining on or after October 1, 2007
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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:

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