

The Strider



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

June 2008

Volume XXVIII Issue 6



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 at 8:30 AM at Alley Pond Park House on weekends and at 9:00 am during the week.

**For Membership Information
Please Call Lynn Henry at
(516) 437-8715.**

INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	1
RUNNERS EXCHANGE	2
NEWS & NOTES	3
RACING AROUND	4
PRESIDENTIAL MAULING	5
"I LOVE ME"	6
UPDATES	7
CALENDAR OF EVENTS	8

PRESIDENT'S MESSAGE BY GERRY RUIZ

"Seasonal Disorder"

Some call it "summer," a.k.a. "race season." For the rest of us, every season is race season. But don't let us forget why we got into this way back when.

There WAS a time when we walked/ran to hang out with fellow wearers of the green. There WAS a time when we enjoyed the company of one another, with no more specific goal than reaching St. Francis Prep and turning around. Then, the dreaded tail appeared. You know, the one chased by dogs worldwide. Being healthy wasn't enough, we needed/ached for improvement. Complacency is a fate worse than DNF'ing, however, let us remember why we do what we do. This must be the reason the Rikers run exists. This must be the reason the Back Alley run exists. Not races that garner magazines' attention, but races that show off Queens best-our best.

Lets get out there and really enjoy the season. The club will assist in some cool stuff: a planned camp-out, a gathering on the Alley Pond adventure course (NO, that's not what they call Gerry's job), and the "usual" summer fun.

Carpe diem!

Be proud, wear the colors, be there!

Welcome: Sonialee Stewart of Cambria Heights.

**June 28th—the Alley Pond Strider's
Annual Picnic.
Join your fellow Striders for this
fun-packed event!**

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.

Wow! Look at the turn out for the Riker's Island race! And we brought home a ton of hardware, as well. Good on ya! I hope I got everyone. If I missed you, I'm sorry, but that is why you have to e-mail me your results.

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

Alley Pond 5 Mile Challenge—April 27:

Elik Hirsch—36:48, pace 7:21
Marlon Joseph—38:04, pace 7:36
Russ Lay—38:12, pace 7:38
Tom Case—39:25, pace 7:53
Andy Hodas—42:04, pace 8:24
Ira Gardner—42:38, pace 8:31
Deborah Pesa - 42:50, pace 8:34
Deborah Pantano—44:33, pace 8:54
Bob Shapiro - 45:14, pace 9:02
Marcy Manna— time not reported

NYRR Brooklyn Half Marathon—May 3:

Janett Ameerally - 2:16.19, pace 10:24

Riker's Island 5k—May 3:

Tom Case - 23:41, pace 7:45
Fran Kraus-Schmidt - 24:18, pace 7:49, **1st in Age**
Ray Lascot - 25:11, pace 8:06, **1st in Age**
Deborah Pesa - 26:20, pace 8:29, **2nd in Age**
Nella Carravetta - 26:45, pace 8:36
Bob Shapiro - 26:50, pace 8:38, **2nd in Age**
Debbie Pantano - 27:40, pace 8:54
Gerry Ruiz - 27:41, pace 8:54
John Kwasnik - 27:53, pace 8:58
John Rettmer - 29:45, pace 9:34, **3rd in Age**

Mike Gentile— 30:26, pace 9:47
Barry Jonas—30:34, pace 9:50
Brita Daemgen—30:39, pace 9:51
Hank Klein - 30:44, pace 9:53
Bob Wenzel - 32:41, pace 10:31
Howard Schultheiss - 35:00, pace 11:15
Victor Rapp - 35:06, pace 11:17
Betty Jacobson - 44:48, pace 14:25, **1st in Age**
Ed Jacobson - 45:27, pace 14:37
Fred Feinstein - 50:30, pace 16:15
Ronit Guriel - 52:59, pace 17:03
Alan B.—53:09, pace 17:03
Ernst Ackermann - 53:11, pace 17:06
Ray Dowe - 53:45, pace 17:17
Sybil Blumenthal - 1:00.10, pace 19:21, **2nd in Age**
Lenore Feinstein - 1:00.11, pace 19:22, **3rd in Age**
Diane Haber Bruce - 1:00.11, pace 19:22, **3rd in Age**
Barbara Linder - 1:00.12, pace 19:22
Joann Barnes - 1:00.30, pace 19:28
George Schafer - 1:00.30, pace 19:28
Angela Ruskowski - 1:03.25, pace 20:24
Arja Mathews - 1:03.27, pace 20:25
Jean Jacobs - 1:04.08, pace 20:38

Long Island Marathon—May 4:

Laughlin Whalen - 4:01.28, pace 9:12
Gerry Ruiz - 4:26.09, pace 10:10

Long Island Half Marathon—May 4:

Yariv Leers - 1:33.49, pace 7:10
Christina Reinle - 1:51.32, pace 8:31
Andy Hodas—time not reported

Willow Tree Half Marathon, Providence, RI—May 4:

Ira Gardner - 1:57, pace 8:56 - Ira wrote, "I did my 77th half marathon...for my 25th state with a time under 2:00."

NYJL Mother's Day 4 Mile race—May 11:

Deborah Pesa - 35:05, pace 8:46

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

MAY BIRTHDAYS: Barry Jonas [May 31]; Darlene Ritchie [May 21]; John Sommo [May 24]; Arthur Fettner [May 29]; Elik Hirsch [May 30] MAY ANNIVERSARIES: Harry&Flori Judd [43]. JUNE BIRTHDAYS: Ken Kaiser [Jun 6]; Laurie Wennerholm [Jun 9]; Kevin Morrissey [Jun 11]; Richard Hubert [Jun 19]; Ruth Abraham [Jun 20]; Nora Kozuch [Jun 24]; Bob Bruce [Jun 26]; and, Hy Perrick [Jun 30].

Once again Green Meadows Farms returned to the upper park for three weeks of its Festival of Cultures display. Two tepees were set up including their American Indian inhabitants. Using the baseball field abutting the forest was another tepee where a hawk was shown swooping on bits of food while tethered. On the other side of the paved walk, a sign proclaimed, Face Painting Here. On the south side of the park, an African Bush Hut had been erected and information about that part of the African continent was presented to an audience of school kids. Elsewhere, a First Aid area had been set up as well as a Lost and Found. A fenced in area contained dozens of sheep and two goats. The animals could be fed with food provided by the keepers. The parking lot was filled with school buses disgorging their passengers.

Did we have a great Five Mile Challenge? From the Fun Run for children 12 and under, which started at 9:30 am to the 5 Mile Challenge starting at 10:00 am, Striders did it all!

Numbers were distributed in the park house to over 300 runners while additional runners were signed up. As the race proceeded, the **Z Team** recorded names and running times, which were displayed, on

the park house walls while outside, **Luis Arauz** distributed trophies to the winners in his inimitable style.

...And at the end of the race, the sight of a ten to twelve-foot sandwich in the park house greeted every Strider who worked the race. The greeting changed to eating and the sandwich ended up a five -inch morsel.

Trudy Bauer proudly sent this info concerning her nephew, clarinetist Charles Neidich. In a premiere performance of Elliott Carter's Clarinet Quintet, The Julliard String Quartet and soloist, Charles Neidich were faithful to the score's exacting indications and played with character to spare.

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.

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 JUNE

<u>Date</u>	<u>Race/Distance/Place</u>		
Jun 1	12th Annual Joe Keany Memorial 5k Run/Walk and 1 Mile fun run	8:45am fun run; 9:30am - 5K North Country Rd. School, Miller Place	Lisa Lally 631-474-2723 ext.307, Mary Patrovic 631-744-3821
Jun 1	Strong Island Duathlon (2mi run/ 12 mi. bike/ 2mi run)	9am Old Westbury	
Jun 4	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 or (516) 569-4959
Jun 6	CPA's 4 (a): Cause 5K Run	7pm Wantagh Park, Wantagh, NY	
Jun 7	Peg Larkins Memorial 5K Run	9:30am Remsenburg-Speonk Elementary School, Mill Road; Remsenburg	
Jun 7	Keith Nintzel Memorial 5k Run	9am Gillette Park Sayville.	Brendan Barrett 631-589-5700
Jun 7	St. James 5K	9am St. James R.C. Church; 429 Route 25A; Setauket	
Jun 8	1st Annual Boobie Trapped Walk/Run for Research 5K	8am 1 mi. fun run; 8:30am 5K Shoreham Wading River High School	boobietrappedforacure@yahoo.com
Jun 8	Quantum Feet 5K Walk/ Run	9 am at Kissena Park	
Jun 11	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 or (516) 569-4959
Jun 14	Christopher's' 5K Run	9:30am Southampton Cultural Center	kristadebler@outeasttherapy.com
Jun 14	5K Shwachman Diamond Dash	9am Sunrise Drive Elementary School	dashforacure@yahoo.com Kristine Kolar at 631-218-8813
Jun 18	Single and Mingle 5K	6pm Republic Airport East Farmingdale	
Jun 18	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 or (516) 569-4959
Jun 21	Moriches Community 5K Run	9am Neville Park Center Moriches	631-878-3267
Jun 21	Shelter Island 10K	5:30 pm Shelter Island HS 33 North Ferry Road	
Jun 25	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) or 569-4959
Jun 26	David Lerner Police Appreciation 5K Run	7pm Eisenhower Park	

(Continued from page 2)

Morris Mauler 5k, Morris Township, NJ—May 11:

Rob Pasqual – 23:34, pace 7:35, **2nd in Age**

Gerry Ruiz – 32:16, pace 10:23

Helen Pineda – 39:58, pace 12:52

Boy Scouts of America 5k—May 15:

Gerry Ruiz – 26:24, pace 8:31

Healthy Kidney 10k—May 17:

Sue Gamez – 49:44, pace 8:01

Gerry Ruiz - 56:30, pace 9:06

Janett Ameerally - 58:04, pace 9:21

Helen Pineda - 1:09.42, pace 11:14

Alex Pineda - 1:10.40, pace 11:23

Forest Park Classic 4 Mile—May 18:

Andie Robertson – 30:40, pace 7:40 **1st in Age**

Tom Case – 30:42, pace 7:41

Laughlin Whalen – 31:00, pace 7:45 **2nd in Age**

Christina Reinle – 31:14, pace 7:49 **3rd in Age**

Sue Gamez – 31:50, pace 7:58

Deborah Pesa – 34:30, pace 8:38

Gerry Ruiz – 35:26, pace 8:52

John Kwasnik – 35:55, pace 8:59

Deborah Pantano – 36:17, pace 9:04

John Rettmer – 37:46, pace 9:27

Howard Cohen – 41:41, pace 10:25

Gillian Turbin – 41:41, pace 10:25

Stanley Zibulsky – 47:25, pace 11:51

NYPD Memorial 5k—May 18:

Sara Jablonski – 26:04, pace 8:25

Bill Jablonski – enjoyed the run and the bbq!

Green Bay Half Marathon, Green Bay,

Wisconsin—May 18:

Ira Gardner – 1:58.08, pace 9:02

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

**STRIDER PRESIDENT SURVIVES
MAULING BY ROB PASQUAL**

On Sunday, May 11th, Strider President Gerry Ruiz ventured to Morristown, NJ for the 10th running of the Morris Mauler. This race is the self-proclaimed “toughest, nastiest, meanest 5k in New Jersey.” The course is a two-loop course that includes stair steps and a steep hill known as “the Bastard.”

Over 140 runners toed up to the starting line, including our Corresponding Secretary Helen Pineda and Ex-Prez Rob Pasqual. They started on one of the few flat sections of the course and then turned onto the one asphalt part of the course. Four sets of stair steps later, they were back near the start again, gasping for breathe right before winding down a rocky slope to the one-mile mark.

You then entered a narrow path which a) was only wide enough for only one person and b) filled with tree roots. A left and a right later put you at the base of the “Bastard” with almost no momentum. Going up the hill the race director announced over his megaphone the names of the many returning runners, as they pumped their arms vigorously trying to make it up the hill. Once at the top, runners again tried to get a second wind as they began the second loop.

Our Commander n Chief finished in 101st place in a time of 32:26. Despite his rigorous ordeal he was able to enjoy the post-race festivities that included a BBQ, massage tables (which Helen made use of), sweets and a running suit raffle. Gerry even talked of making this race a club outing one day.

The next Mauler is Saturday, September 20.

"I LOVE ME" - A MESSAGE TO THE STRIDERS FOR THEIR CONTINUED CARING & SUPPORT OF OTHERS IN NEED! BY ROSE SCHELLENBERG

I love me! Those were the words of encouragement the moms ended up saying together ending the presentation of a special Mother's Day Program at the DHS Jamaica Family Residence (a large Homeless Shelter), located at 175-10 88th Avenue, Jamaica, NY, on the Saturday morning before Mother's Day.

Words of encouragement for moms who are STUCK in the pit of poverty living in a large homeless shelter with their children for far too long.

The program materials were taken from a book called: "Sacred Pampering, an African American Woman's Guide to self care and inner renewal" by Debrena Jackson Gandy. During the program two lovely friends of mine took care of the children in making crowns, necklaces, Mothers Day cards, etc. for their moms, allowing not only the moms but the children to enjoy themselves.

As a result of the generosity of two Striders: Lynn Henry and Andrea Robertson who donated enough funds to buy a lavender scented body lotion from Bath and Body Works for each of these moms, the program began by pouring a sampling of this lovely cream into their hands of each of these precious moms to begin for them a journey of self caring. This was but one of MANY, MANY ways of self caring for them presented in the book, which included areas of caring for not only their bodies, but for their and soul and spirit as well.

The women quickly got into the discussion on the topics presented and themselves helped to underline and raise of up the necessity and ways they can better care for themselves so that they can better care for their loved ones. A most important lesson was learned, that "pampering was not a luxury but a real necessity!"

The abundance of understanding and enthusiasm amongst the moms truly filled my very soul, you can believe that!

Just before we ended, a very sweet younger mom rushed into the room, having seen the points of the outline on the large newsprint in the front, asking that I please go over these points with her as she truly needed to hear them too.

The program ended with the women, holding hands together, reciting the "Woman's Pampering Creed - and when they got to the part, which was repeated throughout, they spontaneously shouted out the phrase "I Love Me" with glee.

What an incredible experience, as walls were broken down between them, as they learned that they too can help each other to achieve this personal self renewal and caring journey together.

My friend, a very well dressed and sophisticated woman and nurse, who volunteered to come to help, ended by giving her impromptu testimony of her hardships with her teenage son (who was missing all night), and then she sang a most precious song for their enjoyment. They saw through her testimony that no matter how we look we need each others prayers and support.

We ended with deep-felt hugs and kisses, each and every one of us, as we became a SISTERHOOD, lifting each other up to do our best in self caring so that we can have left over to do our best for our loved ones and others too. Just to let you know how precious these woman are, they came over to my friend offering advice and encouragement to her. By the way, my friend got a call from her son, who finally made it home that very morning (prayer answered!)

God Bless You Striders for being such a part of Making all of this abundance to take place for the benefit of these very very precious moms for their Mother's Day. And thank you Laughlin and Lynn for encouraging me to send the email message asking for help in providing these very well received lotions. (the Lavendar scent, I am told, helps to relax--how wonderful!).

RITA SPIRO UPDATE

I am Rita's son and have met some of the walkers at the club when mom was still able to live on her own. She is now in an assisted living facility in Rockland County, takes very short walks (she has worn out all of her care-takers and fellow residents-and still wants to walk more!!), and misses her friends at the striders.

I have created a website where I give contact information and ways to stay in touch. It also gives folks a head's up as to what to expect and what works best for communication. Mom has Alzheimer's and has difficulty speaking clearly - but she remembers who most everyone is. I've created an email update for family and friends that also gives info on what's happening in her life and tips on best ways to stay in touch in her current and slowly changing condition.

This is her birthday month - if you can't get to Pearl River to take her out walking (the best present you could give her) at least send her a post card with birthday greetings. If you'd like- sign up for the email newsletter (LIKE MOTHER, LIKE SON HUH?) on the home page of the website - or contact me directly.

Thank you for passing this information along.

yours in walking/running/friendship,

Keith Spiro

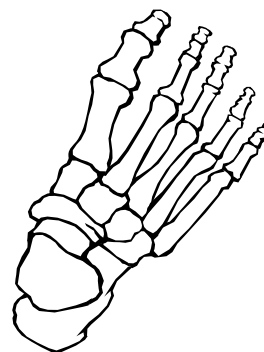
(Please contact Walkers Representative Ray Dowe for more information).

A WORD ABOUT OUR JUNE MEMBERSHIP MEETING GUEST SPEAKER

The guest speaker at our June 5th Monthly Membership Meeting will be Dr. Jared Mandel. Dr. Mandel is a chiropractor practicing in Bayside. Dr. Mandel found the Alley Pond Striders thru Jeff Depalo who is an avid runner. Dr. Mandel will be talking to us about Footlevelers custom-molded orthotics and how they along with chiropractic care can greatly benefit runners, joggers, and walkers. Dr. Mandel offers a free digital foot scan in his office to everyone and this scan can assess the need for custom molded orthotics. Runners can greatly benefit from custom molded orthotics in many ways. They can reduce pain and discomfort not only in the feet but throughout the entire body. Recent studies have also shown that orthotic use can also enhance athletic performance by balancing the spine and reducing muscular fatigue.

The following is some basic information copied directly from the Footlevelers website regarding the need for orthotics especially in athletes.

Your feet are the foundation of your body. They support you when you stand, walk, or run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Your feet perform better when all their muscles, arches, and bones are in their ideal stable positions. The foot is constructed with three arches which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body. If there is compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses, which usually lead to further compromise. It's a chain reaction. Healthcare professionals know alleviating pain in one part of your body often requires treating a different part. The pain you feel in your neck could be caused by a misalignment in your spine that is caused by



unbalanced positioning in your feet. See? It's a chain reaction. By stabilizing and balancing your feet, Foot Levelers orthotics enhance your body's performance and efficiency, reduce pain, and contribute to your total body wellness. Our orthotics complements your healthcare professional's treatment when you stand, walk, and live your active life.

Grand Opening Party: Susan Xia Yang (Broker/Owner)

Miracle Touch Realty Corp.

75-20 188 Street, Fresh Meadows, NY 11366

(718) 454-6868 or (646) 207-1385

www.susanthewinner@gmail.com or
www.miracletouchrealty.com

DATE: Sunday, June 8 from 2 to 4 pm.

All Alley Pond Striders are welcome.

*"Nobody sells real estate like a
marathon champion."*

Calendar of Events

JUNE 2008

Thursday, June 5th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Our Guest Speaker will be Dr. Jared Mandel. See Page 7 for more information.

Saturday, June 21st: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Saturday, June 28th: Alley Pond Striders Annual Picnic in the Upper Park. Join this fun annual event and bring a special treat to share. Don't forget your chair!

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NOTE: WALKS AND RUNS BEGIN AT 8:30AM!



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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