

The Strider



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

July 2008

Volume XXVIII Issue 7



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.**

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PRESIDENT'S MESSAGE BY GERRY RUIZ

Time Is Ticking!

Time to make those final plans, make a list and check it twice, brush up on your French. Yes peeps, Quebec will be here before we know it! Now that we've fought/discussed/resolved the money from the 5 Mile Challenge, our minds should be sufficiently purged to focus on the (by comparison) relative ease of running a half or full. What, does anyone think running 13+ or 26+ miles is harder than resolving what portion of the proceeds go where? Seriously folks, thanks for your interest in that issue-stimulating discussion makes us grow.

As though Quebec wasn't enough, what many consider prime racing season is upon us. Recently, information regarding the Nike NYC Half, Ocean to Sound (plaques beat travel cups, trophies beat plaques) Relay, Queens Half, The Manhattan Run (my personal fave), and The ING NY Marathon, was released. Getting tingly yet??? And for a REAL tingle, the upper park hosts its yearly adventure course-climbing walls, a way cool zip line, and other activities designed to elevate blood pressure and titillate acrophobic. (***)And tell your friends: The Back Alley is scheduled for 9-20!!!)

So lace' em up, put on your finest Strider haberdashery (where's spell-check when you need it?), and hit The Line.

Be proud, wear the colors, be there!

Welcome: Andrea Linsalata of Bayside; Marisol Ali of Floral Park; Milton Pulido of Bayside and Lucinda Lucas of Brooklyn.

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LUCKY BUCK: Congratulations to Christine Lay — the 50/50 winner at the June membership meeting!

REMINDER! Coach Bob Wenzel continues track workouts every Tuesday. The workouts are held at Queensborough Community College and begin at 6 pm.

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 need to post a correction to last month's results for the LI Half Marathon. Christina Reinle ran the course in 1:48.13, pace 8:16. This was a personal record. Congratulations Christina!

LI Half-Marathon—May 4:

Richard Hubert – 1:42.35, pace 7:49

Forest Park Classic 4 Miles—May 18:

Robert Rossen – 29:44, pace 7:26

John Reinle – 34:38, pace 8:40

Robbie's Run 5k—May 18:

Fran Kraus – 23:39, pace 7:37 **1st in Age**

AHA Start! Wall Street Run 3M—May 20:

Gerry Ruiz – 28:13, pace 9:24

CNGCS Runday 5k—May 24:

Gerry Ruiz – 26:32, pace 8:33

Long Beach 10M Trophy Run—May 25:

Rob Pasqual – 1:09.31, pace 6:57 - **3rd in Age**

Tom Case – 1:23.14, pace 8:19

Gerry Ruiz – 1:32.58, pace 9:18

Deborah Pesa – 1:38.28, pace 9:50

L'Chaim 5k Run for Israel—May 26:

Gerry Ruiz – 25:57, pace 8:22

Floral Park Youth Council 5k—June 1:

Russel Lay – 22:33, pace 7:15 - **1st in Age**

Ray Lascot – 25:11, pace 8:06 - **1st in Age**

Deborah Pesa – 25:35, pace 8:13 - **2nd in Age**

Howard Schultheiss – 33:38, pace 10:49 - **2nd in Age**

New Hyde Park 8k—June 1:

Tom Case – 38:56, pace 7:50

Laughlin Whalen – 39:01, pace 7:51

Christina Reinle – 39:57, pace 8:03 - **2nd in Age**

John Reinle – 44:21, pace 8:56

Gerry Ruiz – 44:36, pace 8:59

John Rettmer – 47:19, pace 9:32

Riverdale Ramble—June 1:

Andie Robertson – 53:03, pace 8:34 - **2nd in Age**

Iron Horse Half Marathon, Simsbury, CT—June 1:

Ira Gardner – 1:59.31, pace 9:07 – “I did yet another half marathon today on a warm morning in Simsbury, CT--the Iron Horse Half marathon & finished in 1:59:31 and this was my 27th state under 2:00.”

Strong Island Duathlon, Westbury, NY—June 1:

SUNY Old Westbury, 2 mile run, 12 mile bike, 2 mile run:

Rob Pasqual & Helen Pineda mixed 2 person relay 76th overall, 4th place relay, time 1:29:12

NYRR 50th Anniversary Run 5M—June 4:

4 hearty Striders actually made it out to this 5:30am race...

Tim Rasmussen – 37:14, pace 7:26

Gerry Ruiz – 44:09, pace 8:49

Dovid Schachner – 53:21, pace 10:40

Helen Pineda – 58:04, pace 11:36

New York Mini 10k—June 7:

Andie Robertson – 49:36, pace 8:00

Deborah Pesa – 59:31, pace 9:35

Janett Ameeraly – 1:00.02, pace 9:40

Darlene Ritchie – 1:08.14, pace 11:00

Helen Pineda – 1:12.42, pace 11:43

CPAs 4(a): Cause 5k—June 6:

Gerry Ruiz – 25:13, pace 7:48

Firefighter Michael Elferis 5k—June 7:

Laughlin Whalen – 24:24, pace 7:52 - **1st in Age**

Gerry Ruiz – 27:54, pace 8:58

Quantum Feet 5k—June 8:

Marlon Joseph – 22:37, pace 7:18 - **3rd in Age**

Richard Hubert – 22:43, pace 7:20

Russ Lay – 23:15, pace 7:30 - **1st in Age**

Christina Reinle – 24:06, pace 7:46 - **2nd Overall**

Yariv Leers – 24:29, pace 7:54

Laughlin Whalen – 24:47, pace 8:00 - **2nd in Age**

Fran Kraus-Schmidt – 25:02, pace 8:05 - **3rd Overall**

Ray Lascot – 25:57, pace 8:22 - **1st in Age**

Howard Cohen – 28:23, pace 9:09

Gerry Ruiz – 28:23, pace 9:09

Mary Hubert – 26:26, pace 9:10 - **2nd in Age**

Hank Klein – 31:41, pace 10:13 - **3rd in Age**

Gillian Turbin – 37:47, pace 12:11

Schwachman Diamond Dash 5k—June 14:

Gerry Ruiz – 27:17, pace 8:47

WABC Father's Day 5 Mile—June 15:

Rob Pasqual – 37:09, pace 7:25

Bob Wenzel – 37:57, pace 7:35

Tom Case – 39:31, pace 7:54

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- Sue Gamez – 39:50, pace 7:58
- Gerry Ruiz – 46:23, pace 9:16
- Ira Gardner – 47:38, pace 9:31
- John Reinle – 47:52, pace 9:34
- Christina Reinle – 47:52, pace 9:34
- Laughlin Whalen – 48:06, pace 9:37
- Helen Pineda – 1:00:55, pace 12:11

State Park Summer Run Series 5M: Jones Beach—June 16:

Gerry Ruiz – 46:39, pace 9:20

Connecticut Senior Games

Bea Kee—Silver Medalist in the 5K, 10K & 20K bike races

Long Island Senior Games

Bea Kee—Gold Medalist in the 5K, 10K & 20K bike races

PLEASE INCLUDE APS ON ALL YOUR RACE APPLICATIONS

Please note: for a list of upcoming races and other important Strider events check out our webpage at:

www.apstriders.org

A Very Good Walk

On a recent special walking event, a group of Alley Pond Striders took a ride to Rockland County to visit Strider Rita Spiro. The following thank you letter was received from Rita's daughter.

Thank you for directing your walking shoes north and venturing to Rockland County. It was an overwhelming and wonderful sight to see my mother surrounded by her friends. She thoroughly enjoyed all the attention and the opportunity to see you all again.

My family and I very much appreciate your caring and thoughtfulness.

Best wishes to all and happy walking!

Meryl Kautrautz

Labor Day Weekend Hiking and Biking Trip in Northern Vermont - August 29 to September 1 (Friday to Monday)

All members of the Alley Pond Striders are invited to the Adirondack Mountain Club's annual Labor Day Weekend Hiking and Biking Trip in northern Vermont. Stay at The Arbor Inn in nationally renown, picturesque, Stowe Vermont. We will be hiking some of northern Vermont's biggest, most beautiful peaks and offering self-guided biking tours.

Other activities include swimming (inn has a pool), alpine slide, bungee trampoline, birding, gondola sky ride, canoeing & kayaking, carriage & wagon rides, fishing, golf, mini-golf, horseback riding, hot air ballooning, recreation path, soaring, tennis, shopping, spas, museums & galleries, and Ben & Jerry's Ice Cream Factory. There is something for everyone in and around Stowe. Bring your non-hiking spouse/lover/significant other.

The Arbor Inn, an AAA three diamond bed & breakfast inn has a Jacuzzi, heated swimming pool and recreation/entertainment room. All rooms have a private bath, hairdryer, remote control color cable T/V, air conditioning, refrigerator, phone and individually controlled heat. Some rooms have small patios that face Mt. Mansfield. We are thrilled to be able to offer The Arbor Inn at an affordable price.

Cost of \$324.95 includes 3 nights lodging (double occupancy), 3 breakfasts, 2 trail lunches, 2 cocktail parties, 2 dinners, and all taxes & gratuities, except chambermaid tip. Early registrations are strongly suggested as all our prior Labor Day Weekend trips have sold out. For registration or additional information, contact leaders Diane and Allen Grunthal at (973) 728-8057 before 10pm or dgrunthal@yahoo.com

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
White Mesh Baseball Caps	\$10

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

Calendar of Events

JULY 2008

Thursday, July 3rd: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. You can buy a 50/50 chance for \$1.00 or three for \$2.00 - hey you never know!

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

Thursday, July 31st: Meeting of the Executive Board at the Fame Diner starting at 7:00 pm. All members are welcome to attend these meetings.

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



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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