

# The Strider



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

August 2008

Volume XXVIII Issue 8



*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

It's crunch time!!!

By the time this newsletter goes to print, the Nike NYC Half will be but a pleasant memory. Thoughts will be pointed to the Quebec road trip (a.k.a. "AP goes international, again"- hey, Canada counts!!!), Manhattan Run, Fifth Avenue Mile, Ocean to Sound, Queens Half, the legendary (in my mind at least) Back Alley 5k. Can you ever have enough Ibuprofen???

Yes peeps, it's THAT time of year when calendars fill with events and knees ache in anticipation. Need a break? Join your people for a refreshment run, or a heart stopping thrill on the zip line in the upper park (makes you long for terra firma).

There's lots going on. Best of all, our colors are garnering more and more attention. Have you worn yours??? Positive comments continue pouring forth at each event—SOMEONE even wore the green on July 4th in a state where the Yankees get a lot of grief. Can't say we have limited demographics.

Pick an event, participate, help out, volunteer. Before we know it we'll be reading the autumn newsletter.

Soyez fier, portez les couleurs, soyez la!

## Welcome: Patricia, Alisha and Tiara Austin of Queens Village.

**MEMBERSHIP DIRECTORY IS OUT!!** The Alley Pond Strider Contact list aka Membership Directory has been e-mailed out to the membership and copies printed for those who requested them. If you would like a printed copy, please contact Lynn at 516 437-8715 or [lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com). There is a minimal charge of \$2 to cover the printing and mailing. Also, please forward your information if you would like to be included in the next edition or if you have any changes. Thanks.

Thanks, Lynn Henry (Membership Chair)

# 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.

I'm melting! Summer is here and the Striders are still out there getting the miles in. Don't forget to hydrate and take it a little bit slower, if need be. Don't want to lose any of you to the heat.

At this time it may seem a long way off, but Ocean to Sound is right around the corner. Anyone interested in running this year should contact Laughlin or me. It's a lot of fun, I'm told (this year will be my first!).

**Flying Pig Half-Marathon—May 3:**

Russel Lay – 1:46.07, pace 8:06

**Mayor's Half Marathon, Anchorage, AK—June 21:**

Ira Gardner – 2:07.02, pace 9:42 Ira reports: "I finished my 80th half marathon in my 49th state..."

**Achilles Hope & Possibility 5M—June 22:**

Tom Case – 39:26, pace 7:53

Gerry Ruiz – 46:28, pace 9:17

**State Parks Summer Series—Sunken Meadow 5k—June 23:**

Gerry Ruiz – 27:41, pace 8:55

**Police Appreciation 5k—June 26:**

Laughlin Whalen – 23:57, pace 7:43 – 3<sup>rd</sup> in Age

Ray Lascot – 25:15, pace 8:08 - 1<sup>st</sup> in Age

John Reinle – 27:10, pace 8:45

Gerry Ruiz – 27:17, pace 8:47

**Sean Ryan Family Memorial 5k—June 27:**

Gerry Ruiz – 26:43, pace 8:36 – 3<sup>rd</sup> in Age

**FRNY Lesbian & Gay Pride 5M run—June 28:**

Janett Ameerally – 49:37, pace 9:55

**State Parks Summer Series – Bethpage 5k—June 30:**

Gerry Ruiz – 27:17, pace 8:47

**Bellmore Striders Independence Day 4M—July 4:**

Gerry Ruiz – 33:13, pace 8:19

**Hingham's 50th Annual 4<sup>th</sup> of July Road Race 4.6M, Hingham, MA—July 4:**

Gillian Turbin – 45:02, pace 9:47

**Riverside Independence 5k Run, Riverside, IL—July 5:**

Rob Pasqual – 20:19, pace 6:32

Helen Pineda – 32:28, pace 10:27

**Massapequa Firecracker 5k—July 6:**

Ray Lascot – 25:40, pace 8:16, 1<sup>st</sup> in Age

Gerry Ruiz – 26:53, pace 8:39

Debbie Pesa – 27:10, pace 8:45

**5k Run for the Animals—July 12:**

Rob Pasqual – 21:06, pace 6:48 1<sup>st</sup> in Age

Gerry Ruiz – 28:07, pace 9:03

Helen Pineda – 37:39, pace 12:07

**Naples-New York Park to Park 10k—July 13:**

Tom Case – 50:58, pace 8:13

Gerry Ruiz – 56:54, pace 9:10

Janett Ameerally – 58:45, pace 9:28

Joel Velasquez – 1:04.46, pace 10:26

**Bellport Clipper Classic 5k—July 13:**

Robert Rossen – 22:24, pace 7:13

**NY State Parks Summer Series, Hempstead Lake 4k—July 14:**

Gerry Ruiz – 21:11, pace 8:31

**Run for Central Park 4M—July 19:**

Tom Case – 30:40, pace 7:40

Gerry Ruiz – 36:55, pace 9:13

Joel Velasquez – 41:50, pace 10:27

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

### Glancing Back During a Run

As I have been schlepping along the Motor Parkway this summer, I have had plenty of time to think about being part of the Alley Pond Striders. This club has become so much more to me than just a running and walking club. It's been a place of friendship and support, not only for me personally, but many other Striders as well.

It's been over a year since I got out of the hospital and over a year and one-half since Marcia had her stroke. We both have been doing very well, both physically and emotionally and our well-being has improved not only because of medical science but because of the love and friendship shown to us by the Alley Pond Striders.

When I was in the hospital I had 73 visitors from our club which helped me through what seemed to be an interminable ordeal. When I wasn't allowed to drive or run, Marcia would drive me down to the park and a club member would drive me back home after I walked and visited my friends at the bagel shop. After Marcia was released from the hospital, a Strider built a ramp so that Marcia could get in and out of the house in her wheelchair. Another Strider cooked a chicken dish which he created so that we would have enough food for a few nights.

When I started back walking and running (a quarter mile at a time) after a 10 month hiatus it was the Striders who helped me to push on and persevere with their encouragement and pure joy and familiar refrain "looking good!" When I was struggling to deal with how slow and arduous it was, being 67 years old, and that I could never again run a marathon, Striders helped me gain perspective that I had nothing to prove and to just enjoy whatever I could do. To this day as I run slowly and run by myself I never feel lonely or sorry for myself because I know that I am not running alone and that I am accompanied by the genuine love and caring of my friends. Your "medicine" has worked and I treasure my good health while I walk or run the path.

In my good times I never will forget the day I ran my 100<sup>th</sup> marathon in 2005. My fellow Striders helped push me and helped me achieve something I never thought I would do. On the day of the race two Striders ran with me the whole time. At Mile 18, I was joined by another Strider and each mile afterward I was joined by another Strider proudly wearing their shirts saying "Stan Z's 100<sup>th</sup> Marathon." By the time I reached the finish line I had a whole coterie of Striders literally behind me I crossed the finish line with tears of joy as more Striders rooted for me on the sidelines. I have always been grateful and proud of your outpouring of affection on that day and that demonstration of your support was more important to me than the actual achievement of my 100<sup>th</sup> marathon.

In closing I have witnessed the same acts of caring and love to other Striders who have fallen ill or have lost loved ones. I have witnessed the acts of caring of a club which gives away more than any other club to charity with proceeds from our Five Mile Challenge race.

Thank you and much love, Stan Z.

PS: Brevity has never been a strong point of mine.

### 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 renowned, 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](mailto:dgrunthal@yahoo.com)

### Coming Soon Long Stride 2008

Sooner than you think, it will once again be time for "Long Stride 2008," a one mile run/walk in Jamaica, Queens. This race is hosted by the St. Clement Long Striders, coached by APS members Rob Pasqual and Mike Morgan. The Alley Pond Striders have played a major role in the race throughout this race's history.

John Sassone won the first two editions of the race, including the 2002 race in which the two runners in front of him conveniently took a wrong turn with a quarter mile to go. In the 2006 race, Bob Wenzel was narrowly beaten by Lawrence Robinson, son of APS's Darrell Robinson, and Herb Ascher has taken home the oldest competitor award the last three years the race has been held!

This year the race is Saturday, October 11th at 10am. Look for the application in next month's Strider.

# Calendar of Events

## AUGUST 2008

**Thursday, August 7th:** the Executive Board will meet at the Alley Pond Park House at 7:00 pm prior to the monthly membership meeting. All members are welcome to attend these meetings.

**Thursday, August 7th:** Membership Meeting at 8:00 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, August 16th:** Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

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



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### Board of Directors

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**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](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:  
Editor: Ken Kaiser (Please send information and articles to [apstriders@aol.com](mailto:apstriders@aol.com))  
Assistant Editors:  
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Check us out on the web at:

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