

The Strider



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

September 2008

Volume XXVIII Issue 9



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 8:30 AM Saturday and Sundays and at 9:00 AM at Alley Pond Park House 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 Officially Over!!!

Yes Striders, one door closes another opens. One man's ceiling/another man's floor. Summer's over and marathon season has begun. Yummm, humidity gone, cooler temps in.

As we put this issue to print, a group of green wearers has begun the trek to the land of "we speak French but lack a tower." Our thoughts and best wishes go with them.

Others continue their training for The Big One, you know, that 'lil ole get together where wearers of the green gather at the 14 mile mark to cheer those who haven't yet slipped on a banana peel (and WHOSE idea was it to give unpeeled bananas in a race, don't they watch cartoons???)

Not in the mood to punish yourself and do a marathon? Our Back Alley 5k will shortly be upon us (September 20th). All the charm of the 5m challenge, condensed. Nothing like the imminent threat of a tree branch in your face, or a tree root grabbing you, to stir the running juices. One of my lasting Strider memories was meeting Ken after my first Back Alley, asking who set the course, he - with some hesitation - answered "I did." I'm sure he didn't know whether the review of the course would be hostile or complimentary. Suffice to say, after running that course, you KNOW you ran a cross-country course. Kudos.

Cross Country 5k not your thing? Check the bulletin board, a.k.a. The Forum, online, to see what events strike your fancy. There's ALWAYS something going on.

Be proud, wear the colors, be there!

Welcome New Members: Michael Thomas of Jamaica; Michael Weisbord of Bellerose; Samuel Van De Cruze of Rosedale; and Vincent James of Elmont.

Lucky Buck Winner: Congratulations to Debbie Pesa who took home \$14 from last month's Membership Meeting!

ADVANCE NOTICE - SAVE THE DATE

The Alley Pond Striders' Annual Dinner Dance at the Whitehouse Restaurant will be held on January 31, 2009. DON'T MISS IT!!!

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.**

Striders are returning from their Summer vacations, the first scent of Autumn is in the air (hey, I can hope) and it's time for Fall race season! Why not pin a number on and join in on one of the many local races?

INCLUDE APS ON ALL YOUR APPLICATIONS

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

**NY State Parks Summer Series, Belmont Lake 5k—
July 21:**

Gerry Ruiz – 27:57, pace 9:00

NYC Half-Marathon—July 27:

Yariv Leers – 1:33.56, pace 7:10

Robert Wenzel – 1:37.18, pace 7:24

Jaky Winer – 1:39.06, pace 7:33

Laughlin Whalen – 1:54.27, pace 8:44

Ira Gardner – 1:59.19, pace 9:06

Dana Getz – 2:01.30, pace 9:16

Deborah Pesa – 2:05.48, pace 9:36

Gerry Ruiz – 2:05.58, pace 9:36

Joel Velasquez -2:20.27, pace 10:43

**NY State Parks Summer Series, Caumsett 5k—July
28:**

Tom Case – 23:53, pace 7:42

Gerry Ruiz – 27:07, pace 8:44

**Sgt. Keith A. Ferguson 5k Run/Walk Across the
Brooklyn Bridge—August 3:**

Gerry Ruiz – 27:09, pace 8:44

**NY State Parks Summer Series, Heckscher 5M—
Aug 4:**

Tom Case – 39:35, pace 7:55

Gerry Ruiz – 44:38, pace 8:56

**Fed. of Italian American Org. of Queens Help
Fight Drug Abuse 5k—August 10:**

Gerry Ruiz – 26:40, pace 8:35

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

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 Baseball Caps \$10

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

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SAVE THE DATE

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Dance at the Whitehouse Restaurant will
be held on January 31, 2009.**

DON'T MISS IT!!!

STRIDERS CATCH DUCKS BY ROB PASQUAL

On Saturday, August 2nd, nine Striders and friends traveled to Suffolk County for a baseball game between the Long Island Ducks and the Bridgeport Bluefish. The Ducks are an unaffiliated professional baseball team who compete in the Atlantic League.

Our \$11 dollar seats were excellent, about 15 rows behind the first base dugout and the weather was clear, despite thunderstorms earlier in the day. Home runs were flying early as the Bluefish connected for one in the first inning. Later though the Ducks took the lead when former NY Met Edgardo Alfonso hit a 3rd inning grand slam. As the game went on some of our party left, but everyone was around for the highlight of the night, when the scoreboard video screen welcomed the Alley Pond Striders.

The Ducks went on to win the game on a 10th inning single by another Ex-Met Carl Everett. Following the game the fans were treated to a Grucci fireworks show which Helen, Millie and myself enjoyed from the stadium and Jerry enjoyed from the parking lot.

With the expected rush for tickets to the two new stadiums next year, keep an open mind about catching a minor league game next year.

BRIDGEPORT	1	0	0	2	2	0	0	5	16	0
LONG ISLAND	0	0	4	0	0	0	1	6	8	0

THE MOTOR PARKWAY SQUEEZES BACK BY LYNN HENRY

The Motor Parkway, which is near and dear to our hearts, has been getting a lot of press lately. For years we've noticed the gradual infringement of landowners on the path as private property lines squeeze the Motor Parkway. A few years ago, the Striders had raised the question with Parks Department representatives at one of our membership meetings. At the time the Parks Department's reported that their hands were tied due to budgetary constraints. Well, lately there has been some media coverage and things are looking a lot different.

In July, John Duetzman did an investigative report on the 10:00 pm Channel 5 News about the "land grabbers" on the motor parkway. He covered all views by interviewing the Queens Parks Commissioner Dorothy Lewandowski, some concerned residents and also residents who are being questioned on where their property line ends and park property begins.

There was an article in the Daily News:

http://www.nydailynews.com/ny_local/queens/2008/07/19/2008-07-19_city_to_warn_oakland_gardens_homes_that.html

And an interesting article in the Queens Chronicle on Wednesday, August 20th:

http://www.zwire.com/site/news.cfm?newsid=19869807&BRD=2731&PAG=461&dept_id=574902&rfti=

Word on the street is that the surveys have been completed and the motor parkway residents have already received letters about their "violations." They are being given 30 days to comply or the city will step in and make the changes for them.

Let's see what happens -- it will be interesting to see the changes as we're out on our walks and runs.

RACING AROUND IN SEPTEMBER

<u>Date</u>	<u>Race/Distance/Place</u>		
Sep 1	Long Beach Robert McAvoy 5 Mi Run	8: 30am Riverside & the Boardwalk Long Beach	
Sep 6	Marine Corps 911 Run/Walk 5K	9am Blydenburgh Suffolk County Park Hauppauge	
Sep 7	Northport Track Booster Club 2 Mile Tune-up Race	9am Northport HS Elwood and Laurel Hill Rd; Northport	
Sep 7	Run for the Bus 5k	9am Connetquott HS Bohemia	Run4the- Bus5k@hotmail.com
Sep 7	Ocean to Sound Relay	8am	mail@lirrc.org (516) 569-4959
Sep 13	<u>Bay Area Bridge Run 5K</u>	9am Smith's Point Bridge; Shirley	
Sep 13	<u>15th Annual Police Officer Gary Farley Memorial 5K Run</u>	9am Cedar Creek Park, Wantagh	
Sep 13	Angels on the Bay 5K	9am Woodbury-Syosset Community Park	
Sep 13	7th Annual Hurricaner 5K	Westhampton Beach	
Sep 14	LIRRC 4 MI	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Sep 20	<u>Cow Harbor 10K</u>	8: 30am Laurel Avenue School - Laurel Ave; Northport	
Sep 21	Flying Point 10K	Southampton	
Sep 21	LIRRC 10K	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Sep 27	Smithtown Running of the Bull 5k	8: 45am NY Ave School 26 New York Avenue; Smithtown	
Sep 28	South Nassau 5k	Oceanside	
Sep 28	LIRRC 5K	9am Eisenhower Park	mail@lirrc.org (516) 569-4959

Hey... want to try the mile?

Bannister, Liquori, Bayi, Walker, Webb, Sassone, Ascher...

On Saturday Oct. 11th, you can join this exclusive list by taking part in "Long Stride 2008." Put on by our own Rob Pasqual, in Jamaica, Queens, this race provides an excellent opportunity to get a legitimate mile time to throw at your friends. The \$10 entry fee includes a t-shirt, entry in the post raffle and refreshments. You'll also be greeted by a friendly face at the finish as the race is being scored by our very own Z-Team. You can find the application on Page 6.

Something is missing!

The newsletter staff is in need of your help. We are looking for someone who is interested in writing a monthly column for this newsletter. We are looking for someone who would be interested in writing about the happenings of the membership (e.g. birthdays, important events, etc.). If you are interested in joining the staff of "The Strider" please contact Ken Kaiser at apstriders@aol.com or call (347) 235-4406.

RUNNING AND AGING

Editor: The following news story was circulated by e-mail, but is worth repeating here.

ScienceDaily (Aug. 11, 2008) — Regular running slows the effects of aging, according to a new study from Stanford University School of Medicine that has tracked 500 older runners for more than 20 years. Elderly runners have fewer disabilities, a longer span of active life and are half as likely as aging nonrunners to die early deaths, the research found.

"The study has a very pro-exercise message," said James Fries, MD, an emeritus professor of medicine at the medical school and the study's senior author. "If you had to pick one thing to make people healthier as they age, it would be aerobic exercise." The new findings will appear in the Aug. 11 issue of the journal *Archives of Internal Medicine*.

When Fries and his team began this research in 1984, many scientists thought vigorous exercise would do older folks more harm than good. Some feared the long-term effect of the then-new jogging craze would be floods of orthopedic injuries, with older runners permanently hobbled by their exercise habit. Fries had a different hypothesis: he thought regular exercise would extend high-quality, disability-free life. Keeping the body moving, he speculated, wouldn't necessarily extend longevity, but it would compress the period at the end of life when people couldn't carry out daily tasks on their own. That idea came to be known as "the compression of morbidity theory."

Fries' team began tracking 538 runners over age 50, comparing them to a similar group of nonrunners. The subjects, now in their 70s and 80s, have answered yearly questionnaires about their ability to perform everyday activities such as walking, dressing and grooming, getting out of a chair and gripping objects. The researchers have used national death records to learn which participants died, and why. Nineteen years into the study, 34 percent of the nonrunners had died, compared to only 15 percent of the runners.

At the beginning of the study, the runners ran an average of about four hours a week. After 21 years, their running time declined to an average of 76 minutes per week, but they were still seeing health benefits from running.

On average both groups in the study became more disabled after 21 years of aging, but for runners the onset of disability started later.

"Runners' initial disability was 16 years later than nonrunners," Fries said. "By and large, the runners have stayed healthy."

Not only did running delay disability, but the gap between runners' and nonrunners' abilities got bigger with time.

"We did not expect this," Fries said, noting that the increasing gap between the groups has been apparent for several years now. "The health benefits of exercise are greater than we thought."

Fries was surprised the gap between runners and nonrunners continues to widen even as his subjects entered their ninth decade of life. The effect was probably due to runners' greater lean body mass and healthier habits in general, he said. "We don't think this effect can go on forever," Fries added. "We know that deaths come one to a customer. Eventually we will have a 100 percent mortality rate in both groups."

But so far, the effect of running on delaying death has also been more dramatic than the scientists expected. Not surprisingly, running has slowed cardiovascular deaths. However, it has also been associated with fewer early deaths from cancer, neurological disease, infections and other causes.

And the dire injury predictions other scientists made for runners have fallen completely flat. Fries and his colleagues published a companion paper in the August issue of the *American Journal of Preventive Medicine* showing running was not associated with greater rates of osteoarthritis in their elderly runners. Runners also do not require more total knee replacements than nonrunners, Fries said.

"Running straight ahead without pain is not harmful," he said, adding that running seems safer for the joints than high-impact sports such as football, or unnatural motions like standing en pointe in ballet.

"When we first began, there was skepticism about our ideas," Fries said. "Now, many other findings go in the same direction."

Fries, 69, takes his own advice on aging: he's an accomplished runner, mountaineer and outdoor adventurer.

Hanging on his office wall is a photo he jokingly describes as "me, running around the world in two minutes." In the dazzling image of blue sky and white ice, Fries makes a tiny lap around the North Pole.

Fries collaborated with Stanford colleagues Eliza Chakravarty, MD, MS, an assistant professor of medicine; Helen Hubert, PhD, a researcher now retired from Stanford, and Vijaya Lingala, PhD, a research software developer.

The research was supported by grants from the National Institute of Arthritis and Musculoskeletal and Skin Diseases and by the National Institute on Aging.

CELEBRATE
ST. CLEMENT PARISH'S
100TH ANNIVERSARY AT
THE ST. CLEMENT TRACK TEAM
LONG STRIDE 2008
A ONE MILE RUN/WALK THROUGH THE
COMMUNITY



Saturday,
October 11, 2008
RAIN OR SHINE

STARTING TIMES
Race Number Pick up - 8:15 to 9:45 AM
1 Mile Run/Walk - 10:00 AM (Rain or Shine)

Course: A one mile run/walk: starts on 141st Street and proceeds north to 116th Avenue where you go around Drew Memorial Park and head back to St. Clement. Lavatory and Dressing facilities available.

Registration: Pre-Registration: **\$10** (received BEFORE October 4, 2008) includes designer T-Shirt. NOTE: T-Shirts are only guaranteed for those who pre-register. After October 4th and RACE DAY Registration **\$12** (T-shirts while they last). Current St. Clement Track Team members can register for **\$5**.

Day of Race Registration will be held at St. Clement Hall from 8:15 to 9:45 AM.

LIMITED TO first 200 entrants. ENTER NOW!!

REGISTRATION CLOSES at 9:45 AM promptly!

Awards: Awards will be presented immediately after the race to the following age group winners:

- 12 & under; 13 to 19; 20 to 39; 40 to 54 and Over 55.
- Special Awards will be presented to the oldest participant, and the 100th finisher!

The **Manny Ramjohn Award** will be presented to the male and female winner on the 12 & under age group.

The Award ceremony will be held in St. Cement Hall immediately following the completion of the race.

THERE WILL BE NO DUPLICATION OF AWARDS. POST RACE REFRESHMENTS AND RAFFLES — You must be present to win.

Location: 141-11 123rd Avenue; one block east of the VanWyck Expressway.

Make checks payable to: St. Clement Track Team
 clo St. Clement Church at 141-11 123rd Avenue,
 Jamaica, NY 11436

NO REFUNDS, EXCHANGES OR TRANSFERS

CIRCLE YOUR T-SHIRT SIZE:

S M L XL

Sex Age on Birthday

Area Code Phone Number

Check here to be notified of future

Last Name First Name

Mailing Address Include Apt. No. and/or C/O

City or Town State ZIP Code

E-Mail Address (Optional)

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages against St. Clement, and all sponsors, their representatives, successors, and assigns, for any and all injuries suffered to me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission to any and all of the forgoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever:

Signature: _____ Date: _____ Parents Signature: _____

Calendar of Events

SEPTEMBER 2008

Thursday, September 4th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Note: the **Executive Board** will meet prior to the Membership meeting starting at 7pm.

Saturday, September 20th: Back Alley Cross Country 5k and Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

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At the Whitehouse Restaurant will be held on
January 31, 2009.**



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Membership Chair: Lynn Henry
Phone: (516) 437-8715
E-mail: lynnahenry@yahoo.com
Dues: \$20 Single Membership
\$20 Family Membership/Couples
Members joining on or after October 1, 2008
are automatically 2009 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

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Check us out on the web at:

www.apstriders.org