

The Strider



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

October 2008

Volume XXVIII Issue 10



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 9:00 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
BACK ALLEY RESULTS	3
"NEW" FOOTPRINTS	4
SUMMER TRIP DIARY	4
SUMMER SWIM THROUGH TIME	6
CALENDAR OF EVENTS	8

PRESIDENT'S MESSAGE BY GERRY RUIZ

One Mere Month

No, it's not enough to rest on our laurels, if it were, we wouldn't be planning for The Big One in November. Yes kiddies, The NYC Marathon will be here before we know it. But wait! Let's take a moment to bask in our year to date.

Look inside this issue for an article about our journey to Quebec. Suffice to say, we weren't totally full of crepe (sorry, couldn't resist). Our cruise director Julie, oops, Helen did a magnificent job of planning/logistics, leaving the rest of us to...what's that word, oh yes, RUN/WALK. We truly had all the bases covered: participation in the 5k, 10k, 1/2, and full. Won't go any further, read inside and learn more about our exploits.

As if that wasn't enough, many of us ("many" IS a relative term) did The Manhattan Run a week later, the Nike 10k that same night, then....(theme from "Jaws" in the background) the Ocean to Sound Relay. Wow. Wearers of the green had pretty much all events covered far and wide. A brief word on the Ocean to Sound: kudos peeps, kudos. We truly represented in fine fashion. Between the singlets and the white coolmax shirts, we wore our colors proudly! (what SOME people won't do for a great after party).

Mid-September brought us City Stride - like we said, Striders had it all pretty much covered. Another nice job by Ray coordinating. That same day, the Queens Half Marathon. This one was special, not only for the humidity making this one a "not for the faint of heart," not only for the newer course (hills, hills, then just for kicks, MORE hills), but for the sense of community that came with our brother clubs coming together in this meeting of the tribes. Way to represent!

Icing on the cake? Our Back Alley 5k. The XC with something for everyone.

The coming weeks will witness another 38,000 of our closest friends coming together to drop banana peels and paper cups on our streets-and we'll be there to support them. AND, lest we forget, club elections will be shortly upon us.

So much to do in one mere month.

Be proud, wear the colors, be there!

Welcome:Elke Velazquez of Oakland Gardens and family members Pat, Fwu-min and Ingram Chang of Bayside.

TAKE NOTE! Weekend Run/Walk times go back to 9:00 am starting on Saturday, October 11th.

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.

C'est si bon!

At the end of August, a contingent of Alley Pond runners and walkers took our stuff to Canada to run in Quebec. A whole lot of fun was had by all, even if the race conditions were not optimal. The idea of doing a destination race again next year was bandied about. So if anyone has any ideas for somewhere to go, or if you're interested in joining the trip, start making space in your calendar (and wallets) to do this again.

INCLUDE APS ON ALL YOUR APPLICATIONS

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

Montague Mug Race 5.5M - Montague, MA—August 16:

Andie Robertson – 42:24, pace 7:43 **1st in Age**

Dirty Sock 10k—August 17:

Gerry Ruiz – 56:16, pace 9:04

Marathon des Deux Rives, Quebec, CA—August 24:

Full Marathon:

Gerry Ruiz – 4:33.18, pace 10:26

Half Marathon:

Robert Pasqual – 1:38.26, pace 6:46

Deborah Pesa – 2:17.31, pace 10:31

10 K race:

Gillian Turbin – 1:06.32, pace 10:41

Helen Pineda – 1:12.33, pace 11:39

5K Health walk:

Marge Colgan – not a timed event

LIRRC Summer Series, Eisenhower Park 5k—Aug. 27:

Robert Pasqual – 20:22, pace 6:33

Gerry Ruiz – 28:01, pace 9:01

Main Street Mile—Aug. 30:

Tom Case – 6:09

Gerry Ruiz – 7:39

14.2 Mile Manhattan Training Run—Aug. 31:

Gerry Ruiz – 2:14.20, pace 8:55

Deborah Pesa – 3:01.16, pace 12:45

Nike Human Race 10K—Aug 31:

Yariv Leers – 45:43, pace 7:22

Tom Case – 53:55, pace 8:41

Gerry Ruiz – 59:38, pace 9:36

Robert McAvoy 5M—Sept. 1:

Fran Kraus-Schmidt – 39:59.8, pace 7:59

Tom Case – 42:59.3, pace 8:35

Gerry Ruiz – 47:20.7, pace 9:28

New Haven Road Race 5k, New Haven, CT—Sept 1:

Andie Robertson – 22:05, pace 7:07 **3rd in Age**

Long Beach Labor Day 5M—Sept. 1:

Fran Kraus-Schmidt – 40:14, pace 8:02 **1st in Age**

Fitness Games Men 4M—Sept 6:

Tom Case – 33:45, pace 8:26

Ocean to Sound 50M Relay—Sept 7:

Good Guys Wear Green, Rob Pasqual, Capt. – 6:00.26, 4th in category

Alley Pond Open Sport, Laughlin Whalen, Capt. - 6:53.15, 18th in category

AP Stridettes, Deborah Pesa, Capt. – 7:32.48, 5th in Category

NYRR Grand Prix: Queens Half—Sept 14:

Dovid Schachner – 1:49.02, pace 8:19

Susan Yang – 1:54.07, pace 8:42

Darlene Ritchie – 1:56.38, pace 8:54

Tom Case – 1:59.08, pace 9:05

Suzanne Gamez – 2:00.20, pace 9:11

Elik Hirsch – 2:00.39, pace 9:12

Gerry Ruiz – 2:04.25, pace 9:29

Dana Getz – 2:09.36, pace 9:53

PLEASE INCLUDE APS ON ALL YOUR RACE APPLI-
CATIONS

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

www.apstriders.org

BACK ALLEY RESULTS

Back Alley Cross Country 5k was held on Saturday, September 20th. It was a beautiful day with 23 runners enjoying the trails and woods of Alley Pond Park, while seven kids enjoyed the Children's Fun Run. A special thank you goes out to Ray Lascot, Laughlin Whalen and Sara Jablonski who not only volunteered on the day of the race, but also worked to layout and prepare the course the day before. Thank you to all the volunteers who stepped forward to help make this club event a fun filled success.

The results of the race are presented below:

Finish Position	Finish Time	Name
1	20:32	Chris Armen
2	22:44	Joshua Fox
3	23:33	Andrea Robertson
4	24:18	Martin Gladwyn
5	24:25	Jacob Varghese
6	24:26	Mario Rivas
7	24:55	Harry Pang
8	25:28	Danny Shum
9	27:05	Mario Sosa
10	27:18	John Reinle
11	27:28	Aleen Tsoukias
12	27:33	Debbie Pesa
13	27:40	Gerry Ruiz
14	28:10	Kieran Kelly
15	29:52	Luis Vidal
16	30:16	Jessica Thompson-Falla
17	30:44	Erin McMally
18	31:19	Marlon Joseph
19	33:46	Elizabeth Hirsch
20	33:48	Deborah McNally
21	36:14	Victor Rapp
22	37:06	Laferne Thomas
23	37:55	Howard Schultheiss

THANK YOU TO ALL THE PARTICIPANTS AND TO THE VOLUNTEERS!

FOOTPRINTS BY Ann Strauss

Editors note: After some absence, the "Footprints" column is once again appearing in the pages of "The Strider." Ann would like to dedicate this column to Rita Spiro who started this column and still walks with us in spirit.

Please walk – do not run. Now that the last rose of summer has faded, it is time to enjoy the splendid colors of fall. Residents of Northeast Queens can enjoy acres of color without the long trip to New England. Consider exploring some of the following areas:

Crocheron Park has gentle hills and level paths to walk along. The park also has an abundance of sycamore and maple trees. In addition, you can go from the park directly to the path along Little Neck Bay. Directions: take Bell Blvd. north and go right on 33rd Ave.

Alley Pond Environmental Center has easy trails that go through tidal wetlands and wooded areas. Location: South side of Northern Blvd. between Cross Island and Douglaston Parkways.

Oakland Lake has an easy path around the water. Notice the fall reflections in the water. One problem: the path sometimes can be muddy. Location: Cloverdale Ave just south of Northern Blvd.

Aurora Pond has recently been re-landscaped and is now open to the public. Again, try to catch the fall colors reflected in the water. The pond is along the route through Udalls Cove. Location: approach from Douglaston Parkway or Little Neck Parkway.

Vanderbilt Motor Parkway was built as a private toll road from the city to the Gold Coast mansions on the North Shore. The parkway closed in 1938 because of the Grand Central/Northern State Parkway. A part of the original motorway is now car-free passage between Alley Pond and Cunningham Parks.

Kissena Park has walking paths that cover gentle hills and flat areas. Start by walking around the pond. The park is popular with the Chinese community. Walkers can also join one of the many groups practicing Tai Chi. Location: the park is bounded by Kissena Blvd., Oak Ave., and Fresh Meadows Lane.

QUEBEC DIARY (AKA "Who said it doesn't get hot in Canada", AKA "Tracks on the Highway", AKA "Pass the Poutine", AKA "Duty Free Whores") By Rob Pasqual

Friday 8/22 6am: Four bleary Striders met Helen on 197th Street. Perhaps introductions are in order. Our Cruise Director & Driver was Helen Pineda, our snacks and fuel officer was Gillian Turbin, Gerry Ruiz was our translator and part time oarsman and I served as co-pilot and navigator (with occasional help from our Garmin, "recalculating!").

We set off at 6:30am and cleared Queens in a jiffy. We hit some traffic on 684, but still hit our first destination, Ausable Chasm, by 11:30. Once we paid our admission fee we were immediately treated to a magnificent view of the Elephant's Head rock formation. We then crossed the route 9 bridge and must have walked a good mile, taking in the views of the cliffs, the rapids and the various formations caused by years of erosion.

After a bit of a wait, we set off on a raft ride down the rapids. When we got in, our tour guide politely asked is anyone would like to help paddle, to which a gentleman up front replied, "I'm on vacation". So, alone she cleared us from the dock and down the rapids we went. Good thing they told us to take our shoes off since the bottom of the raft had about three inches of water.

As we continued our way down, Helen took a picture or twenty, but suddenly our momentum stopped. We drifted in a circle for awhile before our guide finally said, "When I asked for help before, I shouldn't have been so polite." Quickly, Gerry, and a couple of other hearty types and I grabbed some oars and righted our path. After disembarking we caught a trolley back to the main building and had lunch. Helen had brought heroes; Gillian (aka: Gillibean) brought fruit and I had picked up a couple of bags of chips.

2:30pm: I began driving as we left the Chasm and we decided to gas up before we crossed the border. As we neared the border we learned we had another important assignment. We had to retrieve fellow Strider Joel Velasquez's jacket from the Hotel Pure in Quebec. He had been there the week before and had left it behind. This would later prove to be harder than it sounds.

5:00pm: We arrive at the Hotel Sandman. The Sandman is a Holiday Innish type hotel located near the main bus terminal in Longueuil. We checked in, napped and then set out for dinner. The woman at the desk had given Helen impeccable directions for reaching St. Denis Street, where a few blocks of restaurants could be found. Of course we hit a traffic circle and became immediately confused the minute we crossed the bridge into Montreal. We found our bearings, and then found that the final step of the directions given had us turning the wrong way up a one-way street. When we were looking for a parking space however, we were blessed to come upon Jean Claude, a free lance concierge who helped us find a good spot and pointed out the parking meter to us for a mere forty cents.

(Continued on page 5)

(Continued from page 4)

We dined at the Napoli, where most of us had mini pizzas. Gillian was less than thrilled with the escargot and they got my order wrong. I think we have to give this place the thumbs down. We were thoroughly entertained though. Gerry alerted us to the dangers of hotel bed comforters and we watched the Canadian coverage of the Olympics as the Jamaican women's 4 X 100 meter relay team dropped the baton.

After dinner we stopped for ice cream and were able to return to the Hotel without incident.

Saturday 8/23 8:00am: Before departing Longueuil we hit the hotel breakfast buffet. With a three-hour ride ahead of us, we actually hit the buffet table a few times. We departed on schedule at 9am and took off on route 20 for Quebec.

Finding our Hotel in Quebec was pretty easy. One basically aims for the Chateau Frontenac, the major landmark in the area, and right down the street was our hotel, the Chateau Bellevue. The Bellevue was a nice homey place with a coffee and wine machine in the lobby. The rooms were small, but we were barely in them anyway and the location was great. We didn't have to use the car for two days.

12:30pm: Since we arrived before check-in time, we decided to go to the convention hall to pick up our race packets. This walk took us along one of the main streets in Old Quebec where there were lots of shops and restaurants. We also had to walk through one of the gates of the wall, which surrounds the old city.

At the expo we immediately met up with Hector and Carmen from the College Point road runners club and made plans to meet up at the pasta party later that night. The expo was small by NY standards, but we all found bargains and bought a few things.

After the expo, and some more pictures, we split up as Helen, Bean and I went to lunch and Gerry went back to the hotel. While at lunch, we witnessed a military parade celebrating the 400th anniversary of the city. There were bands from Poland, Singapore, Russia and the NYPD marching band from back home.

6:00pm: We arrived at the pasta party held at the headquarters hotel of the marathon. Once there, we met up with the rest of our party, Debbie Pesa, Marge Colgan and the College Point crew. In addition to Hector and Carmen, also running the race were CP members Tony and Robert. There were meat and vegetarian pasta sauces and some really tasty desserts. We, of course, talked shop and took more pictures before everyone retired to their various hotel rooms to watch the Olympics' men's marathon.

Sunday 8/24: Race day! We met in the hotel lobby at 6am and headed for the starting line buses. We split up after a couple of blocks as Gerry and I had to catch the Ferry to Levis and Gillian and Helen had to walk to the finish line by the railroad station. Before boarding the ferry we once again ran into Debbie and the CP crew. The boat ride took less than 10 minutes and then Gerry and I split up as he was heading for the marathon start and had to take a bus to the half-marathon start

7:15am: As I departed the bus I saw a row of unused portapottys, and remembered an old APS newsletter story about pre-race strategy. Basically the advice given was to always seize the moment, so I did. Since there was still an hour to go before the race, I took out one of the large lawn bags I brought and laid down to rest.

The starting line area was in a nice shaded park just

off the river. If only the entire course was that way. I have run this race three times before so when I packed, I brought the clothing I usually did. I packed a couple of pairs of jeans and casual shorts in case it got a little warm. Well, it was pretty warm for the entire trip so far. When we left NY we were worried about rain on race day, but now the concern was the heat.

8:30am: Twin cannons started the race in a scene duplicated in two other areas as the Marathon, Half-Marathon and 10k began. I started off a little behind the 1:30 pace group as I hoped to run around 1:35. Early in the race I once more made a mental note to myself to learn my metric splits, as there were meter makers counting down to the finish line.

The major hills for us were the last couple of miles in Levis and the approach to the Quebec Bridge. Before the bridge, we were treated to water, Gatorade and sponges. We really liked the sponges. The bridge itself was shaded and flat, so I cruised. You were also able to keep a good pace going down the ramp into Quebec. Once you were on the Quebec side, though you felt the effects of the sun.

With 10k to go I definitely eased off a bit. At least there were nice roadside bands to listen to. As the skyline of the city took shape and with 3k left to go I got a second wind. In this section the crowds also picked up. With one kilo to go I found myself again wondering how long that actually was (.6 miles). Making a turn, the finish was in sight, or was it? There was a big blue arch ahead that looked like a finish, but as I got closer I noticed there wasn't a clock nearby and the runner who had just went through it didn't slow down. A false finish! I hate those. My final time was 1:38

10:45am: Helen, Gillian and Marge greeted me at the finish line. Gillian also had a tough time with the heat, and later we saw that Hector did as well, though later reports of his demise were somewhat premature. We took more pictures, of course, and hung out for a while. As much as we wanted to catch Gerry's Marathon finish, I think we all really needed to freshen up if we were going to do anything in the afternoon.

Since the way back to the hotel was uphill, we took the opportunity to use one of the major landmarks of Quebec City, the Funiculaire. I can best describe it as an elevator car on escalator tracks. The ride lasts about a minute, but once you're at the top you have a great view of the river. Gillian described it as, "The best \$2 I ever spent!"

1:00pm: We decided to go out for crepes and went to a small café down the street. There was live music and our waiter, true to his word, never let our water glasses go empty. Best of all was our dessert, which Gillian ordered. Helen later said, "This is the best thing you ever did in your life" as the fondue we had really was delicious.

4:00pm: Gillian, Helen and I went on the motor coach tour of the city. The tour guide apologized about not being able to show us the entire city due to the marathon. We told him the marathon was over because we had run it. From then on everyone on the tour thought that all three of us had actually run the marathon. We didn't say anything to dissuade them.

Because several of the famous battlefields were closed due to public events, we were shown some of the less touristy parts of the city. We saw one of the first fresh markets in the city and we were also shown the best place in Canada to get poutine. As a Lipitor user it is probably not for me, but if

(Continued on page 7)

THE JOHN DALY REDOUBT (AUGUST 2008) BY NANCY MANCINI

I found myself driving south on the Meadowbrook last Sunday to Long Beach. I had signed up to swim the ocean mile weeks ago hoping that the storms in the Caribbean would hold off and the surf would be mild. This race was a return for me, back to the origins of my competitive experience started over 20 years ago. Bob Dylan and Bruce Springsteen have written about the more you go forward the more you go back. In trying to think of a title for this reflection my brain brought up the word, redoubt.

The dictionary claims it as a noun. It means a fortification of some kind to protect soldiers who are out in the battlefield. Since the Iraq war, I hesitate to compare sport to war but let's face it, they do it in tennis and swimming in open water is no easy task. The water itself being the enemy and being the fortification at the same time. Time stands still in the toil of the swim until you realize that yes this is familiar, I've done this before. You can fight the ocean or allow the ocean to hold you up and ride the sweep. Even though a redoubt is a physical structural I think of the ocean as a redoubt, a fluid fortification of body and spirit.

The mass start led to a charge into the first breaker. No time for panic, I had to elbow my way through the throng of swinging arms and kicking legs, forcing my body into this moving jig saw puzzle. You had to be fierce to hold your place and prevent swimmers from climbing over you and under you. That was the first battle.

After the turn at the first buoy the crowd thinned out or I was swimming towards Europe, either way, it was time to focus on the water. Now where was that current? Those lifeguards always know where it is. Maybe if I put my hand in this way or that way I would feel it. No that was just some jellyfish, no that was, well I'm not sure, felt like a round, rubber ball. Ok maybe there was no current I could catch a ride on. I'll just have to keep stroking, battle it out.

Next strategy was to find my race pace. That would mean thinking about the 4 workouts I did over the last 3 years. Oh right, I have no race pace because I haven't done an ocean mile in, never mind. Then I remembered the man at the start said when we see the white tents for beach tennis we only had 2 more jetties to go. I see the white tents finally but I can't seem to pass them. That's when it hit me. The last time I did the Daly swim the current held us in place in front of the King David Manor, which is now under wraps (I hope they don't change that lovely orange and yellow paint job from the fifties), now it was the white tents. In this lull the mind goes wacko and you start thinking ridiculous thoughts. What do the fish think of us, how deep is this water, I think I swam way too far out, why don't I see anyone else, I wish these waves would let up so I could see a buoy, why am I still stuck in the same place but it's 20 years later? Did time stand still?

Luckily the endorphins started seeping out and fortified me for the final stretch. To get past the tents I needed a plan. The next swimmer that came by I took as a challenge and went stroke for stroke, trying to figure out if he had found the current, or draft him so to speak. That kept me focused until I finally saw that last buoy. Eureka, battle won!

This swim showed me that water is a life force that can stop time. 20 years ago I may have been wearing a suit that was 2 sizes smaller and I may have been able to run up the beach to the finish somewhat more streamlined and with less jiggle but I still felt the same; happy and fortified, ready to face the next 10 months until the Atlantic summons me again. Fortified for the winter knowing that even when I'm 80 and I'm crazy enough to jump into the ocean right before hurricane season I will be helped out by the young and handsome Long Beach life guards which by the way this race raised funds for their equipment and training.

IMPORTANT REMINDERS:

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**WALKS AND RUNS BEGIN AT 9AM
STARTING ON OCTOBER 11TH!**

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**THE ANNUAL DINNER DANCE
WILL BE HELD AT THE
WHITE HOUSE RESTAURANT ON
SATURDAY, JANUARY, 24, 2009.**

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.

(Continued from page 5)

you like cheese fries with gravy and sausage, this was the place to go.

6:00pm: We met Marge and Debbie by the funiculaire and went looking for a place to eat dinner. The night before I saw a place I thought was named "Gambino's" and I thought we HAD to check this place out. As we got closer we found out that the real name of the place was "Gambrinus". The menu had something for everyone, including of course, decadent desserts, so we went in and got a table. A pleasant time was had by all, and we found out that Gerry was somewhat of a local celebrity as our waiter had heard all about him from his "lady" at the Bellevue.

Monday 8/25: Our time in Quebec is near an end, but before we left we had some fun. We went to my favorite breakfast place, The Omelette, and then we walked to the highest point of the city to take some group shots.

As we left the walled city we saw Debbie and Marge and we waived adieu. Then we were off to the Hotel Pure, where, after a lot of phone calls, we were finally able to retrieve Joel's jacket.

Our drive back to the US was pretty uneventful, except for the near fatal collision. We were zooming down Route 20 when we saw a yellow sign with train track marking on it. We all thought, that's odd; you don't see signs like that on the LIE. Seconds later we saw red flashing lights ahead of us, and when we looked to the left, we saw a train heading in our direction. Funny

thing was, there was no crossing gate under the red lights, so it was basically a game of chicken. Every car in front of us went through the light, but Helen stopped. Afterward we sighed a breath of relief and then laughed hysterically.

5:00pm: We arrived at the Elliot House B & B outside Burlington Vermont. George and Anne, a really nice couple who hugged all of us after only knowing us for 15 minutes, ran the Inn. Gerry was assigned the room named "Charming", we got "Quaint", and Gillian got "Cozy". George not only pointed out better restaurants in town, he also mentioned that he was performing with a jazz band in town. Our dinner was great, and after being in Canada for three days, much cheaper. George's band was also great as they played several jazz classics.

Tuesday 8/26: Helen and I went on a hilly morning run. When we returned, Anne overwhelmed us with a breakfast that included fruit salad, pancakes and omelets. We made plans to go into town for a boat ride then we would go to Shelburne Farm.

10:00am: There weren't enough passengers for the boat to go out, so we took a nice walk along Lake Champlain. We then went to Shelburne Farm and learned about the fine art of making cheese. After some home baked goodies we were ready for the final leg of our journey home. I wish I'd run faster, I wish we could stay longer, but it was definitely a four-star road trip.

**JEWISH CENTER OF OAK HILLS
50-35 CLOVERDALE BLVD., OAKLAND GARDENS, NY 11364
(718) 631-0100**

SAVE THE DATE! NOVEMBER 8, 2008 AT 7:00 PM

**INTERACTIVE MURDER MYSTERY DINNER BY THE KILLING KOMPANY
BRING YOUR FAMILY & FRIENDS TO AN OFFER YOU CAN'T REFUSE
(FROM THE KOSHER NOSTRA)**

**\$40 PER PERSON - INCLUDES DINNER
YOU MUST BOOK IN ADVANCE**

TEAR OFF AND RETURN

**FAMILY STYLE DINNER
(SELECT YOUR PREFERENCE)**

APRICOT CHICKEN _____ @ \$40 PER PERSON

ROASTED CHICKEN _____ @ \$40 PER PERSON

SALMON _____ @ \$40 PER PERSON

TOTAL PAYMENT ENCLOSED \$ _____

NAME: _____ ADDRESS: _____

Calendar of Events

OCTOBER 2008

Thursday, October 2nd: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Helen Pineda will present a slide show of the recent Quebec Road Trip. Note: the Executive Board will meet at the Park House starting at 7:00 pm. All members are welcome to attend these meetings.

Saturday, October 18th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Thursday, October 31st: Halloween!

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THE WHITE HOUSE RESTAURANT ON SATURDAY, JANUARY, 24, 2009.**



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Runners Rep.: Debbie Pesa
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Membership Chair: Lynn Henry
Phone: (516) 437-8715
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Dues: \$20 Single Membership
\$30 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:
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Gillian Turbin & Lynn Henry

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Check us out on the web at:

www.apstriders.org