

The Strider



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

November 2008

Volume XXVIII Issue 11



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.**

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PRESIDENT'S MESSAGE BY GERRY RUIZ

Leaves Aren't The Only Things Changing



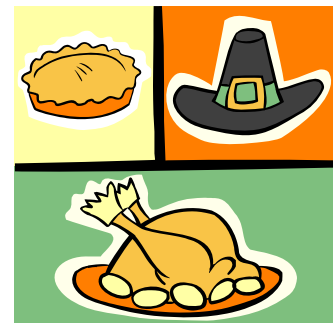
Nope, we are changing from shorts to longs, from outdoor to elliptical, from Vioxx to Celebrex....the list goes on and on. Temperatures are dropping, and with them the final days before The Big One.

We look forward to seeing the Wearers of the Green (hopefully) run past us at 14+ miles in Long Island City, at least still moving if not full on running. We anticipate properties changing along The Vanderbilt Parkway thanks to the efforts of press and club members who had their 15 minutes of fame on Channel 5 News. We eagerly await the excuse to have another slice of pumpkin pie—yes, our Thanksgiving Day Run. Before we know it, the Ho Ho Ho Run will be upon us as well. Have you submitted your idea for a costume?

Please also remember, it's not too late to submit your name for consideration to serve as a member of your Board. Elections will shortly be upon us. Here's your chance to be less passive-aggressive and more proactive. Carpe momentum!

Lots going on — as usual. Check the website regularly to keep abreast. Contact your Board with ideas.

Be proud, wear the colors, be there!



Welcome: Jessica Thompson-Falla of Maspeth.
Lucky Buck Winner: Gillian Turbin.

TAKE NOTE! Daylight Savings Time ENDS on November 2. Clocks FALL back one hour.

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.

By the time you're reading this, the 2008 New York City Marathon will be history. I hope all our Strider participants had a good race. Congrats to you all!

Nike Human Race 10k—August 31:

Tim Rasmussen – 43:10, pace 6:43

Philadelphia Distance Run Half Marathon, Philadelphia, PA—September 20:

Marisol Ali – 2:11.05, pace 10:01

Great Cow Harbor 10k—September 20:

Tim Rasmussen – 43:09, pace 6:43

Barry Jonas – 1:01, pace 9:50

Continental Airlines Fifth Avenue Mile—September 21:

Tom Case – 6:39

Gerry Ruiz – 7:49

P.O. Chris Hoban Memorial 5M Run—September 21:

Laughlin Whalen – 38:42, pace 7:45

John Reinle – 43:02, pace 8:37

Piper's Pursuit 5k—September 27:

Sara Jablonski – 25:37, pace 8:15, 2nd in Age

Lynn Henry – 29:52, pace 9:37, 3rd in Age

Ken Kaiser – 35:17, pace 11:21 (a mere 7 weeks after knee surgery)

Bill Jablonski – 35:51, pace 11:32

LIRRC 5k, Eisenhower Park—September 28:

Robert Rossen – 21:35, pace 6:57, 1st in Age

Marathon Tune-up 18M—September 28:

Gerry Ruiz – 2:55.46, pace 9:45

South Nassau Cancer Awareness 5k—September 28:

Fran Kraus – 23:28, pace 7:33, 1st in Age

Pfalz Point 10M Trail Challenge, New Paltz, NY—September 28:

Andie Robertson – 1:28.45, pace 8:52

Newport-Liberty Waterfront Half-Marathon, Jersey City, NJ—September 28:

Ira Gardner – 1:59:41, pace 9:09

Entenmanns Bay Shore 10k—October 4:

Fran Krauss – 51:31, pace 8:17, 2nd in Age

Norway Run 1.7 mile—October 4:

Debbie Pesa – 13:39, pace 8:01

Grete's Great Gallop Half Marathon—October 4:

Tim Rasmussen – 1:39.41, pace 7:36

Tom Case – 1:48.22, pace 8:16

Gerry Ruiz – 2:03.58, pace 9:27

Janett Ameerally – 2:08.21, pace 9:47

St Clements Long Stride 1M—October 11:

Laughlin Whalen – 6:45.44, 1st in Age

Sue Gamez – 6:54.22, 3rd Overall

Christina Reinle – 6:54.99, 1st in Age

Jonathan Brunot – 6:57.08, 1st in Age

Vincent Delcid – 6:57.52, 1st in Age

Debbie Pesa – 7:20.86, 1st in Age

John Sassone – 7:27.73, 2nd in Age

Gerry Ruiz – 7:35.75, 2nd in Age

John Kwasnik – 8:05.96, 3rd in Age

Olga Brunot – 9:22.14, 3rd in Age

Howard Schultheiss – 10:49.69

Linda Schultheiss – 19:08.19

Mildred O'Neill – 19:08.91

NYRR Grand Prix: Staten Island Half Marathon—October 12:

Susan Yang – 1:49.46, pace 8:22

Dovid Schachner – 1:49.50, pace 8:23

Suzanne Gamez – 1:53.55, pace 8:41

Sam van de Cruze – 1:56.23, pace 8:53

Ira Gardner – 2:05.37, pace 9:35

Janett Ameerally – 2:11.18, pace 10:01

(Continued on page 3)

Get to the Point 5k—October 12:

Gerry Ruiz – 25:42, pace 8:17
 Debbie Pesa – 25:51, pace 8:19, 3rd in Age

**Tufts 10k for Women, Boston, MA—
 October 13:**

Andie Robertson, 44:58, pace 7:13 – Andie mentioned that she made the list of Top 25 Masters, along with Joanie Benoit Samuelson – Striders only hang with class!

Oyster Bay Festival 5k—October 18:

Gerry Ruiz – 26:19, pace 8:28
 Deborah Pesa – 26:25, pace 8:30

**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

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
White or Green Baseball Caps	\$10

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

ALLEY POND MEMORIES

BY MEL KAY

For the first time in 22 years, I did not enter any races this past year.

This brought back memories of my initiation into running and the great enthusiasm and encouragement of my fellow APS. Some of them are gone but they all were great humans and fun to be with.

John McHugh – could always find time to talk during a run even when he was knocking out sub 7-minute miles. John broke 1:30 in the 1/2 marathon when he was 64!!!!

George Zink – Understated but very strong and graceful runner.

Jack Halberg – Early confidant – pointed me in the right direction. Could always find an obscure race to place for a medal.

“Steady Eddie” Grassel – More dependable and longer lasting than Duracell

Bruce “the Hammer” - Strong and powerful – running a cool down with him was more difficult than the race itself!!!

Joe Gambino – Plenty fast, plenty tough.

John Rettmer – Indestructible!!!

Tom Walsh – Defied Milrose TC and ran for APS proudly!!!

Georgette Walsh – Beauty and speed together

Howie Nachman - Marathons are good for you!!!

Tom Gibbons – Could run circles around people 30 years younger

(Continued on page 4)

FOOTPRINTS BY Ann Strauss

I need to get new shoes for my strides. First decision: where to go? Big mega sports store; local shoe store; a specialized shoe store?

So I flip-flopped my way to the nearest athletic shoe store and had to decide which shoes to buy. My choices were: walking shoes, running shoes, cross trainers, high tops, low tops, shoes with wheels, and shoes that glow in the dark.

I took the obvious choice – walking shoes, which, I found out later, are made to be stiffer than running shoes. The heels are flatter than those for running because of the way the heel hits the ground first when you walk.

Next decision: which brand and what size. I know I should have an experienced sales associate help with this, but somehow I didn't trust the expertise of the kids pretending to be sales associates.

So, it was try one of every size (7 extra wide to 8 ½ regular and everything in between) in every brand. I remembered that the shoes should have a little room between the end of the shoe and the largest toe – about the width of a thumb. (Try sticking your thumb in the shoe when you place it on your foot) My toes are supposed to wiggle freely and the heels should be snug but comfortable.

As with any shoes, you should try them on late in the day or after a workout when your foot is the largest. You should also bring the sox you will wear with the shoes. (I have a special little suitcase for carrying around all the kinds of sox I have.)

Since I couldn't quite make up my mind, I decided to head home and do some Internet research. Found out some interesting stuff.

Shoes should be replaced every 350 to 400 miles. Who keeps score? (I could try to use a pedometer to keep track but pedometers are the

subject of another column.) Also shoes should not be used for multitasking. I estimate that if I use the shoes only for the strides, going about 3 miles each walk, going striding twice a week, there is a good chance that at 67, my shoes might outlast me.

After my stride, I will now have to change into my driving back from walking shoes.

When I was a kid, things were easier. I put on my US Keds, for everything – walking, running, biking, skating. My only concern was to get home in time for dinner. I ate in my Keds.



(Continued from page 3)

Greg Kirkemayer – the 100 mile a week man. He would run 10 miles to a 10K race as a warm-up!!!!

Andy “Boy Wonder” Heiz – The fastest of them all.

Dave Daly – Coach extraordinaire – Had us hopping up the Motor Parkway hill with one leg and hands behind our back!!!!

Lee “Bulldog” Dunworth – The name says it all

I am sure I forgot a few - that is what happens when you get ancient.

I look forward to getting the newsletter and reading the exploits of the current members who are continuing in the great APS tradition.

RACING AROUND IN NOVEMBER

Nov 1	Duck Waddle 5K Run	10am Citibank Park Central Islip	
Nov 2	LIRRC I'm Not Doing the NYC Marathon 4 Miler	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Nov 8	31st Annual Rockville Centre 1Mi/ 5K/ 10K Run	9am 1 mi fun run; 10am - 5K and 10K; N. Park Ave opposite Fantasy Theater; Rockville Centre	
Nov 8	Veterans Day Cross Country 4K	10am VA Medical Hospital, Northport	
Nov 9	Blazing Trails 4-Autism Four Mile Run	9:30am Great Neck South High School	(516) 349-7646
Nov 9	LIRRC Veteran's Day 5K Cross Country	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Nov 16	Mineola Mustang 5K Run	Mineola	
Nov 16	LIRRC 5K X-Country	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Nov 22	Bayville Turkey Trot	9:30 West Harbor Mem Beach Bayville	eric.karahalis@gmail.com
Nov 23	5th Annual Long Beach City Council 10K Turkey Trot	9:30am Long Beach Boardwalk: Riverside Blvd. & the Boardwalk	
Nov 23	LIRRC 10K	9am Eisenhower Park	mail@lirrc.org (516) 569-4959
Nov 27	Garden City Turkey Trot 5 miler	10am St. Paul's School Stewart Avenue, Garden City	raceinfo@gcturkeytrot.com (516) 652-7708
Nov 29	Bridie Goldstein 5K Run for Children	10am St. Mary's Campus 525 Convent Rd, Syosset	
Nov 29	Can't Means Won't 5K Run/Walk	9am Heckscher State Park	Marianne Kinane
Nov 30	Turkey Du - Duathlon (2 mi run/ 12 mi bike/ 2 mi run)	SUNY Old Westbury Old Westbury	
Nov 30	Robs Run 5K XC	9am	www.glirc.org
Nov 30	LIRRC 8 K Duck Trot	9am Eisenhower Park	mail@lirrc.org (516) 569-4959

STRIDERS SHINE AGAIN AT LONG STRIDE BY ROB PASQUAL

On Saturday, Oct. 11th, the St. Clement Long Striders held the 5th edition of their one-mile fundraiser race "Long Stride 2008." Twelve Striders ran or walked the race while another six gave a hand as volunteers including the Z Team.

The winner of the race was a Long Strider alumnus Phillip McCain who was followed closely by his older brother Kenny. In the women's race, first time participant Alicia Sevilla beat two-time defending champion Whitney Fountain with a time of 6:14. Sue Gamez placed third overall.

Christina Reinle, Debbie Pesa, Vince Del Cid, Gerry Ruiz, Laughlin Whalen, John Kwasnik and John Sassone, (who won the first Long Stride in 2000,) all won age group awards.

The Long Striders thank the AP Striders for their continued support and we look forward to seeing everyone again in 2010!

NOVEMBER
2nd
DAYLIGHT
SAVINGS
TIME ENDS!

Clocks FALL
back 1 hour!



Dear Alley Pond Striders,

The members and coaches of the St. Clement Long Striders wish to thank you for your hearty support of our race on October 11th. The many APS participants showed many of our runners that, yes, they can continue to compete (and win) all their adult lives. As for the APS volunteers, WOW! From Ken providing bagels and literally stopping traffic; to Helen, Sara and Bean holding down the fort at registration; to George and the Z team at the finish line, we couldn't have gotten better support. Thanks again, and come back to Jamaica (Queens) again in 2010.

Rob Pasqual
Mike Morgan
Roz Morgan
Coaches/St. Clement Long Striders

MOTOR PARKWAY UPDATE BY LYNN "CAMERA-SHY" HENRY

On Thursday, Oct. 9th we "ran into" John Duetzman from Channel 5 news on the motor parkway. John had heard that the impacted residents had received letters from the city and was there to follow-up on his initial July investigative report on the land encroachment. Actually on that day, three people were moving their fences back and he interviewed two of the residents. We (Gillian, Barry and me) thanked John for bringing this situation to the public. I was excited because we were all on camera and he interviewed me (if I would have known beforehand I would have worn an Alley Pond t-shirt, a little make-up, etc.) Here's the link to his report that was broadcast on Tuesday, Oct. 14th on the 10:00 News.

<http://www.myfoxny.com/myfox/pages/News/Detail?contentId=7645938&version=1&locale=EN-US&layoutCode=VSTY&pageId=3.1.1>

Since that day more people have been removing their fences and although there are a number of people who still haven't, it's just a matter of time before the motor parkway is restored to its original boundaries. I think it shows the power of the media and thank John for giving all of the motor parkway back to the public.

Alley Pond Striders Annual Dinner Dance



Saturday, January 31, 2009

At the White House

\$40.00 per person (Cash Bar)

See Joe Gambino

Or Any Board Member

Calendar of Events

NOVEMBER 2008

Thursday, November 6th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Our guest speaker will be Richard Schepper, Licensed Massage Therapist talking about "Sports Massage Pain Relief for Athletes". Note: the Executive Board will meet at the Park House starting at 7:00 pm. All members are welcome to attend these meetings.

Saturday, November 15th: Refreshment Day. Come join your fellow Striders for our monthly refreshments. Please bring a treat to share.

Thursday, November 27th: Thanksgiving Day! Join your fellow Striders for a walk and run. And, bring a treat to share for a Strider celebration of Thanksgiving.

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NOTE: December 21st will be the Annual Holiday Party and Board Elections following our walks/runs. Make sure to bring a special holiday treat to share.

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NOTE: Daylight Savings Time ENDS on November 2. Clocks FALL back one hour.

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**THE ANNUAL DINNER DANCE WILL BE HELD AT
THE WHITE HOUSE RESTAURANT ON SATURDAY, JANUARY, 31, 2009.**



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Phone: (516) 437-8715
E-mail: lynnahenry@yahoo.com
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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Check us out on the web at:

www.apstriders.org