

The Strider



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

January 2009

Volume XXIX Issue I



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 29th 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 contact Lynn Henry at
516 437-8715 or
lynnahenry@yahoo.com*

INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	1
RUNNERS EXCHANGE	2
RACING AROUND	3
GHOSTS OF NEW YEARS PAST	4
THE TRAVELING RUNNER	5
CALENDAR OF EVENTS	8
'THE EXTRA STRIDE' (AN E-SUPPLEMENT ONLY AVAILABLE ON THE WEB VERSION OF THE NEWSLETTER)	9-11

PRESIDENT'S MESSAGE BY GERRY RUIZ

The Year That Was

"Wow" can't begin to sum up this year. Wearers of the Green have too much to look back upon, but let's give it a shot:

January 24: a group of intrepid Striders gather to eat pizza/see a movie, guess which movie? Hint: it was more than 26.2 minutes long.

February 24: Striders gather for an excuse to eat cookies/drink soup/hot chocolate. Yes, the North Fork (remember THEM?) 3 x 2's.

April 27: Our world famous 5m challenge. Rain didn't stop the show from going on.

May 3: The Riker's 5k a.k.a. the "wait 30 minutes for a prison burger 5k."

June 28: AP picnic. Beautiful weather, wonderful people. Nice combination.

July 27: The NYC Half. Nice to see so many running through Times Square and NOT chased by NYPD.

August 2: AP goes to the Ducks. AND, they won, the Ducks that is.

August 24: AP goes to Quebec (road trip!!!). a.k.a. how long can 4 people spend in a Camry without a pit stop (hydration has it's downside), a.k.a. "why doesn't that Garmin have an accent?"

August 31: Manhattan Run in the am, Nike 10k in the pm. Ibuprofen the next day.

September 7: The Ocean to Sound Relay. Some of our best times ever. And, while some ran, the Walkers went on a City Stride to see Governors Island and Lower Manhattan.

September 20: The Back Alley 5k. Well attended, great weather!

October 11: The St. Clement Pope Long Stride, a.k.a. the "if you're breathing, you won SOMETHING" run.

November 2: The Big One. Striders running it, Striders working it. Striders loving it!

It was truly an amazing year, the next will be better. Will YOU be part of it?

Be proud, wear the colors, be there!

WELCOME: George Maul of Dix Hills and Cynthia Wach of Queens Village.

REMINDER: Dues are due starting January 1, 2009. If you joined after October 1, 2008 your membership is in good standing through 2009

DECEMBER MEETING 50/50 WINNER: Lynn Henry

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 hope everyone had a wonderful holiday season.

With a little luck (and the judicious application of a bribe...ahem, cookies) I am, once again, your Runners' Representative. Thank you for your continuing support and assistance. Please feel free to contact me at the e-mail address above if you have any concerns or suggestions on how I can do a better job of representing your needs.

Blazing Trails 4 Autism 4 Miler—November 9:

Robert Rossen – 28:32, pace 7:08

Long Beach Turkey Trot 10k—November 23:

Marlon Joseph – 45:56, pace 7:24

Fran Kraus-Schmidt – 47:56, pace 7:42, **1st in Age**

Tom Case – 48:33, pace 7:51

Gerry Ruiz – 56:07, pace 9:04

Turkey Trot 10k, Lincolnwood, IL—November 23:

Andie Robertson – 45:07, pace 7:16, **2nd in Age**

Brooklyn Turkey Trot—November 27:

Tim Rasmussen – 35:17, pace 7:03, **6th in Age**

Port Washington Thanksgiving Day Run 5M—

November 27:

Ed Grassel – 41:28, pace 8:17, **2nd in Age**

Bob Shapiro – 46:44, pace 9:21, **1st in Age**

Seattle Turkey Trot 5k, Seattle, WA—November 27:

Rob Pasqual – 22:35, pace 7:16

Helen Pineda – 38:13, pace 12:18

Rockland Lake 5M Turkey Trot—November 27:

Robert Rossen – 37:11, pace 7:27

Bridie Goldstein 5k Run—November 28:

Dave Miles – 18:12, pace 5:52, **1st in Age, 3rd Overall**

Marlon Joseph – 21:58, pace 7:05

Katie Miles – 25:15, pace 8:08, **1st in Age**

Gerry Ruiz – 25:56, pace 8:22

Debbie Pesa – 26:03, pace 8:23, **1st in Age**

Bruce Hammer – 29:34, pace 9:32

Seattle Marathon 5K, Seattle, WA—November 29:

Rob Pasqual – 22:08, pace 7:07

Helen Pineda – 35:02, pace 11:17

Rob's Run Cross-Country 5k—November 30:

Elik Hirsch – 23:28, pace 7:33

Tom Case – 24:55, pace 8:02

Suzanne Gamez – 27:45, pace 8:56

Vincent Del Cid – 28:35, pace 9:12

Jonathan Brunot – 28:35, pace 9:12

Gerry Ruiz – 29:50, pace 9:36

Seaford Hot Chocolate 5k Run—December 6:

Gerry Ruiz – 25:43, pace 8:17

Hot Chocolate Run 5k, Northampton, MA—

December 6:

Andie Robertson – 22:12, pace 7:12

Lynbrook Fly With the Owls 4 Mile Run—

December 7:

Fran Kraus-Schmidt – 30:00, pace 7:30, **1st in Age**

Gary Mintz Pancake Run 2.92m (course was short)

—December 7:

Gerry Ruiz – 24:12, pace 8:21

NYRR Holiday 4M Run—December 13:

Deborah Pesa – 36:02, pace 9:00

Wantagh Snowball 5M Run—December 13:

Gerry Ruiz – 43:18, pace 8:40

Santa Claus 5k Run, Orangetown, NY—December

14: Robert Rossen – 21:30, pace 6:55

Ho Ho Ho Holiday 5k Run—December 20:

Laughlin Whalen – 25:34, pace 8:14

Sue Gamez – 26:45, pace 8:37

Fran Kraus-Schmidt – 27:54, pace 8:59

Vince Del Cid – 28:28, pace 9:10

Jonathan Brunot – 28:28, pace 9:10

Deborah Pesa – 28:33, pace 9:12

Gerry Ruiz – 28:48, pace 9:17

John Sassone – 29:18, pace 9:26

Sara Jablonski – 29:35, pace 9:32

John Rettmer – 30:04, pace 9:41, **3rd in Age**

Lynn Henry – 33:07, pace 10:40

Ken Kaiser – 38:10, pace 12:17

Stan Zibulsky – 39:11, pace 12:37

Bill Jablonski – 42:06, pace 13:33

Astrid Georges – 50:45, pace 16:20, **3rd in Age**

RACING AROUND IN JANUARY

DATE **EVENT** **TIME/PLACE** **CONTACT**

Jan 11	NY State Parks Winter Run Series Race 1-5K	11am- Heckscher Park	631-321-3510
Jan 18	NY State Parks Winter Run Series- Race 2 - 5K	11am- Gov. A.E. Smith Sunken Meadow Park	631-321-3510
Jan 25	NY State Parks Winter Run Series - Race 3 - 5K	11am- Caumsett State Park	631-321-3510
Jan 31	Snowflake 4 Miler	9am Magnolia Blvd and WestBay Dr; Long Beach	



“Success isn't how far you got, but the distance you traveled from where you started.”

Steve Prefontaine



Looking for a place for Sunday Brunch? Why not try a new place in Forest Hills? Villa Isabella features music and fine food.

Villa Isabella
103-19 Metropolitan Ave
Forest Hills
718 575-8999
<http://villaisabellarestaurant.com>

Every Sunday, noon-4pm

Directions

E/F train to 71st/Continental Ave, walk down scenic 71st Ave to Metropolitan, make Left, restaurant on left side a couple of blocks. Look for the maroon awning.

LIRR to Forest Hills stop (be in first four front cars)- buy Cityticket for \$3.25 from Penn Station (15 minutes). Train should be the Babylon train.

Same walking directions

Car: LIE (495) east to Van Wyck Expy (678) South towards Kennedy Airport (or Grand Central Pkwy east). Take Jackie Robinson Pkwy exit, get off first exit which is Metropolitan, make right, go about 1/2 mile and restaurant will be on your right. If you reach 71 Ave (TD Bank on left) then you passed it by a block or so.

**THE ANNUAL DINNER
DANCE WILL BE HELD
AT THE WHITE HOUSE
RESTAURANT**
[\(http://www.whitehouserestaurantny.com/\)](http://www.whitehouserestaurantny.com/)

**ON SATURDAY,
JANUARY, 31, 2009. COST
IS \$40/PERSON. PLEASE
SEE JOE GAMBINO.**

THE GHOST OF NEW YEARS

PAST by Lee Dunworth

I attended the 2009 New Years "Hangover Walk/Run/Crawl" for the first time in, perhaps, over a decade. The last time I attended this event I was still running, and with any luck I will be running again in 2009. But I am writing this column to describe the Strider tradition of the New Years Day get-together.

New Years Day runs began in the early 1980s while the club was still in its infancy. There were only a couple of walkers in the club in those days, so I can freely say that New Years Day was a "run" only event conceived simply to be a way of starting the New Year off with a run in the company of friends. We met at the Queensborough Community College track, regardless of the weather. We had between 12 to 18 people in attendance. Some would bring some bubbly while some would bring a few snacks. Most things brought were left over from parties the night before. It was never a lot, but we shared what we had. And some even ran a few laps on the track. I remember some of those days being quite brisk as the track and cement bleachers were out in the open. Brrrrr.

In the mid-1980s we lost our meeting place at the Cross Island YMCA. That is when we began meeting at the Park House. It now made sense to also hold our New Years run at the Park House. After all, this was our real club home, the Vanderbilt was much more interesting than the track - and partially protected from the elements (for those wanting to run), and the Park House provided a comfortable place to meet out of the cold. More runners attended and walkers, having grown to a more significant portion of the membership, also began to attend. Many people brought food and drink and the festivities were a continuation of the previous night, though without heavy alcohol consumption. New Years at the field house became a wonderful and natural way for most of us to begin the New Year. After all, in those days the Strider club was really a family of friends who truly cared for each other. I always thought it was wonderful to be part of that group.

By the mid-1990s I had ceased most of my running and other athletic activities until this past September when I started back at the YMCA three days a week. It was natural, therefore, that I didn't participate in Strider activities, including the New Year Run, until this year. Well, I have to tell you, I was really disappointed. While we had a good number of runners and a handful of walkers, and while there was plenty of camaraderie, the get-together was a ghost of previous New Years Day runs. Only John Rettmer and Howie Nachman brought things to eat. I brought some peppermint tea, thanks to George Zink who had reminded me of this popular drink that I used to bring to the New Years event. And someone brought a quart of orange juice. Nothing else - no fruit, snacks, cakes and cookies, chips, dips, etc. left from the night before. We used to have so much food that there were plenty of leftovers. [I should point out that our monthly refreshment runs were also well supplied with goodies compared to the dismal contributions

of the current membership.]

What I am talking about is "traditions." Traditions are what makes an organization like the Striders great. But traditions must be carried forward. To be carried forward, they must be understood. The best way to attain the needed understanding is for the leadership to be aware of what past leadership and our longest participating members can contribute in the form of memories about the hows and whys of various activities and traditions of the Striders. It would be wonderful to see the Striders return to those old ways that meant so much to all who were part of them.

Happy New Year to all.

THE TALK ON THE PATH

With Sympathy

Condolences to Herb Carp and family on the passing of his wife Selma on Dec. 25th after a long illness. Selma was a friendly Strider who loved to walk the path, play tennis and always loved to talk and laugh. Herb sent the following e-mail:

To my fellow Striders

I want to thank you all for your visits, cards, phone calls and kind words of condolence. Selma was a sweet and cheerful person with a sunny disposition and a friendly smile for everyone. She was much loved and we will all miss her.

Herb Carp

Condolences also to three Striders who recently lost their brothers. Eric Schwartz, Hank Klein and Ray Prochack.

Congratulations

Former Strider's President Rob Pasqual and current Corresponding Secretary Helen Pineda recently became engaged to be married.

Happy January Birthday to

Mary Hubert (Jan. 4th), Bhabikhan Sandhu (7th), Esther Cohen (9th), Sue Gamez (10th), Peter Tsun (26th) Lucinda Lucas (27th), Barbara Baum (28th), Vivien Lim (30th), Emmett Miller (31st), Howard Cohen and Kay Connelly.

Welcome Home

To Linda Schultheiss after an extended hospital stay.

Speedy Recover

To Blanche Ascher as her wrist mends.

Good to See

Our Florida Striders on their recent visits: Irma & Sid Young, Trudy & Andy Hodas. Also our Jersey Striders: Allen & Diane Grunthal and our "Upstate" Striders Nancy & Andy Heiz.

THE TRAVELING RUNNER

EDDIE GRASSEL (egrassel@aol.com)

**Kasbahs, Atlas Mountains,
Sahara Desert-Visiting Morocco
(Fall 2008)**

Arriving in Casablanca after an all night flight, Ruth and I were met by a driver/ guide. He said, "My name is Simo and I am here to serve you." This wonderful young man took us through Morocco for the next eleven days. Our first stop was the King Hassan 2 Mosque which holds 20,000 people inside and another 30,000 people outside. Morocco is a monarchy in which 99% of the population is Moslem and made up of Arabs and Berbers. We slept in Rabat, the capital, where I started the next day with a run in a beautiful city park called Hilton Park, with many other runners and walkers. We traveled north to the Riff Mountains to the small town of Chefchaouen. The town was built with stone houses painted white and blue. We strolled through this old-world, charming, and friendly village where we stayed in a small hotel.

Early the next morning we began our journey through the low Atlas Mountains to the city of Fez. We were driven to the medina, the old city, and dropped off at a dar, a converted mansion. The hotel was incredible with an indoor garden, antique décor and Arabic tiles that were breathtaking in their beauty. It felt as if we were staying in a museum with the local pottery, textiles and painted furniture all around us. Our room included a balcony with a view of the city. For dinner, a tagine, a traditional Moroccan ceramic cooking vessel was presented with cous cous and vegetables cooked to perfection and prepared in elegant fashion. This was a

new style of living I could get used to very easily. I woke up early to go for a run from my hotel to the new city. I was able to go 10 kilometers on a tree lined central pedestrian street of a wide boulevard. After breakfast, a private guide took us through the old city, with winding streets, peddlers on donkeys, and shops selling everything. The souk, the market, is a photographer's delight!

We headed south to the Sahara desert which was a long trip through little villages, with prominent Mosques in their centers. The temperature was cool and the rural areas held beautiful views. We stopped in spots that were home to wild monkeys and goats as we drove on this windy road. The average age in Morocco is 23 and we saw many children coming and going to school. No school buses here, only children walking, biking and riding on donkeys. Very similar to the way I went to Stuyvesant High School in NYC. We arrived in Erfoud where we switched to a 4 wheel drive vehicle for our trip to the foothills of the Sahara desert. Upon arrival we were greeted at our luxury tent by a young man dressed in a blue jallaba, a traditional robe, and a yellow turban. A wonderful outdoor meal was prepared for us with five men entertaining us with drums around a fire. We actually got a lesson on how to play the drums from these men of the desert. Our night was spent in a large carpeted tent with a king size bed under a gold colored canopy, which also included a toilet and shower. Water and electricity were turned off at 10 PM but we were given candles to light the night. It was all pretty cool. At 5 AM we awoke to take a camel ride to the large sand dunes to watch the sun rise. We saw wavy sand dunes for hundreds of miles- all the way to Algeria.

Leaving the desert we had to cross the High Atlas Mountains to reach Marrakech. Our guide suggested we stop at a Kasbah, an enclosed fortress, and have lunch at his friend's home. We arrived at Ait Ben Haddou which is a village of eight families. After walking across a shallow

(Continued on page 6)

(Continued from page 5)

river we entered a stone and mud home built six hundred years ago. There is no running water or electricity but we come into a clean bare home inhabited by a single mother with a seven year old child whose family owns the Kasbah. Our host prepared a wonderful vegetarian meal in a tangine, with homemade bread, fruit nuts and tea. She was of Berber origin and did not speak English but was a gracious person and a great cook. After spending a few hours in the village we drove through a snow storm in the high Atlas Mountains which was a bit scary and arrived in Marrakech in the early evening. Our riad, a large home refurbished into a hotel, was elegant with fresh flowers everywhere, a lovely garden and our room had a glowing fire to warm us after a long day of travel.

In the morning I took a relaxing run through the new town on a wide avenue with flowers on both sides of a pedestrian walkway. We then went to the old city with our local guide and experienced small shops with wonderful sights, sounds and smells, selling everything from food to clothing and crafts. This area is used by over two million residents for every day living. It is as if we went back in time six hundred years ago- a true cultural experience. You must have a guide because he will explain history and tradition, keep you from getting lost, and keep solicitors away. We ended our visit in the main square of the old city which had snake charmers, musicians, acrobats and storytellers. Our last day was spent in Essaouira, a coastal town on the Atlantic, where we ate fish just caught in the ocean. One bargains the price of the fish in the outdoor restaurant and they cook it with vegetables and a salad right in front of you. We saw beautiful views of this five hundred year old walled in city guarded by a fortress. The people of Morocco were very friendly, pro-American and gracious hosts. Morocco is a country of four seasons which we experienced in our eleven days.

IMPORTANT REMINDER:

+++++

**DUES ARE DUE STARTING JANUARY 1, 2009.
SEE LYNN HENRY
TO JOIN OR RENEW!!**

The following were elected to the
2009 Executive Board

President: Gerry Ruiz

Vice President: John Kwasnik

Treasurer: Laughlin Whalen

Recording Secretary: Ken Kaiser

Corresponding Secretary: Helen Pineda

Social Secretary: Alan Bouknight

Runners Representative: Debbie Pesa

Walkers Representative: George Schafer

ELECTIONS were held during the December 21, 2008 Holiday Party. The vote was taken as an "show of hands" approval of the proposed slate.

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 or \$24
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 or White Caps	\$10

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

Alley Pond Striders Annual Dinner Dance



Saturday, **January 31, 2009**

At the White House Restaurant

(<http://www.whitehouserestaurantny.com/>)

\$40.00 per person (Cash Bar - Soda/Beer/Wine Included)

See Joe Gambino

Or Any Board Member

COMING NEXT MONTH

The Traveling Runner, Fast Eddie Grassel takes us on a juggle jog through Belize. If that sounds interesting, enjoy this excerpt and look for the whole story in the January 2009 edition.

My twenty-five year old daughter Lianna and I decided to go on an adventure vacation in the Central American country of Belize in mid-December. We chose Belize, the former British Honduras, because over 40% of the country is a national preserve and it is a two hour flight from Miami.

Calendar of Events

JANUARY 2009

Thursday, January 8th: Membership Meeting at 8 pm. Please join us at the Alley Pond Park House for our monthly meeting. Note: the Executive Board will meet at the Park House starting at 7:00 pm. All members are welcome to attend these meetings.

Saturday, January 17th: Refreshment Day. Come join your fellow Striders for refreshments after our walks and runs. And, don't forget to bring a treat to share!

+++++

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



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
P.O. BOX 298
BELLEROSE, N.Y. 11426-0298

NON PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 464
FLUSHING, NY

Board of Directors

President: Gerry Ruiz
Vice President: John Kwasnik
Treasurer: Laughlin Whalen
Recording Secretary: Ken Kaiser
Corresponding Secretary: Helen Pineda
Social Secretary: Alan Bouknight
Runners Rep.: Debbie Pesa
Walkers Representative: George Schafer

Membership Chair: Lynn Henry
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:
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

THE EXTRA STRIDE

A SPECIAL E-SUPPLEMENT TO 'THE STRIDER' ONLY AVAILABLE WITH THE ONLINE VERSION!



E-Supplement to 'The Strider'
Alley Pond Striders
P.O. Box 298
Bellerose, N.Y. 11426-0298

January 2009

Volume XXIX Issue IA

Well, the first edition electronic supplement to "The Strider" seemed to go over well. I appreciate those who gave me feedback. I would appreciate any positive suggestions anyone may have that could e-hance this publication. As noted in last month's edition, this e-supplement is only available with the online web version of the newsletter. I hope everyone finds this supplement both fun, entertaining and informative.

I continue to encourage all Striders to e-mail in any photos they may have taken of Striders in action. If you have pictures or e-news you'd like to include, please e-mail us at apstriders@aol.com so we can e-share them! (Okay, that's the last time I will e-do that).

Happy New Year!

Kenneth J. Kaiser

Editor, "The Strider" and "The Extra Stride"

Ruby hopes that the holidays have not
made you dog tired.



DON'T FORGET.....

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

IMPORTANT INFORMATION:

- ⇒ **COST: \$40 PER PERSON with CASH BAR**
- ⇒ **LOCATION: <http://www.whitehouserestaurantny.com/>**
- ⇒ **DIRECTIONS: <http://www.whitehouserestaurantny.com/map.nxg>**
- ⇒ **CONTACT: JOE GAMBINO - 2008 SOCIAL SECRETARY**

PEOPLE AND PLACES -

Answering that important question of who, what, where are the Striders!



Helen Pineda and Rob Pasqual enjoyed a west coast turkey trot.

In the November 14, 2008 edition of the NY Times (Long Island Section) there was an interesting article featuring our own Vince Del Cid and his running partner, Jonathan Brunot. The link below is to this article.:

<http://www.nytimes.com/2008/11/16/nyregion/long-island/16colli.html?scp=1&sq=jonathan>

Thanks to Barry (aka 'Nas') Jonas for providing the link.

Looking for a place for Sunday Brunch? Why not try a new place in Forest Hills? Villa Isabella features music and fine food.

Villa Isabella
103-19 Metropolitan Ave
Forest Hills
718 575-8999

<http://villaisabellarestaurant.com>

Every Sunday, noon-4pm

Directions

E/F train to 71st/Continental Ave, walk down scenic 71st Ave to Metropolitan, make Left, restaurant on left side a couple of blocks. Look for the maroon awning.

LIRR to Forest Hills stop (be in first four front cars)- buy Cityticket for \$3.25 from Penn Station (15 minutes). Train should be the Babylon train. Same walking directions

Car: LIE (495) east to Van Wyck Expy (678) South towards Kennedy Airport (or Grand Central Pkwy east). Take Jackie Robinson Pkwy exit, get off first exit which is Metropolitan, make right, go about 1/2 mile and restaurant will be on your right. If you reach 71 Ave (TD Bank on left) then you passed it by a block or so.



A GROUP OF STRIDERS ENJOYED A SNOWY-ROAD HO HO HO 5K
ON DECEMBER 20, 2008

