

The Strider



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

September 2009

Volume XXIX 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 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 8:30 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*

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PRESIDENT'S MESSAGE BY GERRY RUIZ

Now I Know

Seven years ago, Keith's mother was diagnosed with Non Hodgkins Lymphoma. Following surgery, in which-among other things, her stomach and pancreas were removed, she spent one full year hospitalized. Thereafter things appeared to improve, keyword: "appeared." Physically matters took a turn for the better, all others, not so much (the physical is but a part of the whole).

Earlier this month, following yet more in a seemingly unending series of appointments, it was discovered that cancer was back with a vengeance. Every major organ, with the exception of the brain, was affected. Prognosis: be glad it's not you.

Now I know why we do what we do. It's a celebration of life, of being vertical. We wouldn't be who we are if we didn't. Relish every step.

Be proud, wear the colors, be there!

NEW MEMBERS: Welcome to Randi Opsahl of Whitestone. Don't wait - join the Alley Pond Striders and be front page news!

LUCKY BUCK WINNER: Vincent James

SPECIAL NOTICE!!

THIS YEAR'S CITY STRIDE EVENT

WILL TAKE PLACE ON

SUNDAY, SEPTEMBER 13, 2009!!

MAKE SURE TO TELL GEORGE OR SIGN UP IN

THE PARK HOUSE IF YOU ARE INTERSTED.

RUNNERS EXCHANGE

BY DEBBIE PESA

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

Well, Summer finally showed up in mid-August and I guess everyone headed for the beach!

The folks that have organized the Mineola Mustang Run/Walk for the past 25 years have decided that this year will be the last. It would be wonderful if we could show our support and appreciation by turning out for this one. The course is walker-friendly – 3.1 miles of fairly flat terrain through the streets of Mineola. So keep **November 15** open on your calendar and let's send them off with a bang.

LIRRC Summer Series 5k—July 15:

Robert Rossen – 22:21, pace 7:12 **3rd** in Age

LIRRC Summer Series 5k—July 22:

Robert Rossen – 21:54, pace 7:03

Sgt. Keith Ferguson 5k Run Across the Brooklyn Bridge—Aug. 2:

Gerry Ruiz – 27:00, pace 8:42

FIAO of Queens, Help Fight Drug Abuse 5k—

Aug. 9:

Gerry Ruiz – 26:36, pace 8:34

NYC Half-Marathon—Aug. 16:

Elik Hirsch – 1:57:17, pace 8:57

Debbie Pesa – 2:07:58, pace 9:46

Gerry Ruiz – 2:12:59, pace 10:09

Nella Carravetta – 2:20:28, pace 10:43

Ira Gardner – 2:22:12, pace 10:51

Walt Stack 10k, San Francisco, CA—Aug. 16:

Yariv Leers – 42:36, pace 6:52

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

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

GIFT OF THE STRIDERS

BY ROB PASQUAL

Why did you join the Striders? Do you remember why, or was it that long ago? With my big day coming up, I remember why.

In April of '93 I was getting ready to move to Flushing. I had lived in Jamaica, Queens all my life, but now I was movin' on up to my condo in Flushing, where for the first time in my life I would be living alone. I was driving with my brother Mike to a race in Central Park that day (he beat me again in that race) when I mentioned the two things I would immediately do when I moved in officially in July. I said I would get cable TV, as Yankee games were quickly migrating to cable, and I said I would join the Alley Pond Striders.

This decision wasn't made on a whim. I had checked out the profile of Queens running clubs in the NY Road Runners Club magazine and I knew a few Striders. For years I had coached against Lee Dunworth's Our Lady of Lourdes team (he told me if I joined the Striders to have thick skin!) and I encountered another Strider, Pete Rollins, at running camp. I knew the Striders put on a successful race every year and I knew they held weekly track workouts. I had been a member of the NY Flyers in the early '90's and though they were a large and well-organized team, I always felt like a "hired gun," called in only score points in certain races.

I fit in with the Striders pretty quickly, though it would be years before I could take part in any team events because, other than Andy Heiz, I was the only Open Division competitor. Growing up, I had always been part of the track team. Training with a group always makes track workout and long runs easier. In joining the Striders though I was probably looking for friends as much as I was looking for training partners.

In '96 Ray Prochak talked me into becoming VP where I served under Stan first and then Lynn. When I left office in '99 I said would be using my new free time to track down "Mrs. Pasqual."

Well that pursuit led to some interesting adventures, which may have driven a lesser man into psychotherapy. Bottom line, when I became President of the Striders in 2002 I was still pretty much a "free agent." As a master runner now I used my free time to chase a Boston Marathon qualifying time. Again, with the help of our long Sunday training runs and with some sound advice from Stan, I finally qualified for Boston.

In 2006 I went to the Alley Pond dinner dance solo for the first time in about eight years and it kind of bothered me. So, of course, I threw myself back into trying to qualify for Boston. After going to two running camps in the summer of '06, I succeeded when I qualified for Boston at the Steamtown Marathon that October. As I eased off my training that November, I started wondering

(Continued on page 3)

THE TALK ON THE PATH

Happy SEPTEMBER Birthday to:

Robert Rosen (1st), Walter Ehrenpreis (3rd), Betty Jacobson (4th), Susan Shafer (6th), LaFerne Thomas (6th), Pat Chang (7th), Lance Litvin (7th), Joel Velasquez (13th), Jimmy Falzetta (18th), Lee Fettner (18th), Sofie Voyias (18th), Sam Van De Cruze (22nd), Fwu-Min Chang (23rd), Susanne Greis (23rd), (Ira Gardner (26th), Howard Magiera (26th), Lynn Nachman (27th).

Condolences to:

Ken Kaiser and family on the passing of his father on Thursday, August 6th

Speedy Recovery to:

Mel Kaplan who had a heart valve replacement. Feel better Mel!

Lenny Katz who hurt his wrist after taking a fall. Hope to see you on the path!

Andy Hodas is back in action after taking a fall while out running. He bruised his ribs and despite a little trouble breathing – he's back on the roads!

John Rettmer bounced back too after a fall on the path.

Howie Cohen who is seeing better after cataract surgery.

(Gus has a great idea — maybe the Striders should set up our own health insurance plan!)

Congratulations to:

Ronit Guriel on the birth of her second grandchild. Skyler Jolie Guriel was born on July 29th weighing in at 6 lbs. 9 oz. Proud parents are Ronit's son Miron and daughter-in-law Stephanie.

Marge Colgan on her recent retirement. We expect to see you at the park at lot more Marge!

Ken Kaiser who bought a house in Albertson. Ken made the move to Nassau after a lifetime in Queens!

Please send any items for "Talk on the Path" to the editor at apstriders@aol.com

HELP NEEDED FOR 10 YEAR ANNIVERSARY MARATHON

In 1999 I needed the help and support of the Alley Pond Striders to run my very first marathon with my running buddy Nella Carravetta. The help I received with long runs and mental encouragement was priceless. Alley Pond made it possible for me to succeed.

Tens years later, Nella and I want a repeat of our first marathon together. Through the lottery, Nella got in the 2009 NYC Marathon. I did not. What a blessing this turned out to be! Nella and I can now make our 10 Year Anniversary Marathon extra special by making a difference. Please support our efforts to raise funds for youth fitness by sponsoring me in the ING New York City Marathon 2009.

I'm a member of Team for Kids, a group of more than 1,300 runners who raise funds to support the youth services arm of New York Road Runners. The funds pay for running-based fitness, goal-setting, and nutrition programs in 150 schools in New York, around the country, and in South Africa. Right now, 75,000 kids a week take part. By learning about and practicing good habits, these kids can lower their risk of obesity, heart disease, and diabetes and lead healthier, more productive lives.

Expect to hear from me for donations through an email that Laughlin was kind enough to forward to all online striders. All online donations can be made via the TFK page on the ING New York City Marathon 2009 page: <https://www.nyrrc.org/cgi-bin/start.cgi/mar-programs/nyrrf/team/2009/donations.htm>

Be sure to have all donations list my ING NYC Marathon entry # and last name: **345028 GIMMI.**

Thanks in advance for helping me and thousands of school children. All contributions are tax-deductible; you'll receive acknowledgement from NYRRF.

Thanks for your support!
Tina Gimmi

<https://www.nyrrc.org/cgi-bin/start.cgi/mar-programs/nyrrf/team/2009/donations.htm> **345028 GIMMI**

("Gift of the Striders" Continued from page 2)

who would I take to upcoming dinner dance in January '07.

Then during one membership meeting when my mind was wandering off during one of the reports (sorry), my eyes turned to a fellow Strider in the corner of the room. Helen Pineda had joined the Striders in 2005 and we had been to the diner together a few times and she had also been to the 25th Anniversary Gala (though neither one of us remember the other being there). I knew Helen was very friendly and that her mother had recently passed away, but little else. Not even knowing her age, I Googled her race results to find out, then it was just a matter of asking.

You never know how hard it is to have a one-on-one conversation at the park house until you're actually trying to have one. Finally, however, I caught Helen walking back to the park house after her run and asked if she wanted to go to the dinner-dance. She said yes, I said, "cool", and quickly wandered off. Helen later told me that it took a couple minutes before she understood what had just happened. The rest is history.

Like my love of baseball and chocolate, my feelings for Helen are now natural and strong. And I thank fate and the Striders for bringing us together.

Calendar of Events

SEPTEMBER 2009

Thursday, September 3rd: 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, September 19th: Come join your fellow Striders for our monthly Refreshment Day after our runs and walks. The club provides the bagels and you are asked to bring a treat to share!

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**NOTE: TRACK WORKOUTS HAVE RESUMED!
TUESDAY NIGHTS STARTING AT 6:30PM SHARP!
TRACK WORKOUTS ARE HELD AT QUEENSBOROUGH
COMMUNITY COLLEGE WITH COACH JOE GAMBINO.**



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US POSTAGE
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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

Address Service Requested

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, 2009
are automatically 2010 members.

The Strider is the monthly newsletter of the
Alley Pond Striders and is prepared 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'
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Volume XXIX Issue 9A

It always amazes me how quickly summer comes and goes. Labor Day is around the corner with barbeques and the kids and teachers will be back in the classrooms.

I hope everyone is still out there and trying to grab those last days of summer having fun. Please don't forget to take your camera and send us some pictures of Striders having fun. Still need some great pictures for the E-Stride - please share some of your adventures!

Be safe and have fun!

Kenneth J. Kaiser

Editor, "The Strider"

and "The Extra Stride"



WE NEED YOUR INPUT

In last month's newsletter it was noted that there is a goal to stop mailing out hard copies of the newsletter starting January 2010. Well, making such a statement has certainly caused some buzz and we need your input.

Although going to an electronic newsletter (with only hard copies mailed to those who specifically request it) would save the Striders about \$600 per year, we don't want to take steps that the membership is not in general agreement.

So, we need your input. Please contact us and let us know what you think. Talk to your Runners' Rep or Walkers' Rep. Send me an e-mail at apstriders@aol.com or call me at 347-235-4406 or just come up to me at the Park House.

Your input is important and will make a difference!

Best regards, Ken Kaiser

Editor

PEOPLE AND PLACES - Answering that important question of who, what, where are the Striders!

On August 29th former Strider President Rob Pasqual wed current Corresponding Secretary Helen Pineda during a beautiful service at St. Nicholas of Tolentine Roman Catholic Church.





Striders Bill Jablonski, Ken Kaiser, Prez Gerry Ruiz, Sara Jablonski, Truby Bauer, Joe Gambino, Lynn Henry and Gillian Turbin are all smiles at the wedding of Rob and Helen.

The interesting link of the month...

The New York Times



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HEALTH | August 11, 2009

[Well: Phys Ed: Can Running Actually Help Your Knees?](#)

By Gretchen Reynolds

How motion groove may shield against arthritis.