

The Strider



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

April 2010

Volume XXX Issue 4



PRESIDENT'S MESSAGE BY DEBBIE PESA

The Alley Pond Striders is a running and walking club with over 225 members and serves the communities of Eastern Queens and western Nassau County, NY.

Now in our 30th 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 during the week.

*For Membership Information
Please contact Lynn Henry at
516 437-8715 or
lynnahenry@yahoo.com*

It's Here!

Alley Pond's premier event, the Five Mile Challenge, is this month and I'm sure everyone is looking forward to it with excitement. (I know I am).

Here's hoping that we get outstanding weather. Here's hoping that we get a large turnout and can give a generous donation to our chosen charities. Here's hoping that all the participants are happy with their accomplishments.

Hope is not needed for the rest since I'm certain that everything that is within our control will be fantastic as our membership pulls together and puts on the finest shindig around.

See everyone out on the Greenline.

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Welcome New Members: Joe Gambino of Garden City and Leo Mezhberg of Flushing.

SPECIAL ANNOUNCEMENT: "Dues are overdue." If you haven't paid yet, please don't wait. Any members not paid by April 1st are taken off the membership list and won't get their copy of "The Strider."

RUNNING NOTES BY JOE GAMBINO

Please send your running times, comments and/or suggestions to j-l-gladiolus@msn.com.

March Running of the Green

<u>Last Name</u>	<u>First Name</u>	<u>Overall Place</u>	<u>Gender Place</u>	Age Place	Finish Time	Pace/ Mile
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Gasparilla Marathon

Hodas	Andy				4:49:48	11:02
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Caumsett Park 50K

Brunot	Jonathan	71	54	<u>2</u>	5:33:00	10:44
Gamez	Suzanne	65	15	<u>2</u>	5:20:40	10:20
Del Cid	Vincent	70	53	5	5:33:00	10:44

Coogan's 5k

Pesa	Deborah				27:09	8:45
Appel	Nicole				38:53	12:32
Turbin	Gillian				38:53	12:32

NYRR 8K

Opsahl	Randi	1357	310	<u>2</u>	43:52	8:49
Ruiz	Gerard	1976	1328	78	49:04	9:52

LIRR 10 Miler

Pasqual	Rob	7	6	<u>1</u>	1:15:22	7:33
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Kings Park 15K

Jablonski	Sara	228		15	1:26:42	9:19
Kaiser	Ken	238		29	1:34:02	10:06
Rettmer	John			<u>3</u>	1:49:54	11:48

John Corrigan 4 X 2 Mile Relay At Eisenhower Park

Alley Pond Master Cards (Mens Masters) 54:17—1st place overall

Del Cid	Vince				14:07	7:03
Wenzel	Bob				14:18	7:09
Leers	Yariv				12:38	6:19
Rasmussen	Tim				13:14	6:37

Alley Pond Mixed Nuts (Mixed Open) 1:00:47—5th place Overall/1st in Age Group

Pesa	Debbie				16:27	8:14
Pasqual	Rob				13:23	6:42
Corrie	Sue				15:38	7:49
Gravagna	Joe				15:19	7:39

PLEASE INCLUDE APS ON ALL YOUR RACE APPLICATIONS.

Track workouts will begin on Wednesday, May 5th at Queensborough Community College at 6:30pm.

RACING AROUND IN APRIL

Apr 4	LIRRC Easter Bunny 5K Run	9am Eisenhower Park	(516) 569-4959
Apr 10	Doug Wood 5K Trail Run And Fun Run printable apply online regis	9am Norwood Ave. School; 25 Norwood Road; Northport	
Apr 11	LIRRC Jack Dowling 10 Mile (LI Half Marathon Tune Up)	9am Eisenhower Park	(516) 569-4959
Apr 11	4th Annual Marcie Mazzola Memorial 5k Run	Huntington	631-858-1855
Apr 17	Run With the Rams 5K online registration	8:30am WT Clarke HS; 740 Edgewood Dr Westbury	
Apr 17	33rd Annual NYPD/FDNY 5-Mile Run	Central Park	212-972-3732
Apr 18	Jigsaw 4-Mile Run/Walk for Autism	East Islip Marina	
Apr 18	Four Mile Cross Country Race	Sag Harbor (no other info available)	631-987-8823. 725-9316 or broichjl@juno.com
Apr 18	LIRRC Grand Pa Leo 10K LI Half Marathon Tune Up	9am Eisenhower Park	(516) 569-4959
Apr 24	Make Tracks for the Tigers 5k	Bronx Zoo	www.Active.com

WANTED...IMPORTANT STRIDER POSITIONS OPEN!

Editor: "The Strider" needs a new editor. The August 2010 edition of "The Strider" will be the last one to be edited by Ken Kaiser. After eight years of editing the newsletter, it's time to pass the keyboard and printer off. You could be the next editor. Please contact Ken Kaiser or any other Executive Board Member to let them know if you are interested.

Assistant Track Coach: Coach Joe Gambino is looking for some help conducting this coming season's track workouts. If you are looking to help, please see Coach Joe.

Alley Pond Striders

P.O. Box 298

Bellerose, NY 11426

Celebrating Our 30th Year!

Winter/Spring 2010

Dear Race Sponsor,

Once again, it is that time of year when the Alley Pond Striders start to gear up for our annual Five Mile Challenge Race. The Five Mile Challenge has become known as one of the best races of the year, thanks to the friendly volunteers, the scenic yet challenging course, the abundant refreshments, nice T-shirts, fun kids' race, and plentiful raffle prizes. For many, the Five Mile Challenge marks the start of the Spring running season. This event brings together the athletic community in friendly competition and provides a showcase for both Alley Pond Park and the surrounding areas. Additionally, and most importantly, a portion of the race proceeds is donated to worthy local charities. Past contributions have been provided to such organizations as City Harvest and Long Island Riding for the Handicapped.

This year the Alley Pond Striders Five Mile Challenge will be held **Sunday, April 25, 2010** and will be held in memory of Mel Kaplan. Mel was active in the Striders for over 25 years and had spent much of his time contributing to the success the club. With your sponsorship and support, this year's race can continue to be a community event that will make us all proud of our contribution. In addition to supporting a great race, your sponsorship is also a great way to get your business' name out to the community, and to potential customers. Past races have drawn more than 400 runners, walkers and children.

Contributions of merchandise or gift certificates for your business to be distributed and raffled off at the race are also an excellent way to provide needed sponsorship. We can also distribute your advertisements, coupons or flyers at the race. As we have done in past years, a listing of all our race sponsors will be included in our Race Results Newsletter (May edition) and on our Internet web page. Sponsors donating \$100 or more will also have their names included on the Race T-Shirt that is given out to the race participants. Donations of \$200 or more will be included on the Race T-Shirt in a larger font and will be placed higher in the sponsorship listing. Additionally, at your request, sponsor websites can be linked to the club's website, which gets several hundred hits per month.

The Alley Pond Striders are very active in the community. We encourage both walking and running, and host two races annually. Your participation in this important event provides a unique opportunity to put your company or business name in front of the community.

We appreciate your support and commitment to the local community.

Gratefully yours,

John Rettmer

John Rettmer,
Race Director

Debbie Pesa

Debbie Pesa
President

**ALLEY POND STRIDERS
CELEBRATING OUR 30TH YEAR
5 MILE CHALLENGE**

**Sunday, April 25, 2010
RAIN OR SHINE**

STARTING TIMES

Fun Run 9:30 AM

5 Mile Race 10:00 AM

Rain or Shine

*A portion of race proceeds benefits
Long Island Riding for the
Handicapped, City Harvest and
other local charities.*



Complete this application and
mail to the Alley Pond Striders.

In memory of Mel Kaplan -
Marine, Strider, Friend

With the cooperation of the Department of Parks and
Recreation, City of New York, Mayor Michael
Bloomberg, and Parks Commissioner Adrian Benepe

Eligibility: The 5 Mile Challenge is open to runners,
joggers and walkers 13 years old and over. Fun Run
is open to children 12 and under.

Course: A five mile race through beautiful Alley
Pond Park and the historic Vanderbilt Motor Parkway.
The course is accurately measured with split times at
all mile markers. Two water stations. Lavatory and
Dressing facilities available.

Registration: Pre-Registration: **\$16** (postmarked by
April 22 or received by no later than April 23) includes
designer T-Shirt.

RACE DAY Registration **\$20** (T-shirts while they last).

Day of Race Registration will be held at the Alley
Pond Park House from 8:00 to 9:30 AM.

Fun Run for Children - \$5.00. T-Shirts while they
last. MUST be present to receive T-shirt.

Awards: 5 MILE RACE: FIRST THREE OVERALL

FINISHERS, male and female receive a TROPHY. FIRST
THREE AGE GROUP FINISHERS, male and female re-
ceive an award. Age Groups 13 - 19 then every 5 years
to 70 and over. **THERE WILL BE NO DUPLI-
CATION OF AWARDS. POST RACE REFRESH-
MENTS AND RAFFLES — You must be present to
win. CHILDREN'S FUN RUN:** All finishers of the
Fun Run shall receive a memento.

Directions: Alley Pond Park, Bayside/Bellerose in
Northeast Queens. Park House located on Winchester
Blvd. north of Union Turnpike. From Long Island -
Northern State/GCP westbound: Exit 23. Turn left on
Union Turnpike to Winchester Blvd. Turn left onto Win-
chester Blvd., park on left.
From Manhattan/Queens - GCP eastbound: Exit 23.
Follow signs to Winchester Blvd. Turn right at the stop
sign. Parking lot on right.

Make checks payable to: ALLEY POND STRIDERS

Mail to: 148 Andrews Road, Mineola, NY 11501

NO REFUNDS, EXCHANGES OR TRANSFERS

CIRCLE YOUR T-SHIRT SIZE: S M L X XL

CIRCLE YOUR EVENT: 5 Mile Run Fun Run

Last Name

First Name

Mailing Address

Include Apt. No. and/or C/O

City or Town

State

ZIP Code

Sex

Age on

Birthday

Area Code

Phone Number

E-Mail Address (Optional)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____ Parent's Signature: _____

THE TALK ON THE PATH

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

Belated Happy MARCH Birthday to:

Phil Marcus (24th) and Gloria J. Schneider (31st)
(Sorry about missing your birthday – hope you had a great day!)

Happy April Birthday to:

Andrew Ziegler (2nd), Debbie Patano (3rd), Tom Bala (4th) Marcia Zibulsky (4th), Blanche Ascher (5th), Malcolm MacGregor (7th), Suzanne Tow (7th), Bob Flynn (14th), Allen Grunthal (14th), Mildred O'Neill (14th), Kathy De Vos (18th), Helen Pineda-Pasqual (23rd), Arja Mathews (24th), Ellen Bottner (25th), Bruce Hammer (26th), Mall Blumfeld (27th), and Barbara Mayerson (27th)

Condolences to:

Billy Greenwald - whose father passed away in March.

Striders on the Mend

Happy to see Helen Pineda walking on the path after her recent surgery.

"Fast Eddie" Grassel has been spotted walking on the path too while nursing an Achilles injury.

Feel better Jimmy Falzetta! Jimmy is in followup care after a hospital stay.

Wishing George Schafer all the best on his scheduled knee surgery on April 6th.

Farewell to:

Howard & Linda Schultheiss as they made the move from Whitestone to Virginia in March. They may be out of state but they'll always be Striders!

Notice: anyone who was on John Rettmer's 2009 Ocean to Sound team needs to see John for their race shirt before Judi donates them to a worthy cause!

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

Reminder

"Dues are Due." You can give the \$20 individual or \$30 family membership to Lynn or Laughlin in the park house or mail to: the Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426-0298.

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Club Apparel for Sale

Please see Laughlin Whalen or e-mail him at (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.

Club Jackets. Get them while they last. This jacket is the one and only being worn with pride by those members in the know. Ready to wear and only need your name to go with it. Request yours now. Cost is \$60. They can be worn all year round (you may need something under in the winter). We have them in sizes small, medium and large. See Laughlin in the park or e-mail at lwhalen142@aol.com

Also, Spring and/or Fall Club Jackets (S, M, L, XL, XXL) With name	\$35 \$40
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HONORING MEL KAPLAN ON RACE DAY

Our Five Mile Challenge this year honors Mel Kaplan who passed away on August 27, 2009. His daughter Joanie and son Richard along with other family members will be the official race starters this year.

Also on race day, Mel will be honored when his name is unveiled on both an Alley Pond trail and bench. Joanie has worked very hard with the Parks Department and others to arrange for both of these to honor her father and to have them ready for April 25th.

Many of us are busy the entire race morning, but if your duties allow, a Parks Ranger will be leading a tour of the trail immediately after the race starts. A green sign at the beginning of the trail will read "A generous contribution for improvements to this trail has been made in Memory of Mel Kaplan....."

The bench dedication/unveiling will be held during the awards ceremony after the race, as the bench is located near the park house (between the park house and tennis courts). The plaque will read "In Memory of Mel Kaplan who believed walking in the park strengthens the heart and enlightens the soul."

See you on the 25th for our race and to honor Mel for all he did for the club and park he loved!

I'M NOT GETTING OLD BUT...BY ROB PASQUAL

Late last summer I actually had TWO big milestones in my life. Yeah, I got married and had all the accompanying hoopla, but in the middle of August I hit 50. As a runner, joining a new age group always helps ease the blow, but as we're now planning summer activities I've discovered another perk, Senior Games.

If you want to stay local, there is the Long Island Senior Games held mainly at Suffolk Community College. This year they will be held June 12 & 13th. There are medal events (running, swimming, bowling) and ribbon events (bocce, darts and miniature golf). There is a one-time \$35 activity fee that includes t-shirt and lunch. For more information go to www.longislandseniorgames.org.

If you want to travel a little and hang around a little longer, there is the NYS Senior Games in SUNY Cortland. This event takes place from June 8th through June 13th. The events are the same, though judging by past results, the competition is more intense. There are also organized social events Thursday, Friday and Saturday nights. The basic entry fee is \$40. For more information go to www.empirestategames.org/senior.

Finally this year the Empire State Games are scheduled to return. This event, which originated in 1978 features Olympic style competition in student, open and masters categories. Last year, however, because of state budget cuts, the games, scheduled to be held in Poughkeepsie, were cancelled. This year Buffalo, NY will host the games July 21-25th. Online entry information will be available in April. In the past masters had to reach certain qualifying times to compete in track and field events, though the road race was open to all.

Whichever you choose enjoy, just don't over do it!

PARTNERSHIPS FOR PARKS

This May 15th will offer another exciting opportunity for New Yorkers like you to volunteer and improve our parks!

In these difficult economic times, **Partnerships for Parks** is committed to supporting community park groups who are leading their own spring volunteer projects. If you are planning a project and would like it to be considered an official It's My Park Day (IMPD) site, please contact us by Monday, March 1, 2010 to request an It's My Park Day registration form. If you do not meet this deadline, we cannot guarantee support for your project.

Here are some tips for planning your volunteer project:

Schedule now!- Please note that because there will be limited staff available on May 15 to deliver tools and supervise volunteer efforts, it is best to submit your completed registration materials as early as possible so that we can try to accommodate your request. You can also contact your Outreach Coordinator to discuss the feasibility of an alternate weekend date.

Bring your own supplies - - Each year, volunteer groups like yours contribute supplies to IMPD, and this spring your support is needed more than ever! Please encourage your group to bring gloves, trash bags, and tools to your project, and to request donations from local businesses. Your contributions will enable Partnerships to share our limited resources with even more volunteer groups.

Request and return tools from PFP - Partnerships for Parks has a limited amount of gardening tools and painting supplies available for community groups to use this spring. Please contact us to discuss your project needs, and we will try our best to accommodate your request.

Promote It's My Park Day — Partnerships will supply IMPD posters, postcards and giveaway items this spring. Thank you for using these materials to promote this exciting citywide event, and spread the word about your volunteer group activities!

Go Green!-Do you have an active email address? Please let us know if we can send our registration form and confirmation packet via email and help us save paper and postage!



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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: Debbie Pesa
Vice President: John Kwasnik
Treasurer: Laughlin Whalen
Recording Secretary: Ken Kaiser
Corresponding Secretary: Ronit Guriel
Social Secretary: Alan Bouknight
Runners Rep: Joe Gambino
Walkers Rep: George Schafer

Return 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 December 1, 2009
are automatically 2010 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
Technical Reviewer: Barry Jonas
Labels: Bill Kaiser
Mailing: Lynn Henry

Check us out on the web at:
www.apstriders.org

Calendar of Events

APRIL 2010

Thursday, April 1st: NO KIDDING, there's a 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.

Sunday, April 18th: Refreshment Day. Come join your fellow Striders for refreshments after our walk/run. And don't forget to bring a treat to share!

Sunday, April 25th: The annual running of the Alley Pond Striders Five Mile Challenge.

Wednesday, May 5th: Track workouts begin for the season at Queensborough Community College—6:30 pm.

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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
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April 2010

Volume XXIX Issue 3A

As with all things in life there are times of changes. Or, as Einstein once said “the only thing that is constant is change”. And, so, in the spirit of positive change, the August 2010 “The Strider” will be my last edition as editor. As some of you may be aware, my first edition as editor was August 2002. I think eight years is long enough for anyone to hold such an important position.

During my time as editor I standardized the look and general layout of the newsletter. Maybe that was good, maybe not. I also moved toward an electronic version by adding “The Extra Stride” to each electronic version. And, although I have not been able to move the production to a completely electronic media, I think this change has been a positive one. I have gotten great feedback on the pictures we can now share online. And, with our improved webpage (kudos to web-mistress Debbie Pesa) we have gotten more folks interested in the Striders and attending our events.

I hope that whoever steps forward as editor he (or she) will be able to bring their own flare to this important club newsletter.

Finally, I wish to thank all those who were kind enough to overlook the minor errors and mistakes. I hope each Strider enjoyed and found helpful each edition of “The Strider”.

Kenneth J. Kaiser

Editor, “The Strider”
and ”The Extra Stride”

SPECIAL ANNOUNCEMENT: “Dues are overdue.” If you haven’t paid yet, please don’t wait. Any members not paid by April 1st are taken off the membership list and won’t get their copy of “The Strider.”

⇒ Please give dues to Lynn or Laughlin or mail to: Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426-0298.

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



Nicole Appel and Gillian Turbin (pictured above) ran in the Coogan's Salsa Blues and Shamrock 5k race on Sunday, March 7th. They both finished at a time of 38:53 with a pace of 12:32. Gillian notes that it was an honor, thrill and lots of fun to be there with Nicole while she ran and finished her first 5k. Gillian goes on to report that "it is a great race with beautiful views in Fort Tyron Park and great music to groove to all along the course."



On Saturday, March 20th a group of Striders supported the Long Island Riding for the Handicapped "Night at the Races". Pictured are: Ray Prochak, Astrid Georges, Rob Pasqual, Billy Greenwald, Joe Gambino, Lynn Henry, Helen Pasqual, Sara and Bill Jablonski.