

The Strider



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

July 2010

Volume XXX Issue 7



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 8:30 am at Alley Pond Park House on weekends and 9:00 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 DEBBIE PESA

Whew!

Thank you to the membership for making the June Membership Meeting, if not an enjoyable experience, at least one I won't remember with dread and that can I actually look back on as something to be recalled with wonder.

After much creative discussion, the membership voted to split the proceeds between City Harvest, Long Island Riding for the Handicapped and the YMCA (\$550, \$550, & \$400 respectively). All three charities are worthwhile causes and it's wonderful that we are able to aid in their goals.

As we slowly ease into the summer, I hope the Striders enjoy their vacations and bring tales of their adventures back to share on the Green Line.

NOTICE - "The Strider" is in need of its next editor. 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 Ken Kaiser's last edition as editor. As some of you may be aware, Ken's first edition as editor was August 2002. Eight years is long enough for anyone to hold such an important position. So please, if you have an interest of taking the helm contact Ken Kaiser (apstriders@aol.com) or any Strider Board member.

Welcome New Members: Jerry Cohen of Bayside and Marietta Daniel of Little Neck.

RUNNING NOTES - GREEN PRIDE BY JOE GAMBINO

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

<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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5K Run for Israel

<i>Joseph</i>	<i>Marlon</i>			<i>1st</i>	<i>21:56</i>	<i>7:04</i>
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Memorial Day Invitational 1500M

<i>Pasqual</i>	<i>Rob</i>			<i>1st</i>	<i>5:34</i>	
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Bayville 5K

<i>Joseph</i>	<i>Marlon</i>			<i>1st</i>	<i>22:03</i>	<i>7:08</i>
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Colorado 10K

<i>Gardner</i>	<i>Ira</i>				<i>59:53</i>	<i>9:38</i>
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Long Island Police Appreciation 5K

<i>Reinle</i>	<i>John</i>				<i>25:44</i>	<i>8:17</i>
<i>Whalen</i>	<i>Laughlin</i>				<i>25:45</i>	<i>8:18</i>

New Hyde Park 8K

<i>Jonas</i>	<i>Barry</i>				<i>48:19</i>	<i>9:44</i>
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LI Senior Games - Brentwood

1500 Meters

<i>Pasqual</i>	<i>Rob</i>			<i>1st</i>	<i>5:33</i>	
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5000 Meters

<i>Pasqual</i>	<i>Rob</i>			<i>1st</i>	<i>21:47</i>	
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800 Meters

<i>Pasqual</i>	<i>Rob</i>			<i>1st</i>	<i>2:38</i>	
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Ping Pong Tournament*

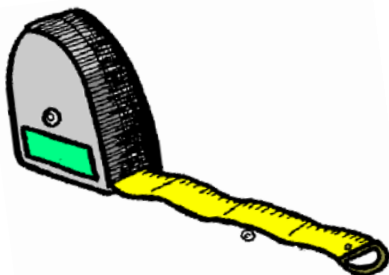
<i>Pasqual</i>	<i>Rob</i>			<i>1st</i>		
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* Note - Although Ping Pong is not a race, it counts in APS Green Pride anyway. Great job!

So does the results of the LI Police Appreciation 5k indicate a change of the guard? Young buck defeating old stag? What will come of this race? Stay tuned!

RACING AROUND IN JULY

Jul 4	Bellmore Striders Independence Day 4 Mile Run	8:30 - kids run; 9am 4 mi - Bellmore and Pettit Ave; Bellmore	
Jul 11	Bellport Clipper Classic 5k	5:30pm Bellport	clipper5k@optonline.net 516-523-3957
Jul 11	Heart & Sole 5K Run	Plainview (no other info avail)	
Jul 11	<u>Mighty North Fork Tri</u> (Swim: 500 Meters, Bike: 8 Miles, Run: 3.5 Miles)	6:50am Cedar Beach Southold (Registration is Closed for this Race)	
Jul 12	NYS Park Summer Series 4K	7pm Hempstead Lake	
Jul 17	Joe Koziarz 5K Run and Walk	8:30am Westhampton Beach	info@whbcc.org
Jul 17	Arrow Exterminating Women's 5K	9am Farmingdale HS: Farmingdale (Kids race 8:20am)	Debbie Blair 516-349-7646
Jul 18	<u>Thunder Run</u> 5K	9:15am Hidden Pond Park Hauppauge	rayjw@optonline.net
Jul 19	NYS Park Summer Series 5K	7pm Belmont Lake	
Jul 24	2nd Annual Run Out Asthma 5K	9am Jericho HS; 99 Ce- dar Swamp Rd; Jericho	
Jul 24	Fit Kid 5K	9am Diamond in the Pines Park. Coram	
Jul 25	Race to Cure Cystic Fibrosis 4mile Run	5pm W. Sayville Mari- time Museum 86 West Ave; W. Sayville	
Jul 26	NYS Park Summer Series 5K <u>Online Regis</u>	7pm Robert Moses	



Booker T. Washington

*Success is to be measured not so
much by the position that one has
reached in life as by the obstacles
which he has overcome.*

THE TALK ON THE PATH

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

Happy July Birthday to:

Maurice Harbater (3rd), Olga Brunot (5th), Reena Fettner (5th), Barrie Miller (5th), Stella Ritsos (5th), Jacquie Haberer (13th), Steve Turkeltaub (14th), Sara Jablonski (17th), Lee Dunworth (18th), Diane Grunthal (21st), Herb Carp (25th), Deborah Stephenson Morrissey (26th), Alan Abbey (28th) and Jean Schapowal (29th)

Condolences

Condolences to Herb Ascher and his three sons David, Peter and Alan, his daughters-in-law, grandchildren and also the Strider family on the passing of Blanche on June 7th after a valiant fight. Over 40 Striders attended the memorial service on Sunday, June 13th to remember Blanche who was a Strider for over 25 years. She enjoyed walking on the path and socializing at the bagel shop and gave back to the club by serving as Recording Secretary in 1991. She'll be missed.

Congratulations

Ray Lascot on the great news he received from his doctors on his latest test results.

To Howard and Linda Schultheiss who moved into their new home on River Forest Drive in Manassas, Virginia.

Recovering

Good to see Kathy deVos back on the path after knee problems.

Heard that "Fast Eddie" is going to be off the path for a while because of knee problems!

Happy & safe 4th
of July to all!



BLANCHE ASCHER, A BEAUTIFUL FRIEND BY LEE DUNWORTH

Blanche Ascher passed away the morning of June 7, 2010. She was two months and two days beyond her 87th birthday. She had spent her last month in hospice care and under the close watch of her family, friends and her husband of 64 years, Herb.

I first met Blanche and Herb about 25 years ago at Strider meetings. Over the years the Aschers became close friends of the Dunworth household attending various weddings, christenings, graduations, holiday parties, BBQs, etc. They knew our family better than some of our relatives.

Throughout these varied get-togethers Blanche was always a breath of fresh air with whom to talk. She was a gentle person yet was able to voice strong opinions when she felt it was called for. Blanche always asked about our children, but was never more concerned than about her own three sons, David, Paul and Allen, and, of course, her grandchildren.

Blanche and Herb also had another bond to our family. Their wedding anniversary is September 1st, the same day our son Frank was married. Of course, the Aschers were in attendance at Frank's wedding.

As a Strider Blanche served as the club's Recording Secretary in 1991. She was also one of the strongest walkers to stride the Motor Parkway. When I was in my running prime and doing 5k's in sub-seven minute miles, I had some sort of slight injury that temporarily left me walking. One Saturday I decided to walk with Blanche. About a half mile into the walk I found myself amused by the difficulty I was having in keeping up with Blanche, who was 20 years my senior. I struggled to keep the pace that she was able to maintain. She was very strong, and remained strong until the very end.

Blanche had many friends in the Striders; people like her late friends Helen Kiok, Selma Carp and Isabelle Jaffe, and present day Striders Adele Schnapp, Calli Sullivan, Phil and Muriel

(Continued on page 5)

Marcus and others. Some of these people knew the Aschers for years as their children grew up together. One of the strongest friendship bonds was between Blanche, my wife Lynn and Linda Schultheiss. Occasionally, back in the day, the three of them would walk together. They started going out to dinner together for each others birthday, just the three ladies. The birthday girl chose the restaurant and was treated by the other two. This tradition remained until the end. In fact, Lynn and Linda were making plans to take Blanche out for her birthday on April 5th of this year but Blanche fell ill and never did get that last birthday dinner. I have no doubt she is now dining with the angels.

I love you Blanche, we all love you. You will be missed. My life was, all of our lives were enriched by your friendship.

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.

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

INSIDE THE SENIOR GAMES

BY ROB PASQUAL

On June 12 & 13th, a weekend of multiple road races, I chose to excuse myself from those mass gatherings and instead participate in my first Senior Games.

The Long Island Senior Games are held annually and this year they were held at Suffolk Community College in Brentwood. Sports included in this event ranged from crazy bocce to an indoor triathlon. Not wanting to be too ambitious, yet wanting to justify the 50-minute ride out there, I registered for four medal events spread out over two days.

I arrived early on Saturday morning the 12th at 7am so that I could properly warm up for my first event, the 1500 meter run. When I arrived I saw two Caribbean gents warming up on the track who looked very fast. As time passed, however, I noticed that they were doing repeat 200's, not the usual warm up for a middle distance event. As time went on I found very few people around, but when the call for check in was made, about nine of us were on the line. Surprisingly, I was the only one in the "Rookie" 50-54 age group. After the starter held us at set for a seeming eternity, the race was off and I was in second place behind Peter from the 60-64 division. By the first turn I took the lead and from there things got pretty lonely. I ended up lapping all the runners but the second runner while doing a time of 5:33.

My next event was table tennis and when I arrived there I again found I was the only one in my division. Saying I had to earn my gold medal, the organizers first put me up against Skip from the 70-74 division. He was a short guy who really didn't look his age. He didn't play his age either as he blitzed me in the first game 15-6. In the second game we were tied at 5 when he poured it on again and beat me 15-9. Luckily my next match was against another runner from the 60-64 division. Having finally gotten the rust off my game, I was able to take the next two matches. After the game however, I looked down and found that the clean, dry shirt that I had put on after the 1500 was now saturated with sweat. With no other opponents on the horizon, I retired from the courts.

Since the free picnic lunch wasn't being served till 11:30, I participated in a number of ribbon events to pass the time. I played Frisbee golf, crazy bocce, ladder ball and the obstacle course. The results weren't immediately available, but that didn't really matter because, again I

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was the only one in my age group (gee I am I the only one to embrace the golden years?).

The disappointing part of the day came in the softball throw, where I found that I can no longer throw farther than 100 feet.

Day two I woke up bright and early again and arrived at the track at 7am to get ready for the 5k. The previous day they had warned us that due to graduation ceremonies, the 5k "road race" was being switched to the track. Note: I HATE running 5k's on the track. I'm not into double digits. Be that as it may, about 15 men and women toed up to the line for the start. Several of the runners were from the Long Island Road Runners and they asked where Gerry Ruiz was. I told them I told him about it but...

As the gun went off for the 5k, I was in first almost immediately. Luckily in recent weeks I've become used to just running against the clock in Astrid's workouts because again there wasn't anyone around me. In this race I even lapped the second place runner and I also lapped a couple of people multiple times. I was on a pretty good pace for a while, but a strong home stretch wind and lapses in concentration drove my time up to 21:47.

My new buddy Peter, who placed second in the 5k, immediately got back on the line after the race to participate in the 5k technical race walk. As it turned out, Peter was one of the many senior runners who participated in multiple events. By my count he ran the 1500 meter, 100 meter, 400 meter, 5000 meter run and 5000 meter race walk. He was scheduled to run the 200 meter and the 800 meter, but he scratched himself out of those events. Another runner, Mary Trotto, seemed to be in every event there was.

The race walk gave me an opportunity to rest for my final event, the 800 meter run. I was concerned about my ability to fire the jets so soon after the 5k. But the race walk and the 200 meter dash gave me two hours rest by which time I actually felt more awake than I had when I first arrived. As the 200 went on I also had a chance to take a look at the competition. Two runners from the 55-59 age group had showed up, one of them being the winner of the 400 meter dash the previous day. He had finished in 1:05. As we talked before the race and I told him my goal time of sub 2:40, he said he'd be following me. I had my doubts. The other runner told us he had signed up for four events but scratched from the other three due to an injury from a few weeks ago.

As we lined up, the timer who would be timing me said lucky 13 (my race number) would win again,

but after another long set command, the race was off and this time things were very different. For the first 200 I was in 4th, before taking the long way around to move into 2nd place at the 300-meter mark. I pushed the pace at the 400 but I knew I had at least on person on my back. At 600 meter, as I was thinking of a final push for first, the winner of the 400 made his charge. I tried to hold him off, but wasn't up to the challenge. I placed third, but again I was the only one in my age group so I received my 4th gold medal.

On my way out I resisted the urge to do the high jump, but clearly there are more senior games in my future. Maybe next year I'll try the state games up in Cortland.

Blanche

Told it "like it is" or didn't tell it—!

Her outlook on life was unique

Sometimes bleak, blighted with insight,

A view pure, irony at what others might obscure,

Even when she lost her vision, she saw

Satirically, like Swift, or Twain, in the

Main greeting hardship with a little chuckle,

A shoulder shrug, an "oy" accompanied by a

Smile, perhaps it is a rare philosopher who

Is a mother, Blanche was like no other,

A turn of mind she surely imparted

To those she left behind, insightful, kind.

- by Adele Schnapp (*Lost my friend of 40-years, Blanche Ascher, the one who first introduced me to the Striders.*)

In a recent e-mail, Ira Gardiner gave a brief update of his cross country racing.

I was in Colorado over Memorial Day weekend and ran a 10k on Monday morning that I finished in 59:53. I saw both of my nephews over last weekend and they are getting bigger.

I did two marathons in May --one in Cincinnati, OH & one in Wilmington, DE to get up to 13 states for a marathon.

My next marathon is in Seattle, WA on 6/26 for state # 14. I am running this race with Team World Vision and here is my personal page for this event:

http://twv.convio.net/site/TR/TeamWorldVision/General?px=1104115&pg=personal&fr_id=1120&et=S9C4vrOnFJHLsnsOOOFzNw..&s_tafId=1281

Alley Pond Striders
5 Mile Challenge

	2010	2009	2008	2007	2006	2005
Income						
Entry Fees	\$ 4,013	\$ 4,662	\$ 5,309	\$ 3,813	\$ 4,013	\$ 4,362
Sponsors	3,945	4,385	5,585	4,820	5,820	7,975
Total Income	7,958	9,047	10,894	8,633	9,833	12,337
Expenses						
Crown Trophy-Awards	369	372	377	354	480	518
Crown Trophy-Plaques	722	590	670	595	435	585
Postmaster	452	306	404	647	500	400
Metro Atheletic	125	225	75	125	225	325
Valley Printing	914	937	693	637	586	382
Advertisement Parks Dept	200	175	175	-	-	-
	-	-	-	25	-	25
K-12 Productions	2,247	2,104	2,375	2,183	2,641	2,293
Luncheon for Volunteers	354	345	265	363	192	254
Ambulance Corps	250	200	-	-	-	-
Miscellaneous**	268	5	27	82	64	227
Total Expenses	5,900	5,258	5,061	5,010	5,122	5,008
Net Proceeds From Race	\$ 2,058	\$ 3,789	\$ 5,833	\$ 3,623	\$ 4,711	\$ 7,329
** Charge for Bibs for 2010 of \$234						
Donations						
City Harvest A.P.E.C.	\$ 550	\$ 1,100	\$ 1,600	\$ 700	\$ 1,600	\$ 2,600
	-	-	-	-	-	100
Long Island Riding Handicaped	550	1,100	1,600	800	1,600	1,800
Jamaica Estates Amb Corp	-	-	100	100	125	150
Queens Village Amb Corp	-	-	100	-	-	-
Glen Oaks Amb Corp	-	-	100	100	125	150
Cross Island YMCA	400	600	700	300	750	1,000
Total Donations	\$ 1,500	\$ 2,800	\$ 4,200	\$ 2,000	\$ 4,200	\$ 5,800
	72.88%	73.89%	72.00%	55.21%	89.16%	79.14%
City Harvest A.P.E.C.	36.67%	39.29%	38.10%	35.00%	38.10%	44.83%
	0.00%	0.00%	0.00%	0.00%	0.00%	1.72%
Long Island Riding Handicaped	36.67%	39.29%	38.10%	40.00%	38.10%	31.03%
Jamaica Estates Amb Corp	0.00%	0.00%	2.38%	5.00%	2.98%	2.59%
Queens Village Amb Corp	0.00%	0.00%	2.38%	0.00%	0.00%	0.00%
Glen Oaks Amb Corp	0.00%	0.00%	2.38%	5.00%	2.98%	2.59%
Cross Island YMCA	26.67%	21.43%	16.67%	15.00%	17.86%	17.24%
	100%	100%	100%	100%	100%	100%
Amount Retained by A.P.S.	558.11	989.39	1,633.19	1,622.80	510.68	1,528.54



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Board of Directors

President: Debbie Pesa
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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 Oct. 1, 2010 are automatically 2011 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

Return Service Requested

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

Calendar of Events

JULY 2010

Thursday, July 1st: Membership Meeting at 8:00 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.

Saturday, July 17th: Refreshment Day. Come join your fellow Striders for refreshments after our walk/run. And don't forget to bring a treat to share!

THE EXTRA STRIDE

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



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July 2010

Volume XXIX Issue 7A

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Just so everyone knows, I will be more than happy to help anyone interested in taking over as editor during a transition period. During this transition period I can teach anyone how easy it is to put together this publication. With the help of the monthly contributors, it really is not a difficult task. I look forward to hearing from you.

Kenneth J. Kaiser

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

Hot Weather Running Tips:

Stay Hydrated

Wear Light Clothing

Avoid the Hot Sun

Wear Sunscreen

Take it Easy

Splash Yourself with Cool Water

Be Aware of Symptoms: disorientation, dizziness or fainting.

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



Taking a change in age groups in stride, Ken Kaiser placed 3rd in age at the JCC 5k in East Hills on June 6th. Despite the warm weather and “advanced age” Ken was able to power through the field.

June Refreshment Day Pictures - thanks to Lynn Henry

