

The Strider



Sept/Oct. 2024

The Newsletter of the Alley Pond Striders

Volume XLIII
Issue 9/10

FRONT PAGE NEWS

PRESIDENT'S MESSAGE

In this beautiful autumn weather, we are going to do more walks. Every walk makes us a little bit stronger. Just walking the dog and wheeling a baby carriage is not enough. We always try to get to the walks early, keeping in mind that this wonderful weather will not last forever! We were in Upstate New York, and the foliage and views were spectacular. The same is happening here right now!

Also...congratulations to Ira Gardner on his marriage. May you have many years of marital bliss!

Stay healthy, stay active and stay strong... Steve

STRIDER ELECTIONS: SUNDAY, DECEMBER 15, 2024

REPORT FROM THE NOMINATING COMMITTEE BY SARA JABLONSKI

The current slate for the 2025 Executive Board is:

President: Steve Tier (current incumbent)

Vice President: **John Scalzo**

Treasurer: Laughlin Whalen (current incumbent – no term limit for Treasurer)

Recording Secretary: **Ronit Guriel**

Corresponding Secretary: **Dorothy Chusid**

Social Secretary: **VACANT**

Runners' Representative: Pat Mitrofanis (current incumbent)

Walkers' Representative: Alan Gold (current incumbent)

PLEASE consider joining the 2025 Executive Board. Without YOUR help and participation, we CANNOT have some of the events that we all have been enjoying throughout the years.

TALK ON THE PATH

- WHAT'S HAPPENING IN AND OUT OF THE PARK

Happy November Birthday to:

Phyllis Hiotakis (2nd), Joe Gambino (3rd), Ronit Guriel (4th), Randi Opsahl (4th), Audrey Hatch (5th), Haydee Perez (6th), Noriko Brandman (7th), Maxwell Fishon (7th), Elizabeth Brown (8th), Joanne Snider (10th), Roza Agabs (11th), Rachel Belson (11th), Paul Santino (11th), Judy Densky (12th), Lynn Henry (17th), Rene Wasserman (17th), Ruben Encalada (19th), David Schultz (20th), Aberaham Zadi (21st), Nicole Appel (23rd), Richie Cohen (23rd), Kin Tong (23rd), Ray Prochak (24th), Isabelle Baumel (25th), Luz Rodrigues (25th) and Jerry Kirschner (30th)

Speedy Recovery

To Albert Galatan wishing you a speedy recovery from your running injury. We miss seeing you on the path.

To Hank Klein—happy to see you're out on the path after shoulder surgery.

Condolences

Our thoughts and prayers are with:

Reena Fettner on the passing of her husband Lee on September 29th.

Donna Scirrone on the passing of her husband Joe on October 3rd.

Congratulations

To Ira Gardner who was married to Margarita Love on October 5th. Congratulations and best wishes for a lifetime of good health, happiness and fun together!

Congrats

Rob Pasqual who held his last Long Stride One Mile race on October 17th. Rob had put on this race every other year since 2010 to raise funds for his St. Clement Pope track team. A lot of effort and work went into each race and it showed.

Our Lady of Lourdes Food Pantry Drive

Stay tuned to weekly Constant Contact messages as details will be given on the November dates, etc. for our annual drive.

Thanks to Mel Kay!

Thanks for your article about the “olden days.” It brought back lots of memories. FYI, Mel and Pat moved to Virginia years ago but even though we don't see them that often - they never stopped being Striders!!!

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

RUNNERS REPORT BY PAT MITROFANIS

September and October were busy months for the Alley Pond Striders. Many of us were out there running, walking and just enjoying the cooler weather.

The race results for September and October are as follows:

New Hyde Park 8K (9/8/2024)

Vivien Lim	33:37.50 (2nd Overall)
Jaime Palacios	34:45.84 (3rd Grand Masters)
Robert Pasqual	41:06.04

NYRR 5th Avenue Mile (9/8/2024)

Pat Mitrofanis	7:04
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The Great Cow Harbor 10K (9/21/2024)

Vivien Lim	41:26.00 (1st in age)
Jaime Palacios	44:07.00 (1st in age)

NYRR Bronx 10 Mile (9/22/2024)

Pat Mitrofanis	1:23:04
Gerry Ruiz	2:21:00

Berlin Marathon (9/29/2024)

Pat Mitrofanis	4:12:07
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NYRR Staten Island Half Marathon (10/13/2024)

Pat Mitrofanis	1:50:43
Gerry Ruiz	3:16:56

Long Stride One Mile (10/19/2024)

Fran Kraus-Schmidt	8:04:58 1st female OA
Arasu Mani	7:54:88
Joey Pasqual	7:09:73 1st male overall
Rob Pasqual	7:39:01
John Sassone	9:46:30 Oldest Finisher

Rhatigan's Run 5K (10/26/2024)

Pat Mitrofanis	23:46.90 (1st in age)
Sara Jablonski	30:28.32
Nella Carravetta	34:13.37 (1st in age)
Peter Hoey	35:28.26
Laughlin Whalen	40:27.18 (1st in age)
Lynn Henry	40:27.52 (3rd in age)
Ken Kaiser	53:10.70
Venice Naidoo	53:16.76



Strider came out in force for the Rhatigan race!

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STRIDE TEMPLE TRIP SUBMITTED BY GLAYDS GARCIA, APS WALKER

BAPS Swaminarayan Akshardham located in Robbinsville, NJ, was visited by a group from Alley Pond Striders on Friday, September 27th. Alan, Dorothy and Anthony organized the trip of 13 people who carpoled for this two-hour excursion to see the largest Hindu temple in North America.

The Temple opened its doors to diverse public visitors in 2016. There is no charge for parking and entrance, and your 90 minute tour and knowledgeable guide is also free. For those not too familiar, like me, with Hindu philosophy, history and understanding, it was an enhancing experience.

The art, Hindu Gods, spiritual significance and the evolving history of this religion is depicted in the temples built with marble from four countries, chiseled in the slabs of huge pieces in India and then shipped to the USA for precise arrangement and mounting.



Entering the temples is an ethereal experience. Tranquility and closeness to other people helps one to appreciate our connection to each other and the divine.

If you get a chance to visit, you will not be disappointed.

DO YOU CARE? BY KEN KAISER

I joined the Alley Pond Striders 25 years ago. During the past 25 years, I have developed friendships and remarkable relationships that I will always cherish. I have learned things about myself and accomplished things I never dreamed of - like being president of the Striders and running a marathon. I was only able to accomplish these things because of the people I encountered in the club. But, in addition to the support of those around me, I STEPPED FORWARD. I decided that the Striders were worth my efforts to make it better. I value what the Striders have done for me. So I cared enough to give back.

Do you value what the Striders have given to YOU. Do you have new friends and relationships that you value because of the Alley Pond Striders? DO YOU CARE?

Next month at the December Holiday Party we will be holding our Annual Elections for the Alley Pond Striders Executive Board. VP Sara and the Nominating Committee have been working hard to fill the slate. But there are few takers. We have many new members over the past few years and I thought there was an opportunity for these newer members to step forward and add to the value and direction of the Striders. But that only happens if folks care. DO YOU CARE?

2025 is the Alley Pond Striders 45th year - I hope it is not our last. DO YOU CARE? DO YOU CARE ENOUGH?

STRIDER MEMORIES SUBMITTED BY MEL KAY

Nobody asked me but here are some great memories of my time with the Alley Pond Striders:

- ◆ Going on killer 7-mile fartlek runs with George Zink and John McHugh.
- ◆ Pushing up that last hill on Winchester Blvd. on the way back from the Douglaston run.
- ◆ Getting to run the first leg on the Ocean-to-Sound relay to avoid any hills.
- ◆ Always finishing behind Joe Gambino in races.
- ◆ Remembering when a slow run was at an eight minute mile pace.
- ◆ Running under a seven minute mile pace in Long Island Half Marathon and finishing 544th. Looked up the 2023 race and that time placed 21st!!!
- ◆ Coach Dave Daley workouts. One was hopping on one leg, hands clasped behind our backs up the first hill on path. (Super Plyometrics???)
- ◆ A few of us climbing over the fence of Creedmoor after big snow storms. They were always the first to plow their streets!!



Bruce Hammer, Andy Heiz, Mel Kay and Joe Gambino - the FAST FOUR!

What are your memories? Send your best Strider memories to Ken Kaiser at apstriders@aol.com for the next newsletter.

HIKING, BIKING AND SIGHTSEEING FROM AMSTERDAM TO LUCERNE BY DIANE GRUNTHAL WITH PHOTOS BY ALLEN GRUNTHAL

We arrived in Amsterdam, the first day of our 3-week itinerary before starting our riverboat cruise. This young vibrant city is home to iconic canals, 900,000 residents and 1.1 million bicycles. Cycling is the primary mode of transportation. We planned to rent a tandem bike but had to scuttle that plan due to the overwhelming number of cyclists who seemingly had no brakes on their bikes, as they considered stopping for pedestrians and



traffic lights to be optional. We walked the city admiring its numerous canals, the architecture of the homes lining the water and some of the canals' 1500 bridges. We delightfully visited the fabled Skinny Bridge, a traditional double leaf Dutch narrow bascule bridge connecting sides of the river Amstel. Also known as the "kissing bridge," legend has it that couples who hold hands and kiss passionately while crossing this bridge will be in love forever. We did our part to keep the legend alive.



Cologne Cathedral, Germany

previous trips.

Our first stop was a walking tour in Cologne Germany, a Catholic city with a 2,000-year history and a very charming Old Town with its fabled 13th-century Gothic Cathedral. This masterpiece took several centuries to complete, from the 13th century to its completion in the 19th century. Having seen hundreds of cathedrals in other countries, it truly took my breath away as I gaped at the cavernous inside with the largest stained-glass windows still in existence, so very high up near the ceiling.

We crossed the Rhine by cable car with its view of the Ehrenbreitstein fortress perched on the rocky promontory high above the confluence of the Rhine and Moselle rivers. We took part in a guided walking tour of yet another Catholic city, Koblenz, a historic town located at the northern end of the Rhine Gorge. St. Castor's Basilica, built between 817 and 836, was then restored between 1890 and 1894 with extensive Romanesque construction. Even more impressive was the



Freiburg Cathedral, Breisgau
Germany

Liebfrauenkirche (Church of Our Beloved Lady), which dates to the 5th century when the Franks erected a place of prayer within the Roman walls.



Reichsburg Castle, Germany

Now on the Moselle River, we ventured up on foot to the medieval Reichsburg Castle, soaring over Cochem on a mighty crag. This, the largest castle on the Moselle, is a neo-gothic castle well decorated with Renaissance and Baroque furniture. We sailed to Trier, Germany's oldest city, and considered the "Pearl of the Moselle." We hiked high above Trier to Petrisberg Hill as we listened to our tour guide tell us about the colorful history left behind by the Romans; footsteps of Romans were everywhere.

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Ft Totten Trot 5K (10/27/2024)

Pat Mitrofanis	24:40.47 (1st in age)
Gerry Ruiz	40:56.46
Cheryl Rush	45:34.50
Ken Kaiser	53:16.74



Cheryl Rush making a bee-line for the finish at the Totten Trot 5k!



Ken Kaiser -NOT LAST!!



GERRRYYYY making a big finish push.

St. Francis Prep First Responders Run/Walk 5k (10/27/2024)

Rob Pasqual	24:38
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Let's keep the participation trend going! Hope to see even more of you out there strutting your stuff!

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The next day we docked in the town of Bernkastel; our 4-mile walk took us through the town and its historical market place, 17th century half-timbered houses and a ramble up to the Landshut castle ruins.

Arriving back on the Rhine River, the morning sail took us on a tour of a stunning slice of the German landscape through the Rhine Gorge. We saw more than 40 castles, romantic and historic towns, and vineyards. The entire stretch offered spectacular panoramas of natural geology; this gorge was added to the UNESCO list of World Heritage sites. Did you know Germany has 25,000 castles?



Our Riverboat Tour

When we docked in Rudesheim, Allen and I biked along the Rhine River with its steeply terraced vineyard landscape on a perfect late summer day. In-between our excursions, Allen took a bike out 3 more times using his Ride with GPS app to guide him around the various cities.



Unfortunate Biker

Our next excursion began in Heidelberg, a perfectly preserved medieval city, and its Heidelberg Castle, nestled into the hillside 300 feet above the old downtown. Who can help but be impressed by the Great Vat, a wine cask from the 18th century that can hold 49,000 gallons of wine! We have to get us a Great Vat for our home.

We came to the gem of the Alsace - Strasbourg France. Our guide took us on a panoramic tour passing the stunning Parc de l-Orangerie, the official seat of the European Parliament and the Place de la Republique before walking through its iconic "La Petite France" district, which appears to have been lifted straight from the pages of a fairytale. We visited the Strasbourg Cathedral, widely considered to be among the finest examples of Rayonnant Gothic architecture. Standing

in the center of the Place de la Cathédrale, at 466 feet the Strasbourg Cathedral was the world's tallest building for 227 years from 1647 to 1874. Today it is the sixth-tallest church in the world and the tallest extant structure built entirely in the Middle Ages. The cathedral is visible far across the plains of Alsace and can be seen from as far off as the Vosges Mountains or the Black Forest on the other side of the Rhine. The reddish-brown sandstone from the Vosges mountains gives the cathedral its distinctive color.

We then sailed to Basel Switzerland, left the riverboat, and trained to Lucerne in the Swiss Alps. For me, this was the absolute highlight because Switzerland is my favorite country; I would love to live there. Our indispensable GPS My City app guided us on long city walks. However, nothing compares to our hike up Mount Pilatus, over 7,000 feet in altitude. We spent a day on Mount Pilatus and it was pure ecstasy to be on an alpine hike with outstanding views of the surrounding peaks of central Switzerland.



View from Mt Pilatus
Switzerland

After 3 days, our daily walks/hikes of 4-8 miles in Lucerne sadly came to an end. Those of you reading this already know how exercise strongly affects every aspect of our health. I can attest to the fact that our exercising every day over the past 3 weeks lowered my blood pressure a significant degree. Auf wiedersehen Switzerland, I will miss you.



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Return Service Requested

Food insecurity is NOT just a problem during Thanksgiving. In ADDITION to our annual drive, PLEASE consider donating to Our Lady of Lourdes Outreach food pantry throughout the year.

www.alleypondstriders.com

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The Alley Pond Striders is a running and walking club with over 160 members and serves the communities of Eastern Queens and western Nassau County, NY.

Since the early 1980's, the Alley Pond 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 longest run 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 EVERY DAY—Check with Lynn Henry for times and gathering place.

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

Board of Directors

President: Steve Tier
 Vice President: Sara Jablonski
 Treasurer: Laughlin Whalen
 Recording Secretary:
 Gladys Garcia
 Corresponding Secretary:
 Ronit Guriel
 Social Secretary:
 Rosalie Hatch w/Maria Ferraro
 Runners Rep: Pat Mitrofanis
 Walkers Rep: Alan Gold

Membership Chair: Lynn Henry

Phone: (516) 437-8715

E-mail: lynnahenry@yahoo.com

Annual Dues: \$20 Single Membership

\$30 Family Membership/Couples

NEW MEMBERS ONLY who join after June 30th first year membership fees are \$10 for an individual and \$15 for a family.

The Strider is the newsletter of The Alley Pond Striders and is prepared monthly by:
 Managing Director: Ken Kaiser (Please send information and articles to apstriders@aol.com)

Senior Editor: Lynn Henry

Web Master : Danielle Weisbord