

The Strider



May/June 2024

The Newsletter of the Alley Pond Striders

Volume XLIII
Issue 5/6

FRONT PAGE NEWS

PRESIDENT'S MESSAGE

I hope you are enjoying the summer season so far and are all in good health. I am finding my experience with the Striders to be very beneficial! Walking is really the best medicine as I age.

I am going out more often and walking more. My wife and I especially enjoyed the Kings Point Walk in the woods a couple of weeks ago. Also, the picnic on June 15th was well attended and was a great opportunity to socialize with others. It was nice to see so many Striders looking so well... We can also savor in advance the next Refreshment Day on July 20th.

Looking forward, I am anticipating the "City Stride" which we attended last year. We were encouraged by the other walkers and we found once again that we could stop at any time without guilt upon reaching our limit. This is very important to walkers as we age. I feel that if my wife and I can do these activities, others can as well.

On a personal level, I am looking forward to being a grandfather at the end of July. My third!

I wish you all an enjoyable summer.

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

TALK ON THE PATH

- WHAT'S HAPPENING IN AND OUT OF THE PARK

July Birthdays

Kathy Waldman (1st), Jose Lijo (2nd), Ilana Galatan (4th), Reena Fettner (5th), Frances Taylor (7th), Jacquie Haberer (13th), Barbara Santino (13th), Steve Turkeltaub (14th), Isabel Kim (16th), Laura Weisbord (16th), Danielle Weisbord (16th), Sara Jablonski (17th), Lee Dunworth (18th), Ellen Mascolo (19th), Godfrey England (21st), Diane Grunthal (21st), Joby Jacob (24th), Ruth Mezistrano (24th), Darya Grebelkes (26th), John Sassone (26th), Pam Foster (27th), Joe Sciarrone (27th), and Kathy Lutzak (28th).

Warm Welcome to our Newest Striders

Ju Hyum Kim Lee and Isabel S. Kim of Little Neck and Elizabeth Chan of Bayside

Congratulations

To Bruce and Shalomit Hammer on the birth of their granddaughter Lenni born on June 11th. Proud parents are their son/daughter-in-law Evan and Sybil.

Congratulations

To Joey Pasqual and his proud parents Rob and Helen on his June 24th graduation from PS-186. On to middle school!

Condolences

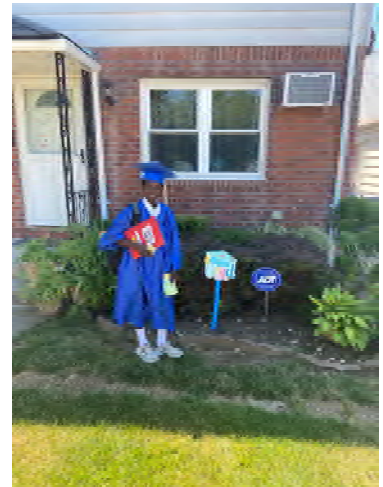
To the family of Penny Smith who passed away on May 15th at 84. Penny had been a Strider since September 1994. She was Walker of the Year in 1996 and was Walkers Rep in 1998 and 1999. She will be missed.

Making a difference

A big THANK YOU from Coach Rob Pasqual's Longstride Track Team for the Striders' donation from our Alley Bowl Race proceeds.

Annual Picnic

A good time was had by all on Saturday, June 15th. We had perfect weather and a really nice turnout. Thanks to everyone who worked so hard to pull this together, especially Rosalie and her team of Strider volunteers including Laughlin and Sara who were behind the grill.



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

RUNNERS REPORT BY PAT MITROFANIS

There is no doubt that May and June, before sweltering hot July and August, are peak racing months. The Alley Pond Striders were all out strutting their stuff! The racing results for May and June are as follows:

Sri Chinmoy Half Marathon Relay: 5/11/2024

Pat Mitrofanis team (Cunninghamhammers Moms)	1:42:24 (1st place women)
Venice Naidoo team (JJMV Hammers)	1:59:18 (3rd place men)

NYRR RBC Brooklyn Half Marathon: 5/18/2024

Ira Gardner	2:52:03
Jose Lijo	2:17:45
Vivien Lim	1:29:32
Pat Mitrofanis	1:57:11
Jaime Palacios	1:35:17 (3rd in age)
Gerard Ruiz	3:10.43
Andrea Salis	1:56:05
Greg Schellenberg	2:36:23

Hance Family Foundation 5K: 5/18/2024

Lynn Henry	39:18:09 (1st in age)
Peter Hoey	36:53:20
Frances Hoey	41:49:11

Oceanside JCC Parkinson Run 5K: 5/19/2024

Fran Kraus-Schmidt	26:36 (3rd woman overall!)
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Forest Park Classic 4 miler: 5/26/2024

Pat Mitrofanis	33:19 (1st in age)
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Run the Vineyards - Pindar 5K: 5/26/2024

Rob Pasqual	27:09 (3rd in age)
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Fairfield Half Marathon: 6/2/2024

Pat Mitrofanis	1:56:30 (3rd in age)
Venice Naidoo	2:27:14

Saint Anthony's Feast 5K: 6/8/2024

Fran Kraus-Schmidt	26:16 (1st in age)
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Sri Chinmoy 12 Hour Race: 6/8/2024

Nella Carravetta 29.5 miles (1st in age)
Pat Mitrofanis 50.1 miles (2nd in age)

NYRR Citizens Queens 10K: 6/15/2024

Ira Gardner 1:09:18
Pat Mitrofanis 53:14
Venice Naidoo 55:19
Gerard Ruiz 1:22:31

Shelter Island 10K: 6/15/2024

Vivien Lim 41:58 (1st place Masters)
Jaime Palacios 44:49 (1st in age)

NYS Senior Games : 6/15/2024

Rob Pasqual 1500M (2nd in age)
400M (2nd in age)
4x100M relay (1st in age)
Helen Pineda 1500M race walk (2nd in age)

Community Finest 5K Run/Walk : 6/29/2024

Sara Jablonski 31:54
Pat Mitrofanis 24:43

Let's keep the momentum going! Let's continue with our training so that we're all ready for fall racing season! Pat



Who was asking 'where have all the superheroes gone?' - check out the Senior Games!

VP REPORT - BY SARA JABLONSKI

You've heard the saying it's better to give than receive.

On June 17th I met Ken Kaiser, our past president at Our Lady of Lourdes Outreach food pantry. In my mind, I was going to a poor area of Queens, but I was wrong. The food pantry is located in a middle-class neighborhood. We see it all the time on the news about the working class struggles. Well it's true. Once Ken and I found each other, we went downstairs to the food pantry to present a check to Sister Mary. She is one of the nicest people I have ever met and so appreciative of our donation. After chatting a few minutes, she looked down at the check. Sister Mary put her hand over her heart, she got emotional, and said "Oh my, we can do so much with this money." She continued about all the things they needed and kept thanking us for the money. What the Alley Pond Striders were able to donate is just a drop in the bucket compared to most places. The fact that we can make such an impact is a wonderful feeling. Thank you to Laughlin Whalen our Race Director. Thank you to every person who helped with the race. That includes the race committee to the people directing the runners where to go, to everyone who was involved.



Our Lady of Lourdes Outreach

"Blessed is he who is generous to the poor"

Proverbs 14:22

June 18, 2024

Alley Pond Striders New York INC
85 Hampton Ave,
Albertson, NY 11507

Dear Alley Pond Striders New York INC Members,

I want to extend our deepest gratitude for your generous check donation of \$1,500. Your support plays a crucial role in our mission to provide essential food and resources to those in need within our community.

Thanks to your kindness, we are better equipped to ensure that no one in our community goes hungry. Your contribution will directly help us stock our shelves with nutritious food, support our outreach programs, and offer a helping hand to many families and individuals facing difficult times.

We are truly grateful for your commitment to our cause. It is because of compassionate donors like you that we can continue to make a positive impact.

Thank you once again for your generosity and support.

Sincerely,

Sr. Mary Vianney Nwakaozor (SJS)

Director

92-96 220 Street
Queens Village, New York 11428

Phone: 718-479-0924
Email: Ollouresch@netzero.net

THANKS AGAIN RACE SPONSORS

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Glen Oaks Bakery
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Attn: Okhee Moon

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Oerzen Chiropractic Associates
90 Jericho Tpke.
Mineola, NY 11501-1845
516-416-4567

Omega Diner-Restaurant
1809 Lakeville Road
New Hyde Park, NY 11040-1926
516-354-4666

QVD Automotive Specialists
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Queens Village, NY 11427-1951
Robert H Diehl Jr.
718-479-7875

John G Sassone, CFP
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1001 Franklin Ave., Suite 202
Garden City, NY 11530-2932

Swing the Teapot
6 Verbena Avenue
Floral Park, NY 11001-2712

Windsor Bay
Fine Wines & Liquors
215-18 73rd Ave
Bayside, NY 11364-2949

Thank You Volunteers from Race Director Laughlin Whalen

While the memory is still fresh in my mind, I want to thank ALL the volunteers who participated in today's race. It was truly gratifying to hear from the runners all the complements about the encouragement and helpfulness of the volunteers. Many have said that they would return next year, in part, because of that. Again, thanks to everyone for a job well done. I will be distributing the Rally Towels to each of you at the next refreshment day.

At the end of the awards ceremony, we had the drawing for the two bottles of wine. They were won by Rosalie Hatch and Marie Ferraro. Their names were picked by the scorer from elitefeats.

ALLEY POND STRIDERS ANNUAL PICNIC





THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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Return Service Requested

Food insecurity is NOT just a problem during Thanksgiving. 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