

The Strider



January 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue I

FRONT PAGE NEWS

I want to wish you all a happy and healthy holiday season and a happy New Year and also thank you for voting for me to be your President. I was previously President in 1996 and 1997. I am a little rusty but with Debbie Pantano, herself a former President of the club who volunteered to assist me, I am sure everything will “run” smoothly.

We are starting off 2016 with a lot of activities. First, on New Year's Day the club will meet to walk/run at 10:00 am. On January 5th, the race committee will meet at the park house at 8:00pm. All are welcome. Thank you to John Rettmer for again heading our five mile challenge in April.

The first meeting is on Thursday, January 7th. The Board meets at 7:00 pm followed by the Membership Meeting at 8:00pm. All members are invited to attend the Board meeting if they wish.

Refreshment day is Saturday, January 16th. Please bring some goodies. As usual, the club supplies bagels, bialys and coffee.

Finally, our Annual Dinner Dance is on Saturday, January 23rd from 7:00 pm to 11:00 pm at Trattoria Lucia, located at 243-63 Jericho Turnpike in Bellerose. The event features a buffet dinner with beer, wine and soda and a DJ for all-night dancing! RSVP by January 16th. Send check to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426-0298. Cash and checks can be given to Joe Gambino, Lynn Henry or any board member. The cost of the buffet dinner is \$45.00 (\$5.00 cheaper) and the food is very good. I want to thank Joe Gambino and Randi Opsahl for finding the place.

See you on the path! *Stan Zibulsky*

TALK ON THE PATH - WHAT'S HAPPENING IN AND OUT OF THE PARK

Happy January Birthday to: Bruce Abrams (2nd), Michael Kon (2nd), Jan Laxer (4th), Bhabikhan Sandhu (7th), Sue Corrie (10th), Sue Lan Hom (11th), Tanampreet Sandhu (11th), Rosalie Hatch (17th), Pat Kay (20th), Sumeet Sandhu (21st), Caterina Iosifescu (22nd), Tina Cothalis (25th), Howie Cohen (26th), Peter Tsun (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th), Vivien Lim (30th), Diane Merzon and Glenda Lascot.

Congratulations

To the 2016 new board – President Stan Zibulsky, VP Diane Haber, Treasurer Joe Gambino, Runners' Rep Larry Lutzak, Walkers' Rep Fred Feinstein, Corresponding Secretary Ronit Guriel, Recording Secretary Maria Ferraro and Social Secretary Nella Carravetta

Thank you to those who served in 2014 and are leaving the board - President John Sassone, VP Ken Kaiser and Recording Secretary Randi Opsahl Thank you for the time and efforts you gave to the Striders last year.

Congrats

To Fast Eddie and Ruth Grassel on the wedding of their eldest daughter Lianna. She was married to Allen Rezhets in a small affair in a Rabbi's Study on Dec 6th

On the Road Again

Good to see Hank Klein back on the path after a recent hospital stay.

Mark Your Calendars

For upcoming events, our annual dinner is on Saturday, January 23rd, and Alley Bowl VI is on Sunday, February 7th.

Dues Are Due

Just a reminder that it's that time of year again! The annual individual membership is \$20 and a family membership is \$30. You can give your dues to Lynn Henry at the Park House or send them to: Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426.

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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

What's Everyone Doing?

I don't know. Yes, I do see pictures on Facebook...call me old fashion, but it's not the same. I would like to go back to the days when "The Strider" talked about what everyone was doing. Not only is it impressive to see what our "peeps" are doing, but it inspires us (at least me) to get out there. Regular runners do amazing things every day. Beginning with this edition of the newsletter, I'd like to find out what everyone is doing. Let me know what races you have done. Also, did you have an awesome run right here in the park? I'm not looking for the fastest runner - although, that would be cool - I just want to hear your time or story about any sport so we can include it in the newsletter.

Hi, I'm Sara, and I've been part of the Alley Pond Striders since 1990. It's with this group of wonderful runners and walkers that I have shared my life. Not only sports. From cruises to Alaska and weekends away to BBQ's and high teas the Striders have been part of my family. We are more than a walking and running club, and I want to hear about it!

Let me know what you're doing! Send me your sports information by emailing me at: sara_jablonski@yahoo.com

And now for this month's sports news.

As traditional as hanging mistletoe, a group of Striders ran at the annual Ho Ho Ho Holiday 5k. Results below:

	<u>Time</u>	<u>Pace</u>
Rosalie Hatch	26:14.11	8:26
Fran Kraus-Schmidt	27:47.29	8:56
Laurie Wennerholm	28:05.20	9:02
Gerry Ruiz	28:39.78	9:11
Laughlin Whalen	29:19.24	9:26
Lynn Leon	29:34.26	9:31
Vince Del-Cid	32:01.56	10:18
Lynn Henry	33:00.55	10:37
John Rettmer	35:16.85	11:21
Sue Corrie	37:48.91	12:10

This is Laurie's first race since her knee operation - way to go!



Alley Bowl VI - Coach's Notes...

The big Game is approaching. One of our home teams may even be in it. What better way to start the day than Alley Bowl!

Alley Bowl is now about two months away. While we hope the weather gods favor us this year, there are things you can do to help us too. Bring our applications to local races (anyone heading out to the Brewery Run?), donate sports-themed raffle prizes (do you really need that old LA Rams pen & pencil set?) and of course, volunteer.

Race is Sunday February 7th.
Volunteers should check in at 8:30 at the upper park parking lot at Springfield and 76th.

(Stan said)



It's party time!

***Come One Come All
Alley Pond Striders***

Annual Dinner

Saturday

January 23, 2016

7:00 to 11:00 pm

RSVP by 01/16/2016

\$45.00 per person

Trattoria Lucia

247-63 Jericho Turnpike, Bellerose

DJ/Buffet dinner with beer, wine & soda

Name: First _____ Last _____ # of attendees: _____

Send check to: Alley Pond Striders

P.O. Box 298

Bellerose, NY 11426-0298

Cash Payments and checks can be given to Joe Gambino, Lynn Henry or any board member



**HAPPY
NEW
YEAR!**

Alley Pond Strider
DUES are annual dues
from January through
December. New
members joining after
October 1st will have
valid membership
through December of
the following year.

Dues can be given to
Lynn Henry, any Board
member or mailed to:

**ALLEY POND
STRIDERS
P.O. BOX 298
BELLEROSE, NY
11426-0298**

Calendar of Events

Thursday, 1/7: Monthly
Membership meeting at 8
pm in the Park House.
Executive Board meeting is
held at 7 pm immediately
before - all members are
welcome.

Saturday, 1/16:
Refreshment Day. The club
supplies the bagels and
coffee, you bring a treat.

Saturday, 1/23: Annual
Dinner Dance and
Awards - come join us for
our annual celebration
with good foods, good
music, dancing and friends.
See flyer in this edition for
details.



THE NEWSLETTER OF THE
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 P.O. BOX 298
 BELLEROSE, N.Y. 11426-0298

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“Hope
 Smiles from the threshold of the year to
 come,
 Whispering 'it will be happier'...”
 — [Alfred Lord Tennyson](#)

www.apstriders.org

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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.

For over 30 years, 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 9:00 am during the week.

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

Board of Directors

President: Stan Zibulsky
Vice President: Diane Haber
Treasurer: Joe Gambino

Recording Secretary:
Maria Ferraro

Corresponding Secretary:
Ronit Guriel

Social Secretary: Nella Carravetta

Runners Rep: Larry Lutzak

Walkers Rep: Fred Feinstein

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 1st of each year are automatically members for the following year.

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
 Sports Editor: Sara Jablonski
 Web Master (Level 15): Debbie Pesa