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ANNUAL DUES Information

Alley Pond Strider 2026 dues are now overdue with \$25 for an individual and \$35 for a family. Please give your dues to Lynn, Laughlin, any Board member or mail to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426. You can also pay via Zelle at alleypondstriders@gmail.com. (Note the dues increase)

President's Message

Spring has sprung. A time of renewal. The parks are in bloom with budding trees and flowers. As such, a group of approximately 200 concerned citizens sprang into action. They rallied at Kings Point Park against developers and uncaring politicians with their own selfish agenda. They want to build parking lots for their newly constructed building adjacent to the park and take away parts of the park. Environmentalists educated us. What is at risk are loss of some ballfields, destruction of wildlife habitats, damage to the protected wetland [this helps prevent flooding, erosion and pollution], and removal of a playground, and portions of the loop trail.

It is a place that we, Alley Pond Striders frequently walk. Dorothy, Ray, Judy D, Donna and I showed up to support this protest. As of this writing, the "unlawful" attempt to change the park has been stopped. There will be many legal battles ahead. Also, possibly more protests. Therefore, next time we will need more AP Striders to attend and voice their concerns. After all, this situation could happen to other parks.

On a positive note, most of Alley Pond Park paths have been resurfaced and flooding/erosion issues have been addressed by the Parks Department.

I leave you with a modified quote from Star Wars. "May the Force and Parks be with you." When we walk/run together in the parks, we are a positive force.

Respectively, Alan G.

Talk on the Path by Lynn Henry

What's happening in and out of the park.

Happy May Birthday:

Vince del Cid (1st), Pat Mitrofanis (1st), Pat Vitrano (2nd), Eugene Hartman (9th), M. Daniel Bach (13th), Milko Milkov (19th), Sheva Bassett (20th), George Waters (20th), Albert Galatan (24th), Elik Hirsch (30th) and Letisha Lawlor (31st).

Warm Welcome to our Newest Striders:

Don and Angela Korlander of Queens Village, Milena Martinez of Flushing and Karyn Slutsky of Forest Hills.

Sad News and Condolences to:

- Sara Jablonski on the passing of her Uncle David in January,
- Joe Gambino on the passing of his brother Barney on January 25th.
- Ronit Guriel. Her brother Drory Nadav passed on April 22nd in Florida.
- And to Mindy Bellow whose sister, Rhonda, passed away in April.

Our Annual Dinner Dance on March 29th.

Mother Nature made us postpone our annual dinner dance a month from February 22nd to March 29th. (A few Striders who were set to attend in February couldn't make the March date - sorry Judy, Nella, Gladys & Martin!). As always there was lots of talking, eating (the hors d'oeuvres kept coming!) and dancing.

The annual awards were announced (presented) to:

Strider of the Year – Ken Kaiser and Lynn Henry

Runner of the Year – Laughlin Whalen

Walker of the Year – Gladys Garcia

Special Award - was presented to recognize Pat Mitrofanis for her recent accomplishment. Pat had received the Abbott World Marathon Majors "Six Star Medal" in Tokyo after completing their Marathon on March 2nd. It's a prestigious award for runners who complete all six premier marathons: Tokyo, Boston, London, Berlin, Chicago, and New York City. Congrats Pat!

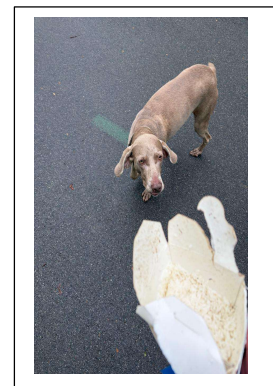
Membership Certificates were presented:

10 years – Pat Mitrofanis

25 years – Fran Kraus- Schmidt

The 50/50 Raffle Winner

Ronit Guriel



Scarlett – our favorite four-paw Strider looking for the return of her Chinese takeout she found during a recent walk.

Send your news,
notes, pictures,
and articles of
interest for
THE STRIDER
Newsletter to:
apstriders@aol.com

ABOUT THE ALLEY POND STRIDERS

RUNNERS' REPORT by Pat Mitrofanis

Hi everyone! I'd like to begin by thanking everyone for the recognition given to me at our dinner dance for receiving the six-star World Marathon Majors medal. I was excited to finally achieve my goal in Tokyo, but I was thrilled to be recognized by my Alley Pond Strider friends and peers. I am truly grateful for this honor.

It would appear that the unusually cold winter we just went through did not interrupt anyone's training. We all managed to get out there and consistently train so that we can perform as well as we have this spring. I'm always very excited to see everyone's results and have to admit that I'm often pleasantly surprised. Of course, Jaime Palacios and Vivien Lim continue to outperform us all but then again, we are mere mortals. We can't all be elite athletes, but we can enjoy our races as much as the elites!

I have to confess that I'm not thrilled with my Tokyo Marathon performance, but I'd like to note that I ran it while I was jet lagged after arriving much later than I had planned due to my cancelled flight. That is my official excuse, and I still had fun!

I look forward to getting everyone's race results so I can report on your many accomplishments!

See you out there.

Here are the results from the March and April races:

Tokyo Marathon (3/1/2026)

Pat Mitrofanis 4:47:09

NYRR RBC Race for the Kids 4-Mile (4/19/2026)

Laughlin Whalen 46:02

NYRR Washington Heights, Salsa, Blues and Shamrock 5K (3/1/2026)

Dan Bach 40:09

Boston Marathon (4/20/2026)

Pat Mitrofanis 4:24:39

Sri Chinmoy 7-Mile race (3/8/2026)

Mason Salis 47:50

Andrea Salis 58:53

Vaisakhi 5K (4/26/2026)

Rob Pasqual 27:23 (3rd in Age)

NYC Half Marathon (3/15/2026)

Jaime Palacios 1:41:56 (1st in Age)

Andrea Salis 1:56:51

Kings Park 15K (3/21/2026)

Vivien Lim 1:03:32 (2nd Female Overall!)

Jaime Palacios 1:08:20 (1st in Age)

Marine Corps 17.75K (3/21/2026)

Laughlin Whalen 2:35:13

GLIRC Aspire 10K (4/4/2026)

Vivien Lim 42:24 (1st place Master)

Jaime Palacios 47:14 (2nd place Senior Master)

Cherry Blossom 10-Mile (4/12/2026)

Pat Mitrofanis 1:23:44

Laughlin Whalen 2:06:16

NYRR Run-As-One 4-Mile race (4/12/2026)

Venice Naidoo 35:08

Nella Carravetta 45:11



Pictured: Pat with her Six Marathon Medal; Peter Hoey and his daughter at the 7-Line 5K in Flushing Meadow Park; Andrea, Laughlin and Pat at the Cherry Blossom in Washington, DC; and Pat at the Boston Marathon.

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 516 512-2729 or lynnahenry@yahoo.com

ICE SHOW EXCITEMENT by Dorothy I. Chusid

On March 8th, seven Striders ventured out to Governors Island to see the Ice Sculpture Show. There were 10 artists who competed for first and second place. The show lasted for three hours starting at 12 pm. This type of show was the first for the Island. While the artists carved away, we took a lovely walk along the New York Harbor, a 2.1-mile loop. We got to see the NYC Skyline, the Statue of Liberty and the Verrazzano Bridge. We did more exploring of the Island and checked out Castle William and Fort Jay.

There were food vendors selling different ethnic foods. After our walk, we decided to try some of the food which we found interesting.

We returned to the show to see who would win. It's amazing to see the beautiful, finished products from these large blocks of ice. As it turned out, the artist who won made an incredible sculpture of an Eagle with great details. Our day was a full and satisfying one. The Ferry ride to the Island is always fun and it's free for seniors.



Pictured enjoying the walk and show are Gladys, Rachel, Michael K, and Alan.

MEMORIES From Mel Kaye

I am on the sidelines now, but here are some great memories and races with the APS and from way back. I have been a "bib saver" (see attached picture) and retained some of my war stories /memories. I am sure many striders will recognize some of the races.

Here are a few:

- Cow Harbor 10K –Beautiful run. Really tough hill in the beginning, but if you survive there is a long gentle slope to the finish.
- Ocean to Sound 50-mile Relay – Great team spirit. Good party at the finish.
- Long Island ½ Marathon – Back in the day (1987) pre- chip, you could decide during the race if you wanted to do the full or half marathon!!!!
- Boilermaker 15K - Pro-race, Kenyans galore!!! Tough, hilly course and usually quite hot. Great crowds to cheer you on.
- Bakersfield to Las Vegas Relay 120 miles – I forgot who talked me into this, but guess which fool got the baton for the leg at 2PM in Death Valley!!!
- Van Cortland Park Cross Country 5K – This was hallowed ground for me. My father ran for Stuyvesant High School here in 1925!!!

Good times!





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Walkers Rep:
Dorothy Chusid

Upcoming Events

- **May 17th (Sunday): Refreshment Day – Club provides the bagels and coffee. YOU bring a treat to share!**
- **March 18th (Monday): Executive Board Meeting via ZOOM at 7:00pm. Please contact Ken at apstriders@aol.com if you'd like to participate. All members are welcome.**
- **COMING UP: June 14th (Sunday): Annual Picnic at Upper Alley Area (Pink). The fun starts at 10:00AM after walks and runs BBQ food served around 12noon.**

NOTE FROM THE EDITOR: I am sure you noticed the new look of "The Strider". For the last 25+ years, we have been using MS Publisher for the newsletter. Since Microsoft is discontinuing Publisher, we are now using a new desktop publisher, MS WORD. We hope you like the new design and would appreciate any constructive comments you may have regarding this new look. Let us know via email at apstriders@aol.com.

Thanks for your readership and continued support. Ken Kaiser (Editor) and Lynn Henry (Chief Assistant Editor)

www.alleypondstriders.com