

**ANNUAL  
DUES ARE  
NOW DUE**

**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

As your new president, I feel honored and grateful to our members for electing me and giving me the opportunity to serve the AP Striders Club. Be it as it may, I am very enthusiastic about working with the Board, honorary Board members, all AP strider members, sponsors, and other running/walking clubs. Let's continue to make our club a successful one and have the membership flourish.

Winter is coming to an end. Only a few weeks left until we celebrate the "Rite of Spring" and Day Light Savings Time. This means more light, more walks, runs and putting some spring into our steps without dodging the ice patches. Also, warmer weather.....we hope.

KUDOS to those who were brave enough to run/walk during these harsh, cold wintery days. The weather did not stop us though, from having successful Refreshment Days! On some of these days, attendance reached about 40-60 people! Special thanks to those who contributed edibles and those offering help to set up and clean up.

Due to the weather, our annual dinner/dance had to be rescheduled. We are sorry that some of you who originally were able to attend in February are not able to attend the March event.

As far as the future goes, I am looking forward to this year's City Stride in the historic Brooklyn Heights area. For our new members, the City Stride is one of the highlights of our club. Get your walking/running shoes ready for this great experience. We may stop to enjoy some of the different ethnic foods along the way.

Please check online the "News and Events" AP Constant Contact (CC) to see runs/walks and other AP club events. Also, check us out on Facebook online and AP WhatsApp on your cell phones.

Suggestions for places to run/walk, races to run, and ideas for improving our club are always welcome. Participation is the key to our club's success!

Respectively, Alan G.

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## Talk on the Path by Lynn Henry

### What's happening in and out of the park.

#### Happy March Birthday to

JoAnn Kelly (3rd), Tony Florido (4<sup>th</sup>), Andrea Salis (11<sup>th</sup>), Mel Kay (15<sup>th</sup>), Michael Schwartz (15th), John Rettmer (16<sup>th</sup>), Judi Rettmer (16<sup>th</sup>), Jody Nelson (20th), Nella Carravetta (21<sup>st</sup>), Kathy Ziegler (21<sup>st</sup>), Hank Klein (22<sup>nd</sup>), Manuel Sanudo (24<sup>th</sup>) Conrad Schellenberg (28<sup>th</sup>) and Jiang Jane (29th).

#### A Warm Welcome to our Newest Striders

Andy Chan of Douglaston, Gilda Cadenillas of Queens Village, Jane Jiang of New Hyde Park, Andy Liang of Ridgewood, Paras Madho, Paula Meyerhoff and Michael Schwartz of Bellerose, Milko Milkov of Elmhurst and Juanito and Maria Payawal of Bellerose.

#### Wishing a Speedy Recovery

To John Rettmer who had hip surgery after a recent fall and is now recuperating in rehab.

Congratulations to: Rosalie Hatch for taking a First Place Certificate in the Printmaking Category - "Thoughts As Birds" at the 25<sup>th</sup> Anniversary Bayside Historical Society Art Show.

#### Alley Bowl XVI

Thinking of Race Director Rob Pasqual. He had all plans in place for Alley Bowl XVI on Superbowl Sunday, Feb. 8<sup>th</sup>. He was ready but Mother Nature didn't cooperate. With both a brutal temperature and wind chill factor, it wasn't safe for both the participants and volunteers. And then the rescheduled date of March 1<sup>st</sup> had its own complications.

So, Rob thanks for all your efforts. We're looking forward to beautiful running conditions for Alley Bowl on Feb. 14, 2027 (it's Valentine's Day too!)

#### Dinner Dance

And Mother Nature also played havoc by giving us a blizzard on Sunday, Feb.22<sup>nd</sup>. when we were ready to enjoy our Dinner Dance at K.Pacho's. We are happy to say it's been rescheduled for Sunday, March 29<sup>th</sup> from 5:00 to 9:00pm. Good weather is predicted!

#### Dues Are Past Due

Just a reminder that it's that time of year again! The annual individual membership is \$25, and a family membership is \$35. 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 or via Zelle at [alleypondstriders@gmail.com](mailto:alleypondstriders@gmail.com)

Reminder emails will be sent out in March.



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

**Alley Pond Striders New York, Inc Income  
and Expense Statement Fiscal Year Ending  
12/31/2025**

**Opening Balance 12/31/2024** **\$ 3,445.28**

**Income**

Five Mile Challenge	\$ 6,220.00	
Annual Dinner Dance	3,035.00	
Membership Dues	2,435.00	
Prepaid Membership Dues	945.00	
Alley Bowl	200.00	
6 Hour Run	180.00	
Prepaid Dinner Dance	160.00	
Sale of Club Merchandise	114.00	
Donations	\$ 80.00	
Raffle 50/50	49.00	
<b>Total Income</b>		<b>\$ 13,418.00</b>

**Expenses**

Five Mile Challenge	\$ 5,893.31	
Annual Dinner Dance	4,524.40	
Refreshments	886.19	
6 Hour Run	502.30	
Prepaid Dinner Dance Deposit	500.00	
Web Site Expenses	436.99	
Picnic	427.19	
Post Office Box	220.00	
Alley Bowl	200.00	
Good & Welfare	49.03	
<b>Total Expenses</b>		<b>\$ 13,639.41</b>

**Ending Balance 12/31/2025** **\$ 3,223.87**

## RUNNERS' REPORT by Pat Mitrofanis

We all rang in the New Year with a heavy blizzard and subfreezing temperatures, and it doesn't seem to have let up yet. Very few brave souls rang in the New Year with the usual New Year's Eve and New Year's Day races. I was not one of them.

I signed up to run the Sri Chinmoy New Year's Day Half Marathon in Flushing Meadow Park, but when I woke up and saw the wind blowing, the sleet coming down and my weather app showing temperatures in the single digits and dropping, I went back to bed. It was the first time I didn't show up for a race, but I don't regret it. I heard that the course was very slippery and the wind was brutal. I figured it's not worth the risk, especially at my age, but some folks younger or braver than I did get out there that day. Andrea Salis did show up, and she ran the 13.1 miles in a blizzard! (See photo). A few others, like Sara Jablonski, Ken Kaiser, John Scalzo, Lynn Henry and Joe Gambino went out and ran a short 'fun' run. In that weather, I'm sure it didn't feel very short. I'm not sure about the 'fun' part either.

Needless to say, there are not many race results to report. NYRR cancelled all their races and Open Runs for three weekends in a row due to the weather! We've even had to postpone our own Alley Bowl race! Does anyone know if we've ever done that before?

Here are the few results for January and February:

New Year's Eve 5K in Queens, NY (12/31/2025)  
Rob Pasqual 32:05 (Rob's first race after surgery!!)

Sri Chinmoy New Year's Day Half Marathon  
in Queens, NY (1/1/2026)  
Andrea Salis 2:05:08

10 Mile Brewery Run in Patchogue, NY (1/17/2026)  
Pat Mitrofanis 1:22:54 (2nd place Senior Masters)  
Venice Naidoo 1:40:08



Now, just because we weren't racing doesn't mean we weren't grabbing whatever few opportunities we had to train. I, for one, began going out in the middle of the day when it's a little warmer instead of first thing in the morning. I'd even wrap my feet in those plastic produce bags before I put on my running shoes to keep the wind out! It works like a charm.

We all did what we had to do to get ready for our spring races. See you out there!

*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](mailto:lynnahenry@yahoo.com)**



## Board of Directors

President:  
Alan Gold

Vice President:  
John Scalzo

Treasurer:  
Laughlin Whalen

Recording Secretary:  
Dan Bach

Corresponding  
Secretary:  
Debbie Pantano

Social Secretary:  
Ellen Heimberger &  
Steve Tier

Runners Rep:  
Pat Mitrofanis

Walkers Rep:  
Dorothy Chusid

## Upcoming Events

- **March 8<sup>th</sup> (Sunday): Daylight Savings Time begins at 2:00AM.**
- **March 9<sup>th</sup> (Monday): Executive Board Meeting via ZOOM at 7:00pm. Please contact Ken at [apstriders@aol.com](mailto:apstriders@aol.com) if you'd like to participate. All members are welcome.**
- **March 15<sup>th</sup> (Sunday): Refreshment Day – Club provides the bagels and coffee. YOU bring a treat to share!**
- **March 29<sup>th</sup> (Sunday): Annual Dinner Dance at K.Pacho. The fun starts at 5:00PM and runs (or walks) to 9:00PM.**

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. We hope you like the new design and would appreciate any constructive comments you may have regarding this new look.

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

[www.alleypondstriders.com](http://www.alleypondstriders.com)