

67 Lake Drive  
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*The North Shore*

# *Striders Sentinel*

*Summer 2007*

Grand Prix race schedule \* NSS  
Cookout \* Team standings  
And more

# Races in the 2007 NSS Grand Prix Series

June 29, 6:30 p.m.

## **Kiwanis 5 Miler**

Danvers

application is included in this newsletter

July 31, 6:30 p.m.

## **Yankee Homecoming 5K, 10M**

Newburyport

application is included in this newsletter

Aug. 22, 6:00 p.m.

## **Lynn Woods Relay**

Teams of 4, each runs 2.5M, Lynn Woods

Sept. 3, 9:00 a.m.

## **Around the Cape/Goose 7K, 25K\***

Gloucester

Sept. 30, 10:00 a.m.

## **Marcia Lemkin 5K**

Lowell

Oct. 21, 10:00 a.m.

## **Sea to Shining Sea 5 Miler**

Nahant

Nov. 18, 1 p.m.

## **Turkey Trot 8K\***

Essex

Nov. 10, 9 a.m.

## **Larry Robinson 10M/5K,**

Andover

Dec. 2, 8 a.m.

## **Mill Cities Relay**

roughly 28.5M

Nashua / Lawrence

Teams of 5 run legs that vary in length

\* Mulligan (at-large) races

## Meet the mulligan

In golf, it's a shot that doesn't count. In the NSS GP series, it's a missed race that doesn't knock you out of the Iron Runner competition. We've decided to allow club members to swap out a cub race with another. That way, you can run the entire series (minus one), and still be considered "iron". With so many races in the series this year, it still isn't easy to complete the GP, of course ... the first two races in the series have already come and gone, but if you're aiming for iron, you still have a shot!

### **Ground rules**

You can miss a race or two, if necessary, and still run the entire series, as long as you:

- 1.) Run one or both of the mulligan races.
- 2.) Tell a club officer that you're replacing the race(s) you missed with the mulligan race(s).
- 3.) Remind everybody that you're still in the running for the Iron Runner status – this is our first attempt at allowing a mulligan, and we may not have "ironed" everything out yet.

All Striders who run a mulligan race will get 5 points for that race. Otherwise, scoring for NSS GP races remains the same.

**For age group competition:** The last finisher in each Strider age division (0-39, 40-49, 50-59, 60-69, 70+) gets 5 points. The next-to-last finisher in that age group gets 6 points, the third-to-last finisher gets 7, and so on.

**For intraclub team competition:** All finishers receive 5 points per race. Teams are selected in order of finish at the first club race. The fastest finisher at a subsequent GP race is added to the team with the fewest points; the second-fastest finisher joins the team with the second-lowest total points, etc.

# NSS Grand Prix age group results after 2 races

## *Women's open (0-39)*

**Sue Quimby - 16**  
**Linda Ring - 12**  
**Layce Alves - 8**  
**Jessica Serino - 8**  
**Elizabeth Genovese - 7**  
**Sarah Carrier - 5**  
**Kristen Kozlosky - 5**

## *Men's open*

**Sean Kay - 16**  
**Frank Lanzillo - 12**  
**David Ring - 10**  
**Ken Watson - 8**  
**Jay Kumar - 7**

## *Women's masters (40-49)*

**Mary Stevens - 10**  
**Vicky Yee - 7**  
**Lee Benton - 6**

## *Men's masters*

**Rich Tabbut - 6**  
**Sal Genovese - 5**  
**Kevin Counihan - 5**

## *Women's seniors (50-59)*

**Pattie Lowell - 10**  
**Annajean McMahon - 6**

## *Men's seniors*

**Neil Bernstein - 21**  
**Steven Keenholtz - 19**

## **Dave Jefksa - 17**

**Robert Holland - 14**  
**Tom McMahon - 12**  
**Lanse Stover - 7**  
**Mario Fagone - 6**  
**Rick Bartlett - 5**

## *Women's veterans (60+)*

**Carol Geis - 5**

## *Men's Veterans*

**Mike Pelletier - 10**  
**George Geis - 6**

# Intraclub team results

## **The Porsches**

Dave Jefksa - 10  
 Lanse Stover - 5  
 Frank Lanzillo - 10  
 George Geis - 5  
**Total for team: 30**

## **The Ferraris**

Mary Stevens - 10  
 Vicky Yee - 5  
 Sean Kay - 10  
 Jessica Serino - 5  
**Total for team: 30**

## **The Mercedes**

Annajean McMahon - 5  
 Sue Quimby - 10  
 Mike Pelletier - 10  
 Kevin Counihan - 5  
**Total for team: 30**

## **The McLarens**

David Ring - 10  
 Lee Benton - 5  
 Jay Kumar - 5  
 Layce Alves - 5  
**Total for team: 25**

## **The Corvettes**

Elizabeth Genovese - 5  
 Pattie Lowell - 10  
 Sal Genovese - 5  
 Tom McMahon - 10  
**Total for team: 30**

## **The Maseratis**

Sarah Carrier - 5  
 Rich Tabbut - 5  
 Steven Keenholtz - 10  
 Robert Holland - 10  
**Total for team: 30**

## **The Aston Martins**

Linda Ring - 10  
 Kristen Kozlosky - 5  
 Neil Bernstein - 10  
**Total for team: 25**

## **The Lamborghinis**

Carol Geis - 5  
 Ken Watson - 5  
 Mario Fagone - 5  
 Rick Bartlett - 5  
**Total for team: 20**

**Team scoring:** Each Strider receives 5 points per club race. After the first race, teams were chosen thus: The first Strider finisher is on Team 1, the second Strider is on Team 2, the third Strider joins Team 3, etc., down to Team 8. The ninth club finisher also joins Team 8, the tenth Strider is on Team 7, etc., until all Striders are

assigned to a team. Team scores are then tallied. The top 'new' Strider in the next club race is assigned to the team with the lowest score; the second 'new' Strider joins the second-worst team, and so on.  
*Are you missing from the results? Please call the results hotline at 978-468-3248.*

## Help wanted:

Want a break from racing? How about helping? Strider volunteers are needed for the following races:

**Louise Rossetti 5K**, Beverly, Wednesday, June 20.

Here's your chance to cheer on some of the top women runners in the area as they compete in a 5K that has become a North Shore tradition. Pre-race, during-race and post-race help is needed.

Contact any club officer or check the Web site, [www.northshroestriders.com](http://www.northshroestriders.com), for more information.

**Nahant 30K**, Nahant, Sunday, Sept. 16.

All hands on deck to help us host this 30K distance race! Go-fers, goodie-bag stuffers, water stop aces, course markers, finish line staffers, and many other jobs are available.

Mark your calendar now for this race, and keep an eye on the Web site.

## Plan now for the club's July Cookout

How many Striders can fit in one back yard pool? No one has ever counted... maybe this is the year!

Bring your favorite salad, dip, beverage or floatation devices to the annual **North Shore Striders cookout and pool party!** Kids, spouses and others are welcome.

Festivities commence **Sunday, July 15, from 2 pm. to ??** at stately Pelletier Manor, 31 Ravenna Avenue, in Salem. The sun always comes out for this one.

## Need a wardrobe upgrade?

**Steve Weitzler**, outfitter to the Strider stars, has tres-chic singlets, shorts, and other NSS logo wear priced to move. Contact him at 978-762-9751 or [sweitzler@comcast.net](mailto:sweitzler@comcast.net) to see if he has your size and style in stock, and give your summer running a boost.

For other great running togs, check out New England Running Company, mention that you're a Strider, and get a 10% discount. NERC does a lot for local runners, and they count on us for support. (And who doesn't need a new pair of shoes?)