



NORTH SHORE STRIDERS SENTINEL



Volume 1, Issue 1

March 2020

Meet Our Club Officers

Strider Officers for 2020

- President: Jill Page
- Vice-President: Cheryl Welch
- Treasurer: Armand Claveau
- Asst Treasurer: Dave Newhall
- Secretary: Betsy O'Brine
- USATF Coordinator: Mike Pelletier
- Membership Coord: Mariellen Hayward
- Uniforms & Clothing: Maureen Kelly

Track Begins

Lace up your flats!

Coach Fernando Braz will be leading the workouts beginning on April 21st on Tuesdays at 6:30PM. The activities will happen at the new Beverly High School track.

The NSS will be teaming up with the Wicked Running Club.

All abilities are welcome! You're guaranteed to find a group to run with.

Uniform News

Get your Strider gear!

Maureen Kelly is finalizing the new NSS uniforms and will be taking orders soon. Look for more info and order forms in the next couple of weeks!

Membership Dues for 2020

Spring is coming! Don't you want to run with us?

If you haven't already paid your dues, now is the time! \$30 individual \$40 family

Pay online at [North Shore Timing](#)

Or mail a check payable to NSS to:
Mariellen Hayward
10 Country Club Rd
Peabody, MA 01960

Please include your name, email address, age as of 1/1/20, address and phone number. (for a family membership, include the information for each person that will be joining)

Lots of fun things happening this year - you won't want to miss out!!

New NSS Members

- Katelyn Boaman
- Susan & John Ayers
- Rene Merritt
- Bhavisha Patel
- Laura Corvino

NSS 2020 Race Series

Members can earn 5pts volunteering at Rossetti, Lynn Woods, or Mill Cities.

DATE	TIME	DIST.	NAME	WHERE	NOTES
Jan 26 (Sun)	10AM	15K	Stew Chase	Lynnfield	Run or volunteer earns 5 points
Apr 11 (Sat)	9AM	5K	James Rice	Peabody	
May 6 (Wed)	6:30PM	5K	Lake Q	Wakefield	Free for NSS but donation appreciated
May 9 (Sat)	9AM	5K	Chelsea Chase	Chelsea	
Jun 17 (Wed)	6:30PM	5K	Rossetti	Beverly	Run or volunteer earns 5 points
Jun 19 (Fri)	6:30	3 x 2M	Beverly Relays	Beverly HS	5 series points, cross country and roads
Jun 29 (Mon)	6:30PM	10K	Weiner Run	Hamilton	
July 17 (Fri)	8PM	4M	Miles Over Moon	Salem	
July 28 (Tue)	6PM	10M/5K	Yankee Homecoming	Newburyport	5K at 6:00PM and 10M at 6:10PM
Aug 26 (Wed)	6PM	4 x 2.5M	Lynn Woods Relay	Lynn	4 x 2.5M with age groups
Sept 20 (Sun)	9AM	10K	Lone Gull	Gloucester	
Nov 15 (Sun)	10AM	5K	Colton Buckley	Peabody	
Dec 06 (Sun)	8AM	25M	Mill Cities Relay	Nashua	5 series points, 3-5 runners, mixed dist
Dec 13 (Sun)	11AM	5K	Run-a-Latke	Swampscott	

USATF-NE 2020 Race Series

DATE	TIME	DIST.	NAME	WHERE	NOTES
Feb 2 (Sun)	9AM	5M	Super Sunday	Cambridge	
Mar 15 (Sun)		13.1M	New Bedford Half Mar.	New Bedford	Canceled Due To Corona Virus
Apr 05 (Sun)		15K	Frank Neelson	Upton	
Apr 26 (Sun)	11AM	10K	National 10 K Masters	Dedham	National Masters Championship
May 24 (Sun)		26.2M	Vermont City Marathon	Burlington VT	
Aug 29 (Sat)	8AM	10M	New Hampshire 10M	Auburn NH	
Sep 20 (Sun)	9AM	10K	Lone Gull	Gloucester	Part of the NSS Grand Prix too!
Nov 15 (Sun)		5K	Bigg Steps	Newton	

NSS Web Updates

The club's online activity is taking off!

- [NSS Website](#) – Contact Andy Moore @ mooreweb@gmail.com
- NSS on [Facebook](#) – Contact John Ayers @ john@34woodbury.com
- NSS on [Strava](#)