



# NSS Sentinel

North Shore Striders Newsletter

Volume 2  
Issue 3

## Facebook Changes

...a new home for the NSS

The old North Shore Striders page has been replaced with a new Facebook group page found at:

[North Shore Striders | Facebook](#)

Simply search for "North Shore Striders" and you will find the new page with the white and blue logo.

The old page was broken by Facebook (orphaned) and recovering it just could not be done. We will continue to try to retire that page.

In the meantime, please do the following:

- "Like" the new page
- Post the link to your page
- Visit the page often

We need to generate traffic so that the new page rises in popularity and moves to the top of the lists.

Last, but not least, President Jill Page now has her own FB login and email ([jillpage84@gmail.com](mailto:jillpage84@gmail.com)). You will see frequent posts from her in the coming days.



Running the North Shore for more than four decades.



The NSS at the Lynn Woods Relay in 2015.

## The NSS Race Series Returns!

A return to competition and community in 2021.

Can it be true? Are we all dreaming? Racing is coming back in 2021. No, not "virtual" but an honest-to-goodness, pin on a number, go to a starting line with everyone else, and run like heck. FYI Lynn Woods races have already begun.

For new members, the series is a way to compete within the NSS as both an individual and part of a team. You score points for each race you run. You'll receive points in your age group competition and Striders are also divided into teams and scores totaled after each race. In January, we get together and award the winners.

The officers have selected the first 4 races in what will be an 7-8 race series. Some favorites are returning and maybe we'll try something new as the series wraps.

The first race will be the Miles Over the Moon. This 4 mile race takes place in Salem. The race takes place at 8pm on July 16<sup>th</sup>. [Register for Miles Over the Moon.](#)

The second race give you all an option between two great races. The Newburyport Homecoming 5K is on Tuesday, Aug 3<sup>rd</sup>. They are not hosting a 10 miler this year. [Register for Newburyport.](#) The other is the Beverly Homecoming 5K on Thursday, Aug 5<sup>th</sup>. Register for Beverly. Choose either, they will score equally. [Register for Beverly.](#) The third race is the Lynn Woods four person, cross-country relay. Each member runs a 2.5 mile leg. Relays are the most fun you can have running. The officers will manage the teams when they have the list of competitors.

The fourth race is the Lone Gull 10K in Gloucester. It takes place on September 19<sup>th</sup>. To sign-up of for more info go [Register for the Lone Gull.](#)

The final series races will be spread across Oct-Dec. Likely we'll see some old favorites... and maybe something new.

### Special Olympics Volunteer Opportunity!

On June 26<sup>th</sup>, the Special Olympics will be hosting a track and field event at the Essex Technical High School. The meet will run between 8am and 2pm. Go to the [website](#).

### NSS Uniforms Get the Gear!

To purchase singlets or other NSS clothing, contact Laura at [lalac7290@gmail.com](mailto:lalac7290@gmail.com). The club is considering ordering new half-zip or full-zip tops. The quantity will be limited; contact Laura so you do not miss out on the fun.

### Boston Marathon Running the Big One!

Dave Jefska and Siobhan Stoney are representing the North Shore Striders at the 2021 Boston Marathon. Jenny Reynolds is running the Virtual Boston. Way to go Striders!!!

**Saturday Slackers**

...two groups, twice the fun

Mike Pelletier

The **Saturday Slackers** are inviting you to join them on Saturday mornings at 9am. The group meets in front of the Salem State Marine Lab at 96 Ford Ave. If you plan on attending, please message Cheryl Welsh... [welsh@hotmail.com](mailto:welsh@hotmail.com).

The **Slackers Running Rehab Program** is one walking lap of Salem Common as a warm-up and again as cool-down. In between is a 30 minute running/walking workout.

R U kidding me? Isn't this too easy?

Nothing is too easy for veteran slackers who are returning to running after injuries. And we're more than happy to share the fun. Today, Sunday, June 6, 2021, Betsy O'Brine (injured in July 2020) joined Mike Pelletier (injured in September 2020) and Anne Pelletier (injured so long ago that she can't recall the year) on Salem Common at 8am for a warm-up walk, a workout composed of 6 sets of (jog 4min, walk 1min) and a cool-down walk.

Anne and Mike started 4 weeks ago with 15 sets of (run 1min - walk 1min). Betsy (who's always been a bit of an overachiever) started today with 6 sets.

Planning to attend, contact [michaelpelletier1942@gmail.com](mailto:michaelpelletier1942@gmail.com) or text him at: 978-979-9740.

**Random Strider News & Stuff**

**The Annual Strider Cookout** will take place in August. The date and location are still being finalized. Socializing with friends... can't wait!

**Track Workouts** are Tuesday at 6:30pm at the Beverly High School. Coach Fernando Braz leads the workouts for runners of all abilities. Once again, the NSS is teaming up with the Wicked Running Club.

**NSS Weekly Club Runs** take place at the New England Running Company on Thursdays at 6:15pm. Join your fellow striders. Need shoes or gear? ...this is the best place to go.

**Local Fun Runs have returned.**

The [Lynn Woods Weekly XC](#) races take place on Wednesday at 6:30. Go to the Gannon Golf entrance off Rt.129. The races are free, with a kids race (1 mile), short race (2.2 - 4 miles), and a long race (4 - 8 miles).

The [Danvers 5k](#) takes place on Wednesday nights at 7pm. They start on Charter Street at the Maple Street Congregational Church parking lot. The fun-loving group usually socialized post run.

[Notch Brewery 5K](#) takes place on Wednesday nights at 6:30pm at the brewery. You can definitely enjoy a good beer after at this one!

**NSS Shout-Outs!**

- Scott Fraser has taken on the challenge of walking 50 miles in 50 days to benefit the Special Olympics - [Donate](#).
- Rich Tabbut will be running the Falmouth Road Race this Fall to benefit the Mass General Cancer Center - [Donate](#).

**Membership Dues****Run or Walk with Us!**

2021 NSS Membership Dues are waived for anyone who paid for 2020. If you are looking to join us, you can sign up on the [North Shore Striders](#) website; individual \$30 and family \$40.

**Movie Review****On the Edge!**

[On the Edge](#) stars Bruce Dern as an older, unfairly banned runner who runs the Dipsea race in CA. This is truly one of the best running movies ever. You can watch it for free at the link above. Give it a look... you'll be happy you did.

**NSS Officers****Leading the Way!**

- President: Jill Page
- Vice Pres: Cheryl Welch
- Treasurer: Gary Freedman
- Asst Treasurer: Dave Newhall
- Secretary: Betsy O'Brine
- USATF Coord: Mike Pelletier
- Membership Coord: Mariellen Hayward
- Uniforms & Clothing: Laura Parrow
- Website Admin: Andy Moore
- Newsletter Editor: John Ayers
- Facebook Admin: Jill & John