

NSS SENTINEL

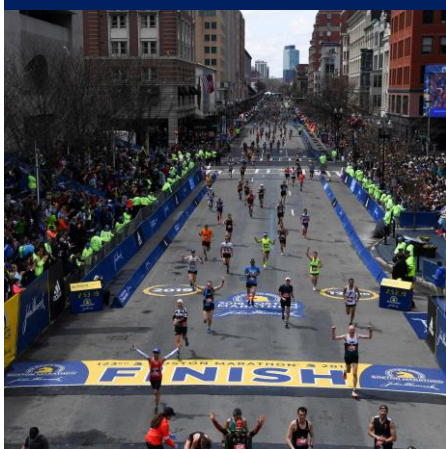
Newsletter of the North Shore Striders Running Club

Volume 2 || Issue 4



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Runners finishing at Boston!

THE BOSTON MARATHON RETURNS

The Striders had several hardy individuals tackle the BAA Marathon. This Fall edition was a first and hopefully last as both Boston and London belong in April.

Congrats to the competitors:

- Lauren Hamilton – BQ 2022
- Kate Gage
- Siobhan Stoney
- Jenny Reynolds (virtual)
- Dave Jefska

Special thanks to the Volunteers!

Thank you to Mary Stevens, who coordinates the NSS crew that worked the 12-mile water station. Without the efforts of this dedicated group, the NSS would not receive bib numbers to send a team each year.

- Mary Stevens
- Karen Batt
- Vanessa Kiranian
- Sally Fowler
- Jenny Reynolds
- Bryan Cunningham

NSS 2021 GRAND PRIX

Mill Cities Relay

Question, “*What has five legs, but isn’t scary, yet still makes you run?*”

This is the last official race in the NSS Grand Prix. The event takes place on December 5th. This is about as much fun as you can have running. We need all striders to compete. The legs vary from 2.5 to 9.5 miles. There will be male, female, and mixed teams entered in each of the six age groups. Best of all... the 6th leg is the celebration at the Claddah Pub; where awards, food, fun and maybe a pint or two will happen.

The NSS will get you signed up and cover your entry fee.

You MUST contact Jill by Nov 22nd if you are interested in either competing or captaining a team, email Prez Jill jillpage84@gmail.com. For more info <https://millcitiesrelay.com>.

Time to Renew Your NSS Membership for 2022

Please note that it is time for all Striders to renew their membership for the upcoming year.

- Adults \$30 / Family \$40
- Renew at [NSS Website](#)
- Send checks to:
Gary Freedman
29 Tidewinds Terrace
Marblehead, MA 01945



Fraser Running the Torch Run for Charity

Scott Fraser is running the Torch Run on December 5th. Click here to learn more & sponsor Scott.

[2021 Torch Run!](#)

Strider Directed Race

Allie Vered would appreciate Striders at her race “Run-a-latke” in Swampscott on November 28th. For more information, see the [race website](#).

Sunday Runs

Beginning on Nov 21th, NSS club runs will take place at Jill’s house at 9am. There will be both 3 mile and 6 mile loops. You can email or text Jill at 508-631-1805 or just show up that morning.

9 Hale Park Drive
Beverly, MA

Lynn Woods Relay (Aug)



This relay is always a special event. It is directed by Bill Mullen “Lord of Lynn Woods”. The NSS made a great showing in 2021.

- **Mens Open – “Running on Fumes” – 2nd Place**
Grasela, Dunleavy, Bernhardt, Ayers
- **Womens Open – “NSS Gazzelles” – 3rd Place**
Darrah, M. Kay, N. Kay, Stoney
- **Women Masters – “NSS Slow n’ Steady” – 1st Place**
Page, Merrit, Batt, Stevens
- **Men Seniors – “NSS Woods Team” – 1st Place**
Genovese, Bowden, Somers, Cook
- **Women Seniors – “NSS Trail Smashers” – 2nd Place**
O’Connor, O’Neil, Imperiall, Kyes
- **Men Veterans – “NSS Silver Streaks” – 3rd Place**
Kobus, Jefska, Veatch, Freedman
- **Women Veterans – “NSS Decades of Decadence” – 2nd Place**
Petronzi, Benton, Hayward, Fowler
- **Men Super Veterans – “NSS Still Truckin” – 1st Place**
Derderian, Hennesey, Newhall, McMahon
- **Mixed Team – “NSS Last Minute Runners”**
Cook, Clay, Walsh, Robectim

Lone Gull 10K (SEP)

This beautiful race on Gloucester’s back shore provided some noteworthy performances by Striders. Dan and Jill made the top ten in their age groups. However, the star of the day was Tom who is now the USATF-NE Champion!

- Dan Bernhardt – 50:38, **USATF-NE 9th Male (40-45)**
- Jennifer O’Neil – 53:01
- Rebecca Imperial – 53:18
- Rich Tabbut – 54:46
- Jill Page – 55:58, **USATF-NE 7th Female (55-59)**
- Tom McMahon – 1:00:32, **USATF-NE 1st Male (70-74)**
- Dave Newhall – 1:05:10
- Ron Imperiali – 1:06:58

Mariellen Haywood runs all six Abbott Marathon majors

Mariellen has done something only 5000 people in the world can claim. She has run all of the official “major marathons”. That means she has now completed: Boston, NYC, Chicago, Tokyo, London, and Berlin.

Other notables 2021 marathoners:

- Dave Jefkska: Boston, London, NYC
- Maureen Kelly: Boston, Chicago, Berlin

Anne Pelletier becomes a National XC Champion

Some Striders headed over to Franklin Park to take part in the USATF Masters XC Championship.

Anne Pelletier romped to a victory in the 70+ women’s division. Yup, that means she is a **national champion!**

Mike Pelletier, coming back from injury, successfully competed in the men’s 70+ division.

Tom McMahon, jumped in to compete for the NE 65+ Club. They raced to a 5th place team finish.

Where to Find Races?

- [New England Runner](#)
- [Running the USA](#)
- [USAT&F-NE](#)

Run for All Ages 5K (Nov)

This jaunt around Lake Q in Wakefield had perfect weather on a flat loop. The NSS made a good showing against strong competition.

- John Ayers – 18:58, 4th Div
- Jill Page – 26:04, 6th Div
- Tom McMahon – 27:48, 8th Div
- Rosie Keys – 29:46, 10th Div
- Siobhan Stoney – 30:02, 7th Div
- Dave Newhall – 30:57, 6th Div
- Linda Desjardins – 33:05, 6th Div

Back the Track 5K (Nov)

This course that toured Marblehead was not for the faint of heart. On a beautiful (brisk) day, the rolling hills took their toll.

- John Ayers – 18:52, 1st 50-59
- Bill Kobus – 23:22, 1st 60-69
- Dan Bernhardt – 23:48, 8th 40-49
- Paul Hennessey – 24:52, 1st 70-79
- Jill Page – 26:21, 1st 50-59
- Dave Newhall – 30:12, 3rd 70-79

THE NSS GRAND PRIX STANDINGS

The Mustangs		The Barracudas	
Dan Bernhardt	25	Dave Newhall	25
Jill Page	25	Dave Jefkska	10
Cheryl Welsh	10	Maryellen Hayward	10
Ron Imperiali	10	Art Clay	10
Jen O'Neil	10	Bill Kobus	10
Mike Grasela	5	Sean Dunleavy	5
Marianna Kay	5	Natalia Kay	5
Eric Bowden	5	Scott Somers	5
Kathy Petronzio	5	Lee Benton	5
	100		85

The Falcons		The Impalas	
Tom McMahon	20	Rich Tabbut	15
Rebecca Imperiali	15	Karen Batt	15
Siobhan Stoney	10	Sal Genovese	10
Rosie Kyes	10	Paul Hennessey	10
John Ayers	10	Liza Bathurst	5
Rene Merritt	5	Linda Desjardins	5
Jeff Cook	5	Lauren Darrah	5
Mike Veatch	5	Mary Stevens	5
Sally Fowler	5	Ann Marie O'Connor	5
		Gary Freedman	5
	85		80