

NSS SENTINEL

Newsletter of the North Shore Striders Running Club

Volume 2 || Issue 5



NSS OFFICERS

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- Gary Freedman
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- Dave Newhall
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- Mariellen Hayward
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- Andrew Moore
NSS WEBSITE
- John Ayers
NSS NEWSLETTER



Runners finishing at Boston!

THE 2022 USAT&F-NE GRAND PRIX

The Series is set! Bring your A-Game and wear the NSS gear.

1. **February 13**, Sunday - Primary Bank Super Sunday 4 Miler, Bedford NH
2. **March 20**, Sunday - New Bedford Half Marathon, New Bedford MA
3. **May 29**, Sunday - Vermont City Marathon, Burlington Vt.
4. **August 14**, Sunday - Bobby Doyle 5 Mile, Narragansett RI
5. **August 27**, Saturday - Allen Mello NH Ten Miler, Auburn NH
6. **September 25**, Sunday - Lone Gull 10k, Gloucester, MA
7. **November 13**, Sunday - Big Steps 5k, Needham, MA

**James Joyce Ramble 10k On April 24th USATF National Masters 10k Championship*

ELECTION OF NSS OFFICERS

Anyone interested in joining the Board of Directors or running for NSS Office, please contact Mariellen Hayward at melseycat@aol.com no later than January 18th. The current officers are listed to the left side of this newsletter. The board will send out Voting Ballots with all of the candidates at the end of January.

NSS MEMBERSHIP RENEWALS

Join this fun-loving crew and wear the blue for 2022!

Please consider renewing your NSS Membership for 2022. A Single Adult Membership is \$30 & Family Membership is \$40. Your Membership dues help pay entry fee to Lynn Woods Relay, Mill Cities Relay, Coaching Fee to participate in Track Workouts, etc.

You can sign-up online at www.northshorestriders.com or send a check to our club treasurer:

Gary Freedman
29 Tidewinds Terrace
Marblehead, MA 01945

A GLOBALLY WORTHY ACHIEVEMENT

Speaking of achieving goals, Mariellen Hayward of the North Shore Striders recently joined a globally exclusive club of ambitious runners. Mariellen is one of only 5,000 Runners, among the more than 621 million runners worldwide, who have completed all six Abbott Major Marathons that include Boston, Chicago, New York City, London, Tokyo & Berlin. That's an achievement built on years of planning, perseverance, & at least a little good luck. (see the latest *New England Runner Magazine*)

Newburyport 10 Mile Registration Opens Feb 1st

This New England classic race will take place on August 2nd. There are lots of great NSS runs in this port town. [More info...](#)

Covid & Training

For those who contract Covid, you should do some research so that you train 'smartly'. The consensus is that if you are asymptomatic then you can continue training. However, if you have symptoms, you should be cautious and likely take some time off. When you start back, take it slow and work your way back to normal training. In the end, everyone is different – do what is best for you. The roads will be there when you are ready.

Boston Numbers

Sally Fowler and Dan Bernhardt are the recipients of the NSS numbers for the Boston Marathon. Good Luck!!!

Sunday Runs

Weekly NSS club runs 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 Ave Beverly, MA

Submit Stuff!

If you see some noteworthy Strider results, please share them with me and they just might make the next newsletter. john@34woodbury.com

Boston Marathon Volunteer Registration is Open

Volunteer registration will open on Wednesday, January 5th at 10am ET and will close on Friday, February 18th at 5pm ET. Sign up today so you don't forget.

Our group name and passcode are below, be sure to share this information with any other of your friends and family interested in volunteering this year

Group Name: **Gately**

Passcode: **BM2022**

Steps to Register Within Athletes' Village

1. Log in to your [B.A.A. Athletes' Village account](#) (or create an account)
2. Navigate to the "Volunteers" tab within Athletes' Village
3. Select the "To Volunteer Click Here" button
4. Follow the instructions on the application.

**Be sure to select "Join an existing group" at Step 5 and input the group name and passcode for our group above.*

Mill Cities Relay Results 2021

Division	Friends on the Run	127
Co-ed Masters	13/18 3 points	
5.6	Dan Bernhardt	
4.75	Jill Page	Captain
2.5	Liza Barthurst	
9.5	Mark Pelletier	
4.75	Ron Imperiali	

Division	Fleet Foxes	126
Female Masters	10/13 4 points	
5.6	Rebecca Imperiali	
4.75	Rosie Kyes	
2.5	Mary Stevens	Captain
9.5	Eponina Netto	
4.75	Siobhan Stoney	

Division	Lynn Woodsmen	131
Senior Men	11/15 5 points	
5.6	Eric Bowden	
4.75	Scott Somers	
2.5	Ed Zipper	
9.5	Jeff Cook	
4.75	Sal Genovese	Captain

Division	A Rose Amidst Thorns	128
Coed Veterans	7/10 4 points	
2.5	Sally Fowler	
9.5	Gary Freedman	
4.75	Bill Kobus	Captain

Division	WTF!! Where's The Finish?	129
Coed Super Veterans	1/1 1 point	
2.5	Deb Jackson	
9.5	Linda Desjardins	Captain
4.75	Bonnie Hallinan	

Division	Septuagenarians on the Run	130
Male Super Veterans	3/4 2 points	
2.5	Mike Pelletier	
9.5	Tom McMahon	Captain
4.75	Paul Hennessey	

Sunshine Start and Exchange at Gr Lowell Technical School	
Coordinator	Anne Pelletier
	Dave Newhall
	Allie Vered
	George Geis
	Michael Page

Noteworthy Striders

Some NSS members made big marks in 2021. **Tom McMahon** finished 2nd in the 2021 USATF-NE Grand Prix and **Anne Pelletier** won her age group at the USATF-XC Nationals.

Stew Chase Cancelled

Roger Perham has decided to cancel the annual 15K for 2022. Unfortunately, with the Omicron surge and new mandates, it just makes sense. It will return in 2023.

USAT&F-NE Membership

While it is not required that all Striders join the USAT&F-NE, it is definitely encouraged. This organization manages the NE Grand Prix and organizes a lot of cool events. When you sign-up, make sure to designate the NSS (39) as your club. [How to join...](#)

Where to Find Races?

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

Upcoming Articles

- **NSS Presidents**
 - a history of past NSS leaders
- **NSS Profiles**
 - a fun interview with a Strider
- **Remember When?**
 - some running history, could be race results, pictures, and more

THE 2021 NSS GRAND PRIX FINAL STANDINGS

The Falcons took home the gold, with the Mustangs just 5 points back in the silver position. The Barracudas and Impalas finished tied for the bronze. The high scorers were Jill Page and Dave Newhall.

**The Falcons will receive gift certificates for the New England Running Company!*

The Falcons	pts	The Mustangs	pts
Siobhan Stoney	20	Dan Bernhardt	30
Tom McMahon	30	Jill Page	35
Rebecca Imperiali	20	Cheryl Welsh	10
Rosie Kyes	20	Ron Imperiali	15
John Ayers	15	Mike Grasela	5
Rene Merritt	5	Marianna Kay	5
Jeff Cook	10	Eric Bowden	10
Mike Veatch	5	Jen O'Neal	10
Sally Fowler	10	Kathy Petronzio	5
Eponina Netto	5	Terrance Smith	5
George Geis	5	Bonnie Hallinan	5
		Anne Pelletier	5
First Place	145	Second Place	140
The Barracudas	pts	The Impalas	pts
Dave Jefska	10	Sal Genovese	15
Maryellen Hayward	10	Rich Tabbut	15
Dave Newhall	35	Karen Batt	15
Art Clay	10	Liza Bathurst	5
Sean Dunleavy	5	Linda Desjardins	15
Natalia Kay	5	Lauren Darrah	5
Scott Somers	10	Mary Stevens	10
Bill Kobus	15	Ann Marie O'Connor	5
Lee Benton	5	Gary Freedman	10
Mark Pelletier	5	Paul Hennessey	15
Mike Pelletier	5	Deb Jackson	5
Ed Zipper	5	Allie Vered	5
Third Place - tie	120	Third Place - tie	120

NSS JINGLE BELL RUN

Some joyous Striders gathered at Prez Page's house for a fun run, good food, and great company just before Christmas. Yeah, the elf in the middle is a bit tall but he loves toys and candy so we'll give him a 'pass'.

