

NSS SENTINEL

Newsletter of the North Shore Striders Running Club

Volume 2 || Issue 6 || March 2022



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NSS NEWSLETTER

New England Running Co.

Remember to get your gear at the New England Running Company! Dave is a great friend of the NSS and does a lot to support our community.

[Take me to NERC!](#)



THE 2022 NSS RACE SERIES!

The votes have been counted!

The 2022 NSS Grand Prix Race Series is:

- Race #1: April 2nd - Salisbury, MA "THE APRIL FOOLS 4 MILER"
- Race #2: June - Hamilton, MA "WEINER RUN" 5 miles
**NSS Roger Perham Race Director*
- Race #3: July 14th - Salem, MA "MILES OVER THE MOON" 4 miles
- Race #4: August 2nd - "NEWBURYPORT HOMECOMING 5k & 10 MILE RACE"
- Race #5: September 25th - Gloucester "LONE GULL 10k"
- Race #6: October - Marblehead "BACK THE TRACK" 5k
**NSS Gary Freedman Race Director*
- Race #7 November 5th - Wakefield "RUN FOR ALL AGES" 5k
- Race #8 December 18th - Swampscott "Run-A-Latke" 5k
**NSS Allie Vered Race Director*

The 2022 Relays

- August-Lynn Woods Relay (5 points earned to run or volunteer)
- December 5th Mill Cities Relay (5 points earned to run or volunteer)

****This is a fun Race Series.* There is no obligation to run any or all races, but it's a great interclub competition. Run one race & you will be automatically placed on a team. At the end of the season there will be individual age group awards & Team Champion Award. One can earn "**IRON RUNNER**" status by Running 8 out of 10 Races (volunteering or running relays included in scoring).***

NSS MEMBERSHIP REMINDER

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

NSS WELCOMES NEW MEMBERS!

- Shauna Coopinger
- Natalia Gemma
- Summer Genovese
- Katrina Price
- Susan Shelby
- Lynn Weis

The April Fool's 4 Miler Registration is open!

The first race in the NSS Grand Prix is open for sign-up! Just go the website and get registered to run. Be sure to let them know you are NSS Proud when signing up.

[Sign me up!](#)

Thursday Runs

Weekly runs for all at the New England Running Company on Thursday nights at 6pm.

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

Lynn Woods Wednesdays!

The schedule is not set yet but should be soon. This is a great time with great people... and managed by NSS's Bill Mullen. We'll post the schedule when available.

<http://lwrun.org>

Saturday Slackers Runs

Saturday Slacker Group (Days & times may vary contact Mike Pelletier

michaelpelletier1942@gmail.com

NSS Gear Update!

Our dedicated Uniform & Clothing director, Laura Parrow will soon have Strider Gear" available online. More info to follow soon!

NSS TABBUT PENS HIS AUTOBIOGRAPHY

The NSS own Rich "The Hammer" Tabbut has written his autobiography.

(from his website) Richard Tabbut says in the book, "Writing a book is extremely hard work and makes you try to look clearly at your own life. "What makes his life interesting or different? According to the author, what makes any life story interesting is that it is unique. Like any other memoir, his story includes triumph and despair, lows and highs, and overcoming seemingly impossible obstacles. This book truly is a love story: love running, friends, family, and his hometown of Beverly.

This will be a must-read for anyone in the running community and especially if you run the North Shore. The book will be available for purchase on his website in the coming days! <https://www.richardtabbut.com/>



THE LOUISE ROSETTI 5K FINALE IN 2022

This is a great race that is dedicated to a great woman! If you have never run it before, run it once, or even 20 times, come and be part of this special edition. NSS Strider Women come run & score as a team. We need 5 members to score on a team! NSS Women please run & support the Race! NSS Men, we could use your help volunteering on the course. If able to volunteer, please email- Race Director: Jillpage84@gmail.com

2022 USAT&F-NE GRAND PRIX

Reminder... the New England series has been set too!

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