

NSS SENTINEL

Newsletter of the North Shore Striders Running Club

Volume 2 || Issue 8 || October 2022



NSS OFFICERS

- Jill Page
PRESIDENT
- Cheryl Welsh
VICE PRESIDENT
- Gary Freedman
TREASURER
- Dave Newhall
ASSISTANT TREASURER
- Betsy O'Brine
SECRETARY
- Mike Pelletier
USATF COORDINATOR
- Jennifer O'Neil
MEMBERS COORDINATOR
- Laura Corvino
UNIFORMS & CLOTHING
- Andrew Moore
NSS WEBSITE
- John Ayers
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 15th - 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 November 5th - Wakefield "RUN FOR ALL AGES" 5k
- Race #7 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 4th 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 WELCOMES NEW MEMBERS!

- Ryan, Joy, & Gabrielle Erickson
- Richard Fitzpatrick
- Jim Noonan

NORTH SHORE STRIDER NIGHT @ NEW ENGLAND RUNNING CO.

Thursday, October 13th

New England Running Co. & Craft will host the North Shore Striders on Thursday, October 13th from 5-7pm.

Come early to shop & enjoy a generous 20% discount off most items (excludes Garmin or sale items). Also, you can participate in Raffle to win a free pair of Craft Running Shoes.

Join us for a 3-mile fun run @ 6:00pm. Pizza & Raffle will follow
RSVP to Jill @ jillpage84@gmail.com

NSS GRAND PRIX NOSTALGIA

Anyone else miss the Essex "Turkey Trot" 5M or Tewksbury "Run Your Turkey Off" 15K? Both were events in the NSS Grand Prix in bygone days. Genuine rock your socks off, New England hilly courses. I always miss them at this time of the year. Hope to see you in Salem or Newburyport on Turkey Day!

NSS Membership Reminder

Join this fun-loving crew and wear the blue for 2023!

You can sign-up online at www.northshorestriders.com

USATF-NE Grand Prix

There is just one race left in the New England road racing series. The [BIGGSteps Needham 5K](#) on Sunday November 14th. If you are running "Good Luck! ...and do the Blue proud!

NSS History

The Striders have had 4 members recognized at Mill Cities and received the Phil Quinn Award:

- Mike Page 1995
- Gary Freedman 2001
- Bill Mullen 2008
- Roger Perham 2017

Sunday Runs

Weekly club runs take place at Jill's house at 8am. You can run anywhere from 3-10 miles.

You can email, text or show-up :
Jill at 508-631-1805
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

If you get the bug to write an article (within reason LOL). Put together a couple of paragraphs and send them.

LONE GULL 10K NSS RESULTS

By Linda Desjardins

The weather couldn't have been better – upper 50's, a turquoise blue sky over a playful ocean (not too calm, not too roiled), rolling hills, twists and turns, straightaways, three water stops, smatterings of spectators, talented competitors, superb post-race snacks (complete with a gathering of bees wanting to sample the sweets), and a spirit of camaraderie as winners were celebrated and all finishers applauded. This was the 2022 Lone Gull 10K race on September 25, 2022. What a wonderful gathering. The race was superb.

- John Ayers 37:11 3rd USATF & 5th (50-59)
- Jan Boland 48:09 5th Place (60-69)
- Dan Bernhardt 50:38 59th (40-49)
- Rebecca Imperiali 52:25 27th (50-59)
- Jennifer O'Neil 52:26 17th (50-59)
- Rich Tabbut 53:09 22nd (60-69)
- Joy Erickson 53:31 34th (40-49)
- Jill Page 54:14 30th (50-59)
- Jim Boland 58:58 30th (60-69)
- Tom McMahon 1:03:43 8th USATF & 15th (70-79)
- Ron Imperiali 1:06:05 69th (50-59)
- Mariellen Hayward 1:07:12 7th USATF & 31st (60-69)
- Jodi-Tatiana Charles 1:07:16 48th (50-59)
- Cheryl Welsh 1:11:31 35th (60-69)
- Linda Desjardins 1:12:24 2nd USATF & 4th (70-79)
- Dave Jefksa 1:15:01 10th USATF & 39th (60-69)

****Please let me know I missed anyone.****

Great Job NSS Team!

LYNN WOODS NSS TEAM RESULTS

- Men's Open Team- 12th place "NSS I Signed Up for What?" (TR Ramsdell, John Ayers, Ryan Ayers, Wes Lassen)
- Women's Open -4th place NSS Gazelles (Katelyn Boaman, Lauren Darrah, Linda Griffin, & Rebecca Carpenter)
- Coed-NSS Run Like the Wind-12th place (Dan Bernhardt, Ron Imperiali, Liza Bathurst, Jill Page)
- Masters Women-NSS Ready Set Go- 2nd place (Jill Page, Jodi-Tatiana Charles, Kathy Wilder, Tara Arnold)
- Senior Men-NSS Woods Team 4th place (Eric Bowden, Jeff Cook, Scott Somers, Sal Genovese)
- Senior Women-NSS Whirlwind Women of the Woods-2nd place (Joan Klemm, Rosie Kyes, Rebecca Imperiali, Julie Wesner)
- Veteran Men-NSS Golden Oldies -4th place (Bill Kobus, Mike Veatch, Gary Freedman, Dave Jefksa)
- Veteran Women-NSS R.I.O.T. Running is Our Therapy 2nd place (Jennifer O'Neil, Sally Fowler, Cheryl Welsh, Bonnie Hallinan)
- Super Veteran Men- NSS LOS Viejos -1st Place (Jim Noonan, Dave Newhall, Tom Derderian, Paul Hennessey)



MILL CITIES RELAY ON DECEMBER 4TH

Question, “When do you find people running the streets of Lawrence, and police are leading the way instead of chasing?”

MCR is quite possibly the most fun you will have running! The event takes place on December 4th. 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 decide by Nov 22nd. If you are interested in either competing or captaining a team, send an email Prez Jill jillpage84@gmail.com. Want to read more about it? <https://millcitiesrelay.com>.

2022 NSS GRAND PRIX STANDINGS

Team Standings

| The Fast and the Furious | pts | The Grapes of Wrath | pts | The Accidental Tourists | pts | The Elements of Style | pts |
|--------------------------|-----|---------------------|-----|-------------------------|-----|-----------------------|-----|
| John Ayers | 30 | Sal Genovese | 20 | Bill Kobus | 10 | Rebecca Imperiali | 30 |
| Jennifer O'Neil | 20 | Rich Tabbut | 25 | Jill Page | 30 | Siobhan Stoney | 15 |
| Tom McMahon | 25 | Ron Imperiali | 30 | Linda Desjardins | 15 | Paul Hennessey | 15 |
| Rosie Kyes | 15 | Mariellen Hayward | 20 | Dave Jefkska | 25 | Karen Batt | 15 |
| Tara Arnold | 10 | Cheryl Welch | 25 | Dave Newhall | 20 | Roger Perham | 5 |
| Jodi Tatiana-Charles | 20 | Liza Bathurst | 15 | Dan Bernhardt | 20 | Tom Lima | 5 |
| Ryan Erickson | 5 | Joy Erickson | 10 | Gabrielle Erickson | 5 | Katie Boaman | 10 |
| Joan Klemm | 10 | Sally Fowler | 10 | Gary Freedman | 10 | Rene Merritt | 5 |
| Betsy O'Brine | 5 | Vanessa Diranian | 5 | Scot Fraser | 10 | Mike Pelletier | 5 |
| Anne Pelletier | 5 | Eric Bowden | 5 | Jeff Cook | 5 | Scott Somers | 5 |
| Ryan Ayers | 5 | Wes Lassen | 5 | Mike Veatch | 5 | Jim Noonan | 5 |
| Jan Boland | 5 | | | | 5 | Jim Boland | 5 |
| | | | | | | Bonnie Hallinan | 5 |
| | 155 | | 175 | | 155 | | 130 |

Women's Standings

| Open (0-39) | pts | Masters (40-49) | pts | Seniors (50-59) | pts | Super Seniors (60-69) | pts | Veterans (70+) | pts |
|--------------------|-----|------------------|-----|----------------------|-----|-----------------------|-----|------------------|-----|
| Gabrielle Erickson | 5 | Siobhan Stoney | 12 | Rebecca Imperiali | 33 | Mariellen Hayward | 23 | Linda Desjardins | 15 |
| Katie Boaman | 6 | Karen Batt | 6 | Jennifer O'Neil | 29 | Sally Fowler | 8 | | |
| | | Tara Arnold | 5 | Jill Page | 29 | Betsy O'Brine | 5 | | |
| | | Liza Bathurst | 5 | Rosie Kyes | 13 | Cheryl Welsh | 12 | | |
| | | Joy Erickson | 11 | Jodi Tatiana-Charles | 15 | Jan Boland | 8 | | |
| | | Kate Gage | 6 | Rene Merritt | 6 | | | | |
| | | Vanessa Diranian | 5 | Joan Klemm | 10 | | | | |

Men's Standings

| Open (0-39) | pts | Masters (40-49) | pts | Seniors (50-59) | pts | Super Seniors (60-69) | pts | Veterans (70+) | pts |
|-------------|-----|-----------------|-----|-----------------|-----|-----------------------|-----|----------------|-----|
| | | Ryan Erickson | 5 | John Ayers | 28 | Bill Kobus | 6 | Tom McMahon | 20 |
| | | Dan Bernhardt | 22 | Sal Genovese | 19 | Rich Tabbut | 31 | Paul Hennessey | 10 |
| | | | | Ron Imperiali | 21 | Dave Jefkska | 22 | Dave Newhall | 6 |
| | | | | Scott Fraser | 10 | Tom Lima | 6 | | |
| | | | | | | Gary Freedman | 9 | | |
| | | | | | | Jim Boland | 5 | | |