

The Sentinel

Newsletter of the North Shore Striders



Who are the Striders?

The North Shore Striders are a local running club that has been around for decades. We can be found at many of the area races. Whether it is on the roads, trails, or track, you're likely to find us there. We welcome runners, walkers, and fans of all abilities.

Interested in joining? Contact: jillpage84@gmail.com

NSS Meet & Greet

At the home of Jennifer O'Neil
28 Sherman Street
Beverly, MA

Get together with your fellow North Shore Striders!
Join us from 6:30 - 8:00pm. We will provide light snacks and drinks. Feel free to bring something to share if you'd like.

(Event held outdoors. Rain date: Monday, June 5th .)
Please RSVP to jensoneil@comcast.net by May 15.

WHAT'S NEW

SUNDAY CLUB RUNS

All abilities welcome. The runs head out at 8am from Jill's house at 9 Hale Park Ave, Beverly, MA. Contact: jillpage84@gmail.com

TUESDAY TRACK NIGHT

Track Workouts with
Coach Fernando Braz
BHS Track on Sohier Road
Warm-ups begin at 6:15pm

We have had a great Strider showing. Many different pace groups & all abilities are welcome.

Coach gears the workouts to your ability

NSS Grand Prix Standings

Standings after race #1 April Fool's 4 Miler

WOMENS

OPEN (0-39)

1. Katelyn Boaman 5 points

MASTERS (40-49)

1. Siobhan Stoney 11 points
2. Karen Batt 10 points
3. Joy Erickson 7 Points
4. Patty Santos 4 Points

SENIORS (50-59)

1. Rosie Kyes 10 points
2. Rebecca Imperiali 7 points
3. Jill Page 6 Points

VETERANS (60-69)

1. Jennifer O'Neil 12 points
2. Sally Fowler 6 Points
3. Mariellen Hayward 5 Pts
Jane McMahon 5 Points
Betsy O'Brine 5 Points
Mary Stevens 5 Points

SUPER VETERANS (70-)

1. Linda Desjardins 7 Points
2. Bonnie Hallinan 5 Points
Anne Pelletier 5 Points

MENS

OPEN (0-39)

MASTERS (40-49)

SENIORS (50-59)

1. Eric Bowden 5 Points
Jeff Cook 5 Points
Sal Genovese 5 Points

VETERANS (60-69)

1. Rich Tabbut 12 points
2. Ron Imperiali 6 points
3. Dave Jefska 5 Points

SUPER VETERANS (70-)

1. Bill Kobus 5 Points
Tom McMahon 5 Points
Dave Newhall 5 Points
Mike Pelletier 5 Points
Terrance Smith 5 Points

2023 GP Races

Wear your colors proud!



Dates will follow in the next newsletter.

1. ~~April Fool's Race~~ (completed)
2. June: Weiner Run 10k Hamilton MA
3. July: Miles Over Moon 4 Miler-Salem
4. August 1st Newburyport Homecoming 10 Miler & 5k/ August 3rd Beverly Homecoming 5k
5. August: Derby Street Mile, Salem
6. August: Lynn Woods Relay (4x2.5 Miles) (Your NSS Dues pays your entry Fee)
7. September 24th : Lone Gull USATF 10k Championship
8. November: Jerry's Run For All Ages 5k Wakefield, MA
9. December Mill Cities Relay (Your NSS Dues Pays Entry Fee)
10. December Run-a-Latke 5k Swampscott MA

What is the Grand Prix?

By Adrian King

The NSS Grand Prix Series is a fun Inter Club Competition. After completing a race in the series, you will automatically be placed on a team. Every runner will earn points for both the individual age group points. More importantly, you'll earn team points.

We compete primarily on the roads, but you will find us at the Lynn Woods Relay races in August. At the end of the year, we compete in the Mill Cities relay from New Hampshire to Mass. It is a blast.

At the end of the season, prizes are awarded to the top Team & Age Group Winners. There is no pressure-Just lots of Fun!

Hope to see you @ the Races

NSS GP Team Standings

5 points were awarded to runners & volunteered at the Stew Chase

Runners who complete in an upcoming race will be added to the lowest scoring team. Some big scorers from last year will be running Roger Perham's Weiner 10K...

Jaguars (35 Points)

- Rosie Kyes 10 points
- Rebecca Imperiali 5 pts
- Linda Desjardins 5 points
- Dave Jefska-5 points
- Betsy O'Brine -5 points
- Dave Newhall-5 points

Tigers (35 Points)

- Siobhan Stoney 10 points
- Patty Santos 5 points
- Joy Erickson 5 points
- Bill Kobus 5 points
- Mariellen Hayward 5 pts
- Terry Smith 5 points

Panthers (35 Points)

- Rich Tabbut 10 points
- Ron Imperiali 5 points
- Jeff Cook 5 points
- Katelyn Boaman 5 Points
- Bonnie Hallinan 5 Points
- Jane McMahon 5 points

Lions (30 Points)

- Jennifer O'Neil 10 points
- Sally Fowler 5 points
- Sal Genovese 5 points
- Anne Pelletier 5 points
- Mary Stevens 5 points

Cheetahs (30 Points)

- Karen Batt 10 points
- Jill Page 5 Points
- Eric Bowden 5 points
- Mike Pelletier 5 points
- Tom McMahon 5 points

26 x 1 Mile Relay

Crazy fun, running circles with friends!



Sending out another request for any runners interested in running the 26 X 1 Mile Relay on June 3rd.

We have a strong crew that has already committed to run. We need a few more Runners to complete our Team.

Please let me know if you are interested. *All Abilities Are Welcome!*

There are team & individual wards to be earned. If interested. I will send you the link for sign up with the North Shore Striders Pass Code.

Run the Commons with Mike Pelletier

Mike is looking for a few training buddies. He runs on the dead flat Salem Common in the morning at 8am, 8:30 am, or 9 am. He is aiming for 2-3 days a week.

Last week, Mike ran 2 or 2.5 miles at a pace of 12 -- 13:50 minutes/mile. If anyone wants to join him, please email michaelpelletier1942@gmail.com with cell phone number so that he can text details.

Boston Marathon Results!

North Shore Striders Ran Strong @ Boston. All earned the prestigious Boston Marathon Medal!

Congratulations to:

- Katelyn Boaman 3:34:31
- Kate Gage 3:39:45
- Lauren Hamilton 3:50:37
- Sue Madden 4:07:33
- Nina Neto 4:18:20
- Rebecca Imperiali 4:21:51
- Rich Tabbut 5:42:25
- Dave Jefska 5:47:02

Way to Go NSS!

Winners Circle Running Club's 40th Annual April Fool's 4 Miler

April 1, 2023 - by Linda Desjardins

The first race in the North Shore Striders Grand Prix had a tremendous club showing and impressive results. On a day when everyone had second thoughts about blowing off the race after awakening to downpours, a host of Striders still laced up their running shoes and reported to the starting line. Fortunately, the heavy gully washers let up and toned down to just light and very manageable rain for the four-mile sojourn. With a 42-degree temperature, the weather did not really become a factor as the puddles were quite easy to avoid and there was no wind to complicate matters. A decent-sized crowd, 236, finished the race.

The course is one familiar to past participants: Rabbit Road for about .8 and then a right hand turn on to a neighborhood side street to a cul-de-sac at 2 miles and then back to the finish. The terrain couldn't be flatter even if it was steamrolled! Scenery was only so-so with trees not yet budding and flowers not yet in bloom and we had an overcast sky, but it's always interesting to run an out-and-back course and see how long it takes for the speedsters to blur by on their return route. It can be discouraging when one is expending maximum effort and has just passed the one-mile mark to see the leaders coming back through their mile 3.

The water stop, just short of two miles, is always welcome. A man spewing cigar smoke at said stop? Not so much, and he was still puffing away on that cigar on the return. Yuck! But once the realization occurs that the race is half through, runners put on their afterburners for the charge to the finish and little annoyances are left in their wake. The receptions hosted by the Winner's Circle always feel welcoming and the snacks, beers, and video of the race help keep everyone charged up. The Winner's Circle stayed with the traditional awards ceremony, and it feels right to be able to cheer for all the award winners. The post-race gathering is always the frosting on the cake in a well-organized event, and this one was just that.

April Fool Results

1st Race in the 2023 NSS Grand Prix!

Women 40-49

- Joy Erickson, 33:09, Age Group 3rd, 10th Woman overall, 49th Finisher
- Siobhan Stoney, 37:12, Age Group 9th, 100th Finisher
- Karen Batt, 42:10, Age Group 14th, 150th Finisher
- Patty Santos, 45:16, Age Group 22nd, 197th Finisher

Women 50-59

- Rebecca Imperiali, 32:31, Age Group 2nd, 7th Woman overall, 44th finisher
- Jill Page, 35:24, Age Group 7th, 79th Finisher
- Rosie Kyes, 37:12, Age Group 13th, 99th Finisher

Women 60-69

- Jennifer O'Neil, 33:58, Age Group 3rd, 61st Finisher
- Sally Fowler, 37:31, Age Group 8th, 102nd Finisher

Men 60-69

- Rich Tabbut, 34:25, Age Group 12th, 66th Finisher
- Ron Imperiali, 40:25, Age Group 19th, 132nd Finisher

Women 70-79

- Linda Desjardins, 43:42, Age Group 2nd, 170th Finisher

Boston Volunteers!

Captain Mary Stevens

Karen Batt, Brian Cunningham, Vanessa Diranian, Sally Fowler, Rosie Kyes, Joan Klemm, Betsey O'Brine, Roger Perham, Jenny Reynolds, Sobhan Stoney, Cheryl Welsh

****Volunteered @ Boston Marathon Packet Stuffing****

Kate Gage & Running Boston too!, John Linsley, Robin Bernstein & Volunteering for Dana Farber on Race Day, Linda Desjardins, Cheryl Welsh, Nina Neto-& Running Boston too!