



North Shore Striders

March 2024 Newsletter

2024 USATF-NE Road Running Grand Prix Series

- **Stretch Lab Super Sunday 4M**
 - Bedford, NH
 - 11-Feb-24
 - COMPLETED!
- **New Bedford Half Marathon**
 - New Bedford, MA
 - 17-Mar-24
 - COMPLETED!
- **Frank Nealon 15K**
 - Upton, MA
 - 30-Mar-24
 - [Email](#) the director
- **Great Bear Run 5K**
 - Needham, MA
 - 19-May-24
 - [Email](#) the director
- **USATF-NE Road Mile**
 - TBD, MA
 - July TBD
 - [Email](#) the director
- **Bobby Doyle 5 Miler**
 - Narragansett, RI
 - August 11, 2024
 - [Email](#) the director
- **Lone Gull 10K**
 - Gloucester, MA
 - 22-Sep-24
 - Email not available



2024 NSS Grand Prix Kick-off

The 41st Annual April Fool's 4 Mile Road Race will be run at 10:00 AM on Saturday, April 6, 2024, at the Winner's Circle, just off of the Rte. 110 exit of Rte. 95, in Salisbury, MA.

This event is one of the oldest races in the WCRC lineup, being just 3 months younger than the Hangover Classic on New Year's Day. The race features a flat and fast USATF certified course (#MA11026JK) which attracts top runners, along with a fun atmosphere and great post-race party, making the event inviting to all. This year a portion of our proceeds will benefit Coastal Connections and the Pettingill House.

New this year is a Team component. There will be a \$100 gift card to the Winner's Circle Sports Bar for your post-game celebration for the largest Team that crosses the finish line.

There is prize money for the top three male and female winners and commemorative T-Shirts to the first 200 entrants.

Chip timed by Yankee Timing

Age group winners M & F 3 deep: under 20, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75-79, 80+

What more could you ask for to welcome spring!!!
[Register here!](#)

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Hamantasch-Run 5K This Weekend!!!

Join the inaugural Hamantasch-Run 5K through the heart of Arlington, starting at Arlington Town Hall and ending at Masonic Temple on Sunday March 24th at 3:00PM. First 150 registrants receive a free beanie! Come in costume and enjoy hamantaschen at the finish line!

For those who would like to continue the Purim festivities, Center for Jewish Life's annual Purim Party will take place at the Masonic Temple at the conclusion of the 5K road race. A 25% discount will be given to registered runners and their families!

Sunday Club Runs

Sunday Club Runs are at 8:30am on Sundays @ Jill's House 9 Hale Pk. Ave.

All Abilities Welcome

Tuesday Night Track

The Strider track workouts will be starting very soon. They are run weekly and welcome everyone!

The starting is not yet set but we'll let you know as soon as we can.

- Coach Fernando Braz (Olympic Trials Marathoner)
- Beverly High School
- Tuesday nights @ 6:30pm

2024 Striders Grand Prix Series

Race	Date	Race Site
April Fools 4 Miler	April 6th	Salisbury
HAWC 5K	June 9th	Salem
Weiner Run 10K *Race or Volunteer	June TBA	Hamilton
Miles over the Moon 4 Miler	July TBA	Salem
**Newburyport 5K/10 Miler	July 30th	Newburyport
**Beverly Homecoming 5K	August 1st	Beverly
Derby Street Mile	August TBA	Salem
Lone Gull 10K	September 22nd	Gloucester
Run For All Ages 5K	November 2nd	Wakefield
Run-a-Latke 5K *Race or Volunteer	December TBA	Swampscott

- Race either Newburyport 5k/10 Miler or Beverly Homecoming 5K to earn points in the series.
- Running the 10 Miler earns more points.

Race	Date	Race Site
Stew Chase 15K/Relay	February 4th	Lynn
Boston Marathon	April 15th	Hopkington
26X1 Mile Relay	June TBA	Medford
Marblehead Arts Festival 5K	July TBA	Marblehead
Lynn Woods Relay	August	Lynn
Mill Cities Relay	December 8th	Nashua NH

- Earn points by running, walking, or volunteering
- Iron Runner (Run all 9 NSS Grand Prix Races or run 8 NSS Grand Prix Races and 1 Bonus Race)
- All Bonus Races earn 5 points for age group and team awards.

26 x 1 Mile Relay is on!

The 28th annual [Marathon Relay Club Challenge](#) is taking place on June 8th.

It's important that we put the team together early. Our spot is reserved but we need to field a group of 13 male and 13 female runners to join the fun. The cost is \$18 per runner. Register with the link above.

To run with the NSS: john@34woodbury.com



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Notable Striders

Got a race result or story to share. Let me know and we'll get it posted.

North Shore Striders, **Jodi Tatiana Charles** & Bishop Fenwick Basketball Star **Cecilia Kay** are doing great things. Read about Jodi earning [Marblehead Person of Year](#) honors for her tremendous devotion to her Marblehead Community.

Cecilia Kay & her family have been long time North Shore Strider Members & have contributed so much to the NSS Team. See attachment highlighting [Cecilia's Success](#).

A huge shout-out to The Freedman family. Gary and Esther's son Zachary was awarded a residency at Beth Israel!

2024 Boston Marathon Runners

Congratulations to John Linsley and John McFadden who will be competing in this year's Boston Marathon as NSS number recipients.

Special kudos to Jeff Cook who qualified and will be representing the Striders on the BIG Monday!

2023 Grand Prix Team Results

Jaguars	Pts.
Rosie Kyes	25
Rebecca Imperiali	40
Linda Desjardins	35
Dave Jefska	40
Betsy O'Brine	10
Dave Newhall	15
Tara Arnold	15
Dan Bernhardt	20
Alexandra Campbell	10
Nina Netto	10
Paul Hennessey	20
Christopher Kay	5
Mike DiMauro	5
Total	250

2023 GP Female Results

Open	Pts.
Katelyn Boaman	30
Mariana Kay	18
Gabriella Erickson	15
Alexandra Campbell	11
Ashley Ayers	5

Masters	Pts.
Joy Erickson	58
Siobhan Stoney	49
Karen Batt	33
Patty Santos	29
Tara Arnold	19
Kate Gage	18
Nina Netto	10
Liza Bathurst	7
Vanessa Diranian	5
Jenny Reynolds	5

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Stew Chase!

The 2024 Great Stew Chase was a success! There were many NSS volunteers and competitors there! Firstly a big thanks to **Roger Perham – Race Director Extraordinaire!** To all of the volunteers:

- Mike Pelletier
Volunteer Captain
- Karen Batt
- Vanessa Diderian
- Bonnie Hallinan
- Mariellen Hayward
- Dave Jefska
- Dave Newhall
- Jack O'Neil
- Mary Steven

...and to the competitors!

- John Ayers 4th place overall 1:00:14
- 26th Eric Bowden 5th age group (50-54) 1:09:14
- 27th Jeff Cook 2nd Age Group (55-59) 1:09:35
- 43rd Sal Genovese 4th Age Group (55-59) 1:15:53
- 52nd Kirk Fackre 4th Age Group (60-64) 1:18:41

RELAY_ NSS Teams Earned 1st & 2nd out of 7 Teams

- NSS Team: Jen O'Neil & Joy Erickson Tremendous 1st Place 1:21:38
- NSS Team Tara Arnold & Rosie Kyes Tremendous 2nd Place 1:34:35
3rd place was only 19 seconds behind

Shop Local!



Dave and the gang at the [New England Running Company](#) are huge supporters of the North Shore Striders and running on the North Shore. Looking for shoes, clothes, equipment, or advice. That is the place to go.

43 Enon St, Beverly, MA 01915

Phone: 978-922-8870

Seniors	Pts.
Rebecca Imperiali	50
Jill Page	49
Rosie Kyes	27
Joan Klemm	10
Lisa Laverty	10
Melissa Whitten	5

Super Veterans	Pts.
Linda Desjardens	38
Anne Pelletier	25
Bonnie Hallinan	10

Veterans	Pts.
Jennifer O'Neil	59
Mariellen Hayward	41
Julie Menosky	22
Sally Fowler	17
Betsy O'Brine	10
Cheryl Welsh	10
Jan Boland	8
Jane McMahon	5
Robin Bernstein	5
Mary Stevens	5

2023 GP Male Results

Open	Pts.
Ryan Ayers	5
Christopher Kay	5

Masters	Pts.
Ryan Erickson	15
John Linsley	10
Wes Lassen	10

Seniors	Pts.
Eric Bowden	36
John Ayers	34
Dan Bernhardt	21
Sal Genovese	20
Jeff Cook	17
Sean Dunleavy	17
John McFadden	16
Ted Klemm	10
Scott Somers	10
Mike Dimauro	5
Scott Fraser	5
Joe Shairs	5
John Gillis	5
Ed Zipper	5

Veterans	Pts.
Ron Imperiali	57
Dave Jefska	51
Kirk Fackre	26
Rich Tabbut	22
Chris Stocker	12
Jim Boland	6
Mike Veatch	5

Super Veterans	Pts.
Bill Kobus	27
Paul Hennessey	22
Roger Perham	15
Dave Newhall	15
Tom McMahon	10
Jim Noonan	10
Terrence Smith	5

SuperDuperVET	Pts.
Mike Pelletier	30