



### **CANCELED - 4C's Race on Saturday 10/19/2024**

The 4C's Race set to take place this Saturday, October 19th in Shirley has been canceled. NMC's Winter Series will start in January, stay tuned!

### **Random Distance Run - Sunday 10/27/2024**

No, that's not a typo. NMC Member Pat Byrne is trying something new. On Sunday, October 27, 2024 at Elliot Field at Fitchburg State University, Pat will "roll the dice" to determine the distance of the race. Before the race starts at 10AM, Pat will roll the first die and determine the number of laps in the first leg of the race. Before the end of the first leg, Pat will cast the second die to determine the number of laps in the final leg of the race. One runner runs both legs of the race, totaling between 800m and 4800m (1/2 mile and 3 miles). Best of all, it's FREE! Just show up at Elliot Field on Sunday, October 27th and sign-in with Pat. Any questions? Contact Pat Byrne [patbyrne@patrickjbyrne.com](mailto:patbyrne@patrickjbyrne.com)

### **Beat the Bay State Team Challenge - November 2024**

North Medford Club will once again participate in the Beat The Bay State Team Challenge. Walking or running, treadmill included. We've reached the 900-mile mark first over the last three years. Let's do it again! Get your friends to join our group (right now we have just over 25). [Sign-up here](#).

### **BAA Half Marathon Volunteers**

Volunteer at the BAA Half Marathon on Sunday, November 10th. Last year we had a great time! Use Group Name "NMC2024" and password "runf@ster" when you apply in your BAA Athletes Village account. Right now we have 7 in our volunteer group; the larger the group, the better chance we have of getting our choice of assignment. Guaranteed done by 11:30am (last year we were done a little earlier), and either a 6:00am or 6:30am start depending on our assignment. Volunteer sign-ups close October 25th. Please feel free to reach out with any questions!

### **Mill Cities Relay - Sunday, December 8, 2024**

Sign-ups are now open to current NMC Members who want to run the Mill Cities Relay. The race runs from Nashua NH to Lawrence MA (new starting and finish locations this year, check out the [Mill Cities website](#) for details) in 5-member teams, 3-member teams with a shorter total distance for 60+ year olds. Fill out the [Google Form Application](#) and make sure you've paid your dues for 2024! Read our [Mill Cities Letter](#) from our Coordinator, Rebecca, and reach out with any questions!

### **NMC Apparel**

If you need some new NMC Apparel (because you'll be rep-ing NMC in the Mill Cities Relay 😊), please reach out to Marge at [roadrunner\\_415@yahoo.com](mailto:roadrunner_415@yahoo.com) and she'll be able to coordinate with you.

**NMC Christmas Party - Saturday, December 14, 2024**

NMC's Christmas Party will be held Saturday, December 14th at Monoosnock Country Club in Leominster. Tickets are \$30 per person for NMC Members and their guest. Please download and fill out [THE FORM](#), and return the bottom portion with payment to Deb Fontaine. We kindly ask that you register no later than December 1st so we may plan accordingly. Each year we have a blast dancing the night away, so don't miss out on all the fun!

**NMC Dues - 2025**

NMC is now accepting Individual and Family NMC Membership forms for the 2025 calendar year. Please visit our [Memberships Page](#) for more information.

~ "Run often. Run long. But never outrun your joy of running" ~ Julie Isphording

Jeremy Zglobicki, NMC President