



LAST CALL - Mill Cities Relay Signups - Sunday, December 8, 2024 - 3 WEEKS AWAY

Team assignments are falling into place, but sign-ups are still 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 Holiday Party - Saturday, December 14, 2024 - 4 WEEKS AWAY

NMC's Holiday 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, with great food and great drinks, so don't miss out on all the fun!

Beat the Bay State Team Challenge - November 2024

North Medford Club once again was the first group to reach the 900-mile mark for this virtual event put on by [WalkMassachusetts](#). Huge thanks to [George](#) for coordinating this event, but IT'S NOT OVER YET! There is still time to get in on the action! Let's see how many miles our group can log for the month of November. As a group, we've logged over 2,700 miles so far. Get your friends to join our group and [sign-up here](#). Shoutout to Jeff Gould (218 Miles) and Brenda Morris (147 Miles), our top two NMC mileage contributors!

Annual Meeting - Sunday, January 5, 2025 at 2:30pm

Mark your calendars! The North Medford Club Annual Meeting & Potluck will take place on Sunday, January 5, 2025 at the Knights of Columbus on Electric Avenue in Fitchburg following the Bob Hersey Memorial 5 Mile Race. Race is set to start at 1pm and the meeting & potluck at 2:30pm. Enjoy a great race with good food and great people, and start the New Year off right!

129th Boston Marathon - Waivers

Each year runners from around the world set their sights on Boston, hoping to join the nearly 30,000 runners who race from Hopkinton to Boylston Street. Traditionally, the BAA awards a limited number of waivers to local running clubs as a way of promoting local runners and supporting local communities. At each annual meeting, NMC awards the waivers we receive based on member applications. As we begin to streamline this process, we are piloting an [online application form on our website](#). We are directing those interested to apply online, though we will have paper applications available at the annual meeting this year.

USATF New England - All-Terrain Series

The last outdoor race in the USATF New England All-Terrain series this year is Rachel's Run, a 5k Trail Run in Tyngsboro, MA on Saturday, November 23, 2024. There is a Community Walk at 9am and the Trail Run at 9:45am. For sign-ups and more information, check out the registration website on [RunSignUp](#).

NMC Apparel

If you need some new NMC Apparel, please reach out to Marge at roadrunner_415@yahoo.com and she'll be able to coordinate with you.

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, or join us at the Annual Meeting in January.

Want to Help?

We currently have two open Board positions - Website Director and Communications Director? If you or someone you know might be a great fit or has some questions, send them our way! Have them reach out to me at musicman2987@gmail.com

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

Jeremy Zglobicki, NMC President