



# Hello, North Medford Club!

October 2022

As promised, NMC Vice President Jeremy Zglobicki and NMC President Mark Fontaine are giving club members an update on our latest club news based on our most recent board meeting.

**Inclusivity Committee:** In order to promote an all-inclusive and welcoming running community, the Inclusivity Committee has been hard at work examining our current policies and procedures, and making recommendations for changes when necessary. We completed an informal consultation to determine if we needed to make any further changes to our policies, and we are proud to say we have laid the groundwork for maintaining an accepting running community. Thanks to the committee for all their hard work!

**NMC Uniforms/Apparel:** Rebecca Sullivan is moving forward with “Red Brick Clothing” as our vendor for all our singlets and general NMC Apparel, with both the old and new logos. Now that everything is approved, you can expect to see a new link to our online storefront in the near future. Stay tuned!

**Mill Cities:** For many years, Jeff Gould worked tirelessly organizing NMC’s participation in this race. Now with the help of a newly formed committee, Jeff and the crew will be hunting all of you down soon to run a leg of this multi-state, multi-city relay. For more race information, talk to Jeff and check out the [Mill Cities Relay website](#).

Photograph: Rebecca Sullivan  
2021 Mill Cities Relay





**Summer Series:** All went well this summer, with one more race on the schedule: ***4C's Race in Shirley, MA. Saturday, October 22nd at 12:10pm***, don't be late or you'll get stuck at the railroad crossing! Runners **MUST** wear orange and black, and there is a potluck lunch following the race. For more information, contact Phil McGaw at [philipmcgaw@comcast.net](mailto:philipmcgaw@comcast.net)

Photograph: George Higgins  
Burbank 5-Mile Trail Race, 2022

- **UPCOMING RACES:** Jingle Bell Run on December 11, 2022 AND Shamrocks 5k on March 12, 2023
- **Holiday Party:** An email is forthcoming, but NMC's Holiday party will be held at Monoosnock Country Club in Leominster on **Saturday, December 17th**. SAVE THE DATE so you don't miss out on all the fun!
- **90th Anniversary:** Yes, amazingly next year **NMC turns 90 years old**. This fact will not go unnoticed as several board members have promised to put some fun together to celebrate!
- **Boston Marathon Waivers:** Our request to the BAA for waivers for the 2023 Boston Marathon was submitted in early September. In it, we were able to highlight the many ways we support our local running community, and the community at large. As of this posting, we have not heard back from the BAA. Our current volunteer points are listed [HERE](#) on our website, but stay tuned for an update from the committee tasked with streamlining our club's application process for runners interested in obtaining a waiver for future Boston Marathons.
- **Membership:** Our Membership Director, George Higgins, reported a disappointing stat: only 40% of last year's (2021) members paid to renew their membership for this year (2022). Come on, everyone! It's cheap money to belong to the best running club, get it done!

Hope that summarizes it all. If any NMC member has a question, comment, or opinion, please contact any officer or board member - our emails are listed on the "About NMC" tab of the club website [www.northmedfordclub.org](http://www.northmedfordclub.org). Keep on running!