



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 and she'll be able to coordinate with you.

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. [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. 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!

NMC Christmas Party - Saturday, December 14, 2024

Save-the-date! NMC's Christmas Party will be held Saturday, December 14th at Monoosnock Country Club in Leominster. More details to follow!

Run For A Beer! - Gardner Oktoberfest: Party in the Street

If you missed us this past weekend, NMC revived the Run For A Beer! as part of the Gardner Oktoberfest: Party in the Street on Saturday, September 28th. Nearly 100 runners and walkers joined us to kick off the Oktoberfest festivities at the Gardner Ale House, with a strong showing of NMC members hitting the pavement. A huge thank you to our sponsors, volunteers, and race committee for putting together such a great race. Check out some of the [photos](#) members posted to Facebook.

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

Jeremy Zglobick, NMC President