



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

Four in a Row! 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. Get your friends to join our group and [sign-up here](#).

### **Mill Cities Relay - Sunday, December 8, 2024 - 4 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 - 5 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, so don't miss out on all the fun!

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

The inaugural Random Distance Run looked to be a fun time at the track at Elliot Field at Fitchburg State University. The first die was cast (3) indicating the number of laps in the 1st leg, then the second die was cast (4) indicating the number of laps in the 2nd leg. A total of 2800m, or roughly 1.75 miles. Thanks to Pat Byrne for organizing something fun and different, and to Dave and Marge for their help counting and timing. Check out [Marge's pictures](#) from the event.

### **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.

### **NMC Apparel**

If you need some new NMC Apparel, 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 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