



### **2025 Spring Devens 5K/1M Series**

You know spring is here when we start running at Devens! Our [Spring Series](#) starts on Wednesday, April 2nd, and continues each Wednesday evening in April AND May. There will also be a Last Race Celebration following the final race on Wednesday, May 28th, which is free for all registrants and pizza will be served. For more information please contact Tom Stracqualursi at [strack15@hotmail.com](mailto:strack15@hotmail.com).

### **“Stories and Songs” – An Unforgettable Evening**

On Friday, April 4th the 26.2 Foundation will be hosting an evening of “Stories and Songs” at the Hopkinton Center for the Arts. The event celebrates the endurance and emotion of five remarkable marathoners who share their personal stories of perseverance, punctuated by live musical performances by Steve Spector and the Hot Acoustics. For tickets and more information, please visit the [26.2 Foundation website](#).

### **NMC at the 129th Boston Marathon**

We’ll definitely be cheering on Emer, Tom, and Jonathan on Marathon Monday! Please reach out if there are other NMC members you know that are running this year so we can give them a shoutout on race day!

### **BAA Marathon Volunteers**

Thank you to those who will be joining NMC as we volunteer and support the 129th Boston Marathon! Please be sure you are checking your emails and confirming your role on marathon weekend.

### **2025 Delta Dental Mt Washington Road Race**

NMC is proud to announce that this year’s waivers for the 2025 Mt Washington Road Race were awarded to Deb Willard-Parker, Meg Picone, Ryan Sullivan, Jim Shope, and Jeremy Zglobicki! They will join the rest of the NMC Team as they complete the grueling climb to the top of the highest peak in the Northeast. We could still use more volunteers, especially drivers, so if you are interested in volunteering for this event, please reach out to Rebecca Sullivan at [sullivanreb@yahoo.com](mailto:sullivanreb@yahoo.com) and register to volunteer using [this link](#).

### **Run for NMC at USATF Races**

The New England association of USATF offers a variety of races throughout the year. North Medford Club is registered as a member club, and runners who have paid their NMC and USATF-NE dues are able to represent North Medford Club at any of these events. USATF-NE has posted their [2025 Road Race Grand Prix](#) schedule, and their [2025 Mountain Running Circuit](#) schedule. The next race in the Road Race Grand Prix is the [Frank Nealon Boston Tune-Up 15K](#) on Saturday, April 5th, and the first race of the Mountain Running Circuit is the [Sleepy Hollow Mountain Race](#) on Sunday, May 4th. We’d love to see more orange-and-black at these events! Contact Jeff at [twentyquarters@comcast.net](mailto:twentyquarters@comcast.net) if you have any questions.

**NMC Dues - 2025**

NMC is still accepting Individual and Family NMC Membership forms for the 2025 calendar year. Please visit our [Memberships Page](#) for more information, or email George at [georgemoe@zoho.com](mailto:georgemoe@zoho.com) with any questions.

**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.

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

Jeremy Zglobicki, NMC President