



NMC's Run for a Beer 5k - Saturday, September 27th at 10am

REGISTRATION IS NOW OPEN! Benefitting Gardner Track & Cross Country and Narragansett Track & Cross Country, this year's Run for a Beer 5k is being presented by Moon Hill Brewing at the Gardner Ale House and the Gardner Festival Committee. Please [register online](#) before prices increase on 9/1. For more information, please visit our [website](#), or email nmcrunforabeer@gmail.com

Arthur P. "Frenchy" French

Longtime NMC member "Frenchy" passed away [earlier this summer](#). He was a staple at many events and races, and a great teammate. As NMC member Ken Robichaud put it, "May he enjoy running over the bridge with other NMC runners." He will truly be missed.

Summer Strong

There are a few races left in our Summer Series:

8/12 - North Monoosnoc Hill 4 Mile Trail Run - 6:30pm in Leominster

8/19 - Merrimac 7 Mile Handicap - 6:30pm in Merrimac

8/26 - Whitney Memorial 5k - 6:30pm in Devens

10/4 - Country Road 15k - 10am in Templeton

SAVE THE DATES

November - Beat the Baystate - Virtual Team Event

December 7th - Mill Cities Relay - Team Invitational

December 13th - NMC Holiday Party

Not seeing something that NMC is involved in?

Send me an email letting me know so I can include it in our newsletters. Our club is involved in so many things it is definitely hard to keep track.

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

Jeremy Zglobicki, NMC President