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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, November 20, 2015



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Montgomery County Road Runners

Friday, November 20, 2015

Ins and Outs

Hi Runner:



As the year nears its end and we give thanks for our local running community, please recognize outstanding volunteers, coaches, and runners by nominating worthy individuals at the MCRRRC [awards page](#).

Everyone has a different way of celebrating the holidays. Turkey or Tofurky, 5 or 10 miles. But we can all agree on the [Burnoff](#) on Saturday 11/28. [Volunteers are still needed](#).

And although there has been a great race-day response to volunteer positions, [volunteers are still needed](#) for tomorrow's [Run Under The Lights](#).

Finally, to anyone who either skipped Stone Mill 50M to run JFK 50 Mile, good luck Saturday. To anyone doubling, please send us a race recap.

Best, and an early Happy Thanksgiving,
I&O
ins_and_outs@mcrrc.org

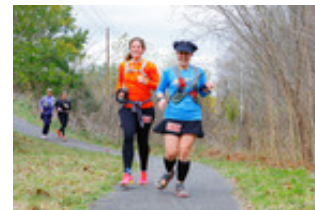
Upcoming Races and Volunteer Ops

[Run Under the Lights](#)

November 21 @ 6:15 pm - 7:30 pm

[Seneca Creek State Park, 11950 Clopper Road, Gaithersburg, MD](#)

[Click here](#) to volunteer.



[Turkey Burnoff](#)

November 22 @ 8:00 am - 9:30 am