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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, November 11, 2016



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Montgomery County Road Runners

Friday, November 11, 2016

Ins and Outs

Hi Runner:



We had a very successful Rockville 10K/5K this past weekend. Participation was up 20% over last year showing growing reach into the Montco running community. Thanks to RD Jim Farkas, volunteers and of course runners.

[Candy Cane City 5K](#) is now on November 20th, moved from the 13th.

Remember: [Jingle Bell Jog on December 11th](#), followed by our