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**From:** Montgomery County Road Runners Club

**Subject:** Ins and Outs - Friday, October 14th, 2016



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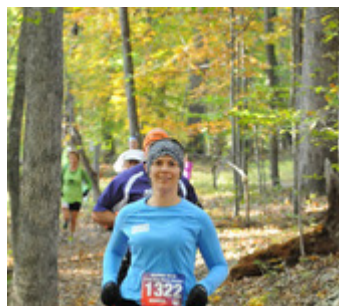


**Montgomery County Road Runners**

**Friday, October 14, 2016**

## **Ins and Outs**

Hi Runner:



We hope you are enjoying the fall running and racing season and plan on partaking as runners or volunteers in the many races we provide over the remaining months of 2016. From 5Ks to a 50 miler, MCRRC has it all. Spread the word.

Track users: For the remainder of the month, we have use of Rockville HS, with the exception of next Tuesday 10/18. Please note that for the month of October, we do not have use of Montgomery College due to lighting. We will provide an