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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, October 28h, 2016



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Montgomery County Road Runners

Friday, October 28, 2016

Ins and Outs



Hi Runner:

We hope you enjoy our 7 upcoming club races remaining in 2016 and partake in some of the volunteer opportunities available over the next few weeks. [Rockville 10K/5K](#) on **November 6th** is one of our bigger races and is in need of volunteers - please help out before or on race day. As RD Jim Farkas says, "We have the best runners - they deserve the best volunteers." And spread the word to your running friends and family.