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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, November 25, 2016



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Montgomery County Road Runners

Friday, November 25, 2016

Ins and Outs

Hi Runner:



We are giving thanks this week to the best runners around. Thank you for your participation and support throughout the year.

We hope you saved some room on your plate. The [Turkey Burnoff Race is almost here, tomorrow November 26th](#). Hope to see you there.

If you still are travelling for the holiday on Saturday, our next race is [Seneca Slopes on December 4th](#). And of course, our last race of the year -- the [Jingle Bell Jog on December 11th](#), followed by our annual meeting.

Its cold outside. That means [winter training programs are here! Open for sign up now.](#)

Best,
I&O
ins_and_outs@mcrrc.org