SPAM Settings to Allow ClubRunner E-mails

Some security software is set to block any incoming messages from certain email accounts like ClubRunner.  
  
Another problem could be that your security is set high, in which case settings would need to be altered. Please check for anti-spam software, and make sure that your email account is allowing you to receive email from ClubRunner (mailservice@clubrunner.ca).   
  
To do this, please add [mailservice@clubrunner.ca](javascript:top.opencompose('mailservice@clubrunner.ca','','','')) or our IP address of 38.117.75.95 to your list of allowed senders (or Safe List). This would be done through your email account, whether online or on MS Outlook. This may need to be done on any third party software such as Internet Security or Spam filters.   
  
Here are the instructions on Outlook:  
  
Click on Tools -> Options   
Under the Preferences tab, press the Junk Email button   
Click on the Safe Senders tab   
Press the Add button   
type in [mailservice@clubrunner.ca](javascript:top.opencompose('mailservice@clubrunner.ca','','','')) then OK   
Press OK, then OK again  
  
Once this is done, emails and bulletins from [mailservice@clubrunner.ca](javascript:top.opencompose('mailservice@clubrunner.ca','','','')) should be received properly.