**ERR Arrows Youth Cross Country 2016**

**Registration ends on September 8!**

**ERR Arrows - Youth Cross Country Fall 2016**

Ages 6-15   
2016 Season: Tuesday, August 23 -- Thursday, October 27

Head Coach: Sherry Stick

Assistant Coaches: Chad Epler, Becky Rhodes, and Mindy Grosh

Practice times: Tuesday and Thursday evenings from 5:15 – 6:30 PM

Location of practices: Parking lot behind Linton Springs Elementary School in Eldersburg

Registration through Freedom Area Rec Council at: <https://farc.siplay.com/site/>

**PROGRAM INFORMATION**   
  
Athletes will be separated by age and/or ability at practices. Meets, which are held in Carroll and surrounding counties, will start on Sunday, September 11 and continue on Sundays through the end of October. Meets are not required, but each athlete is encouraged to participate in at least one during the season. The Arrows cross-country program is for beginners and experienced runners. However, it is highly recommended that your young athlete be able to run the following distances without stopping before they join the program (1 lap around a high school track for 6 and under, 2 laps for 7/8, 4 laps for 9 through 12, and 6 laps for 13/14 age group). **For more detailed information on what our program has to offer and what you can expect, please see our cross country flyer at** [**http://errun.org/arrows**](http://errun.org/arrows) **.**

**COST**   
  
The cost is $45 per athlete for the 1st family member, $40 for 2nd, and so on. This registration amount does not include fees for participating in the meets (typically $5 per athlete per meet). The Arrows uniform (the same jersey and shorts used for our Track and Field program) is required to participate in meets and must be purchased separately through the following website: [www.proforma.com/errarrows](http://www.proforma.com/errarrows) . If your athlete is participating in the first meet on September 11, you must purchase the uniform by 8/20 to have it on time.

If you have questions, please email: arrowsyouthtrack@gmail.com

ERR—Eldersburg Rogue Runners, Inc. is an affiliate of the Freedom Area Recreation Council. For additional information on ERR and its programs visit our website at www.errun.org. ERR is not affiliated with any specific HS program.