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Rogue Record

JUNE 2017 VOLUME 3 ISSUE 2

UPCOMING BAGEL RUN SCHEDULE

(but check the calendar for last minute updates!)

June 24	Wesley Freedom
July 1	Liberty Exchange (Subway)
July 8	Freedom Park
July 15	Linear Trail – Start at Baseball/ Foot ball Fields on Obrecht Rd
July 22	Piney Run
July 29	Carrolltowne ES
Aug 5	Liberty High School
Aug 12	Oklahoma Middle
Aug 19	Liberty Dam (Meet at Parking Lot Wards Chapel/ Liberty Dam Rd)
Aug 26	Sykesville Middle
Sept 2	Century High
Sept 9	Tri Sport Junction
Sept 16	Wesley Freedom
Sept 23	Linear Trail – Start at Baseball/ Foot ball Fields on Obrecht Rd
Sept 30	Freedom Park
Oct 7	Liberty Exchange (Subway)
Oct 14	Carrolltowne ElS
Oct 21	Piney Run

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Bagel Runs, Tuesday Runs, Pick-up Runs, Ultra and Distance, Trail and 5K Runs, AOR and Ragnar

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MOW Duathlon, Tour de Couch Potato, 24 Baltimore, Pick-up Rides, Route Page

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C2 Celtic Canter
Mission Possible
Run 4 Kids

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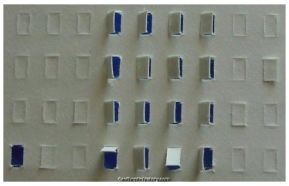
Labor Day Race!
Lewy Goode's 5K
Fat Ass River Trail Half
Coolest Mile on Main
CC Triple Crown

Welcome New Board Officers!

Some changes have occurred on the Board of Directors. Many thanks and kudos to Jane Linde in her tenure of President but she is turning over the reins to Chad (win one for the gimper?) Epler. Actually Jane and Chad are swapping their current positions as President and Vice-President. So congratulations to both in their new roles. But wait, that's not all! Debbie Henretty, who has been our Treasurer for many years, is also stepping down after a stellar career on the Board. Lisa Lance is our new Treasurer. And we welcome Simon Crisp to the Board, replacing Lisa as Membership Coordinator. So whew! Need a scorecard to follow all the changes? No worries, a summary table appears to the right to help figure out all the players. Thank you all for your past efforts on



behalf of ERR and good luck to all those now on the Board. We appreciate and support you in your many efforts to keep the club running smoothly (pun intended)!

OFFICE	PREVIOUS HOLDER	CURRENT HOLDER
PRESIDENT	JANE LINDE	CHAD EPLER
VICE-PRESIDENT	CHAD EPLER	JANE LINDE
TREASURER	DEBBIE HENRETTY	LISA LANCE
SECRETARY	STEPHANIE BOWMAN	STEPHANIE BOWMAN
RACE DIRECTOR	JAMIE SULLIVAN	JAMIE SULLIVAN
YOUTH PROGRAM COORDINATOR	MINDY GROSH	MINDY GROSH
COMMUNITY OUTREACH COORDINATOR	RICK ROMEO	RICK ROMEO
MEMBERSHIP COORDINATOR	LISA LANCE	SIMON CRISP
COMMUNICATIONS COORDINATOR	ED HASER	ED HASER

New Timing Capability on the Way!

There are more changes in the air! ERR is in the process of acquiring a new timing capability in addition to our current system. The Jaguar timing system by Innovative Timing Systems will be here later this summer. The ERR timing team is excited about having access to this state-of-the-art hardware and software, having seen it in action at the Blue-Gray Half Marathon in Gettysburg. Some new abilities we will have access to are:

- On-the-fly interim results
- Access to live results via social media and phones
- Increased timing accuracy
- Reduced person-power requirements at the finish line

The system uses RFID technology attached to the bibs to identify, track and time runners without the need for ground mats or manual timing. The timing team will be learning and practicing on the system this summer. They plan to unveil it as early as the Coolest Mile on Main if all goes well.

Fun!

Looking for a great family event to do? Check out the Lewy Goode's Scouting for Fitness on July 8! See page 4 for details.

Over 500 young athletes came to this year's home Track and Field meet! And the Arrows have 2 entries at post-season meets!

ARROWS Track & Field

errun.org/arrows
arrowsyouth@errun.org

What a season for the ***ARROWS*** this spring! We had 153 young athletes register for this program. That is a record and the popularity of this activity required putting limits on the total that could be registered. And these youngsters set new participation numbers both at practices and at meets. Here is a summary of some of the record achievements:

- 153 registered
- An average of 104 athletes at each practice
- 98 ***ARROWS*** went to at least one meet
- 70 ***ARROWS*** participated in the home meet
- 522 athletes attended the home meet, a **25%** growth from last year
- 2 ***ARROWS*** qualifying and running post-season events

Additionally, new Sprint Competitive Training Camp filled up and went very well, with the participants seeing significant improvements. Many kudos to head coach Doug Fleming, lead distance coach Sherry Stick and lead Training Camp coach Tony Griner and their staff of volunteer coaches who made the program possible and a resounding success. They are already making adjustments an plans for an even better 2018 season And we do not want to forget the many parent volunteers at the practices and the meets and ERR volunteers at the home meet. ***THANKS!***

The ***fall*** **cross-country program** is now taking registrations. This popular program fills quickly! https://farc.siplay.com/site/

Fall Cross-Country is now open for registration

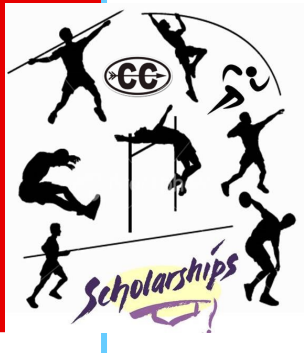
Track team warming up

Some of the teams at the home meet

Coaches and volunteers (post-meet)

Some Ragnar PA and AOR pictures below, see page 3 also

High School Scholarships Awarded



ERR awarded 5 $750 scholarships this year to cross-country and track & field senior athletes who applied and qualified after review by the Scholarship Committee.

Congratulations to this year's awardees:

Avery Arena
Shannon Everton
Keelyn Gallagher
Sydney Ruckel
John Tano

New program in 2018!

The ERR scholarship program is changing for 2018. We will be awarding 2 scholarships, each worth ***$2500.00***, to one female and one male high school senior athlete in the south county. Details will be posted at errun.org later this summer.

Rogue Running (and Walking)

Keep up with ERR week-day/end runs on Facebook

There sure has been a lot of activity within the group this year.

Bagel Runs continue on Saturday mornings, as popular as ever with walker's, 3-4 mile runners and others going out a bit earlier than 8 am to get extra distance in. A great time for all with food afterwards. See the schedule on page 1, our web-site or Facebook page.

Tuesday morning runs continue to happen each week for early-ish birds. Again check on the Facebook page for details and other pick-up runs during the week.

Trail runs are occurring at various times during the week and week-ends, including mornings and evenings. Runs have included the reservoir series, Patapsco State Park and the Appalachian Trail among others. Check page 4 for the upcoming F.A.R.T. event.

Distance and Ultra runs are a favorite of many members. These include road and trail runs. This year members have run the HAT 50K, the World's End 50K, St. Michael's half, Frederick half and the Baltimore 10 Miler among many others. ***5K runs*** by members include the Sole of the City, Running for Recovery and many others!

AOR and Ragnar Relays had ERR teams and volunteers present. Thank you volunteers! Runners Gone Rogue II finished first over Runners Gone Rogue I at AOR, though a dispute is on-going over use of Rachel's Rule (who is Rachel anyway?). Ultras Gone Rogue with TNT had ERR members also. All 3 teams finished within 2 hours of one another. The Ragnar PA Agony of DE FEET team had 6 ERR reps on it and finished unmolested by bears!

Pub Runs

This year's pint glass for 3 runs

Kudos to Angie for setting up and starting this popular series of evening runs/walks again this year. Thank you for your super effort. The runs have already started with typically 30-40 runners joining in the fun, food and drink come shine, rain and sometimes both! Come join us! Notice of runs is posted on the ERR Facebook page.

Rogue Pedaling (and Running)

ERR Bike

ERR members made their mark at the MOW Duathlon in June, Rich Seitz took the top overall men's prize and Francis Moats won his age group. Robert Holt made the Sunpapers article on the Monday after. Way to go and congrats to all who rode!

In other news, the 2017 edition of the ***Tour de Couch Potato*** will kick off July 1.

This year the organizers have set-up online registration and mileage reporting. This ERR member favorite event is a great non-competitive, family fun activity. Free sign-up and info can be found at: letourdecouchpotato.com

ERR riders formed a team for the 24 Baltimore. Want to connect/join in? See the ERR Bike Facebook page .

Looking for pick-up rides? See the Facebook page also. Roddy Bridge is open again . Routes can be found at: ERR Bike Files on Facebook .

Join Us!

http://errun.org/err-membership

Membership is growing, thank you all that support our club. For a small annual fee of :

$5 per student,
$15 per individual or
$20 per family,

you will receive discounts on ERR races, events and from local merchants; be on our email list; and receive our quarterly newsletter. The Club-sponsored activities include:

- Youth Track & Field and Cross Country club: "The ***ARROWS***"
- Athletes in AAU and USA Track and Field Events
- Area Road Races
- Area Training Runs
- Trail Runs
- Saturday Morning Group Runs- "The Bagel Runs"
- High School Seniors Scholarship Program

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The Eldersburg Rogue Runners is a Non-profit Corporation founded in 2003 by area parents and is an affiliate of the Freedom Area Recreation Council. The Purpose of the club is to assist area runners in their training. The club sponsors various activities designed to supplement and support athletes. Older runners (post-high school) can benefit from training suggestions and may enjoy running in a group setting. Most of the runs have grown to the point that participants will find someone of a similar age and ability.

ERR is an Affiliate of FARC which is an affiliate of the Carroll Co. Dept. of Recreation and Parks.

Past Events . . and . . Upcoming Events ERR Will Be Assisting

Race for Hope
Sunday April 9, 2017
ERR timed this event that benefits Team Impact, Improving the Quality of Life for Children Facing Life-Threatening and Chronic Illnesses

3rd Annual C2 Celtic Canter
Saturday May 13, 2017
ERR timed this event that benefits Cathy Chiaramonte and her campaign for Brain Cancer Research

8th Annual Mission Possible 5K & 1 Mile Color Fun Run
Monday May 29, 2017
ERR timed this event that benefits the Covenant of Grace Presbyterian Youth Missions team

Run 4 Kids 4K & 10K Challenge
Saturday June 3, 2017
ERR timed this event that benefits Pediatric Cancer research

6th Annual Lewy Goode's Scouting For Fitness
5K Obstacle Course & Kids 1M Obstacle Course
Saturday July 8, 2017
Mayeski Park
To benefit Boy Scout Troop 733 and the Cool Kids Campaign
http://www.active.com/sykesville-md/running/

NEW

Labor Day 5K and 10K

Family-friendly 1 mile kid's run too!

14th Annual ERR Labor Day Event
Monday, September 4, 2017
Liberty High School
errun.org/events/14th-annual-labor-day-race
This is our major event of the summer season and helps us fund the year's activities, youth support and scholarships. Volunteers and sponsors gladly accepted! New this year is a 10K course l addition to our 5K and 1 mile kid's run. Please enjoy this event and help us continue to support our area runners, walkers and bike riders.

First Ever F.A.R.T. ½ Marathon
Fat Ass River Trail Event (don't get left behind!)
Patapsco Park trails, Saturday July 22, 2017
Free!, no swag, untimed, aid station support/ water donations welcomed!, Sykesville to Marriottsville and back (or whatever you care to do)
Check our Facebook page for details/updates

Coolest Mile on Main
Saturday Aug 12, 2017 5-7pm,
Main St., Sykesville
Another great family event! They are spicing it up with a bubble machine, misting stations, live music and more! Participation for children under 12 (untimed and no t-shirt) is FREE. Register to run and a t-shirt at: www.sykesvillemainstreet.com/product/coolest-mile-main-street-tickets/

Carroll County Triple Crown
South Carroll High, Century High, and Liberty High all have races to help their athletes and running programs (Cavalier Classic, Run of the Century, and Run from the Lions Den). ERR has partnered with these events to offer a special price and medal for those who participate in all 3 events. The first race is in early October. Keep an eye on our web-site for details: http://errun.org/events