

13TH ANNUAL LABOR RACE AND FUN RUN IS SOON!



13 years!, wow how time flies! New this year will be the chance to be part of the Carroll County Triple Crown and a Hawaiian theme to the 1 mile Fun Run/Walk. Know businesses or individuals who want to sponsor this popular event, let us know. Volunteers are always needed and appreciated, too. Just have the urge to run? Register here:



www.active.com/eldersburg-md/running/distance-running-races/the-labor-day-rogue-race-5k-and-1-mile-hawaiian-fun-run-2016?int=

Carroll County Triple Crown



The Cavalier Classic



The Run of the Century



Run from the Lion's Den

CARROLL COUNTY TRIPLE CROWN IS COMING

Another new opportunity is coming this year! 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 3 race series will be called the Carroll County Triple Crown, (CCTC). Sign up and earn the crown! Registration is now open at: www.active.com (search word: triple crown) There will be options to register for the CCTC or individual races. There will also be an option to register for the Labor Day 5K or the Labor Day 5K plus the CCTC. For more information, visit our webpage: errun.org/events/carroll-county-triple-crown or via Facebook: www.facebook.com/groups/30152717116/

ERR HAS A NEW OFFICER*



Chad Epler is our new vice-president! Drawn by the summer trail running series, Chad joined ERR in 2015 and quickly grew to love the people and the activities. He and his wife Susan both graduated from Liberty High School and Loyola College in Baltimore. They have lived in Carroll County for over 35 years. Their two children, Megan and Tristan, are in high school at Liberty where Tristan will be competing in Cross Country and Track. Chad helped with Arrows as a parent coach and will be an Assistant Coach for Arrows Cross Country this fall. A long time mountain biker, Chad's love of the trails led him to start trail running in 2012. He has since completed two 50K ultramarathons, has a few more on tap for 2016, and is planning to run his first 50 miler in November 2016. Chad works full time as COO and part-owner of Bunting Door & Hardware in Elkridge, and intends to use his business experience and love of running to help Jane lead ERR. Welcome!

Upcoming Bagel Run Schedule

(but be sure to check the [calendar](#) for last minute updates!)

July 23	Liberty High
July 30	Carrolltowne Elementary
Aug 6	Carrolltowne Elementary
Aug 13	Liberty Exchange (Subway)
Aug 20	Carrolltowne Elementary
Aug 27	Tri Sport Junction
Sept 3	Oklahoma Middle School
Sept 10	Carrolltowne Elementary
Sept 17	Sykesville Middle School
Sept 24	Carrolltowne Elementary
Oct 1	Liberty High
Oct 8	Carrolltowne Elementary
Oct 15	Wesley Freedom
Oct 22	Carrolltowne Elementary

INSIDE THIS ISSUE

Bagel Runs	2
Pub Runs	2
AOR 2016.....	2
Ragnar	2
Runners Gone Rogue!	2
Tuesday Morning Runs	2
Walk Carroll.....	2
Performance Workouts	2
Arrows Spring Track & Field	3
Arrows Fall XC	3
Scholarships	3
ERR Biking	3
C2 Celtic Canter.....	4
Mission Possible 5K.....	4
Run 4 Kids Challenge	4
Lewy Goode's Obstacle Course.....	4
Labor Day 5k	1,4
Cavalier Classic.....	4
Run of the Century	4
Run From the Lion's Den	4
Couch to 5K	4
Need Additional Board Members ...	4
Contact/Membership Info	4
Info on Lyme Disease	5

SPECIAL POINTS OF INTEREST

Labor Day 5K, page 1,4

Arrows Youth XC, page 3

Open Board positions, Pg 4!



BAGEL RUNS AND WALKS

Saturday mornings continue to be a main event for many of our members. Notably the number of people who come and walk or walk/run has been increasing, along with others who have been starting earlier to get in longer distances and still join in the bagels after. Come join us; runners of all levels attend. It is a good time to catch up with ERR members and activities. Saturdays at 8 AM; see page 1 or check the Calendar for the latest locations:

<http://errun.org/calendar>

PUB RUNS GO VIRAL THIS YEAR!



Wow! This favorite event has been phenomenal this year. Runners, trail runners and walkers are attending and the numbers seem to grow each week, reaching 50 at times! The local pubs also seem to know how to handle us all easily this year. Thanks, Angie, for putting this fantastic series together this summer! Who'd guessed running and imbibing would go together so well in Carroll County.☺

AOR 2016

ERR's two AOR teams finished in fine form Once again. ERR members came out in force for the 200 mile relay from Gettysburg to DC. ERR had two teams again this year, both finishing in under 33 hours total running time. Other members volunteered to help out the race organizers.

Congrats to the members of the Runners Gone Rogue and Runners Gone Rogue II teams.



YET ANOTHER RELAY OPPORTUNITY



Well AOR is not the only relay event ERR members support. Over the past years, several members have participated in RAGNAR races. This year, ERR has a team going to the August RAGNAR Appalachians-WV challenge. They will be taking on 15 miles of trail running in the forests and mountains around Big Bear Lake in West Virginia. Good luck to Patrice, Steven, Jamie, Sherri, Rick, Loel, Simon and Chad. And kudos to Kari for volunteering.

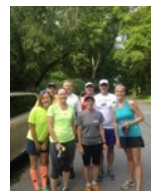
RUNNERS (AND WALKERS) GONE ROGUE!

"Pick-up" runs, walks and trail runs continue to occur. Members continue to use Facebook to connect up and take advantage of opportunities as they arise to get out and about around the area. Be sure to check out our Facebook page often for postings from members looking to run or walk with others with the same interests as well as for area events of interest: <https://www.facebook.com/groups/30152717116/> Of special note:

Tuesday Morning Runs - Tuesday Mornings with ERR are still going strong from the new Liberty Roller Skating Center (old Athens gym). See Facebook for details and updates.

Walk Carroll - is now at 6:30 pm on Thursday and 8:30 am Sunday at Tri Sport Junction.

Performance workouts - David Jun has been offering workouts to those interested in enhancing their performance. Usually at a local high school track, he will post on Facebook when he can fit one into his schedule. Check them out!





2016 SPRING TRACK AND FIELD SEASON A WINNER!

ARROWS Youth Track and Field's spring season for 2016 was a rousing success! This was a year for learning and refining techniques across the board for the 174 young athletes registered. The coaches and the athletes were much impressed with the improvement shown over the season. There was experimentation in trying new events, increased confidence in all events as the season progressed and exhilaration in watching many PRs being set at one meet and then reset at the next meet as the training and hard work took effect. Everyone had great fun. Hearty kudos to Doug Fleming, Sherry Stick and the other coaches who gave significant time and expertise to this year's youth and were key to their growth as experienced track and field athletes. A special thank you to Mindy and the many parent volunteers who supported the staff, supported the meets and kept the information web pages up to date. And we also want to acknowledge the ERR members who supported the home meet at Century on June 5th. Truly a team effort all around!



2016 CROSS-COUNTRY SEASON NOW REGISTERING!

ARROWS Youth cross-country season for 2016 is now accepting registrations. The season starts August 23 and continues through October 27. Sherry Stick will head the coaching team of Chad Epler, Becky Rhodes, and Mindy Grosh. More information is available on the ERR site: <http://errun.org/arrows>. Register on-line here: <https://farc.siplay.com/site/>. If you have questions, please email: arrowsyouthtrack@gmail.com

5 ACADEMIC ATHLETIC SCHOLARSHIPS AWARDED

In our continuing support of high school athletes in cross-country, track and field events, ERR awarded five \$750 scholarships to seniors in southern Carroll County. Congratulations to Summer Bingaman, Megan Callan, Brian Cave, Lexi Ehrman, and Kiley Hurst. We wish them well in their future endeavors and are proud to be able to assist them. The 2017 application will soon be available, check the ERR web site. Up to 7 scholarships will be available.

ROGUE PEDALERS ON THE GO!



Biking continues to grow in interest among ERR members. This year members have signed up for duathlons that many triathlon events have added to attract athletes who want to avoid the swim event. During the week, there always seem to be a ride suggestion from pedaling members Patty, Sherri, one of the Roberts or Randy on Facebook. Check out the latest route postings and ride possibilities on: <https://www.facebook.com/groups/1376457859305809/> and join the fun!

Another annual biking happening has again captured dozens of ERR members' participation, the 6th Le Tour de Couch Potato challenge. The goal is to ride 100 miles over the 3 weeks of the Tour de France on any combination of miles and bike-types available. Over 14,000 miles this year so far. The reward is bragging rights and the much-sought-after LTdCP refrigerator magnet. Good luck to all and many thanks to Christine and her family for introducing ERR to her family's event 5 years ago.



JOIN US!

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 and events, be on our email list and receive our quarterly newsletter.

<http://errun.org/err-membership>

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



Eldersburg Rogue Runners, Inc.

PO Box 1726

Eldersburg, MD 21784

410-549-6296 (ext:5)

errmembership@gmail.com

<http://errun.org>

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.

EVENTS ERR SUPPORTED THIS SPRING AND SUMMER



C2 Celtic Canter, May 14, ERR timed this 2nd annual community event to combat brain cancer. It provides support to Eldersburg Elementary families affected by this cancer, namely the Chiaramontes and the Winekes.



Mission Possible - May 30th, ERR timed this annual 5K and color run. This is ERR founder Pete Lester's race to support church mission work. More than 250 runners ran the 5K plus many others who ran the color run.



Run 4 Kids Challenge - ERR timed this 4K race at Freedom Park on June 4th. Bob Sommerville is an ERR member and founder of running4kids.net to assist children and their families who are in need, especially those with serious medical conditions. ERR also took on the club challenge and won over WRRRC.



Lewy Goode's Scouting for Fitness—July 9th at Mayeski Park. ERR helped out with this 5K Obstacle Course Race and Kids 1M Obstacle Course. Dan Rosenberg is an ERR Member and race director for this event to aid Troop 733 and the Cool Kids Campaign, devoted to improving the quality of life for pediatric oncology patients and their families.

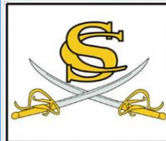


UPCOMING EVENTS ERR IS SUPPORTING

Labor Day Rogue Race 5K and 1 Mile Hawaiian Fun Run / Walk - Monday, September 5, 2016. The Labor Day Race is ERR's primary fundraiser. Please help us continue to support our area runners, walkers and bike riders. ERR provides opportunities for group runs, training, scholarships, community service opportunities, community event support, and Youth Track and Cross Country Programs. Let us know if you have some time that you could give on race day or before to help get ready. Sponsors are vital to make the race a success. If you have a business or know of someone that has a business please connect us to them. We will have advertising for our sponsors on our shirt and on our website. Contact us at errmembership@gmail.com. Register: www.active.com



Cavalier Classic 5K Trail Run & 1 Mile Walk - Saturday, October 8, 2016. Come join in the fun for our 6th annual Cavalier Classic. This year we will have a 5K trail run. The South Carroll High School cross country course can be a challenging run with open fields, rolling hills, and trails through the woods, but don't be intimidated, there are plenty of walkers too! This event is a memorial run for a former South Carroll student who was tragically killed by a drunk driver on February 16, 2011, while taking her daily walk. Register: www.active.com



2016 Run of the Century - Saturday, November 19, 2016. Join us for this 5K Road Race to benefit Century High School Athletics and Juvenile Diabetes! Good race to start the Turkey Season! Register: www.active.com



Run from the Lions Den 5K—Saturday, December 3, 2016. Come join in the fun at Liberty's Track and Field 2nd Annual Run from the Lion's Den 5K trail run (or walk), through the school's cross country course on the school grounds. A portion of the proceeds will be donated to Carroll County Food Sunday. So, don't forget to bring your non-perishable food item on race day. Register: www.active.com



COUCH TO 5K

Looking for Couch to 5K information? This popular starter program is being led by ERR members Rick and Loel Romeo this summer under the auspices of Tri Sport Junction; check their web-site for current details.



ADDITIONAL BOARD MEMBERS NEEDED!!

We are looking for an ERR head race coordinator and a Youth Programs coordinator. Is there anyone interested in taking one of these board positions? We are taking applications for new board members. Anyone interested should submit a short bio and what position they are interested in to errmembership@gmail.com. See also: <http://errun.org/board-members>.



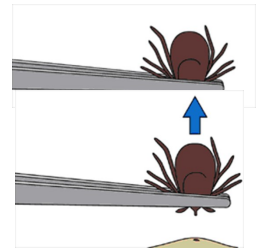
INFORMATION ON LYME DISEASE FOR TRAIL RUNNERS

by Jenny Carlson, PhD, who is a postdoctoral fellow at the Johns Hopkins School of Public Health studying the transmission of malaria, dengue and zika in mosquitoes, and is a volunteer with CDC's Lyme Corps program as well as a fellow trail runner. The views and opinions expressed in this article do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Running has been a part of my life since my high school days when I was training for cross country in the Black Forest of Germany. Since then, I have had the opportunity to live and run in Colorado, California, and most recently Maryland. Had you asked me nine months ago what my running bag would consist of, I would tell you simply my running shoes, iPhone armband, and my workout clothes. Since I moved to Maryland, however, I find myself adding an additional item when I go trail running: insect repellent. Why? Because of Lyme disease (LD). LD, caused by the bacterium *Borrelia burgdorferi*, was the fifth most common nationally notifiable disease in 2014. But why was I not concerned about this before? The Centers for Disease Control and Prevention reported that 96% of the confirmed cases of LD were from 14 states, spanning the northeast coast from Maine to Virginia with the addition of Minnesota and Wisconsin. So now that I run in Maryland, it is important to take preventive measures against tick bites and also be aware of symptoms in case one is bitten by a tick.

What can you do to protect yourself? When running, especially in heavily wooded areas, keep the following prevention tips in mind:

1. For outdoor activities that result in a lot of sweating, including running, use repellent. I suggest Ultrathon by 3M. This particular repellent contains 34% DEET (N, N-diethyl-m-toluamide) in a polymer base (identical to those used by the U.S. military). To see more information on the safety of DEET, you can visit the EPA webpage¹. This is just my personal preference, but other effective alternatives to DEET are picaridin and oil of lemon eucalyptus. For additional helpful information for these repellents, visit the Consumer Reports publication on insect repellents².
2. In addition to using repellents on your skin, you may also consider using an insecticide known as permethrin on your clothing and gear. You can purchase 0.5% permethrin from most outdoor stores and treat shoes, socks, running clothes, and any gear you may bring along with them. The advantage of treating your gear with permethrin is that it retains its effectiveness after several washes.
3. Avoid wooded and bushy areas with high grass and try to run/walk in the center of the trail. Ticks wait for a new host by holding onto leaves and grass with their third and fourth pairs of legs and waving their front legs (see figure 1). This is also known as questing and typically occurs at wooded or grassy edges of a trail.
4. After spending time outdoors, check for ticks on your body – especially behind ears, on the back of the neck, scalp, and in the groin area.
5. Shower within 2 hours of running to remove any ticks that have not attached yet but may be difficult to see.
6. Remove attached ticks as soon as possible with tweezers. Ticks must be attached for at least 24 hours before they can actually transmit LD, so removing them soon after attachment reduces your risk. *[Proper removal of ticks, courtesy of CDC, (see figure 2): With tweezers or forceps, the base of the tick should be grabbed steadily near the skin and pulled directly upwards. Home remedies, such as the use of matches, should be avoided.]*
7. After coming indoors, tumble your clothes in a dryer on high heat for 10 minutes to kill ticks on the clothing. If your clothes are soiled and require washing first, wash in hot water if possible.



Because blacklegged ticks can be very small and are not always detected, being aware of the early symptoms of LD is also helpful. Early symptoms (3-30 days after tick bite) include fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. The most classic symptom of LD is the erythema migrans (EM) rash, also known as the “bull’s-eye” rash. EM occurs in about 70- 80% of infected persons, so not necessarily everyone will develop it, and it won’t always look like a bull’s eye. EM begins from the site of the tick bite (usually appears 3- 30 days after being bitten by an infected tick, but the average is 7 days) and expands over several days. The rash may feel warm to the touch, but it rarely is painful or itchy, and can appear anywhere on the body (see figure 3 for an example). Contact your health care provider if you develop any of these symptoms, and be sure to mention if you found an attached tick or were recently in tick habitat. LD can be treated with antibiotics.



Running outside is my way to connect with nature and to let all of my worries and stress of daily life slip away with every step. Being one with nature also means being conscientious of what you will find in nature, including ticks. But I don’t let that worry me, because I know that if I follow the prevention tips listed above, the risk of LD can be greatly reduced. So get out there, enjoy your runs and protect yourself!

¹ https://www3.epa.gov/pesticides/chem_search/reg_actions/reregistration/fs_PC-080301_1-Apr-98.pdf

² <http://www.consumerreports.org/insect-repellents/mosquito-repellents-that-best-protect-against-zika/>