**~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~**

**ERR ARROWS Youth Cross Country Program**

**5th grade through 12th  
August 20th through November 16th 2013  
Practice Tues and Thurs 5:15- 6:30 PM  
Century High School , 355 Ronsdale Rd, Sykesville MD**

**Registration: $100 for first child, $90 for 2nd , and $80 for 3rd or more. Fee includes uniform (same uniform as track and field so a $15 reduction in registration can be made if no uniform is needed). Running shirt included. Registration also includes automatic entry for program participant only into the ERR sponsored races, The Labor Day Rogue Race, Freedom Fright 5K, and The Run of the Century . Meets or Races on weekends, Carroll, Howard and Fredrick Counties.  
We will also have a DART program for grades 2nd through 4th  
Practice will be Tuesday 5:15- 6:30 pm only.  
Registration for DART program will be $75.00 per participant. Fee includes uniform (same uniform as track and field so a $15 reduction in registration can be made if not uniform is needed). Running shirt included.  
Registration also includes automatic entry for program participant only into the ERR sponsored races, The Labor Day Rogue Race 1 mile run, Freedom Fright 5K, and The Run of the Century 1 mile run . Meets or Races on weekends, Carroll, Howard and Fredrick Counties.   
For more information erryouthtrack@gmail.com or Rlinde6286@aol.com 410 549 3125   
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. Registration online www.active.com or download forms from** [**www.errun.org**](http://www.errun.org)

**Marylands Elite Distance Runner, Sherry Stick, who was recently inducted into Carroll county Sports Hall of Fame is Head Coach. Bryan Clutz and Beth Lang who assited Sherry with the Distance runners of the ARROWS youth Track and Field team will also be coaching the Youth Cross Country team**