

"To give anything less than your best is to sacrifice the gift." ~Steve Prefontaine



## HAPPY HOLIDAYS AND THE BEST NEW YEAR!



### IT'S TIME TO RENEW YOUR MEMBERSHIP!

**What a deal!** For the low price of \$5 for students, \$15 for individuals or \$20 for families, you have easy access to all the ERR benefits including event discounts, discounts at local merchants (like Tri Sport Junction), college scholarships, club challenges and expeditions along with their premiums! Renewing or joining is super easy— mail in the registration form attached to this newsletter or renew on-line: <http://www.active.com/sykesville-md/running/memberships/2017-membership-2016>.

Details, forms and links can also be found at our web-site:  
<http://errun.org/err-membership> .

### CC TRIPLE CROWN: THEY HAVE CROSSED THE FINISH!

Our new running opportunity has completed this year! The Carroll County Triple Crown races of the Cavalier Classic, Run of the Century and Run From the Lions' Den supporting the XC, of the 3 south county than two dozen run-challenge to run and events to receive the make it a bit more cross-country-type and chose an overall



winner. Congratulations to Emme Jordan and Ken Miller for taking those honors! And thanks Robert for pulling those results together. Kudos to all those who earned the Triple Crown medal!

have all completed, track and field teams high schools. More ners took up the complete all three CCTC Medal. Just to fun, we applied a scoring algorithm male and female

### SHIVER SHUFFLE BACK AGAIN IN FEBRUARY!

Save the date of Sunday, February 19, for the 5th annual Sykesville Shiver Shuffle at 1:00 PM! This super popular race will again start and finish in downtown Sykesville. Back this year for all the participants is the big tent with free beer, Maryland crab soup and other post-race goodies. Check out the special premium for this year also, a long sleeve gender-specific UA T-shirt. Sykesville merchants will be open for all spectators and runners to enjoy too. Discounts for



early registration! Register at: <http://errun.org/events/sykesville-shiver-shuffle-2017> or [http://www.active.com/sykesville-md/running/distance-running-races/sykesville-shiver-shuffle-2017?int=](http://www.active.com/sykesville-md/running/distance-running-races/sykesville-shiver-shuffle-2017?int=mouse)

### Upcoming Bagel Run Schedule

(but be sure to check the [calendar](#) for last minute updates! Note that even date locations are now varied)

- Dec 31 Liberty High
- Jan 7 Liberty Skate (Old Athens)
- Jan 14 Carrolltowne Elementary
- Jan 21 Liberty Exchange (Subway)
- Jan 28 Carrolltowne Elementary
- Feb 4 Liberty High School
- Feb 11 Wesley Freedom Church
- Feb 18 TriSport Junction
- Feb 25 Century High School
- Mar 4 Sykesville Middle School
- Mar 11 Carrolltowne Elementary
- Mar 18 Liberty Skate
- Mar 25 Piney Run Park (meet at the entrance, Road and Trail options)
- Apr 1 Liberty Exchange (Subway)
- Apr 8 Oklahoma Road Middle School
- Apr 15 Baseball/Football Fields on Obrecht Rd ( Linear Trail, paved)
- Apr 22 Carrolltowne Elementary

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### SPECIAL POINTS OF INTEREST

- Membership renewal, page 1**
- Shiver Shuffle, page 1, 4**
- New Bagel Run date pattern/sites, pages 1,2**
- Arrows Track & Field, page 3**

# ***ROGUE RUNNING!***

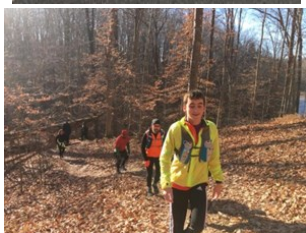
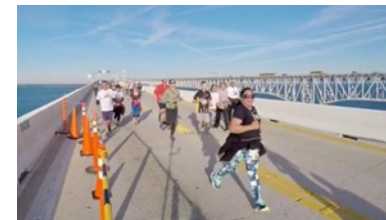
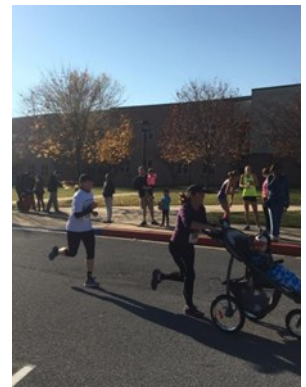
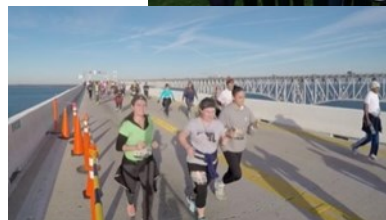
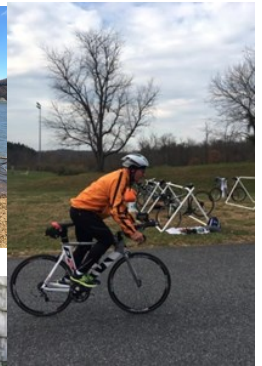
## **BAGEL RUNS AND WALKS**

Make that New Year's resolution more fun— come and join us Saturday mornings on our bagel runs. We added some new routes this past fall and adjusted the repeating site pattern. Thank you Rick for expanding the groups' repertoire! The bagel runs are a good time to catch up with ERR members and get filled in on upcoming activities. Saturdays at 8 AM; see page 1 or check the Calendar for the latest locations, they rotate each week: <http://errun.org/calendar>

## ***RUNNERS GONE ROGUE!***

Here is a look at ERR members enjoying some of the many events over the past few months, including Run Through the Grape Vines, MGM Go Your Distance, Run of the Century, Run From the Lions' Den, Jingle Bell, Celtic Solstice, Bay Bridge, Marine Corps, Stone Mill 50, BBC Pancake ride, Drumstick Duathlon, Sweet Potato, Tuesday runs, reservoir trails, pick-ups, etc.! Our Facebook page is the place to keep up with what is happening:

<https://www.facebook.com/groups/30152717116/>

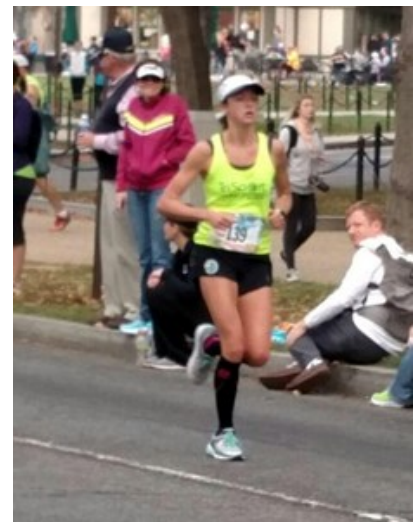




## 2017 TRACK AND FIELD ON THE HORIZON

**ARROWS track and field** will start in the spring of 2017. The head coaches who successfully ran past years' programs are returning in 2017 with some expanded training opportunities for those looking to focus on improvement in their skills. Our head coaches this year: Doug Fleming, Sherry Stick (Distance), Tony Griner (Sprints). Thanks to them for leading these youngsters! Also an optional program for competition sprinters will be available this year. Details for both are posted here: <http://errun.org/arrows>. Our highly regarded youth track and field program fills up quickly and there is a limit to the number of youth we can register and support, so register early. Registration is through FARC: <https://farc.siplay.com/site/>

MORE **RUNNERS GONE ROGUE** PHOTOS



### **ACADEMIC ATHLETIC SCHOLARSHIPS AVAILABLE FOR 2017**

ERR will award up to seven \$750 scholarships to seniors in southern Carroll County. The 2017 application is now available, see our web site: <http://errun.org/eldersburg-rogue-runners-academic-athlete-scholarship-2017>

### **ROGUE PEDALERS ON THE GO!**

Road bikes and trail bikes continue to be high in our members exercise habits. The turn-out at the Thanksgiving day duathlon was great. Thanks to our bikers who participated and helped out! Check out the latest ride activities and duathlon postings at: <https://www.facebook.com/groups/1376457859305809/>.



**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](mailto: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 FALL**



**2016 Run of the Century** - Saturday, November 19. ERR once again timed this popular race for Century High supporting the schools' runners and Juvenile Diabetes. This year marked the 15th year this event has occurred!

**Drumstick Duathlon and Sweet Potato 5K**—Thursday, November 24. Thanks Jane Linde and Robert Holt for organizing this 2nd occurrence of a popular, ad hoc event on Thanksgiving morning. We had over 120 people this year running and riding bikes. Thanks Robert Muhl for the bike racks, thanks Kismet Café for the bagels. Thanks to the volunteers, especially Rudy, who was going to do the Duo, but stepped up as a course director.



**Run from the Lions Den 5K**—Saturday, December 3. ERR timed this race in support of the Liberty High School XC team and Carroll County Food Sunday. This was the 2nd annual and the race has grown to over 130 registrants!

**Holiday Lights Run**—Sunday, December 18. ERR members gathered to run and enjoy the house decorations in the neighborhood as well as party hearty afterwards; a favorite tradition for several years. Thanks Jamie and Steve for opening your home and hosting us again this year!



**SOME UPCOMING EVENTS ERR WILL BE AT IN FORCE!**



**Sykesville Shiver Shuffle**—Sunday, February 19, this is a great event to help chase away any winter blahs!

**St. Patrick's Day Shamrock 5K**— Sunday, March 12, this is a popular race with ERR members! Be sure to say you are part of ERR when you register and join the group for beer and goodies at the events' after race festivities.



**COUCH TO 5K**

Looking for Couch to 5K information? This popular starter program was led by ERR members Rick and Loel Romeo this past summer under the auspices of Tri Sport Junction; watch the TSJ web-site for the next session in January 2017 with Rick.



# Eldersburg Rogue Runners 2017

## Annual Membership Rates:

\$5 Student

\$15 Individual

\$20 Family

## Membership Benefits:

Discounts on Eldersburg Rogue Runners Club Races

10% Discount at Tri Sport Junction

Weekly runs

Challenges/Expeditions/Group Races

The Eldersburg Rogue Runners support runners of all ages and abilities. Funds raised for ERR are used for Website Hosting, Scholarships, Race support, Youth Program Support, Insurance through Freedom Area Rec Council, and the ancillary costs related to the weekly bagel runs and other challenges put on by the club

IN EMERGENCY CALL \_\_\_\_\_ PHONE \_\_\_\_\_  
HEALTH CONCERNS?  YES  NO IF YES, EXPLAIN

The above name person will participate in the activity named below. They understand that he/she is subject to the school and council rules of conduct. The undersigned acknowledges that the Freedom Area Recreation Council does not provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against the Freedom Area Recreation Council and the Carroll County Department of Recreation and Parks or any other person affiliated with the Freedom Area Recreation Council program for injuries sustained while watching or playing games or traveling to and from games or participation in any leisure time activity. I also agree that photographs taken of me while participating in this activity may be used for publicity purposes.

ACTIVITY \_\_\_\_\_ SIGNATURE \_\_\_\_\_

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact Madeline M. Morey, The Americans with Disabilities Act Coordinator, [410.386.3800](tel:410.386.3800), [1.888.302.8978](tel:1.888.302.8978), MD Relay 7-1-1/1.800.735.2258 or email [mmorey@ccg.carr.org](mailto:mmorey@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.

# 2017 Membership Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birthdate \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Text Y or N

Additional Family Members:

First name, last name and birthdate

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**All adults must sign the waiver – parent's signature will cover minor children listed above**

Waiver: The undersigned acknowledges that neither the Freedom Area Rec Council (FARC) nor the Eldersburg Rogue Runners (ERR) provide any registrant medical or hospitalization insurance whatsoever and hereby waives any and all claims against FARC, ERR the Carroll County Dept of Parks and Recreation or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to or from the event. Undersigned also agrees that photographs taken of my child or myself while participating in this club may be used for publicity purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Make Check Payable to Eldersburg Rogue Runners  
Mail both pages to  
ERR - Membership  
PO Box 1726  
Sykesville, MD 21784

# February 19, 2017



## Registration:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth \_\_\_\_\_ (Circle one) Male Female

Shirt size: Female XS\_\_\_\_, SM\_\_\_\_, MED\_\_\_\_, LG, \_\_\_\_XL\_\_\_\_

Male SM\_\_\_\_, MED\_\_\_\_, LG\_\_\_\_, XL, \_\_\_\_2XL,\_\_\_\_

**WAIVER OF LIABILITY:** Participant understands that he/she is subject to the school and council rules of conduct and sportsmanship. The undersigned acknowledges that neither the Freedom Area Recreation Council, the Eldersburg Rogue Runners nor Tri Sport Junction provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against the Freedom Area Recreation Council, the Carroll County Department of Recreation and Parks, Eldersburg Rogue Runners, Tri Sport Junction, or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to and from event. I also agree that photographs taken of my child or me while participating in this activity may be used for publicity purposes. I am the legal guardian of the athlete listed above and have read the above waiver of liability

Signature and Date \_\_\_\_\_

**Register before December 31, 2016 (postmarked by Dec 31)**

**Fee \$40 per person**

ERR Member \$35

**Register before February 1, 2017**

**Fee \$45 per person**

ERR Member \$40

**After February 1, 2017**

**Fee \$50 per person**

ERR Member \$45

Mail to: Eldersburg Rogue Runners PO Box 1726 Eldersburg MD 2178	Or Drop off at : Tri Sport Junction 7568 B Main St, Sykesville MD 21784	
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