

ELDERSBURG
ROGUE RUNNERS, INC.
PO BOX 1726
ELDERSBURG, MD 21784
INFO@ERRUN.ORG

UPCOMING BAGEL RUN SCHEDULE

(but check the [calendar](#)
and our [Facebook page](#) for
last minute updates!)

June 30 Piney Run

July 7 Oklahoma Middle

July 14 Liberty Exchange
(Subway)

July 21 Carrolltowne ES

July 28 Liberty High

Aug 4 Wesley Freedom
Church

Aug 11 Sykesville Middle

Aug 18 Carrolltowne ES

Aug 25 Century High

Sept 1 Oklahoma Middle

Sept 8 Tri Sport Junction

Sept 15 Freedom Park

Sept 22 Liberty Skate

Sept 29 Linear Trail

Oct 6 Carrolltowne ES

Oct 13 Liberty Exchange
(Subway)

Oct 20 Kismet Cafe

INSIDE:

ARROWS Track & 2
Field

ARROWS XC 2

Scholarships 2

Rogue Running: 3

Bagel Runs, Tuesday
Morning Runs, Trail Runs,
Monday Night Runs, 5am
Runs, Wednesday Train-
ing, Ultra and Distance,
5K+ Runs, Strava

Pub Runs 3

Rogue Biking 3
TdCP

Supported Past 4

Events:
C2 Celtic Canter
Run 4 Kids

Upcoming Events: 4

Cooltest Mile
F.A.R.T.
MD Heat Race
Labor Day Race!

Rogue Record



15th Labor Day Race
Monday, Sept 3

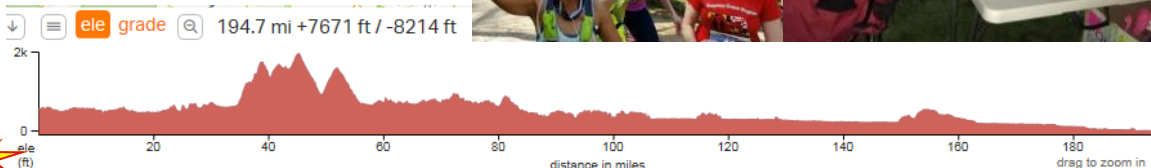
JUNE 2018

VOLUME 4 ISSUE 2



Teams Were Up to the Challenge— Again!

ERR fielded three teams again this year for the American Odyssey Relay (AOR) race from Gettysburg to Washington D.C. Runners Gone Rogue was captained by Jamie Sullivan, Runners Gone Rogue II was captained by Patrice Livesay and Runners Gone Ultra Rogue was captained by Sisou Armstrong. This 200 mile relay race covers flats, mountains, country-side, quaint covered bridges, battlefields, parks and downtown D.C. We've lost count of the number of years ERR members have participated and the team composition has varied as new mixes and interested runners join. This year all three teams finished under 35 hours. That's still like 6 miles per hour running for 35 hours. The teams split up the 36 legs which vary in distance and difficulty. We also had quite a number of volunteers helping out with the rest stops. Thank you all!



Survivor Challenge— Round 2!

Remember the excitement and trails. Start/finish anytime within amazement a couple of years ago that time window. Guided runs when ERR marked some 40-50 have been occurring on Sunday miles of trails around Liberty Reservoir and had the first Survivor page for times. Or do them on mornings, check the [Facebook](#) challenge? Well, round 2 is up your own, maps can be found and running! The new Challenge here: <https://errun.org/trails> opened in May and continues A big thank you to Robert Muhl thru Oct 31 to walk or run all 12 for re-mapping the trails and lead-



ing runs. If you sign up you can also order a cool Survivor ball cap. See our web page for details: <https://errun.org/events/liberty-reservoir-expedition>

ARROWS Track and Field

errun.org/arrows
arrowsyouth@errun.org

*Thanks to
all you
volunteers
who helped
make the
June 3 home
meet
happen!*

Yes, another great spring track and field season has come to a close. A great way to end the season, handing out club records, ribbons, running some relays, and a final **ARROWS** cheer at the end. Many thanks to all the volunteers, coaches, parents and athletes that made this season successful. Go **ARROWS**! Special thanks to our head coaches Doug Fleming, Tony Griner, Erin Lavelle, and Sandy Hogg, returning to continue their fine leadership of this outstanding program, allowing kids to have fun while developing their skills. A super thank you to Mindy for coordinating this program once again! The **ARROWS** will be at the "Let Freedom Ring" parade in Sykesville July 1 also.



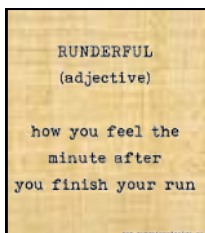
Fall Cross-Country sign-ups open later this summer; keep an eye on the **ARROWS** web page: errun.org/arrows

Academic Athlete Scholarship Awardees!

The recipients of our two **\$2500** scholarships for 2018 are:
Natalie Poulton and James Fleming
 Congratulations to both!



Rogue Running (and Walking)



Walkers get the same feeling also! See our [Facebook page](#) for all event dates, times, places & details so you can join in!



Bagel Runs happen on Saturday mornings, as popular as ever with walker's, 3-4 mile or more runners. Others go out a bit earlier (or after bagels) to get in extra distance. Always an excellent place to catch up on club news. See the schedule on the front page, [our website](#) or [Facebook page](#).

Tuesday morning runs continue from Liberty Skate each week for early-ish birds. Maybe even get something to eat afterwards. See [Facebook page](#)

Monday Night Runs Monday night runs from Liberty Exchange meet at 6:30 in front of Subway. All paces welcome at this get-together. Run from Subway to Century High School and back. Or other places; see Facebook

Trail runs continue with Sunday morning trail runs (SMTR) as well as at places like the NCR Trail; Margarita Madness, and River Valley Half among others. Check the [Facebook page](#) for place and times. Don't forget the Survivor Challenge!



Wednesday/Friday? 5am Runs The early bird runners continue to grow in number and add mornings they meet. Check the [Facebook page](#) to join with this dedicated and motivated group.



[Keep up with ERR week-day/end runs on Facebook](#)

4K to 10 Mile runs included Run 4 Kids, Run The South, C2 Celtic Canter, Run On Girls, Great 5K, Fiesta 5K, Jaybird 5K, Hopkins 5K, Bens Run, Rising Above Addiction, and Parkway Classic, among many others!

Distance and Ultra runs included the Greenbrier Ultra, Frederick Half, St. Michael's Half, York YMCA Marathon, Gettysburg Marathon, and Atlantic City Half, among others.

ERR Wednesday Morning Training

Coach Maura Linde will provide work outs and coaching for incoming 9th graders through adults. Work outs will be geared to each individually depending on their goals and abilities. This starts June 27th but if you want to do a drop in session the fee is \$10 per session. Wednesdays 7:30 AM Century High School. Bring water and a towel or mat for yoga stretches. Details and registration can be found here:

<https://www.facebook.com/events/212249056252200/>

Or contact maura.linde93@gmail.com

ERR-Strava Check-out the ERR group on Strava. If you are interested in setting goals and improving performance. Strava is the Swedish word for "strive. Use its apps on your phones or GPS device to track rides and runs, performance, and compare with friends.

<https://www.strava.com/clubs/332899>



Woo-hoo! Pub runs are back again this summer and already off to a great start. Thank you Angie for getting these set up again this year and started them early in the season! This member favorite activity is again attracting walkers, road runners and trail runners of all

Pub Runs 2018!

ages for the fun of exercise, getting together outside and great company! The runs happen typically each week on Wednesday night. But see the [Facebook page](#) for actual times, places and details. Come earn your souvenir pint glass with 3 runs!

Rogue Pedaling

[ERR Bike](#)

The weather has finally broken and the bikers are out! See the [ERR Bike Facebook page](#) to get the latest info. And don't forget to sign up

for the **8th** Tour de Coach Potato Challenge! Ride 100 miles during the 3 weeks of the Tour de France. More info here: <https://www.facebook.com/groups/1413203198960242/> Free, but registration ends soon

and is limited to 200 riders.





Join (or Renew with) The Group!

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

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

Eldersburg Rogue Runners, Inc.

PO Box 1726

Eldersburg , MD 21784

410-549-6296 (ext:5)

membership@errun.org or info@errun.org

<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. 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 County Dept. of Recreation and Parks.

Supported Past Events . . . and Upcoming Events



HopeWell
CANCER SUPPORT

Last Annual C2 Celtic Canter
Saturday May 5, 2018
Eldersburg Elementary School

In memory of Cathy Chiaramonte, who passed away in September 2017 to benefit brain cancer research. This is the last planned C2 Celtic Canter event for EES.

ERR timed this event.



Run 4 Kids 4K & 10K Challenge
Saturday June 2, 2018
Freedom Park

Proceeds benefit Pediatric Cancer research
ERR timed this event.



Coollest Mile on Main Street
Sunday July 1, 2018
Downtown Sykesville

Family friendly race to celebrate July 4th
<https://www.active.com/sykesville-md/running/distance-running-races/coolest-mile-on-main-2018>

<https://www.sykesvillemainstreet.com/event/coolest-mile-main-street/>

ERR is timing this event.

Fat Ass River Trail 1/2 Marathon

COULD YOU
OUTRUN A
FART?

Alas, F.A.R.T. cannot take place on the originally scheduled route this year due to the flooding. DNR is too busy trying to salvage Avalon (again) to deal with our race. We are working on an alternate location but not sure that we can find something that will work logistically. We will keep you updated.

Half Marathon
July 21 at 8 AM - 12 PM
Downtown Sykesville

ERR is hosting this fun & free event.

<https://www.facebook.com/events/1603112203144035/>



Saturday August 18
Patapsco Park

ERR and Tri Sport Junction will operate Aid Station #2 and need your help. We need people for setup, operation, and tear down. The race will provide BBQ and beer to volunteers, and you won't believe how much fun it is to work an aid station at a trail ultra race!

<https://www.facebook.com/events/1658939477538504/>

15th Annual
Labor Day Race
Labor Day Race
Labor Day Race
Monday,
September 3

ERR hosts and times this
5K/10K/Fun Run event; our premier fundraiser for the year; volunteers welcome!

Information, register, volunteer here:

<https://errun.org/events>