



The Rogue Record is adding a new feature with this issue. Kelly Mize will be contributing an article to each issue spotlighting an ERR member. Welcome aboard, Kelly, and thank you for adding to the interest of the newsletter!



ALL 4!! ERR AOR TEAMS MADE THE GRADE(S)

Quite a set of crews set out to relay run the 200 miles from Gettysburg to D.C. this year:

- Runner Gone Rogue – Wheaties Box Rejects
- Runners Gone Ultra Rogue
- A Running Joke – Runners Gone Rogue
- Between a Walk and a Hard Pace



Completing the course makes all who ran winners. Wheaties Box Rejects and Between a Walk and A Hard Pace finished in the top 3 of the Masters Mixed division; A Running Joke in the top 20 of the Open Mixed division and Runners Gone Ultra Rogue in the top 4 of the Mixed Ultra Team division. Special kudos to those who ran for the first time. And a very special thanks to all those members who volunteered to staff the support stations!



PUB RUNS, 2019

The 2019 Summer Pub Run series is up and running (and drinking) Wednesday evenings. Thank you, Angie, for getting us started again this year! So far in June the following are on tap:

6-12 Amante Pizza & Pasta 6-19 Vine on Main 6-26 Basta Pasta
Meet at 6:00 pm - take a photo, go for a run and then back at pub for drinks, food and fun. An event is created each week in Facebook (thanks to Alyssa Mead) with the location and to give a head count to the restaurants (helps them prepare). Events can be found here:

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

Any ERR member participating in 3 of the Pub Runs will receive an ERR pint glass. Thanks to everyone for participating!

P.S. We appreciate your patience at the pubs since our groups are very large.





SENIOR SCHOLARSHIPS NEWS!!

- Congratulations to our 2019 ERR Academic Athletes:

Macy Hamlett

Hogan Mower

Both will receive a \$2500 scholarship from ERR towards their further educations.

- Be on the look-out for the **2020 application** to be available later this summer
- And Dawn Harvatine will be taking over the responsibility of being the Scholarship Committee chairperson for the 2020 awards. Thank you, Dawn, for helping ERR help our young people pursue their goals!



ARROWS Head Coach
ARROWS Program
Director

The ARROWS Spring Track and Field A Success!

The spring Track and Field season for the **ARROWS** has come to very successful and satisfying conclusion. As in previous years, the roster was filled to capacity and 125 youngsters took on the fun and challenge to learn, improve and test their skills in a number of sports and events. Some 23 of those young people took on the additional Competitive Training Program. In addition to the adult coaches and volunteer parents, **25!** high school students volunteered to come out each week and assist with running the practices. Many of them were former Arrows who are now part of their high school track programs. Several of these teen volunteers who were inducted into the National Honor Society this year named "Mentoring the **ARROWS**" as one of their favorite activities. A very loud, boisterous and hearty **THANKS** to all the coaches, parents and volunteers for making this spring season as great as it was! Without you there is no **ARROWS** program and these young athletes would be missing out on a fantastic opportunity.

A highlight of the season was the home meet at Century on June 2. The weather held out and a provided a beautiful venue this year for the **565** athletes that came from all over the region. There were 16 teams and some unattached participants. **Many, many thanks** to all the parents and ERR member volunteers who came out and pitched in to make this meet the success it was!

Coach Erin Lavelle is heading up the post-season activities for those who qualified and are interested. Thank you, Erin, for taking on this activity. Good luck this summer!



With this season, Mindy Grosh (Program Director) and Doug Fleming (Head Coach) are retiring. Mindy and Doug spearheaded the amazing growth and popularity of this fun program and we are so grateful for their time with the organization. We wanted to extend a very special **SHOUT OUT** for their contributions to the **ARROWS** – **THANK YOU!!**



ROGUE RUNNING (and WALKING) See the [Facebook page](#) for details

Bagel runs happen on Saturday mornings, at 8am with walkers and runners. Others go out a bit earlier to get in some extra distance. Always an excellent place to catch up on club news while enjoying a breakfast bagel. The schedule of locations is on Facebook.

Tuesday morning runs continue from Liberty Skate each week.

Monday Night runs from Liberty Exchange meet at 6:30 in front of Subway. All paces welcome!

Trail runs continue with Sunday morning trail runs (SMTR) and trail runs at other places. Check the [Facebook page](#) for where and when.

Wednesday 5 at 5(AM) runs These early bird runners meet at 5am to get a jump-start on the day. Also run on additional mornings some weeks. Also see this issue's runner spotlight feature!

Distance and Ultra runs are still favorites with many ERR participants. Check the [Facebook page](#) for ideas, events, connections and partners. Also see the runner spotlight feature!

4K to 10K runs also happen just about every week. Some, like the Run For Recovery and Running4Kids, are for causes with a special interest to many of our runners. Check the [Facebook page](#) for ideas, events, connections and partners.

ERR-Strava Try the ERR group on Strava if you are interested in setting goals and improving performance:

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

Summer Track Workouts Track Tuesdays at Liberty High track, 6:30-7:30pm, have started with Coach Maura and will continue through August 13! Free to ERR members! This is for all paces. All workouts will have a modified option. The full workouts range from 3-4 miles not including rests and warmups/cooldowns. Bring WATER and GOOD VIBES.

ROGUE PEDALING

The weather has finally relented and members have taken to their bikes. Check the [ERR Bike Facebook page](#) for events. And the 8th (or is it the 9th?) year of the Tour de Couch Potato is on. You need to let Madame Tuber know you are participating in this perennial favorite of ERR members by registering via [Google Docs](#). Open until July 6th and/or the first 200 registrants.





RUNNER SPOTLIGHT

Meet **Hannah Callaghan**. Hannah moved to the area in March, 2017. She stopped into TriSport one day to check it out and find out about any cycling groups in the area. Jane and Donna told her about the ERR bike group but also suggested that she might enjoy the running club as well. Since then she has become a regular at the famous “5 at 5:00” runs and the Saturday morning bagel runs.

She started running when she was 9 years old. Her Mom told her she had too much energy and signed her up for a 5K. They went to the race as a family and her Mom told her she would see her at the finish line. Hannah finished 2nd in her age group with an 8:30 pace! The race, Run for the Animals, is in her home town of Wheaton, IL, and it is still her favorite race. Hannah has lived in 5 states and ran a half marathon in each of them except for Maryland. A Maryland half is one of her goals.

Hannah is married and expecting her second child, another boy, in August. She plans to keep running until he makes his entrance into the world. She enjoys running too much to give it up. What she is looking forward to the most, post baby, is having her body back and being able to push herself a little more on her runs. She knows that people think the “5 at 5:00” group is crazy for getting up so early to run but she says running is her morning coffee – it is her therapy and she is a much nicer person after she gets her run in. Fortunately for me, I got to talk to her after her run!

EVENTS SUPPORTED LAST QUARTER

Running4Kids 4K & 10K Challenge- Saturday June 1 at Freedom Park to benefit Pediatric Cancer research. ERR timed this event.

EVENTS COMING UP THIS QUARTER

Coollest Mile on Main Street- Sunday, June 30, 2019 in Downtown Sykesville at 8 am. Register here to race down the hill: <https://sykesvillecoolestmileonmain.itsyourrace.com/register/> or at Tri Sport Junction. There will be no race day registration. Packet Pickup: June 29th: 11 am-5 pm at Tri Sport Junction and June 30th: 7 am-7:45 am at the start of the race at Sykesville Middle School. ERR will be timing this event.



PRO TIP: RUN A 5K



THEN PARTY LIKE IT WAS A MARATHON.

EVENTS COMING UP THIS QUARTER (CONTINUED)

July Pub Runs- These continue on from the June timeframe. Schedule is now posted on the [Facebook page](#) so mark your calendar with the upcoming dates and locations. If you have any suggestions for places in the area that would be good to run from and then celebrate afterwards, let us know. Leave a message on the [Facebook page](#) or email us at: information@errun.org



Labor Day Race- Monday, September 2. Be on the look-out for details on our web page: <https://errun.org/events> and/or on our [Facebook page](#). ERR will be timing this event.



F.A.R.T. Half-Marathon- The Fat Ass River Trail Half-Marathon will not run again this year due to the major damage conditions that remain in Patapsco Park from the various severe storms over the past year. Bummer!!



Fall ERR Membership Appreciation Gathering- Join or renew to receive an upcoming email with details.



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

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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 County Dept. of Recreation and Parks.

