



Labor Day Race pg 3!

The evening of April 25<sup>th</sup> proved to be a very special one for many ERR members. They and the Sykesville community came together to honor Jane Linde and Donna Larkin for their tremendous contributions to the Sykesville community, as owners of TriSport Junction and as long-time and active members of ERR and the south Carroll running community! Many people chipped in, gave input, organized, attended, etc. to show their great appreciation for these wonderful ladies and what their store Tri-Sport Junction and them-selves have meant to the community. *And* it was done without them knowing the plan, which made it even more special. Thanks go out to the Town of Sykesville, Downtown

## **ERR Members Honored!**





Sykesville Connection, and Julia Cooper for spearheading the bench project; you hit it out of the park! Thanks to all who were involved in this effort. It truly does take a village!

**Let Freedom Ring Parade**

ERR members and the **ARROWS** members joined together with other organizations and people to be part of the Sykesville **Let Freedom Ring Parade** on Saturday, June 29<sup>th</sup>. It was a fantastic turnout by all as part of the July 4<sup>th</sup> celebrations!





### **Labor Day 5K Registration is Open!!**

Monday, September 2, 2024 at Freedom Chiropractic & Rehab in Liberty Exchange. The Labor Day Race is the Eldersburg Rogu Runners' primary fundraiser. Please enjoy this event and help us continue to support our area runners, walkers, and bike riders.

There will be a 5K and a 1 Mile Fun Run again this year. Registration is open and the cost is minimal!!

- **5K ERR Member Price** - \$20 (Want to become an ERR member? Visit: <https://errun.org/err-membership>.)
- **5K Non-ERR Member Price** - \$30
- **1 Mile Fun Run** - \$10

5K registration includes a pair of *patriotic* socks.

Register on [ItsYourRace.com](https://ItsYourRace.com), or at packet pick-up at Feet First @ the Junction in Sykesville, or by mailing the registration form (found at [errun.org](https://errun.org)). Registration QR codes are also at the end of the newsletter. **NO** Race Day Registration!

**5K prize money** to the top 3 males and top 3 females.

Participant medals to all finishers.

Packet pick-up: Sunday, September 1, 11am - 2pm at Feet First @ the Junction, 7568 B Main St, Sykesville

As ERR typically does being part of the south Carroll community, a portion of the proceeds will go to charity, this year to the Carroll County Youth Service Bureau. CCYSB provides Carroll County residents and families with community-based mental health and substance use services, to help them on the road to recovery and a healthy life.





**Rogue Running (and Walking)** [See the [Facebook page](#) for details]

**Bagel runs** happen on Saturday mornings, at 8am with walkers and runners. Some go out a bit earlier to get in extra distance. They are an excellent event to catch up on club news and enjoy a breakfast bagel with friends. The schedule of locations is on [Facebook ERR Featured](#) and our web page calendar at [errun.org](#).

**Monday Night runs** from Liberty Exchange meet at 6:00 in front of Subway. All paces welcome!

**Tuesday morning runs** from St. Joe's church, still at 8am. Park in the lot on Martz road.

**Tuesday morning walks** from a new place: the skate park and playground parking area south of the Sykesville train tracks at 9:30am. All abilities welcome; being out and back lets you choose your distance.

**Wednesday 5 at 5(AM) runs** These early bird runners continue to meet at 5am to get a jump-start on the day.

**Thursday night run/walks** at 6pm meeting at Feet First. The run is posted each week on [Facebook](#). All levels welcome!

**Trail runs** continue locally with Sunday Morning Trail Runs (SMTR) plus trail runs at other places. Check [Facebook](#) for where and when.

**Distance and Ultra runs** continue to be the main focus events for many ERR members. Check the [Facebook page](#) for ideas, events, connections and partners.

**Some (Not All) Other Runs People Have Done:**

- |                            |                                |
|----------------------------|--------------------------------|
| Fast and Furriest 5k       | St. Michael's Running Festival |
| Frederick Running Festival | Charm City Run                 |
| Eagle Up Ultra             | Baltimore Women's Classic 5K   |
| Crusher Run 5K             | Ocean City NJ Tri              |
| Autism Speaks 5K           |                                |

**ERR-Strava** Try the ERR group on Strava if you are interested in setting goals and improving performance: <https://www.strava.com/clubs/332899>

**ERR-Garmin** Are you a Garmin user? Join the Garmin ERR group by signing into your Garmin Connect account and searching Groups for "Eldersburg", then join the ERR group.

*With regard to COVID, please follow current CDC recommendations*





### **ROGUE PEDALING**



Bike season is here and members of ERR Bikes have participated in Six Pillars Century in Cambridge, MD, Armed Forces Classic in DC, Frederick Bikes & Beers, and Firefighter 50 in Pleasant Valley, MD. Coming up, we have on July 13th the Kent Island Bikes & Beers, in early September the Civil War Century, in late September the Seagull Century, and in October the Great Pumpkin Ride.

Our Wednesday night rides at 5:30 from 1623 Brewery have been growing, with as many as 20 riders each week, with rides of 12 and 19 miles. Rides are also planned for most weekends, most with varied distances. In addition to Carroll County rides, we've ventured out for a Utica Park Covered Bridges ride in Frederick County, Western Regional ride in Howard County, Washington & Old Dominion Trail ride in Virginia, Taneytown to Gettysburg ride, and BWI Airport Loop/B&A Trail to Annapolis ride. Check our Facebook group <https://www.facebook.com/groups/1376457859305809> for upcoming events and planned rides. New riders of all abilities are always welcome!

We are gathering interest in creating a new ERR Bike jersey. The more we order, the lower the overall cost per item will be. If there is enough interest, we will come up with a few design options and get it out to the group for a vote. Please see the post on the ERR Bike Facebook page and comment to the post with a "Yes" if you are interested.

### **Tour de Couch Potato**

The member-favorite TdCP is up and running again this year. There are some 56 riders registered from Maryland, many of them ERR members. Others are from as far away as Ecuador. The first day had a notable number of riders off the couch and in the saddle! Current miles ridden can be found here on the Mileage Sort tab:

[TdCP Mileage page](#)



**Zwifters!** Robert Holt has set up a Zwift ERR bike team and some virtual rides are possible. See [Robert's post](#) on the [ERR Bike Facebook](#) page (or see Robert himself) for details!





### SCHOLARSHIP



### **SENIOR SCHOLARSHIP WINNERS!!**

The 2024 recipients of the ERR Brian Lawton Academic Athlete Scholarship have been chosen! Congrats to:

**Maya Potter**

**Natalie Holcomb**

ERR wishes you both the best in your future endeavors and are proud to be able to help out with them!

Now is not too early to check into next year's scholarships for your future! Are you (or have a child who will be) a senior in the 2024-2025 school year?

Details: [ERR Scholarships](#)



### **ERR ¼ ZIPS STILL AVAILABLE!!**

Stylish new sportswear displaying the ERR logo and name is now available. Cost is only \$25; can you believe that!! Contact Jamie Sullivan (email: [race@errun.org](mailto:race@errun.org)) for information and for how to get one of these handsome quarter-zips.



### **ARROWS Spring Track and Field Completes!**

Once again, these young athletes finished in great form! **Special kudos** to the coaches who make this program possible and fun: Coach Luke Spurrier who led the charge this year with help from Erik Fenton coaching distance and Zoe Ajebon coaching throws! And a great big **thank you** to all the parents and volunteers who pitched in to enable the practices and events to happen.

Watch the FARC registration pages or the **ARROWS** FB page for Fall cross-country sign-ups with the.





**RECENT EVENTS SUPPORTED**



**Let Freedom Ring Parade-** members of both ERR and the **ARROWS** participated in this event on September 29<sup>th</sup> in downtown Sykesville. See the earlier article for details and pictures.

**EVENTS COMING UP SOON**



**Labor Day Race-** on Monday, September 2nd. Sponsors are most welcome! Contact us here: [janel@errun.org](mailto:janel@errun.org) . Volunteers are always needed; please contact any Board member or [information@errun.org](mailto:information@errun.org) to help out! Registration is open and can be done here at ItsYourRace: <https://errlabordayrace.itsyourrace.com/event.aspx?id=9571> or mail-in here: <https://errun.org/events/err-labor-day-race> ERR will be timing this race. See the earlier article for more 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-supported activities include:

- Area Road Races
- Area Training Runs
- Saturday Morning Group Runs- "The Bagel Runs"
- Trail Runs
- High School Seniors Scholarship Program
- Youth Track & Field and Cross Country club: "The **ARROWS**"
- Athletes in AAU and USA Track and Field Events

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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 Road Runners Clubs of America. 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.

The Eldersburg **ARROWS** program is an Affiliate of FARC which is an affiliate of the Carroll County Dept. of Recreation and Parks.



Bagel Run Schedule



ERR Facebook page



ERR Bike Facebook page



ERR web page



ERR Strava group



Join/renew 2024 On-line



Join/renew via mail-in form



Scholarship Application



RRCA web page



FARC web page



Labor Day IYR Registration



Labor Day Mail-In Registration

