



Training Tips!

An “all-in-fun” list for training for the big event on September 16 at Chesapeake Bay Environmental Center:

- Jog around the house drinking beer from a 3-oz paper cup. *(Daily)*
- Raise a beer glass to your lips 25 times each hand while jogging in place at the kitchen counter and making toast. *(Daily)*
- Frequent your local brewery. *(Multiple repetitions.)*
- Vacuum the living room with a beer in both hands, pushing vacuum cleaner with chest. *(Weekly)*
- Visit your not-so-local brewery on a road trip. *(Multiple repetitions.)*
- Jog over the toys, dog, cat on the living room floor, high-stepping it, with two beers in hand. *(Daily ... lots of roots and obstacles on the run course.)*
- Hold 5 full beer glasses in your hands, sipping from each so you don't spill, and high-step from living room to fridge for refill. *(Daily)*
- Visit the breweries listed here and have a flight at each. *(Multiple repetitions.)*



Inspirational Quotes!

“I fear my last words will be ‘Hold my beer and watch this.’”

“Finishing the race is optional, finishing the beer is not.”

MD BREWERIES

According to the Maryland Brewer’s Association the following breweries are up and running (and tapping) ... visit, drink beer, and support Maryland’s Breweries.

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| 1623 Brewing Company | Jailbreak Brewing Co |
| 1812 Brewery | Jubilee Farm Fermentation |
| 7 Locks Brewing | Key Brewing Company |
| Alecraft Brewing | Locust Post Brewery |
| Antietam Brewing | Lone Oak Farm Brewing |
| Astro-Lab Brewing | Mad Science Brewing Co |
| Attaboy Beer | Manor Hill Brewing |
| B.B. Brewing | Maryland Beer Company |
| Battery Island Brewing Co | Maryland Meadworks |
| Bay Life Brewing | Midnight Run Brewing |
| Big Truck Farm Brewery | Milkhouse Brewery |
| Black Flag Brewing Co. | Ministry of Brewing |
| Bog Turtle Brewery | Mobtown Brewing Company |
| Brewer’s Alley Brewery | Monocacy Brewing Company |
| Brewery Fire | Monument City Brewing Co |
| Brookville Beer Farm | Mully’s Brewery |
| Bull & Goat Brewery | Nepenthe Brewing Co |
| Calvert Brewing Company | Olde Mother Brewing Co |
| Charm City Meadworks | Oliver Brewing Company |
| Checkerspot Brewing | Patriot Acres Farm Brewery |
| Chesepioc Real Ale Brewery | Patuxent Brewing Co |
| Chesepiooc Real Ale Brewery | Peabody Heights Brewery |
| Clear Skies Meadery | Pherm Brewing |
| Crooked Crab Brewing | Pip the Side Brewing Co |
| Cushwa Brewing Co | Poole’s Island Brewing Co |
| Denizens Brewing Company | Pub Dog Brewing Co |
| Dig Deep Brewing Co | RAR Brewing |
| Distillery Lane Ciderworks | Reckless Ale Works |
| Double Groove Brewing | Red Shedman Farm Brewing |
| Duclaw Brewing Company | Rock Bottom Brewery |
| Elder Pine Brewing Co | Rockwell Brewery |
| Elk River Brewing | Ruhlman Brewing Co |
| Evolution Craft Brewing Co | Saints Row Brewing |
| Falling Branch Brewery | Sapwood Cellars |
| Flood Zone Brewery | Scorpion Brewing Co |
| Flying Dog Brewery | Silver Branch Brewing |
| Forward Brewing | Slate Farm Brewery |
| Franklin Brewery | Smoketown Brewing Station |
| Frey’s Brewing Company | Smoketown Creekside |
| Full Tilt Brewing Company | Springfield Manor Brewery |
| Gateway Craft Brewing | Steinhardt Brewing Co |
| Greenspring Brewing Co | Streetcar 82 Brewing |
| Guilford Hall Brewery | Ten Eyck Brewing Co |
| Guinness Open Gate Brew | The Brewer’s Art |
| Gypsy Brewing Company | The Buzz Meadery |
| Heavy Seas Beer | True Respite Brewing Co |
| Homaide Brewing Co | Two Story Chimney Ciderworks |
| Hopkins Farm Brewery | Union Craft Brewing Co. |
| Hysteria Brewing Company | Union Craft Brewing Company |
| Idiom Brewing Company | Upper Stem Brewery |
| Independent Brewing Co | Waredaca Brewing Colder |
| Inverness Brewing | |