



Coach Erin Sanders is a RRCA (Road Runners Club of America) certified distance running coach. She has run 3 marathons, 10 half-marathons and several other distances in between. She is the Running Examiner both locally in Baltimore and Nationally for Examiner.com where she writes on news, advice, gear, and other topics pertaining to running.

Erin is excited to help athletes of all levels train for and achieve their goal. Erin believes running is a simple metaphor in life that can show you where you start and how far you've come. Coaching Team Challenge, Erin will help you make reasonable goals, and be there to make sure you see them through.

Erin coached Team Challenge MD across the finish line last summer at the Inaugural Virginia Wine Country Half Marathon. When Erin isn't running, she teaches martial arts to children and has her black belt in Seido Karate.