



RRCA Club Challenge p 4



## **Shiver Shuffle- Yes!!!**

SAVE THE DATE February 18, 2024 11:30 AM for the 12th Annual Sykesville Shiver Shuffle 5K . Race will start and finish in Downtown Sykesville. Make this race a part of your New Year's goal to be active!

This year we have again partnered with the Merchants on Main Street and each registered runner will receive a \$5 coupon that can be used at any participating store, pub, or restaurant. Enjoy the street music and listen for the race results as you shop.

Each participant gets a Long Sleeve Cotton Tee

Cash Awards to the Top 3 Overall (Male and Female)

Each finisher will receive a Finisher Medal

Raffle drawings will be randomly selected and you can claim your prize at the end of your run

As with all the ERR events we also have an outside charity benefit from this race. This year a portion of proceeds will go to the Carroll County Food Sunday program.

Details and registration:

<https://errun.org/events/sykesville-shiver-shuffle-0>

<https://sykesvilleshivershuffle.itsyourrace.com/register/>



## **Time To Renew Membership (or Join)**

It is that time of year again to renew for 2024 (or join) if you have not already! There are multiple ways to do this including mail-in forms: <https://errun.org/err-membership> or [click this link to renew on-line](#) .



## **Justify the Pie**

Thanksgiving morning on November 23<sup>rd</sup> was again a fun event at Freedom Park. Members came out and joined run and just have an easy, good time before enjoying the rest of the day! Many thanks to all who contributed and came out and made this annual happening a continued success.





### **December Lights Run**

This holiday favorite/classic was another success despite the weather. Thank you, Jamie and Steve, for once again hosting and opening up your home for this event! Thanks to everyone who shared and braved the terrible weather to come out to the annual Lights Run! A few actually ran in that mess: Teal Quinn, Ryan Schnitzer, Robert Holt and some walkers: Sue Swensen, Ken Fitzgerald, Peter Knapstein, Simon Crisp and Dawn Harvatine. Impressive! Special thanks to the hydration station providers: Eileen Voigt, Tricia Mower, Bill Voigt and Cliff Mower!



### **ROGUE PEDALING**



Five ERR cyclists rode 26 miles on New Year's Day at the 33rd Annual "I've Ridden Every Day This Year!" Ride sponsored by Mt. Airy Bicycle Company.

It may be a bit cold and icy to go riding now but not to go shopping in anticipation of getting on the bike again come nicer weather! The STOP, SWAP AND SAVE is the mid-Atlantic's largest indoor bicycle swap meet and consumer bike expo featuring thousands of discounted cycling and fitness products, product demos and giveaways, special events and much more. And it is right here in Carroll County at the Ag Center! Mark your calendar now for Sunday, February 18th, 2024, from 9:00 am to 2:00 pm.!



**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!



### **SENIOR SCHOLARSHIPS!!**

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 2023-2024 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 Starting Up Soon**



It is getting to be that time again to run, jump, throw, etc. Registration as always is through FARC. Keep checking this link for registration information: <https://freedomarearec.sportngin.com>





**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 the fountain park near the Post Office in downtown Sykesville 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 the fountain park near the Post Office or other locations. Check [Facebook](#) each Thursday for the location. 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:**

- Celtic Solstice 5 Miler
- Winfield Mile
- Nathan Benderson Turkey Trot
- JFK 50 Miler
- Zaching Running Festival 5k and 10k
- Richmond Marathon

**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*









**RECENT EVENTS SUPPORTED**

	<p><b>Snallygaster Family Fling- Nov 19, 2023</b>, Freedom Park. ERR was a sponsor for this event being held by Downtown Sykesville Connection.</p>
	<p><b>Run From the Lion's Den- Dec 2, 2023</b>, 9 a.m. Liberty High School. Supported the Liberty Cross-Country and Track and Field programs and also supported Carroll County Food Sunday by facilitating the race-day collection of non-perishable food items. ERR timed this event.</p>
	<p><b>Justify the Pie- November 23<sup>rd</sup></b> Thanksgiving morning at Freedom Park. See earlier story!</p>
	<p><b>December Lights Run – Sunday, December 10<sup>th</sup></b>. See earlier story!</p>

**EVENTS COMING UP SOON**

	<p><b>Shiver Shuffle-</b> February 18, 2024 11:30 AM for the 12th Annual Sykesville Shiver Shuffle 5K . Race will start and finish in Downtown Sykesville.  <a href="https://sykesvilleshivershuffle.itsyourrace.com/register/">https://sykesvilleshivershuffle.itsyourrace.com/register/</a>                  ERR will time this event. See earlier story for more details.</p>
	<p><b>10 Mile Club Challenge-</b> The 10 Mile Club Challenge is coming again on February 25th, 2024! Once again we want ERR to have a big showing!!! ERR will pay 50% of your registration and also offer the ERR 1/4 zip at a reduced price of \$15 to registrants. See Captain Bill Cole for questions. You must be an ERR member and can finish 10 miles within the 2 hour 10 minutes cut off. You can still join ERR now and be eligible! More details here on the Challenge:  <a href="https://www.striders.net/rrca-club-challenge/">https://www.striders.net/rrca-club-challenge/</a></p>
	<p><b>Shamrock 5K March 10, 2024-</b> Not an ERR-sponsored event but a perennial favorite which many, many members run! Registration is open, so designate ERR as your club and maybe we'll win the Kelly Cup again!  <a href="https://runsignup.com/Race/Register/RaceGroup-1418025?raceld=26055">https://runsignup.com/Race/Register/RaceGroup-1418025?raceld=26055</a></p>
<p>Piney Run Park 50K, Relay, and 5 Mile Run to Remember Trail Race</p> 	<p><b>Run To Remember 50 K, Relay, 5 Mile , and 8 Hour Challenge is April 20, 2024 .</b> This race was started to remember some of our wonderful members we have lost. We welcome you to challenge yourself in the memory of someone you have lost. The race takes place in Beautiful Piney Run Park. The course is a 5-mile loop (to be run 6 times for the 50K) of woods, meadows, and 50 feet of paved road. The view of the lake is on 50% of the course. Your registration includes park entrance fee. 50K: Single runner, 8 hour Challenge or a relay team up to 6 people. The 5 Mile race uses the same course but starts later than the 50K. ERR will time this event. Details and registration can be found here:  <a href="https://errun.org/events/run-remember">https://errun.org/events/run-remember</a>  <a href="https://ultrasignup.com/register.aspx?did=102635">https://ultrasignup.com/register.aspx?did=102635</a></p>





### 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

Eldersburg Rogue Runners, Inc.  
 PO Box 1726  
 Eldersburg, MD 21784  
 410-549-6296 (ext:5)  
[membership@errun.org](mailto:membership@errun.org) or  
[information@errun.org](mailto:information@errun.org) or  
<http://errun.org>



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



Shiver Shuffle IYR Registration



Shiver Shuffle Details/Mail-in



Run 2 Remember Details



Run 2 Remember On-line Registration

