

Important Message to Our Members

We are resuming group runs with caution. Based on the RRCA and MD Guidelines, please observe the below precautions:

--Do not participate if you are feeling sick or ill, and or have a fever, or if you have been in contact with someone unrecovered from Covid-19

--Persons from high Risk groups for Covid-19 should consult their physician before participating

--Do not engage in traditional forms of physical contact (hand shake, high fives, hugs, partner --- stretching, etc.) Do not engage in close group picture/selfies. Maintain social distance guidelines

--Do not spit or “nose Rocket” in public, Bring along tissues or hanky

--Do not share personal items such as hydration, energy gels, towels, etc.

--Participants Face mask coverings are required anytime social distancing cannot be kept

--Participants should carry personal Hydration packs and use hydration stations to refill only

--For those participating in group runs, should you test positive for Covid-19, and have attended group runs in the past 14 days, please notify your club leader. Do not participate in any group gathering until you are recovered from Covid-19 and have received approval from your doctor.!!



See page 4 about potential Labor Day race!!

ERR Supports the Care Bravely Compassion Fund for our Carroll Hospital Warriors



The Care Bravely Compassion Fund was established to allow our community to help take care of the caregivers—the nurses, physicians and front line staff. This fund provides things as simple as meals during shifts as food resources become limited to vitally important masks and protective gear to keep them safe and protected as they serve.

ERR set up a virtual Warrior Run challenge to allow people to run and support the Fund. Participants were asked to sign-up to run one or more events between May 1 and May 10. ERR administered the virtual event and **100%** of the donations went directly to the Fund.

Events included:

- 1 mile fun run
- 5K
- 10K
- ½ marathon
- Full marathon

There were 70 total events run among the dozens and dozens of participants. Thank you all!!





[ERR Supports the Maryland Horse Rescue Virtual 5K!](#)

The Maryland Horse Rescue is a local effort that facilitates the rescue, rehabilitation, and rehoming of abused and abandoned horses. They firmly believe that every horse can perform a job of some kind, no matter what their limitation, and that they all deserve a second chance. They strive to adopt out as many animals as possible to loving informed homes. They specialize in the care of senior and blind horses, but will accept any equine(s) in need, from Animal Control, Humane Society and other organizations that need to save horses that are in danger. They are 100% volunteer run and operate solely on donations.

ERR administered the 5K challenge to allow people to sign up to run and donate. Again, **100%** of all donations made went directly to Maryland Horse Rescue. There were 56 participants for this event. Thank you!!

[SENIOR SCHOLARSHIPS AWARDED!!](#)

ERR once again awarded 2 \$2500 scholarships to qualifying student athletes. The 2020 ERR Scholar Athletes are:



Caroline Mastria
Stephen Hurst

both from Century High. The committee was fortunate and challenged this year to select from a strong field of 8 applicants representing all 3 of our local high schools. We congratulate all of the applicants as students with impeccable GPAs, exemplary community service and strong participation in their cross country and/or track and field programs. All of their futures are bright! Caroline and Stephen were selected on the strength and voice of their essays. We are proud to claim these two remarkable graduates as ERR Scholar Athletes and wish them all the best!

Are you (or have a child who will be) a senior in the 2020-2021 school year? Now is not too early to check into this scholarship for your future! Details:

<https://errun.org/eldersburg-rogue-runners-academic-athlete-scholarship> .





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. Can be an excellent event to catch up on club news and enjoy a breakfast bagel with friends. The schedule of locations is on [Facebook ERR Announcements](#). Please follow the Maryland and RRCA COVID guidelines for groups if you run!

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

Tuesday morning runs continue from Liberty Skate at 8am.

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.

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 are still the main focus events for many ERR members. Check the [Facebook page](#) for ideas, events, connections and partners.

4K to 10K runs also happen just about every week. Many provide support for causes with a special interest to many of our runners. Check the [Facebook page](#) for 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>

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.

Virtual Runs With the COVID-19 situation causing the various levels of government to limit social interaction, people are turning to virtual running challenges. That is running individually, but keeping a group record on-line as an assist to keeping fit and healthy. Check around; there are many opportunities out there and charities are especially using this technique to replace their normal fund-raisers. .

Running Camp Coach Maura has agreed to repeat the popular summer running camps this summer. They are free to ERR members. We are trying to work out the details relative to place and applicable guidelines. We expect that participation will have to be limited to 9 people at a session and thus will require some kind of pre-event sign-up each week. Because of the popularity, we are also working on having 2 sessions per week if possible. However, nothing is final yet. Keep your ear to the Facebook page!





ROGUE PEDALING

The virus situation has canceled popular rides such as the Firefighters' 50, but members have been out riding within guidelines and keeping in touch via the [ERR Bike Facebook](#) page. Good news is that the Tour de Couch Potato has only been postponed to coincide with the dates for the Tour de France- Aug 29 to Sept 20. Register come August 1! This is the TdCP's 10th year!!



ARROWS Spring and Summer Track and Field Canceled!

The Eldersburg **ARROWS** Youth Track season this summer was canceled due to the COVID-19 restrictions and the guidelines set forth by FARC to protect our most precious assets- our children- and our 2nd most precious assets- our adult coaches and volunteers. We are hoping the fall XC season can happen but no decision has been made yet. Hang in there, **ARROWS!**

ERR CHANGES AFFILIATIONS



ERR has made some changes to our affiliations with “umbrella” organizations. To keep our incorporated status, we have now affiliated the main club with Road Running Clubs of America (RRCA). Founded in 1958, the Road Runners Club of America (RRCA) is the oldest and largest national association of runners and running organizations dedicated to growing the sport of running. One benefit of this change is that being in this group gives our members (must be an ERR member) the option of participating in the exclusive RRCA events. See <https://www.rrca.org/> for more on RRCA.

The **ARROWS** program will remain associated with FARC and use the name: Eldersburg **ARROWS** Youth Track and XC program. Both the main club and the **ARROWS** will continue their leadership and close association under this new arrangement.

EVENTS SUPPORTED LAST QUARTER

Carroll Hospital Warrior Challenge Virtual Race

Maryland Horse Rescue Virtual 5K

EVENTS COMING UP THIS QUARTER

Labor Day- ERR is working with 1623 to have a real (not virtual) 5K run using rolling wave starts to stay within guidelines. Everything is preliminary yet but very promising! Check errun.org or our [Facebook page](#) or [events page](#) later for final details and format!!

Run4Kids Challenge- The 8th annual Run 4 Kids Challenge to fight pediatric cancer will (hopefully) take place on Sunday, Sept 20 at Freedom Park. The races benefit the Children's Cancer Foundation, located in Columbia, which serves the children at 7 local hospitals. Volunteers appreciated. ERR will time this event. Information: <https://running4kids.org/4---10k.html>



RUNNER SPOTLIGHT BY KELLY MIZE



Celia Chavez grew up in Peru. She started running in 7th grade. She ran for her school as well as her town. Running gave her the opportunity to travel to other towns. Her principal started a running group and Celia ran with them. They ran at 5 a.m. and did most of their running on the beach to avoid traffic.

You may see the miles Celia puts in and consider her a distance runner, but that hasn't always been the case. She used to be a sprinter, making it to Peru Nationals in 1992.

There is much more to Celia than running. She is also a very gifted photographer. She became a graphic designer when she was 16. By the time she was 18 she was the editor of a magazine in Peru. She put in very long hours at work and would often run at midnight because that was the only time she could fit it in.

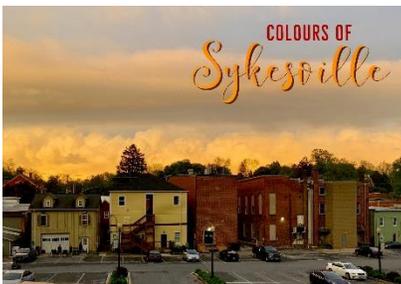


Celia moved to the United States in 2014. She married when she was 37 years old. She just never gave marriage a thought until then. She now works with her husband Mark, who owns Country View Builders, a roofing and remodeling company.

Celia joined ERR about 3 years ago. Her favorite race is AOR because it is about the spirit of competition and taking care of each other. Her biggest running goal is to run her first full marathon. She describes herself as a perfectionist and says that makes it hard to do something she isn't sure she will be good at.



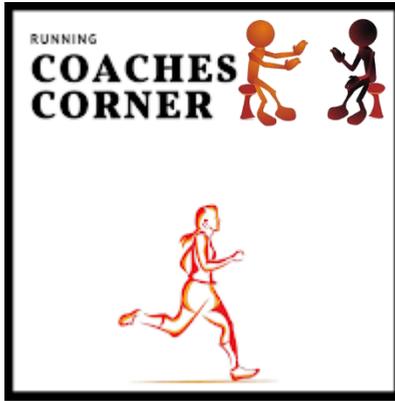
I recently noticed more and more Facebook posts from Celia with pictures of her trail running. She told me when she started running on trails she immediately felt a connection to the trails and the water. With the absence of group runs during Covid, she and Karen Rinehart started running trails regularly, often running 40 to 50 miles per week. She posted some of her pictures in Sykesville Online and received hundreds of likes and comments. She felt as if her pictures were making people feel better during a hard time so she kept doing it. Celia's pictures have been used as profile pictures for several Facebook groups including Eldersburg Online Community, Sykesville Online Community, and The Best Business of Howard County, Maryland. Her favorite picture is one she took of her friend Jean Smink, who introduced Celia to trail running.



Celia views running as a privilege. It allows her to feel a freedom even during hard times. She loves capturing the beauty of her runs in her photography.



COACH MAURA'S MUSINGS



Summer Running, Have Me a Blast

Ahhh finally. We've made it to Summer! Many of us have been taking advantage of being home and having more time to run or start to run. It is a perfect time of year too, Spring brings cool mornings and sunny days making training optimal. You have been feeling good and cherishing every moment not being cooped up in your home. By now you have all noticed the temperatures rising and the humidity in full force. All of a sudden you don't feel so "springy" anymore. Legs are heavy, breathing is challenging, feet are burning. What seemed so effortless in the spring all of a sudden is the most difficult thing. How is this possible?! Shouldn't you feel so fit after months of running?

Don't worry, that fitness hasn't gone anywhere. The Summer brings many challenges to runners, and if not careful, can do some serious harm to your body. Knowing how the heat and humidity affect your running not only keeps you safe, but also improves the quality of your running over the Summer months. So, let's start with why you are feeling the way you feel:

Heat: High temperatures make it harder for your body to control your body temperature, and it uses more energy trying to cool you down. This can cause heat related illnesses such as heat cramps, heat exhaustion and heat stroke. You also lose fluid quicker, increasing your chances of being severely dehydrated. Long story short, running in hot weather makes your body burn more energy doing things to help cool you down rather than that energy going towards your running. This is why you feel sluggish, heavy, and downright miserable.

Humidity: The risk of heat illness increases when you add humidity on top of hot temps. This is because your body is now trying to bring your body temp down in saturated air. Saturated air decreases sweat evaporation. Sweat evaporation is a tool our body uses to cool us down. If that isn't happening, it makes it even harder for our bodies to function. Both heat and humidity negatively affect running performance. That is why your runs are slower at the same effort as a faster one.

This doesn't sound like a recipe for success. The good news is that you can still enjoy Summer running by taking the proper steps to ensure safety. Here are my Summer Running Tips:

Give yourself time to adjust to the heat. It can take up to 2 weeks for some people to adjust to higher temps. Our bodies will adapt to the high temps slowly, and we can't rush this process. Be patient with yourself. Run slower & shorter when temps first start to rise. Remember- heat and humidity will slow you down, but that doesn't mean you have lost any fitness. Pushing the pace will only hurt you.



Run early or late when the sun isn't shining bright. One benefit to Summer running is you have more daylight- so use it! Schedule harder workouts for early, late, or even bring it inside on a treadmill.

Hydrate, hydrate, ***HYDRATE!*** Before, during (if you're going longer), and after. And for the rest of the day. Drink more than just water. Electrolytes are always important whether it is hot or not, but crucial in the summer. Bye-bye heat cramps!

Wear lightweight clothing. Now is not the time to be wearing your old cotton t-shirts. Heavy materials like cotton soak up sweat and do not breathe as well as technical fabrics. In turn, they make you hotter and prevent your body from cooling itself.

PROTECT YOUR SKIN. Many of you are out there for 1, 2, 8 hours at a time. Wear your hats and your sunscreen. Not only will they protect your skin from getting fried and permanently damaged, but also helps cool you down.

Pick routes that have shade. Helps keep you cool and protects your skin.

Enjoy this season's training everyone!



TRAINING SHORTS (FROM THE ERR “ARCHIVES” *)

“Three Types of Training Runs” By Pete Lester, Sr.

Whether we are experienced runner or we have just completed our first 5K, it is important to understand the various types of training runs and how they can improve our performance. Generally, the three types of training runs are:

Tempo

Interval

Long-Slow-Distance (L-S-D)

To be clear, we all run for different reasons, and if you are happy, feel good about your pace and fitness level – why mess with a good thing? There are several reasons to consider incorporating one or all of these types of runs in your training.

First is improvement.

Without sounding like a slogan on the back of a shirt, improvement is a good thing. Even if we are simply competing with ourselves or trying to set a new personal record, getting stronger and faster as a runner is admirable.

Second is variety.

Just as running the same route can become tedious. Running the same distance in the same amount of time can become a burden too. By changing our workout routine the workouts themselves become interesting.

Third is simply health.

If all we do is go out and pound out 6-10 miles each day at the same pace, not only will we not improve, we run the risk of an over-use injury. By changing up our training and the level of intensity, we can actually get more out of our runs.

In subsequent “Training Shorts”, we will offer some suggestions as to how to best incorporate these various runs into our training.

**editor’s note: this article and last month’s should have been in reverse order. Future articles will be in the correct order. The Record regrets the error 😊.

* Training Shorts are drawn from the writings of founding member Pete Lester, Sr. during the early days of ERR





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:

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



QR CODES:



Bagel Run
Schedule



ERR Facebook
page



ERR Bike Face-
book page



ERR web page



ERR Strava
group



Join/renew via
Active.com



Join/renew via
mail-in form



Scholarship
Application



RRCA web page



FARC web page



ERR's thoughts and prayers go out to Francis, our spotlighted runner last issue.
If you need a Flat Franny picture, here it is:



Flat Franny

