



The Rogue Record is beginning its fifth year of publication and in keeping with general goal of updating the format every two years, the newsletter has a new look starting this month. It is a bit more succinct and hopefully easier to read with this new approach and layout

SHIVER SHUFFLE

This year's Shuffle was another success, running and weather-wise! The race hosted 150 participants who took on the challenge of the hill. Our overall winners were:

Women- Sherry Stick breaking 20 minutes for best overall time, totally dominating "the hill", **Becky Rhodes**, **Kerri Morse**;
Men – Sheldon Degenhardt, **Chris Mead**, **Brian Fleming** and special kudos to our:

Septuagenarian runners: Jeanette Novak and Jim Bitgood;

Youngest runners: Lula Andersen and Jack Behle;

Fastest youngsters: Eddie Watson, Jake Hayden, Abby Morse and Anna Furic.



A huge **THANK YOU** to the Sykesville Shiver Shuffle 5K 2019 sponsors:

- E.W. Beck's
- Merritt Clubs
- Bunting Door & Hardware
- Redtail Creek Software
- Wind River Clothing & Gifts
- Tri Sport Junction
- Carroll Health Group
- Freedom Dental Care
- Freedom Chiropractic & Rehab
- Therapeutic Kneads
- A La Mode Boutique
- A Likely Story Bookstore
- French Twist Café
- The Vine on Main
- Baldwin's Station
- It's All Good - Food Truck & Catering

This event does not happen without many volunteers, supporters and contributors in addition to all the participants. A special shout out to all those who helped make this event happen so smoothly. We especially appreciate the support of the town of Sykesville, its merchants and the Sykesville police force. **THANK YOU!!**



WE WON THE KELLY CUP!

ERR won the Kelly Cup (again) this year for having the most runners associated with a group at the 2019 Under Armour KELLY St. Patrick's Day Shamrock 5K on March 10th. ERR had 85 people participate in this perennial favorite event!! Deb Tiburzi took 3rd in her age group also- ***congrats!***



SENIOR SCHOLARSHIPS DUE APRIL 15th

We have two \$2500 scholarships again this school year. Seniors don't miss this chance for ERR to help you with your post-high school education and/or training.

Application and details at:

<https://errun.org/eldersburg-rogue-runners-academic-athlete-scholarship-2019>



ERR FIELDS 4!! TEAMS THIS YEAR

The AOR event has always been popular with ERR members, but this year the number has increased yet again from previous years. There are 42 members participating, grouped into 4 teams, a new record! Come April 26 and 27th, these teams will be running the 36 legs totaling 200 miles from Gettysburg to DC:

- Runner Gone Rogue
- Runners Gone Ultra Rogue
- Youngers(Elders)burg Rogue Runners
- Between a Walk and a Hard Pace



ha ha, very punny!

Good luck to all the teams and runners. Thank you team captains! In addition, ERR continues its tradition of supplying volunteers to man some of the stops/support points. Kudos to all those who are helping out!

ROGUE PEDALING

Spring weather will certainly increase the amount of activity by our bikers. Check the [ERR Bike Facebook page](#) for events and updates on the 2019 Tour de Couch Potato!





The ARROWS Spring Track and Field Has Started

More than 100 youngsters are at it this year, filling up the practice fields with hopes, aspirations, energy and enthusiasm as the 2019 spring track and field season starts. The program has some 40 new athletes. Also, 20 **ARROWS** have signed up for the supplemental Competition Training Program. Doug Fleming has returned again this year to head up the coaching staff for this well-respected and sought-after program. High school coaches continue to sing the praises of its "graduates". Doug is being assisted with a number of coaches (including some 20 teen volunteers from area high schools) and parent volunteers to make this program possible. Mucho thanks! And with Mindy coordinating, how could you ask for more? Well, as it turns out, the home meet is Sunday, June 2 and there is always a need for additional volunteer support. So mark the date on your calendar and let the team know you can help out by emailing: arrowsyouth@errun.org. All assistance is most appreciated!!

IMPORTANT ANNOUNCEMENT CONCERNING ARROWS TRACK & FIELD

After many years of service, Mindy Grosh (Program Director) and Doug Fleming (Head Coach) are retiring following this **ARROWS'** season. Mindy and Doug spearheaded the amazing growth and popularity of this fun program and we are so grateful for their time with the organization. Therefore, the **ARROWS** Youth Track & Field program is looking to fill the following volunteer positions for the 2020 Spring Season:

Head Coach

As the face of **ARROWS**, this position manages the youth track & field program. Involvement includes the coordination of practices, communication with other running programs, organization of coaches and managing director for our home meet. Many of these duties are easily shared and delegated. Doug is very willing to work with the new Head Coach to easily transition this rewarding role.

Program Director

This position provides administrative support of the program. Tasks include managing online registrations, athlete communications, meet schedules, uniform orders and practice sign-in table. Many of these duties are easily delegated and can be completed at home. Mindy will happily assist and/or train anyone interested.

Please contact either Mindy Grosh at arrowsyouth@errun.org or Doug Fleming at dougflaming23@gmail.com if you have any interest in volunteering with **ARROWS** Youth Track & Field





ROGUE RUNNING (and WALKING)

Bagel runs happen on Saturday mornings, at 8am with walkers and 3-4 mile or more runners. Others go out a bit earlier to get in some extra distance. Always an excellent place to catch up on club news while enjoying a breakfast bagel. See the [Facebook page](#) for the schedule of locations.

Tuesday morning runs continue from Liberty Skate each week. See the [Facebook page](#).

Monday Night runs from Liberty Exchange meet at 6:30 in front of Subway. All paces welcome! See the [Facebook page](#).

Trail runs continue with Sunday morning trail runs (SMTR) and trail runs at other places. Check the [Facebook page](#) for when.

Wednesday 5 at 5(AM) runs These early bird runners start at 5am to get a jump-start on the day. Also run on additional mornings some weeks. See the [Facebook page](#).

Distance and Ultra runs are happening this spring with many ERR participants. Check the [Facebook page](#) for ideas, events, connections and partners.

4K to 10K runs also happen just about every week. Some, like the Run For Recovery and Running4Kids, are for causes with a special interest to many of our runners. Check the [Facebook page](#) for ideas, 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>



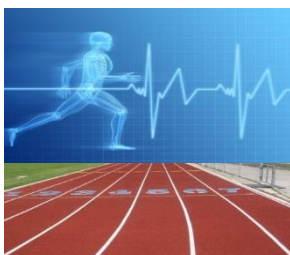
COMING UP THIS QUARTER

Running4Kids 4K & 10K Challenge- Saturday June 1, 2019 at Freedom Park

Proceeds benefit Pediatric Cancer research. ERR times this event that benefits Pediatric Cancer research. Check the [Running4Kids Facebook page](#) for registration and details.



Pub Runs- Look for this favorite to begin again sometime in the June timeframe. Keep an eye on the [Facebook page](#) to see when and where these popular fun times will begin. If you have any suggestions for places in the area that would be good to run from and then party afterwards, let us know. Leave a message on the [Facebook page](#) or email us at: information@errun.org.



Summer Track Workouts- Be on the lookout for the start of these free workouts for all ages. This is a great opportunity to hone skills and technique during the prime weather months with the help of other club members. Again it is for all ages, so do not be hesitant to plan and join in with your friends. More information will coming out later this spring. Keep tabs on the [Facebook page](#) for further details. See you there!





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:

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

Eldersburg Rogue Runners, Inc.

PO Box 1726

Eldersburg, MD 21784

410-549-6296 (ext:5)

membership@errun.org or information@errun.org

<http://errun.org>

The Eldersburg Rogue Runners is a Non-profit Corporation founded in 2003 by area parents and is an affiliate of the Freedom Area Recreation Council. 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.



ERR is an Affiliate of FARC which is an affiliate of the Carroll County Dept. of Recreation and Parks.

