



## **Important Message to our Members**

*In light of actions taken by our State Officials regarding COVID-19, all Eldersburg Rogue Runners social activities will be suspended effectively immediately until further notice. While we understand that is best to be in the fresh air and it is safe to be logging in some miles during this time, it is the fact that many of us gather socially for these events that brings this temporary hiatus. We hope that these actions will help ease the spread of this very concerning virus. The ERR board will monitor reports from the public health officials and local government and reevaluate and update our club members*

## **8th ANNUAL SHIVER SHUFFLE A WINNER!**

Over 190 runners signed up for this event and the weather once again made it a fantastic mid-winter treat! Our top women and men finishers and their times were:

Sherry Stick	20:11.02	Jacob Havins	18:03.30
Tonna Arbaugh	22:41.37	John Ford	18:03.78
Alexandra Dupont	23:11.48	Andrew Falk	19:13.03

Kudos to all our finishers, especially our special finishers for the Special Olympics and the Sykesville Police: Nicole Hurley and Chief Michael Spalding!

We want to recognize our sponsors and say **Thank You!** for their support. Please support them:

- |                                |                                    |
|--------------------------------|------------------------------------|
| <b>Redtail Creek Software</b>  | <b>Freedom Chiropractic</b>        |
| <b>EW Becks</b>                | <b>Bunting Door &amp; Hardware</b> |
| <b>Merritt Clubs</b>           | <b>Therapeutic Kneads</b>          |
| <b>Kim Fitzgerald, Realtor</b> | <b>Prime Physical Therapy</b>      |
| <b>Tri Sport Junction</b>      | <b>The Vine on Main</b>            |
| <b>Wind River</b>              | <b>Revive</b>                      |

Of course, no event like this is possible with out the support and assistance of the many ERR members and friends who volunteered to help plan, organize, and execute this event. Without you there is no Shiver Shuffle (and thus no ERR). So please accept our deep thanks and appreciation for the effort you all put in to make the event a success. We especially want to thank the Town of Sykesville and the Sykesville Police Department for their support and contributions in making the Shuffle happen!!





## **GIVING BACK IN THE COMMUNITY!**

We asked members if they were planning to run in an event held for a cause this spring or summer. Giving back to the community is part of ERR and we typically have a charity associated with our sponsored events like the Shiver Shuffle and Labor Day races. In this issue we spotlight the races for causes that our members have mentioned. Maybe you'll see one from another ERR member in the newsletter that you'd want to add to your plans. Below are the events members mentioned; we are sure there are more that will

appear on the Facebook page as the season progresses. **Note that many of these events are being postponed, canceled or re-formatted due to the Covid-19 situation, so best check the specific race sites for the latest dates and information.**

- BURCS Treadmill 50 and BURCS Treadmill marathon, benefitting non-profits and charities around Berkshire County and beyond with proceeds for this particular event donated to a local cancer organization.
- 5-mile trail run with Bigfoot Endurance for Parkinson's.
- 5-miler for the Nathen Chris Baker Foundation
- NYC Marathon for the Leukemia and Lymphoma society
- Autism Speaks 5K in Potomac. Many ERR members run this every year.
- Below the Belt~ Stride and Thrive 5K to support the Johns Hopkins Kelley Gynecologic Cancer Center
- Rising Above Addiction race on June 14th ~ Mt. Airy, another event with much ERR member support
- Mission 10 Miler benefits the Frederick Rescue Mission.
- Celtic Canter 5k Westminster to support Target Community & Educational Services
- Hysteria 5 miler- charity is to-be-announced for this year
- Akron children's hospital full and half marathon.
- B&A marathon in Severna Park MD for Moore's Marines
- Eagle Up 24-Hour for Team RWB for Veterans and the 23rd Veteran organization
- Pathfinders Run for Autism in late September
- Run 4 Kids Challenge on May 30. Proceeds goes to the children with cancer here in Maryland. Another event with many ERR members and also ERR support, see upcoming events later in this newsletter.

## **SENIOR SCHOLARSHIPS!!**

Seniors, time is running out fast!! Details and the application can be found on our web page:

<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. Always an excellent place to catch up on club news while enjoying a breakfast bagel. The schedule of locations is on [Facebook](#) ERR Announcements.

**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>

**Virtual Runs** With the COVID-19 situation causing the various levels of government to limit social interaction and thus closing facilities and areas to groups of runners, people are turning to virtual running challenges. That is running individually, but keeping a group record and interaction going on-line as an assist to keep on trying to stay fit and healthy. Tri Sport Junction, for example, had one set up for the remainder of the month of March where people enter their activities. Check around; there are sure to be others until the situation changes (soon we hope).

## **ROGUE PEDALING**

The virus situation and the weather have not helped kick start the cycling season, but ERR riders are already looking forward to events later this year to participate in. Meanwhile they have been taking advantage of the beautiful days that have been hopping up and getting ready to ride more regularly. Keep in touch via the [ERR Bike Facebook](#) page.





### **ARROWS Spring Track and Field Open!**

Arrows Youth Track and Field Season is open for registration. Don't forget to sign your Arrow up for the program through the Freedom Rec website. If you would like to volunteer to help make this season a great season for our young runners, please let us know. Go **ARROWS!**



**WE NEED  
YOUR HELP**

We also need a head coach. After many successful seasons, Doug Fleming is also moving on. The **ARROWS** Track and Field season is right around the corner and we are looking for a few good women and men to help us out. Specifically, we need adult coaches to help with the sprinting, high jump, and discus/shot-put programs. Practices begin in mid-March, 5:30 pm on Tuesdays and Thursdays at South Carroll High. If you are only available one of the days, we can be flexible. Connect with Stephanie Bowman via PM on Facebook or via [secretary@errun.org](mailto:secretary@errun.org) if you can help! If coaching is not your thing, but writing is, the newsletter could use an **ARROWS** contributor to generate a ½ to 1-page summary each quarter on **ARROWS** activities, similar to what is in this and other newsletters. Contact [communications@errun.org](mailto:communications@errun.org) if you would like to contribute.

**BUT! ARROWS** practices will not start immediately. In order to keep safety and health as our top priority, all Freedom Area Recreation Council activities are following the schedule of the CCPS shut-down. Freedom Rec has decided the following:

*"The COVID-19 state of emergency in Maryland has resulted in all Carroll County Recreation & Parks sponsored programs and events including all recreation council activities being cancelled through at least April 26, 2020 regardless of their location.*

We will let you all know as soon as we know when we can get our **ARROWS** season running!



### **ERR MEMBER SHINING IN THE SPORT!**



It was a gray and windy day on a hilly course with 6 hairpin turns, up and down 3 times on a main thoroughfare in Georgia. But ERR member Maura Linde was up to the challenge and set a personal record at the Olympic Trials held February 29<sup>th</sup>. Atlanta hosted the event, shutting down Peachtree St downtown for the runners and having them start and finish in Centennial Olympic Park. She finished 108 out of 390. She was seeded in the last 25% and came in in the top 25%. She was very happy with her race. It was an incredible experience for her and her family and she was most touched by the support from her friends and family.





## 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



**Shiver Shuffle-** February 16, 2020. See the article earlier in the newsletter. This is one of ERR’s 2 big fund-raisers. We also supported the Special Olympics project of the Sykesville Police Department. ERR organized, executed, and timed this event



**Shamrock 5K- almost!** Though not an ERR race, we have won the Kelly Cup for most runners associated with a group several times, including last year. Looked like we were on track to win again this year with 66+ entries but the event was canceled due to the Covid-19 situation.

## EVENTS COMING UP THIS QUARTER



**AOC, Ragnar, etc.-** ERR teams are still looking for team/relay events that occur in the next 3 months. If you are interested, check around now to find a good one. Or start one yourself!

**POSTPONED**



**Run4Kids Challenge-** The 8th annual Run 4 Kids Challenge to fight pediatric cancer will take place on Saturday, May 30 at Freedom Park. The races will benefit the Children's Cancer Foundation, located in Columbia, which serves the children at 7 local hospitals. Volunteers appreciated. ERR will time this event.



## **RUNNER SPOTLIGHT BY KELLY MIZE**



Many of you know Francis Moats. He was born in West Virginia. His family moved to this area when he was four or five years old and he has lived here ever since. Francis is an avid hunter. When he was 29 years old, he was running to his deer stand and realized he was out of breath and out of shape. This realization is what led him to running. He has been running for about 7 years now and started running with ERR 5 years ago.

Francis usually runs about 5 days a week. The 5 @ 5 group runs fit his schedule the best. He sometimes runs by himself because he needs the alone time but he also enjoys running with friends, many of whom have become like family to him. Marathons and Ultras are his preferred race distances. He enjoys the challenge of pushing himself to places he never imagined he could go. He likes to find that spot where his body says “nope, you’re done”.



Francis heard about a race director who had set up a “virtual race challenge” for people who had had their marathon or ultra-race cancelled due to COVID-19. Even though he wasn’t signed up for a race, and he hadn’t trained for the distance, he decided to give it a shot anyway. He started his virtual marathon Friday morning with some of the 5 @ 5 group. He had company for the first 8 miles or so and ran the last 18.2ish solo. It ended up being his fastest marathon by a few minutes!

The Akron Marathon is his favorite race because some of the race proceeds are donated to the Akron Children’s Hospital. This is the hospital where his cousin’s little girl stayed when she was born 9 weeks early. He has run the half marathon once and the full marathon three times.



Francis’s goals for 2020 include running 1200 miles and breaking the four-hour mark at The Wineglass Marathon in Corning, New York this October. Aside from running and hunting he enjoys cycling, fishing, gardening, and cooking. He also chases and crews hot air balloons.



## **COACH MAURA'S MUSINGS**



### **Running During Trying Times**

We have all found ourselves in a new, never experienced before situation. The Covid-19 Pandemic has flipped our lives upside down, and it's safe to say it has been hard on everyone in different ways. We are home, not supposed to see people. Special events have been postponed, many cancelled. For us runners, these events are our races. Having trained so hard for something, only to have it taken away, can be a tough pill to swallow. For runners across the country we ask ourselves "well, now what?"

I would be willing to bet running means more to you than just racing. Even you every-week-racers. On the outside, it may look like our only purpose for training is to get fast, have success in races, be competitive. When we take away the races, how do we find the motivation and drive to keep going? I don't think I've come across a runner during this time who has said they are not running because of this lock down. Everyone is still going. Why? Because at the end of the day we run because it gives us something so much more.

It's a constant in our lives when things are changing. It is a stress reliever when we are feeling out of control, and can also give us that sense of control back. It makes us feel happy. It makes us feel strong. It gives us structure when our structure has rearranged or opened up. It keeps our immune system strong. It gives us time alone when the whole family is home. It allows us to see a friend and be social from a distance in an outside space. It keeps us healthy and feel alive.

Many runners are still tackling their races virtually. Runners running solo marathons or ultra-marathons. I see people PR'ing during these "races". People truly racing the best race of all: the race against them self. These are difficult times, but it's only through difficult times where we learn about ourselves. We learn how strong we really are. And in the end, when we can get back to our races and our busy lives, I hope we can look back on this time and remember our "whys". Remember how we didn't give up; we didn't give in to the fear and stress. Remember why we love to run.

So for now, enjoy your running. Take this time to experiment with new gear or nutrition. Every week have a goal and go get it. The races will be there, and when they are you will be ready.



## TRAINING SHORTS (FROM THE ERR “ARCHIVES” \*)

### “Tempo Runs” By Pete Lester, Sr.

In this series we are providing an overview on the three basic-types of training runs. To some of us, the information in this series will be obvious. Having said this, we do hope that even for our more experienced runners, this series will be a helpful reminder of how the three basic types of runs can help us improve as runners.

Most of us are familiar with Tempo Runs. For some of us, this may be the only type of running we really do: We put on our running clothes, touch our toes, and run... we run the same pace for 45 minutes and call it a day.

“Pace” and “Tempo” are two different things.

- When we refer to *pace* - we are describing the time it will take us to get from point A to point B if we maintain that pace.
- When we refer to *tempo* – it is slightly different (and it certainly incorporates pace). By Tempo we typically mean: At what tempo should I train so that I can run at a certain pace over a certain distance.
- Example:  
We desire to run a 10K in 50 minutes. That means our pace would need to average approximately 8:15 over the distance. Certainly, training at that pace will give us confidence. However, we run the risk of injury constantly running at our race pace. For this reason we may want to consider training runs at 8:40 per mile. This tempo will help us achieve our goal, and also reduce the wear and tear from running at race pace day after day.

This approach trains our bodies and improves our metabolic fitness. For this reason, Tempo Runs are also called Lactate-Threshold Runs (LT’s) because what we are doing is improving our body’s ability to absorb the by-products of exercise. In short: when we train at tempo, lactate and hydrogen ions are released. The ions make our muscles acidic and lead to fatigue.

By training at tempo, our bodies become better trained – the muscles have an increased capacity to absorb and process the acidity... which allows us to run faster for longer periods.

So, what is the right tempo?

This will vary from runner to runner:

- The pace should be “comfortably hard”, e.g., you could answer a question with a brief answer, but would not want to have a conversation
- If you have a heart rate monitor – 85 – 90 percent of your maximum heart rate
- Add 15 – 20 Seconds to your 10-K Race pace; 30 – 40 seconds to your 5K pace.

\* 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 Facebook 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

