



Labor Day 5K Made Its Mark !!

WOW! That is about the only word that described this year's Labor Day 5K. It was an event of firsts. First non-virtual race for ERR since COVID; first time working in partnership with 1623 Brewing; first year running from Liberty Exchange; first time using wave starts; first time we have max'ed out registration! Even the weather was outstanding. In other words, a great **SUCCESS!!** Because of the COVID situation, this event was more for the ability to run an actual race instead of a virtual venue and however here are the top finishers:

BRIAN CAVE	16:21.5	SHERRY STICK	19:12.2
SEAN CURRAN	16:39.7	MAURA KNESTOUT	19:14.1
TAFARI STEPHENSON	16:49.0	KATE YOKAY	20:03.2

A big, big **SHOUT OUT** to 1623 Brewing for their support before and during the race! They assisted with the event organization, sponsored this community event with souvenir glasses and a free beverage. Their support at the Liberty Exchange by coordinating with St John's Properties and providing electricity and their venue was outstanding and made the event possible. We also want recognize Kim Fitzgerald and TriSport Junction for their sponsorship and support to this event!

And thank you Branches of Yoga for after-run massage/yoga.

Of course, there cannot be an event without a fantastic set of volunteers! So a big shout out to all who helped!! And thank you, Jamie, for being Race Director and leading up the timing. BTW, additional pictures can be found at these links to the [Baltimore Sun](#).





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 6:00 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.

ROGUE PEDALING

Biking continues to be alive and active within ERR. Members have been out riding within guidelines and keeping in touch via the [ERR Bike Facebook](#) page. The Tour de Couch Potato finished this record 10th year with many members participating and completing the challenge. Kudos to the dozens of us who rode! Don't forget to order your magnet.





ARROWS Fall Cross-Country Canceled!

The Eldersburg **ARROWS** Youth XC season this fall 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 spring track and field season can happen. Hang in there, **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 a head coach to coordinate the other coaches. But are also interested in adult coaches to help with the running, sprinting, high jump, and discus/shot-put programs. Practices would begin in mid-March. We can help train you if needed! Connect with Stephanie Bowman via PM on Face-book or via secretary@errun.org if you can help!

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>.





NEW MEMBERSHIP COORDINATOR

We want to welcome Tim Litz who is taking on the responsibilities of Membership Coordinator on the ERR Board! Tim has also been coordinating the Bagel Runs. He is replacing Simon Crisp who has been in the position for several years. We want to thank Simon for his support and efforts over the past years. Say “hey” to Tim when you see him next.

CHAD RETIRES AS PRESIDENT

Chad Epler has moved from the Eldersburg area and has resigned as president. We want to thank Chad for his leadership and efforts over the past years as ERR continued to prosper and grow under his leadership and wish him the best.

EVENTS SUPPORTED LAST QUARTER

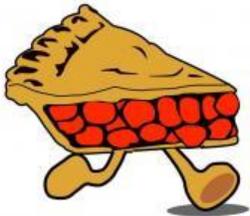
Labor Day- ERR worked in partnership with 1623 to have a real (not virtual) 5K run using rolling wave starts to stay within guidelines. See the story earlier in this newsletter. ERR timed this event.



Run4Kids Challenge- The 8th annual Run 4 Kids Challenge to fight pediatric cancer took place on Sunday, Sept 20 at Freedom Park. The races benefit the Children's Cancer Foundation. ERR timed this event.

EVENTS COMING UP THIS QUARTER

Justify the Pie- This annual free community event is planned to happen again this year. For those of you running virtual Thanksgiving 5Ks, come out and do the physical part here. Pies will be available to win in a raffle; runners will not be timed for this event. To be held at Freedom Park on the morning of November 26th. Again, social distancing, masks and COVID protocols for our runners will be in effect (see page 8 of this newsletter). Keep an eye on the [Facebook page](#) for details. **We also need volunteers to help with this event, especially to coordinate setting it up.** Contact any Board member to volunteer!



Shiver Shuffle- We still intend to hold this event in downtown Sykesville in February of 2021. Planning for this major ERR event and fund-raiser needs to start soon. **We are looking for someone to be the overall coordinator.** We always have many volunteers to help with the execution of the event itself. But this year we are also looking for an overall coordinator to oversee the planning. Contact any Board member to volunteer!



December Lights Run- well, not happening this year due to COVID. **BUT!!** looking forward to having it in 2021!!



RUNNER SPOTLIGHT BY KELLY MIZE

Have you had a chance to meet Abby Wagner? Abby was born and raised in Carroll County. She attended Frostburg State University and received her Masters from Sam Houston State University. She is a school psychologist for Carroll County Public Schools and has been in this field for fifteen years.



Abby got married when she was 24. She and her husband Brandon have three children aged 11, 9, and 5. Between driving kids to and from various activities and working full time, it is difficult to maintain a fixed running schedule. She frequently ends up on the treadmill in the morning or running outside close by while waiting on one of her kids to finish practice. She started running after she had her first child. She doesn't really know where the drive came from but she realized she needed to do something just for herself and decided she was going to run a 5K. She ran a 5K in June, a 10K shortly after, and the Baltimore Half Marathon in October.



We talked about her favorite distance, but she seems to enjoy them all. We talked about her favorite race and she immediately replied "PHUNT"! She also loves River Valley Ranch, Baltimore Running Festival, Frederick Half Marathon, Local 5K's...She just loves to race. She isn't competitive, and in fact she jokes that she is anti-competitive. She thrives on the race atmosphere, the crowd support, the people, and the food! She loves to meet new runners, strike up a conversation, and listen to their stories. If you know Abby, you know she is upbeat, outgoing, chatty, and fun loving, but she also likes her solo runs. She prefers trail to road, her favorite part being the water crossings.



In addition to running, Abby enjoys camping and snow skiing. She and her family typically take their camper out about eight times a year. Once a year they like to try a new location for a week-long trip. She likes to explore new scenery while running. Abby loves teaching her kids to ski. They have season ski passes at Liberty, Round Top, and White Tail.



COACH MAURA'S MUSINGS



Training Heats Up When The Weather Cools Down

For many people, the transition from Summer to Fall can be somber. Leaves are falling, schedules are changing, and the temperature is dropping. However, for many runners, this time of year is welcomed with open arms. All of a sudden you get that pop back in your step, no more soggy humid runs. All of those summer miles come together and you are feeling all that fitness. As we transition to cooler and darker runs, it is important to keep the basics in mind as well as incorporating some safer running practices.

Hydration- One of the first things we tend to slack on once the weather drops is our hydration. We don't feel as thirsty. However, that doesn't mean we don't need to drink as much. We are still susceptible to cramps, stomach issues, and performance decreases related to dehydration even in the fall and winter. Remember, if you are thirsty, you are already dehydrated. So keep that water bottle with you and be more mindful with your hydration.

Proper attire- The fluctuating weather can be a source of frustration for those who can't decide what to wear. We think it's time to break out the tights, to only find yourself over heating 2 miles in your 8 mile run. A good rule of thumb is to dress for weather about 10 degrees warmer than what the actual temperature is. You may be chilly when you walk out the door, but once you get moving, your body temp will be on the rise. You can also set yourself a temperature cut off. For example, I tell myself if it is cooler than 48 degrees, I'm throwing on some light tights instead of shorts.

Reflectivity- Shorter days can make it challenging to run in daylight. If you are an early morning or evening runner, make sure you have plenty of visibility. There is no such thing as too much! Reflective vests, blinky lights, flashlights, and head lamps, are all great tools to see and be seen. Make sure you wear bright clothing too. Neon orange is the most visible color for drivers. Try to run in low traffic areas if you have to run in the dark and even better with friends in case anything happens!

Ice & Snow- Hopefully we won't see this for another month or two, but you never know with this Maryland weather. Make sure you check the weather when planning your weekly runs. If you see ice or heavy snow in the forecast, make sure you plan around those days. Maybe do your long run or workout earlier in the week if bad weather is expected on your typical hard day. Running in the snow can be fun! Nothing beats a winter wonderland trot. But, make sure to slow down- not just for the enjoyment, but for safety. Snow can be just as slick as ice, especially on roads, and the loss of traction will naturally slow you down. Don't force yourself to try and run your normal pace. The effort will be the same, if not harder because you are running on a different surface.

Immune Support- Chilly weather means cold & flu season is arriving, plus you still need to keep that immune system healthy with the current pandemic still going strong. Make sure you get your flu shots before flu season hits and eat your greens! Not only will getting sick be a drag, but it will also make you lose out on your training. If you feel ill, it's better to nip it in the bud early and rest for a day or two, rather than push through training. By not resting, you are only prolonging your recovery and can make you miss more days of training down the road. Again, this year it is especially important to listen to your body and be way more cautious about staying home the moment you feel illness coming on- even if you just think it's just a cold. Run safe & keep others safe!

Happy Running!



TRAINING SHORTS (FROM THE ERR “ARCHIVES” *)

“Interval Training” By Pete Lester, Sr.

Intervals are often the works outs runners most love to hate. They are well defined, intense, and often the shortest workout of the week time-wise and distance-wise. The purpose of Interval training is to improve our VO2Max (See below).

Recently, personal trainers have gravitated towards these types of workouts as the best way to burn fat and to get into shape quickly. There is a lot of truth to this and many coaches incorporate intervals into their training programs to get their athletes into shape quickly.

A word of caution – because of the increased intensity, we encourage our members to incorporate intervals slowly and intelligently. Depending on your age and fitness level, you will want to gradually increase your speed, the number of intervals, and the length of the interval.

We are certainly aware that many athletes will do 1 mile intervals. For most, the benefits of intervals longer than 4 minutes will be marginal. For this reason, we suggest the following:

- First, be aware of our breathing and heart rate during the recovery period. During the recovery interval, we should notice our heart rates falling rapidly and our breathing recovering as well. The last interval should be very difficult
- If you are comfortable running 3 miles in 24 minutes (8 Minutes per mile), consider the following:
 - o Do 4 x four minute Intervals, where an Interval is:
 - 2 Minutes at a 8.5 mile pace then 2 Minutes at a 7.5 Mile Pace
 - o Increase each week by 1 interval.
 - o When you get to 7 - 8 Intervals, reduce the time at the slower pace to 1.5 minutes... then to 1 minute.

Expected Result: After runs, we should notice our recovery time reduced substantially. We should also notice that our resting heart rate is lower.

There are several other ways to do this if you do not have access to a track or treadmill:

- Find a hill that is over ¼ of a mile long. Run up it (strong stride), jog down. Repeat.
- Telephone Pole Run – Run hard for four telephone poles, jog for three telephone poles.

VO2Max – essentially describes our body’s ability to convert oxygen into energy (maximum aerobic capacity).

If you read “The Perfect Mile” you will come to realize that Roger Bannister (the man to first run a 4 Minute Mile) was essentially training in this way... almost exclusively. He was an amateur, a doctor, and only allowed himself 1 hour to train away from the hospital.... simply a remarkable man.

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



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.!!





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

Eldersburg Rogue Runners, Inc.
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 Eldersburg, MD 21784
 410-549-6296 (ext:5)
membership@errun.org or
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.



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



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

