



Rogue Record

SPRING 2021

VOLUME 7 ISSUE 1

<https://errun.org>

Getting Physical Again with the 2021 Shiver Shuffle!



February 28, 2021 will be a date to remember in the annals of ERR. An amazing 112!! runners came out in the chilly temperatures and the rain to run the Shiver Shuffle and also to remember one of our special members, Francis Moats, who passed away late last year. We were able to start in waves and have an event much like pre-COVID days! The top three male and female finishers received prizes, but all received medals and runners' gloves. The top finishers were:

SHERRY STICK	20:37.68	SEAN CURRAN	16:53.26
HANNAH BAUER	21:13.87	JOHN FORD	17:55.96
MARY BAKER	21:29.11	NICHOLAS LURSKI	18:36.96

Kudos to all the runners for their enthusiasm, fortitude and patience in dealing with the weather and the necessary COVID-related procedures. Your adherence to the masking and distance rules really helps in being able to execute these events and hold them in a safe manner!

Of course, no event like this is possible without the support and assistance of the many ERR members and friends who volunteered to help plan, organize, and execute this event. Without you there would be no Shiver Shuffle (and thus no ERR). So please accept our deepest thanks and appreciation for the effort you all put in to make the event a success. Especially with the weather! We specifically want to thank the Town of Sykesville and the Sykesville Police Department for their support and contributions in making the Shuffle happen!! And also the merchants of downtown Sykesville who opened their doors in support of this event. We are most grateful!

We wish to recognize the special contributions made to this event by Altra who provided sample shoes for the runners who wished to try them, Freedom Dental, Kim Fitzgerald and TriSport Junction.



Sponsored by: The Eldersburg Rogue Runners

TriSport Junction

ALTRA RUN NATURAL

Freedom DENTAL CARE

KIM FITZGERALD TEAM





A Fitting Tribute!

The day started early on Saturday April 17th for the culmination of an event that represented a labor of love for the many people involved. The first, hopefully annual, Franny Challenge was held at Piney Run Park. The event was held in connection with Piney Run Park/ Carroll County Recreation and Parks and we extend a special thanks to them for allowing this event to occur within the park, including handling the registration. Park staff and ERR volunteers started to gather at 6:30 AM to finalize the pieces of this event and put everything in place. Pavilion 5 and the surrounding area had check-in, awards, food, vendors and runners along with park staff and other volunteers throughout the course ready to make this a total success and fitting tribute to Franny. In addition to all the staff and volunteers, 70 of the 82 registered runners took part and ran a 5-mile loop through the park’s fields, forest and trails. All told, these intrepid participants completed 143 loops through the park, racking up over 156 runner-hours. That is 715 miles in memory of Francis! What a “right on” way to honor his memory! All runners received a special finisher’s medal. As appropriate for an event in his honor, there was a challenge “competition” for the most loops run in the least amount of time. The top 3 male and female runners received glass mugs, etched with this special event’s emblem and one of Franny’s favorite sayings: “Run to Burn Off the Crazy”. Our top finishers:



Loops Avg Time/Loop Name

5	1:03:52	Jennifer Kargus
5	1:05:38	Michelle Barrick
5	1:12:07	Carole Williamson
5	0:46:27	Ken Anderson
5	0:55:25	Ryan Herzing
4	1:17:45	Robert Holt



Kudos to all the runners for their enthusiasm, fortitude and patience in dealing with the necessary COVID-related procedures and wave starts. Your adherence to the masking and distance rules really helps in being able to execute these events and hold them in a safe manner. There was much work in the months before as well as on the event day. As you scan the random photos attached to this article and the many, many more on Facebook, you might look for Maxine Bukowitz and the park staff working with her, the finisher’s medals manufactured for the event by Stacey Hertz and her family, and the





many other volunteers and runners who joined in making this a most fun and memorable event. There is no way to completely list and identify all the volunteers and contributions made to make this very special and unique challenge happen. We want to thank the timers, the cooks, those out on the course keeping people on track, those at the aid and nutrition stations, packet pick-up up, those who planned and marked this special course, and everyone else! It takes an ERR village to run these events. We are thankful for all of them!!

In memory of Francis, the Runner Spotlight article from last year is repeated at the end of the newsletter.





Important Message

to our Members and Friends about **ROGUE RUNNING (and WALKING)** and **ROGUE PEDALING**

Getting closer, but still not totally there yet. For the time being, we still are not sponsoring full group runs. However, we do gather to run and bike together, but apart, so that ours is a safe activity.

When you are not running, please wear a mask. When gathering for your run start as soon as your running pod/bubble has gathered. And follow our guidelines (see page 12)

Please refrain from Group Pictures as it may give a negative perception to those not familiar with what we do. We believe this group is smart and proactive. Thank you for being a part of the solution.

Stay safe as we continue to get back closer to normal.

Board of the Eldersburg Rogues Runners

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 extension ← **Please see important announcement on the left** news and enjoy a breakfast bagel with friends. The schedule of locations is on [Facebook ERR Announcements](#) and our web page calendar at [errun.org](#) Please follow the MD and RRCA COVID guidelines, see page 12.

Monday Night runs from Liberty Exchange meet at 6:00 in front of Subway. All paces welcome!

Tuesday morning runs have changed as Liberty Skate parking is no longer available. They are now from St. Joe's church, still at 8am. Park in the lot on Martz road. Route is out on Martz, right on Piney Ridge Parkway, left on Old Liberty, left on Emerald - down to the cul-de-sac and back - right on Fern, right on Fairfield, left on Lynn, left on Ash Grove, right on Piney Ridge Parkway, right on Martz - down to the turn around and back to St. Joe's. It will be a similar loop as before - just in a little bit different scenario.

Wednesday 5 at 5(AM) runs These early bird runners meet at 5am to get a jump-start on the day. Also, they 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.

ROGUE PEDALING

Biking continues to be alive and active within ERR. Members have been keeping in touch via the [ERR Bike Facebook](#) page. Important information about group rides can be found on the [ERR Bike Announcements Page](#) .

And speaking of group rides, **Wednesday evening rides** from the





EVENTS SUPPORTED LAST QUARTER



Shiver Shuffle- was held in downtown Sykesville on Sunday, February 28, 2021. See the earlier article for details of the results. As with all the ERR events we also have an outside charity benefit from this race. This year a portion of proceeds went to the Maryland Food Bank. Maryland Food Bank has been hit hard this year because of the Coronavirus. ERR timed this event.



St. Patrick's Day Shamrock 5K- Though not an official ERR event, ERR members have signed up and designated themselves as group members in the past events. We were the 2nd largest group signed up in 2021's virtual version of this member favorite. This year 1623 supported a virtual run set up by Robert Holt for March 14th for ERR runners. He also started the collection for the memorial Franny bench in Freedom Park. See the earlier article on the Tribute Run.



Franny Challenge- As many of you know, Francis Moats passed away on November 8th. He was a very active and contributing participant in ERR events and activities. A tribute run was run on April 17th at Piney Run Park. ERR timed this event and raised funds for the memorial Franny bench in Freedom Park and for Piney Run Park. See the earlier article for details and the results.



EVENTS COMING UP THIS QUARTER

AOR- unfortunately, the pandemic has caused this year's AOR relay to be canceled. Looking forward to next year as this favorite event has had as many as 3 ERR teams run in it!



Rogue Record Starts 7th Year!

Welcome to the start of another year for the newsletter! ERR continues to be a thriving organization within the Eldersburg/Sykesville community. As we do every 2 years, we have adjusted the color scheme a bit to help keep things looking interesting for you.





RUNNER SPOTLIGHT BY KELLY MIZE



1 Ohio State Gymnastics

Sue Swensen grew up in East Lansing, Michigan. She is the youngest of four children. Her Dad was a professor and coached the men’s gymnastics team at Michigan State University. Her mom was a phys-ed teacher and coached gymnastics at Sue’s high school, and together, they coached a club team at Michigan State.

Sue never felt pressured by her parents to be in gymnastics. It was always a part of her life and she participated because she enjoyed it. She must have been pretty good too because she received a full gymnastic scholarship to Ohio State University. She was on the OSU gymnastic team for four years. She studied Mathematical Sciences while she was there and received a bachelor's degree.



2 Breaking concrete for 3rd degree Taijutsu test

After college, Sue accepted a computer programming position in the Washington DC area. During her ten-year career, she earned her master’s in Computer Science from George Washington University and started a new branch. When she had her son Dillon, now 27 years old, she decided to be a stay-at-home mom.

Sue remained active during her “stay home” years. She and her family enjoyed mountain biking around Liberty Reservoir, and Sue trained in Taijutsu for about 10 years, earning a 3rd degree black belt. She also taught Taijutsu for several years. Sue had been running a bit since college as a means to stay in shape after gymnastics. Her first run with ERR was in January of 2017.



3 Group of friends at St. Michaels half marathon

Sue said she never felt like a “real runner” until she joined ERR. She had only run in 5K’s and didn’t usually run long distances until she joined the group. She has run some races since joining, and even though she is not a competitive runner she enjoys the race atmosphere. She enjoys the crowds and all the friends she has met through running. She completed the Saint Michael’s half marathon in 2018 - something she never dreamed of doing. Sue struggles with an ongoing injury that makes running longer distances difficult for her. She continues to run with the group because she enjoys spending that time with her friends.

Sue is also very active with the ERR cycling group. She is able to challenge herself on the bike in a way she can’t with running. For that





4 Sue and friends the morning before her ride in Culpeper

reason, she loves riding her bike. Last year she completed a 60-mile ride in Culpeper, VA, and is contemplating participating in a full century ride this year. I have no doubt she can do it!

In addition to running and riding, Sue is a website and database administrator at a private high school in Frederick. She enjoys spending time with friends and her son, Dillon.



COACH MAURA'S MUSINGS



The Mental Game: Burnout

As runners, it can be hard to imagine NOT wanting to go run. It is easy to think every runner loves to run all the time. But in reality, we may find ourselves in slumps or not enjoying our running as much as we used to or like to.

You have likely heard of burnout in relation to other aspects of life such as working too much at your job or school. You can experience burnout in anything you do if you don't know how to balance or adjust in life. This includes running! Whether you are a professional or self-proclaimed hobby jogger (and anything in between) you may find yourself in periods of your training where you just don't want to do it.

The best way to avoid burnout is to be able to recognize the signs and take action towards prevention. Burnout can be destructive not only to your training plan, but also to your well-being mentally, emotionally, and physically. It is important to listen to yourself when the signs pop up.

Consequences of Burnout: Obviously burnout will derail your training because you may find yourself missing important training days. But it also can do damage to yourself as a whole. Mentally and emotionally, it can be a challenge to go through burnout because what you once loved so much you now dread. The guilt or fear of missing runs can start affecting other aspects of our lives. Anxiety and depression are a huge risk when pushing through burnout. Burnout is a stress on the body. With any type of stress, it affects us physically. With the added stress of burnout with the physical stress of pounding the ground, our bodies become more at risk for serious injuries that can sideline us for long periods of time. Inflammation injuries, stress injuries, or muscle strains and tears are all risk factors.

Causes of Burnout: The cause of burnout is pretty straight forward. Doing too much. Whether you are doing way too much training too quickly, never giving yourself recovery days, or not adding variety in your training can lead to burnout. However, if you have way too much going on in your life (new job, kids, change in schedule, other big life changes), that can also lead to burnout in your running even if you are not doing any crazy training.

Signs of Burnout: Mental & Emotional Signs: anxiety, depression, lack of motivation, guilt, no desire to run, fatigue, disruptive sleep. Physical Signs: fatigue, Injury, weakness, heavy legs.

Prevention/Intervention: Luckily, burnout can be easily avoided. Use these tips for prevention, or use them to help get you out of your current burnout.

Take Rest Days Regularly and Between Training Cycles (THIS IS KEY)

- Add Variety to Training (Strength work, Core Work, Yoga, Other exercise classes, cross training)
- Gradually increase your training, don't do too much too soon.





- Prioritize Sleep
- Maintain a well-balanced diet of all the food that bring you joy in life
- Stretch and roll out your body
- always have goals whether it is a goal race or monthly mile goal. This helps motivation!
- If you find yourself not wanting to run, don't force it. Your schedule can be adjusted.
- Surround yourself with people! Running with friends and socializing can help drag yourself out of a rut.
- Take an extended break if you are burnt out and reset.



TRAINING SHORTS (FROM THE ERR “ARCHIVES” *)

“Negative Splits” By Pete Lester, Sr.

Experienced Runners will often incorporate longer runs where each mile is faster than the one just completed. Start slow, finish fast.

This is important both in training and on race day.

In training, running negative splits during our training runs helps us to learn to “trust our pace”. It also helps us avoid injury.

One way to do this is to simply mark a spot on our favorite training route (“the Maple Tree 1 mile from home”). At that point, conversation with our training partners might continue, but it will certainly become more strained. We focus on our arm action and lengthen our stride – we focus on pushing off with our toes. By doing this, that last mile is certainly going to be faster.

On race day, particularly longer races, having a goal to run the second half of the race faster than the first half is not simply admirable, it is smart. Most importantly, no race table takes into account topography, humidity or heat. By starting slow, no matter what the course is or what the weather might be, you will be better prepared to have a strong finish.

In shorter races, I tend to start a little fast, creating a “bank of time” that I can rely upon to ensure I reach my goal. We may be able to do this in a 5K or 10K with favorable topography. However, in longer races – the race will take that time back. and then some. We pay a heavy price for starting out too fast.

Moreover, it can take our bodies several miles to warm-up. Once we find our rhythm, get out of the crowd, settle down and our joints are lubricated, that is the time to increase our pace.

A word to beginners: on race day, it is easy to get charged up and go out too fast. Even a 5K will be more enjoyable when we let the rabbits take the lead, run our own race, and once the crowd thins out, then, work our pace up. The worst feeling in the world is getting to the first mile marker having run faster than you have run in years – even for experienced runners. so, in your first race. Run Your Race. Not someone else’s.

. Then, for the last mile, keep score. Count the number of runners you pass and the number of runners who pass you. Work for a positive number. and you will have a positive experience.

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





Important Precautions For Our Members

We still encourage group runs but with caution in this pandemic time. Based on the RRCA and Maryland Guidelines, please observe the precautions below:

- 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*
- Run with consistent small pods/bubbles of members whenever possible*
- 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-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 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.



Bagel Run Schedule



ERR Facebook page



ERR Bike Facebook page



ERR web page



ERR Strava group



Join/renew 2021 via Active.com



Join/renew via mail-in form



Scholarship Application



RRCA web page



FARC web page



In honor of Francis, here is a repeat of the SPOTLIGHT article that ran 1 year ago. Little did we know it would be so timely.

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.

