



Rogue Record

SUMMER 2022

VOLUME 8 ISSUE 2

<https://errun.org>

ERR 1/4 zips! p.6

Piney Run Park 50K, Relay, and 5 Mile Run to Remember Trail Race



2022 Run To Remember!!

What a perfect spring day for close to 100 runners to take part in the Run to Remember!! The weather and Piney Run Park along with the 5 mile course provided a perfect venue for runners. Started last year to honor the memory of Francis Moats, the event was expanded this year to allow participants to run in honor of anyone they wanted to remember. Thanks to the connections to the local ultra runner community made by Carole Bradley Williamson, many new runners came to acknowledge people memories special to them. We were especially honored to have Butch Britton run our Piney Run 50K in memory of Cpl Daniel J Labella USMC. Butch has honored many Marines and their families by running ultra races. He helps bring awareness to the public and assures families that their loved one will not be forgotten: <https://www.22toomany.com/>



We heard many compliments from the those who had their first contact with ERR, making notes to join our Facebook page and return next year. Thank you to all that helped make the event successful! The course planners, the course markers, the chefs that kept all fed, the timers, and the awesome course directors and motivators. The Eldersburg Rogue Runners is an amazing group of people that support runners of all abilities. Thank you all for helping with this event. **AND!!** A super huge shout out to the staff at Piney Run Park! Exceptionally supportive and accommodating in planning and executing this event. We are so fortunate to have this gem of a park in our area.



More pictures on page 4 and Facebook

Thank you, Sykesville Pottery and Art Center, for our amazing handcrafted Piney Run 50K finisher mugs! Thank you, Kismet Cafe, for supporting the Piney Run 50k and 5 mile Run to Remember!





ERR Was In Sykesville's Let Freedom Ring Parade

ERR members and the **ARROWS** turned out in force on Saturday July 2 to participate in the Sykesville July 4th holiday celebration parade! Red, white and blue of course were the colors for that day. Members also helped Cindy decorate here Jeep as the ERR float entry into the parade.



Labor Day 5K Is At 1623!! The Labor Day 5K is happening again this year with the assistance of 1623 Brewing! We will gather at 10AM on Monday, September 5, in the area behind 1623 Brewing, the same area as last year. This will be a chip-timed event. Award medals will go to the top finishers, male and female, in each age group. Cash awards will be made to the top 3 overall male and female finishers!

Entry fee includes a t-shirt and a free beer (must be over 21 for the beer with ID) compliments of 1623. There will also be a food truck available to add to your enjoyment of the event and day. As with all our fund-raising events, a portion of the proceeds will be donated to a local charity. This year we will be supporting the Johns Hopkins Ovarian Cancer Center of Excellence. A virtual version of the race is also available. We are also looking for sponsors and in-kind donations for the raffle and the event. If you are interested or know of anyone interested, please contact us. Registration is open now on-line, by mail or in-person at Tri Sport Junction. Come join the fun! More information and links can be found here:

<https://errun.org/events/err-labor-day-5k-0>





With regard to COVID, please follow current CDC recommendations



More pictures on page 4



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 excellent event to catch up on club 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](#)

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

Tuesday morning runs from St. Joe's church, still at 8am. Park in the lot on Martz road.

Wednesday 5 at 5(AM) runs These dedicated early bird runners continue to meet at 5am to get a jump-start on the day. They 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 continue to be the main focus events for many ERR members. Check the [Facebook page](#) for ideas, events, connections and partners.

4K to 10K runs are out there to be run. Check the [Facebook page](#) for various 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



Wednesday evening rides continue from the 1623 Brewery. What a fun and dedicated group to be part of! Ride details can be found on the [ERR Bike Facebook](#) page.

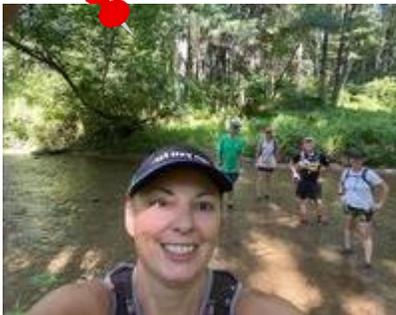
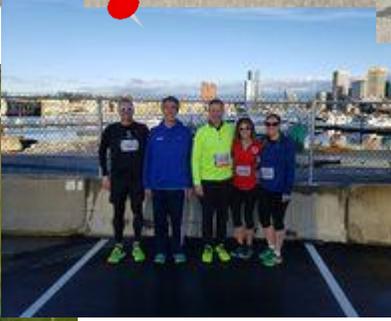
Seagull Century ride is on again in October and last year's group is hoping this year to add additional pedaling enthusiasts! Let Paul Barbera know if you are going and remember to [register](#).

Be on the look-out for the 2022 **Tour de Couch Potato** standings! Here are links to see how ERR members are meeting this challenge: [Tour de Couch Potato-FB](#) or [TdCP.com](#)

Now a **Zwifter**? Robert Holt has set up a Zwift ERR bike team and some virtual rides are possible. See [Robert's post](#) on the [ERR Bike Facebook](#) page (or see Robert himself) for details!



SOME PICTURES OF ERR MEMBERS AND EVENTS





ARROWS Spring Track and Field Done; Fall XC Open!

The 2022spring Track and Field season for the **ARROWS** has come to very successful and satisfying conclusion. Local youngsters took on the fun and challenge to learn, improve and test their skills in a number of sports and events. Individual track events included sprint and long-distance events. High jump, long jump, shot put and discus throw were the field events supported. The enthusiasm and willingness of the young athletes to try new events was amazing to see! Personal records were set. Several chose to continue post-season to district qualifications for regionals and they posted admirable results!

A very loud and hearty **THANKS** to all the coaches, parents and volunteers for making this spring season as great as it was! Your patience, support and participation are an important part of the program.

Registration for the fall CC season has been set up! FARC is using a new system. There is a cap on the number of spots available this season, so don't delay if you know for sure your athlete wants to run with the **ARROWS!** To register, you will to sign up here:

<https://freedomarearec.sportngin.com/register/form/400547423>

This will be my last season managing the CC team and I am looking for anyone (or two anyones) interested in learning how to keep the team successful in the future! If you love, or anyone you know loves, organizing other people - this is your chance! This will be a good season to learn the ropes! Please contact Stephanie Bowman (secretary@errun.org) if you (or someone you know) are interested in any of these roles in any capacity!





EVENTS SUPPORTED LAST QUARTER



Run To Remember 50K and 5 Miler- April 23!

This race was started to remember some of our wonderful club members we have lost. The race took place in beautiful Piney Run Park. See the earlier article for on this special event. ERR timed this event.

EVENTS COMING UP THIS QUARTER



Labor Day 5K- Monday, September 5, 10AM. See the earlier article for details. Contact us to if you know of a sponsor or a raffle prize contributor. You can register here:

<https://errun.org/events/err-labor-day-5k-0>

<https://errlabordayrace.itsyourrace.com/register/>

ERR will be timing this event.

1/4 ZIPS AVAILABLE!!

Stylish new sportswear displaying the ERR logo and name is now available. Cost is only \$25; can you believe that!! See Jamie Sullivan for information and for how to get one of these handsome quarter-zips, so elegantly modeled by Jamie and Bill below!



SENIOR SCHOLARSHIPS AWARDED!!



ERR once again awarded two \$2500 scholarships to qualifying student athletes. The 2022 ERR Scholar Athletes are:

- Patrick Bull
- Jake Hurst

We congratulate all of the applicants and 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 2022-2023 school year? Now is not too early to check into this scholarship for your future! Details: [ERR Scholarships](#)



TRAINING SHORTS (FROM THE ERR “ARCHIVES” *)

“Why Run?” By Pete Lester, Sr.

You have seen us. We are the nuts running down the road. Why do “those people” run? Let us turn the question: Why aren’t you one of us?

There are a lot of benefits to running. Here are our top reasons:

- 1) Runners are generally nice people: Okay, it’s a generalization and we know there are some “crazies” in every group... but in general, while we may be quirky – we are a happy bunch. AND, if you want to have fun with a group of people that you really do not know – find a running club, any running club and test out our theory.
- 2) Mental Health: Something happens after about 15 minutes into the run when problems and issues seem to either be less important or their solutions more clear. Running allows us time to think through that email or memo we want to send, but probably should not; and by the end of the run, the edits have been made and maybe even the entire communication deleted because we worked things out. Running is a great stress reliever and it also builds self-confidence.
- 3) Improved Blood Pressure: For those of us with high blood pressure, we should be careful when we first start running. Having said this, for those of us in relatively good health, running helps strengthen our heart as well as our arteries. Most of us see improvements in our blood pressure that can be dramatic.
- 4) Weight Control: Okay, this really may not work if your favorite routes take you past the Dairy Queen (and you stop for a Blizzard) or you show up for the Bagel Run... and simply get the bagel and don’t run. What we can say is that there are few activities that allow us to burn 100 calories (really depends upon our weight and the distance we cover) in an 8 minute period.
- 5) Strengthened Lungs: Runners have increased lung capacity.
- 6) Strengthened Immune System: Running on a regular basis helps us build up our tolerance to germs.
- 7) Stronger Legs: As we get older we typically lose muscle mass. Running helps slow this loss down.
- 8) Increased Bone Density: The stress from running requires our bodies to send minerals to our bones in response to this stress. These minerals strengthen our bones.
- 9) Increased Joint Strength and Stability: increased activity from running will strengthen our ligaments and tendons.
- 10) And, our top reason: New shoes every quarter.





To be clear, runners do suffer injuries. And we all know runners who seem to be hurt quite often. We should keep in mind that injuries can occur anywhere, anytime. What running should mean is that our recovery time is even shorter.

*** 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-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
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 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 2022 via Active.com



Join/renew via mail-in form



Scholarship Application



RRCA web page



FARC web page



Labor Day 5K Via ItsYourRace



Labor Day 5K Race Info

