

Happy New Year  
2021



## What's New In 2021 For ERR?!

Well, there are a number of items to talk about as ERR has been able to prosper and adapt over the years to changing environments due to the energy and contributions of its members! Including a non-virtual Shiver Shuffle (see page 2)! 

## Time to Renew Your Membership

With the new year, we are updating our membership rolls. Please renew (or sign up) to be a part of this best bargain in running clubs. For \$5 as a student, \$15 as an individual or \$20 for a family, benefits include among others: discounts on ERR races, events and from local merchants; be on our email list; and receive our quarterly newsletter. There are a number of ways to re-up, QR codes for easy access can also be found at the end of this newsletter:

- Via [active.com](https://active.com) for 2021 membership
- Via mail-in form, go to <http://errun.org/err-membership>
- Via paper form available at TriSport Junction

Renewing will involve updated waivers to reflect RRCA guidelines.

## Facebook Page Changes

As part of our updating, the Facebook page will require re-joining along with an associated waiver. So, if you get a "restricted access" message, go through the steps in the announcement below to regain access. Here is the official announcement:

"Due to the growth of this FB group over the years and ERR's recent switch from a Freedom Area Rec Council group to membership in the Road Runners Club of America (RRCA), ERR plans to implement a 'sweep' of this FB group's page at the start of 2021. What does this mean to you? In January, the administrative members for this page will boot members off the page (but we want you back!). Once this occurs, you will need to request access to join the group's page again. Before you will be able to send the request to join the FB group again, you will need to confirm that you have read and accept responsibility to follow the rules of the group and the waiver for RRCA. Beyond our efforts to ensure everyone is aware of our new affiliation, this step will also help ensure that the updated group's members will all better recognize the role everyone has in maintaining the safety and privacy of all.

If you have any questions or thoughts on this, feel free to discuss them with Jane Linde, Stephanie Bowman, Jamie Sullivan or Cindy Niver."

We will also be pinning a waiver at the top of ERR Bike. Even though ERR Bike is not affiliated or covered under Eldersburg Rogue Runners we feel that a waiver should be on that page as well.





## Welcome New ERR Board Members

We welcomed Tim Litz last quarter as the new Membership Coordinator. Please now welcome our new at-large Board members who have volunteered to help guide the group as we continue to grow and evolve:

Cindy Niver  
Heidi Shoemaker  
Kelly Mize  
Robert Holt

## Getting Physical Again with the 9<sup>th</sup> Shiver Shuffle!



Save the date February 28, 2021 at 1 PM for the 9th Annual Sykesville Shiver Shuffle 5K! The race will start and finish in Downtown Sykesville. Yes, that means we will be holding a non-virtual 5K as we were able to do last Labor Day. Runners will be sent off in waves, so register early if you are concerned about wave placement. Come out and "Kill the Hill" as you enjoy a mid-day 5K romp through Downtown Sykesville. Register at our web-site:

<https://errun.org/events/shiver-shuffle-0>

or at ItsYourRace:

<https://sykesvilleshivershuffle.itsyourrace.com//event.aspx?id=10171>



This year we have again partnered with the Merchants on Main Street and each registered runner will receive a \$5 coupon that can be used at any participating store, pub, or restaurant. Enjoy the street music and listen for the race results as you shop. Each participant gets a pair of running gloves and Finisher Medal. There will be Cash Awards to the Top 3 Overall (Male and Female). We will have random drawings for the raffle prizes and you can claim your prize at the end of your run.



As with all the ERR events we also provide an outside charity benefit from this race. This year a portion of proceeds will go to the Maryland Food Bank. Maryland Food Bank has been hit hard this year because of COVID. Food drive donations will be accepted.



Packet Pick-up at Tri Sport Junction on Saturday, Feb. 27th, 10-4pm, or Race Day at Tri Sport Junction 11:30-12:30. **THERE WILL BE NO RACE DAY REGISTRATION.**

Please observe our COVID Precautions (see page 12)! You will be allowed to remove your mask while running, but will need to put it back on as soon as you cross the finish line.



**Important Message**

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

*Here we are again. Governor Hogan has recently updated safety guidelines. For the time being, we are not sponsoring full group runs. However, we do gather to run 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 and have a healthy New Year.*

*Board of the Eldersburg Rogue 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 excellent way to meet new friends 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 out riding, within guidelines, taking advantage of the warmer than expected weather this past quarter and keeping in touch via the [ERR Bike Facebook](#) page.

Are you 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!





## **ARROWS Spring Track and Field Is On!**

The Eldersburg **ARROWS** Youth Track and Field season is on for 2021! Registration is open on the [FARC Sports Signup](#) page.



We have two new lead coaches- Mary Dalton-Baker for sprints and Kelly Dixon for distance, and Stephanie Bowman is coordinating.

**We are looking for additional adult coaches to help with the running, sprinting, high jump, and discus/shot-put programs. Connect with Stephanie Bowman via PM on Facebook or via [secretary@errun.org](mailto:secretary@errun.org) if you can help!**



Due to the limited number of volunteers who have agreed to help coach this year, we have made the decision to cap the number of student athletes at 60. We will begin with registrations for student athletes who will be in middle school (grades 6-8). If there is space (depending on number of registrants or additional volunteer coaches), we will open up registration to 4th and 5th graders prior to the start the season.

**WE NEED  
YOUR HELP**

Due to the limited number of volunteers, we are only offering speed and distance opportunities for student athletes at this time. If you, or someone you know, is interested in coaching other events (hurdles, long jump, etc.), please contact Stephanie.

The season will run from March 16th to early June. Practice will be held on Tuesday and Thursday nights at South Carroll High School.

Feel free to share this information with anyone else who has kids that you think would be interested in participating, or parents who would be interested in volunteering to help coach!



Feel free to contact Stephanie if you have any questions. We are looking forward to the new season!!

## **HIGH SCHOOL SENIOR SCHOLARSHIPS!!**

ERR will again award two \$2500 scholarships to qualifying student athletes. Now is not too late to join and check into this scholarship for your future! And the Shiver Shuffle is an excellent opportunity to meet one of the requirements!! Details:

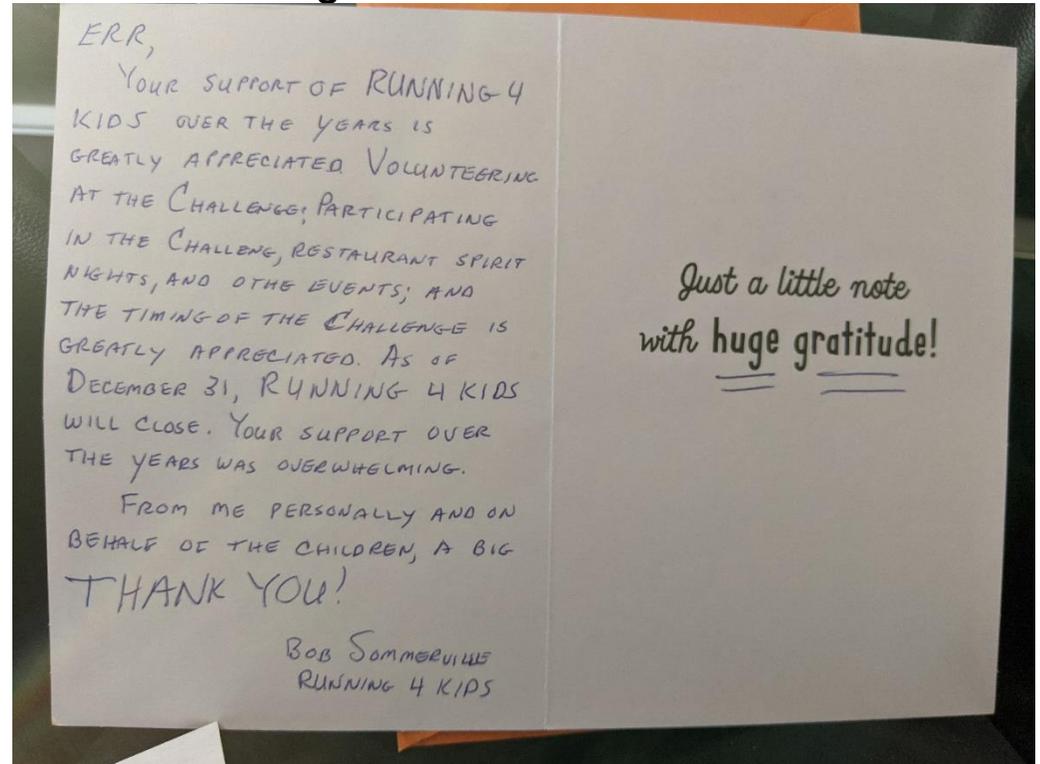
<https://errun.org/eldersburg-rogue-runners-academic-athlete-scholarship>.



## EVENTS SUPPORTED LAST QUARTER

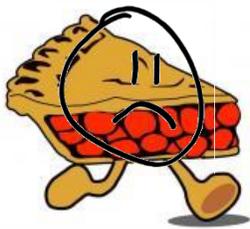
The COVID uptick put the kibosh on events recently, but here are some notes about our events in case you missed them:

### Run4Kids Challenge-



### Justify the Pie-

#### Canceled Event



Due to the updated information concerning the increase in Covid 19 cases in MD, Governor Hogan has strongly suggested to refrain from congregating with others not in your immediate family .

To comply with the governors request we have regretfully canceled the Justify the Pie event on Nov 26th at Freedom Park.

We wish everyone a safe Thanksgiving and Holiday season and we look forward to better times ahead.

Thank you from

The Eldersburg Rogue Runners



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



## **EVENTS COMING UP THIS QUARTER**



**Shiver Shuffle-** in downtown Sykesville on Sunday, February 28, 2021, at 1PM for this non-virtual race. See the earlier article and the [registration site/forms](#) for details. The event will also benefit the Maryland Food Bank. ERR will time this event.

Planning for this major ERR event and fund-raiser has started. We always need many volunteers to help with the execution of the event itself. Contact any Board member to volunteer!

**Seniors**, this is a great event if you need to meet one of the scholarship applications requirements.



**St. Patrick's Day Shamrock 5K-** Though not an official ERR event, ERR members have designated themselves as group members in the past events. As a result, we have won the Kelly Cup for the largest team several times! The race is again a virtual one this year, but Robert Holt has been proactive in setting up an ERR group for the event and setting up plans for a coordinated virtual run. Details can be found in this Facebook post: [Robert's Post](#) or check with Robert!



**Tribute Run For Francis-** As many of you know, Francis Moats passed away on November 8<sup>th</sup>. He was a very active and contributing participant in ERR events and activities. A tribute run is being planned for the month of April, tentatively April 18<sup>th</sup> at Morgan Run State Park. The anticipated format will be a Franny Challenge, i.e., do as many loops of the 6-mile course as you want. Details are still being worked out, but pencil this event into your calendars if you can attend. Watch the Facebook page for updates.



**AOR-** registration is open for April 23-24 this year though plans are not firm yet. If interested, check with past ERR team members and see what the thinking is. In prior, non-virtual years, ERR put in as many as three teams into this favorite relay.



## **RUNNER SPOTLIGHT BY KELLY MIZE**



Robert Muhl started running when he was 35 years old. At that time, his son Justin was a freshman at Liberty high school and on the varsity wrestling team. Robert was feeling out of shape and decided to try to run a 1.6-mile loop near his house. He and Justin went out to run the loop and while Robert did complete the distance, he had to walk 5 times. He kept at it and in about a month or so he was able to complete the loop without walking. Shortly after that, he was talked into running his first 5k which he finished near the middle of the pack in 27 minutes but that was enough to get him hooked on running.

His first marathon was the Pittsburgh marathon in 2001. Over the years he ran several marathons just shy of his Boston qualifying time. In 2008 Robert met a guy at the gym who had lost around 200 pounds and was hoping to complete a marathon. Robert helped him train and they ran the Frederick Marathon together in 2009. Robert ran his race in 3:26:50, qualifying for Boston at last. He believes helping his friend train was beneficial to his own training. That fall Robert ran his first ultra, the JFK 50 miler and in the spring of 2010, he was able to realize his dream of running the Boston Marathon. As he ran Boston, he tried to take it all in and just enjoy the experience. After running the Boston Marathon, he asked himself what's next?



What was next was an Ironman Triathlon. This goal didn't happen overnight; it evolved over time starting with sprint distance and working up to 1/2 ironman distance. He decided to go for the full distance after he was inspired by others. Two friends in particular inspired him to attempt the Ironman; Christine Walter and Dave Wilson. Christine, who had had a knee replacement and was told she would not be able to run again, trained and completed a full Ironman and Dave, who was diagnosed with ALS, later completed an Ironman distance triathlon. Dave mentioned to Robert that he would like to complete an actual Ironman event so in 2017, Robert, Dave, and Robert's friend Jeff all completed Ironman Maryland! Robert and Jeff completed the race again in 2018 beating his 2017 time by almost 15 minutes.

Besides competing, Robert has been active in Westminster Road Runners since 2000 and the director of the Winfield mile (New Year's Day) for the last 5 years. He was also active with the Frederick Steeple Chasers in the early 2000's. Robert had heard of ERR, but never participated in any of the group's activities. He decided to attend his first Pub Run at Glory Days around 2014 or 2015. After



the Pub Run, he joined a few trail runs and was invited to a few outings and cookouts. Since that first pub run, ERR has grown into a community of great friends for him.

Robert has other hobbies as well. He was a DJ/KJ for 12 years. He has learned to play guitar after inheriting guitars from his brother who had passed away. Kim, his wife of 15 years, gave him a gift certificate for guitar lessons and he has been taking lessons and “jamming” with his instructor ever since. Additionally, he enjoys the outdoors, hunting, fishing and spending time at his cabin in the mountains.

Robert has been self-employed (architectural design) since 2008. He started his career in 1986 working for custom home builders doing manual drafting and was architectural supervisor for NVHomes for 14 years but in 2008 he decided to pursue self-employment full time. This ended up being a blessing as his father then mother became ill shortly after and Robert was able to help care for them during that time.

As far as goals, Robert has run 30 plus marathons, qualified for Boston twice, ran several 50K's and 50 milers, competed in a half dozen half Ironmen and two full Ironman races, and so he says he has nothing left to prove to himself. He would just like to stay fit and healthy so he can mentor and motivate others.

One thing I took away from talking to Robert: we all start somewhere. I know how respected Robert is among ERR folks, and he certainly has a nice resume. But keep in mind that when he first started running, he had to walk 5 times during a 1.6-mile loop. His goal of being a mentor and motivating others is something he achieves on an ongoing basis. He is very approachable and also quite humble. Don't be afraid to ask him for advice.



## **COACH MAURA'S MUSINGS**



### **The Benefit of Running Different Paces**

We've made it to 2021 - Happy New Year! While there is much hope this year, things will take time to get back to some sort of normalcy. Basically, who knows when racing will be back. Maybe you have been finding it hard to find motivation getting out for your runs, not knowing what race you are training for. Maybe goals are still up in the air, or maybe you are just down right bored of going out for your runs. All of this is normal, even when there is not a pandemic going on.

If you don't switch things up every once in a while, things will feel stale, your motivation can plummet, and you could be missing out on some serious fitness gains. The easiest thing to switch up in your running is your pace. Every pace serves a purpose. Whether it's an easy run or a workout, having a variety of different runs can help get you out the door and get you closer to those PRs. If you have a run coach, they probably already have different paces set up for you to run on different days. But if you do not have one, putting one or two of these new pace ranges in your weekly schedule can make a big difference in your motivation or fitness!

#### **Different Paces:**

**Easy:** Hopefully, we all do this. Easy runs are the bread and butter, the staple pace in any one's training plan. However, some people do not take easy running seriously and think this pace has no purpose to them. Well, they are wrong! Easy running can allow you to socialize with others. This is a conversation pace and you really should not feel very tired after this run. If anything, you should feel more energized! Easy runs lower your injury risk and are the days where you get faster. By running easy, you are building capillaries that allow more connections for blood to be transported. Faster and more abundant blood transportation to muscles = Fitness! Most of your runs should be at this pace, even if you add additional pace work weekly.

**Aerobic:** Not quite the hardest run you've done, but definitely not your easy pace. You should still be able to hold a conversation, but it may take a little more effort to talk. This pace makes your body utilize oxygen to support sustained exercise. It improves your endurance stamina. This pace can be anywhere from 60-90 seconds per mile faster than your easy pace. You should still be able to hold it comfortably for an hour, but you do not need to run that long. Make sure to give yourself the first mile or two to work into this pace.

**Threshold:** This pace is more challenging. At first it may not seem that bad, but it is intended to be held for a longer duration (about 60 mins) and is not a conversation pace. Generally, it is about 30-45 seconds slower per mile than your current 5K race pace (or 88-92% of max heart rate) This pace makes you get comfortable with being uncomfortable. It improves stamina and endurance, but it also improves psychological endurance. This type of running promotes a steady rise in blood lactate, and helps your body to more efficiently cycle through it.



**Race Paces:** This is exactly as it seems. Whatever distance you are training for, it is always good to practice the goal pace. Unless you are running a marathon (which is going to fall closer between the Threshold and Aerobic pace), you don't want to run these paces for more than a couple minutes at a time. You can do this at the track or as a fartlek (see below). This type of pace work will help you learn the goal pace and get comfortable (relatively) with it.

**Fartleks:** This funny word is Swedish for "speed play". Sounds fun, right? Well, it is! Fartleks are used in a run as a workout or for fun. You are simply switching up your pace for a few seconds or minutes and then returning to an easy pace. The duration and paces can be pre-determined as a workout, or if you are getting bored on a run throw in some bursts of speed. Keep the "bursts" between 15 seconds and 10 minutes. This is a fun workout that is low stress but can offer so many benefits!

Make sure that you allow yourself to adjust to any new training, and don't overthink it. Keep things mostly easy to allow your body to recover from any speed play you do and stay safe out there!



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

### **“Long-Slow-Distance Runs” By Pete Lester, Sr.**

In this series we have briefly described the three types of training runs. We have saved the most obvious for last.

The Long-Slow-Distance Run is often the run that runners cherish most. It is typically the longest run of the week. It is also typically run at the most comfortable pace of the week... and if you have an issue at work, a relationship you are trying to mend or a poem to compose – this is the best time to sort those things out.

Most training plans for a half-marathon or marathon incorporate a gradual increase in the L-S-D. And often, training guides suggest that if we have to miss a run, go ahead... but we must stay true to the L-S-D schedule, particularly if we are training for a certain distance.

It goes without saying that the only way to run a long distance is to gradually increase our mileage.

The purpose of the L-S-D is quite simple: Improve Endurance.

Programs and advice vary, but in general, the L-S-D should be approximately 30% of our total weekly mileage. Meaning, if we run 4-5 times each week and our goal mileage is 24 miles. Our L-S-D should total 8 Miles, and the other three runs should average 4 - 6 Miles.

Additionally, we should be able to increase our L-S-D by 10% each week. Many programs typically take a three-week cycle: Increase the L-S-D each week for three weeks. In the 4th week, dial the L-S-D back down allowing for recovery.

We are often asked: “How far should I run to train for my race?”

Again, this will vary from runner-to-runner. Some of us need the psychological advantage of having “covered the distance” prior to race day. While this is understandable, we do not recommend it (it simply invites over-use injuries) and it is unnecessary. Generally speaking, we should be able to run 20% further than our longest L-S-D. For this reason, many training programs for Half Marathons peak out at 9 – 10 miles their Full Marathon counterparts peak L-S-Ds are 19 – 21 miles.

\* 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

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<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 2021 via Active.com



Join/renew via mail-in form



Scholarship Application



RRCA web page



FARC web page



Shiver Shuffle ERR page 2021



Shiver Shuffle IYR page 2021

