



HAPPY NEW YEAR



New Membership Coordinator!

Welcome Kate Ledbetter who is taking up the reins from Tim Litz who is stepping down as Membership Coordinator.

 Tim for all your effort during your tenure!

Kate and her family have lived in Eldersburg since 2003. Running was something she did as an Army officer, in her 20's and early 30's and then she took a long hiatus to raise her twins, Sean & Nina. Five or six years ago, ERR offered a "couch to 5K" program and she got hooked into running again. Her husband Paul joined her and now they run several times a week, enjoying bagel runs, the Labor Day 5K, the Shiver Shuffle, and numerous other runs with ERR friends.

Time to Renew Your Membership!!

Speaking of membership, it is that time of year again to renew for 2022 (or join) if you have not already! There are multiple ways to do this: via mail-in form at our website- <https://errun.org/err-membership>

- or drop the form and check off at Tri Sport Junction
 - or go on-line at Active.com- [2022 ERR Membership](#)
 - use the QR codes at the end of this newsletter
- Membership is still the best bargain in town!



\$5 per student
\$15 Individual
\$20 Family

10th Shiver Shuffle Is Open For Registration!!

Come out and 'Kill the Hill' as you enjoy a mid-day 5k through Downtown Sykesville February 20, 2022 at 1 PM! Registered runners will receive a \$5 coupon to use at any of the participating stores, pubs, or restaurants on Main St. Enjoy the street music and shops. Make this race a part of your New Year's goal to be active! This year a portion of proceeds will go to the Alzheimer's Association. For registration and more info see any of these sites:

- <https://errun.org/events/shiver-shuffle>
- <https://sykesvilleshivershuffle.itsyourrace.com/register/>



QR codes at the end of this newsletter





Important Message

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

Still getting closer to be back to normal but still following local and RRCA guidelines on running and biking together. (see page 9)



STOP, SWAP AND SAVE
February 13 Ag Center in Westminster, MD

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](#) Please follow the MD and RRCA COVID guidelines, see page 9.

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 intrepid 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 are happening again just about every week. Many provide support for causes with a special interest to many of our runners. 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



Several ERR cyclists got together to do the **Seagull Century** in October. Check out the spiffy team jerseys they were sporting!

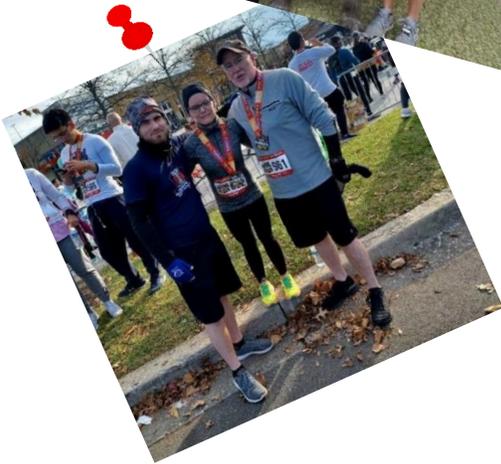
Wednesday evening rides continued from the 1623 Brewery continued until late this year. What a fun and dedicated group to be part of! Rides are still happening, details on the [ERR Bike Facebook](#) page.

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!



ERR MEMBERS RUNNING TOGETHER

A feature highlighting mostly (but not only) non-ERR events where ERR members form a group and participate together. Pictures can be contributed to communications@errun.org





XC Coaches at end of season? No, just set for Halloween! 😊



ARROWS Fall XC Has Completed!

The season ended a little unexpectedly as weather canceled the last practice. But oh what a great time these young athletes had during the rest of the season! A couple even went to run in the AAU post season districts events! Kudos to all these young people for taking on a challenge to learn to run and improve. A big **THANK YOU** to all the coaches, parents and volunteers who make it happen for these girls and boys!

ARROWS Spring Track and Field Coming Soon!

Registration for the Arrows Track and Field spring season will open soon. This year the **ARROWS** hope to be able to also offer shot-put and high jump! However, they are always looking for adults willing to help coach (long jump, sprints, distance, etc.)! Coaches are the backbone of the program and can't always be the same people every season. We also need adults willing to learn the ropes of what it takes to keep the program going and growing with each new 'generation' of families. Please contact Stephanie Bowman (secretary@errun.org) if you are interested in any of these roles in any capacity!



SENIOR SCHOLARSHIPS AVAILABLE!!

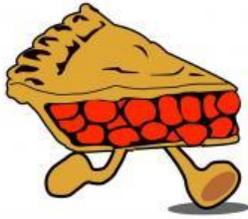
ERR will once again offer two \$2500 scholarships to qualifying student athletes. Are you (or have a child who will be) a senior in the 2021-2022 school year? The clock is ticking, so check into this scholarship for your future! Details:

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





EVENTS SUPPORTED LAST QUARTER



Justify the Pie- Once again Freedom Park was the site of this free community event hosted by ERR. Around 50 people joined in running the 5K. There was also a random drawing for several pies baked by Gabby at the Dandelion Bakery. Hope the pie winners enjoyed their winnings! A big **SHOUT OUT** to the volunteers who made this event happen!! Group pictures are on page 3.



December Lights Run – Was back big time this year!! Thank you, Jamie and Steve, for another wonderful time and thanks to the Mowers and Voights for the hydration stop and also for all who brought goodies to share at the fire! Some pictures are on page 3.

EVENTS COMING UP THIS QUARTER (or soon)



Shiver Shuffle- Will be held in downtown Sykesville February 20, 2022 at 1 PM! ERR will be timing this event. As with all the ERR events we also have an outside charity benefit from this race. This year a portion of proceeds will go to the Alzheimer's Association. Registration and more info can be found here:

- <https://errun.org/events/shiver-shuffle>
- <https://sykesvilleshivershuffle.itsyourrace.com/register/>
- Or use the QR codes at the end of this newsletter



Shamrock 5K 3/13- Not an ERR-sponsored event but a perennial favorite which many, many members run! So, remember when you sign up, to designate ERR as your club and maybe we'll win the Kelly Cup again!



Run To Remember 50K and 5 Miler- save the date: April 23!

This race was started to remember some of our wonderful club members we have lost. We welcome you to challenge yourself in the memory of someone you have lost. The race takes place in beautiful Piney Run Park. The 50K can be run as a single runner or a team of up to 6 runners. The course is 5-mile loop (run 6 times) of woods, meadows, and 50 feet of paved road with a view of the lake on 50% of the course. Register: <https://errun.org/events/piney-run-park-50k-and-5-mile-run-remember> or <https://runtoremembererr.itsyourrace.com/event.aspx?id=14943>



AOR teams setting up? Looks like the AOR will happen this year, on 4/29-30. Have you been thinking about being on team this year? Check around the club members and see if others are interested.



COACH MAURA'S MUSINGS



Running to be Better at Running

There are a lot of different ways to train for endurance events. By endurance events I mean anything from 5k and up. You may see people claiming they have found the best formula for getting faster or getting those PRs. A lot of times these plans are really complicated, hard to follow, or you have to do a lot of different cross training. While a lot of these plans can have some benefits, I find that in life it is sometimes best to stick to the basics and keep things simple. If you want to improve your times, the key is to be consistent with your training. The best way to be consistent is to 1) Stay Healthy and 2) Have a routine that is manageable.

There are many benefits to lifting and strength training, as well as doing other activities such as swimming or biking. A lot of times people need these to supplement training to stay healthy and they certainly keep you injury free. However, it is good to be reminded that if you want to get better at running, you really simply just have to run. In longer distance events, it is crucial to have an aerobic base. This is your foundation. The longer the race distance, the more important it is to have an aerobic base. However, even if you are doing the shorter end of endurance races, building a better aerobic base will make a huge impact on your times.

So what does aerobic mean? Well, it is relating to or denoting exercise that improves or is intended to improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen. How do we build aerobic fitness? Running. For longer periods of time. And mostly at an easy pace. You may have heard other runners talk about building a base over a season, where they are just running miles on miles on miles. They are building their aerobic fitness and it will become their foundation to training. This is also why it is so important to take easy days easy. Not only is your body absorbing hard effort that you have put in during the week, but also build capillaries that will help make you more efficient at transporting oxygen to your muscles, making you able to run longer, and faster.

If you are supplementing your running with cross training, you can also achieve aerobic fitness by doing extended efforts. However, while sprints, hard running, and strength training are important to training- they are not aerobic activities. So be intentional about when you supplement running and when to go hard.

To simply put it, the best way to get better at running is to run!





TRAINING SHORTS **(FROM THE ERR “ARCHIVES” *)** **“Have A Plan” and “Developing a Training Plan” By Pete Lester, Sr.**

[Editor’s note: as it is near the start of the year, these 2 articles seemed timely]

In the previous Training Shorts article, we suggested that there were three types of runs. Before we get into those runs and how they differ, we thought it important to amplify how important planning is to proper training.

As we consider lengthening our runs, we should first prepare for the changes we plan to incorporate.

First, we should think about:

- What it is we are trying to achieve
- What do we want the outcome to be?
- What is the best way for us to get there?

Second, we are all different and come to running with different strengths: mental, physical, psychological, nutritional, disposable time, commitment... all of these should be taken into account when we develop our training plan.

Some of us have commitments that will not allow us to train 6 days per week, much less disappear for two hours three times each week. Others of us have had past injuries that we should be mindful of so that our training includes ways to optimize our training without the injury reoccurring.

So, as we develop a plan it should incorporate our strengths and hopefully also strengthen our weaknesses. Consider the following:

- How many times each week can I devote to training?
 - Be truthful.
- How much time can I devote to my training? Is there one day in the week when I have more time to train than other days?
 - Particularly if you are looking to improve endurance (run longer), you need at least one day during the week for your L-S-D Run.
- Before I make changes to my training, are there some things I need to do to ensure success without injury?
 - Stretching
 - Core training
 - Cross Training
- Is there someone I can count on as a training partner who would enjoy doing this with me?
 - Having a training partner helps us all
 - Selecting a partner with similar interests and level of fitness will help





Every Runner, every coach, and every physical trainer has strong opinions as to how a proper training plan should be structured.

We certainly do not want to be non-committal on the subject.

We will first state, as we have in previous Training Shorts, that the important thought here is to have a plan. Beyond that, we would strongly defer to the individual runner: our lives, habits, and other commitments will do more to shape the plan than anything anyone could say or write.

Having said this, we offer the following thoughts:

- If you have recently completed a 5K and are looking to establish a routine that would allow you to maintain your fitness level and even participate in a 10K, consider the following mileage pattern for the next few weeks: 3 Miles – 4 Miles– 3 (Interval) – Day Off – 5 Miles – Day off (on the 7th day – insert wherever you want– Ye shall cross train, bike, swim, aerobics, yoga)
- Consider NOT taking a day off after your L-S-D. Many runners typically do not run the day after their L-S-D. Research has shown that a modest workout the following day can speed recovery and improve performance.
- Once a-month, plan a destination run.
 - Go to the Inner Harbor or DC for a Run
 - Run on the NCR or the Canal Trails
 - Run to the local Dairy Queen!
 The point is: do something fun.
- Make it “Your Plan/Take Ownership”
 - As we visit with other runners, we invariably learn about their favorite routes, stretches, the speed training that they are doing. Take it all in. Take elements from those around you that seem to be working, incorporate them in your own plan, but tailor it to meet your fitness level and abilities.

* 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 2022 via Active.com



Join/renew via mail-in form



Scholarship Application



RRCA web page



FARC web page



Shiver Shuffle Via ItsYourRace



Shiver Shuffle Race Info



Race to Remember Via ItsYourRace



Race to Remember Race Info

