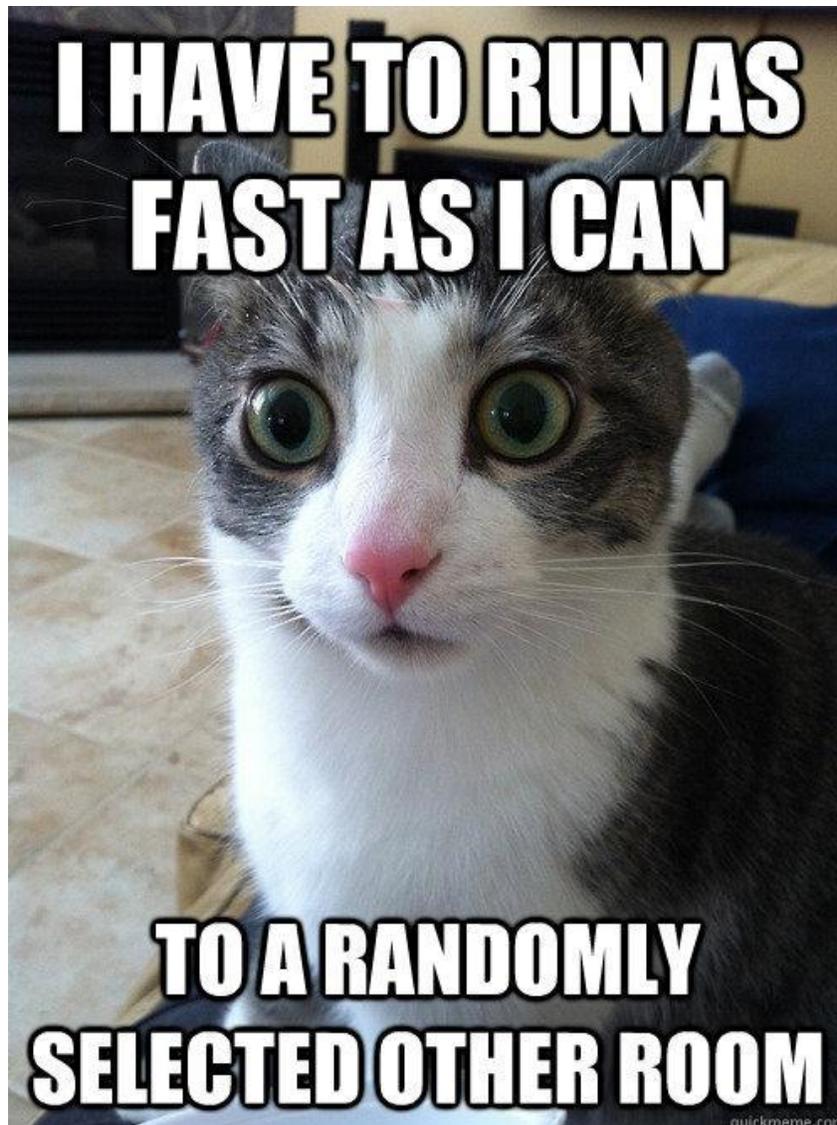


*Erie  
Runners  
Club  
Newsletter*

JUNE 2022

Volume XLVII

Number 6



Next up: Father's Day 5K! June 19<sup>th</sup>

# Harborcreek Community Park

## ERC MEMBERSHIP MEETING

MONDAY, June 13<sup>th</sup>, 2022

Outdoors at 7 p.m. at Asbury Park,  
in the big pavilion behind the tennis  
courts. Hot dogs on the grill, beverages,  
& more! Bring a dish to share if you wish!

✂ ✂ ✂ ✂ ✂ ✂

## ERC EXECUTIVE BOARD MEETING

June 20<sup>th</sup>, 2022

6 p.m. Colony Pub & Grille

### OFFICERS and BOARD MEMBERS for 2022

**PRESIDENT: David Comi (2022)**

881-0060 davecomi@erierunners.club

**VICE PRESIDENT: Dan Albaugh (2023)**

774-3209 dan.a@erierunners.club

**TREASURER: Kathryn Carstater (2023)**

**SECRETARY: Kim Lawrence (2022)**

kiml@erierunners.club

**BOARD MEMBERS (final year of term)**

**Greg Wigham (2022)**

gregw@erierunners.club

**Jeff Shaw (2022)**

jashawpa@gmail.com

**Janina Lee (2023)**

janinal@erierunners.club

**Suzanne Carstater (2023)**

suzannec@erierunners.club

**Bill Tobin (2024)**

398-2908 billt@erierunners.club

**Tom Twohig (2024)**

tomt@erierunners.club

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

## ADDRESS CHANGE or CORRECTION

Please e-mail [suzannec@erierunners.club](mailto:suzannec@erierunners.club) with **ANY** change in address.

**Newsletter Editor:** Dan Albaugh 814-774-3209

**e-mail:** [dan.a@erierunners.club](mailto:dan.a@erierunners.club)

**WEBSITE:** [www.erierunners.club](http://www.erierunners.club)

**Send mail to Erie Runners Club,**

**1903 West 8<sup>th</sup> Street, PMB #296, Erie, PA 16505**

### **From the President's Pen**

It is getting warmer out there and summer is coming soon. Use common sense and go out early in the morning or later in the day for a more pleasant workout.

We have the Father's Day 5K coming up on the 19th and hope you can make it. Register online at [RunSignUp.com](http://RunSignUp.com).

In July we will be conducting the Presque Isle Half Marathon on the 17th. We are looking forward to a great turnout. Just a mention to all out there who have volunteered in the past, now is the time to gather your group or association to come help us at this event. As in the past, the ERC will make a donation back to your group for your help. Easy way to fundraise for your group. You can contact me at 814-881-0060 or at [davemcomi@gmail.com](mailto:davemcomi@gmail.com).

Check out the listing for other events in the area. You are likely to find an event every weekend in the area.

In closing I wish you all a safe and healthy start to the summer!

David Comi

## May 2022 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday May 16, 2022

Colony Pub & Grille, 6:00 p.m.

Meeting called to order: 6:00 p.m. by David Comi

In attendance: David Comi, Dan Albaugh, Suzanne Carstater, Kim Lawrence, Bill Tobin, Greg Wigham, Tom Twohig, Kathryn Carstater, Janina Lee, Jeff Shaw

Secretary's Report: The minutes of the April 2022 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report: Motion to accept: SC.  
Seconded by JS; All approved.

Guests: None

Correspondence: Various solicitations via postal mail and Email. Miscellaneous email for Marathon.

Old Business: None

New Business: Effective in June, we will be moving our membership meeting outside. The June 13th membership meeting will be at the Asbury Woods Pavilion on Asbury Road.

Discussion was held regarding the live music that is sometimes scheduled there. Dan Albaugh will be checking to verify that we are still good at our regular pavilion.

Janina Lee made the board aware that the ERC 1 mile sign (for the 5K course) on the Old Lake Road is gone. We will need to replace it. She also reported damage on other signs that will need to be looked at for possible repairs.

Races:

The First Ever Tutu 2.2 or 4.4 Event was a big success! We had over 180 walkers and runners sign up for this event. The goal was fun and we far exceeded our goal. The creativity of our participants was clearly evident with themes ranging from a Star Wars Chewbacca to Mermaid Tutus, Super Hero Tutus, Dogs in Tutus and even a light-up Birthday Tutu. If you missed out, we'll be back next year. Tutus are not required for this race. But for those who wore them, Thanks! There were tons of smiles to go around!

For the ERC Mother's Day Race held on Sunday, May 8, 2022 at the Harbor Creek Community Park, we had a nice turnout. Many Moms and families showed up to enjoy the day and celebrate Mom. If you missed it this year, we hope to see you next year!

The ERC Father's Day Race is coming up on Sunday June 19, 2022 at the Harbor Creek Community Park. Use the Clark Road entrance to the park. Packet pick-up starts at 7:30 am with the race starting at 9 am. There will be no support on the course for this 5K so please bring water if needed. There will be prepackaged snacks and water available to participants at the end of the race. This race will be chip-timed and results will be posted. Please note, there will not be trophies or awards at this race. Sign up and join Dad for a fun and easy race! For more details, go to [RunSignUp.com](http://RunSignUp.com).

The Presque Isle Half Marathon is fast approaching. The race will be held this year on Sunday, July 17th. For more details, see our calendar of events at [www.ErieRunners.Club/Events/2022-07](http://www.ErieRunners.Club/Events/2022-07) or go to [RunSignUp.com](http://RunSignUp.com). To volunteer, please contact David Comi at 814-881-0060.

Meeting Adjournment - Motion to adjourn JL, 2nd BT, All approved.

Meeting adjourned at 6:55 p.m. The next monthly board meeting will be held on Monday, June 20, 2022 at the Colony Pub & Grille.

Respectfully submitted,  
Kim Lawrence, Secretary

## CALENDAR OF EVENTS

### JUNE

- 18** Jax Stone 10K/5K Run and One-mile Kids Run, 9 AM, Harborcreek Township Municipal Bldg., 5601 Buffalo Rd, Harborcreek, PA, kids run at 8:30 AM, benefits Make-A-Wish, contact Stephanie Weed at 814-812-8001 or at [stephaniehansen@live.com](mailto:stephaniehansen@live.com) or sign up on-line at [RunSignUp.com](http://RunSignUp.com)
- 19** ERC Father's Day 5K Run/Walk, plans being finalized. Check the ERC website for more information.
- 22** Strawberry Days 5K, 7 PM, soccer fields in Grove City, PA, 1<sup>st</sup> event of Mercer Co. Twilight Quad, others on 7/13, 7/28, & 8/18, contact S. Mark Courtney at 724-866-1374 or e-mail to [smc@runhigh.com](mailto:smc@runhigh.com)

### JULY

- 4** Knights of Columbus Liberty 10K Run & 5K Fun Run/Walk, 8 AM, Our Lady of Mercy Church, Bartlett Rd., Harborcreek, PA, call Greg Kaliszewski at 814-450-4298 or e-mail to [imgregk@gmail.com](mailto:imgregk@gmail.com)
- 13** The DAM Race 5K, 7 PM, Sharpsville, PA, 2nd event of Mercer Co. Twilight Quad, others on 6/22, 7/27, & 8/17, call S. Mark Courtney at 724-866-1374 or e-mail to [smc@runhigh.com](mailto:smc@runhigh.com)
- 14** SUMMER SIZZLER, 7/7:30 PM, Waterford, PA, 1-mile fun run at 7, 5K at 7:30, contact Rick

Bowers at 814-434-3686 or e-mail to [rickbowers230@yahoo.com](mailto:rickbowers230@yahoo.com)

- 17** ERC Presque Isle Half Marathon, 6:45 AM, Beach #1, Presque Isle State Park, Erie, PA, **6:45 AM**, post-race picnic & awards ceremony at ERC Pavilion at Beach #1, contact David Comi at 814-881-0060 or via e-mail at [davecomi@gmail.com](mailto:davecomi@gmail.com)
- 23** Maeve Alice Miller 8K / 5K / 2.5K, 9 AM, North East, PA, cross-country race w/obstacles, call 814-823-9244 or e-mail to [jonathan.miller@maevegives.org](mailto:jonathan.miller@maevegives.org)
- 27** Fredonia 5K, 7 PM, Fredonia, PA, 3rd event of Mercer Co. Twilight Quad, others on 6/22, 7/13, & 8/17, also a half-mile kids race, contact S. Mark Courtney at 724-866-1374 or e-mail to [smc@runhigh.com](mailto:smc@runhigh.com)

### Looking ahead:

Find more races on the ERC website at [www.rierunners.club](http://www.rierunners.club)

**The following are the scheduled dates for the ERC 2022 race calendar and some other races as well.**

**August 6, 2022** – Dan Rice 5K

**August 21, 2022** – UPMC/Hamot Mayor's Cup

**September 11, 2022** – Erie Marathon at Presque Isle

**October 15, 2022** – ERC Personal Endurance Classic

**November 24, 2022** – ERC Turkey Trot 10K & 5K

**December 10, 2022** – Snowflake 5K Run/Walk

NOTE: We advise that you check with a race's director for firm details. Many races operate on small or limited budgets, and race directors often can't respond to your written requests unless you include a self-addressed stamped envelope (SASE) with your request. Another caution: If you call a race director long-distance and have to leave a message, give your name and address in

addition to your phone number to insure a reply. **To have a race appear in this listing, call Dan at 814-774-3209, or send details (along with a copy of the race application, if available) to ERC Newsletter Editor, 1903 West 8<sup>th</sup> Street, Box 296, Erie, PA 16505.**

# How Far Is Too Far for Kids to Run?

Pediatricians are divided over the impact of marathons on young bodies.  
by Ian McMahan



OCTOBER 9, 2014

For out-of-shape kids, inadequate physical activity—a leading risk factor for mortality across all ages, according to the World Health Organization—can have lasting ramifications for future health. All over the world,

researchers are finding significant annual declines in cardiovascular fitness among adolescents. As a whole, today's youth are spending less time than generations past on stick ball, tag, and other types of free play and exercise, such as walking or bicycling, and more time with computers and smartphones. As a result, after-school activities such as organized sports now provide the majority of physical activity for growing children.

But as the rate of childhood obesity continues to rise and the general aerobic fitness of children and adolescents continues to fall, another trend has emerged: Many of the children that still play sports often do so in excess. While a great deal of attention has been devoted to the demanding year-round format of competitive youth baseball and soccer, an increasing number of young athletes are also training for and competing in long-distance endurance events. These young athletes are doing more than kids' "fun runs" and 5K's—they're running marathons and Olympic-distance triathlons. Notably, the Students Run Los Angeles marathon-training program had more than 16,000 young marathon finishers between 1987 and 2005.

The trend presents an interesting conundrum for pediatricians as they attempt to get kids off of iPads and Xboxes and onto tracks and athletic fields: How much activity is too much? While highly active kids may be improving their cardiovascular health, they also run the risk of overuse injury, which in turn could prevent them from exercising altogether. "Athletes who sustain recurrent overuse injuries may stop participating in sports and recreational activities," the 2011 National Athletic Training Association's position statement on pediatric overuse injuries warns, "thus potentially adding to the already increasing number of sedentary individuals and the obesity epidemic."

**"Kids are still figuring out how to move. Their bodies don't have the strength and muscular control of adults."**

Surprisingly, the issue has not been the subject of a great deal of scientific inquiry, and for parents concerned about their young runners, there isn't a definitive answer. While orthopedic surgeons have warned parents about the dangers of too many baseball throws and soccer kicks, they have been less definitive about running. So, when should parents be wary of their children's running? At present, medical professionals can only speculate about how much running is too much for young athletes.

The unresolved question is whether there are any long-term health consequences to endurance training and racing that would make events like half-marathons and marathons inadvisable for younger competitors. After all, children's bodies have their own unique needs and considerations when it comes to physical activity. "Children are not small adults," cautions a position statement in the *Clinical Journal of Sports Medicine* titled "Children and Marathon: How Young Is Too Young?" "Their anatomy and physiology are developing and not fully mature."

As youth participation in running continues to rise, medical professionals are concerned that injuries will rise along with it. Running by its nature is a repetitive sport, one that involves thousands of collisions with the ground, and the risk of injury at any age is proportional to the number of miles run—even among adult runners, the annual injury rate can be as high as 70 percent. Because the growing areas of children's bones are vulnerable to injury in the formative years, they may be even less able to withstand the repetitive stress of marathon running or training.

Highlighting the differences between younger and older runners, a recent article in the *Journal of Athletic Training* revealed that children don't absorb the impact of running as well as adults. While the researchers were unable to identify a specific reason for the differences, the health implications are worrisome: Like a car with bad suspension, less absorption equals greater impact to bones, joints, and soft tissue, possibly leaving children more at risk for overuse injury.

Other studies have established that, compared to adults, children run with different mechanics and have shorter legs in relation to their body size, elements that may contribute to a diminished ability to absorb impact. Dr. Cordelia Carter, a pediatric orthopedic sports surgeon and researcher at Yale University, says, "Kids are still figuring out how to move and their bodies don't yet have the strength and muscular control of adults."

The problem with quantifying the risk of injury for marathons and other long-distance events is that the long-term effects are still unknown: No one really knows for sure what happens to kids five, 10 or 20 years after running a marathon. Researchers can only hypothesize that repeated impact to maturing joints can cause serious long-term injuries to delicate joint cartilage or growth

plates—conditions that don't occur in adults. These theories are based in part on research that has found evidence of growth-plate separation in response to repeated impact and trauma in young gymnasts. Most of these gymnasts recovered, but in a few of these cases the bones of the forearm were permanently damaged.

Heightening the ambiguity is the fact that not all children mature at the same rate—picture the average high school freshman gym class, in which some boys need to shave and others barely crack five feet. Since physiological age may not equal chronological age, universal recommendations are difficult. Young girls typically mature more quickly and reach full maturity by 14, while boys can still be growing past 18. "That's why blanket statements about age don't work," Dr. Carter says.

Given this wide variation in maturity at any adolescent age, physicians admit that any guidelines they set for when children and adolescents can safely handle the stresses of training for longer events would be arbitrary. "But it's no different than setting arbitrary pitch count limits for Little Leaguers," says Dr. Lyle Micheli, Director of the Sports Medicine Division at Boston Children's Hospital, "and establishing 18 as the minimum age for marathons, while not perfect, minimizes the chances of long-term damage in younger competitors." The Boston Marathon, among others, has long used 18 as the minimum age for participation.

But is it fair to restrict marathons to those 18 and older when some "kids" may more closely physiologically resemble adults by an earlier age?

Medical professionals' advice on the subject is divided. Some, like Dr. Micheli, feel that children have proven to be vulnerable to the repetitive stress injuries that can have long-term negative consequences. "Until we know more," Dr. Micheli says, "I don't advise that runners under the age of 16 participate in any event longer than a 10K." A review article on children and marathons in the *Clinical Journal of Sports Medicine* supports Dr. Micheli's statement, stating, "Training to run in a marathon, which is more than eight times the usual cross-country competitive racing distance, is an inappropriate activity for children and adolescents."

Conversely, due to the lack of evidence supporting or refuting the safety of kids running marathons, the American Academy of Pediatrics' statement on overuse injury says, "There is no reason to disallow participation of

a young athlete in a properly run marathon as long as the athlete enjoys the activity and is asymptomatic.”

So how do parents and coaches wade through these contradictory recommendations? “We have to use common sense,” Dr. Carter says. “If running starts to hurt, you need to stop.” She continues, “But to definitively answer that question, we need to understand more about how kids physiologically respond to distance running.” Until then, she prescribes cross training and lots of rest to allow joints and bones to recover from the stresses of running. Above all, she says, pediatricians should urge parents and coaches to keep running and endurance sports fun, improving the chance that kids will embrace activity as a lifelong pursuit.

[Ian McMahan](#) is a writer and sports-medicine professional based in San Francisco.

## High schooler runs sub 4-minute mile, breaks record that had stood since 1965

Gary Martin accomplished the feat at the Pennsylvania Catholic League Championship

By [Steven Taranto](#)



Getty Images

Gary Martin, a senior at Archbishop Wood High School in Warminster, PA, broke a prestigious track and field record at the Pennsylvania Catholic League Championship

on Monday by running a mile in under four minutes. Martin's run broke a record that had stood for nearly 60 years.

Martin ran a mile in 3:57:98 without the aid of a pacer, breaking a record that had been set by Jim Ryun in 1965.

Ryun became the first high schooler to run a mile in under four minutes in 1964, then broke his own record five times before graduating. Ryun's time of record was 3:58.3, a mark which Martin broke by less than a second.

Martin is now the 14th American high school athlete to break four minutes, and his time now ranks third all-time in outdoor runs. It should be noted, though, that Ryun was the only athlete to do so in high school-only competition, without the use of a pacer.

Martin's run was a major milestone as he prepares to attend the University of Virginia upon graduation. Speaking about his long-term goals, Martin hopes to become an Olympic athlete.

"I'd like to think that it's not crazy for me to say that it's a dream now," Martin told CBS News. "Obviously, I'm still a long way away and have some work to do, but I'm confident in my ability. I have the dream, now I just have to put the work in and chase it."

Based on his beating Ryun's mark, Martin's dreams may very well be in reach. After his record run in the 1960s, Ryun went on to compete in three Olympic finals, winning silver in 1500m during the 1968 Mexico City Olympics.

**Blowing out (Lots of) Candles**

Wish a Happy Birthday to:

**JUNE 2022**

- 2 - Darwin Sitter, Michael Abt
- 5 - Sue McLaughlin
- 8 - Phillip Schweitzer
- 10 - Alec Reese, Noah Sandstrom
- 11 - Susan Rouch
- 12 - Elizabeth Ozorak
- 13 - Tucker Riley
- 14 - Taylor Beckwith, Tori Beckwith
- 17 - Jamie Mead, Tony Carr

- 24 - Caleb Schreiber
- 26 - Joshua Williams
- 27 - Barb Herrmann, Sam Puleio
- 28 - John Huegel, Tom Welch

## **Knights of Columbus JMJ Council #4071**

### **Liberty 10K Run, 5K Run and 5K Walk (In memory of Jim Kuhn)**

**Our Lady of Mercy, Bartlett Road, Harborcreek, PA**

**Monday, July 4, 2022, Race Starts at 8 AM**

**Registration and Packet Pick-up will start at 6:45 AM**

**(10% of all profits will be donated to St. Paul's Soup Kitchen)**

**Course:** The certified course starts and ends at Our Lady of Mercy Church on Bartlett Road. The course is relatively flat and bounded by East Lake Road, Boyer Road, Iroquois Ave, and Bartlett Roads. The exact course layout will be posted on race day. Looking for a PR? This is it!

There are three water stops on the course and splits will be called at each mile. Crossings and turns are marked and well-staffed. The 5K run and walk will begin immediately following the start of the 10K race.

**Timing:** The Erie Runners Club will perform the timing. Awards and presentations will take place in the church parking lot after the last finisher— approximately 9:30 AM.

**Entry Fees:** Public- \$30.00 and \$35.00 on the day of the race. Sorry, no refunds.

Erie Runners Club— Pre-registration includes a shirt and award. Please register by June 19th to guarantee a shirt on the day of the race. T-shirts are guaranteed to the first 100 participants.

**Awards:** A Race Medallion will be awarded to all finishers. Trophies will be presented to the first and second place men and women. There is no duplication of awards!

**Post-race refreshments** are available for the runners following the race in the parking lot adjacent to the parish center. To register online: <http://runsignup.com> or complete the application below. Additional copies of the race application may also be downloaded from the Erie Runners website: [www.erierunners.club](http://www.erierunners.club)

**For more information:** Contact Mark Masolotte- (814) 392-3526 or Greg Kaliszewski- (814) 450-4298.

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Please fill in all information and mail to: Knights of Columbus #4071 1004 West 36th Drive Erie, PA 16508

**Name** \_\_\_\_\_ **Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email:** \_\_\_\_\_ **K of C Member** \_\_\_ **ERC Member** \_\_\_

**Sex** M \_\_\_ F \_\_\_ **Date of birth:** \_\_\_/\_\_\_/\_\_\_ (m/d/y) **Age** \_\_\_\_\_

Check one: 10K Run \_\_\_ 5K Run \_\_\_ 5K Walk \_\_\_ Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

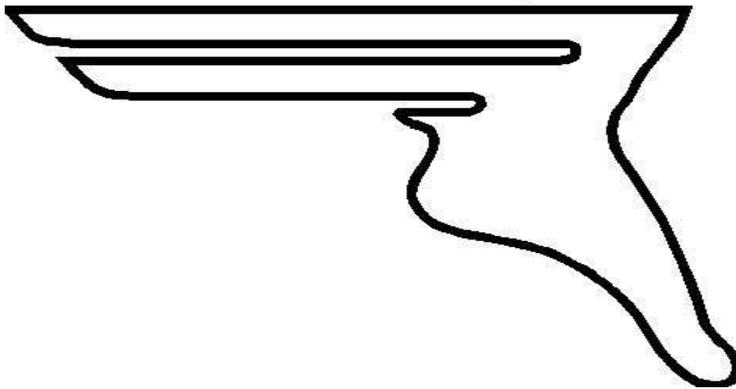
*Make checks payable to: Knights of Columbus 4071*

**WAIVER:** In consideration of the acceptance of my entry, I, on behalf of my heirs, executors, administrators, and assignees, do hereby discharge the Knights of Columbus and other organizers from all claims of damage, demands, and actions whatsoever in any manner arising from, or growing out of the risks involved in this event. I certify that I'm physically qualified to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian must also sign if entrant is under the age of 18

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Runners Club, Inc.**



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**JUNE**



DATED MATERIAL - PLEASE DELIVER PROMPTLY

**In  
this  
issue:**

- Race Calendar
- From the President's Pen
- June meeting info
- June birthdays

Next on the EPC RACE SCHEDULE