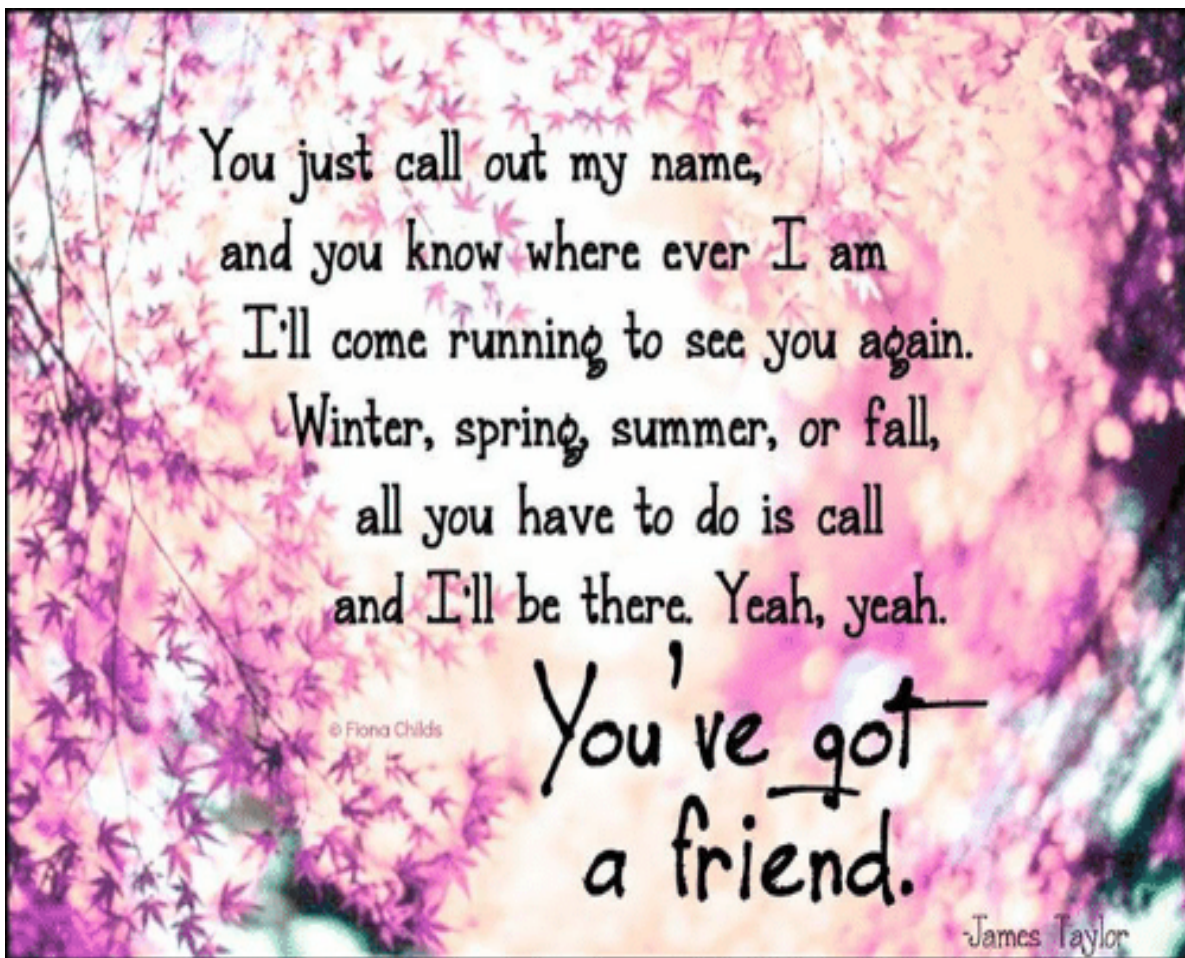


*Erie
Runners
Club
Newsletter*

MAY 2022

Volume XLVII

Number 5



Next up: Mother's Day 5K Run/Walk – May 8!

ERC MEMBERSHIP MEETING

MONDAY, May 9th, 2022

**Still indoors at the Plymouth Tavern
at 7 p.m.**

**We are not going to chance cool
temperatures or rainy conditions
this early in the season!
Plans are to be outside in June!!**

ERC EXECUTIVE BOARD MEETING

May 16th, 2022

6 p.m. at the 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 with **ANY** change in address.

Newsletter Editor: Dan Albaugh 814-774-3209

e-mail: dan.a@erierunners.club

WEBSITE: www.erierunners.club

Send mail to Erie Runners Club,

1903 West 8th Street, PMB #296, Erie, PA 16505

From the President's Pen

Welcome to May. I hope all is well and everyone is getting a chance to get back to running and walking.

We have a full schedule planned for the running season. We start this month with the Mother's Day 5K on May 8, beginning at 8:00 a.m. Note that the start time is earlier this year! This event will be in Harborcreek Township at the Community Park. You can register at RunSignUp.

Later in May there will be the Attorney and Kids 5K in downtown Erie (this race used to be known as the Law Day 5K).

Then in June, we will be back in Harborcreek for the Father's Day 5K on June 19.

The third Sunday in July – the 17th – is the Presque Isle Half Marathon. And on August 21st, the UPMC/Hamot Mayor's Cup 5K and 10K will return after a two-year pandemic-related hiatus.

I am looking for volunteers for any and all of these events. I can be reached at davemcomi@gmail.com or 814-881-0060. We once again encourage groups or organizations to come forth to assist as a great way to fundraise for your group.

I sincerely hope we are getting back to the way things were!

Stay safe and healthy.

David Comi

CALENDAR OF EVENTS

MAY

- 8** ERC Mother's Day 5K Run/Walk, 8 AM, Harborcreek Community Park, Erie, PA, event benefits the ERC Scholarship Fund and local charities, NOTE changed start time this year! Online registration at www.RunSignUp.com
- 14** Art & Sole 5K Run/Walk, 9 AM, Neighborhood Art House, 201 East 10th St., Erie, PA, contact Kelly Stolar at 814-455-5508 or by e-mail at kstolar@icnah.org
- 21** Women's Care Center 5K Run/Walk, 9 AM, Cookhouse Pavilion, Presque Isle State Park, Erie, PA, benefits Women's Care Center of Erie County, call 814-836-7505 or e-mail to wccerie@gmail.com
- 21** Attorneys and Kids Together 5K Run & Walk (formerly Law Day 5K), 9 AM, Erie Co. Courthouse, Perry Square, Erie, PA, call 459-3111, also a virtual event – see link below
On-line registration can be accessed at www.eriebar.com/events/public-registration/1647

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 or sign up on-line at RunSignUp.com
- 19** ERC Father's Day 5K Run/Walk, plans being finalized. Check the ERC website for more information.

Looking ahead:

Find more races on the ERC website at www.rierunners.club

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

July 4, 2022 – Knights of Columbus Liberty 10K/5K

July 17, 2022 – ERC Presque Isle Half Marathon

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 8th Street, Box 296, Erie, PA 16505.**

(YEP) and Erie County YMCA - Tammy Roche was recommended as a good point of contact.

New Business - Discussion occurred as to whether we should postpone moving membership meeting outdoor due to colder temperatures. The May meeting will be at the Plymouth Tavern at 7 p.m. on Monday, May 9th.

Greg and Jeff will attempt to fix the Bayfront Connector water fountain in the next couple of weeks. They will report back next month on any progress.

Upcoming races were discussed.

The Tutu Race is set to go and registration is doing very well and everything is ready for race day.

The Mother's Day 5K and the Art & Sole 5K are both in the first two weeks of May, They are followed by the former Law Day which is now called the Lawyers & Kids 5K. Planning is underway for the Father's Day 5K race in June.

Motion to adjourn by JS and seconded by SC. Meeting ended at 7:20 p.m.

Our next Board Meeting will be held at the Colony Pub & Grille on Monday, May 16th at 6 p.m.

Respectfully submitted by Kim Lawrence and Janina Lee

April Board Meeting Minutes

Erie Runners Club April Board Meeting

Colony Pub & Grill

Monday April 18, 2022

Meeting called to order: 6:02 p.m.

Attendees: Jeff Shaw, Kathryn Carstater, Suzanne Carstater, Tom Twohig, Greg Wigham, Bill Tobin, Dan Albaugh, Janina Lee

Absent: Kim Lawrence, David Comi

Treasurers Report - Motion to accept: DA. Second: GW. All approved.

Correspondence - We received a variety of correspondence via email and Facebook Messenger.

In related news, we need to update our club address to: Erie Runners Club

1903 West 8th Street, PMB #296

Erie, PA 16505

Old Business - Continued discussion on how we can increase membership. Two places that were recommended were the Young Erie Professionals

7,000 Steps can save your life

Want to live longer? Take a hike — a shorter one than you've been told.

- **Stunning stat:** Mortality risk was reduced by 50% for older adults who increased their daily steps from around 3,000 to around 7,000, according to new medical research.

Why it matters: 7,000 is the new 10,000, in terms of steps you should shoot for, *The Lancet* medical journal [reports](#).

- This is all it takes for those 60 and older to dramatically increase their lifespans.

Even for younger adults, the benefits of daily walking actually level off around 9,000 steps per day, not 10,000, the researchers found.

- The risk reduction plateaued beyond that number.

The big picture: "Walking benefits nearly every cell in the body," says Amanda Paluch, a kinesiologist and public health expert at UMass Amherst and the lead author of the study.

- It's wildly effective. Walking strengthens your heart, improves bone density, relaxes your mind, and helps with muscle-building and pain management.
- Almost everyone can do it anywhere: your house, the office, outside. Start with 30 minutes and work your way up.

Between the lines: "It's not an all or nothing situation," says Paluch. Even just boosting daily step count to 5,000 — for 60 and older — and 7,000 — for younger folks — slashed mortality risk by 40%.

- Most of us can track our steps with our phones. If you have a smartphone, you likely already have a health app that's counting them. If you want deeper insights, you can download a step-tracking app like [this one](#).
- And here are some [simple and cheap pedometers](#) if that's your jam.

The bottom line: Most of us have the ability to add some extra steps to our days with quick decisions like taking the stairs instead of the elevator or calling into a meeting on a walk.

- Any number of steps you can add helps.

 **Editor's note:** *This article appeared first in [Axios Finish Line](#), a new newsletter in the [Axios Daily Essentials](#) package.*

More than 170 participants from all walks of life, enjoyed a beautiful, sunny spring morning on Presque Isle on Sunday April 24th, 2022, walking or running 2.2 or 4.4 miles.

Thanks to the incredible imagination of ERC President, David Comi, we hoped to see as many of them rocking tutus as possible! Tutus were encouraged, but not required. Let us say, the Tutus were AMAZING! So much fun and creativity! The abundance of smiles was wonderful!

We saw many families, co-workers, couples and friends come out and have a great time. We had many first-time walk/run participants, including a gentleman in his 60's who was inspired to register when he learned of the event while receiving physical therapy. Another young lady celebrated her 30th birthday with us, wearing a hand crafted, twinkle-light-adorned tutu.

Thank you to each and every one of you! Thank you for the fun and silliness and for taking the time and making the effort to be part of history. You were there for the FIRST EVER! Next year, we're planning an even bigger and better Tutu Race and we can't wait to see you there!

The First Ever Tutu 2.2 or 4.4 Event was a BIG success!

In light of all the stress and disappointment of the last two years on Planet Earth, first time Race Directors Janina Lee and Kim Lawrence decided to hold a different type of running/walking event. Different than the usual 1-mile or 5K, and completely different in theme.

We wanted to create something fun and inclusive, that would encourage new people to explore the sport of running. We envisioned it being an event that was inviting to a wide variety of people, at all levels of walking and/or running, including people who had never participated in anything like a 5K before.

Getting To Know You

Submitted by Larry Kisielewski

Sorry, still no GTKY this month.

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

May 2022

- 1 - Stephen Easley
- 2 - Judith Morphy
- 3 - Jonathan Nolan
- 6 - Bob Sontheimer
- 8 - Kaitlynn Patterson
- 9 - William Lamont
- 12 - Grace Lang
- 14 - James Clark
- 15 - Erica Friedman, Grace Bennett
- 16 - Kaylyn Gilkinson
- 18 - Bob Patterson, Kirk Hamza
- 20 - Christopher Connell, Robert Von Thaden,
Edward Kirsch
- 22 - Don Herrmann, Mike Vieyra
- 24 - Mike Mirth
- 28 - Josh Videlefsky
- 29 - Lucius Bugbee, Jack Daneri
- 30 - Caitlin Clark, Trisha Schreiber
- 31 - Susan Pinte

2022 Art & Sole 5K Run/Walk

The Inner-City Neighborhood Art House is putting the final pieces in place for an in-person run/walk after a two-year hiatus.

The race horn will sound at 9 a.m. Saturday, May 14th for the 5K and at 9:45 a.m. for the kids' 1K Fun Run.

The committee is busy assembling sponsors, volunteers, and organizing the students' art

prizes. This year will also be the third year highlighting our race shirt designed by one of our very own student artists.

The Art & Sole 5K race is unique as the course begins at the Art House, loops through downtown Erie (through many of the neighborhoods we serve) and finishes back at the Art House.

Also, this year there will be many fun activities taking place in the Neighborhood Art House parking lot off 10th street for kids and families with music provided by DJ Mat K! The mission of the Benedictine Sisters of Erie Inner-City Neighborhood Art House is to enable youth to experience beauty, grow in positive self-expression and self-discipline, and develop into full and productive human beings.

All proceeds benefit the afterschool and summer programs held at the Art House. Plus, new this year we are initiating additional programming for youth and adults.

Please join us on May 14th and help us to continue to inspire a better future through the arts!

Register now at

<http://getmeregistered.com/ArtSole5k>

For more information, please feel free to contact:

Inner-City Neighborhood Art House at

814-455-5508 or www.neighborhoodarthouse.org

Jax Stone

10K/5K Run and One-Mile Kids Run

In Loving Memory of Jax Stone

Proceeds Benefit **Make-A-Wish®**

Saturday, June 18, 2022

Kids Run – 8:30 a.m. | 10K/5K Run – 9 a.m.

**Harborcreek Township Municipal Building,
5601 Buffalo Road, Harborcreek, PA 16421**

Jax, who lost his battle with brain cancer in July 2014, was granted his wish to go to the Florida theme parks. You can help grant wishes for other kids who are living with critical illnesses by participating in this year's event.

Registration:

10k: \$40 | 5k run: \$35 | 5k walk: \$30 | Kids Run: \$20

For more information, contact:

Stephanie Weed

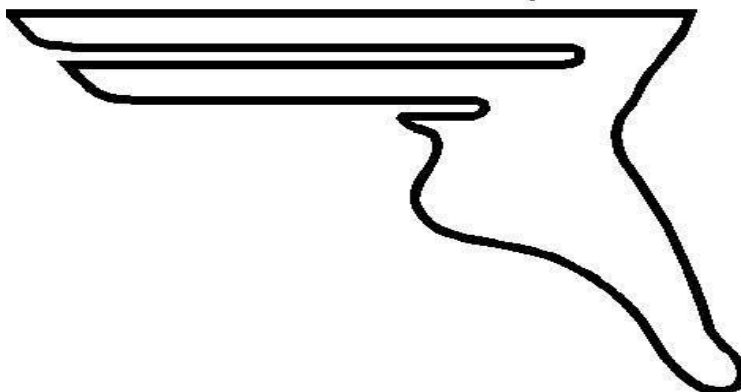
at stephaniehansen@live.com.

Register today!

runsignup.com/Race/PA/harborcreek/jaxstone

This is not a program of the Harbor Creek School District (HCSD) and HCSD accepts no liability or responsibility for this program.
A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999.
Registration does not imply endorsement.

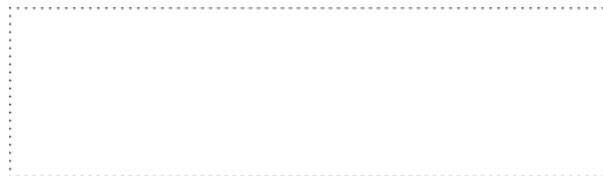
Erie Runners Club, Inc.



PRST STD
U.S. POSTAGE
PAID
ERIE, PA
PERMIT No. 252

1903 West 8th St. PMB #296
Erie, PA 16505

MAY



DATED MATERIAL - PLEASE DELIVER
PROMPTLY

**In
this
issue:**

Next on the ERC RACE SCHEDULE
May 8
Mother's Day 5K
June 19
Father's Day 5K

- Race Calendar
- From the President's Pen
- May meeting info
- May birthdays
- ERC contact info
- Race results & reports
- Race applications
- and more!!!*