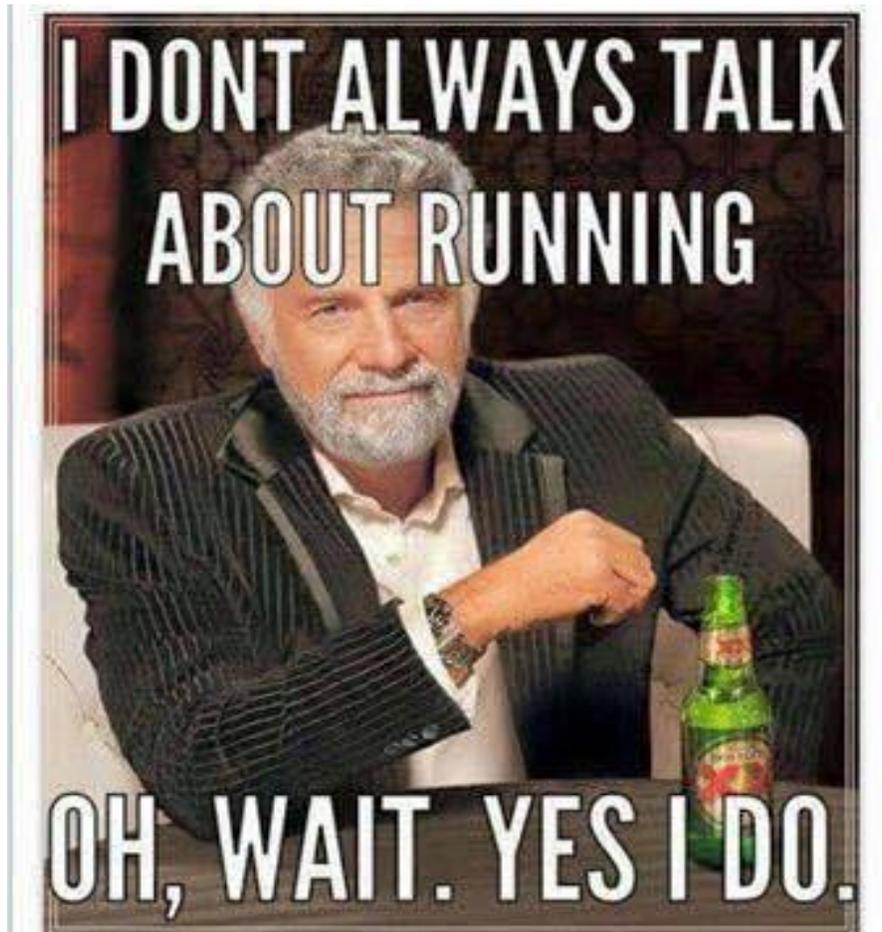


*Erie  
Runners  
Club  
Newsletter*

SEPTEMBER 2022

Volume XLVII

Number 9



Next up: Erie Marathon on Sunday, September 11  
ERC MEMBERSHIP MEETING  
MONDAY, September 12<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!

Last outdoor meeting of the year  
(because the sun sets so early!!!)  
Next month we return to the Plymouth.

✂ ✂ ✂ ✂ ✂ ✂

ERC EXECUTIVE BOARD MEETING  
September 19<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.rierunners.club](http://www.rierunners.club)**

**Send mail to Erie Runners Club,**

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

## **OCTOBER**

- 9** SuperKwik Half Marathon, 9 AM, Warren YMCA, Warren, PA, limited bus service to start line above Kinzua Dam, call 814-726-0110 or e-mail [info@warrenymca.org](mailto:info@warrenymca.org)

### **Looking ahead:**

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

**October 15** – ERC Personal Endurance Classic

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

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

NOTE: We advise that you check with a race's director for firm details. 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, PMB #296, Erie, PA 16505**

## **CALENDAR OF EVENTS**

### **SEPTEMBER**

- 11** ERC Erie Marathon at Presque Isle, 7 AM, Presque Isle State Park, Erie, PA, contact Susie Carstater at 814-474-3282 or e-mail to [uropa40@aol.com](mailto:uropa40@aol.com), website at [www.riemarathon.org](http://www.riemarathon.org)
- 17** Race for Recovery 5K, 9 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, 5K run/walk & 1-mile run, call Race Hotline at 814-746-4184 or visit website at [www.rieraceforrecovery.com](http://www.rieraceforrecovery.com)
- 17** Albion Fair 5K Run/Walk, 8 AM, Albion Borough Park, Albion, PA, call Steve Carter at 814-450-1197 or email to [sabrinabewitch1@gmail.com](mailto:sabrinabewitch1@gmail.com)
- 18** Team Hope 5K Run/Walk, 9 AM, Beach 1, Presque Isle State Park, Erie, PA, call Beth Gustafson at 814-871-7709 or email to [gustafso006@gannon.edu](mailto:gustafso006@gannon.edu)
- 25** The Great Race 5K/10K Run/Walk, 5K at 8 AM, 10K at 9:30 AM, Pittsburgh, PA. Details online at website at [www.rungreatrace.com](http://www.rungreatrace.com)

We still suggest that the best thing to do is to check websites like [Runhigh.com](http://Runhigh.com), [RunSignUp.com](http://RunSignUp.com), [bigwhitetrailer.com](http://bigwhitetrailer.com), and [rierunners.club](http://rierunners.club) for the most up-to-date information available.

Treasurers Report: Motion to accept: KL.  
Seconded by BT. All approved.

Guests: None

Correspondence: Postal mail and email regarding the Erie Marathon and upcoming races. Thank you note from The Erie Triathlon Club for our help.

Old Business: Bill Tobin and Jeff Shaw got rid of all the broken tables from the lockers. We are still waiting on the park to hear about painting the mile markers on the peninsula.

New Business: No new business.

Races: Another UPMC/Hamot Mayor's Cup 5K and 10K Race is complete and in the books. We had beautiful weather and a great time was had by all. Thanks go out to all the volunteers and participants! We couldn't do it without you.

Next up: Erie Marathon at Presque Isle September 11 @ 7:00 a.m. - 1:00 p.m. at the ERC Beach 1 Pavilion. Packet pick-up will be Saturday, September 10th at the Beach 1 Pavilion from 12 noon - 6 p.m. and Sunday, September 11th from 5:45 – 6:45 a.m. We strongly recommend that you pick up your packet on Saturday. We will not delay the race start for racers who are late. Please follow the Marathon FB page for additional details. Participants will receive updated details and information via email through

RunSignUp.com. Please consider volunteering for this awesome race. To find out more about volunteering, please contact David Comi at 814-881-0060.

Meeting adjournment - Motion to adjourn JS, 2nd BT, All approved.

Meeting adjourned at 7:15 p.m. The next monthly board meeting will be held on Monday, September 19, 2022 at the Colony Pub & Grille.

Respectfully submitted,

## **August 2022 Board Meeting Minutes**

Monday August 15, 2022

Colony Pub & Grille, 6:00 p.m

Meeting called to order: 6 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 July 2022 meeting were published and distributed to the general membership via the newsletter.

Kim Lawrence, Secretary

If you have a group that would like a great fundraiser contact me for details at 814-881-0060 or at [davemcomi@gmail.com](mailto:davemcomi@gmail.com). Any individuals who would like to help can contact me also. Groups that assist us will receive a donation to their group and individuals will get a voucher towards entry to the Turkey Trot.

Some sad news to report. I regret to inform those of you who do not already know, our dear friend Barb Filutze has passed away. Barb brought running recognition to Erie by way of her participation in the 1988 Olympics in Seoul, South Korea. The USATF recognized her as "Runner of the Year" six times.

The Personal Endurance event is coming in October. Jim Lang will be in charge again this year. The application should be available on RunSignUp.com.

Regarding the Turkey Trot, the application should be up by the week of September 17. As always, I will have a very interesting theme. Try to sign up early since there will be an entry limit this year of 4,639. Our choice of premium product and color will depend on availability.

Stay safe, stay healthy and continue with your workouts!

David Comi

### **Blowing out (Lots of) Candles**

Wish a Happy Birthday to:

#### **SEPTEMBER 2022**

- 5 - John Grec
- 6 - Georgia Nicewonger
- 7 - Kayden Smith, Patrick Zapolski
- 9 - David Comi
- 10 - Susan Ellsworth
- 11 - Tessa Comi
- 12 - Eric Campbell
- 13 - Cassie Carr
- 15 - Kora Schweitzer
- 16 - Matthew Albreuczynski
- 18 - Art Blum, Paul Behnken, Matt Ehret,

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

September is here and we are preparing for this year's marathon on September 11. A good group of over 1,100 set to start on their quest to qualify for Boston. The course is the same as in past years, which means a fast and flat course.

Allison Loker, Ann Marie Tarasovitch  
19 - Autumn Comi, Kim Turi  
20 - Jessie Rinke  
21 - Joseph Horomanski, Chelsea Friedman  
23 - Dan Albaugh, Philip Friedman  
24 - Jerome Rouch  
28 - Desmond Roebach, Robin Thomas  
30 - Fred Evanoff, Wendy Albreuczynski



Barbara K. "Barb" (Heitzel) Filutze, age 76, of Erie joined her husband Michael on Saturday, August 20, 2022. She was born in Erie on June 21, 1946, a daughter of the late George and Betty (Brookes) Heitzel.

Barb was simply the life of the party. She will be remembered for her contagious laughter and love for life. At family gatherings Barb

enjoyed capturing memories with her camera, listening to Jimmy Buffet, or taking sunset walks along the beach with her grandchildren. Barb will be remembered for her joyous personality, her motivation and strength and the love she had for her family.

At age 38, Barb started running to quit smoking. At the starting line of her first race, Barb lit up a cigarette to calm her nerves. After the race, Barb vowed to improve. That spark ignited a passion in her for running that was undeniable.

Barb broke 52 United States running records. At the age of 42 she broke the World Record for a master's female 10k with a blistering time of 33:41. She qualified for the Olympic Trials marathon in 1984 and 1988. Barb represented the United States of America in the marathon event at the 1988 Olympics in Seoul Korea. Twice she was ranked #1 female master runner in the world by Runner's World Magazine. The United States Track and Field named her "Runner of the year" 6 times.

Barb was a respected coach in the community and encouraged others to live a healthier lifestyle. She was an inspiration and role model for women athletes throughout her career.

In addition to her parents, she was preceded in death by her husband Michael M. Filutze whom she met and loved since she was thirteen years old.

She is survived by her children, Lisa Jimenez, Geoff Filutze and Erin Ratke (Aaron), ten grandchildren, Maddie, Amanda, Josh, Skylar, Jhaell, Jazmin, Orion, Ezra, Taylor and Joey; and siblings, Carol Himmenger (Jules), Susan Lawrence, Bill Heitzel and Jim Heitzel (Lynn).

Please join us to celebrate the life of Barb Filutze. Cheers! See you on the other side.

In lieu of flowers memorials may be made to the Alzheimer's Association through their website [www.alz.org](http://www.alz.org).

Condolences may be sent at [www.bruggerfuneralhomes.com](http://www.bruggerfuneralhomes.com).

Posted online on August 22, 2022  
Published in Erie Times-News

The following appeared on Goerie.com

## Erie and USA Track and Field Hall of Fame runner Barb Filutze dies at 76



**Mike Copper**

Erie Times-News

Barb Filutze started one habit, running, as a way to quit another, smoking.

She was widely regarded as Erie's best long-distance runner when she finally stopped the healthier option.

Filutze, whose accomplishments included inductions for the Metropolitan Erie chapter of the Pennsylvania Sports Hall of Fame and the USA Track and Field Masters Hall of Fame, died Saturday. She was 76.

Filutze died seven months after the death of Michael Filutze, her husband of 55 years. His extensive background as a marathon runner

eventually helped influence her to try the sport for which she'll always be remembered.

The Erie Times-News interviewed Barb Filutze for a 2007 article about the 35th anniversary of the Patsy T. Mink Equal Opportunity in Education Act, better known as Title IX. That landmark legislation celebrated its 50th anniversary on June 23.



Filutze mentioned then how, in the midst of the running boom in the 1970s, Michael Filutze coaxed her to try it as a way to stop smoking. It was quite a suggestion, given her greatest sports experience was half-court basketball played during gym classes as a Villa Maria Academy student more than 10 years earlier.

The first organized race Filutze ever entered was a fun run in Buffalo. She joked about the discipline she summoned to extinguish her lit cigarette at the starting line.

"That gun went off," Filutze said, "and I've been running ever since."

Filutze more than compensated for the miles she missed earlier in life. She was swift enough to qualify for the 1984 and 1988 U.S. Olympic women's marathon trials, which determined who represented the USA in the Summer Games held those same years.

Runner's World Magazine twice ranked Filutze its female masters runner of the year. USA Track and Field also voted her its "Runner of the Year" six times.

Those accolades don't account for the 52 American running records Filutze formerly established, or as the women's gold medalist for the 1988 Eriesistible Marathon.

### **'This is a sad loss'**

The unusual start to Filutze's career wasn't an exclusive story when she told it to the Times-News 15 years ago. She told it at various running clinics as a way to nudge those who attended them, but particularly women, in the sport's direction.

One such local clinic was held in the mid-1980s. Among those who heard Filutze speak was a 1977 McDowell graduate named Nancy Herbst, the same Nancy Herbst who went on to win 12 women's overall championships for the Highmark Quad Games. They remain the most by anyone in the competition's 39-year history.

"Barb would tell her story numerous times, and you'd always feel like, 'Oh, OK. I can do this,'" Herbst said. "I could never keep up with her [as a marathon runner], but she was always an idol to me.

"This is a sad loss, that's for sure."

Filutze's death hit even harder for Dave Comi. The president of the Erie Runners Club since 1998, he got to know the Filutzes well enough to join them and other club members on non-running activities like Caribbean cruises.

Comi said the couple were considered emeritus members of the club, which was formed in 1976.

"For Barb to start [running] in what I'll call late adolescence — I don't want to say middle age because she was in her 30s — she performed spectacularly," Comi said. "You've got to be proud for someone local who tried out for [the Olympics]. She was one of those elite [marathon runners] who didn't have to fill out an application and hope they let her enter. She was in that class of elite athletes.

"But the thing is, she never had airs about her, and that part is really important. She was an incredible woman."

Filutze is survived by a son, Geoff Filutze; two daughters, Lisa Jimenez and Erin Ratke; two sisters, Carol Himmenger and Susan Lawrence; two brothers, Bill and Jim Heitzel, and 10 grandchildren.

In lieu of flowers, memorials can be made to the Alzheimer's Association at [www.alz.org](http://www.alz.org).

*Contact Mike Copper at [mcopper@timesnews.com](mailto:mcopper@timesnews.com). Follow him on Twitter @ETNcopper.*

Erie Team Hope Walk/Run

# TEAM HOPE WALK



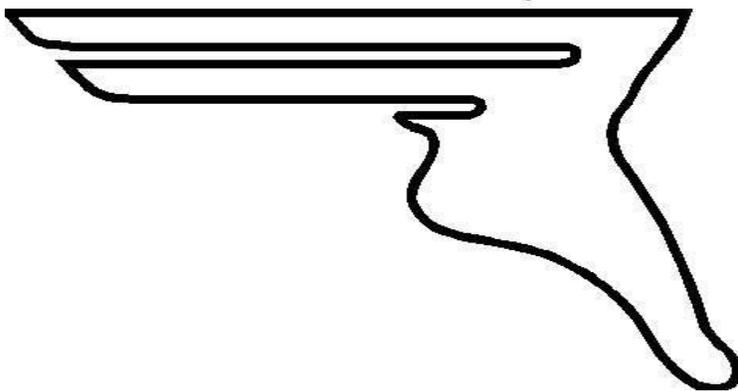
National Team Hope Sponsors

**Genentech**  
A Member of the Roche Group

**teva**

Join us Sunday, September 18  
9:00 AM Presque Isle State Park Beach One  
301 Peninsula Drive Erie, Pennsylvania  
Contact: Beth Gustafson 814-871-7709  
[gustafso006@gannon.edu](mailto:gustafso006@gannon.edu)

**Erie  
Runners Club, Inc.**



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

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

# SEPTEMBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

---

## **In this issue:**

**Next on the ERC RACE SCHEDULE**  
**September 11**  
**Erie Marathon**  
**October 15**  
**ERC Personal Endurance Classic**

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