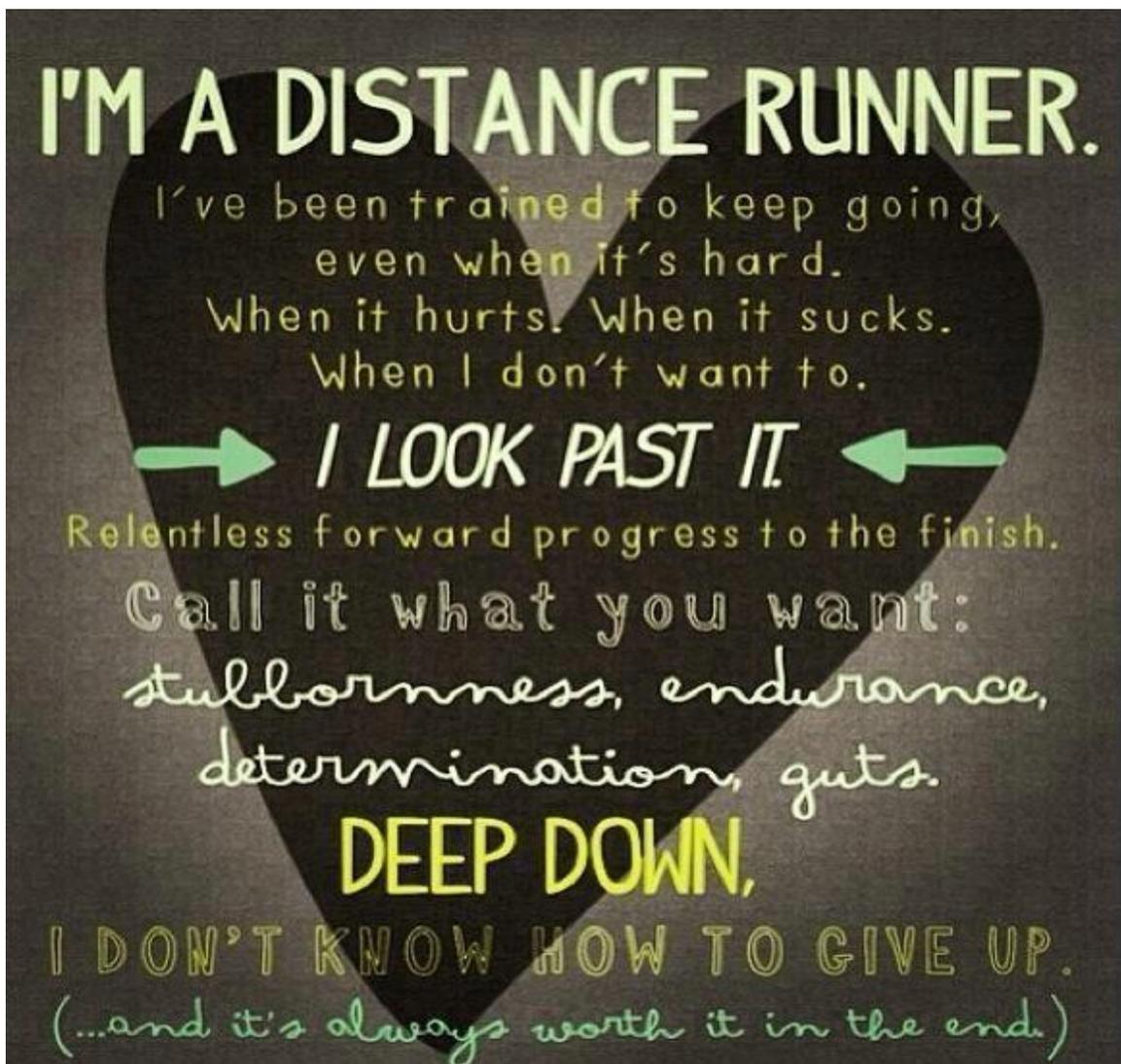


*Erie
Runners
Club
Newsletter*

OCTOBER 2022

Volume XLVII

Number 10



UP NEXT: ERC Personal Endurance Classic October 15

ERC MEMBERSHIP MEETING

MONDAY, October 10th, 2022

Plymouth Tavern 7 p.m.

Speaker:

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



ERC EXECUTIVE BOARD MEETING

October 17th, 2022

6 p.m. at 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



CALENDAR OF EVENTS

OCTOBER

- 8** 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
- 10** Life Run 2020 10K/5K, 9 AM, also a fun walk, Burch Farms, 9210 Sidehill Rd, North East, PA, call Tim Broderick at 814-882-1333 or e-mail to office@peopleforlife.org
- 15** ERC Personal Endurance Classic, 6:30 AM, Harborcreek Twp. Community Park, Harborcreek, PA, 12-hour time limit to run/walk as many miles as you choose on a 1-mile loop, social distancing is still recommended. This race will be chip-timed, and congregating at the finish line is discouraged. There will be no support on course beyond pre-packaged food items and bottled beverages. Participants are encouraged to self-support using the parking available along the course in the Clark Road parking lot. e-mail to Jim Lang at jimlang@bigwhitetrailer.com
- 22/23** Bridge2Bridge Half Marathon, 8 AM, Ashtabula Harbor, Ashtabula, OH. The Half Marathon will be on Sunday Oct. 23 and the 5K will be on Saturday Oct. 22! Contact Warren Dillaway at 440-812-5392 or see website at <http://ashtabuladistancerunners.org/>

NOVEMBER

- 6** Autumn Leaves Run, 9 AM, Lake Farmpark, I-90 exit for OH Rt 306, 8800 Chardon Rd, Kirtland, OH, 5-mile off-road race, contact via e-mail at autumn.leaves.race@hotmail.com or check website at www.northeastrunningclub.org
- 24** ERC Turkey Trot 10K & 5K, Check the ERC website for information on the opening of race registration on RunSignUp.com. If you are interested in being a volunteer. please call David Comi at 814-881-0060 or e-mail to davemcomi@gmail.com

LOOKING AHEAD:

December 10 – Snowflake 5K Run/Walk

January 1, 2023 – ERC New Year's Day 5-Miler

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, PMB #296, Erie, PA 16505**

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From the President's Pen

It is Fall and the weather is perfect for getting out and propelling yourself around on foot. In other words, get out and run or walk and enjoy.

The Personal Endurance event is only a week away. Get there and set a personal goal to do one more mile than last year.

Follow that up with our little November event, commonly known as the Turkey Trot. Since all of our members are superheroes in their own right, the Trot is themed around superheroes. Sign up early to not be shut out. Supply issues are still a concern, so we would like to have a good idea of the number of shirts and sweatshirts to order. We are expecting a good crowd this year!

All our events this year had an upswing from last year but numbers are still off from pre-pandemic levels. The club managed to get people out and running and walking this year. I enjoy the interaction with all of you and it is great to get a chance to catch up on all that is going on with you. The t-shirts and sweatshirts have gone up in cost to us. We will have a limited supply of items for sale at packet pick-up and possibly day-of-race.

Hope to see you all there and stay safe and healthy.

David Comi

September Board Meeting Minutes

Erie Runners Club Board Meeting

Monday September 19, 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 August 2022 meeting were published and distributed to the general membership via the newsletter.

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

Guests: None

Correspondence: Email correspondence regarding the marathon. Many thank you's and kudos. Some email asking about next year's marathon.

Old Business: None

New Business: DA let us know that the ERC trailer needs a new cover for the skylight. It was

blown off and now water is running into the trailer. Also, there are holes in the trailer that need to be repaired. BT agreed to see if he can fix it up.

BT made a motion to have the ERC pay the utility bill for heating the Beach 1 restrooms if the park decides to have them open year-round. KL motioned to approve, seconded by JL, all approved.

BT made a motion that we make the bike racks more stable by making some adjustments and bolts are needed. JS approved purchase of bolts and repair, SC seconded, all approved.

Marathon review/new business. Discussion was held regarding placement of water stops and moving them out of the path of direct park visitors. Also discussed was the rental of an additional separate truck to store the already mixed Gatorade concentrate at next year's race. These discussions will be ongoing with the goal of a safer race for all.

SC made a motion to offer a trifecta of races in exchange for volunteers next year. Tentatively, volunteers would be required to volunteer the entire day 11-6 on Friday or 11-6 on Saturday, race weekend, or stay until all cleanup is done after the race to receive a free entry to three races of our choosing. We will discuss further closer to the race next year.

Races: The Erie Marathon went well in spite of the steady drizzle that stayed throughout. Registration was up slightly from last year, but turnout was reduced due to the weather. We received many glowing thank you's and reviews and look forward to doing it again next year. A BIG THANK YOU to our Race Director, Suzanne Carstater, and all of the hundreds of volunteers as well as our Board and Marathon Committee. The race success is a credit to your hard work and willingness to help!

Next up: ERC Personal Endurance Classic at Harbor Creek Community Park, 3133 Clark Road.

Saturday October 15th. 6:30 a.m. – 6:30 p.m.
 Come on out and walk a couple of miles before
 breakfast and return to do a few more. Complete
 your personal endurance classic with as many
 miles as you can complete in the 12-hour window
 of time. You can come and go as you wish! A
 different kind of event. Fun and easy. Resister at
<https://runsignup.com/Race/PA/Erie/PresqueIslePersonalEnduranceClassic>. **And then:** Turkey Trot
 2022! Thursday, November 24, 2022! Volunteers
 are needed. Contact David Comi to volunteer
 814-881-0060. Sign up is open:
<https://runsignup.com/Race/PA/Erie/ERCTurkeyTrot>

Meeting Adjournment - Motion to Adjourn SC.
 2nd BT. All approved.

Meeting adjourned at 7:45 p.m. The next monthly
 board meeting will be held on Monday, October
 17, 2022 at the Colony Pub & Grille.



Blowing out (Lots of) Candles

Wish a Happy Birthday to:

OCTOBER 2022

- 5 – Judy Rowe
- 6 - Sherry Highfill
- 8 - Peter Schweitzer
- 9 - Gene Connell
- 12 – Joelle Mathews, Randy Rinke
- 13 - Matt Stebick
- 14 - Andy Kerr, Kristina Huber, Sarah Clark,
 Kimberly Smith
- 17 - Casey Aresco
- 19 - Thomas Tarpley
- 21 - Paul Cameron
- 22 – Heather Jones
- 23 - Samantha Meabon, Karan Foti
- 24 – Bernadette Sweet Movinsky
- 25 - Ginny Sackett, Helicia Sonney
- 26 – Jamie Haas, Elliot Spaeder
- 29 - Kaitlin Pander, Melissa Goodwill,
 Addison Lauer
- 30 - Barbara Lathrop, David Dierken

ERC 2023 NOMINATION FORM

President_____

Treasurer_____

Executive Board Members

1. _____

2. _____

You may e-mail nominations to dan.a@erierunners.club or mail nomination form to: ERC, 1903 West 8th Street, PMB #296, Erie, PA 16505 or deliver to a current officer or board member by 11/14/22.

coming back next year to try to requalify again for Boston. Also, just loved the setting of the race in a beautiful park!

~~Just a quick question, do you know the date of next~~

As outlined in the updated ERC by-laws, the offices of president and secretary are up for election this year for a two-year term. The offices of vice president and treasurer were elected to two-year terms last year and will not come up for re-election until next year.

Two executive board members will be elected, each for a 3-year term, through December, 2025.

~~wonderful event. Your team and volunteers are~~
second to none. I / we in this running community really appreciate everything you do!

Marathon Comments from social media

Hi Suzanne!

Firstly I would like to thank you for putting on such an amazing race this morning. The race was well organized, the volunteers were kind and amazing, and I think this is probably my favorite marathon I've run yet! So, thank you for all of your hard work.

Unfortunately, after I finished the race, I was not all that great of a mental space. LOL. I'm happy to report I hit my Boston qualifier, but it certainly took a toll! Long story short, I did not make my way to the Pavilion to pick up my race shirt. I clicked the option to pick up my race shirt after the race due to my late registration. This is a pretty monumental race for me, and I'm very disappointed that I forgot to get my shirt. Is there a store I can purchase this from? Am I able to make a donation and have it sent? Please let me know! And thank you again!

Thanks again for all your hard work, and the work of your volunteers and pacing team. The race was great, just unfortunately I didn't get a BQ, but

Suzanne

Just a quick note to say THANK YOU to you and your entire volunteer team for a great race, despite the weather. This was my first marathon ever, at age 63, and I'm glad I picked Erie! I'm originally from Geneva, Ohio, and now live in Dublin, Ohio, near Columbus. I very much appreciate your time and energy in putting on a wonderful race experience. And....I qualified for Boston:)

Warm regards

Hi Suzy, I just wanted to take a moment to thank you for these awesome emails. They are so informative and helpful, well written and witty too. I'm a very detail-oriented person and so I really appreciate them. I hope your hand heals soon and I plan to thank lots and lots of volunteers tomorrow. Best wishes and sleep well. Ben

Wanted to just thank you and your wonderful team for putting a great marathon together for us. About 7 or so of us had come from Richmond, VA.

I enjoyed and so did all my buddies the experience and hospitality in Erie and will recommend this race highly to many more of my friends. The sags were awesome and I give my vote to kids who were wearing all green and so kind, giving high fives and above all giving water in that drizzle !

Thanks again. When will we get to see the photos and do we need to purchase?

Thank you very much for a great event! I love the shirt!

Hi Suzanne, Thanks for a great race. Although I didn't hit my time, it had nothing to do with the wonderful hospitality you provided at the race.

Hello Suzy. I met you Sunday after the race. Joe Aliberti, the one with all the accolades to you and your entire team. I registered for Boston yesterday for 2023.

Dear Suzy - thank you for sending such detailed emails, really appreciate it. I'm looking forward to a very well-organized race and a fun experience.

Regards

Good Morning, I am sure you get inundated with emails after the marathon - so I waited a few weeks. I cannot thank-you enough for a wonderful

marathon - it was just perfect - the ease of getting there - the pack pick up everything was so simple and straight forward. All of the water stops were so supportive and fun. The SWAG was incredible -I loved the Long Sleeve Tee and the beautiful Canvas Bag - as well as the cap - it was over the top. The after marathon fuel was such a treat - best ever! The nicest part of all was volunteers standing there and congratulating the runners at the end -Thank you for that. I have been raving about this marathon since I got home - hopefully that means I can still get in next year. Thank you again for all your time dedicated to this race all year long - I cannot imagine all the work that goes into this race but wanted to let you know - you have put on one of the BEST marathons!!

The following was sent in by Jeff Shaw. It's quite interesting to hear comments from runners, both elite and recreational, from all over the world. The original impetus for the article was Boston, but the comments apply across the running spectrum.



[Friday Thread: Running or racing?](#)

[Terrell Johnson](#)

Sep 23

[9](#)
[35](#)

Good morning, everyone! ☀️ I don't know if you saw this earlier this week, but the organization that runs the Boston Marathon announced there would be no cutoff for next year's race — meaning, that [everyone who qualified and applied will get in for 2023](#).

What was interesting to me about that is, Boston is America's iconic marathon — of all the races in the U.S., it's arguably *the* most

sought-after goal race of them all, the one that most runners dream about running one day.

And even it's having trouble getting back to its pre-pandemic attendance level. (In most years before Covid, thousands of people who qualified and applied couldn't get in, because there were so many applicants.)

My question is, why? Before Covid, many, many runners focused on races — training for them, planning their vacations around them, etc. But since then, even though loads of people have started running for the first time, many aren't signing up for races like runners have in the past.

Is it due to the expense — both the entry fee and the travel? Lingering fears about travel, because of course Covid is still out there? Or, have you taken up running without the intention of participating in races, and do it just for the joy of it? I'd love to hear your thoughts.
— Terrell

9

35 Comments

Top of Form



Dawn
Sep 26

Lazy year, I moved from the city to a rural town and from a state with a longer summer to a state with seasons. I have less races to choose from and don't prefer running in the cold or traveling a lot to do a fun run. I hope to do more in the future:)



Jonathan Young
Sep 25

Travel cost is the big one for me. And time. I just had to drop out of the MDI Half Marathon for both reasons. Post-Covid reality I guess - hopefully not permanent.



Happy Half Runner
Sep 24 Liked by Terrell Johnson

I think I'm signing up for fewer events and waiting until the last minute because I took financially hits due to races cancelled during



Erin Baumann
Sep 24 Liked by Terrell Johnson

Hi! I used to race more before the pandemic, but that coupled with an injury has put a pause on racing. I have leaned more towards local small races the past couple years. I am getting back to running for the fun of it. Not yet ready to train for a big race.



Larry Gilbert
Sep 24

I would love to run Boston even though I know I'd never qualify. So I find a destination marathon every year to run. Last year was Atlanta. In 2023 I want to run Nashville. Expense is an issue. Hotels on that weekend in the city are \$400-600 a night. With driving/flying and entry fees that's \$1,000 for a weekend.



David O
Sep 23 Liked by Terrell Johnson

I'm just happy that the racing universe is getting back to normal. I took advantage of the covid shutdowns to get some surgical repairs done and am now chomping at the bit to get my old rhythm back. My criteria for selecting runs remains the same - location, type of race, charity involved, the associated event if applicable, and where it fits in my program. Reasonable cost isn't a big deal (disney is unreasonable), and a \$20 hike won't be life-changing. It's worth it to me.



Steve Leitschuh
Sep 23 Liked by Terrell Johnson

In my younger days, I'm 72; it seemed that there weren't that many local races where I lived. I ran track in high school and continued afterward. I still mark it on my calendar when the majors are run so I can watch them. Covid made the world stop... I still ran, but there were no races. Over the years, I've run with various groups, but they all seemed to dissolve over time. I agree with most of you; the costs have skyrocketed. A 5K that used to have a \$25 entry fee is now \$45, which doesn't include the higher cost of gas to get

there. I look at the expense of running Disney and cringe, especially if you want to do more than one event. In an uncertain economy, the choice between running a highly publicized race and putting food on the table or filling up your gas tank, most people, it seems, are skipping the races. That being said, I will do my long run early Saturday morning, sit with my snacks, watch with interest the running of the Berlin Marathon Sunday morning, and dream about running one of the majors before I die...

Jay Frank

Sep 23 Liked by Terrell Johnson

I can't obviously speak for anyone else but myself. I used to do at least one race a month. Never to win (well - as I got older, maybe in my age group) - but just to participate - to prove that I was a "runner". I've done sooo many races over the years that I'm a bit burned out on the idea unless there's a compelling reason to do it. That being said, I'm currently running 5 days a week around my neighborhood with a very grateful dog by my side - or my other side... That seems to satisfy both my need to run and at the same time give both my dog and I a chance to get outside and have an hour or so as just "us time". I really don't miss the prep, anxiety, crowds and money spent to jump into a sanctioned race. Not to say I won't do another race - but as of now - I like the solitude of just my dog and I. Also, not having the pressure to finish a race with a respectable time... What was the question again!??

Nilima Srikantha

Sep 23 Liked by Terrell Johnson

I think you have touched on all of them, Terrell.

Between cost of the entry and cost of travel, plus the numerous disclaimers one has to sign about CoVid while filling out the entry forms, it makes a person very hesitant to commit themselves. Myself, I've learned to kiss the race and the \$\$ off, if it is going to be a burden on the family and the budget.

The events themselves can be fun, I've done them. However, I've noticed the big producers here in WA have offered more and more

events and are having trouble getting volunteers to help at the races--in spite of offering perks and actual cash to get helpers. This did not used to be the case. Personally, I think the fewer races were a bigger draw. Who wants to drag themselves halfway across the state to do a trail race? Not me!

There seem to be a few more runners out on our Trail, but there are a lot more walkers and bikers who outnumber us. Having lock downs during CoVid seems to have awakened an interest in people just to be outdoors for the joy of it. The whole climate has changed for racing. . . it is going to be interesting to see if it survives the way we've gotten to know it. Nothing wrong with a new format, one can learn to be adaptable. That's what running is all about! :)

Eileen Fannon

Sep 23 Liked by Terrell Johnson

I think it could be a couple of things: PTSD about races being cancelled, so much running during the pandemic that they/we might need a coping mechanism from our coping mechanism, forgetting what fun these events and travel for races can be, burnout in general... Most races are struggling to get back to pre-Covid numbers.

Corrina T.

Sep 23 Liked by Terrell Johnson

I haven't changed my races/travel or anything. Maybe it's because of the cost. Gas prices/travel costs are outrageous right now.

Stan

Sep 23 Liked by Terrell Johnson

I don't consider myself a "racer" but do run races! I think, for me, it's about challenging myself to both meet, and exceed, expectations - even when only my own.

Fear is a powerful motivator! I do think people hesitate to commit, particularly with areas that seem to not consider themselves "out" of the Covid issues, as cancellations both disappoint and deter future tries. Sometimes you've got to "just do it" and get

started again. I'm running my first race since last November this Sunday and will look forward to my success, or lack thereof, as I drive home and plan for my next one...



the races have become so much more of a production which drives up the entry fees and associated costs of travel, etc. I also think that there are a lot of people like myself who may never run a marathon like Boston because we aren't fast enough to even qualify for the time cutoffs. Over the years, Boston has tightened up the time qualifications....I'll never get there as I get older so why try.

Tim

Sep 23 Liked by Terrell Johnson

One thing I have noticed with races, is the demographics. I run in the over 60 crowd, there are not many of us. Most seem to be in their 30's. Not a lot of younger runners. Also women outnumber men in most events. Running is a bit like tennis, it seems to have been more popular in the past than it is now. That being said the big events are as popular as ever.



Ralph Cunningham

Sep 23 Liked by Terrell Johnson

I find my enthusiasm wanes a little - like now - when I don't have a race scheduled. Certainly over here in the UK, a lot of mass participation races are based around running for charity which may be a deterrent. They are a big money spinner for charities, I know that. Sometimes they are the biggest if charities rely for donations on what they can raise from the public, but there are only so many times during the year you can ask people to sponsor you because it's often the same people you're asking each time.



Dan R

Sep 23 Liked by Terrell Johnson

I think it has more to do with demographics. Baby Boomers & Gen-X took to running in the 70's & 80's & 90's and created a big demand for races. As boomers are now aging out of full and half marathons, the next generation has not stepped in to fill the void. So now we have fewer runners to enter these big races. The high costs are also a big factor. People in their 20's & 30's have less interest in the sport.



Dawn

Sep 23 Liked by Terrell Johnson

The 1st time I heard of Boston Marathon was my grade school teacher Mr Schultz , was always away (given time off) to run the Boston (as he said).



After finishing my first 1/2 at 3hrs 25min . I can't ever ever imagine being physically mentally prepared or have ability to do such a marathon. My 1st love is Hockey (so the Boston to me is like the Stanley Cup). Lol 😊

T Solomon

Sep 23 Liked by Terrell Johnson

I think it's intimidating for many "runners" who have not done races before. My first race was an 8k 5 years ago when my son invited me. I never considered myself a real "runner" and felt like I didn't belong in a "race" with more avid and competitive runners. We are fortunate to have many fun and interesting local races so there has not been a need to travel. Unless you are an elite runner you're probably not "in it to win it" but rather to have fun and improve upon past performances.



Mark Lane

Sep 23 Liked by Terrell Johnson

Great question Terrell!

I believe it's a combination of all of those factors. For me, I've never set my eyes on elite races but focused on unique ones where I could learn from others community and even contribute something. Sometimes, at large events, competition and times take the spotlight, rather than what I perceive as the



Karen sullivan

Sep 23 Liked by Terrell Johnson

I think about the drop in race entries in two ways...the first is that like Scott Hines said,

purpose: to reach a challenge together, and discover a new place if traveling to it.



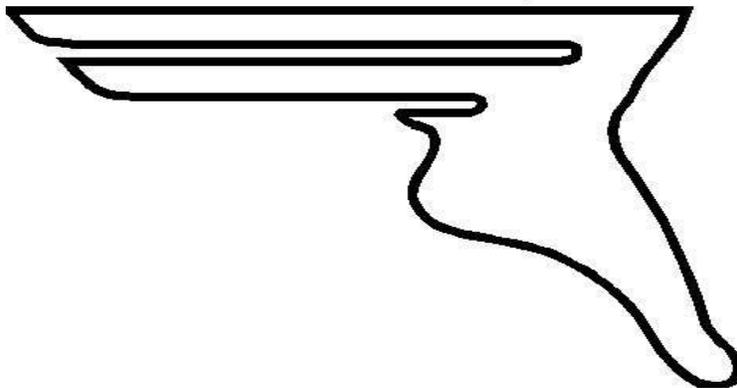
much more of a production than they used to be, and that means they're a bigger expense and hassle. It does have a bit of a discouraging effect--sometimes you just want to show up and run, not have a three-day event that costs hundreds of dollars.

Scott Hines

Sep 23 Liked by Terrell Johnson

Just in the ~20 years I've been running, it seems like organized races have become

Erie Runners Club, Inc.



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Erie, PA 16505

OCTOBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

In this issue:

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

Next on the ERC RACE SCHEDULE
October 15
ERC Personal Endurance Classic
November 24
ERC Turkey Trot