

*Erie
Runners
Club
Newsletter*

DECEMBER 2022

Volume XLVII

Number 12



Next up: December 10 – Snowflake 5K Run/Walk
followed by
January 1 – NYD 5-Miler

ERC MEMBERSHIP MEETING
MONDAY, December 12th, 2022
Plymouth Tavern 7 p.m.

✂ ✂ ✂ ✂ ✂ ✂

ERC EXECUTIVE BOARD MEETING
December 19th, 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

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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

CALENDAR OF EVENTS

DECEMBER

10 Snowflake 5K Run/Walk, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, sponsored by Silkscreen Unlimited, race premium guaranteed to first 200 registered entrants, proceeds go to Northwest PA ALS Association (Lou Gehrig's Disease) & other local charities, call Dan Albaugh at 814-460-9930 or e-mail to dan.a@erierunners.club
VOLUNTEERS NEEDED!

JANUARY 2023

1 ERC New Year's Day 5-Miler, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, call Dan Albaugh at 814-460-9930 or e-mail to dan.a@erierunners.club **VOLUNTEERS NEEDED**

Chautauqua Striders Winter 5K Series

Date & Time: Race # 1: Saturday, January 7, 2023

Race #2: Saturday, January 14, 2023

Race #3: Saturday, January 28, 2023

Race #4: Saturday, February 18, 2023

Race #5: Saturday, February 25, 2023

Start/Finish: Chautauqua Harbor Hotel, Celoron, New York

Course: 5K (3.1 miles)

The Chautauqua Striders Winter 5K Series is a fun (and freezing!) “age-graded” race series, with races starting and finishing at the Chautauqua Harbor Hotel. Age-grading levels the playing field for all runners, just as a “handicap” is intended to do in bowling and golf. It provides the runner with the percentage value of an “ideal” or best time for his or her age and gender.

The cost is \$75.00 for the entire series (plus registration fees) which is a **\$25 savings compared to individually signing up for each race**. To be eligible for overall event awards, participants must register for the entire series and complete 4 out of the 5 races. If all 5 races are run, the highest race time will be dropped.

Registration for individual races within the series is \$20 per race until 12:00 p.m. the day before the race. Winners will receive their finishing time and will be eligible for random raffle prizes at each event they attend. Make sure to check the registration table to see if you won anything before you leave.

Day of race registration will be available at the race from 9:00 a.m. – 9:45 a.m. and the price will be \$25.

Coffee & tea will be provided before and after each race, compliments of the Chautauqua Harbor Hotel.

Water, sports drink and snacks will be provided after the race as well.

Additional information can be found at www.chqstriders.org

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**

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

DECEMBER 2022

- 4 - Jeffrey Shaw, Rebecca Clark
- 5 - Mike Vieyra, Michael Machinski
- 6 - Rebecca Easley, Andrea Mirth, Katie Flaherty
- 7 - Kathryn Carstater
- 8 - Nate Schweitzer, William Whaley
- 9 - Michelle Holden
- 10 - Callen Aresco
- 12 - Bill Smith, Bill Tobin
- 13 - Pat Rafferty
- 15 - Timothy Schreiber
- 18 - Ron Church
- 19 - Frank Supinski, Elizabeth Darling, Pamela Wassell
- 20 - Adam Clark, Amber Carr
- 21 - Valerie Garcia, Michael Hughes, Sam Wagner

22 - Emily Clark
27 - Cassie Ellsworth, Greg Wigham
28 - Adam Rowe
30 - Robert Sheldon
31 - Elizabeth Tarpley, Luigi Montagna

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

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

Guests: None

Correspondence: Various email correspondence regarding Turkey Trot clothing and races.

Old Business: The new sign posts are still in the works and in process. The Bayfront water fountain has been turned off for the winter months.

New Business: No new business this month.

Races: The ERC Turkey Trot was held on Thanksgiving Day as is our annual tradition. With mild weather and nice conditions, we had over 2,000 finishers in this year's 5K and 10K races! Thanks to all of our sponsors, participants and volunteers. Special thanks to Iron Oxygen Fitness for hosting packet pick up! If you haven't experienced the Turkey Trot yet, consider it for next year. It's lots of fun and a great way to earn some extra calories to spend later in the day.

Erie Runners Club Board Meeting

Erie Runners Club Board Meeting

Monday November 21, 2022

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

Meeting called to order: 6:02 p.m. by Dan Albaugh

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

Absent: David Comi

The final race on the 2022 calendar, the ERC Snowflake 5K, will take place on Saturday, December 10 at the Rotary Pavilion on the Peninsula. Registration is available now at *RunSignUp.com*. Late registration and packet pick up starts at 8:30 a.m. and the race starts at 10 a.m. The race will start and finish at the Rotary Pavilion and will be held regardless of weather conditions unless the park closes due to emergency. This year's premium is a pair of stemless glasses with the race logo. Please register ASAP to get yours. There is a limited supply and the premium is only guaranteed to the first 150 to register. There will be refreshments available after the race in the Pavilion. Volunteers are always appreciated! To volunteer, call Dan Albaugh 814-460-9930. We hope to see you there!

Start your New Year off right! The ERC New Year's Day 5-Miler will be held on Sunday, January 1st, 2023.

Registration is available now on *RunSignUp.com*. Day-of-race signup and packet pickup for pre-registered runners will begin at 8:45 a.m. in the Rotary Pavilion near the Waterworks area (Beach #7) at Presque Isle. The course starts and ends in front of the Rotary Pavilion. The race will be run entirely on the roadways of the park. The exact course layout will be posted on race day.

Race Premium: All pre-registered participants will receive an ERC 2023 desk calendar and a drawstring tote bag. You may also choose to order the special menu item – a 58" vented auto-open folding golf umbrella. Umbrellas will be

guaranteed on race day to the first 120 orders. If necessary, an additional order will be placed, but only the first 120 are guaranteed!

YOU ARE URGED to pre-register by Thursday, December 29, 2022 to assist us in having sufficient refreshments for all participants on race day.

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

Meeting adjourned at 6:57 p.m. The next monthly board meeting will be held on Monday, December 19, 2022 at the Colony Pub & Grille

Respectfully submitted,

Kim Lawrence, Secretary

19th Annual CHARITY SNOWFLAKE 5K RUN/WALK

Saturday, December 10, 2022 Start time - 10 A.M.

Rotary Pavilion, Beach #7, Presque Isle State Park, Erie, PA

All race proceeds from this year's event will be presented to the

Northwest PA ALS Association (Lou Gehrig's Disease) & other local charities.

ENTRY FEES: \$20 - pre-registered ERC members \$22 - pre-registered non-members
\$25 - day-of-race \$32/\$34 with shirt

REGISTRATION: Late registration and packet pickup will take place beginning at 8:30 AM in the **Rotary Pavilion**. The course starts and ends in front of the Rotary Pavilion, where heated restrooms are available. Participants are urged to park near the Waterworks cookhouse and walk across the pathway between the ponds or in the Cabin #3 area, as parking will be restricted in front of the pavilion where the start/finish lines are located. The race will be held regardless of the weather unless Presque Isle State Park is closed by park authorities. If the park is closed the race will be cancelled and not rescheduled. If weather is questionable, check the message at 814-460-9930.

PREMIUM: Each runner/walker will receive a gift-boxed set of two stemless glasses imprinted with the race logo. Premiums are ONLY GUARANTEED to the first 150 registered runners/walkers so **YOU ARE URGED TO PRE-REGISTER!!** A special short-sleeve shirt is available for an additional \$12 as a menu item. You must register by December 1 to be guaranteed delivery of the shirt on race day.

AWARDS: Awards will be awarded to the first overall male and female, and to the top two finishers in the following age groups for both male and female: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. There are no separate awards for the walk.

POST-RACE REFRESHMENTS: There will be refreshments available following the race in the Rotary Pavilion.

For Information: Contact Dan Albaugh by phone at 814-460-9930 or by e-mail at dan.a@erierunners.club

On-line registration: Online registration is available at BigWhiteTrailer.com/register

Please fill in all information, detach, and mail to:

PLEASE PRINT

Dan Albaugh, 2374 Lake Street, Lake City, PA 16423

MAKE CHECKS PAYABLE TO: *Silkscreen Unlimited*

NAME _____ GENDER M F (circle one)

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH: ___/___/___ AGE: _____
mm dd yy AS of 12/10/2022

PHONE _____ E-mail address _____

- \$20 ERC member, race only
- \$22 Non-member, race only
- \$32 ERC member, with special commemorative shirt S M L XL 2X
- \$34 Non-member, with special commemorative shirt (circle one if ordering shirt)

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, Silkscreen Specialties Unlimited, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE _____ DATE _____

Parent/guardian must sign if entrant is under age 18

- ERC New Year's Day 5-Miler

8 a.m. Sunday, January 1, 2023 Rotary Pavilion, Beach #7, Presque Isle State Park, Erie, PA

Sponsored by the Erie Runners Club and Silkscreen Unlimited

REGISTRATION: Day-of-race signup and packet pickup for pre-registered runners will begin at 8:45 a.m. in the Rotary Pavilion near the Waterworks area (Beach #7) at Presque Isle. The course starts and ends in front of the Rotary Pavilion. The race will be run entirely on the roadways of the park. The exact course layout will be posted on race day. You may also register on-line at BigWhiteTrailer.com/register

PRIZE PREMIUM: All pre-registered participants will receive an ERC 2023 desk calendar and a drawstring tote bag. You may also choose to order the special menu item - a 58" Vented Auto-open Folding Golf Umbrella. Umbrellas will be guaranteed on race day to the first 120 orders. If necessary, an additional order will be placed, but only the first 120 are guaranteed!

YOU ARE URGED to pre-register by Thursday, December 29, 2022 to assist us in having efficient refreshments for all participants on race day.

POSTMARK deadline for pre-registration is Saturday, December 20, 2022. ONLINE registration will continue until day, December 30th.

AWARDS: Overall awards in the 5-mile run to the top male and female, the first masters (age 40 & over) male and female, and to the top 3 male and female finishers in the following age groups: 12 & under, 13-15, 16-19, then in five-year increments from 20-24 to 80 & over. *Walkers are welcome. Awards will be presented to the top male and female walkers overall and the top 3 males and females in these divisions: 19 & under, 20-49, and 50 & over.*

NOTE: The race will take place as scheduled regardless of the weather, with one exception: the race may be postponed or cancelled altogether if Presque Isle State Park is closed by park authorities for any reason. Since this is always a possibility, call 814-460-9930 if you have any doubt about the race being held.

POST-RACE REFRESHMENTS in the Rotary Pavilion following the race.

For more information, or to volunteer, call Dan Albaugh at 814-460-9930 or e-mail to dan.a@erierunners.club

Detach and mail to Dan Albaugh, 2374 Lake St., Lake City, PA 16423

| | |
|--|-------------------|
| _____ \$13.00 - ERC member pre-registered | _____ 5-Mile Run |
| _____ \$15.00 - Non- member pre-registered | |
| _____ \$37.00 - ERC member & umbrella | _____ 5-Mile Walk |
| _____ \$40.00 - Non-member & umbrella | |
| _____ \$20.00 - Day-of-race entry, no umbrella | |

MAKE CHECK PAYABLE TO **ERIE RUNNERS CLUB**

Name _____ Age _____ Date of birth: ____/____/____

Address _____ City _____ State _____ Zip _____

Phone # _____ E-mail address: _____ Gender: M F

VER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Erie Runners Club, and any and all other organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE _____ Date _____

Parent must sign for son/daughter under 18

ERC 2023 BALLOT

President: 🗳️ **David Comi**

Write-in:

Secretary: 🗳️ **Kim Lawrence**

Write-in:

Per the by-laws, the offices of president and secretary will be elected in this cycle to two-year terms. The offices of vice president and treasurer were elected to two-year terms last year and will come up for re-election next year. Two executive board members will be elected, each for a 3-year term, through December, 2025.

🗳️ **Jeff Shaw**

🗳️ **Greg Wigham**

Write-in:

Write-in:

You may e-mail ballot to *dan.a@erierunners.club* or deliver to a current officer or board member by December 12, 2022.

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ERC 2023 BALLOT

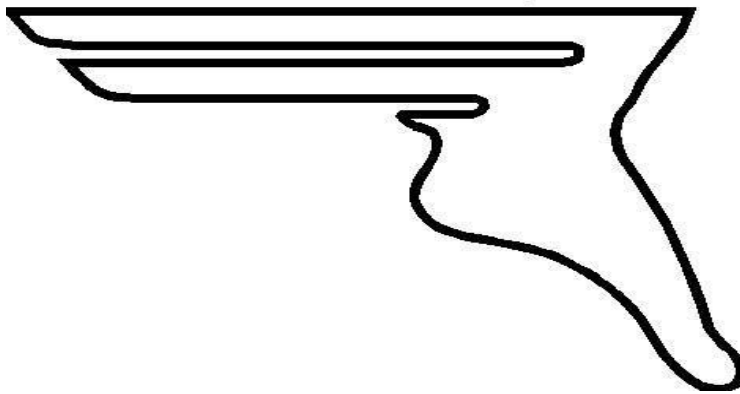
President: 🗳️ **David Comi**

Write-in:

Secretary: 🗳️ **Kim Lawrence**

Write-in:

Erie Runners Club, Inc.



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DECEMBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

**In
this
issue:**

Next on the ERC RACE SCHEDULE
December 10
Snowflake 5K Run/Walk
January 1, 2023
ERC New Year's Day 5-Miler

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