

*Erie
Runners
Club
Newsletter*

JANUARY 2023

Volume XLVIII

Number 1

**IT'S ONLY COLD IF YOU'RE
STANDING
STILL**



Next up: Valentine Prediction Run/Walk

Sunday, February 12th

ERC MEMBERSHIP MEETING

JANUARY 10th, 2023

7 p.m. at the Plymouth Tavern

Note the date – it is a Tuesday!!!

**Plymouth is not available
on that Monday!**

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ERC EXECUTIVE BOARD MEETING

January 16th, 2023

6 p.m. at Colony Pub & Grille

OFFICERS and BOARD MEMBERS for 2023

PRESIDENT: David Comi (2024)

881-0060 davecomi@erierunners.club

VICE PRESIDENT: Dan Albaugh (2023)

774-3209 dan.a@erierunners.club

TREASURER: Kathryn Carstater (2023)

SECRETARY: Kim Lawrence (2024)

kiml@erierunners.club

BOARD MEMBERS (final year of term)

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

Greg Wigham (2025)

gregw@erierunners.club

Jeff Shaw (2025)

jashawpa@gmail.com

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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

From the President's Pen

Welcome to another year of running, walking and whatever gets you going. I hope you all had a great holiday season.

We have already had our first event of the new year. The New Year's Day 5-Miler was enjoyed by almost 260 entrants. Weather was good and everyone enjoyed the temperature. This was the second race of the Winter Series. All that is left is the St. Pat's event to qualify for the bonus premium.

Coming up next is the Valentine Prediction run/walk. People love this event for the chocolate awards at the end. Contact Dan Albaugh for more information or to volunteer.

Then in March we will have the St. Pat's 5K/10K on March 11.

By that time everyone will be thinking of spring. I am already!

If you have any ideas or suggestions for an even more enjoyable new year of running, contact any board member.

Wishing you all the best,
David Comi

Time to renew

Membership renewals are due by February 28th! Your individual expiration date is printed in the e-mail version of the newsletter. Families are renewed together. The fastest and easiest way to do so is online. You also have the option of printing out a paper app and mailing it in. This is not as fast and

not as sure, and costs more than online registration.

If you don't renew by the deadline, your name will be purged from the membership list and you will not receive the newsletter in March.

If there is additional information regarding membership and the race schedule, it will appear in the newsletter and on the website at www.erierunners.club

CALENDAR OF EVENTS

JANUARY 2023

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

FEBRUARY

12 ERC Valentine Prediction Run/Walk, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA. This is a prediction-style event - you predict your pace per mile based on the weather and road conditions that day. The course will be between 4 and 6 miles in length. Those closest to their predicted pace win delicious chocolate awards. Please - no watches or other pacing devices!!! Call Dan Albaugh at 814-460-9930 or e-mail to dan.a@erierunners.club VOLUNTEERS NEEDED!

MARCH

- 11 ERC St. Patrick's Distance Festival, 5K fun run at 9 AM, 10K at 10:10, Rotary Pavilion, Presque Isle State Park, Erie, PA, call Dave Comi at 814-881-0060 or e-mail to davecomi@erierunners.club

Looking ahead:

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

The following are the proposed dates for the ERC 2023 race calendar. We'll keep you posted.

February 12, 2023 - ERC Valentine Prediction Run/Walk

March 11, 2023 - ERC St. Pat's 10K

April 22, 2023 – ERC Mystery Run (Something fun – stay tuned!)

May 14, 2023 – ERC Mother's Day 5K Run/Walk

June 18, 2023 – ERC Father's Day 5K Run/Walk

July 16, 2023 – ERC Presque Isle Half Marathon

August 20, 2023**September 10, 2023** – Erie Marathon at Presque Isle

October 21, 2023 – ERC Personal Endurance Classic

November 23, 2023 – ERC Turkey Trot 10K & 5K

December 9, 2023 – 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, PMB #296, Erie, PA 16505**

**ERC
MEMBERSHIP
MEETING
JAN. 10th, 2023
7 p.m.
at the
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Note the date

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December Board Meeting Minutes

December 2022 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday December 19, 2022

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

Meeting called to order: 6:15 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 November 2022 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report: Motion to accept: BT, second SC. All approved.

Guests: None

Correspondence: Miscellaneous postal mail and email regarding 2023 races.

Old Business: None

New Business: It was agreed that each board member make a charitable contribution from the club this year to the charity of their choosing.

Races: 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.

ERC Valentine Prediction Run – Sunday, February 12, 2023 Rotary Club Pavilion.

Race starts at 10 a.m. Rotary Pavilion at Presque Isle State Park. The distance will be between 4 and 6 miles. Participants will NOT know the distance until the event is completed.

AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, based on

the road and weather conditions that morning, and we will calculate your predicted finishing time. We ask that you NOT use a Garmin or timing device to track your pace. Racewalkers are welcome to compete. This race is one where you don't need to be the fastest runner to win! To volunteer, contact Dan Albaugh 814-460-9930.

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

Meeting adjourned at 6:48 p.m. The next monthly board meeting will be held on Monday, January 16, 2023 at the Colony Pub & Grille.

ERC VALENTINE PREDICTION RUN & WALK

Sunday, February 12, 2023 10 A.M. Rotary Pavilion, Presque Isle State Park, Erie, PA

COURSE: The course will be at least four miles but no more than six miles.

PREMIUM: A short-sleeved shirt in your choice of gold or sport scarlet red.

Shirts will be guaranteed to runners & walkers who register by the deadline, which is Friday, February 3rd, 2023. There may or may not be a limited number of shirts available on race day. We will re-order if necessary, but you are urged to pre-register to guarantee your shirt on day of race. **Again, DEADLINE for pre-registration is Friday, February 3, 2023.**

Day-of-race registration and packet pickup will take place beginning at 8:30 a.m. in the Rotary Pavilion.

You may also register on-line at BigWhiteTrailer.com/register

AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, running or walking, based on the road and weather conditions that morning, and we will calculate your predicted finishing time. Those participants closest to their predicted pace will receive their choice from a ***delicious selection of chocolate and candy awards.*** You must be present when the awards are announced to choose your own award! Walkers are welcome. For the sake of fairness, you are asked to refrain from wearing watches or other timing and pacing devices.

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 in the winter, call 814-460-9930 or check the ERC website's Twitter feed the morning of the race if you have any doubt about the race being held.

POST-RACE REFRESHMENTS:

There will be refreshments available following the race in the Rotary Pavilion.

SPONSORS: SILKSCREEN UNLIMITED and the Erie Runners Club

For Information: Contact Dan Albaugh by phone at 814-460-9930 or by e-mail at dan.a@erierunners.club
Additional copies of the race application may be downloaded from the ERC website at www.erierunners.club

Please fill in all information, detach, and mail to: **Dan Albaugh, 2374 Lake Street, Lake City, PA 16423**

PLEASE PRINT

_____ **\$18** – ERC member, Race w/ shirt, postmarked no later than 2/3/23

_____ **\$20** – Non-member, Race w/ shirt, postmarked no later than 2/3/23

_____ **\$25** – Day-of-race

Size (circle one)
S M L XL 2XL

Color (circle one)
RED GOLD

NAME _____ Phone: _____

ADDRESS _____ CITY/STATE/ZIP _____

E-mail address _____ DATE OF BIRTH: ____/____/____ AGE: _____ GENDER: M F
mm dd yy

MAKE CHECKS PAYABLE TO: Erie Runners Club

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, 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

My predicted pace-per-mile is: _____ minutes, _____ seconds.

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

JANUARY 2023

- 1 - Michelle Bennett, Andrew Lawlor
- 2 - Braden Ducharme, Mike Vybiral
- 3 - Mckenzie DiPlacido
- 4 - Frederick BirdJeremy Matie
- 5 - George Nicewonger, Ryan Carr, Kate Peterson, Daniel Thomas
- 7 - Trevor Shaw
- 8 - Nora Louis
- 10 - Debi Potts, Lorraine Benedict
- 11 - Christine Kalie
- 12 - James Horomanski III
- 14 - Alexis Weaver
- 15 - Evelyn Clark, Shardee Lyons
- 16 - Philip Schrader
- 17 - Eli Coppock, Isabella Williams
- 18 - Donald Sitter
- 19 - Jennifer Kuhar
- 20 - Sara Wettekin
- 21 - David Harger, Donald Sitter 3rd, Karen Manganaro
- 22 - Alissa Reed, Nicholas Schroeck
- 23 - Julia Roussos
- 24 - Matthew Darling
- 25 - Matt Cragg, Josh Eckendorf, Brian Stark, Karen Schrader, Jim Vaughn
- 26 - Diane Blanchard, Gretchen Scavella
- 29 - Kathy Zurawski-King, Jesse Weston
- 30 - Jennifer Bach, John Babay, Kay Beerman

Information you need to know about the Valentine Prediction Run/Walk on Sunday, February 12th, 2023

- 1. Yes, it is a Sunday race.
- 2. It will be at the Rotary Pavilion.
- 3. You can register – online or through the mail.
- 4. Distance will be between four and six miles, but you won't find out the exact distance until you finish.
- 5. You predict your pace per mile, based on the weather conditions.

6. The chocolate awards are back!!!!

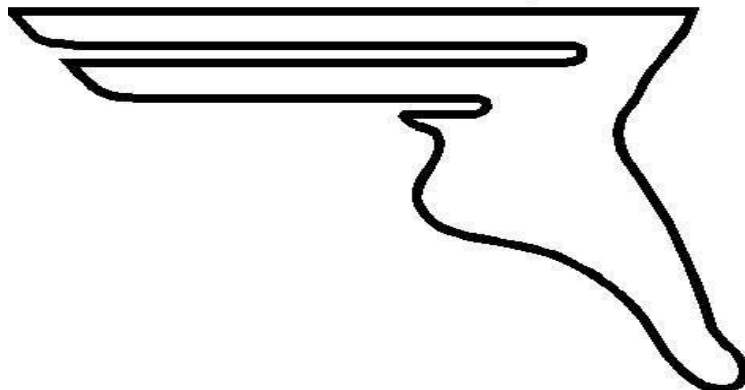
Dan Albaugh
Race director
Valentine Prediction Run/Walk

WIND CHILL FACTOR

When it's windy, the severity of the cold increases more than you might imagine. This table, adapted from U.S. Government sources, shows how winds of various speeds lower the apparent temperature.

Wind speed	10 MPH	20 MPH	30 MPH	40 MPH
Temperature +50 degrees	40	32	28	26

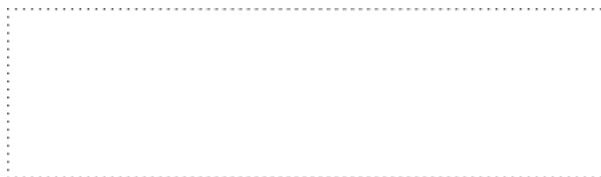
**Erie
Runners Club, Inc.**



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JANUARY



DATED MATERIAL - PLEASE DELIVER PROMPTLY

**In
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March 11
ERC St Patrick's 10K/5K

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