

*Erie
Runners
Club
Newsletter*

FEBRUARY 2023

Volume XLVIII

Number 2



□

Next up: Valentine Prediction Run/Walk

Sunday, February 12th

ERC MEMBERSHIP MEETING
Monday, FEBRUARY 13th, 2023
7 p.m. Plymouth Tavern

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

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Send mail to Erie Runners Club,

ERC EXECUTIVE BOARD MEETING
February 20th, 2023
6 p.m. at Colony Pub & Grille

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

From the President's Pen

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



ADDRESS CHANGE or CORRECTION

We've had a mild winter so far, but the groundhog saw his shadow the other day and now we'll see whether he's right or not.

But go ahead, start planning for spring! (I didn't say put away all your winter gear – I just said you can start getting ready! Important distinction!)

I wish everyone a Happy Valentine's Day and hope to see you at the prediction run!

Be safe out there!
David Comi

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. The deadline has already passed to guarantee your shirt on race day, but we will

order more if necessary and let you know when they're ready.

5. The distance will be between four and six miles, but you won't find out the exact distance until you finish.
6. You predict your pace per mile, based on the weather conditions.
- 7. The chocolate awards are back and better than ever!!!!**
8. If you're not ready to race yet, volunteers are always welcome!

Dan Albaugh
Race director
Valentine Prediction Run/Walk

January Board Meeting Minutes

Erie Runners Club Board Meeting

Monday January 16, 2023

Colony Pub & Grille, 6:00 pm

Meeting called to order: 6:10 p.m. by DC

In attendance: David Comi, Dan Albaugh, Kim Lawrence, Bill Tobin, Greg Wigham, Kathryn Carstater, Janina Lee, Tom Twohig

Absent: Suzanne Carstater, Jeff Shaw.

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

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

Guests: None

Correspondence: Postal mail and Email regarding upcoming races

Old Business: None

New Business: Summer races – we will need to get more water barrels for the half and full marathons.

Dan Albaugh made a motion to explore donating our large old copier to one of our local charities. KL seconded, all approved.

Races: 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.

St. Pats Distance Festival is fast approaching! Sign up online at RunSignUp. The race will take place on Saturday March 11, 2023, Rotary Pavilion – near the Waterworks on Presque Isle. Packet pickup and same day registration starts at 7:30 a.m. 5K race starts at 9:00 a.m. There will be a one hour time limit for the 5K.

The 10K race starts at 10:10 a.m. Please allow plenty of time to arrive. The race will not be delayed due to inclement weather or parking. Volunteers are still needed. Contact David Comi for details 814-881-0060.

Sunday April 23rd - OUR SECOND ANNUAL 2.2 Tutu of 2023 & the 4.4 Tutu of 2023 – That's right! It's a Tutu Event! We're looking for a little bit of lighthearted fun! There will be two distances - 2.2 miles and 4.4 miles. Tutus are optional, of course. There will be awards for the first, second and third place finishers for both male and female category in each race. And there will be a cash

award for the best tutu for male and female finishers. The race will be held on Sunday April 23rd at the ERC Beach One Pavilion. The 4.4 race will start at 9 a.m. and the 2.2 will start at 10 a.m. There will be snacks and water for participants at the end of the race. This run will benefit Safenet. Registration will open in February. Follow our Facebook page to be the first to know.

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

Meeting adjourned at 7:05 p.m. The next monthly board meeting will be held on Monday, February 20, 2023 at the Colony Pub & Grille

Respectfully submitted,

Kim Lawrence, Secretary

CALENDAR OF EVENTS

Chautauqua Striders Winter 5K Series

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:

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 Tutu Run

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 – Hamot 10K/5K Mayor's Cup

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 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.

Membership renewals

Time to renew

Membership renewals are due by February 28th! Your individual expiration date is printed in your 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.rierunners.club***

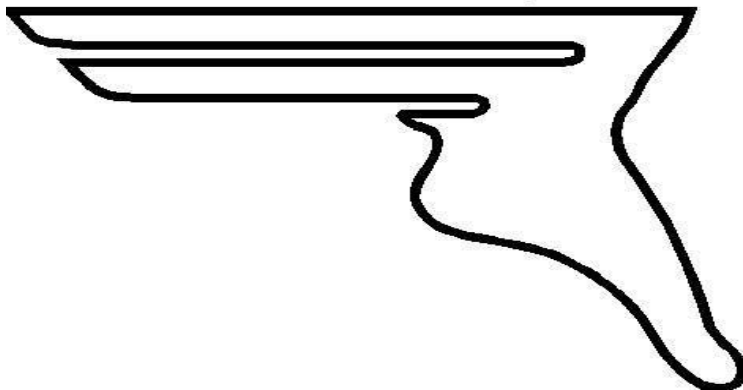
Blowing out (Lots of) Candles

Wish a Happy Birthday to:

FEBRUARY 2023

- 2 - Holly King, Nicholas Raucci,
Chelsea Weisenfluh, David Weirzchowski
- 3 - Jen Lang
- 4 - Stacey Curry
- 5 - Kim Lawrence, Jack Peterson
- 6 - Colleen Campbell
- 7 - Heather Sitter, Jim Tolon,
William Vassen
- 8 - Sue Mineo, Vivian Sophia Karney
- 9 - Amy Fisher, Troy Reese, Sheila Howard
- 14 - Roland Blakeslee, Luke Hess, Mira Hiner,
Ian Karney
- 21 - Denise Comi, Ryan Patterson, Brian Gildea
- 22 - Tricia Harned, Kyle Thompson
- 23 - Cindy Wilcox
- 24 - James Dobrich, Richard Schreiber
- 25 - James Sonney, Ty Webb
- 26 - Jim Roberts Jr.
- 27 - Frank Liebentritt
- 28 - Dyan Jones

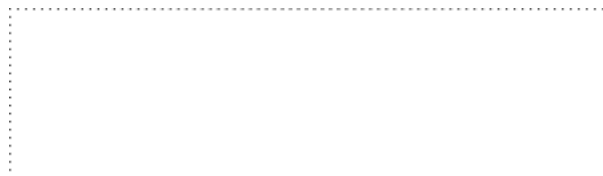
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FEBRUARY



DATED MATERIAL - PLEASE DELIVER PROMPTLY

In this issue:

Next on the ERC RACE SCHEDULE
February 12
ERC Valentine Prediction Run/Walk
March 11
ERC St Patrick's 10K/5K

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