

Erie Runners Club Newsletter

APRIL 2023

Volume XLVIII

Number 4



This is the medal Karen Manganaro received recently after finishing the Tokyo Marathon to complete the 6 World Marathon Majors. Karen is well known to the club as a volunteer who helps at many of our races and is in charge of registration at the Erie Marathon. She is a marathon maniac who has completed 56 ultra races.

**ERC MEMBERSHIP MEETING
MONDAY, April 10th, 2023
7 p.m. at the Plymouth Tavern**

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**ERC EXECUTIVE BOARD MEETING
April 17th, 2023
6 p.m. at the 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 the start of many months of perfect weather conditions for running and walking. Get out there and enjoy every chance you get to train for whatever event you have on your race calendar this season.

We have our second annual TuTu Run and Walk in just a couple weeks. Dig out your tutu and see if it still fits. Janina and Kim are directing again this year.

In May, we will have our traditional Mother's Day event. This will be in Harborcreek again this year. Jennifer and Emma Lang are co-directing. Nice to have new and younger people interested in coordinating an ERC event. Gather your Mom and bring her to this event.

I'm back again as the contact person for groups and organizations that are interested in raising funds for their cause. The ERC is in need of volunteers such as water stop personnel and road marshals for our major events this year. My contact number is 814-881-0060 or email me at davemcomi@gmail.com. This is a great way to fundraise and get out and assist the club. You get to be around many people from all over the United States and other parts of the world and experience a special feeling interacting with others who have such a positive atmosphere towards the sport of running and walking. From teenagers to the ones with fifty-plus years of experience, you will find an incredible positive attitude.

I look forward to getting to visit with old friends and make new ones!

David Comi

CALENDAR OF EVENTS

APRIL

- 23** ERC 2.2/4.4-mile TUTU Run/Walk, 4.4 starts at 9 AM, 2.2 at 9:15, ERC Beach One Pavilion, Presque Isle State Park, Erie, PA, call Janina Lee at 703-477-7754 or e-mail to janina_lee@rocketmail.com

MAY

- 13** Art & Sole 5K Run/Walk, 9 AM, Neighborhood Art House, 201 East 10th St., Erie, PA, contact Kelly Stolar at 814-455-5508 or by e-mail at kstolar@icnah.org
- 14** ERC Mother's Day 5K Run/Walk, 8:30 AM, Harborcreek Community Park, Erie, PA, event benefits the ERC Scholarship Fund and local charities, plans are being finalized and more information will be available on the ERC website at www.erie.runners.club.
- 20** Women's Care Center 5K Run/Walk, 9 AM, Cookhouse Pavilion, Presque Isle State Park, Erie, PA, benefits Women's Care Center of Erie County, call 814-836-7505 or e-mail to wccerie@gmail.com
- 20** Attorneys and Kids Together 5K Run & Walk (formerly Law Day 5K), 9 AM, Erie Co. Courthouse, Perry Square, Erie, PA, call 459-3111, also a virtual event – see link below
On-line registration can be accessed at <https://www.eriebar.com/events/ecba-events/1785-20th-annual-attorneys-kids-together-5k-runwalk>

Looking ahead:

The following are the dates for the ERC 2023 race calendar.

June 17, 2023 – ERC Summer Solstice 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**

March 2023 Board Meeting Minutes

ERC Board Meeting, Monday March 20, 2023,
Colony Pub & Grille, 6 p.m.

Meeting called to order: 6:05 p.m. by DC

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

Secretary's Report: The minutes of the February 2023 meeting were published and distributed to the general membership via the newsletter.

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

Guests: None

Correspondence: Postal mail and Email regarding upcoming races, solicitations from vendors regarding the marathon.

Old Business: We are organizing the storage locker and getting rid of old donated cots to make space. BT is taking care of ordering new barrels for our half and full marathon this summer.

New Business: We previously tried the Race Joy race tracking app and it did not work on the peninsula. Since then, the app has been updated and enhanced. We tried it this year at our St. Pat's race in March and it seemed to work better. We are currently in discussions about possibly trying it for our Presque Isle Half Marathon in July and our Erie Marathon in September. More discussion is needed.

JS made a proposal that the ERC move some of its savings into a CD account to accrue interest and grow our balance. GW seconded, all approved. BT made a proposal that the ERC should get an ERC organization credit card with a \$10K limit through our bank, NW Mutual, for the purpose of ERC purchases instead of having our board members using personal credit cards and checks and then being reimbursed. The three board members who were nominated and agreed to have credit cards in

their names are Suzy Carstater, Marathon Director, Kathryn Carstater, Treasurer and David Comi, President. JL seconded, all approved.

Races: Next up: 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 finisher. 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 9:15 a.m. There will be snacks and water for participants at the end of the race. This run will benefit Safenet. Registration is now open on RunSignUp.com! To guarantee your shirt size, sign up early.

Upcoming: ERC Mother's Day 5K on Sunday, May 14th. Start time is 8:30 a.m. at the Harborcreek Community Park (use the Clark Road entrance). Come out and take a leisurely walk or run with Mom on her special day. This race will be chip-timed. No prizes will be given, but times will be posted. Prepackaged snacks and water will be available for participants after the race. We hope to see you there! Sign up is available at <https://runsignup.com/Race/PA/Harborcreek/ERMothersDay5k>.

NEW RACE COMING IN JUNE! The ERC Solstice Run. See next month's newsletter for details. This will be a night run!

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

Meeting adjourned at 6:52 p.m. The next monthly board meeting will be held on Monday,

April 17, 2023 at the Colony Pub & Grille

Respectfully submitted,

Kim Lawrence, Secretary

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

APRIL 2023

- 3 - Katie Schreiber
- 4 - Ella Wolf
- 5 - Allison Loch, Dennys Perez
- 6 - Patricia Albaugh, Trevor Luce
- 7 - Clarence Mason
- 8 - Michael Gustafson
- 12 - Dakota Sonney
- 15 - Suzanne Carstater
- 17 - Kristen Bastow
- 18 - Jamie Carr, Darleen Hilliard,
Mike Gourley
- 19 - Samantha Bennett
- 20 - Kate Thiem
- 21 - Landon Dodd
- 22 - Mary Harned, Mary Horomanski
- 24 - Ashley Lauria
- 28 - Lillian Hayes
- 29 - Thomas Twohig



Saturday, May 13, 2023 @ 9am

<http://getmeregistered.com/ArtSole5k>

2023 Art & Sole 5k Run/Walk Plus Teams Division is Back!

The Inner-City Neighborhood Art House is ready for this year's Art & Sole 5K Run/Walk. The 5K race kicks off at 9 a.m. on Saturday, May 13th and the 1K Fun Run for kids starts at 9:30. The Art & Sole 5K race is unique, as the course begins at the Art House, loops through downtown Erie (through many of the

neighborhoods we serve) and finishes back at the Art House.

The popular Team Challenge is back this year, with special prizes for the top 3 teams. There will be games and art activities for all ages taking place in the Neighborhood Art House parking lot and music provided by DJ Mat K!

The mission of the Benedictine Sisters of Erie's Inner-City Neighborhood Art House is to empower youth through creative experiences, engage in positive self-expression and develop into confident and caring members of the community. All proceeds from the Art & Sole 5K Run/Walk will benefit the afterschool, summer, and community art programs held at the Art House.

Check us out at www.icnah.org! As is tradition, the top 3 finishers in each age category will win fabulous student artwork as prizes. Plus, everyone who registers by April 24th will receive a limited-edition race shirt featuring artwork by an Art House student.

Participants can pick up their shirt and bib at the Art House (201 E. 10th St. Erie, PA 16503) Friday, May 12th from noon - 6 p.m. Don't wait! Register now at <http://getmeregistered.com/ArtSole5k> and help to inspire a better future through the arts!

For more information, please feel free to contact: Inner-City Neighborhood Art House at 814-455-5508

2.2 OR 4.4 TUTU RUN

Sunday April 23, 2023

**Races start at 9 am; check
in starts at 8 am**

That's right; it's a TUTU run!
2 distances: 2.2 or 4.4 miles.

Tutus encouraged but not
required.

Awards for top three finishers
in each race and a cash award
for best tutu, male & female.

Register early to guarantee
your t-shirt! Go to:

www.runsignup.com

*Beach 1 Pavilion – Presque
Isle*

ERIE RUNNERS CLUB

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ERIE RUNNERS CLUB

JOIN THE ERIE RUNNERS CLUB

\$14 single; \$20 family/year

Benefits include:

Monthly meeting/social with
free food & drinks

Special Discounts to many ERC races

Monthly newsletter

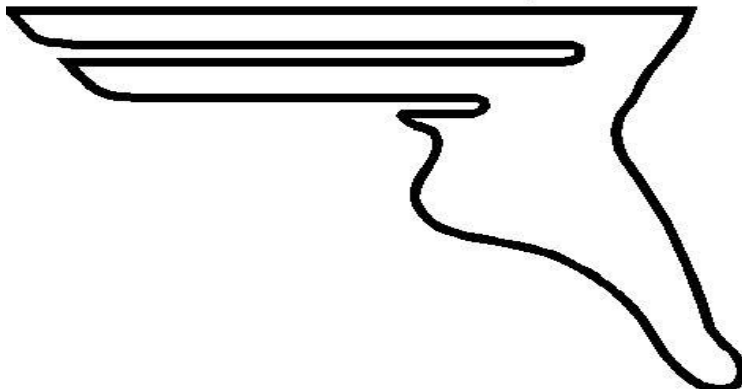
Club discount at local businesses

Fellowship & Friendship



www.rierunners.club

Erie Runners Club, Inc.



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APRIL



DATED MATERIAL - PLEASE DELIVER
PROMPTLY

In
this
issue:

Next on the ERC RACE SCHEDULE

April 23

ERC 2.2 or 4.4 Tutu Run/Walk

May 14

ERC Mother's Day 5K Run/Walk

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