

*Erie
Runners
Club
Newsletter*

MAY 2023

Volume XLVIII

Number 5



Next up: Mother's Day 5K Run/Walk – May 14!

ERC MEMBERSHIP MEETING

MONDAY, May 8th, 2023

**Still indoors at the Plymouth Tavern
at 7 p.m.**

**We are not going to chance cool
temperatures or rainy conditions
this early in the season!
Plans are to be outside in June!!**

ERC EXECUTIVE BOARD MEETING

May 15th, 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



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

Can you believe it is May already?!
Summer is right around the corner, (less than 50 days).

Thanks to everyone who came to our Tutu event in April. We had lots of people and lots of fun. Some people look good in tutus, I'm just not one of them.

Next on your list should be the Mother's Day 5K Run/Walk at Harborcreek Community Park on Sunday, May 14. Honor mom with a nice 5K to start her day. Jennifer and Emma Lang are the race directors this year. Sign up is at runsignup.com The course is any easy one. - you will tell your friends it was a walk in the park.

This year we are changing our June event. Instead of taking place on Father's Day, it is going to be an evening event the Saturday night before Father's Day and also at Harborcreek Community Park. This will be similar to the old Moonshine Shuffle 5K. We are planning a great event with fun refreshments.

One last quick note - the Presque Isle Half Marathon is on 16th.

Check the ERC website for the many other events coming up soon, like the Attorney and Kids 5K in downtown Erie. We are always looking for individuals and groups to assist with our events. Contact me at 814-881-0060 or by email at davemcomi@gmail.com

Looking forward to seeing you out there getting better at what you do.

David Comi

CALENDAR OF EVENTS

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 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>

JUNE

- 17** ERC Summer Solstice 5K Run/Walk, Harborcreek Community Park, Clark Rd. entrance. This is a return to the twilight races like the Moonshine Shuffle. More information on the ERC website
- 21** Strawberry Days 5K, 7 PM, soccer fields in Grove City, PA, 1st event of Mercer Co. Twilight Quad, others on 7/12, 7/26, & 8/16, contact S. Mark Courtney at 724-866-1374 or e-mail to smc@runhigh.com

Looking ahead:

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

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**

April 2023 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday April 17, 2023 Colony Pub & Grille

Meeting called to order: 6:11 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 March 2023 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: Miscellaneous postal mail and email regarding upcoming races and requests for race planning checklist.

Old Business: Regarding the broken flag holders on the Old Lake Road mileposts on the peninsula, Bill Tobin will be manufacturing new ones for the ERC.

New Business: KL suggested looking into choices regarding our emailed newsletter format since RunSignUp recently changed theirs.

Races: The second annual Tutu 2.2-mile and 4.4-mile event had over 200 participants, including kids and dogs in tutus! The rain held off for our race and a great time was had by all! Thank you to our sponsors, volunteers and to all who came out to attend this event and help raise funds for Safenet Domestic Violence Network in Erie. We're looking forward to even more silliness and fun next year.

ERC Mother's Day 5K Run/Walk – Sunday, May 14, 2023. Harborcreek Community Park – Clark Road entrance. Packet pick-up and check in will begin at 7 a.m. at the park. Please note that the race start time is at 8 a.m. this year. This race will be chip-timed. There will be pre-packaged food items and water at the end. The primary purpose of this event is to promote cardiovascular fitness in a safe, relaxed and friendly environment. There are no trophies or prize money to be handed out but times will be posted.

ERC June Race – Something new is coming in June! June's race will be a 5K at the Harborcreek Community Park. It will be an evening event on Saturday, June 17th. Stay tuned for details.

Meeting adjournment - Motion to adjourn JL, seconded by BT. All approved.

Meeting adjourned at 6:55 p.m.

The next monthly board meeting will be held on Monday, May 15, 2023 at the Colony Pub & Grille.

Respectfully submitted,
Kim Lawrence, Secretary

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

May 2023

- 1 - Stephen Easley
- 2 - Judith Morphy
- 3 - Stephen Carter, Jonathan Nolan
- 6 - Bob Sontheimer
- 7 - Travis Bach
- 8 - Kaitlynn Patterson
- 9 - William Lamont
- 12 - Grace Lang
- 15 - Erica Friedman, Grace Bennett
- 16 - Kaylyn Gilkinson
- 18 - Mandi McDonald, Bob Patterson,
Kirk Hamza
- 19 - Giana Vella
- 20 - Christopher Connell
- 22 - Don Herrmann
- 23 - Ella Wieczorek
- 24 - Mike Mirth
- 26 - Tristan Hiner, Robin Mascharka
- 28 - Josh Videlefsky
- 29 - Lucius Bugbee, Jack Daneri
- 30 - Trisha Schreiber

Life is what you make it.
Always has been.
Always will be.

Those who say
it can't be done
should stay
out of the way
of those who
are doing it.



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

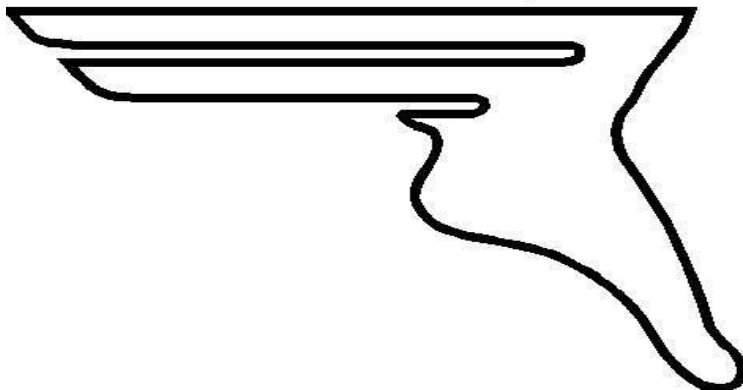
empower youth through creative experiences, engage in positive self-expression and develop into confident and caring members of the community. All proceeds from the Art & Sole 5K Run/Walk will benefit the afterschool, summer, and community art programs held at the Art House.

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/ArtSole 5k**](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

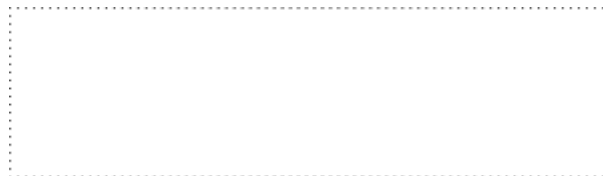
Erie Runners Club, Inc.



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MAY



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**In
this
issue:**

Next on the ERC RACE SCHEDULE
May 14
Mother's Day 5K Run/Walk
June 17
Summer Solstice 5K Run/Walk

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