

*Erie
Runners
Club
Newsletter*

JUNE 2023

Volume XLVIII

Number 6

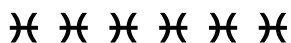


Next up: Sunset Shuffle 5K! June 17th
Harborcreek Community Park

ERC MEMBERSHIP MEETING

MONDAY, June 12th, 2023

**Outdoors at 7 p.m. at Asbury Park,
in the big pavilion behind the tennis
courts. Hot dogs on the grill, beverages,
& more! Bring a dish to share if you wish!**



ERC EXECUTIVE BOARD MEETING

June 19th, 2023

6 p.m. 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

June is busting out all over, especially with regards to running and walking in the area. I hope you get a chance to enjoy your routine as often as possible.

Now is the time for all members who want an easy fundraiser for their group or organization. You can contact me at 814-881-0060 or at davemcomi@gmail.com for information. We have major events requiring many volunteers in July, August and September.

This month we are having a 5K out at the Harborcreek Community Park on Clark and Furman Roads. The 5K is going to be at 6:00 p.m., like the old Moonshine event, only a little earlier in the evening. It will be an enjoyable jaunt followed by a get-together with food and refreshments. Members are invited to come to the after-party, regardless of whether they run the 5K or not. If you can, drop me an email if you are planning to attend the after-party. It helps with planning for enough supplies!!!

Please enjoy your summer to the fullest!

David Comi

May 2023 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday May 15, 2023

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

Meeting called to order: 6:08 p.m. by David Comi

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

Absent: Greg Wigham

Secretary's Report: The minutes of the April 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: Misc. email and snail mail about upcoming races. Solicitations from t-shirt and race supply vendors.

Old Business: The East Bayfront Parkway water fountain is out of order and needs a professional plumber to fix it. BT moved to hire a professional plumber, JL seconded, all approved. JS will handle contacting a plumber to take care of getting it fixed.

BT machined flag holders for our mile markers on the Old Lake Road and they will be installed soon.

New Business: The park installed lights in the ceiling of the outside picnic table area for the ERC Beach 1 Pavilion. What a great addition to the building! It is much appreciated and will make early morning race check-ins much easier!

Races: Our Mother's Day Race was held at the Harborcreek Community Park on May 14th. Our

newest race directors, Emma and Jen Lang, did a great job, including ordering up perfect weather, and a great time was had by all.

Thanks, Emma & Jen and thank you to all the participants and volunteers who helped make this race a great event.

Next Up: The First Annual Sunset Shuffle will take place on Saturday evening, June 17th at 6 p.m. at Harborcreek Community Park – Clark Road entrance. Come join us for a fun 5K. There will be picnic-style food and beverages after the race. Register at RunSignUp.com. Search "Sunset Shuffle". There will be an option to register for the race with tank top or race only. 7 p.m. is the after-race party. All are welcome.

Presque Isle Half Marathon - Sunday, July 16th at the ERC Beach 1 Pavilion. Come on out and run or cheer for our participants. It's going to be great! Sign up at RunSignUp.com. Volunteers are needed and welcome! Call race director David Comi to volunteer at 814-881-0060.

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

Meeting adjourned at 7:15 p.m. The next monthly board meeting will be held on Monday, June 19, 2023 at the Colony Pub & Grille.

Respectfully submitted,
Kim Lawrence, Secretary

CALENDAR OF EVENTS

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

JULY

- 4** Knights of Columbus Liberty 10K Run & 5K Fun Run/Walk, 8 AM, Our Lady of Mercy Church, Bartlett Rd., Harborcreek, PA, call Greg Kaliszewski at 814-450-4298 or e-mail to imgregk@gmail.com
- 12** The DAM Race 5K, 7 PM, Sharpsville, PA, 2nd event of Mercer Co. Twilight Quad, others on 6/21, 7/26, & 8/16, call S. Mark Courtney at 724-866-1374 or e-mail to smc@runhigh.com
- 13** SUMMER SIZZLER, 7/7:30 PM, Waterford, PA, 1-mile fun run at 7, 5K at 7:30, contact Rick Bowers at 814-434-3686 or e-mail to rickbowers230@yahoo.com
- 16** ERC Presque Isle Half Marathon, 6:45 AM, Beach #1, Presque Isle State Park, Erie, PA, **6:45 AM**, post-race picnic & awards ceremony at ERC Pavilion at Beach #1, contact David Comi at 814-881-0060 or via e-mail at davecomi@gmail.com
- 22** Maeve Alice Miller 8K / 5K / 2.5K, 9 AM, North East, PA, cross-country race w/obstacles, call 814-823-9244 or e-mail to jonathan.miller@maevegives.org
- 26** Fredonia 5K, 7 PM, Fredonia, PA, 3rd event of Mercer Co. Twilight Quad, others on 6/21, 7/12, & 8/16, also a half-mile kids race, 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.

August 5 – Dan Rice 5K

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**

TNRL

Tuesday Night Racing League (or Running, or Rolling)

Everyone is invited to come out on a Tuesday evening to various areas around Erie County to run, walk, roll, or race a variety of courses with other folks who just want to run.

Racing? Any time two people with watches run, it can be a race, so it's racing if you really want it to be. Most folks just come out to run or walk together.

AFTA-AFTA This is the real reason some folks come out. Figure out where to eat afta to socialize. For larger parties some will call ahead to a place so they're not surprised by a group of sweaty runners showing up at 7:30 p.m. Others just hang out, drink from handy bottles of water, and chat.

Later this summer we're going to introduce RaceJoy - so you can race if you want to, but only virtually.

Look for events of the TNRL facebook page, announcements on the BWT Twitter feed (on the BWT main page - you don't need Twitter to see them), and other avenues such as word-of-mouth.



Edward Peter Flagella, 76, has been called to our Lord and Savior surrounded by his family on April 11, 2023. He was born on July 24, 1946, to the late Peter and Jeanette (Knoll) Flagella.

He was a lifelong resident of Erie, PA graduating from Academy High School in 1964 and Gannon College in 1968 with a bachelor's degree in accounting. He worked for various companies including Autoclave engineers, Snap-Tite, and Sunburst Electronics in purchasing where he made many lifelong friends.

Ed always found a friend whenever he met you. He had a one-of-a-kind sense of humor. He was the best husband, father, grandpa, and great grandpa that anyone could ask for. He enjoyed sports, especially his Cleveland Browns and Indians, coaching his son Greg's Boys Baseball team, was a long-standing

member of the Erie Runners Club, grilling in the backyard, and enjoying a beer (Coors Extra Gold) with friends and family. He was famous for coming up with inventive recipes that were always a hit! Throughout his illness, he really enjoyed all the visits with longtime friends and family. Those visits meant a lot to him and his family.

Survivors include his wife Patricia M. "Patty" (Zimmerman) Flagella who had 51 years of wedded bliss; two sons, Vincent Flagella, wife Dianna, and Gregory Flagella; two daughters Julie Flagella (James) and Annmarie Flagella (deceased at infancy); a granddaughter Ashley Flagella White, husband Tre White; a grandson Adam Flagella; one great grandson, Zuccari Curtis White; a sister, Janice Torrelli, husband John and their children, Ed's two nieces Kathy Mosier, Kim Zacherl, husband Dave; two brothers-in-law Robert Zimmerman, wife Jill, and their children Kelsey and Alex, Ronald Zimmerman and partner, Davelyn Ross. Children of Ronald and Connie Krahe Zimmerman, Beth, and Robert Matthew. Much love to many nieces, nephews, and cousins.

In lieu of flowers, donations in Ed's honor may be sent to St. George Church, UPMC Family Hospice, or the Hillman Cancer Center. We want to show our great appreciation and thank the UPMC Hospice Team and especially Tina Mancuso, for their wonderful care as well as our neighbors and friends for their love and support during this time.

The ERC owns a Kyocera KM-3050, a laser copier/printer that was used to produce the monthly newsletter when it was a paper version and was delivered to members via the US Postal Service.

Since the newsletter is now made available in a digital format and sent out via email, the unit is no longer needed.

We have decided to make it available at no cost and have been searching for a non-profit organization that could benefit from its use. The copier does need some maintenance (it was purchased locally from the James B. Schwab Co. It is an office machine, approx. two feet square and four feet in height, with an enclosed cabinet.) It will also require toner soon.

Any member who knows of a group or organization in need of a copier, please contact Dan Albaugh at 814-460-9930 or by email at erc_dan2374@hotmail.com.

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

JUNE 2023

- 2 - Darwin Sitter, Michael Abt,
Katelyn Gourley
- 5 - Sue McLaughlin
- 10 - Alec Reese, Noah Sandstrom
- 11 - Susan Rouch
- 17 - Jamie Mead, Tony Carr
- 20 - Lindsey Thompson
- 22 - Jim Swaney
- 24 - Caleb Schreiber, Jennifer Hanson
- 27 - Barb Herrmann
- 28 - Greg Luce, John Huegel, Tom Welch

Looking for a treadmill? We are planning a move and the treadmill does not fit into those plans.

You can have it for free if you come and get it. FYI, it's in Lake City. Depending on your location, I could deliver it – we can talk about that.

It is a Vision Fitness treadmill – the Model 9200 *Simple* model (not the *Deluxe*. Sorry!)

Call Dan at 814-460-9930.
There's only one, so don't wait!

2023 Dan Rice 5K

The 44th annual 5K race will be held on Saturday, August 5, 2023 starting in downtown Girard, Pennsylvania. Registration will begin at 7:00 AM at the Girard Borough Hall, Main Street, (Rt. 20), Girard, PA Race starting time is 8:30 AM. The 5K consists of one 3.1-mile loop.

EXPANDED AGE GROUPS: Men: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-over.

Women: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-over.

AWARDS: Top overall finishers, male and female, will receive plaques. Second and third overall finishers, male and female, will receive plaques. Top three finishers in each age group will receive plaques.

T-SHIRTS: 5K entrants will receive a shirt if registration is received on or before August 4, 2023. The remainder will be distributed on race day on first come, first serve basis. FEE: 5K - \$18.00 before August 4, 2023

5K - \$20.00 on race day (August 5, 2023)

The course is flat and TAC certified. Splits will be provided at miles 1, 2, and 3, and refreshments will be available at the 2-mile mark.

Award ceremony will be immediately following the race.

Send applications, proper entry fee, and make checks payable to the Girard Athletic Boosters to:

George Drushel, 1024 Pine Tree Drive, Girard, PA 16417 Phone: (814) 323-0901

Online registration is available at www.RunSignUp.com

Name (Please print) _____ Date _____

Address _____ Phone _____

City _____ State _____ Zip _____

Age _____ DOB _____ M/F _____ E-Mail _____

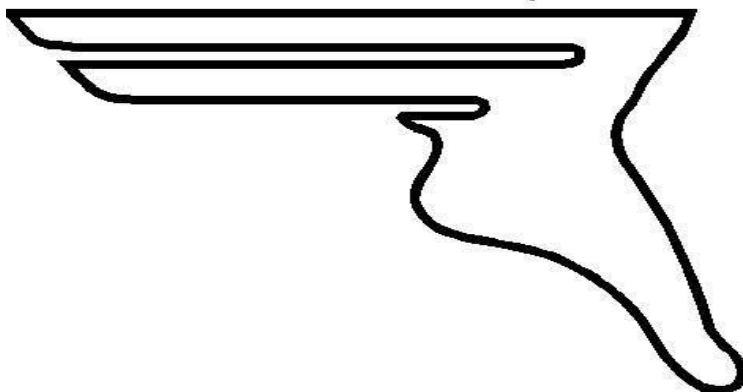
Shirt Size: (circle one) SMALL MEDIUM LARGE X-LARGE XX-LARGE

In consideration of your accepting this entry, I, intending to be legal bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights I have against Girard Borough, Girard Police, the Commonwealth of Pennsylvania, the volunteer staff, and any other sponsors and their representatives, successors, and assigns, for any and all injuries suffered by me in this event. I further hereby grant permission to the sponsors of this event and any other sponsors to use all information submitted in this application, and my likeness and voice, as well as photographs, video tapes, motion pictures, recording or any other record of this event, including race results, in which I may appear for any legitimate purpose whatsoever including but not limited to pre-race and post-race publicity by publishing to internet sites, in newsletters or newspapers. Entry is non-transferable and non-refundable. Runner's

Runner's Signature _____ Date _____

(parent if under 18)

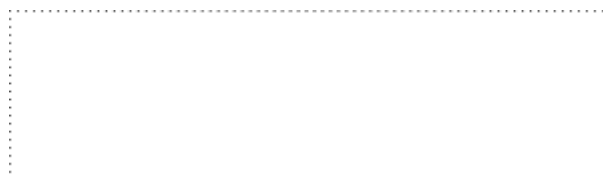
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JUNE



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**In
this
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- ERC contact info
- Race results & reports
- Race applications
- and more!!!*