

*Erie
Runners
Club
Newsletter*

JULY 2023

Volume XLVIII

Number 7

Alexa, run 10 miles for me.

NEXT UP:

Sunday, July 16: ERC Presque Isle Half Marathon

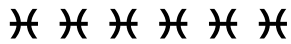
ERC MEMBERSHIP MEETING

MONDAY, July 10th, 2023

Outdoors at 7 p.m. at Asbury, in the large pavilion behind the tennis courts.

Hot dogs on the grill, beverages, & more!

Bring a dish to share if you wish!



ERC EXECUTIVE BOARD MEETING

July 17th, 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.

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WEBSITE: www.erierunners.club

Send mail to Erie Runners Club,

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

From the President's Pen

It is now officially Summer. I hope everyone is doing well and using proper caution with the air quality issues of the past few weeks.

We are quickly coming up on the Half Marathon. If you are signed up, we are looking forward to seeing you. If you want to be part of this event you can always volunteer. It really is a lot of fun. As in the past, if you have a group that is looking for a fundraiser we will make a monetary donation of \$10 per person to your organization.

I can be reached at 814-881-0060 or at davemcomi@gmail.com I will be touching base with prior years volunteers. If you do not hear from me this week, please give me a call.

We are close to 900 for the half as of July 1st. We are also at 1,100 signed up for the Marathon in September with representatives from eight different countries. The latest entry was from Iceland - pretty COOL!!!

The July membership meeting will be July 10th. The location is the large pavilion at Asbury Woods behind the tennis courts. The meeting starts at 7:00 p.m. We will provide food and refreshments. If you want to bring something to share, you are welcome. We will discuss all last-minute needs or concerns about the HM. Please consider coming to the meeting. This is one of the benefits of membership in the club. Food and drink and good fellowship.

Enjoy the summer and hydrate properly.
David Comi

June 2023 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday June 19, 2023

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

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, Janina Lee

Absent: Kathryn Carstater, Jeff Shaw

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

Treasurers Report: Motion to accept: BT, Seconded by JW, All approved.

Guests: None

Correspondence: Misc. snail mail and email regarding races and sponsorship. Various emails regarding clarification of Erie Marathon guidelines and rules. Please see the ErieMarathon.net website for details and rules.

Old Business: The East Bayfront Parkway water fountain repair plans are still in process. More details will be provided when they become available.

New Business: None

Races: The first ERC Sunset Shuffle was held on Saturday, June 17th, and our participants enjoyed the change in venue and time of day. The race was held at the Harborcreek Community Park and we enjoyed snacks and drinks along with some camaraderie after the race! Thanks to everyone who came out to enjoy this evening race. We plan on making this one an annual tradition.

Presque Isle Half Marathon is next up. This race is filling up fast. Please don't delay. Register today. Please note, there will be NO DAY OF RACE REGISTRATION for this race. The race will be held this year on Sunday, July 16th with the start and finish at the Beach 1 Pavilion at Presque Isle State Park Erie, PA. Start time is 6:45 a.m. There is a 3-hour time limit on the course. Anyone not maintaining a 14-minute-per-mile pace will be directed to the all-purpose trail next to the course. This is due to park requirements. You may need to go to the all-purpose trail sooner if requested by the park rangers.

Pre-race packet pick-up will be on Saturday, July 15th, from 12 noon to 5 p.m. You may also pick up your race packet before the race starts. However, we will not delay the start due to late arrivals. Parking details will be sent to your email through RunSignUp. To register, go to: <https://runsignup.com/Race/PA/Erie/PresqueIsleHalfMarathon> We would love to have you or your group volunteer. It's fun and a great way to support your local community as well as our race participants! To volunteer, please contact David Comi at 814-881-0060.

The Erie Marathon! Sunday September 10th. Don't wait to register. We anticipate this race will sell out. Register here: <https://runsignup.com/Race/PA/Erie/ErieMarathon>. Registration numbers are way up and ahead of last year. Our course is a qualifier for Boston. Volunteers are needed and we provide documentation of volunteer hours for community service hours for students Call David Comi at 814-881-0060 to volunteer.

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

Meeting adjourned at 6:43 p.m. The next monthly board meeting will be held on Monday, July 17, 2023 at the Colony Pub & Grille.

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

JULY 2023

- 1 - Dan Huber, Lane Wolfe, Maya Wilcox, Mike Lawrence, Ryan Horomanski
- 2 - Linda Fitzpatrick
- 3 - Angelo Phillips
- 4 - Jill Long, Mary Rinke, Passle Helminski, Kayla Pound
- 7 - Bob Lathrop, Joshua McGrane
- 8 - Lawrence Berdis, Victoria Braswell, Mary Hammer
- 9 - Ron Krystek
- 13 - Damian Highfill, Katlyn Hayes
- 15 - Dylan Sonney, Rob Roddy
- 16 - Marty Tirak
- 17 - Kaden Anantarow
- 19 - Nathan Mischler
- 20 - Cameron Aresco, Emma Lang
- 22 - Rick Godzwa, Calahan Jordan
- 23 - Michael Wilcox, Anthony Brown
- 24 - Joseph Albrewczyński
- 25 - Erica Bender, Benjamin Mills, Ryan Morrow
- 26 - Jennifer Connell, Liana Cooklis
- 31 - Logan Bach

CALENDAR OF EVENTS

JULY

- 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

AUGUST

- 5** Dan Rice 5K, 8:30 AM, Borough Hall, Girard, PA, call George Drushel at 814-323-0901 or gdrushel@choiceonemail.com
- 17** Courtney's Ice Cream Race 5K, 7 PM, Grove City, PA, final event of Mercer Co. Twilight Quad, call S. Mark Courtney at 724-866-1374 or e-mail to smc@runhigh.com
- 20** UPMC Hamot Mayor's Cup 10K & 5K, 10K at 8 AM, 5K at 8:15, Erie, PA, kids run at approx. 9:45, contact David Comi at 814-881-0060 or e-mail to davemcomi@gmail.com

SEPTEMBER

- 10** ERC Erie Marathon at Presque Isle, 7 AM, Presque Isle State Park, Erie, PA, contact Susie Carstater at 814-474-3282 or e-mail to uropa40@aol.com, website at www.eriamarathon.org
- 16** Race for Recovery, 9 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, 5K run/walk & 1K run/walk, call Race Hotline at 814-746-4184 or visit website at www.erieraceforrecovery.com

Looking ahead:

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

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**

These are things you probably are already aware of, but a reminder won't hurt!

Running in the Heat: Tips to Handle Hot Weather While Getting in Your Miles



Scorching weather awaits on the summer calendar. If you're a runner, so do many training miles. Workouts when the temperature climbs can put additional – and even dangerous – stress on your body. [Heat illnesses](#) that can develop during exercise in the sizzling outdoors include heat cramps, [heat exhaustion](#) and heat stroke.

Hot and humid weather warrants caution and recalibration for runners looking to maintain their fitness routine, says exercise physiologist Katie Lawton, MEd. Here are some tips to stay safe while keeping to your training schedule.

Best times to run when it's hot

The coolest part of the day typically occurs around sunrise, so rising before dawn to run works as an ideal solution to beat the heat. (Not a morning person? Read what a psychologist and behavioral sleep medicine specialist recommends to [shift your circadian rhythm](#).)

Evening runs also offer a bit of a respite from the heat, even if the temperatures don't dip as low as in the a.m. hours.

Either time slot offers more ideal running conditions than midday, when daily temperatures crest and the sun punishes those moving below. "Some people can do it," Lawton says, "but you won't find me running at 1 p.m."

What to wear running in the heat

There's an outfit for every occasion, including a 5-miler under the summer sun. Running shirts and shorts for a hot day should be:

- Loose-fitting or vented to allow air to pass over and cool your skin.
- Made of a moisture-wicking fabric (typically polyester-based) to aid the evaporation process. Avoid cotton garments, which quickly turn into heavy, wet apparel that trap heat against your body.
- Light-colored, as dark hues absorb the sun's heat.

Runners also may want to invest in a lightweight, moisture-wicking hat, visor or headband to absorb sweat and cool their head. Sunglasses to protect your eyes from the sun's harmful UV rays are recommended, too.

Find shaded running routes when it's hot

Pavement absorbs heat, making streets and sidewalks akin to a frying pan above a stovetop flame. (That helps explain the countless YouTube videos of people trying to cook an egg on sun-baked walkways.)

The lesson here is to shift your runs away from these inadvisable cooking surfaces to park trails, where miles of natural track await beneath a cool, leafy canopy.

Should you run as fast in the heat?

Running on a blistering hot day brings a definite physiological response. Your [heart rate spikes](#) as your body works to combat the effects of overheating. This survival mode instinct diverts energy away from muscles to focus on cooling.

Every sweaty step will take more effort as fatigue builds – and that will be reflected in your pace. For every 5-degree increase above 60 degrees, the typical runner can expect to slow 20 to 30 seconds per mile.

The impact can be even greater as the seasons change and runners [acclimated to the cold](#) suddenly face warmer temperatures. You should anticipate an adjustment period of one to two weeks to feel comfortable.

On the hottest days, Lawton suggests that you should ignore your pace-tracking GPS watch and run more by effort: "It's a mindset adjustment," she says. "Go by how you feel."

How much to drink before and after hot weather runs

Runners don't just drip sweat when the weather heats up. They gush it. The mass loss of fluid can lead to dehydration if you don't take proper steps before and after your workout.

Make sure to drink 16-20 ounces of water or sports drink a few hours ahead of any training run or race, Lawton says. Top that off by downing another 8-12 ounces within 15 minutes of the activity.

Plan on drinking fluids during any run lasting longer than an hour. Lawton said a good rule of thumb is to try to consume 3-5 ounces of liquid every 30 minutes of exertion. Carry drinks on longer runs or arrange routes with access to water fountains.

Afterward, rehydrate with at least 16 ounces of fluid for every pound that melted off in sweat during the workout. Sports drinks can help restore electrolytes. Chocolate milk, juice or fruit smoothies also are excellent options. Water is always good, too.

Monitor the color of your urine to determine whether you're [properly hydrated](#). If it's not pale yellow or clear, drink more fluids.

Warning signs to watch for when running in the heat

It's important to listen to your body if you're struggling during a run in the sun, says Lawton. More

importantly, don't ignore them. Stop your workout, get out of the heat and focus on cooling your body down if you experience symptoms such as:

- Cramps or muscle spasms.
- Dizziness or fainting.
- A headache.
- Extreme fatigue.
- Skin that feels cold and clammy or hot and dry.

Be flexible with summer running plans

Don't force a run when the weather or your body dictate a different approach, says Lawton. Consider cutting a long run in half or replacing a planned run with a cross-training activity, such as swimming or lifting weights.

If possible, use the weather forecast to plan your weekly run and schedule rest days or other activities on the hottest days.

"With the right planning and approach, runners can get their miles in throughout the summer," says Lawton. "Be cautious, though, and don't push it."

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 _____

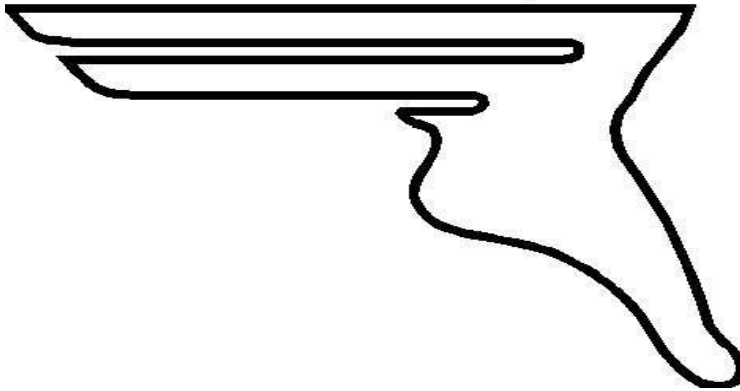
Shirt Size: (circle one) SMALL MEDIUM LARGE X-LARGE XX-LARGE

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)

Erie Runners Club, Inc.



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JULY



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**In
this
issue:**

Next on the ERC RACE SCHEDULE

July 16

ERC Presque Isle Half Marathon

August 20

Hamot 10K/5K Mayor's Cup Races

- Race Calendar
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- July meeting info
- July birthdays
- ERC contact info
- Race results & reports
- Race applications
- and more!!!*