

*Erie
Runners
Club
Newsletter*

AUGUST 2023

Volume XLVIII

Number 8



Next: September 10 Erie Marathon at Presque Isle

greg@affinityconnection.com>; davemcomi@gmail.com

Subject: Erie Half

Just wanted you to know that at least 11 runners stopped to help you and 8 of them did CPR. We know how great our local running community is and to thank them we did issue a refund for the runners that did CPR and all 11 will race next year for free.

The race director is my friend and is so thankful that you are OK. We did have a similar incident in 2018 at the marathon and he also survived due to going down about a mile from an ambulance. We contract to have 3 full rigs on standby for both of the races. I know you wanted to thank them and we wanted to thank them too. Thank you for contacting us with the update, so many people were praying and worried about you and it was great to let them know you are OK.

Suzy Carstater marathon director

From: Greg Woodman <greg@affinityconnection.com>

Date: 7/21/23 6:33 PM (GMT-05:00)

To: Suzanne Carstater

<scarstater@gmail.com>, davemcomi@gmail.com

Subject: Re: Erie Half

Hello Suzy,

Perhaps you can forward this story on to the 11 as my way of saying thanks. I am still working on "the story" as I research all involved.

I may speak to some of the Erie media as I think through some things. UPMC inquired if I would, and I said sure. I think it is a story that illustrates *how great Erie is and the people of Erie*. Plus, I am seriously considering how I might amplify the importance of CPR through this incident of so many good, trained people saving my life.

The doctors mentioned I received high quality CPR.

Thanks for keeping the communication open. And that is a wonderful gesture of offering the runners free entry next year.

Why Erie has my heart

I left the Presque Isle Half with a little piece of Erie in my heart. Or, technically, two

pieces - thanks to the skilled doctors at UPMC (University of Pittsburgh Medical Center) Erie.

I had already had a rough week. On July 10, I lost my 92-year-old dad. To give you an idea of how much he meant to me without requiring a full section of the paper, I will just say this: I asked him to be my best man in my wedding.

After services for him on Friday, July 14 in Maryland, I debated whether I would head to Erie for the half marathon on Sunday. I was emotionally and physically tired, but running is a passion and an outlet for me. Two of my three sons were also registered to run, and we decided to follow through. Running the past years with my adult children has become a sentimental fun-with-a-purpose experience. I had my eye on qualifying for Boston and this half was to train for the Erie Marathon that I had entered for September as the last chance to qualify for Boston 2024. By virtue of turning 65 in June, the 4-hour, 5-minute Boston qualifying time seemed teasingly doable as I am not really a real runner, but more a consistent 10-mile-a-week person. With the BQ goal, that mileage has been increasing since January to quality with my boys for Boston.

The course in Erie for the race is beautiful, highlighting Erie's greatest natural asset, Presque Isle State Park. I knew going in that having been helping my dad the prior two weeks, and not having run nor slept well, that this was going to be a tough run. I would be living off the prior two half marathons in the past 8 months (Philly and Las Vegas).

My last memory that morning is around mile 3.5. I started thinking I better get over to the side near the sand as I was feeling funky. Lucky for me, I collapsed in the right place at the right time—near a nurse. Macala was running near me and saw me go down. She and 11 others gave me CPR and the EMT crew arrived with an AED machine and epinephrine. In no uncertain terms,

Macala, and 10 other runners and the emergency medical team onsite saved my life.

At UPMC Erie, I received exceptional care and treatment. Another stroke of luck, the hospital is home to the Hamot Heart & Vascular Institute. With two stents in place, I was able to make my way home to State College, PA, on Wednesday.

I am told that for six minutes I had no heartbeat other than the beat from the hands of heroic fellow runners. My cardiologist made it clear that if this incident had happened somewhere else, I would not be sharing this letter with you today.

There is a lot that I would have missed. Our oldest and middle sons are both getting married in 2024. My youngest son, Nathan, who did finish with a 1:30 in the half, needs three hours flat for the full marathon to qualify for Boston. I am hoping he does go up to run the full marathon in Erie on September 10th . One, so he qualifies and two, for me to personally shake the hands of the amazing people in Erie who were there to save me.

My middle son Joe lives in Scottsdale, Arizona, and flew home for my dad's funeral and decided to enter the race. He was notified at mile 9 that it was me in the ambulance and he ran to the next water station where another amazing volunteer drove him to the finish, where he grabbed Nate and got to the hospital. Side note my oldest son is a Doctor at UPMC in Pittsburgh and he drove up that night. But because I was in Erie—on Presque Isle, next to Macala, minutes away from the Hamot Heart Center—I am here in State College today. So, I am writing to say thank you... to offer my deepest and most sincere gratitude to the people and the place that saved my life. Erie, you are in my heart—literally and figuratively—forever.

Use this link in your browser to read the online story:

<https://www.erienewsnow.com/story/49275925/a-second-chance-at-life-erie-nurse-saves-runner-during-presque-isle-halfmarathon?mibextid=Zxz2cZ&fbclid=IwAR0VSH29GYBjs04M2Qi5w9YtU0GpyysZ1HzgT48QTAoCt9so10DJz7tAPrM>

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

AUGUST 2023

- 2 - Andy King
- 6 - Kay Kaeberlein, Maryalice Culver
- 7 - Andy Krahe
- 8 - AnneMarie Harvey, Fred Beckwith
- 9 - Justine Rackovan
- 10 - Jeffrey McDonald
- 12 - Melissa Good
- 13 - Dennis Albreuczynski
- 14 - Carl Williams, Audrey King
- 16 - Philip Soly
- 17 - Cherie Harger, Nora Latcovich
- 18 - Rana Evanoff
- 19 - Landon Owens, Heidi Patterson
- 22 - Paulette Sheeley
- 26 - Anne Connell, William Hilliard
- 28 - Jason Gochoco
- 30 - Mark Loch

TNRL - another month of Tuesdays

Tuesday Night Racing League continues into August with a challenge - how many miles do *you* want to run/walk this month? Who can run the farthest? Who can be most consistent? Register for the August event (free for ERC and TRNL members) and run with RaceJoy during the month of August. See who comes out on top.

What is TNRL? It's an opportunity to meet with friends old & new every Tuesday to run at some new place. There is almost always a choice - 5K or 5 miles (or so) as well as roads and (sometimes) trails. Afta-afta is an opportunity to get together post-race for some conversation with friends.

All are welcome. Check out the club page at RunSignup.com/TNRL. We look forward to seeing you there.

July Board Meeting Minutes

Erie Runners Club Board Meeting

Monday July 17, 2023, Colony Pub & Grille, 6 pm

Meeting called to order: 6:06 pm by Dave 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 June 2023 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report: Motion to accept: KL, seconded by BT. All approved.

Guests: None

Correspondence: Misc. correspondence regarding the half marathon and marathon.

Old Business: None

New Business: No new business of note

Races: The UPMC Hamot Mayor's Cup 5K/10K race is next on Sunday, August 20. This event starts and finishes outside of the UPMC Hamot Campus. Start times are as follows: 10K run, 8 a.m., 5K Run, 8:15 a.m. The 5K Walk and 1 Mile at 8:15 a.m. The Toddler Trot at approximately 9:45 a.m. Register online at RunSignUp.com. Search Hamot 10k/Mayor's Cup. For more information or to volunteer, call David Comi 814-881-0060

The Erie Marathon at Presque Isle is on Sunday September 10th @ 7:00 a.m. starting and finishing adjacent to the ERC Beach 1 Pavilion. This marathon is a Boston Qualifier. Don't wait to sign up! Registration numbers are up 40% from last year. We anticipate this race will sell out. Registration is online at ***RunSignUp.com***: <https://runsignup.com/Race/PA/Erie/ErieMarathon>. Packet pick-up will be Saturday, September 9th at the Beach 1 Pavilion from 12 noon - 6 p.m.

and Sunday, September 10th from 5:45 – 6:45 a.m. We strongly recommend that you pick up your packet on Saturday. We will not delay the race start for racers who are late. Please follow the Marathon FB page for additional details. Participants will receive updated details and information via email through *RunSignUp.com*. Please consider volunteering for this awesome race. Volunteers are welcome and much appreciated. To find out more about volunteering, please contact David Comi at 814-881-0060.

Meeting adjournment - Motion to adjourn BT, 2nd KC, All approved. Meeting adjourned at 7:49 p.m. The next monthly board meeting will be held on Monday, August, 2023 at the Colony Pub & Grille.

CALENDAR OF EVENTS

AUGUST

- 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**

GAUDENZIA TO HOLD 25th ANNUAL RACE FOR RECOVERY

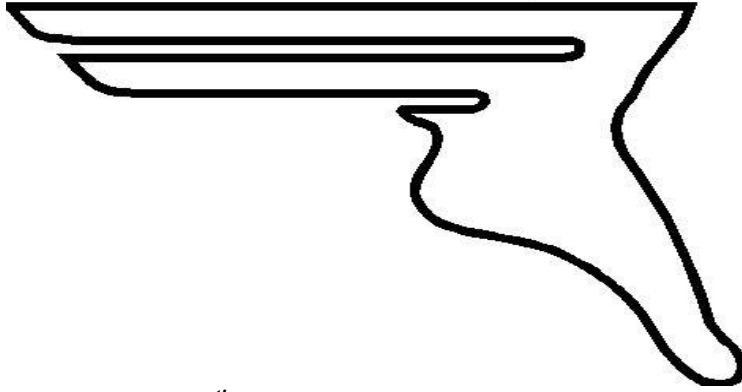
In conjunction with National Recovery Month, which is held annually in September, Gaudenzia, Inc. will hold its 25th Annual Race for Recovery on Saturday, September 16 at Presque Isle State Park's Rotary Pavilion. Registration for the event, which consists of a 5K walk/run and a 1K fun run/walk, will begin at 7:30 a.m. with the first race commencing at 9 a.m.

"Gaudenzia, Inc.'s annual Race for Recovery is our signature fundraising event, and it allows us to continue our mission of treating men and women in addiction recovery throughout the Erie community," said Jeff Shaw, Race for Recovery Director. "To be able to hold this event for 25 years is a testament to the commitment and dedication of the Gaudenzia staff as well as those in recovery."

The proceeds go toward Gaudenzia, Inc.'s Patient Fund, which allows the organization to provide treatment services for everyone that needs help in their battle with addiction. For more than 50 years, Gaudenzia, Inc. has been providing its clients with the tools that allow them a promising future and the ability to become productive members of the community as well as mentors to other people with the same needs.

In addition to the run and walk, the event includes entertainment from DJ Kelly, breakfast items and many raffle prizes. To register online, please go to <https://runsignup/erieraceforrecovery.com>

Erie Runners Club, Inc.



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



AUGUST



DATED MATERIAL - PLEASE DELIVER
PROMPTLY

**In
this
issue:**

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

Next on the ERC RACE SCHEDULE
August 20
Hamot/ Mator's Cup Races
September 10