

*Erie
Runners
Club
Newsletter*

SEPTEMBER 2023

Volume XLVIII

Number 9



Next up: Erie Marathon on Sunday, September 10

ERC Personal Endurance Classic

October 21st, 2023

So far, we are at 16 entries - a 65% increase over last year, which is pretty good. This year will continue the two-course setup – the short course on macadam, and the long course on macadam and through the woods. I love the long course a lot. Furthermore, the glow sticks and flags are back this year. While I would NOT say that you cannot get lost, I will say that nobody has gotten lost yet.

I'm asking for four volunteers this year for 3-hour shifts. That's just so that I can get some miles in while the event is going on and do it while I have someone I can count on to deal with "things". It involves sitting at the lap location and keeping water cups filled, opening snacks for folks, and just watching to be sure things are functioning properly. It's an easy way to get a free shirt.

Shirts this year are a nice blue color with the traditional (for me) design. Nobody will be surprised at the design this year. But that raises a question - who has the OLDEST endurance run shirt? If you bring it to the run, we'll hold a little contest for the oldest shirt around. I'm curious.

I have already sent the one and only email to past participants, so I can't do that again. Next year I'll probably send two - one early and one late. If you have not yet registered, now is a good time. I do need to order shirts relatively early to get the great pricing we've enjoyed in past years.

Hope to see you out there.

Jim Lang

August 2023 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday August 21, 2023

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

Meeting called to order: 6:05 p.m. by David Comi

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

Absent: Dan Albaugh

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

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

Guests: None

Correspondence: Misc. correspondence regarding the upcoming Erie Marathon. Various solicitations from out of town. Vendors trying to sell the ERC merchandise and services.

Old Business: Discussion regarding what to do with the old trailer since Dan is moving away. No decision made. Further discussion is needed. Marathon supplies that were discussed last month have been ordered. The Bayfront Connector water fountain repair is still pending.

New Business: The club is considering having the April membership meeting at the Beach 1 Pavilion due to the full solar eclipse. More discussion is warranted.

*** The ERC is looking for new people and new ideas and individuals who would be interested in directing some of our races. For more information, contact David Comi 814.881.7118.

Races: Another successful UPMC/Hamot Mayor's Cup 5K and 10K Race event was enjoyed by participants and volunteers alike. We had beautiful weather for this Celebrate Erie event. The toddler "run" always brings smiles to the faces of spectators. If you missed it this year, please plan to attend next year. Thanks to all the volunteers and participants!

Presque Isle Half Marathon – This year's event was unlike any other in our history. We witnessed once again the sense of community that we're privileged to be a part of, as well as the inherent goodness in people. When one of our participants collapsed near the 3-mile mark, other participants immediately went to his aid. For a full 6-7 minutes, the affected runner was kept alive by the hands of other runners performing CPR. They kept

him alive until the ambulance arrived and the EMTs could take over. The outcome was nothing short of miraculous. The man survived and was able to leave the hospital a couple of days later after having a severe cardiac event.

We are so grateful for the efforts, skill and selflessness of those who helped out. A huge thank you to the race planners and committee. The ERC would also like to thank the men and women who work for our ambulance company. We count on them to help during the worst of circumstances and they do an outstanding job.

The Erie Marathon at Presque Isle is Sunday, September 10th @ 7:00 a.m. – 1:00 p.m. at the ERC Beach 1 Pavilion. This marathon is a Boston Qualifier. Don't wait to sign up! Registration numbers are 40% up from last year. 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.

**Please note, the peninsula will be closed to traffic race morning. You will not be able to be dropped off.

Parking is at Waldameer Park at the top of the hill. Only volunteers with entry placards will be permitted to enter the park.

2023 Turkey Trot – Thanksgiving Day! This year's theme will be Looney Tunes! The race will be available on RunSignUp.com in mid-September.

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

Meeting adjourned at 7:38 p.m. The next monthly board meeting will be held on Monday, September 18, 2023 at the Colony Pub & Grille.

Respectfully submitted,

Kim Lawrence, Secretary

From the President's Pen

Hard to believe it is September already and almost the end of summer. Hope you all enjoyed the warm weather while it was here. You can already notice the cooler mornings.

The cooler start to the day hopefully will be a benefit to the over 1,400 entrants for the marathon on September 10. This year we have 11 different countries represented. We work hard to provide the participants with the best race they can possibly expect. We have a fast and very flat course to help them strive to qualify for Boston. Our volunteers and support staff make our marathon the best marathon in Erie this year.

Upcoming events for your running and walking pleasure are the Race for Recovery 5K on September 16th and the Personal Endurance Classic on October 21st. I believe both are on runsignup.

Here's an early reminder to sign up sooner than later for the Turkey Trot, which will go online in mid-September. I just want to let you know so you don't get shut out. The theme this year is Looney Tunes, and once again this year there will be some early bird prizes. I'm hoping **everyone** signs up for the Trot.

David Comi

Blowing out (Lots of) Candles

Wish a Happy Birthday to:

SEPTEMBER 2023

- 2 - Sam Corbin
 - 5 - John Grec
 - 7 - Kayden Smith
 - 8 - Heather Daubenspeck, Leigh Merski
 - 9 - David Comi
 - 11 - Tessa Comi
 - 12 - Eric Campbell, Charles Newton Sr.
 - 13 - Cassie Carr
 - 15 - Kora Schweitzer
 - 16 - Matthew Albreuczynski, Alexander Loch
 - 17 - Giselle Hiner
 - 18 - Paul Behnken, Ann Marie Tarasovitch
 - 19 - Autumn Comi, Kim Turi
 - 20 - Jessie Rinke, Bruce Kern
 - 21 - Joseph Horomanski, Chelsea Friedman
 - 23 - Dan Albaugh, Philip Friedman
 - 24 - Jerome Rouch
 - 28 - Robin Thomas
 - 30 - Fred Evanoff, Wendy Albreuczynski,
Scott Laskowski
- 



25th Annual Gaudenzia Race for Recovery 5K Run and 1K Fun Run

Join Gaudenzia on Saturday, Sept. 16, for the 25th Annual Race for Recovery at the Rotary Pavilion, Presque Isle State Park in Erie. This 5k Run/Walk and 1K Fun Run/Walk will include a DJ, awards, food, fun and more—an event you won't want to miss!



Race for Recovery raises funds each year to help Gaudenzia provide addiction and mental health treatment services to individuals impacted by substance use disorder (SUD) in the Erie community, regardless of their ability to pay. With your help this year, we can continue to help those who need it most. Can't attend in person? Show your support by participating in our virtual challenge.

Runners, walkers, virtual participants and sponsors are all welcome.

Register today!

2023 Team Hope Walk & 5K Run- Erie, PA



Saturday, September 30, 2023

REGISTRATION OPENS: 8:00 AM

WALK/RUN STARTS: 9:00 AM (RUNNERS TO LEAVE FIRST)

Presque Isle State Park - Beach 1

301 Peninsula Drive

Erie, PA 16505

Contact: Beth Gustafson

gustafso006@gannon.edu

Hi Dave, Dan, and Kim

We had reached out a while back about looking to do a 5K along Erie Bayfront. We were able to come up with a simple route to keep it bayfront, low on traffic, and conference attendees can easily get to it. We have the needed supplies and permits, we could just use help promoting it to the local runners.

We are a PA based nonprofit and we are co-hosting a large international conference at the Bayfront convention center with another nonprofit. This is the first time this conference is coming to PA and the first time it's held on the shores of a Great Lake in its 43 years. We are pretty excited to bring this to the lake professionals in our region but it's a large undertaking and we hope it's successful. I would like to ask if Erie Runners Club could help promote this event in their network. I have a link with the info and registration and also the graphic that will be on the shirts and it can be used for promotion. Any money made from this event sponsors the conservation and protection of our lakes, so it's for a good cause.

<https://www.nalms.org/nalms2023/clean-lakes-classic/>

Please just let me know if you could help with this and any other information you may need.

Thank you!!

Sincerely,

Kate Harms

Executive Director [Pennsylvania Lake Management Society](#)

2023 Clean Lakes Classic Run/Walk

- When: **24 October 2023**
- 7:00 AM - 8:30 AM (EDT)
- Location: Erie, PA

REGISTRATION

- **Clean Lakes Classic 5K Participant – \$30.00**

For attendees planning to participate in the Clean Lakes Classic 5K! Comes with a special event shirt in the size of your choice.

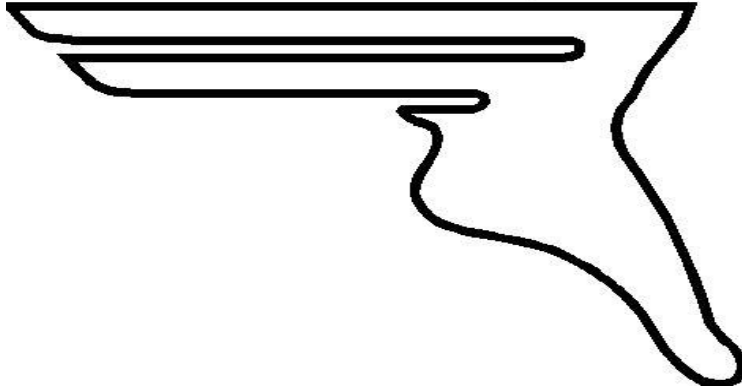
- **Tee Shirt Only – \$30.00**

For conference attendees who would like to receive a Clean Lakes Classic 5K shirt, but are not planning to run or walk the route.



Need a little mid-symposium physical activity? Strap on your running/walking shoes for the 2023 Clean Lakes Classic 5K Run/Walk! Starting at 7:00 am on Tuesday, October 24, the 5-kilometer run or walk takes participants on a route along the shores of Lake Erie. You need not be a runner to participate! Entry fee is \$30 and includes a t-shirt (if registered in advance). Onsite registration is allowed, but we cannot guarantee a run shirt.

Erie Runners Club, Inc.



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

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SEPTEMBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

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Next on the ERC RACE SCHEDULE

September 10

Erie Marathon

October 21

ERC Personal Endurance Classic

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