

*Erie
Runners
Club
Newsletter*

OCTOBER 2023

Volume XLVIII

Number 10



UP NEXT: ERC Personal Endurance Classic October 14

**ERC MEMBERSHIP MEETING
MONDAY, October 9th, 2023
Plymouth Tavern 7 p.m.
Speaker:**



**ERC EXECUTIVE BOARD MEETING
October 16th, 2023
6 p.m. at 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

CALENDAR OF EVENTS

OCTOBER

14 SuperKwik Challenge Half Marathon, 9 AM, Warren YMCA, Warren, PA, limited bus service to start line above Kinzua Dam, call 814-726-0110 or e-mail chris@warrenymca.org

14 Life Run 2020 10K/5K, 9 AM, also a fun walk, Burch Farms, 9210 Sidehill Rd, North East, PA, call Tim Broderick at 814-882-1333 or e-mail to office@peopleforlife.org

21 ERC Personal Endurance Classic, 6:30 AM, Harborcreek Twp. Community Park, Harborcreek, PA, 12-hour time limit to run/walk as many miles as you choose on a 1-mile loop, social distancing is still recommended. This race will be chip-timed, and congregating at the finish line is discouraged. There will be no support on course beyond pre-packaged food items and bottled beverages. Participants are encouraged to self-support using the parking available along the course in the Clark Road parking lot. e-mail to Jim Lang at jimlang@bigwhitetrailer.com

28/29 Bridge2Bridge Half Marathon, 8:30 AM, Ashtabula Harbor, Ashtabula, OH. The Half Marathon will be on Sunday Oct. 29 and the 5K will be on Saturday Oct. 28! Contact Warren Dillaway at 440-812-5392 or see website at <http://ashtabuladistancerunners.org/>

NOVEMBER

6 Autumn Leaves Run, 9 AM, Lake Farmpark, I-90 exit for OH Rt 306, 8800 Chardon Rd, Kirtland, OH, 5-mile off-road race, contact via e-mail at autumn.leaves.race@hotmail.com or check website at www.northeastrunningclub.org

23 ERC Turkey Trot 10K & 5K, Check the ERC website for information on the opening of race registration on RunSignUp.com. If you are interested in being a volunteer, please call David Comi at 814-881-0060 or e-mail to davemcomi@gmail.com

LOOKING AHEAD:

December 9 – Snowflake 5K Run/Walk

January 1, 2024 – ERC New Year's Day 5-Miler

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**

From the President's Pen

October is upon us and that means it is still dark when we get up to run before work. Please be safe and wear appropriate bright clothing to alert the drivers on the road who haven't yet had their three morning coffees.

We had a pretty good marathon this September - nearly 1,100 finishers and of those we had 29% qualify for Boston. An amazing stat is that seven of the 10 females in the 60-to-64 age group qualified. That shows, like a fine wine, people get better as they age.

Our Presque Isle Endurance event is coming up in the next few weeks. Jim Lang is still at the helm of this event. It is a fun time for all. Shortly after the Endurance Run is the Turkey Trot on November 23. Registration is at RunSignUp. Even though the cost of clothing keeps going up, we kept the pricing the same as last year. We are also going with the theme of Looney Tunes. If you know me, the Looney part seems to fit.

There will be different ways to win random prizes starting in mid-October. Sign up early to be sure to not get shut out. Packet pickup is the same as last year at Erie Fitness at 12th and Pittsburgh Ave. The after-party is at Rainbow Gardens as in the past.

In closing, I just received an invitation from the Appalachian Running Center/Shoe Fly store on upper Peach St. They will have a Brooks shoe representative there on October 11th from 9:30 a.m. until 11:30 a.m. if anyone is interested. Stay safe and good health to all.

David Comi

September Board Meeting Minutes

Erie Runners Club Board Meeting

Monday September 18, 2023

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

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

In Attendance: David Comi, Kim Lawrence, Bill Tobin, Greg Wigham, Tom Twohig, Janina Lee, Jeff Shaw

Absent: Dan Albaugh, Suzanne Carstater, Kathryn Carstater,

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

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

Guests: None

Correspondence: We received a request from one of our members asking us to more actively promote our races. The member also asked us to pay for wi-fi to be set up on the peninsula. We will not be paying thousands for wi-fi installation and ongoing monthly service at this time. The discussion was tabled as there are talks going on between the park and providers to possibly have it installed at the ranger station.

The club received many email thanks and great feedback about our marathon.

Old Business: The part for the water fountain on the East Bayfront Connector has finally been ordered so we are looking forward to it being operational in time for Spring 2024.

New Business: Regarding the water buffalo, a motion was made to purchase a rigid hose to make water stop set-up easier at future races.

KL made a motion to have our stereo system checked and cleaned. Seconded by JS. All approved.

Races: We had another successful Erie Marathon this year! Overall, 29% of our participants qualified for Boston. Erie continues to be one of the best marathons anywhere to qualify for the Boston Marathon.

We are so grateful for all of the volunteers, committee members and directors who made this race fun and a great experience for everyone.

Notes for next year's race: We will be moving water stop #1 back to the Stull Center area and move the Maintenance Road stop back to where it used to be for better race flow. Next year, we plan to have a separate table for the Water Stop Contest ballot box to make it easier to find and increase voting participation.

Next Up: The ERC Personal Endurance Classic at Harbor Creek Community Park, 3133 Clark Road, on Saturday, October 21st. Event begins at 6:30 a.m. and ends at 6:30 p.m. Come on out and walk a couple of miles before breakfast and return to do a few more. Come and go as you wish. Complete your personal endurance classic with as many miles as you can complete in the 12-hour window of time. A different kind of event. Fun and easy.

The race will be limited to 100 total participants. There are no trophies or prize money to be handed out but we will commemorate your mileage and times.

Register at
runsignup.com/ercpersonalenduranceclassic

2023 Turkey Trot – Thanksgiving Day, November 23, 2023. This year's theme is Looney Tunes and you'd have to be looney to miss this one. Do the 5K, 10K or both. The 10K starts at 7:30 a.m. and the 5K starts at 9 a.m.

The packet pickup location will be on Wednesday, November 22nd at Erie Fitness Now (2147 West 12th Street, Erie, PA) from noon until 7 p.m. You may also pick up prior to the race on Thursday, 11/23/2023 at the Beach #1 ERC pavilion. The parking lots at Beach 1 will close at 7 a.m. or when full - this will happen before the 10K start. You will not be able to enter the Beach #1 parking lot from 7 a.m. to 10:30 a.m. Race information emails will begin a few days before the race. There will be buses this year for the 5K and you must park at Waldameer. Don't forget to come to the after party at Rainbow Gardens.

This year, there will be 4 - \$1,000 gift certificates for a cruise to be awarded via random drawing. You must be a race participant over the age of 18 to win.

Race volunteers are still needed. To volunteer, please contact David Comi at 814-881-0060
Register at
runsignup.com/Race/PA/Erie/ERCTurkeyTrot

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

Meeting adjourned at 7:16 p.m. The next monthly board meeting will be held on Monday, October 16, 2023 at the Colony Pub & Grille

Respectfully submitted,

Kim Lawrence, Secretary

If you can't say anything nice,
you should go for a run.



Blowing out (Lots of) Candles

Wish a Happy Birthday to:

OCTOBER 2023

- 2 - Louis Andersen
- 6 - Sherry Highfill
- 9 - Gene Connell
- 13 - Matt Stebick, Hayley Thomas
- 15 - Mark Badarocco
- 19 - Thomas Tarpley, Lori Tanner,
Lisa Roberts
- 20 - Jessica Rufini
- 22 - Heather Jones
- 25 - Ginny Sackett, Helicia Sonney
- 26 - Elliot Spaeder
- 29 - Stacy Congdon, Melissa Goodwill

ERC 2024 NOMINATION FORM

Vice President_____

Treasurer_____

Executive Board Members

1. _____

2. _____

You may e-mail nominations to dan.a@erierunners.club or mail nomination form to: ERC, 1903 West 8th Street, PMB #296, Erie, PA 16505 or deliver to a current officer or board member by 11/13/23.

As outlined in the updated ERC by-laws, the offices of vice president and treasurer are up for election this year for a two-year term. The offices of president and secretary were elected to two-year terms last year and will not come up for re-election until next year.
Two executive board members will be elected, each for a 3-year term, through December, 2026.

Running Injuries: Basic Treatment

While treating an injury is specific to the type injury and background of the runner, many aspects are general in nature and can be discussed in an article such as this. However, don't consider this to be a cure-all, only a first step. If it works in your case, good. If not, seek personal and more experienced advice. But this is a good place to start.

Two things must be considered when treating an injury. First, what caused it and how can that be corrected. If this first step isn't analyzed and corrected, the injury either won't heal, or if upon rest and treatment it does heal, it is almost sure to return. The second step is to treat the injury to promote healing. While it is usually not necessary to completely stop running, it is definitely necessary to reduce effort and mileage. This limited activity is rest and is very important, but not the only treatment you should consider. Rest is a must; but, by itself, a slow method of treatment to cure an injury. Other treatments are a primary topic of this article and are the things I found very few runners employing. They seem to think that some magic will cause the injury to heal. Believe me, it's just like training - you've got to work at it. But, before we discuss treatment, let's investigate the cause of the injury to implement corrective action.

Few running injuries occur suddenly. They start as soreness or a low-grade pain that grows worse with time until the runner can no longer stand the pain and/or running is affected. At this point, the runner reduces or stops running for a period of time. Some healing takes place, and as soon as the runner can again stand the pain and run, he/she is back on the road hobbling along. Initially there may be indication of improvement, but soon he is back worse than before with much more scar tissue. This cycle may repeat several times before the runner seeks help.

What caused the injury? You may have an imbalance due to a structural problem or it could be due to a muscle imbalance. Do you stretch the muscles in the rear of the body and exercise to strengthen those in the front of the body? Is your left and right leg strides the same? Does one leg or

foot function differently than the other? Watch arm action - are they the same? If there is an imbalance in the running stride, arm action will not be equal to compensate. Someone else will have to view your running form to evaluate arm/leg/foot action. Even the trunk of the body may be compensating due to an imbalance and can lead to sciatica or other lower back problems. Does the heel of your shoe break down and rotate to the inside or outside of the sole? All these indicate imbalance due to the body - skeletal or muscle. Your problem may be caused by shoes overly worn on the sole, uppers that have lost rigidity and support, or the inner cushioning layer of the sole that has become compressed or mushy. Likewise, did the problem begin when you changed to new shoes or a different pair that you hadn't used in a long time? Through time and slow wear, you may have adapted to the wear pattern of the old shoes you are now wearing. The new shoes are flat and square - shifting your structure, transferring the load bearing points, and moving the forces to a slightly different area of the muscle. Think back to when the first noticeable soreness or pain started. What did you change - shoes, training methods, different terrain, more mileage, speed work, running on the opposite side of the road? Are you flat-footed, have a very high arch, have Morton's toe, have a foot structure that doesn't fit the standard shoe design, have dual ankle joints, one leg longer than the other (check hip joint alignment in a mirror), or an old injury that left a weakness or structural problem. Also, consider that you may just be over trained or have accelerated mileage, speed, hills, grass or beach running too quickly or have raced too frequently. Has your normal rest duration been shortened, sleeping less, working harder or involved in another sport? Summer heat often adds stress and disrupts chemical balance. In other words, consider all changes.

Basically, these causes fall into two categories. A change you made but could not adapt to, or an imbalance due to body (muscle, skeletal or compensation for another or old injury) or shoes. In the first case, revert back to the same conditions, shoes or whatever, that you used before the injury. When changing shoes, training, etc., do it gradually. In the second case, there were many sources of imbalance. Which one or ones caused your problem? Here are some corrective measures. Apply those that pertain to your problem

source. Get rid of defective shoes. Exercise the less active running muscles. Especially if you have knee problems, strengthen the thigh muscles, and exercise the stomach for sciatica or other back problems. Stretch and be sure you do proper stretches the proper way. Read about the subject of stretching. Done improperly, some are dangerous and can cause injuries. Experiment with arch cookies and/or heel wedges and even toe pads, dependent upon your problem. You may even need orthotics, but will need professional help for those. First, though, apply logic and common sense and, as Dr. Sheehan stated, "Be an experiment of one." Try a cookie; run easy several days; then judge if there is a change for the better or worse. Make adjustments and watch for change. When adjusting one function, hold all others constant, i.e. don't add a cookie, then go out and run twice your daily mileage. Above all, be patient and read your body signs.

How to treat the injury! If there is swelling, heat (inflammation) in the injured area and/or severe pain, stop running until they are gone and apply RICE (Rest, Ice, Compression, Elevation). Has the injury or pain caused you to alter your stride? If so, drastically reduce running or you will create injuries elsewhere and could permanently ruin your running form. In this case, reduce distance to 1/4 daily average and alternately walk and jog the distance until normal running form returns.

For all injuries, take aspirin on a regular basis until swelling and pain while walking are gone. Then take aspirin 1/2 to 1 hour prior to running until pain while running is gone.

If the injury is in a muscle, use a heat rub and massage the muscle four or five times a day. One time should be 1/2 to 1 hour prior to running. The muscle will heal quicker if you exercise it lightly (alternately walk/jog) and stop prior to noticeable fatigue. Do not exercise until pain increases. This is the judgment most use and damage has already exceeded what the next 24 hours of recovery can overcome. Thus, on a daily basis, the injury will grow worse. Too much exercise based on the pain level is the single greatest mistake made and is why running injuries become so severe and also why healing is so slow. Here is a method to overcome this problem.

Go to a track, if available, and jog the straights and walk the curves. If it must be done on the roads, find a level one and alternate walking and jogging each 110 yards. The track is best because it is level, distance can be gauged accurately, you are always near the stopping point and will be more likely to follow this ritual there. On the roads the distance to get home when the decision to quit is made is a problem, and all of us hate to have our friends see us walking; so we run when we should walk. Each time you follow the jog with the walk the muscles relax; thus, strain is less and you can get more exercise as therapy with less strain. Also, each time you begin the next jog you can compare the pain level with the last jog. Pain should decrease initially. If it doesn't, terminate jogging altogether and just walk. If walking is painful or uncomfortable, go home. As long as pain diminishes, keep alternating the jogging and walking. When this is no longer true, quit. That's the answer to how far you should go. The next day do the exact same routine and distance. At the end, analyze if there was improvement over the previous day. If no improvement or you are worse, cut back on distance. If this continues over several days, rest. If there was improvement, increase mileage the third day. Make day four the same as day three. Then every odd day increase mileage if there is improvement. Every even day should be the analysis day, same as the previous day. If you reach a point where improvement is minimal, stop increasing mileage. If there is ever a degradation, cut back. In several repetitions, there should normally be noticeable improvement. Shortly thereafter, progress should become rapid. When you reach half previous (before the injury) daily average mileage, eliminate every other walk in the mid-half of the workout. If this is satisfactory, continue to increase mileage and one by one eliminate the walking phases, starting in the middle of the workout, progressing to both ends. Even after the injury has healed, always do some walking and slow jogging to relax the muscles at warm-up and warm-down.

Unless there is swelling, heat, severe pain or impairment of running form, light exercise as described above is better than complete rest. There is a good reason for this. Normal muscle fibers are individual and slide relative to each other. When injured they are torn, and when healing occurs there is also a degree of lateral bonding

between fibers and this is termed scar tissue. This lateral bonding is eventually reduced by exercise, but lasts well beyond the actual fusing of the tear injury. The process is a source of internal irritation, causing low grade pain, swelling and additional metabolic action. It will increase the likelihood of additional or repeated damage to the fibers upon fatigue due to too rapid acceleration of training. Thus, it adds injury risk. It is also a pain that hampers running and can cause improper running form, which can in turn lead to other injuries. Scar tissue pain is confusing to the runner, for while the original fiber damage may now be repaired, pain in the area remains. The light exercise as described reduces the lateral bonding on a daily basis as healing takes place. Thus, the resultant scar tissue is less and duration as well as risk to recovery is reduced. However, there is a fine line between therapeutic exercise and the degree of exercise that causes additional damage. The initial phases are the most critical, but once past that phase, recovery is rapid - much more so than if there was a period of complete rest. Treat the injury before it becomes severe. Also, repeated setbacks increase scar tissue buildup significantly. All of you who have experienced a repetitious injury can relate to the slower recovery of each successive setback.

If the injury is in or near a joint, it could be tendon or ligament damage or a combination of both. The tendon tore due to being the weakest link in the muscle/tendon system. The weakest point is usually near or at the tendon/bone interface or in a joint where a bending action occurs. The point of pain must be treated, but the tension that caused the tear was a result of muscle tightness, spasms or cramps. Thus, secondary treatment of the muscle must occur to relieve tension from the tendon so that it can heal. Work on the tendon initially with ice and on the muscle with heat and massage. Add stretching at a relaxed, low effort when the tendon has healed sufficiently that stretching will not cause additional fiber damage. Stretching, like exercise, initially must be easy or it can cause rather than cure. Stretching is most effective when you are healthy to prevent injury, rather than as a cure after injury. Remember to use aspirin and the walk/jog exercise routine.

Ligament damage is harder to heal than muscles and tendons. They absorb nourishment from surrounding tissue, which is less effective healing.

They do not contain nerves; pain is from secondary swelling or a resulting injury to other tissue at the less stable joint. Thus, pain is delayed. You may not feel the repeat damage you are doing to them while exercising - that night or next morning, when too late, you find out. Also, they bind bones and tendons in place at or near a joint. When injured, they become stretched or torn; thus, the joint is less stable, adding to the risk of additional or repeated injury even when not running, as the joint flexes for our normal activities. Luckily, bone and ligament injuries are not as frequent in runners.

If you suspect a stress fracture, see a doctor and ask for an X-ray. Remember, stress fractures often do not show up until they are more than two weeks old. Dr. Joan Ulliot, in her book, *Women's Running*, stated that in her first two years of running she had probably five stress fractures, of which only two could be diagnosed by X-ray. Stress fractures in the foot need not always stop your running. However, you must reduce workouts and relieve the torquing action with an insert. Stress fractures above the ankle should be considered with more care, as it is harder to relieve the pressure that caused it. Once the stress that caused the fracture is removed, healing is usually rapid and leaves little lingering effects.

In summary, these are the primary points:

..... Analyze what caused the injury and correct it.

..... Use RICE on the injury if severe, swollen, inflamed or continuously painful.

..... Use heat and massage on the injury after it begins to heal and the symptoms above are gone.

..... Use heat and massage on all muscles associated with the injury from the start unless there is significant muscle damage – torn tissue accompanied with inflammation.

..... Use aspirin.

..... Don't force running when normal stride is impaired by an injury.

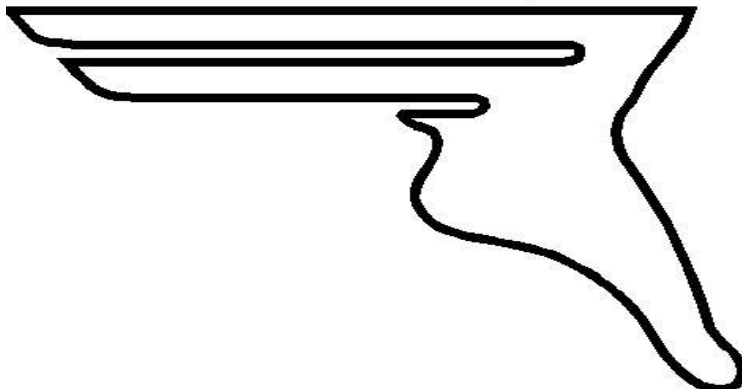
..... Use the walk/jog routine for recovery and progress analysis.

..... Be patient; use common sense and logic, and experiment.

A wealth of knowledge exists in books, magazines and internet, so read and educate yourself on treatment. If you consult a doctor, be sure he understands runner related injuries. It is very desirable that he be a runner. Runners are poor patients, and combined with an unsympathetic and over-worked doctor only skilled in traumatic injuries, you will only get more frustrated. Remember, though, you may have a problem that does require the professional help of a doctor.

Harold Tinsley a lifelong runner, he and his wife Louise have directed the annual Huntsville Rocket City Marathon, one of the nation's finest, every year since 1977. He is past president of the Road Runners Club of America and served on the Athletic Congress board of directors. At the age of 41 he ran a 2:33.05 marathon and won the National RRCA 10K Masters Championship at the Peachtree10K in Atlanta in 1977. He and his wife edit and publish the Huntsville Track Club News.

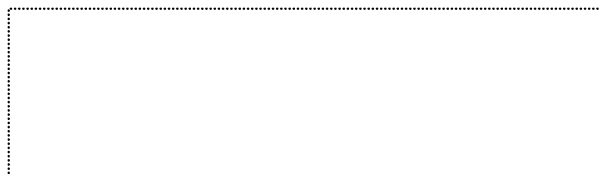
Erie Runners Club, Inc.



PRST STD
U.S. POSTAGE
PAID
ERIE, PA
PERMIT No. 252

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

OCTOBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

In
this
issue:

Next on the ERC RACE SCHEDULE

October 14

ERC Personal Endurance Classic

November 23

ERC Turkey Trot

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