

*Erie  
Runners  
Club  
Newsletter*

NOVEMBER 2023

Volume XLVIII

Number 11



Next up: November 23 – Turkey Trot 10K & 5K

**ERC MEMBERSHIP MEETING  
MONDAY November 13, 2023  
Plymouth Tavern 7 PM  
Speaker:**

✂ ✂ ✂ ✂ ✂ ✂

**ERC EXECUTIVE BOARD MEETING  
November 20, 2023  
6 p.m. at Colony Pub & Grille**

**OFFICERS and BOARD MEMBERS for 2023**

- PRESIDENT: David Comi (2024)**  
814-881-0060 davecomi@erierunners.club  
**VICE PRESIDENT: Dan Albaugh (2023)**  
814-774-3209 dan.a@erierunners.club  
**TREASURER: Kathryn Carstater (2023)**  
**SECRETARY: Kim Lawrence (2024)**  
kiml@erierunners.club

**BOARD MEMBERS (final year of term)**

- Greg Wigham (2025)**  
gregw@erierunners.club  
**Jeff Shaw (2025)**  
jashawpa@gmail.com  
**Janina Lee (2023)**  
janinal@erierunners.club  
**Suzanne Carstater (2023)**  
suzannec@erierunners.club  
**Bill Tobin (2024)**  
814-398-2908 billt@erierunners.club  
**Tom Twohig (2024)**  
tomt@erierunners.club



**ADDRESS CHANGE or CORRECTION**

Please e-mail [suzannec@erierunners.club](mailto:suzannec@erierunners.club) with **ANY** change in address.

**Newsletter Editor:** Janina Lee 703-477-7754

**e-mail:** [janinal@erierunners.club](mailto:janinal@erierunners.club)

**WEBSITE:** [www.erierunners.club](http://www.erierunners.club)

**Send mail to Erie Runners Club,  
1903 West 8<sup>th</sup> Street, PMB #296, Erie, PA 16505**

**CALENDAR OF EVENTS**

**NOVEMBE**

**4 Flannels & Flapjacks 8:30 AM – 12:00 PM**

*Wainer Park 11800 Edinboro Rd, Edinboro, PA.* Trail Run 5K race taking place in Wainer and Inspiration Parks in Edinboro, PA. Participants are encouraged to wear flannel or flannel patterned clothes. Race registration fee includes 3 pancakes for each registrant – additional stacks of pancakes can be purchased @ \$5.00 per additional person (that way runners with non-running family can have their family enjoy pancakes with them after the race). Water, hot cocoa and coffee will also be available. Any money made will be going to the Washington Township Park and Recreation Committee to be used for Township Park improvements

[Online Registration available here.](#)

**23 ERC Turkey Trot 10K & 5K, Beach #1, Presque Isle State Park, Erie, PA.** 10K start at 7:30 AM, 5K start at 9 AM.

Packet pick-up will begin on Wednesday November 22nd at noon and will end promptly at 7. Pick up location is Erie Fitness Now, you may also pick up prior to the race on Thursday, 11/23/2023 at the Beach one Erie Runners Club Pavilion. As usual you can sign up for the 5K, 10K or both. Shirt or hoodie is optional. **Don't forget to come to the after party at Rainbow Gardens**

[Online Registration available here.](#)

If you are interested in being a volunteer. please call David Comi at 814-881-0060 or send an e-mail to [suzannec@erierunnersclub.org](mailto:suzannec@erierunnersclub.org)

**DECEMBER**

**10 Snowflake 5K Run/Walk, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA **TBD****

**17** The Skunk and Goat Tavern is proud to continue the tradition of the Miller Mistletoe Mile!

This one-mile, run/walk race around downtown North East is the perfect way to spread holiday cheer and enjoy an evening of family fun & community in our picture-perfect downtown.

As always, the race intends to lift up a member of the community, and proceeds are donated to help in some way.

This year, all proceeds from the race will go to establish scholarship funds for two graduating seniors who have lost both of their parents.

Zane Strong and Isabella Bostwick both lost their mothers to cancer several years ago. Mary Knight Strong and Emily Bostwick were bright lights that had shone throughout the community, volunteering at St. Gregory Parish, the Girl Scouts, and beyond.

In 2021, both Zane and Isabella lost their fathers, too. John Strong spent his career serving the people of Millcreek as a township employee. He retired to care for Mary during her illness and after her death spent countless hours volunteering with youth football. He enjoyed his motorcycle and working out, converting his garage into a gym that welcomed all. He passed away in Sept. 2021. Matthew Bostwick was a lifelong resident of North East, farmer, and co-owner of Heritage Wine Cellars. The father of three, including Isabella, Iris, and Eli, Matthew died in Dec. 2021.

About the Run/ Walk course itself: This is a road course. It starts on Route 89 on (North Lake Street) near Gibson Park in North East and ends at Gibson Park. The course is approximately a 1-mile loop on fairly flat terrain.

Registration will also be available on the evening of the race. Registration will take place near The Skunk and Goat Tavern from 4:30 PM – 5:30 PM. (outside either in the parking lot next to the tavern or across the street in Gibson Park.

Packet pick-up will be outside, before the race.

After the race, The Skunk & Goat will provide live music and refreshments in Gibson Park for all participants.

[Online Registration available here.](#)

## JANUARY 2023

- 1 ERC New Year's Day 5-Miler, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, call Dan Albaugh at 814-460-9930 or e- mail to [dan.a@erierunners.club](mailto:dan.a@erierunners.club) VOLUNTEERS NEEDED

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 Janina at 704-477-7754, or send details (along with a copy of the race application, if available) to ERC Newsletter Editor, 1903 West 8<sup>th</sup> Street, PMB #296, Erie, PA 16505**

*Welcome to November and the chilly days that come with it. We are in the process of enlisting a new newsletter editor. Please allow her a chance to get everything in order.*

*Be aware that the Turkey Trot is coming up fast. Also note that soon there will be an increase in the cost. Please sign up soon to take advantage of the better value. As you know the theme is Looney Tunes, referred to as Turkey Tunes 2023. Packet pick up is on Wednesday at Erie Fitness on 12th and Pittsburgh Ave. You can come between noon and 7:00 pm. You can pick up for other family and friends coming from out of town, etc. as long as they know you are picking up.*

*I wish you the best of health,  
David Comi*

**This is the proposed race calendar for 2024. We are in the process of getting approval from Presque Isle State Park and several other venues**

**to confirm the dates as selected. Once approval is received, the calendar will be set. Stay tuned!**

**Monday January 1, 2024** – New Year's Day 5-Miler  
**Sunday February 11, 2024** ERC Valentine Prediction Run/Walk  
**Saturday March 16, 2024** - ERC St. Pat's 10K  
**Sunday April 28, 2024** – ERC Tutu Run 2.2 or 4.4  
**Sunday May 12, 2024** – ERC Mother's Day 5K Run/Walk  
**Sunday June 22, 2024** – NEW! ERC Dog's Day Run/Walk  
**Sunday July 21, 2024**– ERC Presque Isle Half Marathon  
**Sunday, August 20, 2023** – UPMC Hamot 10K & 5K & Kids' Runs  
**Sunday September 8, 2024`** – Erie Marathon at Presque Isle  
**Saturday October 19, 2024** – ERC Personal Endurance Classic  
**Thursday, November 28, 2024** – ERC Turkey Trot 10K & 5K  
**Sunday, December 7, 2024** – Snowflake 5K Run/Walk

**From the President's Pen**

## October 2023 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday October 16, 2023

Colony Pub & Grille, 6:00 pm

### Meeting Called to Order:

6 pm 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 September 2023 meeting were published and distributed to the general membership via the newsletter.

### Treasurers Report:

Motion to accept: GW Seconded by BT All approved

### Guests:

None

### Correspondence:

Misc. Email about the Erie Marathon and the Turkey Trot

### Old Business:

The water trailer is winterized and in storage for the winter.

### New Business:

Discussion was had about who should fill-in as the temporary Vice President until the term end since Dan Albaugh moved to Kentucky. SC made a motion for Greg Wigham to fill the temporary vacancy and BT seconded the motion. Greg accepted and all approved. The new Vice President will start with the new term.

Discussion was also had about the future of the December Race, The Snowflake Race. It has always been a Silkscreen Unlimited and was directed by Dan Albaugh. Prior to moving Dan let us know that Silkscreen was uncertain whether they would want to continue. He last spoke with them in April of 2023 and

they haven't reached out to us since then. KL to contact Silkscreen to find out what their status is.

In addition, we discussed the ERC First Day Race. Kathryn Hughes (nee Kathryn Carstater), Janina Lee and Kim Lawrence agreed to co-direct this race. At press time, we are awaiting information from the park as to whether we will be able to rent any of the facilities because they are tentatively closed for the holiday.

### Races:

**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. 10k starts at 7:30 am and 5k starts at 9 am.

The packet pickup location will be on Wednesday, November 22nd at Erie Fitness now (2147 West 12th Street Erie, PA) from noon until 7 PM. You may also pick up prior to the race on Thursday, 11/23/2023 at the Beach one runners club pavilion. The parking lots at Beach 1 will close at 7:00 or when full, this will happen before the 10K start. **You will not be able to enter the beach 1 parking lot from 7:00 to 10:30.** 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 - \$1000 gift certificates** for a cruise to be awarded via random drawing. You must be a race participant over the age of 18 to win.

<https://runsignup.com/Race/PA/Erie/ERCTurkeyTrot>

**Race volunteers are still needed. To volunteer, please contact David Comi 814-881-0060.**

Next Up: The December Snowflake and the January First Day Race are on standby pending confirmation of status. Please check the next newsletter and/or our website [www.ErieRunners.Club](http://www.ErieRunners.Club)

**Meeting Adjournment** - Motion to Adjourn SC, 2<sup>nd</sup> JL, All Approved.

Meeting Adjourned at 7:12 pm. The next monthly board meeting will be held on Monday, November 20, 2023 at the Colony Pub & Grille.

Respectfully Submitted by  
Kim Lawrence, Secretary



## Blowing out (Lots of) Candles

Wish a Happy Birthday to:

### NOVEMBER 2023

- 1 - Heidi McLallen
- 6 - Heather Devlin
- 7 - Beth Kopay
- 8 - Daryl Karney, Katherine Blakeslee
- 9 - Kevin Louis
- 11 - Fredrick McLaughlin
- 12 - Benjamin Stumpf
- 13 - Sue Zill
- 15 - Mary Blakeslee, Patty Warner

Happy Birthday from  
your friends at Erie  
Runners Club!



- 16 - Michael Stroup, Steve Saber
- 17 - Gary Potts, Jim Horomanski, Remi Kaplan
- 19 - Edward Movinsky, Donna Shaw
- 21 - Jason Fisher
- 22 - Karen Rubay
- 24 - Jennifer Decker Obergfell,  
Christopher Hawes
- 26 - Matthew Hodas
- 28 - Lisa Karney, Michelle Easley,  
Christopher Albaugh

# ERC 2024 BALLOT

Vice President:   └┘ Greg Wigham

Write-in: \_\_\_\_\_

Treasurer:   └┘ Kathryn Hughes (nee Kathryn Carstater)

Write-in: \_\_\_\_\_

Per the by-laws, the offices of president and secretary will be elected in this cycle to two-year terms. The offices of vice president and treasurer were elected to two-year terms last year and will come up for re-election next year. Two executive board members will be elected, each for a 3-year term, through December, 2025.

## Executive Board Members

└┘ Suzanne Carstater

☒☒☒

└┘ Janina Lee

Write-in: \_\_\_\_\_

Write-in: \_\_\_\_\_

You may e-mail ballot to *dan.a@erierunners.club* or deliver to a current officer or board member by December 12, 2022.

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# ERC 2024 BALLOT

Vice President:   └┘ Greg Wigham

Write-in: \_\_\_\_\_

Treasurer:   └┘ Kathryn Hughes (nee Kathryn Carstater)

Write-in: \_\_\_\_\_

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## Executive Board Members

└┘ Suzanne Carstater

☒☒☒

└┘ Janina Lee

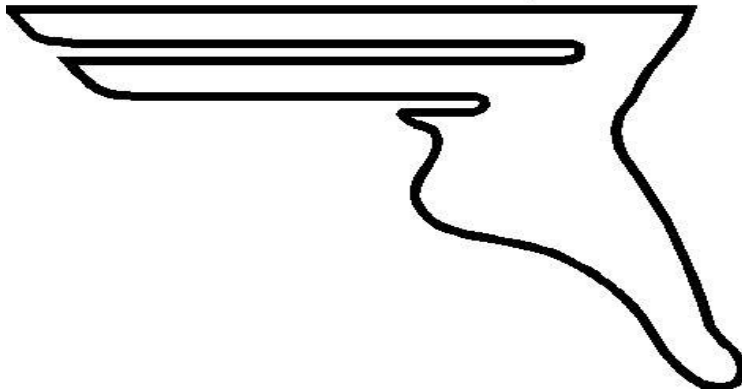
Write-in: \_\_\_\_\_

Write-in: \_\_\_\_\_

You may e-mail ballot to *dan.a@erierunners.club* or deliver to a current officer or board member by December 12, 2022.

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# Erie Runners Club, Inc.



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## NOVEMBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

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In  
this  
issue:

### Next on the ERC RACE SCHEDULE

November 23  
ERC Turkey Trot

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