

*Erie
Runners
Club
Newsletter*

JULY 2024

Volume MMXXIV

Number 7

*"I imagine all the other runners are big
spiders & get super scared."
- Usain Bolt on running fast*



NEXT UP:

Sunday July 21: ERC Presque Isle Half Marathon

ERC MEMBERSHIP MEETING

MONDAY, July 8th, 2024

Outdoors at 7 p.m. at Beach 1 Pavilion.

Hot dogs on the grill, beverages, & more!

Bring a dish to share if you wish!

✕ ✕ ✕ ✕ ✕ ✕

ERC EXECUTIVE BOARD MEETING

Monday July 15th 2024

6 p.m. Colony Pub & Grille

OFFICERS AND BOARD MEMBERS FOR 2024

President: David Comi (2026) 814-881-0060

Vice President: Greg Wigham (2025)

814-873-0100 greg.wigham@gmail.com

Treasurer: Kathryn (Carstater) Hughes (2025)

ksc160@gmail.com

Secretary: Kim Lawrence (2024)

kim@fireflystudios.com

Board Members (final year of team)

Jen Lang (2025) jenlang@bigwhitetrailer.com

Jeff Shaw (2025) jashawpa@gmail.com

Janina Lee (2026) Janina_lee@rocketmail.com

Suzanne Carstater (2026) uropa40@aol.com

Bill Tobin (2024) 814-398-2908

william.tobin31@verizon.net

Tom Twohig (2024) tom2hig@gmail.com



ADDRESS CHANGE or CORRECTION

Please e-mail suzannec@erierunners.club with **ANY** change in address.

Newsletter Editor: Janina Lee 703-477-7754

e-mail: Janina_lee@rocketmail.com

WEBSITE: www.erierunners.club

Send mail to Erie Runners Club,

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

June 2024 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday June 17, 2024

Colony Pub & Grille, 6:00 pm

Meeting Called to Order:

6:05 pm by David Comi

In Attendance:

David Comi, Suzanne Carstater, Kim Lawrence, Bill Tobin, Greg Wigham, Kathryn Hughes, Janina Lee, Jeff Shaw, Jen Lang

Absent: Tom Twohig

Secretary's Report:

The minutes of the May 2024 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report:

Motion to accept: SC Seconded by JW All approved

Guests:

None

Correspondence:

Misc. requests from vendors to sell merchandise for our races. Email from potential race volunteers.

Old Business:

The ERC will once again participate in the Chalk Walk downtown this summer as a part of Celebrate Erie. JS made a motion to support HarborCreek Community Park with one of their park improvement programs. Seconded by GW, all approved.

East Bayfront Water Fountain update: JS is working on bids. We found a place to donate the old speakers and sound system. JS will talk to Hamot about the Mayor's Cup UPMC Hamot 10k sponsorship.

New Business:

Jim Lang of Big White Trailer made the ERC aware that RunSignUp has a new functionality available for running clubs. Free websites. KL made a motion to have Jim move our website to RunSignUp to see if we like it and it works. BT seconded. All approved as long as it is completely free. The board also agreed that we will not be moving our domain name, which is currently controlled by Jim Lang.

In other tech news, Jim Lang made the club aware that some races are using AI to answer race questions. The board decided that they do not want to implement any type of AI at this time. We will revisit in a year or two when there is more information and usage history available.

Races:

July:

Presque Isle Half Marathon - Sunday, July 21st at the ERC Beach 1 Pavilion. Come on out and run or cheer for our participants. It's going to be great! The medal this year salutes the Total Eclipse. It's super awesome artwork you won't want to miss! Sign up at RunSignUp.com. Volunteers are welcome! Call Race Director David Comi to volunteer at 814-881-0060.

August:

UPMC Hamot/Mayor's Cup 5K/10K – At this time this event is tentative pending permit approval.

Sunday, August 18, 2024. This event starts and finishes outside of the UPMC Hamot Campus. Start times are as follows: 10K run, 8 a.m., 5K Run/Walk, 8:15 a.m. The Toddler Trot at approximately 9:45 a.m. The Course remains the same as the past several years. Start out west of the Campus to the South Shore area and then return to the Campus. Pre-race Packet Pick-up will be at the UPMC Hamot North Lobby area, 201 State St. on Friday noon until 5:00 p.m.

(Subject to confirmation)

Post Race party and awards will be in front of the UPMC HAMOT Surgery Center with Prizes, Volunteers are needed. For more information or to volunteer, call David Comi 814-881-0060

September:

The Erie Marathon! Sunday September 8th. 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 BT, 2nd JL, All Approved.

Meeting Adjourned at 6:52 pm. The next monthly board meeting will be held on Monday, July 15, 2024 at the Colony Pub & Grille

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.eriemarathon.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 2024 race calendar.

October 19, 2024 – ERC Personal Endurance Classic
November 28, 2024 – ERC Turkey Trot 10K & 5K
December 8, 2024 – 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 Janina at 703-477-7754, 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**

How mindfulness can support your fitness

One of the reasons we love running so much is that it's as good for the mind as it is for the body. That's probably why this t-shirt has always spoken to us: "[I Run to Burn Off the Crazy](#)." Lots of people use exercise as a tool to support their mental health, but they may not fully appreciate that this mind-body connection is a two-way street. What we mean is, our thought patterns and mental frameworks can impact our physical health, and that's one reason mindfulness habits have proven to be so effective: "[Can mindfulness really make you happy, lower your blood pressure and improve your sleep? Experts reveal all](#)." Mindfulness is the practice of sustaining attention on your own thoughts in the present moment, but unlike meditation, it can be done any time you like, and during nearly any task. As you might expect, mindfulness practice can improve mental aspects like mood and cognition, but it can also help with your physical condition. Research shows mindfulness can sharpen athletic performance. If that sounds good to you, you should check out these: "[20 Mindfulness Exercises for Athletes](#)." First on the list is a classic exercise called a body scan, and if you'd like a guided example of how it's done, you can listen to "[Mindfulness Exercise: Body Scan](#)." Another popular method among athletes is utilizing visualization, which is especially effective at reducing pre-race nerves and improving game-time decisions. If you're skeptical of the power of mindfulness, we don't blame you, but a report called "[Mindfulness in Athletes](#)" [Current Sports Medicine Reports \(lww.com\)](#) from *Current Sports Medicine Reports* should answer any questions you've got. #MindfulMatters

NEW RACE – The Dog Days of Summer was held on Saturday, June 22nd at Harbor Creek Community Park!

Kudos to Kathryn Hughes on her first time directing an ERC race. Most of our races do not permit dogs, so this was a first for us. All the credit goes to Kathryn for this great idea! A huge fan of dogs herself, she decided that The Dog Days of Summer "Race" would be Erie's only walk/run focused on the sheer fun of dogs and their owners. All dogs were on a leash and well behaved. It would have been nice to have the weather that happened 2 days later, but participants still had such a nice time that they have asked that we do this again next year! We look forward to it. Tell your friends – we'd love to see you next year!

Blowing out (Lots of) Candles

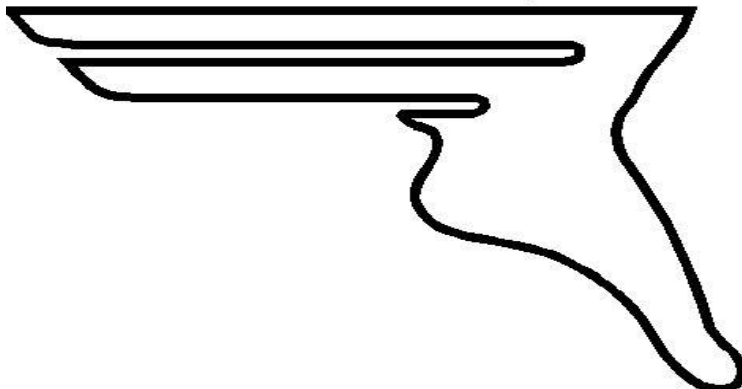
Wish a Happy Birthday to:

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



Erie Runners Club, Inc.



1903 West 8th Street, PMB #296

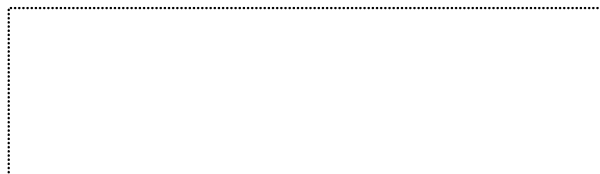
Erie, PA 16505

PRST STD
U.S. POSTAGE

PAID

ERIE, PA
PERMIT No. 252

JULY



DATED MATERIAL - PLEASE DELIVER
PROMPTLY

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