

*Erie
Runners
Club
Newsletter*

OCTOBER 2024

Volume MMXXIV

Number 10



UP NEXT: ERC Personal Endurance Classic October 19

Shirt, Refreshments, DJ, Complimentary wine
tasting at Burch Farms. Follow the race at
[Facebook.com/LifeRunErie](https://www.facebook.com/LifeRunErie).

OFFICERS AND BOARD MEMBERS FOR 2024

President: David Comi (2024) 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

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



Please e-mail uropa40@aol.com with **ANY** change in address.

Newsletter Editor: Janina Lee 703-477-7754
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WEBSITE: *www.erierunners.club*

Send mail to Erie Runners Club, 1903 West 8th Street, PMB #296, Erie, PA 16505

OCTOBER

Slade Road Park 7840 Slade Rd., Harborcreek Township. Enjoy scenic country roads in the vineyards of Harborcreek and North East Townships. Come out for some fun and enjoy the fall harvest season in a beautiful country setting.

19 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

- Flannels & Flapjacks, 8:30 AM, Trail Run, 5K race taking place in Wainer and Inspiration Parks in Edinboro, PA. Participants are encouraged to wear flannel or flannel patterned clothing. 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. Benefiting Washington Township Park and Recreation Committee to be used for Township park improvements.
<https://runsignup.com/Race/PA/Edinboro/FlannelsandFlapjacks>

NOVEMBER

28 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 8, 2024– Snowflake 5K Run/Walk
January 1, 2025 – ERC New Year's Day 5K & 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 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**

From the President's Pen

Welcome to October, the leaves are changing and the nights are getting a little cooler. Snuggle weather. Our Endurance event is coming up this month. If anyone wants to offer to assist for a couple of hours at the event, you can contact me or Jim Lang. Always a fun time had by all.

Next on the agenda for the club is the Jurassic Trot. From the name you can figure out the theme. Some new changes for the events. No parking will be available on Beach 1 that morning. Both 10K and 5K participants will park at Waldameer and bus down to the start. Also, the bus returns to Waldameer. This is the result of a safety issue brought to our attention by staff and the Park itself. Many 10K runners were trying to leave P.I. while the 5K run/walk was going on. A few close calls with vehicles and participants made this an easy decision. The 5K will have a staggered start with corrals for the start. Line up according to your projected minute per mile capabilities. Your time will start when you cross the timing mat.

The application will have the usual choices. No shirt, t-shirt (additional cost), sweatshirt (additional cost). This year many asked if we could get tie dye sweatshirts. The cost is \$8 more than a regular sweatshirt. The choice is on the application. This is totally your choice to purchase the tie dye. If you choose the sweatshirt and pay the lesser amount that is the item you will receive.

When you come to pick up and see people with the tie dye sweatshirts, that is what they ordered. The color of tie dye is teal and black. There will be items out on course to find and return for prizes as in the past. Keep your eyes open. Happy hunting!

~ David Comi

September 2024 Board Meeting Minutes

Erie Runners Club Board Meeting

Monday September 16, 2024

Colony Pub & Grille, 6:00 pm

Meeting Called to Order:

5:58 pm by Greg Wigham

In Attendance:

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

Absent: David Comi, Tom Twohig

Secretary's Report:

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

Treasurers Report:

Motion to accept: JLang Seconded by BT, All approved

Guests:

None

Correspondence:

Misc Email and FB Messenger regarding our races.

Old Business:

The Eastside Bayfront Connector water fountain is fixed and operational. It is on until November 15th and then will be winterized until Spring.

New Business:

After board discussion, KL made a motion to rent a fourth locker (#31 – adjacent to our other storage lockers) for storage for ERC belongings and to be able to better stage our race supplies and equipment for races. BT seconded, all approved.

BT made the board aware that some of the orange race fencing will need to be replaced before the 2025 Erie Marathon.

Races:

October Race: **ERC Personal Endurance Classic** at Harbor Creek Community Park 3133 Clark Road. Saturday October 19th. **Event begins at 6:30 am and ends at 6:30 pm.** 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. There are no trophies or prize money to be handed out but our timer will record your mileage and times. Register at RunSignUp. Search ERC Personal Endurance Classic.

November Race: **2024 Turkey Trot Annual 10k and 5k event. Thanksgiving Day, November 28, 2024.** The 10K will begin at 7:30 The 5K at 9:00. Beach 1, Presque Isle State Park. Details to follow in next month's newsletter and our website.

Meeting Adjournment - Motion to Adjourn KL, 2nd JS, All Approved.

Meeting Adjourned at 7:15 pm. The next monthly board meeting will be held on Monday, October 21, 2024 at the Colony Pub & Grille

Respectfully Submitted by Kim Lawrence, Secretary



Blowing out (Lots of) Candles

Wish a Happy Birthday to:

OCTOBER 2024

- 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

The Truth Behind ‘Runner’s High’ and Other Mental Benefits of Running

Fitness and Performance Boosting Your Mood

Reviewed By David J. Linden, Ph.D.

You may have experienced it — that relaxing feeling after a good run. Often referred to as “runner’s high,” the experience is usually attributed to a burst of endorphins released during exercise. But is that truly an endorphin rush you’re feeling, or something else?

David Linden, Ph.D., a professor of neuroscience at the Johns Hopkins University School of Medicine, breaks down the phenomenon of runner’s high and other effects running has on the brain.

What Happens to Your Body — and Brain — During a Run

When you start out on your run, your body goes through a transition: Your breathing may become heavy, and you might notice your pulse quicken as the heart pumps harder to move oxygenated blood to your muscles and brain.

As you hit your stride, your body releases hormones called endorphins. Popular culture identifies these as the chemicals behind “runner’s high,” a short-lasting, deeply euphoric state following intense exercise. Surveys have revealed runner’s high to be rather rare, however, with a majority of athletes never experiencing it. “Indeed, many distance runners feel merely drained or even nauseated at the end of a long race, not blissful,” says Linden.

And though endorphins help prevent muscles from feeling pain, it is unlikely that endorphins in the blood contribute to a euphoric feeling, or any mood change at all. Research shows that endorphins do not pass the blood-brain barrier.

That relaxed post-run feeling may instead be due to endocannabinoids — biochemical substances similar to cannabis but naturally produced by the body.

Exercise increases the levels of endocannabinoids in the bloodstream, Linden explains. Unlike endorphins, endocannabinoids can move easily through the cellular barrier separating the bloodstream from the brain, where these mood-improving neuromodulators promote short-term psychoactive effects such as reduced anxiety and feelings of calm.

Long-term Mental Benefits of Exercise

The mental benefits don’t stop when you finish your run — regular cardiovascular exercise can spark growth of new

blood vessels to nourish the brain. Exercise may also produce new brain cells in certain locations through a process called neurogenesis, which may lead to an overall improvement in brain performance and prevent cognitive decline.

“Exercise has a dramatic antidepressive effect,” says Linden. “It blunts the brain’s response to physical and emotional stress.”

What’s more, the hippocampus — the part of the brain associated with memory and learning — has been found to increase in volume in the brains of regular exercisers. Other mental benefits include:

- Improved working memory and focus
- Better task-switching ability
- Elevated mood

By making running or jogging (or any aerobic exercise) a regular part of your routine, you stand to earn more than just physical gains over time. “Voluntary exercise is the single best thing one can do to slow the cognitive decline that accompanies normal aging,” says Linden.

Source: www.hopkinsmedicine.org

As outlined in the updated ERC by-laws, the offices of president and secretary are up for election this year for a two-year term. The offices of vice-president and treasurer 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, 2027.

ERC 2025 NOMINATION FORM

President **David Comi**

Secretary **Kim Lawrence**

Write In: _____

Executive Board Members

1. Bill Tobin

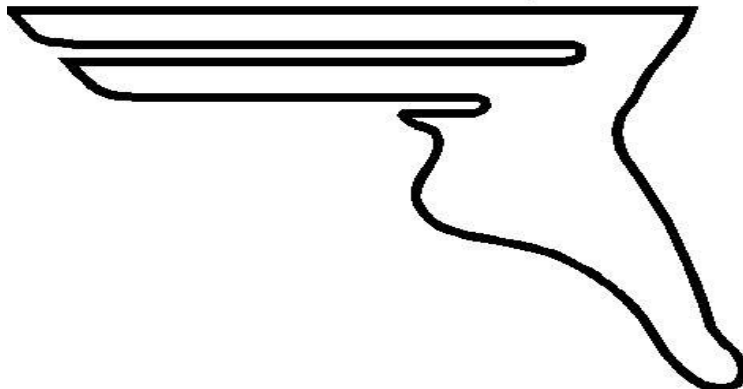
2. Tom Twohig_

Write In: _____

Write In: _____

You may e-mail nominations to *janina_lee@rocketmail.com* 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 11/15/24.

Erie Runners Club, Inc.



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

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**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!!!**