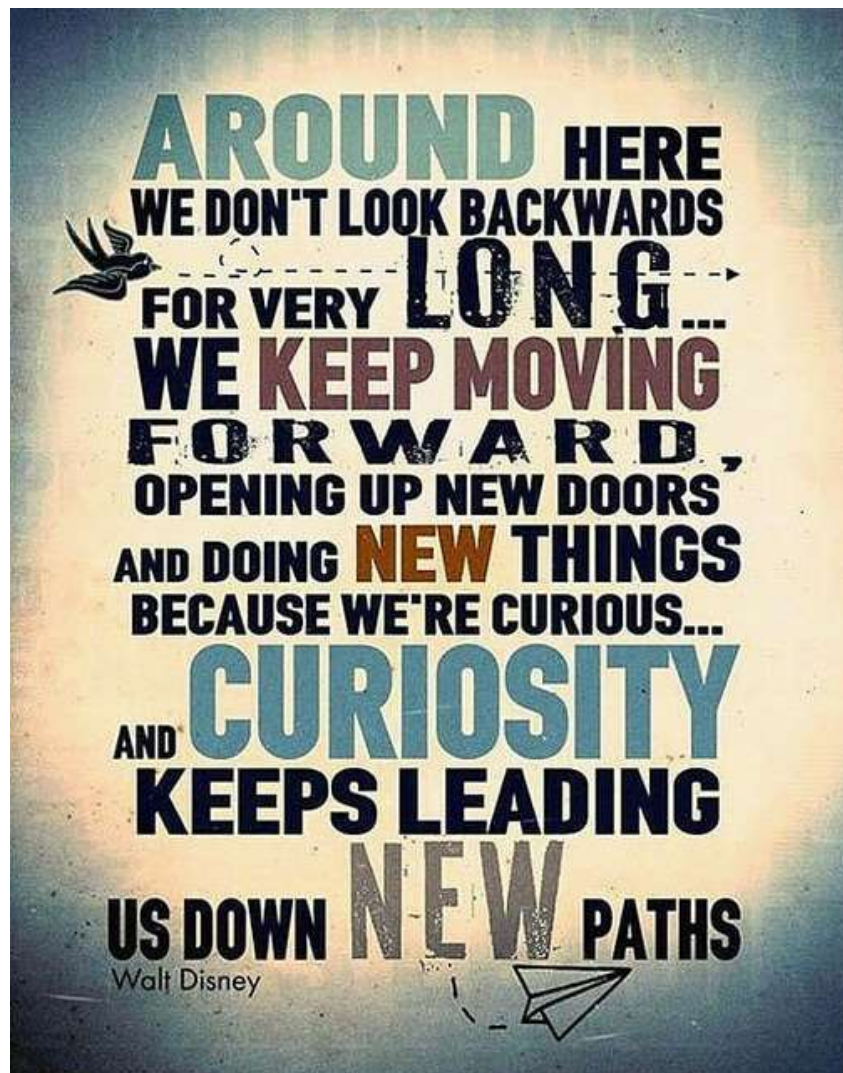


*Erie
Runners
Club
Newsletter*

JANUARY 2025

Volume MMXXV

Number 1



Next up: New Years Day 5 Mile/5K

ERC MEMBERSHIP MEETING

TUESDAY January 14, 2025

7 PM at Plymouth Tavern

Please note the Plymouth is closed on Mon the 13th

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ERC EXECUTIVE BOARD MEETING

MONDAY January 20, 2025

6 PM at Colony Pub & Grille

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

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.

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Send mail to Erie Runners Club,

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

JANUARY

1 New Years Day 5 Miler /5K

Location: Rotary Pavillion

AWARDS: Overall awards in the 5-mile run to the top male and female, the first masters (age 40 & over) male and female, and to the top 3 male and female finishers in the following age groups: 12 & under, 13-15, 16-19, then in five-year increments from 20-24 to 80 & over. Walkers are welcome. There are no awards for the 5K fun run.

[Online registration available here](#)

FEBRUARY

11 Valentine's Day Prediction Race

Location: Pleasant Ridge Park Distance: Will be between 3 and 5 miles. you will NOT know the distance until the event is completed. AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, based on the road and weather conditions that morning, and we will calculate your predicted finishing time. Those participants who finish the run in a time closest to their prediction will receive a choice from a delicious selection of chocolate awards. Racewalkers are welcome to compete. (For the sake of fairness, you are asked to refrain from wearing a watch or other timing or pacing device. Anyone caught with a watch will be disqualified).

[Online registration available here](#)

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. **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 8th Street, PMB #296, Erie, PA 16505**

The Erie Runners Club is excited to announce the return of the Runner of the Year competition. Come to a race? Get a point for showing and a point for your age group. Win or place in the overall competition? Get more points for overall. Win or place in your age group? Get points for your age group. In short, show up and collect points. At the end of the year, we'll have a runner of the year (or runners of the year?)

Separately, we want to recognize our volunteers. Volunteer at a race? Get a point. Add up all the points at the end of the year. Now, some of this is still up in the air. For instance - what about folks that volunteer for some races, but run others? That has to be worked out, as volunteers are not tracked the same as runners.

Every event counts. Doing the Marathon counts. The prediction run counts. Hamot / Mayor's cup counts. They all count, and you will be able to check your score at any time. It all starts with the New Year's Day 5 Miler (and 5k). Then start checking standings. Come on out!

GET MOVING AND KEEP MOVING

Incorporating more movement into your day, whether through walking or running, is a fantastic way to improve your overall health and well-being. Here are some practical tips to help you make movement a regular part of your daily routine:

1. Start Small and Build Up Gradually

- **Walk before you run:** If you're new to running or getting back into it, begin with short walks and gradually increase the duration or intensity. Once you're comfortable with walking, start incorporating intervals of running.
- **10-minute rule:** If you're short on time, commit to at least 10 minutes of walking or running a day. It's better than nothing and can be a stepping stone to longer sessions.

2. Take Walking Meetings

- If you work from home or in an office, suggest walking meetings when possible. A lot of conversations can take place while walking around your block or in a nearby park.
- For virtual meetings, consider a walking call. Simply put on headphones and walk around your house or neighborhood while talking.

3. Walk or Run for Errands

- **Make errands an opportunity:** Instead of driving, walk or run to places that are within a reasonable distance, like the store, post office, or coffee shop.
- Carry a small backpack or use a running vest if you need to bring items back home.

4. Take the Stairs

- Opt for the stairs over the elevator or escalator whenever possible. Climbing stairs is a simple and effective way to build strength and endurance.

5. Set a Timer for Movement Breaks

- Use a timer or app to remind you to take short walking breaks throughout the day. Even a quick 5-10 minute walk can help improve circulation and mental clarity.
- If you have a sedentary job, set a timer for every hour to remind you to stand up, stretch, or walk around.

6. Walk After Meals

- Take a short walk after meals to aid digestion and prevent a post-meal slump. Even a 10-15 minute walk can help stabilize blood sugar levels and boost energy.

7. Active Transportation

- Walk or run instead of driving when running small errands or commuting short distances.
- Consider using walking or running as part of your commute if you live within walking distance of work, school, or a transit stop.

8. Incorporate Walking into Social Plans

- Invite friends or family members to walk with you instead of sitting at a café. It's a great way to catch up while staying active.
- You could also start a walking group or a running club to make movement more social.

9. Run for Mental Clarity

- If you struggle with motivation, think of running or walking as a mental health break. Even a brief run can help reduce stress, clear your mind, and boost creativity.
- A walk in nature or the park can also be a great way to decompress and get some fresh air.

10. Use Fitness Trackers

- Using a fitness tracker or pedometer can help you stay motivated by setting daily step or distance goals. Tracking your progress can encourage you to walk or run a little more each day.
- Apps like Strava or Runkeeper are great for tracking runs, setting challenges, and connecting with other people for motivation.

11. Incorporate Walking into Household Chores

- Turn household tasks into a chance to walk. Walk briskly while vacuuming, doing laundry, or cleaning the house. You might not be running, but every step counts.

12. Add Movement to Routine Tasks

- **Parking farther away:** When driving, park farther from the store or your destination to add more walking to your day.
- **Take the long way:** If you're walking somewhere, take the longer route. Add an extra block or two if you're walking to a store, work, or an event.

13. Run or Walk in Small Bursts

- If you're pressed for time, fit in several short walks or runs throughout the day. A few 5-minute runs or walks spaced out can add up to a significant amount of exercise.

14. Set a Challenge for Yourself

- Challenge yourself to take 10,000 steps a day or run a certain number of miles per week. Tracking your progress and meeting goals can keep you motivated.

15. Run (or Walk) with a Purpose

- Consider training for a race or event. This gives you a goal and a sense of direction, whether it's a 5K, 10K, or even a fun run.
- You can also create your own challenges, such as running or walking a certain number of miles each month.

16. Use "Dead Time" Wisely

- Turn waiting time into active time. For example, if you're waiting for a train or bus, go for a walk around the station or area.
- If you have kids, consider walking or running with them as part of family activities.

17. Pair Movement with Entertainment

- Listen to your favorite podcast, audiobook, or music while you walk or run. You might find that you look forward to your exercise sessions just to catch up on your shows.

18. Use Walking as Recovery

- If you're working out intensely or running regularly, incorporate walking as a form of active recovery. It helps keep your muscles moving and promotes circulation without over-stressing your body.

19. Make Walking and Running Fun

- Change up your routes to keep things interesting. Walk or run in new neighborhoods, trails, or parks.
- Try themed runs or walks like charity runs, trail runs or runs through scenic areas.

Remember, the goal is consistency, not perfection. Even if you only have time for a short walk or jog, it can still have a positive impact on your health. Find what works for you and make it a habit!



ERC RACE CALENDAR 2025

Wednesday January 1, 2025 - New Year's Day
5-Miler/5K

Sunday February 9, 2025 - ERC Valentine
Prediction Run/Walk

Saturday March 15, 2025 - ERC St. Pat's 10K

Sunday April 27, 2025 - ERC Tutu Run 2.2 or 4.4

Sunday May 11, 2025 - ERC Mother's Day 5K
Run/Walk

Sunday June 22, 2025 - ERC Dog's Day Run/Walk

Sunday July 20, 2025 - ERC Presque Isle Half
Marathon

Sunday, August 17, 2025 - UPMC Hamot 10K & 5K
& Kids' Runs

Sunday September 7, 2025 - Erie Marathon at
Presque Isle

Saturday October 18, 2025 - ERC Personal
Endurance Classic

Thursday, November 27, 2025 - ERC Turkey Trot
10K & 5K

Saturday, December 13, 2025 - ERC Santa's
Snowflake 5K Run/Walk

VOLUNTEERS NEEDED

The Erie Runners Club offers various volunteer opportunities for its members and community partners. Here are some of the potential options available for you:

Race Events:

- 1. **Race Organization:** Help with organizing races by assisting with registration, packet pick-up, or logistics on race day.
- 2. **Road Marshaling:** Directing runners along the race route, managing intersections, and ensuring the safety of participants.
- 3. **Aid Stations:** Assisting at aid stations by distributing water, electrolytes, runners during races.
- 4. **Finish Line Support:** Supporting the finish line area, handing out medals, or managing the timing system.

Club Operations:

- 1. **Committee Involvement:** Join committees focused on membership, events planning, or community outreach.
- 2. **Social Media/Marketing Support:** Assisting with the club’s social media presence, promoting events, or creating content.
- 3. **Club Ambassador:** Representing the club at local events or races, promoting the club's mission and values.

Community Engagement:

- 1. **Community Outreach:** Engaging with the local community through running-related events or initiatives, such as charity runs or educational programs.

Other Opportunities:

- 1. Do you have a special skill or talent you’d like to share with our running community? We’re all ears!

Contact the Erie Runners Club directly, check the website and RunSignUp for announcements. or join us at our month membership meeting to learn about volunteer opportunities, club events, or specific needs. Express your interest and inquire about available roles that align with your skills and preferences.

December 2024 Board Meeting Minutes
Erie Runners Club Board Meeting
Monday December 16, 2024

Colony Pub & Grille, 6:00 pm

Meeting Called to Order:
6:00 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: TomTwohig

Secretary’s Report:
The minutes of the November 2024 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report:
Motion to accept: KL, Seconded by JLang All approved

Guests:
Jim Lang

Correspondence:
Misc. email and snail mail regarding our races. Solicitations from race wear vendors. Responses from the Turkey Trot survey.

Old Business:
None

New Business:
We discussed renewing our ERC storage rentals for the next 4 years now to save money and lock in the rate. JS made a motion to move forward, BT seconded. All approved.

Races:

The Turkey Trot was a big success again this year. The optional tie dye hoodies were wildly popular. The race pace corrals were a good addition. They helped to keep runners out of the ongoing traffic lane. Next year’s theme? You’ll just have to stay tuned.

The inaugural Santa Snowflake was held on Dec 14th with a nice turnout even though the weather was a bit cold. Thanks to everyone who had a part in making this

a nice race – volunteers, participants and new race director, Stephen Haeseler!

January:

New Year's Day 2025- Our January 1st race is on! Once again this year, we will have a **5-mile run and a 5k walk or run.** **January 1, 2025 10 am** at the **Rotary Pavilion** on Presque Isle. For those of you who have always wanted to run or walk with us on New Year's Day, but feel like 5 miles is too much, we will be having a 5k, too. As always, this race is part of the Winter Series! For those who do all three of the Winter Series events (Turkey Trot 2024, New Year's Day 2025 and St. Pat's Day 2025), there is an opportunity to receive our Winter Series Premium! Volunteers are needed and appreciated! To volunteer, contact David Comi 814-881-0060

Register at

<https://runsignup.com/Race/Events/PA/Erie/ERCNewYearsDay5Milerace>

February:

ERC Valentine Prediction Run – Sunday, February 9, 2025 Pleasant Ridge Park in Fairview, PA

Race starts at 10 am. Distance: Will be between 4 and 6 miles. Participants will NOT know the distance until the event is completed. AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, based on the road and weather conditions that morning, and we will calculate your predicted finishing time. We ask that you NOT use a Garmin or timing device to track your pace. Racewalkers are welcome to compete. **The prizes are CHOCOLATE.** This race is one where you don't need to be the fastest runner to win! Sign up at RunSignUp.com Search ERC Valentines Prediction to find the race. Volunteers are welcome! To volunteer, contact David Comi 814-881-0060.

March:

St. Pats Distance Festival is fast approaching! Sign up online at RunSignUp. The race will take place on Saturday **March 15, 2025, Rotary Pavilion.** More race details to follow!

Note: This is the third of the Winter Series Races. You must either have participated in or volunteered at all three races (Turkey Trot, First Day Run and St. Pat's) to be eligible for the Winter Series Races.

Meeting Adjournment - Motion to Adjourn KH, 2nd BT, All Approved. Meeting Adjourned at 7:29 pm. The next monthly board meeting will be held on Monday, January 20, 2025 at the Colony Pub & Grille

Respectfully Submitted by Kim Lawrence, Secretary

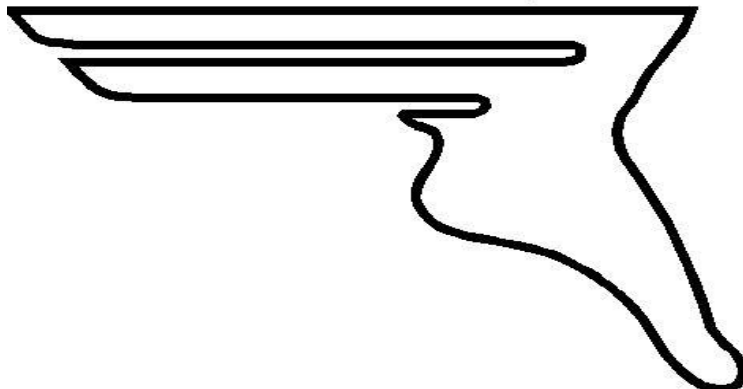


Blowing out (Lots of) Candles
Wish a Happy Birthday to:

JANUARY 2025

- 1 - Michelle Bennett, Andrew Lawlor
- 2 - Braden Ducharme, Mike Vybiral
- 3 - Mckenzie DiPlacido
- 4 - Frederick Bird, Jeremy Matie
- 5 - George Nicewonger, Ryan Carr, Kate Peterson, Daniel Thomas
- 7 - Trevor Shaw
- 8 - Nora Louis
- 10 - Debi Potts, Lorraine Benedict
- 11 - Christine Kalie
- 12 - James Horomanski III
- 14 - Alexis Weaver
- 15 - Evelyn Clark, Shardee Lyons
- 16 - Philip Schrader
- 17 - Eli Coppock, Isabella Williams
- 18 - Donald Sitter
- 19 - Jennifer Kuhar
- 20 - Sara Wettekin
- 21 - David Harger, Donald Sitter, III, Karen Manganaro
- 22 - Alissa Reed, Nicholas Schroeck
- 23 - Julia Roussos
- 24 - Matthew Darling
- 25 - Matt Cragg, Josh Eckendorf, Brian Stark, Karen Schrader, Jim Vaughn
- 26 - Diane Blanchard, Gretchen Scavella
- 29 - Kathy Zurawski-King, Jesse Weston
- 30 - Jennifer Bach, John Babay, Kay Beerman

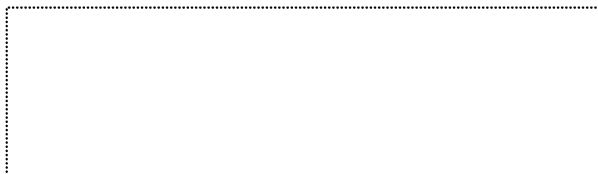
Erie Runners Club, Inc.



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January



DATED MATERIAL - PLEASE DELIVER PROMPTLY

**In
this
issue:**

- ▣ **Race Calendar**
- ▣ **January meeting info**
- ▣ **january birthdays**
- ▣ **ERC contact info**
- ▣ **Race results & reports**
- ▣ **Race applications**
- ▣ **and more!!!**

**Next on the
ERC RACE SCHEDULE:**

Valentine's Day Prediction Race