



**NEWSLETTER
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**DEADLINE FOR
JULY
NEWSLETTER:
JUNE 15TH**

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MAPS AND LEGENDS

In an earlier column, I wrote about my affinity for naming places. This month, I address the fact that before one can name something—officially or otherwise—said place must be discovered. Although I was far from the first to tread upon those spots, at one point, they were all new to me. I'd been introduced to them through friends, had looked them up online, or had stumbled across them—sometimes literally.

I've always enjoyed reading maps and making routes, even as a kid. As soon as I was trusted enough by my folks to wander solo for hours on my bike, I'd head out with a vague idea of which roads went where and no particular destination in mind. Most often, I'd ride the sparsely traveled back roads that criss-cross the Delaware-Pennsylvania border. I'd pass by horse farms, remnants of mills, and stone markers indicating points along the Mason-Dixon Line. I never had a reason to travel in that area; it was more the case that I wanted to get out and explore, and that was the direction in which lay the least-developed lands. Riding in any other direction meant fighting with traffic on narrow roads or sticking to the litter-strewn bike lanes along the sides of highways. When I got my driver's license, I never really drove those back roads; there was something about them that called for exploration on two wheels. Traversing them at anything faster than 20 miles per hour seemed a waste of scenery.

“There are big things happening in our area that should be making us all think about maps, routes, and where roads—and trails—go.”

Some of my favorite expeditions were ones during which I'd reach a previously untraveled spot and wonder, “Where does this road go?” I'm lucky to have a fairly good sense of direction, and I'd pause at the intersection, imagining where that road might go, given my current location and the direction of the road. Then I'd set off, and my guess would be proven correct (Yes! I'm an awesome navigator!) or I'd end up someplace unexpected and would end up expanding my mental map of the area. (Just call me Mason! Or maybe Dixon! No, wait, both!)

Once high school activities begat little time for anything else, my days of semi-rural expeditions became few, then none. I got my driver's license



www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to any and all—use it to share information and stay up to date on club goings-on.

To subscribe or unsubscribe, go to:
<https://lists.duke.edu/sympa/info/cgtc>

To post, send messages to:
cgtc@duke.edu

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CLUB DISCOUNTS

Bull City Running Company 15% off all non-sale items www.bullcityrunning.com Southpoint Crossings, Durham	265-3904
Omega Sports 10% on all non-sale items - New Hope Commons or Renaissance Pkwy., Durham; Crossroads, Cary; North Hills, Raleigh	493-7603 360-9060 859-2623 871-0311
Inside-Out Sports 15% on all regular priced items. Preston Walk Shopping Ctr, Cary www.insideoutsports.com Online Discount code: DV2007	466-0101
Capital RunWalk (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 15% discount Raleigh & Cary	870-8998 362-8282
Athletic Edge Sports Massage \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
New Balance Durham 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
Xpert Nutrition 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

GODIVA TEAM CAPTAINS

Open and Master Men	Jim Clabuesch	jwcvh@mindspring.com
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Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM
 Satisfaction Restaurant at Bright Leaf Square, Durham

MAPS AND LEGENDS, *continued from page 1*

and began traveling on four wheels; my explorations became limited to the space in between my ears. And there they remained, for the most part, for over a decade. Even after I moved—first to Rochester, NY and then here to Durham—my wanderings were mostly limited to the places to which I needed to go and any deviations from the obvious routes were performed in the interest of finding ways to reach them.

But once I started running, things changed. Being the kind of person who quickly tires of the same routine, I grew bored with the Al Buehler loop and the (nice but sometimes repetitive) American Tobacco Trail. I needed to shake things up a bit. I needed to explore. As my runs grew longer and longer, my understanding of Durham grew like rings in a pond after the water is disturbed. I found fun, interesting places to run and learned how to connect one to another. I became obsessed with sites like mapmyrun.com and gmap-pedometer.com, using them to plan elaborate routes to circumvent out-and-back monotony. I fell in love with Durham—all of it, not just the little corner in which I lived. I was finally able to run to an intersection or trail junction and experience the joy of asking myself, “Where does this road go?” The answer is sometimes predictable, sometimes surprising, but getting to it always makes me feel like Mason again. Or was it Dixon?

There are big things happening in our area that should be making us all think about maps, routes and where roads—and trails—go. First, there’s finally a plan in place for constructing the bridge over I-40 and connecting the northern and southern stretches of the American Tobacco Trail. Many of us have enjoyed those sections, and they provide two somewhat different experiences. The completion of the trail means that we’ll have a safe, well-maintained way to run anything from a quarter-mile to over 40 miles (round-trip). Although the construction means that a small section of current trail will be closed for up to 13 months, the end result is going to be fantastic.

In the grander scheme, this is another step forward for the East Coast Greenway, which runs from Canada to Key West, of which the ATT is part. A short jaunt north from the terminus of the ATT near the DBAP gets you through downtown Durham and onto the Ellerbe Creek and Warren Creek Trails. Those add

about 5 more miles from downtown, and in the hopefully-near future, a route will be created that bridges the current gap in the Greenway between Warren Creek and Oxford. To learn more about the ECG, including the ways you can help close the gaps like the one near us, visit www.greenway.org.



So, those routes cover north-south travel; what of east-west? By the time you read this, Diane Van Deren will likely have completed her expedition along the Mountains to Sea Trail. She started from Clingman’s Dome in the Smokies on May 10th and is traveling the roughly 930 miles between there and Jockey’s Ridge State Park on foot (well, except for the 3 stretches down east requiring ferries!). We are truly lucky to have some of the prettiest sections of the MST here in the Triangle, including segments in the Eno River State Park and the Falls Lake State Recreation Area. I’m so glad that Diane will be experiencing them firsthand and that her journey will raise awareness—both local and far-reaching—of what amazing resources we have here. (Her run is also raising much-needed funds for development and support of the MST; to contribute, visit the official expedition website at: <http://greatoutdoorprovision.com/mst-endurance-run>.)

I doubt I’d have discovered much (if any) of the ATT, the East Coast Greenway, or the Mountains to Sea Trail if I hadn’t taken up running 6 years ago. The timing was perfect—as my distance horizons expanded, so did the opportunities to get off the noisy roads and onto scenic and safe byways. It’s one thing to play the “Where does this road go” game in a car or on a bike; it’s another to gamble on foot, especially in the Carolina summers.

Thanks to the organizations and volunteers that support development and maintenance of these trails, we don’t have to gamble—we know where those roads go; it’s up to us to explore them. Grab a friend and a map, and channel your inner Mason, Dixon, or Van Deren. Get going... I’ll see you out there!

—Halle Amick

2012 SUMMER TRACK SERIES

Belk Track at Fetzer Field

UNC at Chapel Hill

May 30 through August 8

Wednesdays, 7:00 p.m.*

Series Director: Charles Alden, (919) 384-7698

Open to runners of all ages and all speeds

Multiple heats for runners of similar pace for all races of a mile and shorter

Note: the track is open to the public, so we may expect to be sharing the track with other users

Participants completing $\frac{3}{4}$ of all races (maximum 4 per night) earn the prestigious Godiva Iron Man award

Schedule:

May 30	Long
June 6	Short
June 13	Long
June 20	Short
June 27	Long
July 5*	Short
July 11	Long
July 18	Short
July 25	Midsummer Madness
August 1	Long
Aug 8	Short

WEATHER POLICY: Meets will be held rain or shine, except when conditions are deemed dangerous (e.g. persistent nearby lightning or standing water on the track)

Decisions of postponement or cancellation will be made at the track at starting time and not based on forecasts

Meets will start at 7:00 p.m. sharp, rain or shine (see Weather Policy)

* N.B. July 5 is a Thursday (no meet on Independence Day)

TRADITIONAL EVENTS:

Short nights: 1500m run, 100m dash, 1500m walk, 400m run, 3K

Long nights: mile run, 200m dash, mile walk, 800m run, 5K

MIDSUMMER MADNESS - JULY 27 - "OLD SCHOOL"

Events: 1K run, 100 YARD dash, 4 x 400m relay, 300m run, 2-MILE run

Recommended attire: Shirt of your old or favorite school



ROYs AND VOY RECOGNIZED AT ANNUAL AWARDS BANQUET

(BY DOUG HENSEL)

I have been to the last 4 CGTC Spring Banquets and the theme always seems to be rain and fellowship. Once again, the weather “cooperated” and a steady rain fell for most of the event. This did not spoil the mood though, and over 80 people were in attendance.

As the guests arrived, everyone huddled under tents to enjoy the camaraderie, and stay dry. Anthony Corriveau provided a cornucopia of pictures on the big screen for all to view. Thrills from the Grill provided the catering services, which seemed to be a big hit. Who would think meatloaf would go over so well. Many people brought desserts again, providing an opportunity for every runner’s sweet tooth.

Kevin Nickodem offered his services as Master of Ceremonies again, and provided a great introduction, explaining how important volunteers are to organizations like the CGTC. Ironically, he ended up having described himself, as he received the 2012 CGTC Volunteer of the Year award, in recognition of his service as the go-to MC for Godiva events, and as Godiva’s treasurer, a role he has filled for many years.



Tim Meigs was recognized as 2012 Male Runner of the Year. Some of Tim's accomplishments in 2011 include a 2:38:36 Boston Marathon, wins at the Beech Mountain Cool 5 (29:03) and the Grandfather Mountain Marathon (2:52:53), and a 2:37:53 Twin Cities Marathon (AG 3rd). He also captained the CGTC Men's Masters Team that set a new masters course record at the Blue Ridge Relay. This year, Tim took 3rd in his age group at the scorching Boston Marathon (2:46:29).

The 2012 Female Runner of the Year was **Cathy Wides**. In 2011, Cathy earned first place age group awards in every distance from 5K to the marathon. She ran the 2011 Medtronic Twin Cities Marathon in a new Boston-qualifying time of 3:28:07 (she had 57 minutes to spare). She is also the USATF National Masters Half Champion (60–64) with a time of 1:35:25. Most recently, on May 5, 2012, she ran a 5K, placing second female overall, in 21:37.

Charles Alden was on hand to present the awards for Summer Track. Every year he provides a unique trophy to all Ironman recipients, and this year was no exception. Richard Wolfe captured the evening with his camera, so please go to the website and see his photographs. Finally, a big thanks is due to Jim Claubesch and Carolyn Huettel for hosting the event again this year.

FROM BYPASS TO MARATHONS

(BY GARY SCHULTZ)

After suffering a heart attack and undergoing quadruple bypass surgery in 2009, **Jacob Sternfeld** began a gradual quest for greater fitness. First, he abandoned a decades-long tobacco addiction. Then in 2010, he began visiting a gym and gradually added aerobic exercise into his routine. In December 2010, he struggled through his first 5K, finishing in around 44+ minutes, about a 33% age-graded rating (AGR).

Exploring other training opportunities, he learned about our club and its Marathon Training Program, which he joined in August 2011. Devotedly following our Higdon’s 14-week half-marathon training schedule, he steadily built his distance endurance and succeeded in completing the Outer Banks Half in November.

Then in mid-December he emailed me that he’d like to sign up for the Rotterdam marathon in early April, ask-

ing whether I could give him a training schedule based on Higdon’s program to use in preparation. I did that, and he followed the schedule on his own, although by this time also using an on-line personal trainer, Frank Heldoorn—a Dutch triathlete consistently rated among the top international Ironman competitors from 1990-2006.

In early April, Jacob emailed me that he’d achieved his goal in Holland, finishing in 4:34:32—a very creditable (52% AGR) debut, I think, for any 53-year-old. Moreover, he informed me that he had successfully signed up for the NYC marathon this coming November! His plan for next year is to do London or Boston (not needing to qualify because of his Dutch dual citizenship) and then Chicago in late 2013.

Nice recovery from that bypass....

ELLERBE SPRINGS MARATHON 2012, AND, DOES A SLOSHING STOMACH INDICATE LOW SODIUM? (BY CHRIS GOULD)

There are two reasons to visit Ellerbe, in Richmond County, not too far from Rockingham. One is to see the world's largest strawberry—a 20 ft high, berry-shaped ice cream store on US 220. Two is to run in the Ellerbe Springs marathon, now in its 21st year, and a favorite of locals and distant travelers. A number of Godivans have run there in the past.

This year I was the only representative, coming back for my second try after a four year absence. The course is rolling, very rural, with many hills, but none really steep. The longest, Hannibal Hill is about a mile up, and comes around mile 13.

The charm of this race is the small field (about 80-90 runners), the great volunteer support, and the historic Ellerbe Springs Inn location, about 2.5 hours from the Triangle. I drove down Friday night to catch the pasta dinner and to swing on the wraparound porch in the evening breeze.

I was coming off a DNF at Las Vegas in December, a 4:02 in Charleston in January, and thinking I was now ready to try to get back under 4 here in March. For me, anything above 50 degrees is too hot; the weather didn't cooperate—thunderstorms, rain, lightning strikes, and a temperature of 65-70 degrees for most of the race. I decided to take it on the slow side. I felt best during the second torrential downpour, when the cold rain felt wonderfully refreshing. The course is beautiful—woodlands, streams and redbuds bursting with color. You do run by some large poultry operations whose ammonia smell gives you a burst of speed to get clear.

My strategy was to consume gels every 45 minutes in the hope of avoiding crashing after mile 20. And I felt okay to that point, except the mile 15 gel wasn't going anywhere. I was getting that sloshing feeling from the water, and I was starting to ponder what the struggle over the last six miles was going to be like. I was also licking my lips and noting they were salty. So I took a break at the mile 20 aid station to chat with the high school kids and noticed a stack of potato chips. I'd

never eaten that in a race before but I gave a few a try. They went down well and I started off again.

And then out of nowhere I started to feel really strong. We're spread out at this point, but I'm passing people. For a change I'm encouraging others "keep going—we're almost there." And

flying up the last hill at mile 26 I felt almost like Tim Meigs at Boston (okay, slight exaggeration). Final time was 4:10. But I've never run in at the end feeling that good, and in the mood to eat plates of chicken and dumplings and peach cobbler half an hour after the race.

So now I am wondering about sugars versus salt during a run. I know there are big fans of Endurolyte out there. What do people think about this? I notice the web site for Succeed! pills says if there's water sloshing in your stomach, you need salt. Is it really that simple to figure out—just ask your stomach? Anyway, my new marathon diet plan for the fall is more salt, less sugar. If you've a thought about this, tell me about it at summer track, either during the one mile walk, or the 5K run. See you there!



Ellerbe Springs Inn & Restaurant, Ellerbe, NC

RUNNING WITH THE LEGENDS: GODIVA AT THE SOUTHEASTERN MASTERS CHAMPIONSHIPS

(BY LOUISE GUARDINO)

If nothing else, running track in the Southeastern Masters USATF meet can be intimidating, if you let it. However, when one does not anticipate being that competitive, then it becomes a day in the sun. And a good two days it was at St. Augustine's College on May 11th and 12th. The sun was not as brutal as last year's meet and the stars came out to entertain.

Friday, May 11th, I watched the Godiva clan run the 3000 meter race and was impressed by the stamina of these folks. Seventy-eight year old Edwin (Abie) Harris ran it in 14:31.15, an age graded 78.61%. Erstwhile Godivan Zeph Putnam ran the circuit in 13:25.53 and Mary Szymkowski ran it in 13:11.97, faster than the announcer took to pronounce her name. No doubt more CGTC members competed, but I only know a few names and faces.

Saturday, I had my three events. Before I arrived, Abie Harris ran the 1500m in 6:41.20, an age graded 80.03%. He was leaving for other delights when I arrived, planning to return later for the 800m race.

I began preparing for my first, the 100 meters, but not too energetically, fearing injury and draining of stamina. I swished down three Sport Beans. The heats were run females before males and the oldest first. I lined up in some ignorance as to some others in my heat, except for Jane Barnes, a local runner and comparative youngster, who I expected to fly down the lanes despite not being able to use her blocks this day due to injury. There was Ann Carter from the Atlanta Track Club (ATC) who had beaten me last year and was in my age group, and Audrey Lary, older but a legend. I did not know the other two, a Canadian, Christa Bortignon and American Linda Lowery (ATC), nor their ages, though Lowery looked younger. Lowery seemed unsettled getting into her blocks (I don't use blocks myself).

I was in lane 7 with Lary in 6 and Lowery in 8. There was a long wait between the "Set" and the gun. When the gun fired, I took off, immediately realizing that I once again had picked up my front foot and put it down before accelerating. Ack! My "lurch" as Max Hamlyn termed it once. I thought I saw Ann's Atlanta red in front just on my right.

Jane and Christa were way down the track in lanes 3 and 4. I was intent on finishing before Ann and went all out, feeling no pain or drag. It was good. It was glorious. I felt as if I was running my best. Better than I had anticipated. I made it to the Finish, getting in ahead of Lary and Ann. My time did not match how good it felt running, but who cares. It's the rush that counts. I later found out that Christa is 75. And that evening, I discovered in National Masters News that she is setting records all over the place. She beat the hell out of me!



Next up for me was the dreaded 400 meter. I was the only one in my age group but I was looking forward to watching the world record holder, Jeanne Daprano (ATC), and Audrey Lary hoof it out. They are in the same age group but Lary is older by three years. Unfortunately, Lary opted out and stayed over in the long jump area. That left me, Daprano, and 64 year old Susan Aderhold (ATC). I was no competition. My legs burned in the last 100m as I pushed to at least not embarrass myself too badly. Last in, the

same as last year, I was more than 12 seconds behind Daprano, an eternity. Another chance lost to narrow the gap. DaPrano set a new Meet record for her age group. I began coughing right after the finish. A dry annoying cough. I figured it to be from track dust kicked up by Daprano or a result of my fierce allergy to the 400m! This went on for some time and turned out to be exercise induced asthma (as diagnosed by a fellow participant, a lung specialist).

After watching the steeplechase, it was time for the 200 meter. Both Ann Carter and Audrey Lary opted out, having been worn down in all their jumping events, so that left, of the 60 year old and above folks, Canadian Christa, Jane Barnes, Susan Aderhold and me in the first heat. I started out relatively fast and by the last 100m I could barely pick my legs up, not getting much turnover and so came in way last. This was not a feel-good race. This was a feel-just-like-you-usually-do race! And so it goes.

Mary of the long last name (yeah, it could be even longer and have more consonants) ran her favorite event, the 800m. She swiftd it in 3:00.26, but I know she's run it faster just fooling around. Then it was Abie's turn. He trotted the double lap in 3:17.96, a 79.52% age graded run. It's exhausting just watching these high stamina folks!

AT THE RACES

SUBMIT YOUR RESULTS ONLINE: Go to www.carolinagodiva.org and click the @ *THE RACES* tab.

Run for the Oaks 5K

Raleigh, NC 3/10/2012

Andrew Scribner 19:32 6:18 3rd M 40-44

Tobacco Road Half Marathon

Cary, NC 3/18/2012

Renee Rawson 2:05:27 9:42

Second Empire 5K Classic

Raleigh, NC 3/25/12

Andrew Scribner 19:32 6:18 2nd M 40-44

Mountains to Sea Trail Races

Raleigh, NC 4/1/12

50K

Ronnie Weed 4:18:30 1st O/M

Kenneth Becker 4:22:10 3rd O/M

Bart Bechard 4:30:55

Aline Lloyd 6:27:40

Joe Seufert 7:07:59

Hanan Moussa 8:11:05

12 Mile

Brian Tajlili 1:38:00 2nd M 20-29

Joseph Drommer 1:44:28

Heiko Rath 1:51:56

Chris Boyce 1:52:48

Hernan Silva 1:56:07

Deborah Springer 2:15:45

Lisa Feutz 2:18:23

Anna Averette 2:18:32

Halle Amick 2:24:28

Jenny Hill 2:36:44

Ashley Hawkins 2:50:13

Raleigh Rocks Half Marathon

Raleigh, NC 4/1/12

Peter Hessling 1:57:06

Run Raleigh Half Marathon

Raleigh, NC 4/15/12

Andrew Scribner 1:32:53 7:05

Dorothy Slentz 1:40:53 7:42

Dhruv Patel 2:01:07 9:15

Boston Marathon

Boston, MA, 4/16/2012

Tim Meigs 2:46:29 3rd M 45-49

Tar Heel 10 Miler

Chapel Hill, NC 4/21/2012

10 Mile

Allen Baddour 1:06:41 6:40

Jessica Bishop 1:12:24 7:14 3rd F 36-40

Craig Gilbert 1:15:16 7:32

Kimberley Smith 1:16:12 7:37

Tom Hughes 1:18:57 7:54

Chris Boyce 1:19:18 7:56

Matthew Marum 1:19:28 7:57

Jon Hunter 1:20:34 8:03

Randy Nonneman 1:20:47 8:05

Thomas Maunz 1:21:10 8:07

Diana Mcalister 1:21:59 8:12

Jessica Lee 1:22:43 8:16

Randy Kauftheil 1:25:07 8:31

Frank Rexford 1:28:00 8:48

Dana Hornkohl 1:28:26 8:51

James Lewis 1:28:27 8:51

Sandra Cooke 1:29:08 8:55

William Vann 1:29:30 8:57

Hussein El-Genk 1:34:27 9:27

Theresa Hoke 1:34:59 9:30

Steve Munsat 1:40:35 10:04

Karen Bell 1:41:05 10:06

Alfred Kleinhammes 1:48:08 10:49

Carol Walton 1:49:06 10:55

Gordon Keeler 1:49:10 10:55

Ashley Hawkins 1:53:15 11:19

David Yeowell 1:55:24 11:32 2nd M 71+

Heather Yeowell 1:59:13 11:55 3rd F 71+

4 Mile

Rietta Couper 27:27 6:32 3rd O/F

Daphne Gruener 40:03 10:01

Jenny Boyce 52:00 13:00

Team Result

Size: Carolina Godiva Track Club, 3rd

place, 29 runners

Time: Carolina Godiva Track Club, 7th

place, 6:09:53 (fastest 5 team members)

St. Timothy's Spring Sprint 5K

Raleigh, NC 4/21/12

Andrew Scribner 20:07 1st M 40-44

Louise Guardino 31:10 2nd F 70-74

Pine Cone Pacer 5K

Durham, NC 4/21/12

Marni Schribman 36:30

Karishma Fernandes 35:42

Walk Run Bike for Umstead 4 Miler

Raleigh, NC 4/21/12

Jeff Hall 24:43 1st O/M

Anthony Corriveau 25:11 2nd O/M

Doug Hensel 26:31

Heiko Rath 27:59

Shannon Johnstone 33:20

Peter Hessling 39:53

Halle Amick 39:53

Stead Tread 5K

Durham, NC 4/22/12

Bart Bechard 19:11 1st O/M

Angels Among Us 5K

Durham, NC 4/28/12

Heiko Rath 21:20 6:53 1st M 40-44

Denise Larson 25:42 8:17 1st F 50-54

Dylan Keeler 27:54 8:59

Jerry Surh 27:57 9:00 1st M 70+

Kristin Keeler 38:52 12:31

Run For Our Heroes 5K

Raleigh, NC 4/28/12

Andrew Scribner 19:18 1st M 40-44

Louise Guardino 29:01 1st F 70-74

Safe Harbor 5K

Greenville, SC 4/28/12

Mitchell Slentz 20:14 6:32

Dorothy Slentz 21:58 7:05

Hanna Slentz 25:21 8:11

Cris Slentz 36:12 11:14

Philosopher's Way 15K & 7K

Chapel Hill, NC 5/5/12

15K

Anthony Corriveau 1:08:58 7:24 2nd O/M

Jennifer Howard 1:22:45 8:53 2nd O/F

Seth Moser-Katz 1:22:47 8:53

Shannon Johnstone 1:29:07 9:34

Chris Boyce 1:31:11 9:47

Jon Hunter 1:34:05 10:06

Ray Dooley 1:34:07 10:34

William Vann 1:42:27 11:00 2nd M 60+

Luke Lucas 2:01:12 13:00

Alfred Kleinhammes 2:19:00 14:55

7K

Owen Astrachan 33:57 7:48 1st M 50-59

Marni Schribman 1:04:29 14:49

Karishma Fernandes 1:04:27 14:49

Jennifer Boyce 1:11:14 16:23

Erin Grantham 1:11:14 16:23

Pet Palooza 5K

Charlotte, NC 5/5/12

Tom Hughes 22:55

(Continued on page 9)

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

AT THE RACES

SUBMIT YOUR RESULTS ONLINE: Go to www.carolinagodiva.org and click the @ *THE RACES* tab.

(Continued from page 8)

New River Marathon & Half

Boone, NC 5/5/12

Half

Rochelle White 2:45:00

Full

Peter Hessling 5:21:57

Wake Med Distance Festival 10K

Cary, NC 5/5/12

Andrew Scribner 40:47 3rd M 40-44

Louise Guardino 1:03:12 3rd F 60+

Komen NC Triad Race for the Cure 5K

Winston-Salem, NC 5/5/12

Mitchell Slentz 19:39 6:21 1st M 15-19

Dorothy Slentz 21:42 7:00 1st M/F

Hanna Slentz 25:23 8:13

Bay Six Southern 5K Classic

Raleigh, NC 5/6/12

Jon Hunter 22:03

Capital City Classic 10K

Raleigh, NC 5/12/12

Jon Hunter 44:26

Southeastern U.S. Masters Track & Field Championships

Raleigh, NC 5/11-12/12

Louise Guardino F70-74

100M 18.34 1st place

200M 40.03 1st place

400M 1:35.97 1st place

Jay Smith M 60-64

800M 2:39.79 1st place

1500M 5:35.04 1st place

3000M 11:37.55 1st place

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

NEW WAY TO SUBMIT TO AT THE RACES

Last month we told you that Jim Clabuesch was stepping away from doing an active collection of members' race results, and several of you had excellent suggestions about ways to "automate" the submission of race results. Brian Doherty in particular provided a Google Docs spreadsheet that could be linked to an online submission form on the club website, and it has been adopted!

So now you can submit your results automatically through the website—go to www.carolinagodiva.org and click on

the @ *The Races* tab in the upper left. A form will prompt you to give the necessary information about your results.

This will be the **preferred** way for members to submit race results, but results will still be accepted at the newsletter's email account (but please try not to submit the same results through both channels).

Thanks to all who made suggestions and keep those results coming!

CHANGES AT THE NEWSLETTER

As has been announced over the club listserv (which you should *join* if you haven't already, see page 2 for how to), I will be moving out of state and so giving up the newsletter. Anthony Corriveau has agreed to become the new editor, and I am sure he will do a fantastic job!

I would like to take the opportunity of this transition to recognize the newsletter's "support crew." The editor's job is the most conspicuous, but without the work of many hands it would be impossible to put out a newsletter at all.

Gary Schultz is our copyeditor and fact-checker, and every month catches all of the typos, inaccuracies, and other goofs that I would otherwise miss. Club webmaster **Patrick Bruer** is a great help to the newsletter in all things technological. Most recently, he has set up the electronic distribution of the newsletter, started an online archive of past issues, and set up (at the excellent suggestion of club member Brian Doherty) an online submission form for race results. **Jim Clabuesch** was for a long time our "human submission form" for race results, but he also supports the

newsletter in other ways, including tabulating the Winter Series scoreboard and producing the mailing labels for the hard copies each month, which he then hands off to . . .

Tom Kirby and **Barbara Hindenach**. Every month Tom and Barbara perform the herculean task of printing, labeling, and mailing over 500 copies of the newsletter. Without their work, there simply would be no newsletters in members' mailboxes each month. They, along with everyone else on the newsletter "support crew," deserve your appreciation!

Finally, I want to thank everyone who has contributed to the newsletter while I've been editing it. From race results to simple announcements to full articles, race reports, and other creative submissions, it is the members who ultimately make the newsletter interesting to read, and I am sure you will continue to feed interesting submissions to Anthony as he takes over the newsletter and makes it his own.

—**Thomas Markham**

VIKING 5K AND ONE MILE - CREEDMOOR, JULY 21

The Viking 5 km (3.1 miles) and One Mile road races will take place in Creedmoor on July 21. The event's registration, start and finish will be located at South Granville High School and is hosted by South Granville's Cross Country team. Race day activities begin with registration at 7:15 am, the 5 km starts at 8:30 am, and the One Mile race will begin at 9:00 am.



events will be sanctioned by USATF. Godiva will be supporting the event with donated finish line equipment.

It is thought that the Viking 5 km is the first event of its kind in southern Granville County. Entry fees are \$25 for the 5 km and \$10 for the one mile (day-of registration is slightly higher). Runners 18 and under pay only \$10 for either race. Registration includes a t-shirt. See registration form below for pre-race registration.

For more information on registration or volunteering, please contact Coach Mark Straubel at 919-479-1375 or straubelm@gcs.k12.nc.us or contact Chris Crowder at chriscrowder2007@yahoo.com or 919-603-4974.

—Chris Crowder

Proceeds from the event will benefit the Area Congregations in Ministry Food Pantry and help support the Cross Country team's activities in 2012. The 5 km race course will be certified by USATF and both

Use this form to register or register online at www.active.com

Registration Form and Waiver

Make checks payable to SGHS Cross Country. Send form and check to Mark Straubel, SGHS, 701 N. Crescent Drive, Creedmoor, N.C. 27522.

Last Name _____ First Name _____

Address _____ City, State, Zip _____

Email address _____ Phone number _____

Sex (circle) Male Female Age on 7/21/2012 _____ T-Shirt Size (circle) S M L XL

Entry fee: (Check beside event)

5 km: 18 and under \$10 _____ 5 km postmarked by 7/17/12 \$25 ___ day of \$30 _____

1 Mile: 18 and under \$10 _____ 1 Mile postmarked by 7/17/12 \$10 ___ day of \$13 _____

I realize that road races can be a hazardous activity and I and my heirs, executors, administrators, and assigns do hereby release the organizers of the Viking 5 km and 1 Mile Fun Run, South Granville High School, the Granville County Sheriff's Department, the sponsors, and all who are associated with the Viking 5 km and 1 Mile Fun Run from responsibility for any damages suffered by me as a result of my participation in the above event. By signing I attest that I am in sufficient physical condition to safely participate in the event on July 21, 2012 and that I take full responsibility for my own safety during the event. I also attest that I have read and understand all details of waiver and agree to obey law enforcement officers and abide by the restrictions listed above. No animals, skates, bicycles or wheeled conveyance of any kind are allowed in the event area in the interest of safety. Portable music players are discouraged. No refunds.

Signature: _____ Date _____

Parent or Guardian signature if under age 18: _____ Date: _____

MAY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on May 8, 2012. Attendees included President Halle Amick, Charles Alden, Patrick Bruer, Jim Cla-buesch, Doug Hensel, Carolyn Hu-ettel, Jeff Hall, Gary Schultz and your scribe, Henry Blinder.

The meeting kicked off with Jim’s Membership report. He’s heard from members who have had problems trying to use PayPal while on a mobile device. Patrick thought it was an issue with PayPal rather than the Club’s website. He provided us with a technical explanation that was no doubt persuasive to the tech-savvy members present. However, since that regrettably does not include your scribe, I won’t attempt to repeat it here. Aside from the PayPal issue, Jim indicated that everything else in membership is fine.

Although Kevin Nickodem was not present, he provided two monthly Treasurer’s reports by e-mail. As of April 30, the Club has around \$42,500 in funds, with about half in a CD and the other half in savings and checking accounts. The last fiscal year’s tax returns were recently filed with the IRS. Thanks to Kim Anglin for his pro bono tax work for the Club.

Jeff then delivered the Haberdasher’s report. The previously ordered singlets have been received. They are available for purchase at \$20, which is approximately what the cost is to the Club for these items.

Gary gave us a Running Start program status report. He’s placed an order for tee shirts. They should be

in prior to the June 16 graduation 5K, and will be distributed at that time.

Thomas Markham, our stalwart newsletter editor, will be leaving the area. As part of the process of finding a replacement, Halle will ask Thomas for a description of the duties of the position, including the time commitment.

Patrick updated us on the status of the Club’s new e-newsletter. At last count, there are 53 members who are now on the “green” list, and are no longer receiving the print version of the newsletter.

Halle informed us of the upcoming Mountains-to-Sea Endurance run. Several Godivans are running in the event and others are serving in a support role as volunteers. Runners will be passing through the area around May 20-22. She plans to send out a note on the Club’s “listserv” (opt-in email list) to give members notice of the opportunity to serve as a volunteer.

We picked up with our discussion from the March business meeting on whether the Club’s listserv should be on a website controlled by the Club, rather than the long-standing practice of having it hosted by Duke. The current practice requires a Duke-affiliated Club member to be the listserv owner and be responsible for certain required administrative functions. Halle will discuss the potential change with the Club member currently having those responsibilities under the arrangement with Duke.

We talked about the recent Spring Banquet. With our shoes having finally dried out from the deluge, we all concurred that it was a success. Thanks again to Doug for his considerable work on the event, and to Carolyn and Jim for hosting.

“Patrick indicated that the Club’s website will now show current and past RoYs, VoYs, Newsletter Editors, and Presidents of the Club.”

Patrick indicated that the Club’s website will now contain some historical information of interest. This in-

cludes current and past Runners of the Year, Volunteers of the Year, Newsletter Editors, and Presidents of the Club.

We heard from Charles on the upcoming hour run (formerly known as the “Rockin’ Bob Nelson Sweat-fest”) at the Durham Academy track on May 23. He’s looking for lap counters and sponge distributors to assist with the race.

Finally, Patrick asked for our position on several topics pertaining to resurrection of the Coach Bubba 20K/4-mile races. We concurred with keeping the same race distances, time of year and general location, and indicated our support of the suggestion to consider changing the name of the event.

The meeting adjourned at 7:50pm.

—Henry Blinder

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

June 2	Black Mountain Monster 12/24	Black Mountain	July 4	Four on the Fourth Carrboro	Carrboro
	Downhill at Dawn Half	Black Mountain		Killer Dunes 2 Mi/Liberty Sands Run	Nags Head
	Running of the Bulls 8K	Durham	July 7	Beech Mountain Club 5K	Beech Mountain
June 3	Run the Quay 5K	Fuquay-Varina	July 14	Grandfather Mountain Marathon	Boone
	Charity Chase Half Marathon	Hickory		Denny's Challenge 5K	Cary
June 9	Marine Mud Run 5K	Pinnacle		The Scream! Half Marathon	Jonas Ridge
	Midtown Race Series 5K/10K/Half	Raleigh		Yellow Brick Road 8K	Roxboro
June 14	Ninja Challenge 5K Obstacle Course	Fuquay-Varina	July 21	Historic Beaufort Road Race	Beaufort
	NC Triangle Race for the Cure	Raleigh		Triangle Expressway Trot II	Cary
June 16	NewBridge Bank Bridge to Bridge 4.0	Wilmington		Viking 5K	Creedmoor
	MuckRuckus MS Carolinas	Knightdale	July 28	Beat the Heat 5K	Winston-Salem
June 23	Sappony 5K Trail Run/Walk	Roxboro	Aug 11	Bele Chere 5K	Asheville
	Clare's Run for a Reason	Cary		Run With Heart 5K	Morrisville
June 30	Hope for Haiti 5K	Chapel Hill	Aug 18	Bella Rose Strides for Babies 5K	Cary
	Raleigh's Finest 5K	Raleigh		Springmaid Splash 10K/5K Trail Races	Spruce Pine
	5K Freedom Run	Wake Forest			

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	Research Triangle Park, Park Dr. near Credit Union	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Carolyn Huettel, 401-9589
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard (260-0261) and David Coulter (286-7278)
THURSDAY (P.M.)	6:00 p.m.	Kroger, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Jim Clabuesch and Carolyn Huettel, 401-9589
SATURDAY (DUKE FOREST)	8:00 a.m.	Duke Forest, at Gate 3, just north of the 751/Erwin Rd. roundabout intersection	Duke Forest trails and roads, the same routes used by the MTP program. Mileages of 7+ available.	Gordon Keeler, 479-4965
SATURDAY (UMSTEAD)	8:30 a.m.	Umstead State Park, at Harrison Ave. entrance	Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances	Carolyn Huettel, 401-9589
SUNDAY	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest, at Frank Bassett Dr., Durham	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile	Carolyn Huettel, 401-9589

* For full details on these runs, see the "Weekly Runs" section of the club website (www.carolinagodiva.org)

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s):		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		

TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	
<input type="checkbox"/> Multi-Year (family)	\$135 / 5 years	

Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

Signature of Primary Member (or Parent/Guardian)

Date

FAMILY MEMBERS - ALL COVERED INDIVIDUALS MUST SIGN BELOW

Last Name (Print)	First Name	Gender	Birth Date	E-mail
Signature: _____				Date
Signature: _____				Date:
Signature: _____				Date:
Signature: _____				Date:

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472

**Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472**

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ADDRESS SERVICE REQUESTED



A circled renewal date on your mailing label means it is time to pay your dues!