

VOLUME XXXVIII  
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**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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**DEADLINE FOR  
FEBRUARY  
NEWSLETTER:  
JANUARY 15TH**  
SEND SUBMISSIONS TO:

NEWSLETTER  
@  
CAROLINAGODIVA.ORG

## MY PATH TO RUNNING

The baton has been handed off to another (unwitting) VP to lead the Carolina Godiva Track Club (CGTC) through another year. So, how did I get here? My path to running started in high school, with one season of cross country my freshman year. Between the hot weather and constant practice, it didn't take long for me to realize that running was a lot of work. After the season ended, I put my running shoes on a shelf and forgot about them. After college ended, I noticed I had gained a few pounds. The sedentary life of an engineering student had taken its toll, leaving me woefully out of shape. Something needed to be done. I tried step aerobics, but I'm fairly uncoordinated; however, there was a small park near my apartment that had a running path. I went over there a few times a week and was starting to make good progress. After moving to North Carolina, I played ultimate frisbee for a few years. This was great for conditioning, but again the coordination problem kept coming back. Plus my knees were starting to feel wobbly from the quick sprints and turns.

When the running bug bit again, I was in shape and staying active. A nice lake trail provided an enjoyable place to run with a measured distance. Eventually, I was trained enough to run a 5K. The next step would require a weekly running routine...and the Carolina Godiva Track Club provided a weekly run in RTP, just minutes from my office. It was a great opportunity to branch out and meet other runners and try new routes. My confidence grew with the addition of the Umstead Park Saturday morning run. Most of the time I had no idea where I was or how to return to the start, but I seemed to be in good hands. My 5K times were holding steady. It was time to plan a longer distance.

The CGTC was hosting the Coach Bubba 20K, the farthest I had ever run. My confidence was low as I imagined collapsing before the turn-around on the American Tobacco Trail. Lots of training in the dark and in cold weather had prepared me for a frigid start.

*(Continued on page 3)*



[www.usatf.org](http://www.usatf.org)



### GODIVA LISTSERV

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

To subscribe to the list, just send an email to [cgtc-join@carolinagodiva.org](mailto:cgtc-join@carolinagodiva.org)

To post to the list, send messages to: [cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org)

### GODIVA CLUB CONTACTS

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### CLUB DISCOUNTS

<b>Bull City Running Company</b> 15% off all non-sale items <a href="http://www.bullcityrunning.com">www.bullcityrunning.com</a> Southpoint Crossings, Durham	265-3904
<b>Omega Sports</b> 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
<b>Inside-Out Sports</b> 10% on all regular priced items. Preston Walk Shopping Ctr, Cary <a href="http://www.insideoutsports.com">www.insideoutsports.com</a> Online Discount code: DV2007	466-0101
<b>Capital RunWalk</b> (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
<b>Raleigh Running Outfitters</b> 15% discount Raleigh & Cary	870-8998 362-8282
<b>Athletic Edge Sports Massage</b> \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
<b>New Balance Durham</b> 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
<b>Xpert Nutrition</b> 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
<b>Duke Sports Performance</b> 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	<a href="mailto:jwcvh@mindspring.com">jwcvh@mindspring.com</a>
Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
Master Women	Cathy Wides	<a href="mailto:cadw09@gmail.com">cadw09@gmail.com</a>

### GODIVA BUSINESS MEETINGS

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

*(Continued from page 1)*

It wasn't in record time, but I had the distance in my legs to finish. This set the stage for my first spring half marathon in Nashville. My brother-in-law and I signed up for the Country Music half marathon. The race went surprisingly well considering I had no established training plan, knowledge of pace, or nutrition strategy. It would take another year before getting up the nerve to sign up for a full marathon.

It has been a long journey from the 1 mile loop in Dayton, Ohio to the long distance races I regularly run over rocky, root-covered trails. I did an Internet search recently of the area where I used to live and discovered that they have a great park with a robust trail system and a well-established Rails-to-Trails path. I don't recall them being there when I lived in the area back in the late '90's. Maybe I never ventured out of my comfort zone, or was just oblivious to the Dayton running scene.

Would I have met the same fate and limited myself to 5K runs if I had not found the CGTC? Luckily, I don't have to ponder that question too long. It took a lot of self-convincing to show up to the first few group runs and even more to sign up for races of increasing distance. The main thing is that I did it, and I continue to do it. I encourage you to do the same. Keep setting higher goals for yourself. Whether those goals are a PR time, a new distance, or even a training run with new folks, when it is over you will be left with a sense of accomplishment.

On a final note for the month, I'd like to thank my predecessor Halle Amick for her wisdom and guidance over the past year. She answered every dumb question I could imagine while executing my role as Vice President. I'll do my best to fill those size-6 shoes.

— Doug Hensel

## ENO EQUALIZER 2013 1/20/2013

The next Winter Series event (after the New Year's Day Run) is the Eno Equalizer. I'd like to give a brief introduction to this event for those who have not run it before.

The race is a combination of a team race and a handicap race. Each participant will be given a handicap based on race times in past Godiva events. This is different from the Geezer Pleezer, where the handicaps depend only on age and sex. If you haven't run previous Godiva events, we will ask you for a recent race time and work out your handicap from that. As in most handicap events, the faster a runner you are, the smaller your handicap will be.

Then we form teams of three (drawn at the start of the race and graded so that teams are of roughly equal strength) and the runners are allowed to trade handicaps—you can start one minute ahead of your handicap time if you can persuade one of your teammates to give up one minute, or both teammates to give up 30 seconds, or any other combination that keeps the total team handicap the same. The objective should be to achieve the best result for the team—the team time is

that of the last runner in the team to cross the finish line.

As a guide, the handicaps are based on a scratch time of 25 minutes—if your handicap is nine minutes, that means your projected finish time is 34 minutes (because  $25+9=34$ ). The length of the course is officially 3.75 miles, but it's very hilly and tricky underfoot in places, so I reckon it's equivalent to about 4.5 miles on a flat road course.

The race is in the Fews Ford section of Eno River State Park (end of Cole Mile Road). Parking is limited and park officials have requested that we carpool as much as possible. Also please remember that we don't have exclusive use of the park and other groups will be on the trails.

See you all on the 20th!

— Richard Smith, Race Director

## CALLING ALL MEDICAL VOLUNTEERS!

In order to hold running events in Duke Forest (like several of our Winter Series races), organizers are required to have a designated individual on-site to provide medical aid.



CGTC has always relied on its wonderful volunteers to provide this service over the years, and, in the interest of helping our Race Directors connect with medical personnel and offering the opportunity to as many members as possible, we're creating a database of individuals who are interested in volunteering in this capacity.

Medical volunteers are covered by the Club's liability insurance, and volunteering at a Winter Series event yields a point towards the Incredibly Beautiful Shirt.

So, if you are a physician, nurse, EMT, physical therapist, physician assistant, or other individual currently licensed to provide basic medical aid, and you're interested in being a medical volunteer at a future CGTC event, please email me at [douglashenseljr@gmail.com](mailto:douglashenseljr@gmail.com). You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Douglas Hensel

## CALLING ALL UMSTEAD VOLUNTEERS!

We here in marathon land are gearing up for another great day in the park this March and are looking forward to again having our fabulous Godiva members back as volunteers!

This year's race is Saturday, March 2, 2013, and we're looking for folks for all sorts of duties from parking in the early morning to course monitors and aid stations during the day to finish line workers and clean up crew, so there's a job for every schedule/sleep pattern!

If you're available and willing to help out, please visit our sign up page at <http://www.umsteadmarathon.com/index.php?page=volunteer> and let us know your details.

As usual, volunteers will receive our super awesome technical shirts with this year's mystery critter on front.

Thanks, in advance, for your help!!

— Karen Murphy

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	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
<b>TUESDAY</b>	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)
<b>THURSDAY (P.M.)</b>	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
<b>SATURDAY (DUKE FOREST)</b>	7:00 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
<b>SATURDAY (UMSTEAD)</b>	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
<b>SUNDAY</b>	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](http://www.carolinagodiva.org))

## PINE MOUNTAIN 40-MILER RACE REPORT

One of my Saturday morning Umstead running buddies, Rhonda, has run many ultra-marathons. I would often say to her that if I ever decided to run one, I would want to do it with her. She would immediately suggest this run in Georgia called the Pine Mountain 40, which she had done four times, and which is very similar to, yet easier than, the Uwharrie 40 miler.

Come June, something inside of me wanted a new goal, so I signed up for this run. In my excitement, I created a weekly training plan in a spreadsheet, starting July 2 for this Dec 2 run....actually, I made it go to Feb 2 to keep this base up for my Uwharrie 20 training. My Monday and Thursday group run distances would not be altered, however, Saturday and Sunday runs became longer and repeats of the Cox mountain loop at the Eno River State Park were added to Wednesdays. With my love of spreadsheets, I tallied up my weekly mileage and graphed it.

I was very dedicated to running my weekly mileage without inconveniencing any non-running activities with family and friends. That meant moving a few of my long runs to a Thursday or Friday, which meant I would probably be solo and lonely. However, thanks to my awesome running buddies, I had company for every single one of my weekday long runs. Thanks go out to Alison, Cara, and Rhonda.

Dec 2 showed up quite quickly. Rhonda and I arrived to the race site around 6:00 in the morning for the 7:00 start. It was dark. It was in the upper 40s. My mind started racing: Do I use a flashlight for the start? Do I start in my long sleeve shirt when I know it is going to be in the 70s? Do I regret not having had a cup of coffee this morning? Can I really run/walk on trails for 10 hours? With Rhonda by my side, being very calm, cool, and collected, my mind games did not turn into anxiety, and I made my decisions with only a bit of haste. I did decide to have the flashlight, but ended up not using it. I did ditch the long sleeve shirt, and was very happy with that decision. I did regret not having coffee—that probably cost me ten minutes in the bushes. The last question I could not answer in advance, so I just had to prove to myself that I could finish.

### The First Fourteen

The first 14 miles began with a tad bit of asphalt which quickly turned into a trail covered in leaves. It was very runnable due to the lack of rocks and hills. After two miles of this “highway” running, I started to give Rhonda a hard time about her suggestion that I practice walking hills. She told me to just keep going and that I would understand soon. Within a mile, we started to ascend. Since it was early in the run, we were still in a pack of runners who had immediately started walking, hence we walked. My mind went into another internal struggle—to me, this was a very runnable hill, so should I run and pass people, using energy that I may wish I had later? Or do I just go with the flow and walk? Due to the unknown of being on my feet beyond 7 hours, I opted for the walking. In addition to the trail getting hilly, it also started to get rocky. There were many sections with small rocks that were hard to see because they were covered by leaves. There were many sections with big rocks that were easy to see, but not easy to run across. As we traveled along the leafy, rocky trail, the hills did get steeper, and I was thankful for Rhonda's suggestion of practicing walking uphill.

Rhonda and I had found our pattern—I would pull away on the uphill and she would be right back with me on the downhill. At the top of one climb was an absolutely beautiful view of the valley in which I was looking at the tops of fog patches with daylight just breaking over them. I enjoyed the view until Rhonda finished getting up the hill and told me that there was no time to sightsee. She knew that the cut-offs for this run were very tight and we had no time to waste. We got to the 5.9 mile aid station together and continued on with our uphill-downhill pattern. We came across this very cool rock that made me think we were off trail, however, after studying the rock, I realized it had a nice cut-out that was actually the trail. (I was looking forward to running on that again on the way back, but, unfortunately, it was not on the return trail.)

Eventually Rhonda told me to press on without her if I was feeling good, which I was, so I did. However, shortly after leaving her, I needed to find a place for a pit stop, which took a long time to find since there was no undergrowth. Once I found a place, I watched

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## PINE MOUNTAIN 40-MILER RACE REPORT (CONT.)

*(Continued from page 5)*

about 15 people go by me, including Rhonda. When I finally caught Rhonda again, she was shocked that I was behind her and she reminded me again how tight the cut-offs were. We stayed together to the 10.8 mile aid station. As we left that aid station, I managed to catch a foot on something and started to fall—it was the longest and most spectacular save I have ever made. The ground was sloping slightly down and I probably traveled 15 feet reaching for any tree that would stop me. I finally got focus on a tree that would and reached for it to find it had vines on it, which were the ultimate thing to stop me. My body ended up on foot, right arm extended to the right and left arm extended slightly up and to the left....and out of my mouth comes “Ta Dah!” Rhonda got to see it, and I think she was entertained.

Rhonda and I continued to run together for a while—me pulling away uphill and her catching back downhill. Eventually I was getting more uphill than she downhill, and ended up pulling away. I made it to the 14.3 mile aid station on my own. That is where the drop bags were, so I visited my bag, refilling my baggie of Fritos and eating half of a high-protein energy bar. I also refilled my hydration back pack with water and topped off my two fuel belt bottles with Gatorade. Needless to say, I spent lots of time there. As I was filling my second bottle, Rhonda was approaching. She was shocked to see me and in a sincere and worried tone of voice told me to get going.

### **The Middle Seven**

The next 7 miles I was by myself, lonely and fearful of getting pulled. I started running the smaller hills. The trail eventually became packed dirt, and all of the trees had fallen over—some snapped across the trunk, some twisted. I had heard about the area where a tornado came through two years ago, but did not expect it to be such a long section of trail with so much destruction. It covered at least two mountain sides. As I was running in this area, I heard voices to my right and looked up to see runners way ahead of me and way up on another mountain of fallen trees. Looked like I was in for a big climb.

I eventually came up to another runner and started looking forward to having someone to talk to. Much

to my dismay, the man was already talking to someone...on his phone! To me, having anything in your ear during a run just tells me you do not want to be social, hence, I quickly got around that man to see if I could find a more friendly person. I got to the 17.8 mile aid station and quickly got my Gatorade refill, potato chips, and Fig Newton cookies....still by myself

Just a few miles later, I caught up to a female runner. I asked if she had a GPS, and she informed me that we were around mile 19. I wanted to make sure we were close to 20 miles since the time was very close to my Uwharrie 20 finishing time of 4:15. I did some quick math—assume 20 at 4:30—assume at least that amount of time to get back (9:00) plus an hour because of fatigue (10:00). The cut-off required a 10:30 finish, so I had 30 minutes to spare. The fear of getting pulled subsided a bit, but I still felt that running the small hills was mandatory, which meant I ended up pulling away from this woman. I continued to run by myself.

### **The Middle Fifteen**

After leaving the GPS woman, I caught up to her two travel/running buddies, who I quickly befriended—whether they wanted me to or not. They were from Huntsville, AL. Laura was brought up in NC and had run the Shut-In Ridge Trail Race. Suzanne had completed her first Ironman Triathlon and her first 100 miler (The Umstead 100) earlier this year. It was wonderful to have someone to talk to.

When we got to the 22.8 mile aid station, the volunteer informed us that we were only 30 minutes away from getting pulled. This worried us, and the girls flew through that aid station. I could not leave as quickly as they did because I had to refill my back pack. Luckily, I was able to chase them down within a mile.

Out of nowhere a man joined us, who had clearly been running with these women earlier because he was calling them the “Huntsville Girls.” He was quite a friendly, fun, and talkative gentleman, named Tom. With the four of us walking/running at a steady pace and talking all the way, the miles were flying by. We still only had 30 minutes to spare at the 24.5,

*(Continued on page 7)*

## PINE MOUNTAIN 40-MILER RACE REPORT (CONT.)

*(Continued from page 6)*

28, and 31.5 mile aid stations.

Something must have changed after that last aid station because we got to the 34 mile aid station almost 45 minutes ahead of the cut-off. I was feeling great. A few miles beyond this aid station, one of the Huntsville Girls started to have stomach problems. Our foursome ended up splitting up into twosomes—I ran with Tom and the Huntsville Girls ran together.

### **The Last Four**

Knowing we were 45 minutes ahead of the cut-off, knowing we were not far from the finish, observing that we were back to “the highway” of the start of the run, and seeing that there was a chance to finish in the time that had been predicted for me (9:37), Tom encouraged me to try to get that time. His predicted time was 9:40, so between our two predicted times, it looked like we could achieve one of them. I picked up the pace. Tom stayed right with me. We kept that faster pace all the way to the finish line. It was sooo exciting to be able to run that fast without any walking for the last 4 miles of my first ultra.

Instead of wishing people luck at races, I always say to finish with a smile on your face...and you should have seen the smile on my face...we finished in

9:40. That time guaranteed me a cozy red fleece jacket with the race logo on it for finishing under 10:30.

As soon as I crossed the finish line, I heard a familiar voice and looked up to see Rhonda. My heart just sunk. Since she was already at the finish, she had either dropped out or was pulled. She informed me that her body had started cramping so badly that she had to slow down and did not make the cut-off time at mile 28. With her optimistic personality, she found a bright side—she got to meet some awesome people who also had been pulled and proceeded to introduce me to one woman who happened to also be from the Triangle.

Before leaving the race site, Rhonda and I soaked our legs in the lake, which was painfully cold, but worth every bit of pain. I had minimal stiffness and soreness after that soaking, and only missed my Monday run before getting back into my routine exercise regimen.

Will I do another ultra? Probably, but not for another year or two.

— **Carolyn Huettel**

## COUCH MOUNTAIN 2012 RECAP

Another great, sunny, warm December day and another near record turnout. The race, however, did see a course record. Bobby Davis, visiting from Minnesota, set the record at 28:57 followed closely by former record holder Jacob Hoerger at 28:59. Thanks to the efforts of our hardy volunteers, runners were registered, leaves were blown, and a great fire was built. Thanks again for all your work.

### **Volunteers**

- Chris Crowder
- Odile Gould
- Chris Gould
- Jim Reagan
- Jonathan Drake
- Ethan Caldwell

- Conrad Kirby
- Bryan Krehnbrink, RN (Medical Support)
- Jen Howard (assisted by Owen & Avery)
- Alan Hoffman (Celebrity Chef & Parking Coordinator)
- Richard Wolfe (Photographer)

— **Paul Naylor**

\*\* See page 8 for results\*\*

## COUCH MOUNTAIN 2012 RACE RESULTS

Place	Name	Time	City	Place	Name	Time	City
1	Bobby Davis	28:57	Eden Prairie, MN	34	Lisa Anderson	42:12	Durham
2	Jacob Hoerger	28:59	Chapel Hill	35	Brent Baker	42:15	Mebane
3	Matthew Hirschey	29:45	Durham	36	Dean Forbes	42:15	Mebane
4	Craig Heinly	31:42	Chapel Hill	37	Denise Larson	43:23	Durham
5	Jim Clabuesch	32:34	Durham	38	James Lewis	43:33	Durham
6	Troy Scott	32:58	Chapel Hill	39	Sandra Cooke	43:35	Haw River
7	Mike Kelley	33:13	Chapel Hill	40	Becky Trumbull	43:42	Durham
8	Kevin Nickodem	33:17	Chapel Hill	41	George Retsch-Bogart	46:03	Chapel Hill
9	Jonathan Drake	33:30	Chapel Hill	42	Zack Osborne	46:27	Greensboro
10	Jeff Hall	35:47	Raleigh	43	Carolyn Huettel	47:17	Durham
11	Douglas Hensel	35:51	Durham	44	Karen Murphy	47:18	Durham
12	Alexander Kenan	37:40	Chapel Hill	45	Anthony Landauer	47:18	Cary
13	Patrick Bruer	37:47	Chapel Hill	46	Brandy Burns	48:23	Raleigh
14	Heiko Rath	38:02	Durham	47	Jerry Surh	48:37	Carrboro
15	Hernan Silva	38:02	Durham	48	Dena Belvin	48:46	Durham
16	John Haws	38:25	Durham	49	Mickey Lackey	48:53	Raleigh
17	Kevin Gauger	38:58	Holly Springs	50	Mana Archibald	49:13	Hillsborough
18	Brent Belvin	39:10	Durham	51	Julie Messina	49:13	Durham
19	Joseph Drommer	39:16	Durham	52	Halle Amick	49:52	Durham
20	Christopher Boyce	39:29	Cary	53	Jennifer Renn	49:53	Chapel Hill
21	Paul Wormsbecher	39:41	Apex	54	Steve Munsat	50:03	Chapel Hill
22	Mark Dessauer	39:44	Durham	55	Emil Malizia	50:16	Chapel Hill
23	Kim Chapman-Page*	39:55	Durham	56	Erin McIntee	50:27	Durham
24	Tom Maunz	40:06	Durham	57	John Jewell	51:20	Durham
25	Parker Burns	40:21	Raleigh	58	Tom Kirby	52:40	Durham
26	Dorit Hammerling	40:25	Durham	59	Barbara Hindenach	52:40	Durham
27	Mike Walsh	40:58	Cary	60	Susan Slade	52:41	Durham
28	Alicia Morelli	41:32	Dyrham	61	Jim Hotelling	52:59	Chapel Hill
29	Ray Dooley	41:37	Chapel Hill	62	Hanan Moussa	53:10	Raleigh
30	Chris Gould	41:45	Durham	63	Alfred Kleinhammes	53:47	Chapel Hill
31	Cara Grout	41:51	Durham	64	Chris Selvaggi**	55:35	Cary
32	Thomas Hoerger	42:01	Chapel Hill	65	Anathan Ramosomy	57:28	Chapel Hill
33	Martin Warters	42:12	Durham				

\* 1st Place Female    \*\* 1st Race Walker

# THE 29TH ANNUAL GODIVA WINTER SERIES

**Run for the Donuts**     **Durham Academy, Upper School, 3601 Ridge Rd.**     **Sun, Oct. 14th**  
**10 am**



X-Country team relay based on the patented Donuts Index™  
Race Director: Ronnie Weed, (919)225-1407 [diecorn@gmail.com](mailto:diecorn@gmail.com)

**Misery Run**     **The Lucas Farm, Old Fayetteville Rd. Carrboro**     **Sun, Nov. 11th**  
**10 am**



5 mile X-Country run with challenges to overcome and plenty of mud and muck.  
Race Director: Jim Clabuesch, (919)401-9589 [jwcvh@mindspring.com](mailto:jwcvh@mindspring.com)

**Couch Mountain**     **Duke Forest, South US 70 & NC 751**     **Sun, Dec. 9th**  
**10 am**



X-Country race up the famous Couch Mountain followed by a cookout!  
Race Director: Paul Naylor, (919)493-3702 [naylorpaul@msn.com](mailto:naylorpaul@msn.com)

**New Year's Day Run**     **Duke School for Children, 3716 Erwin Rd.**     **Tue, Jan. 1st**  
**1 pm**



5 miles of X-Country to ring in the new year!  
Race Director: Patrick Bruer, (919)929-8582 [pjbruer@gmail.com](mailto:pjbruer@gmail.com)

**Eno Equalizer**     **Eno State Park, End of Cole Mill Rd.**     **Sun, Jan. 20th**  
**10 am**

4 miles of X-Country team handicap race. Snow date is Jan 27th  
Race Director: Richard Smith, (919)408-8126 [rls@email.unc.edu](mailto:rls@email.unc.edu)

**Geezer Pleezer**     **Carolina Friends School, 4809 Friends School Rd.**     **Sun, Feb. 10th**  
**10 am**

Start time based on age and gender. Run starts and ends on school campus.  
Race Director: Gary Schultz, (919)489-7803 [gary.schultz@frontier.com](mailto:gary.schultz@frontier.com)

**Hard Climb Hill**     **Duke Forest, Gate 23 at Mt. Sinai Rd.**     **Sun, Mar. 10th**  
**10 am**

3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.  
Race Director: Jerry Surh, (919)967-0272 [surh@ncsu.edu](mailto:surh@ncsu.edu)

Earn points for the Winter Series T-shirt!

You must be a CGTC member and run or volunteer at 5 of the 7 events.

The Hard Climb Hill 10-miler will count as two events if you run it.

Lots of volunteer opportunities available, hint hint. . .Contact the race directors to find out more!

## AT THE RACES

Race Name	Race Date	Runner's Name	Finish Time	Place	Age Group
Johnstown, PA Marathon	10/7/2012	Barbara Hindenach	4:39:22	1st	M/F
Shut-In Ridge Trail Race	11/3/2012	Bart Bechard	3:08:00		
City of Oaks Marathon	11/4/2012	Allen Baddour	2:56:53	3rd	M/M
New Hope Turkey 4 Miler	11/10/2012	Heiko Rath	28:50	2nd	O/M
Bucks County, PA Marathon	11/18/2012	Peter Hessling	4:39:59		
Ridgewood Turkey Trot 8k	11/22/2012	Chris Capps	26:40	4th	O/M
Ridgewood Turkey Trot 8k	11/22/2012	Charles Fiore	36:26		
Ridgewood Turkey Trot 8k	11/22/2012	Louise Guardino	53:33	1st	F 65+
Gallop and Gorge Turkey Trot	11/22/2012	Bart Bechard	29:56	1st	M 45-49
Gallop and Gorge Turkey Trot	11/22/2012	Gary Moss	32:11	1st	M 60-64
Jus' Running Turkey Trot 5K	11/22/2012	Tim Meigs	16:33	2nd	O/M
Run at the Rock 14 Miler	12/1/2012	Paul Wormsbecher	2:05:54		
Jingle Bell 5K for Arthritis	12/1/2012	Steve Mele	18:56	3rd	M 45-49
Jingle Bell 5K for Arthritis	12/1/2012	Andrew Scribner	19:07		
Jingle Bell 5K for Arthritis	12/1/2012	Louise Guardino	31:20	2nd	F 70-74
Reindeer Dash for Cash 10 Miler	12/2/2012	Tim Meigs	56:27	2nd	O/M
Reindeer Dash for Cash 10 Miler	12/2/2012	Gary Moss	1:06:40	1st	M 60-64
Jolly Elf Trail 5K	12/8/2012	Andrew Scribner	19:03	1st	M 40-44
Jolly Elf Trail 5K	12/8/2012	Evan Milledge	25:42	2nd	M 9 & under
Jolly Elf Trail 5K	12/8/2012	Louise Guardino	31:16	2nd	F 70-79
Reindeer Run 5K, Pittsboro	12/8/2012	Allen Baddour	18:07	1st	O/M
Kiawah Island Marathon	12/8/2012	Chris Capps	2:44:00	3rd	O/M
Rocket City Marathon	12/8/2012	Matt Schumacher	3:33:00*	3rd	M 19 & under
Rocket City Marathon	12/8/2012	Alan Schumacher	4:24		
Reindeer Romp 5K	12/15/2012	Louise Guardino	32:14	2nd	F 65+
RTP Fitness Race Holiday 5K	12/15/2012	Andrew Scribner	18:52	3rd	O/M

\* 1st Marathon

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

Submit Your Results Online:  
Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and click the @ *The Races* tab.



**Second Annual Panther 8 km and 2 Mile Fun Run/Walk  
Granville Central High School, Butner-Stem, N.C.**

**Race Day Schedule**

*February 23, 2013*

7:30 A.M.    Late Registration Begins  
 9:00 A.M.    8 km Run    Entry Fee \$25 (\$30 on race day)  
 10:00 A.M.   2 Mile Run/Walk    Entry Fee \$15 (\$20 on race day)  
 Age 18 and under fee for individual events only \$10 through race day!

Proceeds will benefit the Granville Central High School Cross Country team  
 and the Area Congregations In Ministry (ACIM) Food Pantry of Oxford.  
 Please bring non-perishable food items to event for donation to food drive.



Sponsors include: ACIM Food Pantry, Black Belt World, Bob's Barbeque, Carolina Godiva Track Club, Good Samaritan Thrift, Goose River Books, Granville Recycling Center, Steve's Lawn and Garden, Shearin's Tire Service, The Road to Fitness, The Trading Post and WIZS Radio 1450-AM. For more information, please contact Otis Lyons, [eclipselee@aim.com](mailto:eclipselee@aim.com), 919-575-9380; or Chris Crowder, [chriscrowder2007@yahoo.com](mailto:chriscrowder2007@yahoo.com), 919-603-4974

**Awards**

**Panther 8 km:** Top three overall male and female finishers will receive trophies. The top three male and female finishers in the following age groups will receive medals: 12 and under, 13-14, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+

**Panther 2 Mile:** Although anyone and everyone is invited to participate in the Panther 8 km and 2 Mile Fun Run/Walk awards will be given to the top three male and female finishers in the following age divisions only: 10 and under, 11-12, 13-14.

Use this form to register or register online at <a href="http://www.sportoften.com">www.sportoften.com</a>	<b>Registration Form and Waiver</b> Make checks payable to GCHS Cross Country. Send form and check to Otis Lyons, 613 24th St., Butner, N.C. 27509
Last Name _____ First Name _____	
Address _____ City, State, Zip _____	
Email address _____ Phone number _____	
Sex (circle) Male Female    Age on 2/23/2013 _____ T-Shirt Size (circle) S M L XL	
Entry fee: (Check beside event)	
4 Mile: 18 and under \$10 _____	4 Mile postmarked by 2/18/13 \$25 _____ day of \$30 _____
2 Mile: 18 and under \$10 _____	2 Mile postmarked by 2/18/13 \$15 _____ day of \$20 _____
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 Panther 8 km and 2 Mile Fun Run/Walk, Granville Central High School, the Granville County Sheriff's Department, the sponsors, and all who are associated with the Panther 8 km and 2 Mile Fun Run/Walk 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 February 23, 2013 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 (except seeing-eye dogs), skates, or bicycles are allowed in the event area in the interest of safety. Portable music players are discouraged. No refunds. No baby joggers or strollers.	
Signature: _____ Date _____	
Parent or Guardian signature if under age 18: _____ Date: _____	

Carolina Godiva Track Club members only may sign up for all seven races by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (30 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under.

To receive the 2012-2013 Incredibly Beautiful 29th Annual Winter Series Shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler will count as two events if you run it.

If you want your name to show up in the Winter Series Standings that are published on the club website, please fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information, contact Doug Hensel (hashingopus@gmail.com)

# Winter Series

## Carolina Godiva Track Club Winter Series 2012-2013 Entry Form

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

### Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.

\_\_\_\_\_  
Signature (Parent's, if under age 18)

\_\_\_\_\_  
Date

Return Completed Form To: JIM CLABUESCH  
9 LITCHFIELD COURT  
DURHAM, NC 27707-5367

# 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**

**Non Profit Organization  
U.S. Postage Paid  
Durham, NC  
Permit No. 1084**

ADDRESS SERVICE REQUESTED



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