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**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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**DEADLINE FOR  
APRIL  
NEWSLETTER:  
MARCH 15TH**

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CAROLINAGODIVA.ORG

## WELCOME TO RUNNING...AND TO GODIVA!

As many of you may know, we are gearing up for our Running Start program. Running Start has been around for a quite some time (some of our longer-standing members could tell you better than I how long), and is such a great program. I do know that for the coordinators and the other volunteers, it takes a lot of dedication, passion, and a true belief that what they are doing matters in the life of another.

As I reviewed the information that this year's coordinator shared with me about the program, I began to reflect back on how I started running. I did not run in my youth, and when I made the decision to run it did not come easily to me. It still doesn't. Every time I go out for a run I have to overcome a certain amount of anxiety because I know it's going to be hard. But the feeling I have every time I finish a run makes it all worthwhile.

Running was my 30th birthday gift to myself. I had tried to be a "runner" multiple times before this specific attempt. I had purchased an expensive treadmill, bought myself some running shoes, subscribed to *Runner's World*; you know, all the important things to become a runner. I then ran my butt off for three days until I was sore, exhausted, frustrated and wondering why the heck anyone would want to do this. I eyed my treadmill and determined that it would provide a perfect place to hang-dry clothes. Fast forward several months and repeat. Over the years, my treadmill got much more use as a clothesline than as a running implement.

But this time, I made a strong commitment that it would be different. I was going to make sure that it worked. And it did. What made the difference this time?

### *Starting Slow*

I had read somewhere that when you start running, you shouldn't work too hard and you should never let yourself get out of breath or experience discomfort for some initial period of time. This sounded like a great plan to me, especially because I'm kind of lazy and don't really like to experience too much discomfort. (I guess it's also possible that I just made it up, because it sounds exactly like something I would make up just to avoid discomfort.)

When I say I liked this idea, I truly mean it. I completely took it to heart.

*(Continued on page 4)*



[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 Men		
Master Men	Tim Meigs	<a href="mailto:tim_meigs@yahoo.com">tim_meigs@yahoo.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

## 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 during Winter Series events yields points 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 [douglash-enseljr@gmail.com](mailto:douglash-enseljr@gmail.com). You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Doug Hensel

### NEWSLETTER EDITOR NEEDED!

Looking to find a way to get more involved in the Carolina Godiva Track Club? Want to feel productive while resting after your long runs? Or maybe you just like knowing what's going on with your favorite running club? Now's your chance: The current newsletter editor is looking for someone to take over responsibility for editing the monthly Carolina Godiva Track Club newsletter.

If you're interested or have any questions, please contact either the Club president at [president@carolinagodiva.org](mailto:president@carolinagodiva.org) or the newsletter editor at [newsletter@carolina.godiva.org](mailto:newsletter@carolina.godiva.org).

### AMERICAN TOBACCO TRAIL BRIDGE NOW OPEN!

The long-awaited American Tobacco Trail Bridge over I-40 is now open to runners, walkers, and bicyclists! The architectural and engineering buffs among them should note that it is an arch supported stress-ribbon bridge—currently only the second bicycle/pedestrian bridge of this type in the United States.

With the bridge completed, the ATT now extends from N.C. Highway 54 at Fayetteville Road to the Chatham County line and beyond, completing a missing link in the East Coast Greenway, which links communities from Florida to Maine.

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	5:30 p.m.	10 Park Dr, Durham, NC 27709. Behind RTP Federal Credit Union; to the right of Research Triangle High School.	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.	202 NC-54, Durham, NC 27713. Kroger grocery store at South Point Crossing shopping center.	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 (UMSTEAD)</b>	8:30 a.m.	Umstead State Park, Cary 27513. Harrison Avenue entrance	Mostly single-track trails. Very hilly. On single track, 10.5-11 minute mile pace. On bridle trails, 8:45-9:15 minute miles.	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))

## PRESIDENT'S COLUMN, CONT.

*(Continued from page 1)*

When I started my new plan, it went something like this:

**Week 1:** Run for 15 seconds, walk for a minute 45 seconds; run 15 seconds, walk a minute 45 seconds. Repeat for 10 minutes out, 10 minutes back. Repeat 3 times that week.

**Week 2:** Run 30 seconds, walk a minute 30 seconds; run 30 seconds, walk a minute 30 seconds. Repeat for 10 minutes out, 10 minutes back. Repeat 3 times for the week.

**Week 3:** Run 45 seconds, walk a minute 15 seconds; run 45 seconds, walk a minute 15 seconds. Repeat for 10 minutes out, 10 minutes back. Repeat 3 times for the week.

You get the picture. Over time, my running time increased and my walking time decreased until it flowed together. And I was running!

Previous all-out attempts always resulted in frustration and perceived failure. Taking it slow allowed me to experience success. This success made the experience positive and fun and I wanted to keep going back to it.

### *Taking it Outside*

While this may seem like it should have been obvious for someone who grew up in Northern Michigan camping, hiking, and just in general being "outside," who even as an adult enjoyed and spent a lot of time outdoors, it took some time for me to transfer this to running.

At the time, I lived in a small town about 45 minutes outside of Raleigh. The area was not conducive to running and my two options were a flat rail trail where I could run out and back, or a half mile loop around my neighborhood. I decided to take what I had available to me and make the best of it.

Even though my options were limited, and not exactly ideal, being outside provided things that made a huge difference in how I felt about going out to run each day. I would hear the wind in my ears (not because I was fast, because it was windy); I might feel raindrops on my

skin; I could hear a cacophony of birdsong; I might see something that would catch my eye and make me laugh. Each time I headed out, I didn't know exactly what I would experience.

My first attempts at running had always been on a treadmill. As I'm sure many of you are aware, being on a treadmill can be a tough place to be. Being outside gave me sensory input that I could never get from running indoors on a treadmill. And it felt good. And, oh my, when I discovered trail running? That was perfect.

### *People*

In the past, on my isolated treadmill in the corner of my living room, I was always alone; both physically alone and without support or encouragement for what I was doing. When I started running this time, I was in an area where I did not have people to run with. I managed to convince my son to go out onto the rail trail a few times with me. I would occasionally cross paths with someone walking their dog on the trail and we would have a brief exchange. Every once in a while I would see a neighbor also running the half mile loop around the neighborhood and we would take a few moments to run together and talk. All of these little moments provided me with interaction and even at some level, a sense of support.

Eight months after I started running, I moved to Raleigh. I did not know people to run with, and I didn't really know how to meet them. But what I did have was one very good friend who supported and encouraged my running. When I ran my first race that fall, the Wilmington Battleship Half Marathon, this person traveled with me specifically to stay with my children while I ran and to make sure there was someone there to cheer for me and my children could see me cross the finish line. There is nothing more touching than hearing your young child's voice call your name (and "mom" is still my best name) in excitement as they experience with you something you have worked for.

However, it was when I began to reach out and meet people in the running community that I felt I experienced the most growth. I was able to learn from others' experiences, be exposed to activities and events I would never have even thought of. And nothing can beat the encouragement and support from a group of people who, no

*(Continued on page 5)*

## PRESIDENT'S COLUMN, CONT.

*(Continued from page 4)*

matter where you are, have been there before.

I am the kind of person that actually likes (and needs) solitary time. I still often run alone. But even I have found that I also need people. Through trying various things, I have found that what I need are little moments of interaction when I'm running long distances. I need to make sure I get out on a group run, or at least a run with another person, every once in a while. And I need to be a part of the support and companionship that is out there. For me, this is what motivates and keeps me running.

For those of you who are just beginning on this journey through our Running Start program, congratulations on your choice to start something that can be life-changing. Each person will have their own unique way to success. And success will be (and should be) defined differently for each person. I hope that each one of you finds something in Running Start that helps you find success your and create your story. Welcome!

— **Brandy Burns**

## CGTC POETRY CORNER

GODIVA RUNS IN THE WINTER

Put on your shoes, come run with us.  
 Come in first or last it's still a plus.  
 In rain, snow, wind or sun,  
 We come together here to run.  
 Through mud, over rocks and every root.  
 Up and down the trails we'll hoot.  
 Race as a team or on your own.  
 You'll never truly be alone.  
 Couch Mountain, New Year and Geezer Pleezer,  
 Donuts, Misery, and Eno Equalizer.  
 The last winter race is the Hard Climb Hill.  
 Run 3 to 10 miles each hill a thrill.  
 Finish first or the middle of the crowd,  
 We'll cheer for the last one just as loud.  
 Whatever time you think you'll finish,  
 We'll have food and drink to replenish.  
 The joy of moving smoothly every mile,  
 Will bring out everyone's smile.  
 (Well..... maybe not for every mile.)  
 It's time to START, take your PLACE,  
 Get ready to run your best race.  
 Give three cheers:  
 GO, GODIVA, GO!

— **Richard Neff Wolfe**

NEW MEMBERSHIP CHAIR NEEDED  
ASAP

I've been at it since March 1999. That makes a nice even 15 years as your membership chair so far. I'm ready for some new blood to take over please.

The job requires only a few hours a month of your time. You'll gather new and renewal memberships from the club Post Office Box and from emails. You'll copy/key the data into the database and print the mailing labels, then coordinate getting the labels to the newsletter printing department (Barbara and Tom). You'll also be the keeper of the key to the club Post Office Box in Durham, which means going to the POB every two or three weeks and sorting/delivering the mail to the appropriate club members, most easily done at the monthly club meeting in Durham. You'll need a computer, a laser printer, and some basic computer skills. The club database is full of interesting facts about the membership that a curious/nosy person could find intoxicating (no stalking allowed—ha ha!). This is an "attention to detail" oriented job.

It is time for someone with the skill/ideas to help the club navigate in the technological world in which we now live, and time for an old Luddite like me to stand down. It has been a pleasure to volunteer my time previously as treasurer and currently as membership chair to this great organization. I have met so many fun and helpful and passionate people who have enriched my life that I feel forever in debt to all of you CGTC members, past and present.

Email me please at [jwcvh@mindspring.com](mailto:jwcvh@mindspring.com) if interested or with questions. Thanks.

— **Jim Clabuesch**

# GEEZER PLEEZER 2014 RECAP

Thanks to the merciful weather gods and goddesses, this year's GeePee was sandwiched comfortably in a mild interlude between a preceding rainy stretch and a following icy/snowy stretch in the area. Attendance was about the same as last year, but with only half as many females this time.

However, for the second year in a row, we experienced an "aberration," not previously occurring in our local event but discussed in WAVA's 1994 revised *Age-Graded Tables* book: the winner's finish-time placement did not match her age-graded (AG) performance ranking. Both Kevin and Mike had better AG percentages than Louise this year. Although we award our prizes based on finish times, we order our *All-Time Top Ten* list according to AG results.

Kevin was already second in that list (behind the unreachable 89.77% AG result by Cathy Wides in 2012) based on his 2005 82.31% AG result at age 48; he retains that placement but now with his 2014 improved 82.76%. (We don't stack an individual's prior, inferior performances.) Mike enters the list in fourth place (behind Abie Harris) with his 80.33% AG performance. (*Aside: I use Runner's World's* online AG computations, which vary slightly from Run Score's, which are not online.) Louise, who entered the All-Time list two years ago in ninth place with her 2012 AG performance, is now in tenth place, pushing Riëtta Couper off the list.

## 4-MILE RESULTS ORDERED BY FINISH TIME

	<u>Name</u>	<u>Sex-Age</u>	<u>Offset</u>	<u>Finish</u>
1	Louise Guardino	F73	20:00	19:32
2	Kevin Nickodem	M57	5:00	19:40
3	Mike Kelley	M54	4:15	20:32
4	Chris Gould	M69	8:30	21:21
5	Jim Clabuesch	M48	3:00	21:44
6	George Linney	M38	1:00	23:08
7	Owen Astrachan	M57	5:00	23:22
8	Lewis Hendricks	M40	1:30	23:42
9	Jeff Hall	M49	3:15	23:56
10	Joe Shamblin	M47	2:45	23:59
11	Steve Anders	M56	4:45	24:00
12	Mark Manz	M28	0:00	24:14
13	John Haws	M45	2:30	24:18
14	Patrick Bruer	M55	4:30	24:25
15	John Powers	M20	0:15	25:00
16	Denise Larson	F53	8:30	25:13
17	Maureen Feldbaum	F33	3:30	25:18
18	Ian Holmes	M34	0:30	25:31
19	Joe Drommer	M43	2:00	25:58
20	Tom Kirby	M60	5:45	26:15

	<u>Name</u>	<u>Sex-Age</u>	<u>Offset</u>	<u>Finish</u>
21	William Schmitz	M41	1:30	26:22
22	Douglas Hensel	M40	1:30	26:39
23	Karen Murphy	F35	3:45	26:57
24	Jim Hotelling	M66	7:30	27:04
25	Kevin Gauger	M40	1:30	27:11
26	Jeff Branin	M66	7:30	27:18
27	Heiko Rath	M44	2:15	27:57
28	Carolyn Huettel	F49	7:00	28:09
29	Bryan Scherich	M32	0:15	28:11
30	Paul Wormsbecher	M52	4:00	28:13
31	Rachel Hilschey	F32	3:30	28:38
32	Tom Maunz	M33	0:15	28:50
33	Christopher Boyce	M39	1:15	29:01
34	Will Shamblin	M10	5:30	29:05
35	Alexander Kenan	M21	0:00	29:07
36	Donnie Rhoads	M41	1:30	29:22
37	Tim O'Brien	M62	6:30	29:36
38	George Hotelling	M12	3:45	29:42
39	Ron Garcia-Fogarty	M39	1:15	30:07
40	Tony Landauer	M50	3:30	30:23
41	Emil Malizia	M70	8:45	30:32
42	Karla Henderson	F64	14:00	30:38
43	Frank Rexford	M54	4:15	31:04
44	Alfred Kleinhammes	M62	6:30	31:12
45	Molly Parks	F34	3:30	31:17
46	Dave Campbell	M55	4:30	31:37
47	Allen Harris	M54	4:15	31:38
48	Joao Correia	M46	2:30	31:59
49	Ben Shamblin	M12	3:45	32:08
50	Hona Lee Harrington	F50	7:15	32:12
51	Brandy Burns	F38	4:00	32:25
52	Julie Messina	F36	3:45	32:48
53	John Jewell	M57	5:00	33:09
54	Chris Blue	M46	2:30	33:14
55	Elizabeth Shamblin	F45	5:30	34:08
56	Scott Shamblin	M7	9:15	34:25
57	Hanan Moussa	F55	9:30	34:56
58	William Harris	M38	1:00	37:29
59	Adam Shamblin	M14	2:30	38:09
60	Chris Selvaggi (RW)	M45	2:30	40:42
61	Richard Wolfe	M75	11:15	66:33

***Kudos to volunteers*** Jessica Broglie, Patrick Bruer, Jim Clabuesch, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Aline Lloyd, Hanan Moussa, Jerry Surh, and Richard Wolfe. (My co-director Peter Klopfer was still tied up after all-night research duty at the Lemur Center.)

And ***Best Wishes*** to Tom Kirby, who now succeeds me in this event. He's more than able to fill the role that I've enjoyed for many years. Perhaps now I can aid him as he (and Barbara!) did so generously for me.

-- Gary Schultz

## THROUGH THE WOODS AND OVER THE RIVER

On a Sunday morning in January 2014, some people might be in a building with a view outside, and perhaps with a high ceiling. Some might sing to celebrate being alive this day. Some might dance to the music of the universe. But today the members and friends of Carolina Godiva Track Club are at the Cox Mountain section of the Eno River State Park to race over its trails and swinging bridge. The morning sky is clear and the air cold and chilling, but the bright sun warms our faces when not in the woods. Under this warm January sun, we look up through the bare trees to the blue sky unlimited by a ceiling.

For the Eno Equalizer Run, the race director estimates and assigns a total time for teams of three to finish based on the perceived capability and history of each runner. Individual start times may be adjusted within each team for the same assigned total handicap of about 40 minutes. The slowest runners start with the most extra time in the countdown to zero, at which time all runners will have started. If handicapped appropriately, all team members will finish at the same time, and all teams also finish about the same time. Some runners are new to the course, may have never been on the Cox Mountain Trail, and may be new to trail running. What a challenging choice!

I am here to photograph and share our group activities. Years before I had completed this course a couple times, but now I am much slower and would come in last, even with the most lead time. I have to choose carefully which race I run. With photographs, I can support and share the excitement. Today my plan is to photograph each team before starting, and then photograph runners wherever they are on the trails. However, most teams are eager to adjust their times and get started, so I miss a few.

The 2014 race followed several days of heavy rains so words of caution are given to the runners. The trails are slippery and muddy with some water puddles 1-2 inches deep near the river. White flour marks the route.

The clock starts the countdown to zero. Each runner waits to start at their handicap time, ranging between three to 27 minutes. The slowest ones start first so

they will have more time to finish. Cheers from the crowd start them on their way. Most of the first runners smile with anticipation of the adventure of an unknown trail. Yet they are serious competitors who will race to stay ahead of others starting later.

After the first few runners start, I too head out on the trail with my camera. The morning sun is in the wrong position to get good face shots at the start. I watch for runners coming up behind me, step aside, turn back, pause, and click a picture of them on the trail in the woods. A few flash victory signs even before finishing. Others appear determined with the effort of catching and passing those in front.

Soon I come to the “stairs” leading down the bluff to the river. These are 4 x 4 inch wooden beams across the trail to keep erosion to a minimum and to keep people from tripping and sliding into the river. More people pass me and I pleasantly take bytes (not bites) of them to store in my digital camera.

Then the swinging bridge comes into view. The first sign on the bridge shows the level of flood waters reached during Hurricane Fran, about four feet above the deck on Sept 16, 1996. As more than half of the runners have passed me, the bridge is mostly empty. I pause to photograph up and down the present river flood of 2014, about 20 feet below. I proceed across the bridge to catch the last runners coming across. A sign says: “BRIDGE RULES—DO NOT RUN SIT JUMP OR PLAY ON THE BRIDGE.” The deck is flexible and held up by curving suspension cables with additional cables for “side rails.” Every step sends a reverberation through the wooden deck from one end to the other. If several people are on the bridge, the deck may rise up unexpectedly as the wave travels from end to end. The side cables keep a person from being pitched into the river.

Most runners that I see heed the signs and walk rapidly on the bridge. A couple runners attempt to run over the undulating, galloping bridge, at least for a few awkward steps at my end. Now the last runner has crossed the river, and all are on the trails moving up, over and around Cox Mountain.

*(Continued on page 8)*

## THROUGH THE WOODS, CONT.

*(Continued from page 7)*

For me, it is back “over the bridge and through the woods” to the start/finish line to capture the expressions of effort as each runner finishes. Soon, the first runners come in, followed by clusters who gently jostle each other to finish ahead. They are so crowded that photographs of individuals are not possible. A few excited runners spread wings to fly over the finish, flash big smiles or leap across with young legs, even if they are among the last. A family of six runners and the winning team both pose afterward for a photograph full of smiles.

Finish times for each person are recorded; the team time reflects when the last member of a team finishes. The race director and timers compile the results to post on the website and in the newsletter. Finish times beyond zero were in the range of 22:40 to 35:02 minutes:seconds, while total running times range from 28:21 to 57:23. If you are slow you can still run and finish. When runners finish this challenging race, each one has earned a big smile, admiring looks at muddy shoes or shorts, and congratulations from other runners and race volunteers.

At home, my digital collection is sent off to the web

master who edits and posts them on the CGTC website for viewing. Runners can request digital copies from me on the web site for their personal use. My personal pleasure and satisfaction in these events comes from the opportunity to participate and share time and the challenges of being outside with people in active sports. The pleasure of photography includes being in the right place at the right time to observe, frame, and catch individual and group actions and scenes.. That people want to view, share, and display these photographs on the web and in family albums are reasons enough for me to continue to photograph.

This essay of a thousand words describes my experience with this race. But you have to view the photographs to “complete the picture.” Each individual photograph is worth more than any essay of a thousand words could possibly describe.

— **Richard Neff Wolfe**

*To see Richard’s photos from the Eno Equalizer (or other races), go to [carolinagodiva.org](http://carolinagodiva.org) and click on “Photos” in the header menu. From here, you can pick which race you’d like to see photos from.*

## HARD CLIMB HILL

Hard Climb Hill: Sunday, March 09, 2012, 10:00am

Last race for points toward that beautiful Winter Series Shirt!

The Hard Climb Hill event is the longest and hardest race of the Winter Series, awarding two points for competing in the 10 mile option. You have a choice of running 3 or 7 mile races on the same course and, unique to this Godiva race, you can decide which distance to run while running, since everyone starts and finishes at the same place. Records are kept for all three distances. The course is an off-road, hilly, wide, packed gravel trail in the Korstian Division of Duke Forest, negotiable and safe even in the rain. Meet at Gate 23 on Mt. Sinai Road, 0.3 miles past Friends School Road, left side; please park along the road. Registration starts at 9:00am.

Volunteers welcome. To sign up or for queries, contact Jerry Surh at [surh@ncsu.edu](mailto:surh@ncsu.edu) (most reliable) or (919) 880-9577 (less so).

— **Jerry Surh**

Godivans: Please clip out this flyer and post it around town it to help us publicize RS 2014.

# RUNNING START 2014

**Do you want to start running but have never run before?**

**Do you want to start running but don't know how?**

**Do you want to get back into running after taking time off?**



**Join Carolina Godiva Track Club's  
RUNNING START PROGRAM!  
Twelve Weeks to a 5k Race**

**Kick off session: Monday, March 10 at 5:30 PM  
South Regional Library  
4505 S. Alston Avenue, Durham  
Snacks and light refreshments will be served.  
Bring a friend.**

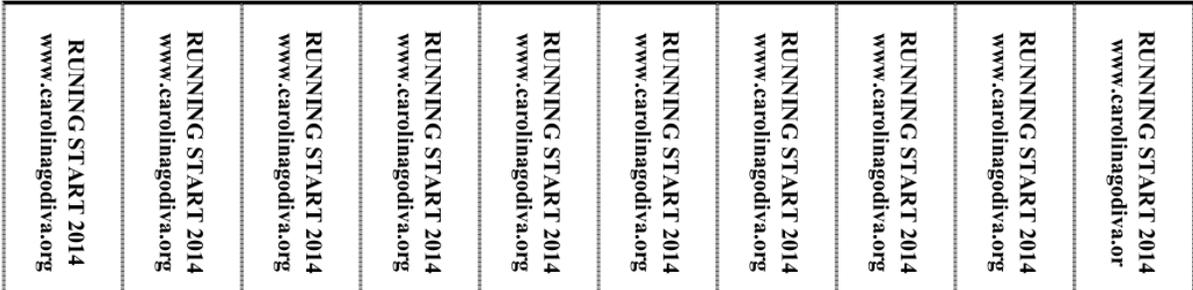
Running Start is a **non-competitive** program. Godiva Track Club volunteer pacers will mentor you through a training schedule of three walk/run sessions per week. Runs take place in Durham and RTP. Weekday runs may also be offered in Chapel Hill. Program cost is \$45 (\$25 program fee, \$20 Godiva Track Club membership). Student and family membership options, too.

**Visit**

**[www.carolinagodiva.org](http://www.carolinagodiva.org)**

**for details and to register**

**RUNNING START BEGINS SATURDAY, MARCH 15!**



**@ THE RACES****Frosty 25K (1/4/2014)**

Brian Tajlili 1:40:21 5th O/M

**Charlotte Running Company 13-Mile Trail Race**

(1/18/2014)

Brian Tajlili 1:33:35 1st M30-34

**Run for the Roses 5K (2/9/2014)**

Louise Guardino 33:33 3rd F70-74

To see your name in the newsletter, just enter your race results at the Carolina Godiva website. Go to <http://www.carolinagodiva.org> and click on the big red @The Races button near the top left of the home page.

**RACE CALENDAR**

- Mar. 9 (Sun)** NC Half Marathon, Charlotte  
Lapper's Delight 24 Hour Race, Pinnacle
- Mar. 15 (Sat)** Kidney Kare 5K, Chapel Hill  
Run for Hope 10K, 5K, & 1M, Fayetteville  
Top of the Mountain to Ya Trail Race, Danbury
- Mar. 16 (Sun)** Tobacco Road Full/Half Marathon, Apex  
Asheville Marathon, Asheville  
Steve Haydu St. Patrick's Day LoTide Run, Carolina Beach  
Wrightsville Beach Full/Half Marathon, Wrightsville
- Mar. 22 (Sat)** 25th Annual Franklin 5K, Chapel Hill  
Merge Records 25K, Chapel Hill-Durham  
Biggest Loser RunWalk 5K Off-Road Challenge, Charlotte  
Ellerbe Marathon, Ellerbe  
Color Run 5K, Winston-Salem  
Equinoxalizer 4-Miler, Durham
- Mar. 29 (Sat)** The Great Human Race, Durham  
Emerald Isle Half, Emerald Isle  
The Human Race, Greensboro  
Kinston 8000: Run the River, Kinston  
Raising Cane Charity 5K, Raleigh  
Torch Run 5K for Special Olympics, Raleigh
- Mar. 30 (Sun)** Mountains-to-Sea Trail 12M/50K, Raleigh
- Apr. 5 (Sat)** Umstead 100 Mile Endurance Run, Raleigh  
El Buen Camino 5K, Winston-Salem
- Apr.12 (Sat)** Duke Forest Pine Cone Pacer 5K, Durham  
Run for the Money, Gastonia  
Run for the Ridge, Holly Springs  
Rock'n Rebellion 13.1, Raleigh  
Waxhaw Town & Country Run, Waxhaw
- Apr. 13 (Sun)** Rock 'n' Roll Raleigh Full/Half Marathon
- Apr. 19 (Sat)** Rugged Maniac 5K, Asheboro  
5K Bunny Run, Concord
- Apr. 26 (Sat)** Tar Heel 10 Miler & Fleet Feet Sports 4 Mile Run, Chapel Hill  
Angels Among Us 5K, Durham  
Owl's Roost Rumble Trail Half Marathon & 3.5 Mile, Greensboro  
Run for Our Heroes 5K, Raleigh

Check out CGTC's online race calendar for an extensive, up-to-date list of local races:

[www.carolinagodiva.org/race-calendar](http://www.carolinagodiva.org/race-calendar)

## FEBRUARY MINUTES

The regular monthly business meeting was called to order at 7:04pm on February 12, 2014. Attendees included President Brandy Burns, Patrick Bruer, Jim Clabuesch, Shauna Griffin, Tom Griffin, Jeff Hall, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Jamie Lewis, Aline Lloyd, Kevin Nickodem and your scribe, Henry Blinder.

On his birthday (Happy Birthday, Jim!), he informed us that he is ready to step down as Membership chair once a replacement is in place. There will be a note on this opportunity elsewhere in the newsletter. If interested, please contact Brandy.

On Haberdashery, Jeff has placed the order for Umstead Marathon shirts. Kevin handed out a Treasurer's report for our review. Other than having still not received any Umstead Marathon revenue, everything is "pretty much" on pace with last year. Even without the considerable amount of revenue from the marathon, the Club has more than \$33,000 in its savings accounts.

Jamie provided some information on the upcoming Spring Banquet. Jim and Carolyn have once again volunteered their home as the site. We discussed possible dates in May for the event.

Aline updated us on the Running Start program. With Patrick's assistance, the details are now on the Club's website. She anticipates that there will be three training venues this year—RTP, the Duke golf course trail, and the American Tobacco trail. A fourth training venue in Chapel Hill was also being considered, but isn't as likely. The program kickoff is March 10, and the following Saturday, March 15, is the date of the first scheduled run for participants. Let her know if you are interested in volunteering to assist with the training runs. We also discussed some ways to help publicize the program out in the community.

Brandy raised the question of when to forward to the Board requests for financial assistance from nonprofits or governmental agencies for running-related activities. Jamie asked if the Club wants to consider including a line item in the budget appropriating a sum of money to be available for this purpose. Funding from

the line item would be made on a case-by-case basis. Patrick questioned what standards would apply in considering requests, and how would the Club publicize the availability of these funds. Tom G. suggested that it would be a good idea to develop some procedures to address the issue. A lengthy discussion on the general topic and questions raised then ensued.

The Board also considered and declined a specific funding request from a local elementary school PTA and a request for race support services from a group in Oxford. As to the initial question raised by Brandy, we decided to continue the current ad hoc approach in considering funding requests on a case-by-case basis as in the past. Depending on the volume of such requests in the future, we may revisit the issue as needed.

The meeting adjourned at 8:14pm.

— Henry Blinder

## CALL FOR CONTENT!

If running has ever inspired you, please consider writing something up to share with your fellow Godivans, be they race reports, running recollections, or funny tales from the trails (as you can see, we also publish poetry!).

Send your stories, poetry, or race reports to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org), and we'll be delighted to print them!

Or, do you want to see your name in the newsletter but you're not ready to write a race recap or submit your reflections on running? The simplest way is to enter your race results at the Carolina Godiva website. Just go to <http://www.carolinagodiva.org> and click on the big red *@The Races* button near the top left of the home page.

— Newsletter Editor

## THE 30TH ANNUAL GODIVA WINTER SERIES

- Run for the Donuts**      **Durham Academy, Upper School, 3601 Ridge Rd.**      **Sun, Oct. 13th**  
 X-Country team relay based on the patented Donuts Index™      10am  
 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. 10th**  
 5 mile X-Country run with challenges to overcome and plenty of mud and muck. 10am  
 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. 8th**  
 X-Country race up the famous Couch Mountain followed by a cookout!      10am  
 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.**      **Wed, Jan. 1st**  
 5 miles of X-Country to ring in the new year!      1pm  
 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. 12th**  
 4 miles of X-Country team handicap race.      10am  
 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. 9th**  
 Start time based on age and gender. Run starts and ends on school campus.      10am  
 Race Director: Gary Schultz, 489-7803 [gary.schultz@frontier.com](mailto:gary.schultz@frontier.com)
- Hard Climb Hill**      **Duke Forest, Gate 23 at Mt. Sinai Rd.**      **Sun, Mar. 9th**  
 3, 7, & 10 mile race options. Ten miles counts as two events for the series.      10am  
 Race Director: Jerry Surh, 919 967-0272 [surh@ncsu.edu](mailto:surh@ncsu.edu)

Registration opens 30 minutes prior to race start; entry fees are \$5 for each race (free for those 18 and under). Godiva members only may sign up for all 7 Winter Series races for \$25, either online at the Godiva website or by filling out the Winter Series race form, which is available at each race; additionally, running or volunteering for a minimum of 5 events earns series registrants an Incredibly Beautiful Winter Series T-Shirt.

# Carolina Godiva Track Club Membership Application and Renewal

Online registration and payment is also available at [www.carolinagodiva.org](http://www.carolinagodiva.org)

## MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s): (H) _____ (W) _____ (C) _____		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Newsletter Delivery Preference: <input type="checkbox"/> Electronic only <input type="checkbox"/> Print and Electronic	

## TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student (elementary to graduate)	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	(Make checks payable to CGTC)
<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!