

VOLUME XXXX  
NUMBER 02

NOVEMBER  
2014



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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### NO FEES, NO AWARDS, NO AID, NO WIMPS

I had an opportunity to run a great race last weekend, Medoc Marathon, and I was going to write a race report about it. However, one of our club members, Anthony Corriveau, wrote such a good and thorough report in his blog, [Running Down](#), that I feel like I have very little to add. I will simply say that Medoc Marathon (there is also a 10-mile option) is a fun race, with a beautiful location in Medoc Mountain State Park.

There are a couple of other great events held at Medoc Mountain State Park. There is, of course, the [Spring Races](#), of which Godiva's own Kevin Nickodem was champion last year! Then, in August, when the days are the hottest and most humid, there's the longest run in Medoc, the Medoc Meltdown. This is a Fat Ass event held in the same location as the Marathon and the Spring Races.

*Wait, a **what** event?*

Sorry, that's the only time I'm going to actually use that phrase here for fear that if I use it too many times there may be concern that this is no longer a family friendly column. If you want it repeated, just go back and re-read that last sentence.

*Okay, fine. I did. Now can you tell me what that is?*

Absolutely.

*"No Fees, No Awards, No Aid, No Wimps"*

Remember that from the top of the page? Yep, that pretty much describes it. There are many versions of this type of event, of which the Medoc Meltdown is just one option. It is not a formal event that you will go online to sign up for. This is usually a word of mouth event (although these days you can also sometimes find them on various forms of social media or other locations on the internet) that you usually can just show up for; a location is identified and people come out and run. Sometimes it's on the down low and you can only find out about it if you know the right people, other times it's a well-known event with

*(Continued on page 4)*

**DEADLINE FOR  
DECEMBER  
NEWSLETTER:  
NOVEMBER 15TH  
SEND SUBMISSIONS TO:**

**NEWSLETTER@CAROLINAGODIVA.ORG**



[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

President	Brandy Burns	<a href="mailto:president@carolinagodiva.org">president@carolinagodiva.org</a>
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Membership Chair	Ethan Caldwell	<a href="mailto:thisisnotmychair@gmail.com">thisisnotmychair@gmail.com</a>
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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

## DUKE FOREST DEER MANAGEMENT PROGRAM SEPTEMBER 29— DECEMBER 19, 2014

The Office of the Duke Forest is preparing for its seventh hunting season through the NC Wildlife Resources Commission Deer Management Assistance Program. Results from the 2014 deer population survey showed a slight decline in total deer spotted when compared to 2013 and continue to be lower than the high recorded in 2010. The Office will continue to monitor this trend but is confident that hunting remains a necessary tool for reducing the negative impacts of overabundant deer on the Forest.

The 2014 season will begin on September 29th and continue through December 19th. During this time, the Durham, Korstian, and Blackwood Divisions of the Forest will be closed to all public access Monday through Friday. All divisions of the Forest will be open on Saturdays and Sundays and on November 27th and 28th in observance of Thanksgiving.

Hunting will again be conducted by two pre-selected groups; it is not open to the general public. The Durham and Korstian Divisions will be hunted with

bow and arrow only while the Blackwood Division will have both bow and gun hunting. For safety reasons, please observe all posted signs and seek alternate locations for recreation.

Researchers, teachers, and students with upcoming or ongoing work in the Forest should contact the Office as soon as possible to discuss arrangements.



The Office of the Duke Forest appreciates your support and cooperation throughout the program. If you have any questions or concerns, please contact the Office at (919) 613-8013, or via email at [dukeforest@duke.edu](mailto:dukeforest@duke.edu). You may also check our web site ([www.dukeforest.duke.edu](http://www.dukeforest.duke.edu)) for updates on the program.

### 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.	Jess Broglie, 910-286-6282
<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, 919-260-0261 and David Coulter, 919-286-7278
<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.	Katie Biasi, 919-593-2578 and Paul Wormsbecher, 919-303-0443
<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, 919-491-4548
<b>SUNDAY</b>	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest—Gravel lot off 751 between Science Dr and Duke University Rd	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, 919-491-4548

\* 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)

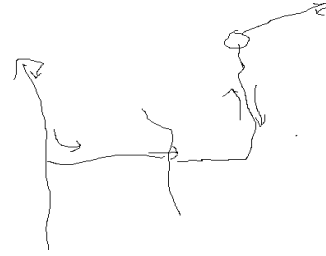
its own Facebook page.

**No Fees:** This event is typically absolutely free. You pay nothing to run in this event.

**No Awards:** Because you have been lucky enough to participate in this event without paying any money, don't expect a medal, a t-shirt, or a pretty plaque to hang on your wall. There is no clock except for the one on your wrist. Your only award will be the pride of finishing and the fun you had doing it. There are some events where the organizer may use whatever they can get their hands on for free. A stick picked up from the ground? A likely option. A rock from the trail with some words written on it? A strong possibility.

**No Aid:** You're on your own, buddy. Okay, you're not usually completely on your own. However, don't expect nifty little aid stations every three miles along your course. What you *can* usually expect is a bunch of Tupperware containers full of goodies that each runner has brought to share. What's really great about this is you get such a variety of items because each runner will bring the thing that *they* like to have for their long run. This can provide an opportunity to try something different and identify a new food that gives you amazing strength and speed! (However, this can also work the other way around and for some people, trying something they have never had before when running over 31 miles is not a good idea.)

**No Wimps:** This run is typically a 50kish event, run on trails through the woods, often far away from civilization. There may be variations on the distance, but 50kish tend to be the most common distance. Of course, notice the "ish" in the 50k. These runs often tack on some un-advertised bonus miles. If you're really lucky, someone will have gone through and marked the trail with flour or flags. If you're kind of lucky, they may draw you a map.



This is the map that was drawn for me at the last event I did (note: this map is not drawn to scale; actually, the map is not really drawn to much of anything)

Due to my navigational skills, or rather, lack thereof, I begged for a map at my last event. While most people didn't feel comfortable stooping to the low level of requesting a map (remember, this is the *no wimps* section; some people take that very seriously), I had no such qualms. Sometimes having no shame can be a good thing. Some of those folks spent a couple extra hours and a few extra miles in the woods. Of course, in a run such as this, that is likely a positive thing (remember, *no wimps*; and what makes you less wimpy than feeling proud about unexpected extra miles and time?).

Running in a formal race is great. It provides competition and excitement. And swag. The Fat Ass (okay, I said it one more time, but that's it, I swear!), on the other hand, is a unique event that provides a laid back, welcoming, and non-competitive atmosphere for a very different experience than that formal, timed race. In fact, it's likely you'll be expected to track your own time, and you'll be completely trusted you when you provide it at the end.

Intrigued? If the Fat Ass is calling your name, I encourage you to check one out! If the 50k distance seems a bit much at this time, because of the format of this run you can usually run a shorter distance (all the fun, half the miles, or something like that). Or offer to volunteer and see what the atmosphere is like. Even this type of run requires manpower help (*someone* out there takes the time to put this stuff together). You can actually find a number of these events simply by doing a search on the internet (but make sure you add the word "race" to your google search).

## THE MISERY RUN 2014

**What?** 5.75 miles of grassy pastures, rooty, rocky and slippery-when-wet or muddy single track hiking type trails, downed tree limbs, hay bales and some mud. This is a time prediction race: you will predict your finishing time when you register on-site prior to the race, and then you will run & sweat & hop & hope & climb & curse & sweat & slip & slide & fall down.

If you have good knowledge of your running ability on the above mentioned difficulties, you may finish very close to your predicted time and win a chocolate bar. Or not. Beware if hay bales make you itchy on contact! The shoes you complete the Misery Run in won't be the same when you're finished with the run, so it is suggested you not wear your nicest shoes. Luke, our host at Pepper Hill Farm, has a territorial dog on the farm, so please do not bring yours. It'll make life easier on us all.

**When?** Sunday, November 9, 2014 at 10:00 a.m.

**How?** You can register for the race on-site from 9:00 a.m. to 9:50 a.m. Cost is \$5.00 for this race. Please note that you cannot arrive later than 9:50 a.m. and expect to run or work the race this year. Waivers will already have been signed and jobs for volunteers already given out by then. You can sign up for the entire [Winter Series](#) for \$25.00 if you are a CGTC member. There are five races to follow after the Misery Run.

**Why?** Water and energy drink before, during (if warm/sunny) and after; pretzels, bagels, bananas and apples also. Chocolate prizes for 1<sup>st</sup> overall male/female, 1<sup>st</sup> male/female masters, top three closest time predictors, youngest, oldest, and median finishers of the entire course, stick-to-it award for final finisher. Finishing or volunteering for the Misery Run gets you a point closer to your Incredibly Beautiful 2014-2015 CGTC Winter Series shirt. It will be long sleeved this year, still TBD cotton vs technical. If you want to help put on the 2014 version of the Misery Run, please call me prior to race day at 919-428-7901 or email me at [jim.clabuesch@gmail.com](mailto:jim.clabuesch@gmail.com). Questions or concerns about the race will also be handled via either of those formats.

**Where?** Pepper Hill Farm  
323 Old Fayetteville Rd  
Chapel Hill, NC 27516

Parking attendants will direct you to a grass field to park in. Please car pool if possible.

— **Jim Clabuesch**

### GOT CONTENT FOR GODIVA NEWSLETTER?

Has a running moment ever inspired you? share it with your fellow Godivans! We're always looking for member contributions to the newsletter, be they race reports, fond running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain your fellow CGTC members.

To that end, here are some questions to get your creative juices flowing:

- ◆ Which runners (elite and not) have inspired you, and how so?
- ◆ What was your proudest moment as a runner?
- ◆ What was the lowest moment you've experienced as a runner—and how did you overcome it?
- ◆ What's your "bucket list" event—the one you hope to do before you're no longer running?

Send your stories to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org), and we'll do our best to print them throughout the year.

## CROSS COUNTRY WRAP-UP

Godiva's Fall Cross Country Series drew 44 participants who ran a total of 102 performances. Twelve runners competed at each of the four Wednesday evening runs, and will receive their coveted "G" awards at the spring banquet:

**Aimee Bazin**  
**Doug Hensel**  
**Heiko Rath**  
**Reikan Lin**

**Bryan Hassin**  
**Ed Davis**  
**Jess Broglie**  
**Ronnie Weed**

**Christine Stachowicz**  
**Frank Rexford**  
**Jim Clabuesch**  
**William Schmitz**

We used the [Runners World Age Graded Calculator](#) to rate performances across distance, age, and gender, where a score of 100 would approximate a world record age/gender group time for the distance run. Here's the combined top ten list, based on their best overall age-graded performance of the season:



<b>Kevin Nickodem</b>	M 57	5k	21:04	74.2	09/17/14
<b>Jim Clabuesch</b>	M 49	10k	42:07	72.3	09/17/14
<b>Rietta Couper</b>	F 55	8k	41:20	71.0	09/10/14
<b>Chris Gould</b>	M 70	10k	52:32	69.8	09/17/14
<b>Roxanne Springer</b>	F 50	5k	24:33	68.9	09/10/14
<b>Chris Gould</b>	M 70	10k	53:51	68.1	09/03/14
<b>Brian Doherty</b>	M 53	8k	37:00	67.1	09/17/14
<b>Owen Astrachan</b>	M 58	5k	23:39	66.7	09/03/14
<b>Ronnie Weed</b>	M 39	10k	43:04	65.5	09/17/14
<b>Jim Clabuesch</b>	M 49	10k	46:33	65.4	09/03/14

Among runners who participated all four weeks, the **Ms. Consistency Award** goes to **Aimee Bazin**, whose AG scores had the least variation (standard deviation = 0.85). **Mr. All Over the Place** is **Jim Clabuesch** (s.d. = 10.85), owing to a gutsy performance on a bad wheel week one, but a 10k two weeks later that challenged **Kevin Nickodem's King of the Hill** status. Following in the footsteps of **Brian Tajlili**, who performed the feat last year, Godiva newcomer **Reikan Lin** turned in the overall fastest time in each of the four races he ran this year.

Going back to last season, we hadn't had an XC night with rain until this year's season finale, but we made up for it on Sept. 24th with a steady, cold downpour and what became a preview of the Misery Run. Fortunately, **Frank Rexford** hosted a fantastic cookout at his nearby home afterwards, and a good time was had by all. Thanks again, Frank, and all who helped this year.

-Patrick Bruer

## 2014 CROSS COUNTRY RESULTS

**SEPT. 17—DUKE @ BUEHLER**

Name	Sex/ Age	km	Time	A.G. Score*
Kevin Nickodem	M 57	5	21:04	74.2
Jess Broglie	F 30	5	24:17	61.0
Roxanne Springer	F 50	5	24:58	67.8
Heiko Rath	M 45	5	26:00	54.5
Ron Garcia-Fogarty	M 40	5	26:06	52.3
Junior Simmonds	M 46	5	29:21	48.7
Deb Springer	F 40	5	2+9:32	51.9
Ed Davis	M 69	5	29:34	58.8
Joe Tansey	M 54	5	34:15	44.5
Aimee Bazin	F 31	5	35:11	42.1
Christine Stachowicz	F 45	5	37:38	42.4
Brian Doherty	M 53	8	37:00	67.1
Gordon Keeler	M 59	8	44:35	58.6
Frank Rexford	M 55	8	48:35	52.0
Reikan Lin	M 24	10	41:03	65.4
Jim Clabuesch	M 49	10	42:07	72.3
Ronnie Weed	M 39	10	43:04	65.5
Kevin McCabe	M 34	10	45:24	60.1
Doug Hensel	M 41	10	46:43	61.3
Bryan Hassin	M 35	10	49:06	55.9
Chris Gould	M 70	10	52:32	69.8
William Schmitz	M 42	10	55:12	52.3
Denise Larson	F 54	10	56:08	65.0
Joao Correia	M 46	10	56:45	52.4
Gordon Caviness	M 53	10	56:49	55.4
Julie Messina	F 37	10	59:32	51.9
<b>Age Graded Combined Results</b>				
Kevin Nickodem	M 57	5	21:04	74.2
Jim Clabuesch	M 49	10	42:07	72.3
Chris Gould	M 70	10	52:32	69.8
Roxanne Springer	F 50	5	24:58	67.8
Brian Doherty	M 53	8	37:00	67.1
Ronnie Weed	M 39	10	43:04	65.5
Reikan Lin	M 24	10	41:03	65.4
Denise Larson	F 54	10	56:08	65.0
Doug Hensel	M 41	10	46:43	61.3
Jess Broglie	F 30	5	24:17	61.0
Kevin McCabe	M 34	10	45:24	60.1
Ed Davis	M 69	5	29:34	58.8
Gordon Keeler	M 59	8	44:35	58.6
Bryan Hassin	M 35	10	49:06	55.9
Gordon Caviness	M 53	10	56:49	55.4
Heiko Rath	M 45	5	26:00	54.5
Joao Correia	M 46	10	56:45	52.4
Ron Garcia-Fogarty	M 40	5	26:06	52.3
William Schmitz	M 42	10	55:12	52.3
Frank Rexford	M 55	8	48:35	52.0
Deb Springer	F 40	5	29:32	51.9
Julie Messina	F 37	10	59:32	51.9
Junior Simmonds	M 46	5	29:21	48.7
Joe Tansey	M 54	5	34:15	44.5
Christine Stachowicz	F 45	5	37:38	42.4
Aimee Bazin	F 31	5	35:11	42.1

**SEPT. 24 — UNC@FINLEY**

Name	Sex/ Age	km	Time	A.G. Score*
Heiko Rath	M 45	5	24:47	57.2
Tina Clossick	F 42	5	24:51	62.6
Paul Wormsbecher	M 53	5	25:52	58.4
Ed Horlick	M 48	5	25:58	55.9
Shauna Griffin	F 37	5	26:42	56.5
Tim O'Brien	M 62	5	26:51	60.8
Ed Davis	M 69	5	27:56	62.4
Jim Clabuesch	M 49	5	31:18	46.7
Erin McIntee	F 34	5	31:40	47.1
Katie Barrett	F 32	5	33:15	44.6
Aimee Bazin	F 31	5	34:32	42.9
Christine Stachowicz	F 45	5	36:05	44.3
Reikan Lin	M 24	8	33:09	64.0
John Cheadle	M 25	8	35:27	59.8
Ronnie Weed	M 39	8	35:36	62.6
Lewis Hendricks	M 41	8	36:10	62.5
Doug Hensel	M 41	8	38:42	58.4
Bryan Hassin	M 35	8	39:13	55.2
Jess Broglie	F 30	8	39:59	60.3
Chris Gould	M 70	8	41:58	69.0
William Schmitz	M 42	8	42:35	53.5
Deb Springer	F 40	8	44:35	56.0
Frank Rexford	M 55	8	45:22	55.7
Katie Biasi	F 40	8	46:21	53.8
Susan Delmonico	F 49	8	46:46	58.2
William Harris	M 38	8	50:43	43.6
<b>Age Graded Combined Results</b>				
Chris Gould	M 70	8	41:58	69.0
Reikan Lin	M 24	8	33:09	64.0
Tina Clossick	F 42	5	24:51	62.6
Ronnie Weed	M 39	8	35:36	62.6
Lewis Hendricks	M 41	8	36:10	62.5
Ed Davis	M 69	5	27:56	62.4
Tim O'Brien	M 62	5	26:51	60.8
Jess Broglie	F 30	8	39:59	60.3
John Cheadle	M 25	8	35:27	59.8
Paul Wormsbecher	M 53	5	25:52	58.4
Doug Hensel	M 41	8	38:42	58.4
Susan Delmonico	F 49	8	46:46	58.2
Heiko Rath	M 45	5	24:47	57.2
Shauna Griffin	F 37	5	26:42	56.5
Deb Springer	F 40	8	44:35	56.0
Ed Horlick	M 48	5	25:58	55.9
Frank Rexford	M 55	8	45:22	55.7
Bryan Hassin	M 35	8	39:13	55.2
Katie Biasi	F 40	8	46:21	53.8
William Schmitz	M 42	8	42:35	53.5
Erin McIntee	F 34	5	31:40	47.1
Jim Clabuesch	M 49	5	31:18	46.7
Katie Barrett	F 32	5	33:15	44.6
Christine Stachowicz	F 45	5	36:05	44.3
William Harris	M 38	8	50:43	43.6
Aimee Bazin	F 31	5	34:32	42.9





## @ THE RACES

**5 miles Achilles Hope and Possibility****New York, NY June 29, 2014**

Heather Yeowell 58:28 3rd F Grand Master

David Yeowell 1:00:00

**San Francisco Marathon****San Francisco, CA July 27, 2014**

Heather Yeowell 5:56:55 1st F Grand Master

David Yeowell 5:59:08

**Odyssey Trail Running Rampage****Douthat State Park, VA September 6, 2014****6 Mile**

Jenny Boyce 1:14:05

**1/2 Marathon**

Christopher Boyce 3:01:46

**RSA Fish Out of Water 5K****Cary, NC September 20, 2014**

Ryan Lynch 26:32

**Cleft Palate Gallop 5k****Chapel Hill, NC September 20, 2014**

Allen Baddour 17:28 2nd M Overall

Kim Donaldson 22:35 1st F 50 - 59

Rietta Couper 22:38 2nd F 50 - 59

William Schmitz 22:52 2nd M 40 - 49

**Race 13.1 Half/10K/5K****Raleigh, NC September 20, 2014****10K**

Mike Walsh 1:03:31

Sara Jones 1:06:22 3rd F 40 - 44

Mel Levin 1:55:16 2nd M 65 - 69

**1/2 Marathon**

Jessica Bishop 1:36:57 1st F 35 - 39

**The Buddy Run 5k****Wake Forrest, NC September 20, 2014**

James Gerdts 19:03 1st M Overall

Laree Johnson 26:46

Jamie Gerdts 33:21

Mia Gerdts 38:14

**Salem Lake****Winston Salem, NC September 27, 2014****7 Mile**

Jim Clabuesch 44:17 1st M Master

Doug Gimlin 57:37

**30K**

Chris Gould 2:34:34 1st M 70 - 79

Sherri Lynch 2:58:11

Allan Schumacher 3:01:58

Joan Boone 3:29:43 3rd F 60 - 69

**Carolina Brewery Oktoberfest 5K****Pittsboro, NC September 27, 2014**

Allen Baddour 17:33 2nd M Overall

William Schmitz 22:44

Dennis Geiser 42:56

Don Lein 49:12

Marian Lein 49:12

**BMW Berlin Marathon****Berlin Germany September 28, 2014**

Jacob Sternfeld 4:44:34

**37th Annual Selma Railroad Run****Selma, NC October 4, 2014**

Zeph Putnam 26:48 2nd M 60-69

**St. George Marathon****St. George, UT October 4, 2014**

Kevin McCabe 3:16:44

**Carrboro 10K****Carrboro, NC October 4, 2014**

Paul Sexton 37:57 3rd M Master

Reikan Lin 38:49 2nd M 20 - 24

Gary Slade 40:31 1st M 55 - 59

Andrew Scribner 40:39 1st M 45 - 49

Bryan Hassin 43:45

Owen Astrachan 45:15

David Couper 45:25 1st M 60 -64

Ravi Jhaveri 47:03

William Schmitz 48:48

Tim Young 49:23

Jessica Lee 49:40 2nd F 40 - 44

Jim Hotelling 50:08 2nd M 65 - 69

Joao Correia 51:35

William F Vann, Jr. 51:50 3rd M 65 - 69

Lena Hollmann 52:06 1st F 60 - 64

Aline Lloyd 52:47

Jerry Harris 55:10 1st M 70+

Edward Davis 55:17

Harriet Kinyamu 55:19

Jerry Surh 58:31 2nd M 70+

George Retsch-Bogart 58:38

Peter Hessling 59:10

Eric Paul 59:35

Joan Boone 1:02:38 2nd F 60 - 64

Sue Wasiolek 1:03:31

Alfred Kleinhammes 1:03:32

Julie Horton 1:04:01

Jon Hunter 1:06:35

*(Continued on page 10)*

## @ THE RACES, CONT.

*(Continued from page 9)*

Heather Yeowell 1:06:56 1st F 70+  
 Carol Walton 1:10:49 3rd F 60 - 64  
 Tom Arnel 1:14:44  
 David Yeowell 1:16:23

**Run for Their Lives 5K**  
**Raleigh, NC October 4, 2014**

Elena Popowitch 35:08

**Twin Cities Marathon - USA Masters Marathon**  
**Minneapolis, MN October 5, 2014**

Tim Meigs 2:39:13 10th M Master

**UNC Dozen Doughnut Dash**

**Chapel Hill, NC October 11, 2014**

Kim Donaldson 46:19

**16Th Annual Triangle Run/Walk For Autism**  
**Raleigh, NC October 11, 2014**

Gary Moss 20:40 1st M 60-64

Evan Johnson 24:11

Lena Hollmann 25:35 1st F 60-64

Brandy Burns 26:35

**Paws for Life 5K-9**

**Wakeforest, NC October 18, 2014**

Michael Dwomoh 18:15 2nd M Overall

Mickey Lackey 28:56 2nd M 65+

Submit Your Race Results Online:

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

### GODIVA PICNIC RECAP

The beautiful Carolina fall weather once again shone its presence on the Club's annual picnic in the Duke Forest on September 28. Over 50 club members and their families enjoyed plenty of food and desserts provided by the membership and the club.

Most of all, members had the opportunity to meet other members or renew friendships. Quite a few first timers to the event were in attendance. It appears the 4:30 p.m. Sunday afternoon start time was well accepted but the club certainly would like any feedback. Thanks to everyone who attended and, hopefully, next year we will continue to build on an enjoyable event.

— **Kevin Nickodem**

### RACE CALENDAR

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)

### INTERESTED IN SOME NICE CAROLINA GODIVA MERCHANDISE?

What are your options, you ask? We still have a few of the Godiva hooded sweatshirts available. You can show your Club spirit with a new pair of CGTC imprinted socks available in grey or red. The cost is \$10.00 a pair, or three for \$25.00.

To properly hydrate pre- or post-run, there are also stylish metal water bottles for sale. These are \$5.00. They will be offered in Men's and Women's sizes and in white or grey and will be \$15.00 each.

Also, remember that everything is usually available for sale at the Saturday runs and at most Godiva events.

Contact [haberdasher@carolinagodiva.org](mailto:haberdasher@carolinagodiva.org) for more information.

— **Jeff Hall**



Carolina Godiva Track Club members only may sign up for all seven Winter Series races for only \$25. You can sign up online (the super easy way to register!) at [carolinagodiva.org](http://carolinagodiva.org) or 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 (60 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under, so bring the whole family!

Earn points for the Incredibly Beautiful Winter Series T-Shirt™! To receive the 31st 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 published in the newsletter and/or on the website, please register online or 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 Jamie Lewis ([jglewis@duke.edu](mailto:jglewis@duke.edu))

# Winter Series

## Carolina Godiva Track Club Winter Series 2014-2015 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: Ethan Caldwell  
5712 Edgedale Dr.  
Raleigh, NC 27612



## OCTOBER MINUTES

The regular monthly business meeting was called to order at 7:03pm on October 14, 2014. Attendees included Vice President Jamie Lewis, Jess Broglie, Patrick Bruer, Ethan Caldwell, Jeff Hall, Ravi Kashyap, Gordon Keeler, Tom Griffin and your scribe, Henry Blinder.

Although Kevin Nickodem was not at the meeting, he indicated by e-mail that he would be providing the Treasurer's report to the Board later in the week.

On Haberdashery, Jeff reported that the Godiva website now includes pre-order information on the new Club jackets. There will be two different styles, coming from separate sources. So far, the number of pre-orders received is "acceptable," but additional pre-orders are needed. Once the order is placed, he expects to receive the jackets in around four weeks. The current projected order date is October 24, although that date could be pushed back.

Patrick told us about several mail server problems. Following changes made by Godiva's web server host, he has had to slow down the speed with which he sends bulk e-mails to Club members. He understands that this is due to the "adaptive algorithms" of the host that are apparently designed to catch spam. Although he has been working with the host, the issue continues.

Patrick also gave us an update on the fall Cross-Country series. 44 runners participated, and ran a total of 102 races. 12 runners "earned letters," and "all in all, (it was) a really good thing."

Ethan reported that we have 485 members, down six from last month. This month, there were 31 membership renewals. He raised a question about the Club's accepting an e-check payment. Sensing our collective uncertainty on the technical aspects, Ethan will check with our financial guru, a/k/a Kevin.

Ravi updated us on the Newsletter. It's going "pretty well," but we could use more articles/content, "as always."

Jamie informed us of a request from Denise Larson on behalf of the Umstead Coalition for a \$3000 donation, the same amount as donated last year. Jeff indicated that the Club made more money from the Umstead Marathon this year as compared with 2013. Following discussion, the Board unanimously voted to approve the request.

Jamie recently attended a meeting and spoke with the new director of Duke Forest. The director has offered to lead guided tours of the Forest for Club members, possibly twice a year. In addition, she has agreed to provide an arti-

cle on the Forest in a future edition of the newsletter. We also discussed including a link on the Club's website to the Duke Forest website, which includes a map of the Forest showing the trails and gates. Jamie will follow up with the director.

Jamie also gave us an update on the Winter Series. Run for the Donuts was last weekend. We had enough volunteers, and a robust turnout of 57 runners. Tom took photos at the race, and they will be uploaded to the website in the next few days. According to Patrick, 41 runners have signed up for the Winter Series, which he believes is a record number.

Jamie mentioned that Brandy Burns received a suggestion that the Club include more details on the website about the Winter Series races, including more information on location. The thought was that this would make the races more "welcoming," especially to runners new to the area. Jamie will explore this further with Brandy and Doug Hensel.

Patrick reported on the ongoing work to update the Club's bylaws. He recommended that the working group come back to the Board for feedback and approval prior to presenting it to the membership for a vote. The goal is to have it ready next year. He expects that the working group will have a proposed timetable by next month's Board meeting.

Next up was a discussion of the annual holiday party. It will be at Satisfaction Restaurant and Bar on Tuesday, December 9, at 7:00pm.

As our final item, Jamie and Patrick reminded us that September 2015 will be the Club's 40<sup>th</sup> anniversary. They have received some proposals for how to mark the occasion. One idea is to interview some of the "old-timers" or "seasoned members" for some Club history to be included in a newsletter article. A second idea is to hold one or several special Club races in the fall. Another thought was to do some marketing and branding this year to commemorate the Club's 40<sup>th</sup>. We also talked about doing a community service project and discussed several ideas. Stay tuned.

The meeting adjourned at 8:13pm.

— Henry Blinder

# 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	(Make checks payable to CGTC)
<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!