

VOLUME XL
NUMBER 04

JANUARY
2015



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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PLEASED TO MEET YOU! HOPE YOU GUESS MY NAME (AND JOB TITLE)!

With so much turnover on Godiva's board during the last twelve months, as the new president I thought it would be good to introduce myself and the entire board to the members by having all of us answer a bunch of questions—some serious, some silly.

This month you'll meet the newest board members, and next month the members who keep us young punks in line. Kidding aside, I'm grateful to each and every one of them for the time and effort they put into their jobs. Please thank them the next time you see them, for without them there would be no Carolina Godiva Track Club. And with that, here we go.

Name and title:
Jamie Lewis, President

Who was your predecessor?

Brandy Burns. I hadn't met Brandy until we sat down to discuss my serving as her vice president. I wanted to get to know the person I'd be working with a bit before deciding. I couldn't have gotten luckier. Brandy immediately put me at ease and made the decision to serve very easy. I've thoroughly enjoyed working with her and as well as getting to know her. And I'm glad that we'll continue working together since she's taking over as secretary for Henry. Brandy also recommended contacting Jesse Broglie to serve as my vice president. That's another reason why Brandy was a good president. The woman knows talent when she sees it. Seriously—wait till you see the nickname Jesse has bestowed upon



**DEADLINE FOR
FEBRUARY
NEWSLETTER:
JANUARY 15TH**

SEND SUBMISSIONS TO:

NEWSLETTER@CAROLINAGODIVA.ORG

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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

To post to the list, send messages to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

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CLUB DISCOUNTS

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

GODIVA TEAM CAPTAINS

Open Men		
Master Men	Tim Meigs	tim_meigs@yahoo.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

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

ENO EQUALIZER

The fifth race in the Godiva Winter Series is the Eno Equalizer, at Eno River State Park on Sunday, Jan. 18, at 10 a.m. As this race has a somewhat unusual format, which has evolved gradually over the years, I have usually found it helpful to explain briefly what that is.

The race is for teams of three runners, and teams are assigned by the race director at the start of the race. Each runner is given an individual handicap time based on their past performances in Winter Series events; **those who have not previously participated in the winter series will be asked to give a recent 5K or 10K road race time, or an estimate of their time for a 5K or 10K.** This is different from the Geezer Pleezer race, where the handicaps are based on age and sex but not on individual running performances.

The handicaps are based on a scratch time of 25 minutes; for example, if you are given a handicap time of 12 minutes, that means that you are projected to finish the course in 37 minutes. The course is one lap of the Cox Mountain trail, officially 3.75 miles but very hilly. Also, much of it is on narrow tracks where you have to watch your footing. I reckon it's equivalent to about 4.5 miles on a flat road course.

The twist in the race rules is that runners are allowed to trade any or all portions of their assigned handicaps with

their teammates, *so long as the total handicap time for each team is preserved.*

For example, let's say that Alice is given an 8-minute handicap, and her teammate Bill a 12-minute handicap. After discussing it with each other, they agree that a fairer handicap would be 9 minutes for Alice and 11 minutes for Bill, because she thinks it would take her longer than 33 minutes to run the course, and he thinks he can (or will try to) run it faster than 37. (Alternatively, Bill and Fred, the 3rd teammate, could each give up 30 seconds of their handicap times to give Alice an extra minute).

You will be given a team declaration form where you are asked to write down the actual handicaps before the start of the race. The winning team is the first to get all three runners home.

Please watch out for announcements on the club webpage or listserv in the event of bad weather. Also, the Eno River Park officials have expressed concern about the number of parking spaces we occupy, which don't leave too many for other users of the park. Please carpool to the extent practicable.

—Richard Smith

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	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
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard, 919-260-0261
THURSDAY (P.M.)	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
SATURDAY (UMSTEAD)	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
SUNDAY	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)

PRESIDENT'S COLUMN, CONT

(Jamie Lewis continued from page 1)

me in her answers. I've got a smart VP.

I'd also like to thank another predecessor. Halle Amick was instrumental in getting me involved in Godiva and encouraging me to serve as president. The easy thing to do here would be to make a joke about being duped or bribed, or being qualified because I have a pulse, but I won't—I appreciate that she and others thought me capable of doing the job. I hope I prove them right.

How long have you served?

I've been president for a week. And already my cabinet is expecting me, you know, to do *things*. Like write this column. That's why I've drafted them to help me. If I have to do this, so do they. Plus I'll get not one but TWO columns out of this. I'm liking the power of this presidency gig already.

Why did you choose to serve?

After serving as a volunteer at races and Running Start for a couple of years, I wanted to do more for the organization. I volunteered to help reestablish the Coach Bubba race but that fell through. Halle urged me to consider serving as VP but I initially turned down the invitation because I knew my work schedule wouldn't cooperate. When I was asked again a year later, the timing was right.

I have to say that I'm glad I waited. As a professional historian, it's cool to be serving as president during a milestone year (we turn 40 this year!). Plus the year-end pizza party will be on my 50th birthday. So, thanks in advance to everyone for throwing me a birthday party!

When did you start running and why?

I played several team sports as a kid but when I ran track my freshman year in high school, I didn't really like being on a team and only ran that one year. Having a former football coach as our track coach just about killed the joy of running for me. After high school I didn't run again until I turned 30, when I trained for my first marathon to check it off my bucket list. I overtrained and wound up injured and burned out. But I finished! And swore I'd never do that again. Ah, youth.

For a few years after that I played soccer and basketball for exercise, but eventually stopped doing those. The next attempt to stick with a running program came at age 42, three years after I had a stroke. I had dodged a big bullet—I suffered no paralysis or real lingering effects, but they never found the cause. You'd think that'd be motivation. But, no. It was two years after the stroke before I started running on a consistent basis. Ultimately I succeeded because I found Godiva and joined the Tuesday night group. I made several good friends through the group and the old Marathon Training Program. (Seriously, does anyone want to serve as director of the MTP? If so, please contact me.) I've been running ever since. But I still don't like team races. I've completed four marathons and one 50K race since 2010 with help from various Godiva members.

What's your favorite Godiva event? And why?

I actually have two. I've recorded my two fastest marathon times in the Umstead Marathon, and I met a good friend at a Misery Run while hosing cow manure off my legs.

Least favorite?

Hard Hill Climb, 10-mile edition. If you've run it, you know why. Yet, perversely, it's a point of pride to have run that a week after PR'ing at Umstead. Classic love-hate relationship.

Favorite race regardless of who puts it on?

The Cradle to Grave 30K Trail Race in the Pisgah National Forest, which starts at the Cradle of Forestry Historic Site. It's fun to run through a landscape I've studied and written about as an environmental historian, and it's a really challenging race. In the middle of it, you have to hike up a freakin' mountain. During the inaugural race two years ago, we ascended through the clouds! And this year I'll finish work as executive producer on a documentary film about the area which will air on PBS (shameless plug: look for *First in Forestry* on UNC-TV next winter.)

Do you prefer to run solo or with people?

When I was younger I used to love running solo and didn't like running with others. But since joining Go-

(Continued on page 5)

PRESIDENT'S COLUMN, CONT

(Jamie Lewis continued from page 4)

diva, I rarely run by myself anymore. Running is a great social outlet. However, running by myself gives me time to think. It was during one of those runs when I came up with this column idea.

Do you prefer to with or without music?

Never with music. I like to hear natural sounds. And cars, if I'm running in town. Screeching tires and car horns are more easily heard when not wearing ear-buds.

What's your favorite running memory?

Setting my marathon PR at the 2013 Umstead Marathon. On the fourth attempt, I finally had a marathon when everything came together. I went under 5 hours for the first time AND lowered my PR by 69 minutes! Yep, I used to be real slow. Now I'm just slow. Another would be completing my first marathon after the stroke. I was scared to death that I would, well, end up dropping dead in the middle of the race. Nobody wants to be *that* guy on the news. Now I think, so what? I won't be around to watch the news. I just hope they spell my name correctly.

Do you have a running hero or role model? Or an earliest memory of a running event?

I have the vaguest recollection of watching Dave Wottle win the 800 in the 1972 Olympics. I always remembered him because he wore a white golf cap. But his come-from-behind finish is still amazing. Watch it on YouTube and you'll see what I mean. I'd say he's also my hero because of that race.

What famous person, dead or alive, would you like to run with and why?

I'd like to run with the messenger who ran from the Battle of Marathon to Athens to find out if he really died after making that run. And to see how fast he was. The modern Athens Marathon is on my bucket list, but you didn't ask me that. Oh, wait. I'm the one asking the questions. I forgot to ask the others that question. Rats! I could've gotten three columns out of this exercise.

If you could compete in any non-running Olympic event, what would it be and why?

The four-man bobsled. It'd be fun to ride in that once.

Though I'd probably scream all the way down.

What's your favorite running weather?

Misty and 50 degrees. In those conditions I feel like I can run forever. But there's nothing like running in a snow storm when the city is shut down. The quiet is unparalleled.

In baseball, when a batter comes up they play a walk-up song over the PA to psyche him up. What would yours be if you were introduced at the start of every race?

"Blue Light" by Pink Floyd's guitarist and singer David Gilmour. It opens with a classic cascading Pink Floyd guitar riff drenched in reverb but then, completely out of character if you're a Floyd fan, a horn section kicks in and it becomes a jump-blues number. I use it as my ring tone to help keep me inspired.

(<http://bit.ly/1ziYkUC>)

Tell us something about yourself (running-related or not) that most folks wouldn't know.

As soon as we can after completing a marathon with my friend Halle, we go to brunch to recap and relive the race and then get a pedicure—complete with nail polish the color of the race shirt. We've done this three times (four by the time you read this). To date, I've worn blaze orange (Umstead 2013), dark gray (Umstead 2014), and bright green (New River 50K) polish. Did you know that they massage your calves and feet as part of a pedicure? Totally worth feeling a little embarrassed about being the only guy in the nail salon for that. It helps with recovery. Then, every day for the next several months, when I look at my toes, I have a great reminder of having finished a marathon.

Needless to say, a guy wearing toenail polish draws a few stares in the locker room at the Y. But, hey, I've had women compliment on how pretty my toes look. So I've got that going for me.



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PRESIDENT'S COLUMN, CONT

*(continued from page 5)***Name and title**

Jessica (Jess) Broglie, Vice President

**Who was your predecessor?**Jamie Lewis, aka *El Capitan***How long have you served?**

About five minutes less than Jamie. This is my first year on the board.

Why did you choose to serve?

I was tricked by Brandy and Jamie via nice e-mails! In all seriousness, I choose to serve because I want to help Godiva continue her successful 40-year(!) run as a prominent running club in the Raleigh-Durham metro. As a new board member and relatively new club member, I like to think that I can act as a liaison between Godiva and local runners and between the club's novice and established runners to recruit and retain members as well as to promote club activities.

When did you start running and why?

I ran cross country in high school because I wanted to play a different sport from my soccer-enthusiast siblings, but I was too slow to compete at the collegiate level so I stopped running. I rediscovered running and morphed into a distance runner in graduate school to mitigate the stress and weight gain associated with

long hours in the laboratory. Fortunately, I am much better now than I was in high school (sorry Coach Foster!).

What's your favorite Godiva event and why?

The Eno Equalizer—the race structure forces competitors to rely on strategy and team effort so the faster runners lose their speed advantage. Plus, running on a team is a lot of fun!

Least favorite race?

So I misread this as what is my least favorite race overall, and I am going to answer that question instead because it keeps me from getting into trouble with the Godiva race directors. My least favorite is the Shut-In Ridge Trail Run, which is an 18-mile race up Mount Pisgah in Asheville, NC. I discovered new muscles in my butt, hit the wall twice, and ran through three different climates (hot, cold, and hail), all in a little over four hours. It's the race that taught me the importance of mid-race fueling.

Favorite race overall?

The Richmond Marathon. It really is "America's Friendliest Marathon!" The runners have tons of crowd support throughout the entire race. Also, the race starts the full and half marathoners from different locations at different times so you are able to hit your stride early in the race.

Do you prefer to run solo or with people?

My preference varies with my workout. For the long runs, I like to run with people because I get bored easily running by myself so running with others makes the time pass faster. For speed workouts, I prefer to run solo so I can stay focused on hitting my goal.

With or without music?

Always with music, unless I am running with my dog. He likes to chase after cars and other dogs so I have to listen out for them.

What's your favorite running memory or event?

Setting a PR and qualifying for Boston at the 2014 Richmond Marathon. My ongoing weekly visits with my chiropractor to fix the leg injuries I incurred during the race are an added bonus!

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PRESIDENT'S COLUMN, CONT

(Jess Broglie continued from page 6)

Do you have a running hero or role model? Or an earliest memory of a running event?

My father—he completed 15-plus marathons, including a sub-three hour PR and a pseudo Boston (he DNF'ed due to heat stroke), all while helping my mom raise three kids and serving multiple deployments with the U.S. Army.

What's your favorite weather to run in?

Mid-30s to lower 40s and DRY. I hate getting my feet wet, especially when it is cold—I have an irrational fear that I will get frostbite and lose my toes.

What famous person, dead or alive, would you like to run with and why?

Anyone who has successfully filibustered Congress for three or more consecutive hours because that person can keep a conversation going long enough to cover a 20-plus-mile training run.

If you could compete in any non-running Olympic event, what would it be and why?

Speed skating, because you don't need strong hand-eye coordination to skate in a circle.

What would your walk-up song be if you were formally introduced at the start of every race?

"Watch Out for This" by Major Lazer. No explanation needed.

Tell us something about yourself (running related or not) that most folks wouldn't know.

I only race in a pair of black-and-gray Brooks shorts and a white Carolina Godiva singlet or tech tee. I tend to do well whenever I wear this combination so I consider it to be lucky. Also, wearing the Godiva logo serves as a reminder that I have the support of many Monday night and Saturday morning training partners.



Name and title

Ethan Caldwell, Membership Chair



Who was your predecessor?

Jim Clabuesch

How long have you served?

199 days.

Why did you choose to serve?

It was time to give back after years of participating in club activities. I also wanted to resurrect "At the Races" in the newsletter.

When did you start running and why?

Started running when I was about 10 years old with my Dad. I enjoyed the outdoors and running was something I could do without an organized team. I also wasn't very good at soccer, I can't hit a baseball, my mom wouldn't let me play football and Ultimate Frisbee wasn't invented yet.

What's your favorite Godiva event and why?

New Year's Day Run. I've had a couple of good runs on the course and I really enjoy the downhill final mile.

Least favorite?

Misery Run. It beats up my body too much and I don't like cow poop.

(Continued on page 8)

PRESIDENT'S COLUMN, CONT

(Ethan Caldwell continued from page 7)

Favorite race overall?

Coach Bubba's Heart and Sole 20 km. Yes, I went there.

Do you prefer to run solo or with people?

A mix. If my body is feeling good I love to run with people. If my body is hurting I just want to be left alone and run my own pace. When I worked closer to Durham, I loved the Thursday group run; it seemed that there was a large group that ran my pace.

With or without music?

Without. I am against headphones when running.

What's your favorite running memory or event?

A couple of sprint finishes really stick out. One of my first events with Godiva was Midsummer Madness, during the Pi run (3.17 miles), I had to run a final 70-second quarter to edge out Jim Clabuesch. At a New Year's Day race I was able to chase down and outkick Kevin Nickodem. The following year I got outkicked by Adrienne Soo. We came out of the trail and she left me in the dust.

Do you have an earliest memory of a running event?

Earliest running memories are Mary Decker falling during the '84 Olympics and watching Joan Benoit win the '84 Olympic Marathon.

What's your favorite weather to run in?

Light summer rains.

If you could compete in any non-running Olympic event, what would it be and why?

Biathlon. Why? I don't know.

What would your walk-up song be if you were formally introduced at the start of every race?

Something off of Social Distortion's *Somewhere Between Heaven and Hell* album.

Tell us something about yourself (running-related or not) that most folks wouldn't know.

I've seen every episode of *M*A*S*H* at least three times.



Name and title

Ravi Kashyap, Newsletter Editor



Who was your predecessor?

Shauna Griffin; she now serves as copy editor.

How long have you served?

Nine months as of January 2015.

Why did you choose to serve?

When I was in school, I read a quote that went something like: "There is an intrinsic value in doing something, without being the best at it." That encouraged me to take up new things. I used to do the online newsletter in my previous running club, so I decided to try it for CGTC as well.

When did you start running and why?

6 June 2012: I went to an evening track run of Hunter's Creek Running Club (Orlando) and I was told that they had a party on that Saturday, and all the club members were invited. Needless to say, I signed

(Continued on page 9)

PRESIDENT'S COLUMN, CONT

(Ravi Kashyap continued from page 8)

up, and have been running since then.

What's your favorite Godiva event and why?

I like the weekend group runs. I've also signed up for Umstead Marathon 2015. I'll find out in March whether this race makes my list of favorites.

Least favorite?

I didn't want to try it, but Misery Run sounds like a good candidate for that.

Favorite race overall?

The Disneyland Dumbo Dare. It's a 10K on Sat and half-marathon on Sunday. Disney races are always fun! Need I say more?!

Do you prefer to run solo or with people?

When I am training for a race, I can run alone. Otherwise I prefer group runs.

With or without music?

In the gym, I like music. When running outside, I think nature has its own music, and I prefer that. It also helps to be aware of my surroundings.

What's your favorite running memory or event?

The finishing line of every race is my favorite. I specifically remember my first 5K finish, and eating watermelon afterwards. (It was the Watermelon Run.)

Do you have a running hero or role model?

My running heroes are the folks who can run down an antelope; I've seen that only on TV and would like to be a part of it.

What's your favorite weather to run in?

In the 60s and windy. Sometimes the sound of the wind takes mind off of my suffering legs.

What famous person, dead or alive, would you like to run with and why?

Bill Gates. I'd like to hear his story of being the richest man on Earth, and what inspired him to leave one of the most successful tech companies to pursue philanthropy.

If you could compete in any non-running Olympic event, what would it be and why?

Archery, because it looks fun.

What would your walk-up song be if you were formally introduced at the start of every race?

Don't have answer for this one; maybe next time

Tell us something about yourself (running related or not) that most folks wouldn't know.

I love running, but my love for food is much greater.

Tune in next month for another exciting episode of "Pleased to meet you! Hope you guess my name (and job)!"

— Jamie Lewis



COUCH MOUNTAIN RUN 2014

Beautiful day, flying in the face of Couch Mountain tradition. Senator Imoff assures me that Global Warming is a hoax. Who ya gonna believe?

Some 71 worthies showed up to challenge the Couch Mountain course in almost balmy weather. The race was won by George Linney with Jessica Broglie as first female. Thanks to the efforts of our hardy volunteers, runners were registered, results compiled, a great fire built, and hand

sanitizer provided. Thanks again for all your work.

Volunteers: John Jewell; Odile Gould (Fire Maker & Ass't Chef); Chris Gould (Chef & Ass't Fire Maker); Tom Griffin; Susie Hansley; Jamie Lewis; Craig Gilbert; Aline Lloyd (Medical Support); Richard Wolf (Photog); Gordon Keeler (Who was that masked man?); Tom Kirby (Results).

--Paul Naylor

Name	Time	City	Name	Time	City
1 George Linney	30:30	Durham NC	37 Joy Turkal	43:37	Durham NC
2 Matt Seidel	32:21	Durham NC	38 Bryan Hassin	43:43	Chapel Hill NC
3 Jim Clabuesch	32:38	Chapel Hill NC	39 Martin Warters	44:02	Durham NC
4 Kevin Nickodem	32:44	Chapel Hill NC	40 Mickey Lackey	44:11	Raleigh NC
5 Barton Bechard	33:08	Hillsborough NC	41 Susan Delmonico	44:29	Raleigh NC
6 Craig Heinly	33:49	Chapel Hill NC	42 Ray Dooley	44:31	Chapel Hill NC
7 Brian Tajlili	34:42	Durham NC	43 Heiko Rath	44:54	Durham NC
8 Mike Kelley	35:01	Chapel Hill NC	44 Denise Larson	45:02	Durham NC
9 Ronnie Weed	35:27	Durham NC	45 Alison Gracey	45:16	Durham NC
10 Ethan Caldwell	36:11	Raleigh NC	46 Betsy Kempter	45:17	Chapel Hill NC
11 Jeff Hall	37:34	Raleigh NC	47 Carolyn Huettel	45:17	Durham NC
12 Douglas Hensel	37:37	Durham NC	48 Frank Rexford	47:03	Chapel Hill NC
13 Kevin Gauger	37:43	Holly Springs NC	49 Jennifer Browndorf	47:20	Raleigh NC
14 Kevin Rumsey	37:55	Stem NC	50 Julie Messina	48:08	Durham NC
15 Jessica Broglie	38:11	Raleigh NC	51 Junior Simmonds	48:08	Durham NC
16 William Schmitz	38:24	Chapel Hill NC	52 Joao Correia	48:21	Durham NC
17 John Haws	38:29	Durham NC	53 Parker Burns	48:34	Raleigh NC
18 Tommy Smith	38:34	Durham NC	54 Brandy Burns	48:37	Raleigh NC
19 Sean Doig	38:53	Durham NC	55 Edward Davis	48:45	Chapel Hill NC
20 Owen Astrachan	39:07	Chapel Hill NC	56 Bruce Pitner	48:56	Durham NC
21 Erin Schliep	39:12	Durham NC	57 Larry Rothman	49:58	Morrisville NC
22 Jen Howard	39:15	Durham NC	58 William Harris	50:27	Pittsboro NC
23 Karen Murphy	39:16	Durham NC	59 Carol Scheible	50:32	Chapel Hill NC
24 Mark Dessauer	39:23	Durham NC	60 Jerry Surh	50:35	Carrboro NC
25 Natasha Catlin	40:13	Durham NC	61 Emil Malizia	51:03	Chapel Hill NC
26 Elizabeth Steffens	41:20	Durham NC	62 George Retsch-Bogart	51:45	Chapel Hill NC
27 Joe Drommer	41:47	Durham NC	63 William Hansley	52:36	Durham NC
28 Paul Wormsbecher	41:47	Apex NC	64 Louise Guardino	54:02	Cary NC
29 Chris Selvaggi	42:05	Cary NC	65 Alfred Kleinhammes	54:31	Chapel Hill NC
30 Tom Kirby	42:16	Durham NC	66 Jennifer Boyce	54:51	Durham NC
31 Christopher Boyce	42:26	Durham NC	67 Erin Hensel	54:52	Durham NC
32 Doug Gimlin	42:42	Charleston SC	68 Aimee Bazin	56:08	Carrboro NC
33 Richard Smith	43:07	Chapel Hill NC	69 Barbara Hindenach	56:09	Durham NC
34 Sandra Cooke	43:08	Haw River NC	70 Milinda Martina	56:13	Mebane NC
35 Cara Grout	43:27	Creedmoor NC	71 Christine Stachowicz	59:38	Durham NC
36 Tina Clossick	43:31	Chapel Hill NC			

New Year's Day Run 2015**8 kilometers
on Duke Forest Trail**

Duke School
3716 Erwin Rd, Durham
(West of NC 751 Traffic Circle)
Questions? pjbruer@gmail.com

GOT CONTENT FOR THE 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, and we'll do our best to print them throughout the year.

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 for more information.

— Jeff Hall

THANKS TO OUR NEWSLETTER CONTRIBUTORS

In no particular order, thanks for January 2015 Newsletter contributions go to: Jamie Lewis, Paul Naylor, Ethan Caldwell, Tom Kirby, Jeff Hall, Carolyn Huettel, Patrick Bruer, and Denise Larson.

VOLUNTEERING AT UMSTEAD MARATHON

The twelfth annual Umstead Marathon is taking place Saturday, March 7, 2015 and we need volunteers.

If you can help out, please sign up at <http://www.umsteadmarathon.com/index.php?page=volunteer> This is a great way to spend a day - outside - in beautiful Umstead Park, supporting your running family.

—Carolyn Huettel

UMSTEAD COALITION DONATION

One of the biggest events for Carolina Godiva Track Club is the Umstead Trail Marathon, held in Umstead State Park every March. The organizing committee for the Umstead Trail Marathon is made up of representatives from the Carolina Godiva Track Club.

Many Carolina Godiva members run the marathon or volunteer to help. Carolina Godiva Track Club typically makes a donation to The Umstead Coalition, based on profits from the marathon. The Umstead Coalition is dedicated to the appreciation, use and preservation of the William B. Umstead State Park. The members of the race organizing committee are very excited to know that the 2014 race donation is being put to good use in the park, and we want all of you to enjoy this news as well. Please see the following note from Dr. Jean Spooner, chair of The Umstead Coalition, regarding the 2014 donation received.

“We received the recent donation from Carolina Godiva Track Club. We will immediately put it towards a new stream crossing over Reedy Creek on the Loblolly Trail. It will be an innovative stepping stone system located downstream of the current crossing where the bridge failed due to the unstable nature of the stream in the current stream crossing location.

Hopefully, in the future we can also install a new bridge, but the only bridge we could get approved would cost around \$75K! The large stepping stone structure should be good for runners/walkers, keep the feet dry, and also provide stream bank stability. This stream crossing has been designed, and approved. We expect construction in January.”

Thanks for supporting William B. Umstead State Park!

— Denise Larson

RACE CALENDAR

Jan 2015

- | | |
|------------|---|
| 1/07 (Wed) | Five Dollar 5K, Fletcher |
| 1/10 (Sat) | Lakeside Trail Races, Greensboro |
| 1/11 (Sun) | Run for Young, Raleigh |
| 1/17 (Sat) | Charlotte Running Company Trail Race, Charlotte |
| 1/24 (Sat) | Asheville Hot Chocolate 10K, Asheville |

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

www.carolinagodiva.org/race-calendar

@ THE RACES

Leadville Trail 100**Leadville, CO August 16, 2014**

Michael Dacar 29:15:00

Battleship Half Marathon**Wilmington, NC November 2, 2014**

Jeff Cohen 2:34:28

Dana Hornung 3:30:58

Croatian 24**Newport, NC November 8, 2014**

Jenna Koenigshofer 51.29 Miles

Buccaneer 5K**OBX, NC November 7, 2014**

Tina Clossick 22:53 2nd F Master

Kevin McCabe 23:35 3rd M 30 - 34

Stephanie Austin 34:48

OBX 10K**OBX, NC November 8, 2014**

Kevin McCabe 41:29 2nd M 30 - 34

Robert Nelson 1:00:44

OBX 1/2 Marathon**OBX, NC November 9, 2014**

William Schmitz 1:43:38

Steve Mele 1:49:25

Jerry Harris 1:52:51

Martin Warters 1:54:16

Kevin McCabe 2:03:43

Julie Messina 2:23:02

Stephanie Austin 2:47:07

Vanessa Braganza 3:39:09

Robert Nelson 4:32:44

OBX Marathon**OBX, NC November 9, 2014**

Michael Dwomoh 2:42:29 1st M Master

Colin Jones 2:56:25 3rd M Master

Matt Schumacher 4:38:36

Joan Boone 4:58:44

Richmond Marathon**Richmond, VA November 15, 2014**

Jess Broglie 3:32:41 Boston Qualifier

Into the Woods 5K**Chapel Hill, NC November 15, 2014**

Randy Kaufheil 23:12

Thunder Road Half Marathon**Charlotte, NC November 15, 2014**

Gordon Caviness 1:48:53

Durham Academy Turkey Trot**Durham, NC November 15, 2014**

Caren Mangarelli 19:40 1st F Master

David Drewry 19:45 1st M 50+

Ravi Jhaveri 22:07

Owen Astrachan 22:13

Rajan Jhaveri 32:45

Malini Jhaveri 32:59

US National 12K Championships**Alexandria, VA November 16, 2014**

Tim Meigs 41:54 10th M Master

Southern Village 5K**Chapel Hill, NC November 16, 2014**

William Harris 27:41

Kilometers for the Kids**Chapel Hill, NC November 22, 2014**

Jim Hotelling 53:06

16th Annual Turkey Trot 5K**Apex, NC November 22, 2014**

Lilla Gutay 27:59

Camp Chestnut Ridge Trail Run**Efland, NC November 22, 2014****4 Mile**

Bryan Hassin 32:21

Craig Gilbert 33:34 1st M 50 - 59

Matt Schumacher 35:31

Mickey Lackey 39:41 1st M 70+

Susie Gilbert 45:18 2nd F 50 - 59

8 Mile

Douglas Hensel 1:05:26 2nd M 40 - 49

Laura Heyneman 1:11:45 1st F 50 - 59

Aline Lloyd 1:18:15 3rd F 40 - 49

Scott Lynch 1:20:25

Heiko Rath 1:25:45

Deborah Springer 1:28:41

Sherri Lynch 1:44:55

Skinny Turkey Half Marathon**Raleigh, NC November 27, 2014**

Kevin McCabe 1:34:26 2nd M 30 - 34

James Gerds 1:37:57 3rd M 40 - 44

Jen Howard 1:41:56 3rd F Master

Jon Hunter 1:49:20

Brandy Burns 2:02:38

Bruce Pitner 2:07:35

Laree Johnson 2:16:12

Inside Out Sports Turkey Trot**Cary, NC November 27, 2014**

John Barry 27:21 3rd M Overall

Lena Hollmann 41:17 1st F 60 - 64

Benedicte Mulliken 44:21

Robin Turner 53:54

(Continued on page 14)

@ THE RACES, CONT.

*(Continued from page 13)***Gallop & Gorge 8K****Carrboro, NC November 27, 2014**

Paul Jones	27:14	2nd	M 35 - 39
Reikan Lin	28:44		
Kevin Nickodem	29:39	3rd	M Master
	Course Record		M 55 - 59
Jack Mignosa	29:49	1st	M 40 - 44
Gary Slade	30:53	1st	M 55 - 59
Lewis Hendricks	31:58		
Gary Moss	32:58		
Jessica Bishop	33:44	1st	F 35 - 39
Jacob Hoerger	34:16		
Bryan Hassin	34:17		
David Couper	34:48	2nd	M 60 - 64
William Schmitz	35:04		
Sarah Jones	35:17		
Owen Astrachan	35:21		
Ravi Jhaveri	36:46		
Randy Kauftheil	37:00		
Natasha Catlin	37:04		
Camilla Dohlman	38:15		
David Brady	38:26		
Christianna Williams	39:46		
Aline Lloyd	40:25		
Tina Clossick	40:35		
Elizabeth Steffens	40:50		
Peter Hessling	41:11		
Carolyn Crump	41:12		
Sarah Robinson	42:19		
Rachel Robinson	42:20		
Harriet Kinyamu	42:38		
Joao Correia	42:49		
Edward Davis	43:19	1st	M 70 - 74
Jerry Harris	46:09		
Jerry Surh	47:27	1st	M 75+
George Retsch-Bogart	47:34		
Tom Arnel	49:33		
Sue Wasiolek	50:43		
Julie Horton	51:10		
Joan Boone	51:10		
Carol Walton	56:11		
Rochelle White	57:15		
Eric Hoerger	57:24		
Tom Hoerger	57:25		
Jon Hunter	1:06:01		
Rebeca Cabrera	1:07:08		
Alfred Kleinhammes	1:26:57		

Deerfield Park Turkey Trot 5K**Deerfield Park, MI November 27, 2014**

Jim Clabuesch	20:15	1st	M Overall
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Gobbler's Run**Wake Forest, NC November 27, 2014**

Andy Whiteman	21:25		
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YMCA Mistletoe Half Marathon**Winston-Salem, NC December 5, 2014**

Halle Amick	1:57:31		
Tom Arnel	2:25:38		

Baton Rouge Beach Marathon**Baton Rouge, December 6, 2014**

Peter Hessling	5:07:18		
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Run at the Rock 14 mile**Burlington, NC December 6, 2014**

Chris Gould	2:01:14	1st	M 60 - 99
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Reindeer Romp**Cary, NC December 6, 2014**

Ed Horlick	25:24	2nd	M 45 - 49
Mary Flood	54:10		

Raleigh Jingle Bell**Raleigh, NC December 6, 2014**

Michael Dwomoh	18:12	1st	M Master
William Kraus	21:01	1st	M 60 - 64
Matt Marum	21:40	3rd	M 30 - 34
Louise Guardino	29:51	2nd	F 70 - 74
James Gerdts	32:39		
Jamie Gerdts	32:40		
Mia Gerdts	39:52		
Laree Johnson	40:20		

9Th Annual St. Michael Jolly Elf Trail Run**Cary, NC December 13, 2014**

Paul Jones	16:23	3rd	M Overall
John Barry	16:32	1st	M 45 - 49

Reindeer Run**Pittsboro, NC December 13, 2014**

Nice Antlers (Carl, Jason, Paula)	1:00:44	1st	Team
Carl Anstrom	19:20	1st	M 40 - 49
Jason Figge	19:55	3rd	M 40 - 49
Paula Anstrom	21:10	2nd	F Overall
Henry Baddour	21:31		
Allen Baddour	24:38		
Joanne Piscitelli	27:34		
Kim Moore	32:53		
Dennis Geiser	37:30		

Santa Shuffle 5K**Camp Lejeune, NC December 12, 2014**

Paul Wormsbecher	22:48		
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Submit Your Race Results Online:Go to www.carolinagodiva.org and click the @ The Races tab.



The 2014-2015 CGTC Winter Series



Run for the Donuts

Durham Academy, Upper School
3601 Ridge Rd

Sun. Oct. 12
10 am

3 to 4-mile relay on DA's XC course. Randomly drawn 3-person teams. Team with highest Donuts Index™ wins. Advanced age a plus.

Race Director: Ronnie Weed, 919-225-1407 diecorn@gmail.com

Misery Run

Pepper Hill Farm
323 Old Fayetteville Rd, Chapel Hill

Sun. Nov. 9
10 am

5-mile X-Country run with challenges to overcome and plenty of mud and muck.

Race Director: Jim Clabuesch, 919-428-7901 jimc@carolinagodiva.org

Couch Mountain

Duke Forest - Gate F
NC-751, 0.4 mi from US-70 BUS

Sun. Dec. 14
10 am

5-mile race that includes sections of trail and paved roads. Enjoy a cookout afterwards!

Race Director: Paul Naylor, 919-493-3702 naylorpaul@msn.com

New Year's Day Run

Duke School for Children
3716 Erwin Rd

Thur. Jan. 1
1 pm

8K course on Duke Forest gravel road and single-track trails to start out the New Year.

Race Director: Patrick Bruer, 919-929-8582 pjbruer@gmail.com

Eno Equalizer

Eno River State Park
End of Cole Mill Rd

Sun. Jan. 18
10 am

4-mile team race on the technical hiking trails of ERS Park. 3-person teams assigned with handicaps such that each team has equal potential to win.

Race Director: Richard Smith, 919-408-8126 rls@email.unc.edu

Geezer Pleezer

Carolina Friends School
4809 Friends School Rd

Sun. Feb. 15
10 am

4-mile age- and sex-handicapped race, run primarily on paved roads.

Race Director: Tom Kirby, 919-383-8434 twkirby@frontier.com

Hard Climb Hill

Duke Forest - Gate 23
Mt. Sinai Rd, 0.3 mi W of Friends School Rd

Sun. Mar. 8
10 am EDT

3, 7, and 10 mile race options. Challenging hills on Duke Forest gravel roads. 10-miler counts as 2 events for the series.

Race Director: Jerry Surh, 919-967-0272 surh@ncsu.edu

Runners of all abilities welcome!

Registration opens an hour prior to the race; \$5 entry fee for each race (free for those 18 & under).

Godiva members pay \$25 for all 7 races by signing up for the series (either online or by submitting an entry form).

Series registrants earn a WS T-Shirt by running or volunteering for at least 5 events. To volunteer, contact the race director.

The Winter Series races are low-key, low-stakes, mostly cross-country runs meant for enjoyment and camaraderie. Runners of all abilities are welcome to participate.

Race-day-only registration costs \$5 and opens an hour before the race start. All races begin at 10 am except for the New Year's Day run, which starts at 1pm. Free entry for those 18 and under, so bring the whole family!

Current Carolina Godiva Track Club members may pre-pay for all seven Winter Series races for only \$25. Sign up online at carolinagodiva.org or by returning the form below with cash or a check to the club. Forms (as well as club membership forms) will also be available at the events.

Additionally, series registrants can earn the Incredibly Beautiful Winter Series T-Shirt™ by running or volunteering at 5 of the 7 events. Running the Hard Climb Hill 10-miler counts as two events. Participants' standings will be published online (and initially in the newsletter).

Race announcements will be in the newsletter and on the club website. Additional race details can be found online. If you have any unanswered questions related to a specific race, please contact the race director.

The races can't be put on without volunteers. Please contact the race director prior to the race if you'd like to help.

For more information, contact Jamie Lewis (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

Carolina Godiva Track Club

Membership Application and Renewal

Online registration and payment is also available at 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!