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**DEADLINE FOR
JUNE 2015
NEWSLETTER:
MAY 15TH**

SEND YOUR STORIES, POETRY,
OR RACE REPORTS TO
NEWSLETTER@CAROLINAGODIVA.ORG
AND WE'LL BE DELIGHTED TO
PUBLISH THEM!

EVERYTHING IS TURNING TO GOLD

It was another dreary morning—cool, overcast, threatening rain again. My legs were aching from the day before. We'd seemingly scaled mountains while running the inaugural Cradle to Grave 30K trail race in the Pisgah National Forest, and now I just wanted to get going and run this morning's race. To take my mind off it I started looking around, people-watching. Then someone caught my eye.

"Excuse me," I said, tapping him on the shoulder. "Did you run yesterday's race out at the Cradle?"

"Yeh, I did."

"I thought so. I recognized the shirt from yesterday." It was purple with white lettering. I didn't ask what the text meant but figured it was for a charity. I also recognized him because he just had a nondescript yet distinctive look to him. It was more the way he carried himself than anything. "Running these two races back to back—you're as crazy as I am!" I said while laughing. "Yesterday was tough, wasn't it? Man, what are we thinking? How'd you do?"

He told me how he did but I don't remember what he said. Someone overheard us talking about the Cradle race and joined the conversation. An older man, he said he had been there to watch his daughter run and was joining her this morning for the 15K through the Biltmore Estate. I kidded him that he was smart not to run with us yesterday. When he introduced his daughter, I asked her how she was feeling. The four of us introduced ourselves, chatted, and compared stories. We all agreed yesterday's was one tough course, made more challenging by the cold rain that fell through the first half of the race. Once the race got underway, I forgot their names and never saw them again.

To this day I don't remember what the father and daughter look like. But the first guy I spoke with stuck in my head.

Eighteen months after this conversation, I'm on the phone with Bill Alexander, the forest and landscape historian at the Biltmore Estate. I'm updating Bill about our film project (*First in Forestry*—coming to UNC-TV this winter!) because he's a consultant on it, an expert on the film's subject—the Biltmore Forest School and the Cradle of Forestry—and an important link to the Asheville community. If he's not happy with it, we're dead in the water, so I'm anxious to have his approval.

(Continued on page 4)



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

President	Jamie Lewis	president@carolinagodiva.org
Vice President	Jess Broglie	vicepresident@carolinagodiva.org
Treasurer	Kevin Nickodem	treasurer@carolinagodiva.org
Meeting Secretary	Brandy Burns	bburns1786@yahoo.com
Membership Chair	Ethan Caldwell	membership@carolinagodiva.org
Haberdasher	Jeff Hall	haberdasher@carolinagodiva.org
Highway Clean Up	Gordon Keeler	gordon.keeler@duke.edu
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor	Ravi Kashyap	newsletter@carolinagodiva.org
Copy Editor	Shauna Griffin	newsletter@carolinagodiva.org
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

GODIVA TEAM CAPTAINS

Open Men		
Master Men	Tim Meigs	tim_meigs@yahoo.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women		

GODIVA BUSINESS MEETINGS

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

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 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 10% 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
Fun Fit Feet 10% off all orders (plus free shipping for orders over \$30) by entering the code "CGTC" at checkout— www.funfitfeet.com	

SPRING BANQUET

It's time for the Annual Godiva Banquet!

When? Sunday, May 17th, 2015
 5:00 pm Social Hour
 6:00 pm Dinner
 7:00 pm Awards Ceremony

Where? At the home of Carolyn Huettel, 9 Litchfield Ct., in Southwest Durham, just off Garrett Rd.

What's for dinner? We will be using Spartacus again this year. There will be options for meat eaters, veggie eaters, and gluten-free eaters. Non-alcoholic drinks will be available; BYO alcoholic beverages. Members are encouraged to bring a dessert to share.

What's the cost? \$10 for ages 13 and up; \$5 for the 12-and-under crowd

RSVP and more info at the CGTC website:

<http://www.carolinagodiva.org/index.php?page=awards-banquet-2015>

—Jess Broglie

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, CON'T.

(continued from page 1)

Bill's so low-key and soft spoken that it takes me a few minutes to figure out that his feedback isn't really criticism as much as it is a wish list of things he wishes we could include. We discuss each of his points while I'm taking notes. After we get through it, he concedes the film is not an exhaustive biography of the first forestry school in America and its founder, and tells me what I had hoped to hear: "I'm happy with it." I'm so relieved to have this weight off my shoulders that my posture actually changes upon hearing him and I'm able to sit up straight. The conversation shifts to other matters, some professional, some personal.

"Well, Bill, I don't anticipate coming out to Asheville again until the next Cradle race in May. I like that race but you already know it's good politics for me to come out there and run it. It gives me a chance to chat with Carlton at the Cradle and touch base about things. This will be my third time running it."

"I thought so," he said. "My son Nate has run it both times, too. He does it to raise money for epilepsy research. You may have seen him out there. He wears a shirt with the name of his website on it. 'Seize Your Life.' Except he spells it 'Seiz' without the 'e,' the letters 'ure,' and 'life.'"

"I didn't know that," I responded. "I'll have to look for him next time." An odd sensation came over me. My Spidey senses were tingling, telling me that I knew his son. Yet it's the first time Bill's told me anything about his family. "What led him to do that?"

"He had a seizure a few years ago but was okay," Bill said. Then he had stopped taking his meds because he thought he was fine. Then he had another seizure while driving. He said he felt it coming on but couldn't get off the highway in time to stop. He drove off the road, down an embankment, through an empty lot, and hit a pole. Somehow Nate managed not to hit anyone else. He was nearly killed. After he got out of the hospital, he took up running to cope with the seizures. Then he decided to start raising money for research and came up with this idea."

Bill told me again about the SEIZure LIFE name and how it was a play on the word "seizure." "He sells t-shirts and other stuff with that phrase on them. You should look him up."

Nathan Alexander during the Biltmore 15K race. (Courtesy of Biltmore/Kiwanis 15K Classic)



After we got off the phone, I did as Bill suggested and found his son on Facebook. I was gobsmacked. It was the guy I had chatted with on that Sunday morning. I knew there was a reason I remembered him. I was so impressed that Nate had taken such a negative and was making it a positive thing. He had made running about more than himself. He runs because he can, and for those with epilepsy who can't.

I scrolled through his Facebook page (Nate launched a website earlier this year) and was deeply touched by all the postings from people around the country. So many of them thank him for what he is doing because they or a loved one have epilepsy. They thank him for raising money or for articulating what it feels like to have a seizure. The sensation is described as a lightning storm in the brain. His website's logo and apparel show a fist clutching a lightning bolt.

Over the last four years, Nathan Alexander has raised more than \$4,200 for epilepsy research by selling shirts and hats, and by collecting pledges for run-

(Continued on page 5)

PRESIDENT'S COLUMN, CON'T.*(continued from page 4)*

ning three marathons and the Pistol 100K, as well as two Cradle to Grave 30K races and numerous other races. And he keeps setting PRs along the way. More important than the money or his finishing times is the fact that he is raising awareness—and hope.

You can learn more about his story and his efforts at the websites below. Be sure to follow him on Facebook, too. And look for him at a race.

<http://www.seizurelife.today>

<http://www.seizetheworld.org/nathan-alexander/>

<https://www.facebook.com/SEIZureLIFE>

Many thanks to Nathan for his cooperation in preparing this article. We'll both be running our third Cradle to Grave 30K on May 16.

—Jamie Lewis

RACE CALENDAR**May 2015**

- 5/09 (Sat) Clayton Road Race, Clayton
- 5/09 (Sat) Park Run 5k, Durham
- 5/09 (Sat) Socks & Undie 5K Rundie, Raleigh
- 5/10 (Sun) Mother of All Races 10K/5K, Raleigh
- 5/15 (Fri) Fuel Up to Play 60 5K, Greensboro
- 5/16 (Sat) Black Mountain Monster 5K/6hr/12hr/24hr Individual & Team Race, Black Mountain
- 5/16 (Sat) Water for the People 5K, Cary
- 5/16 (Sat) Shelton Vineyards Running the Vines 10K, 5K & 1/2 Mile Fun Run, Dobson
- 5/16 (Sat) Cradle to Grave Trail Race 30K, 12K, 5K, Brevard (Cradle of Forestry NHS)

Jun 2015

- 6/05 (Fri) Glow in the Park, Cary
- 6/06 (Sat) Asheville Half/10K, Asheville
- 6/06 (Sat) PTI Run on the Runway, Greensboro
- 6/11 (Thu) 4th Annual NewBridge Bank Bridge to Bridge Run, Wilmington
- 6/20 (Sat) A Cool 5, Beech Mountain
- 6/27 (Sat) Fun 4th Freedom Run & Walk, Greensboro

Jul 2015

- 7/11 (Sat) Moonlight Bootlegger 5K, Greensboro
- 7/11 (Sat) Barefoot for Kelly 5K, Raleigh
- 7/25 (Sat) Habitat Bull Moon Ride and Run, Durham

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

THANKS TO OUR NEWSLETTER CONTRIBUTORS!

In no particular order, thanks for May 2015 Newsletter contributions go to:

Jess Broglie, Ethan Caldwell, Jamie Lewis, Patrick Bruer, Louise Guardino, and Brandy Burns.



INDOOR NATIONALS AT JDL FAST TRACK

After loading up on vitamins and a protein shake, I left for Winston-Salem on Friday morning, March 20th. I had decided to commute the one and 3/4 hour drive each day and was thankful that our snows and lousy weather had departed for the season. I had no problem finding parking at JDL Fast Track on any of the 3 days. Once inside, I had my spikes checked and was able to declare for my first event—the 400m. I found where the Piedmont Pacers were located, but before I warmed up, I felt a twinge in my left calf. Huh? Not expected. Well, okay, then. I eased into my butt kicks and slow trots and I was fine.

Previously, I had checked the list of other competitors in my age group in this event. I knew that Mary Robinson would be a tough and fast competitor and I took note of Marie-Louise Michelsohn's listed time and knew she was in a class above. (It was like running with Kathy Bergen again—who, by the way, was not at Indoors.) Reading about Marie-Louise, I saw that she was far more disciplined than me in training and certainly in distance. Of my three races, the only one Marie-Louise wasn't in was the 60m. Though Barbara Hensley's listed time was a bit slower than I'd run at JDL in February, that was no guarantee of anything.

As I trotted around the track, I met Marie-Louise, recognizing her by her sun glasses. She went to the Bronx High School of Science, a school I wanted to go to so we talked about that. During our trot around, she told me that in December, she had broken her femur. What! And she was here running? She said she was in France at the time and that on Christmas Eve she was having a screw put in her leg. Not quite three months ago. She was not limping or favoring her leg. Amazing!

I was assigned lane 5 for the 400m, Marie-Louise was in 4, and Mary in 3, with Angela Staab in 1. I'm not sure where Barbara Hensley and Jane Simpson were. I only know about Marie-Louise and Mary because they both came up on me once the race began. Marie-Louise caught me before we were even half-way up the back stretch during the first 200m. Mary then moved up close as we rounded the bend and towards the cones ahead which indicate when we could move from our starting lane assignments over to lane 1. Marie-Louise moved over, I started moving in from lane

5 but Mary was faster and was right there and into lane 1 before I had my act together. We were too close for me to get into lane 1 without cutting Mary off, so I stayed in lane 2 going into and around the back stretch. Duh! Why did I not think of at least moving over to 1? Being behind Mary in lane 1 would be better than being adjacent in 2! As we approached the final turn, I think I mentally conceded. No way would I catch Marie-Louise or Mary. This little mental glitch probably slowed me. I did not push to exhaustion, though I then moved to lane one. Why? Probably slowed me even more. Hah! And that is how my 400m went. Third, and still breathing. Here's the video link: <http://bit.ly/1KuZPCN>

Saturday brought the 60m. I followed the same routine as regards warm-up, but adding practice starts, since my non-block starts are so-so but better than my standing starts. I learned a new stretching technique from Jane Barnes (let's hope I remember it!). Using my Fitbit, I checked my pulse rate out of curiosity. It was 93. Ann Carter, who has beaten me in the past, wasn't there and that was a disappointment. Another listed competitor, one I did not know, Marilyn Mitchell, did not show. So there Mary and I were, assigned adjacent lanes, sitting on the queue bench while those older (and some faster!) ran ahead of us. And, gosh, the older ones used blocks—Irene Obera, of course! And others.

Then, it was our turn. Mary was to my right and Jane Simpson, to my left. I remembered which knee to put down and where, and at the "Set" to swing the correct arm up. (This was an improvement over February when I remembered everything incorrectly!) Then BANG! No thinking needed in the 60m. Just go as fast as one can. And breathe. As expected Mary led us out and I had to play catch-up. I caught her and we ran side by side down the short runway, seeming to cross the finish line together. Exhilarating! Mary thought it might be a tie. I had no idea, but felt good that I had run all out. Mary won by 1/100th of a second. It was a great, fun, race. The video is at: <http://bit.ly/1KuZPCN>

Mary had discovered that no "non-club" 4x200 relay record existed for our age group. Angela Staab wanted

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INDOOR NATIONALS AT JDL FAST TRACK, CON'T.*(continued from page 6)*

to run it as did Mary, so we got Barbara Hensley to join us. The race was to go off at 3:30, so we twice practiced passing the baton. It was sort of funny because Barbara, who was going to pass to me, was also carrying her water bottle. I gave the local news photographer, standing at the railing, a laugh when I blurted out to Barbara to put that dang (well, the word began with a D but it wasn't "dang") water bottle down. We were the only ones in our age group, club or non-club. It didn't matter how slowly we ran this race. As anchor, I could have probably crawled to the finish. (Is that legal?) Mary led off, passing to Angela of bad knee fame, who then passed to Barbara, who passed nicely to me. Our finish time was 3:12.64.

And then came Sunday. Angela decided to pass up the 200m, saving her knees for the 4x400 (she was going to do the 800m "for the team"! That left five of us in the 200m: me, Mary Robinson, Barbara Hensley, Jane Simpson, and Marie-Louise Michelsohn, who had run her legs off these past few days by running the 400m, 3000m, mile, and 800m and the 4x200m relay with the 65 year olds! All, after her December leg injury. Guess it is never say STOP!

The night before, I had imagined I might end up running with Marie-Louise on one side and Mary on the other. After having been passed in the 400m, I had only one recourse: go all out from the git go and hope to hold on to the end. Probability was that I would lose steam just after 100m, but so be it. I was assigned magical lane 5 again, Marie-Louise lane 4, and Mary lane 1.

Into my crouch I went, at the Set I took a breath and at the gun took off and ran at maybe 95%. Whatever it was, it was faster than I normally start off. Towards the end of the back stretch along comes Marie-Louise. Oy! We round the bend and proceed next to each other. I'm hoping to not go POOF and lose either energy or have my legs turn to rubber. Mentally, I'm determined not to slow down. She is right on me! I pumped my arms faster. I'm going all out, the Finish line is approaching. It seems she may have an inch on me. We hit the tape and I have no idea who won until I have sense enough to look up and see my name at the top. Mary steamed in right after us. I won by 4/10th of

a second. A step? This time I leaned at the end! The video of the race: <http://bit.ly/1EqDPXG>

Marie-Louise said her leg (not the previously injured one) had buckled and this had never happened before. Well, shoot, look at all the events she ran! Mary said she saw it too. That is probably when I got my step lead. (Looking at the video it is hard to tell. I see her arm shoot up and that's it.) She was okay after the race, but I know these things happen. Sometimes in practice I've felt as if a leg is going out from under me. In Marie-Louise's case, it could be that she is unconsciously putting more pressure on that leg, compensating for a residual problem with the other. Plus all the prior races.

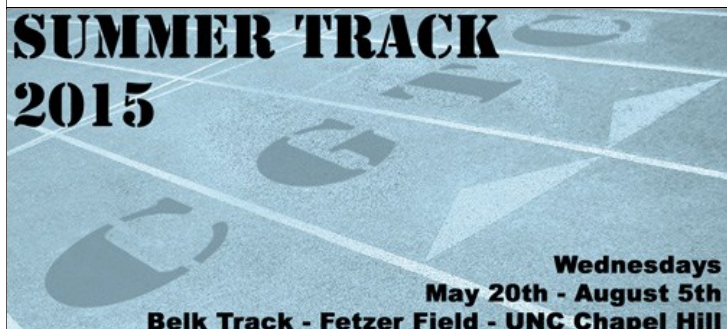
And, yet, she also ran the subsequent 4x400 relay with her club's next lower age group! Our non-club relay team wanted to run it as well. I forced myself to endure the horrid 400m again (could be worse—they could have wanted to run the 800m!). There is an existing American record for our age group (I am not sure if it is club or non-club) of 7:21. I figured with Angela's bad knees and the rest of us not up to running a fast 400m, there would be no way. We ran in the same order as the earlier relay. I was surprised by how well Angela handled her portion. The end result was that we ran it in a time of 7:48.09. Not the record but not bad.

The Indoor Nationals was well run. Peter Taylor did his usual superb announcing job. Sure, he is familiar with many of the runners, but not all, and yet, he is right on in knowing who is where in a race! You've got runners on the back stretch, partially blocked from view by the infield netting, but Peter can still tell who is who. And, in case one was not paying attention to the ongoing race, he gets one's attention and makes it exciting, building the tension, even if it is not a close race.

There is no end to the excitement to be found in a national event. Having all these athletes, 30 years old and up, competing in multiple disciplines, makes for non-stop days for the venue staff, officials, and variety for the fans.

—Louise Guardino

SUMMER TRACK SERIES



Where else can you have so much fun for \$1?

The 2015 edition of Godiva's popular **Summer Track Series** will offer twelve weeks of all-comers meets at the UNC-Chapel Hill track facility, beginning at 7 pm on Wednesday, May 20th (with the Long Night program) and concluding on August 5th. This year's Midsummer Madness meet on July 29th will highlight Godiva TC's 40th anniversary season with the theme "Excel in XL—Celebrating 40 years of Godiva Greatness." A \$1 donation is appreciated.

All meets begin at 7:00 PM sharp, rain or shine.

Location: Belk Track is on the UNC Campus near the intersection of South Rd and Country Club Rd.

Free public parking is available in the Knapp/Saunders School of Government Parking Deck accessible from South Rd., in the Navy Field Lot accessible from Ridge Rd., and along Ridge Rd. adjacent to the Law School. Note that the metered parking on South Rd. is enforced until 9 pm.

Weather policy: Meets will be held rain or shine unless conditions are deemed unsafe (repeated near-by lightning or standing water on the track.)

Decisions about cancellation or postponement will be based on conditions at the track at starting time and not on forecasts!

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

Questions? Contact Series Director Charles Alden at: summertrack2015@carolinagodiva.org. Info at: <http://bit.ly/1QLGpxO>.

EVENTS

Long Night

1-mile run (usually 3 heats)
200m (in lanes)
1-mile racewalk
800m (usually three heats)
5000m

Short Night

1500m run (usually three heats)
100m (in lanes)
1500m racewalk
400m dash (in lanes)
3000m (7-1/2 laps)

Midsummer Madness!

Excel in XL: Celebrating 40 Years of Godiva Greatness

40x40 = 1600m run (less than a mile!)
40yd dash
1600m racewalk
1600m relay (teams of 4) 4X400 meter relay
4000m run

Participants completing 3/4th of all races (maximum 4 per night) earn the prestigious Godiva Iron Man award.

THE SCHEDULE

May 20	Long
May 27	Short
June 3	Long
June 10	Short
June 17	Long
June 25	Short
July 1	Long
July 8	Short
July 16	Long
July 22	Short
July 29	Midsummer Madness
Aug 5	Short

HISTORY CORNER

A series of looks back to celebrate Godiva's 40th Season

Here's a replication of a 1980 **Daily Tar Heel** feature on CGTC, which discusses the lore of our club name, and highlights the Tar Heel 12000, the first large road race hosted by Godiva.

—Patrick Bruer

Thursday, April 3, 1980 / The Daily Tar Heel / 5

Godiva club for runners of all types

Perhaps you've seen them by now, trotting down the road in pairs, in packs, or often by themselves. Now that spring is here, they suddenly have appeared in all shapes and sizes: with Marine-s haven heads and bouncing ponytails, in Bermuda shorts, alligator shorts, and almost no shorts at all.

Hecklers call them a lot of things. The University Police sometimes call them traffic hazards. But all that really matters is what they call themselves: runners.

"And they're exactly what we're here for," said **Walter High**, president of the Carolina Godiva Track Club. High wears the orange and gold insignia of the famous lady with pride, and the Godivas have one of the largest club enrollments at Carolina with more than 400 signed and 150 active members.

Perhaps it is the club's name which draws attention to the runners. Unlike the potentially confusing titles of the Karate Club, the Sailing Club, or the Crew Club, Carolina Godiva has a number of stories tracing its origin to 1976.

"We have three different stories of how we got our name," High said. "Some people feel we were named

after a club in England, while others say Lady Godiva is a sign of protest towards the varsity athletic program. And then again some folks think we just started out as streakers and got the name like that."

But regardless of how it began, the club's name has spread throughout North Carolina. The club's excellent medical and training advice, the races the Godivas organize and hold, and the number of its gifted runners are known across the state.

IMs & Clubs

By *CHIP KARNES*

"We're really excited to be presenting our track meet series for an extended season this year," High said.

The meets refereed to are a set of weekly races which involve four races: a spring, a mid-distance run, a long run, and a walking race. Entrants may participate in any or all of the events, because distances for the Saturday races vary from week to week.

The Godiva club claims several of the finest runners in the state, including **Dave Hamilton**, who recently won a

half-marathon in Winston-Salem in 1:08. Another top runner is **Richard Schwartz**, a second-place finisher in last Sunday's Great Raleigh Road Race, and a sub-4 minute miler as an undergraduate.

Is the Carolina Godiva Track Club simply a haven for the elite? "Not at all," High said. "This is because the majority of club members just enjoy running, and we usually only run and compete with others on about the same level."

The Godivas sponsor races each fall and spring, the latter to be held in Chapel Hill on April 26. Named the **Tar Heel 12,000**, the event of approximately seven-and-a-half miles will feature T-shirts, complete results mailed to each participant, three aid stations and, High said, "Lots of beer at the finish."

Last year's Tar Heel 12,000 meter race had a field of roughly 1,000 racers. "Now I know there's a lot more runners than that in Chapel Hill, because people are finding out about all the physical benefits of running," High said.



Join us on July 18 for some Bulls baseball. Doug Hensel has reserved 40 seats for the **Durham Bulls vs. the Pawtucket Red Sox** game in section 212.

Tickets are \$10 each, and are available on a first-come, first-serve basis. Game time is 6:35 PM, meet-up time is 6:05 PM. Stay for fireworks after the game! For all the details, including price and how to reserve your seat, please visit <http://www.carolinagodiva.org/index.php?page=bulls>.

@ THE RACES**Krispy Kreme Challenge****Raleigh, NC February 14, 2015**

Kevin McCabe	36:37
Greg Wilson	48:27
Rusty Barnett	48:31
Russ Helms	54:50
Jessica Lee	58:09
Michael Formy-Duval	1:00:02

Myrtle Beach 1/2 Marathon**Myrtle Beach, SC February 14, 2015**

Tim Meigs	1:29:55
Roxanne Springer	1:42:47

Ellerbe Marathon**Ellerbe, NC March 14, 2015**

Richard Wolfe	9:38:39
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USATF State Championships Marathon (Tobacco Road)**Cary, NC March 15, 2015**

Colin Jones	2:54:36	2nd M Overall
Cathy Wides	3:53:05	2nd F Master

Skeeter Run 5k**Durham, NC March 21, 2015**

Michael Formy-Duval	24:54
Lauren Formy-Duval	29:09

Ella's Race Raleigh 10K**Raleigh, NC March 21, 2015**

Paul Sexton	37:33	3rd M Overall
William Harris	1:00:26	

USATF Master Indoor Nationals**Winston Salem, NC March 20-21, 2015**

Jay Smith	3:05	800 Meter
Jay Smith	6:40	1 Mile
Maurice McDonald	1:13	400 Meter
Maurice McDonald	3:03	800 Meter
Caren Mangarelli	5:43	1 Mile
Louise Guardino	11:04	60 Meter
Louise Guardino	38:56	200 Meter
Louise Guardino	1:32	400 Meter

Shamrock Half Marathon**Virginia Beach, VA March 22, 2015**

Joy Turkal	1:47:16
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South Mountains Half Marathon**Connelly-Springs, NC March 28, 2015**

Charlie Schaefer	2:41:07
Douglas Hensel	1:57:31

ZTA Franklin 5K**Chapel Hill, NC March 28, 2015**

Mark Rodgers	34:39
Blaire Rodgers	34:39

Great Human Race**Durham, NC March 28, 2015**

Craig Gilbert	21:39	1st M 55 - 64
Susie Gilbert	28:24	
Shelley Harper	28:36	
Julie Horton	30:42	3rd F 55 - 64
Martha Klopfer	45:17	1st F 75+

Emerald Isle 5K and Half Marathon**Emerald Isle, NC March 28, 2015**

Tim Young	23:14	3rd M 35 - 39
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Half Marathon

Tom Kirby	1:55:19	
Peter Hessling	2:02:38	
Jacob Sternfeld	2:11:11	
Barbara Hindenach	2:22:33	2nd F 60 - 64
Halle Amick	2:23:12	

Queen City Marathon**Cumberland, MD March 28, 2015**

Jamie Lewis	4:34:45
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Umstead 100/50**Raleigh, NC March 28, 2015****100 Miles**

Mark Manz	15:40:54	1st M 20 - 29
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50 Miles

Shannon Johnstone	8:53:15	2nd F 40 - 49
Jenna Koenigshofer	10:22:42	

Rockin Marathon Relay**Raleigh, NC March 29, 2015**

Jack Mignosa	3:05:50	1st Individual
Christianna Williams, Ravi Jhaveri, Mary Szymkowski,		
Bill Costello	3:37:20	1st 4-Person Grand Master

Mountains to Sea Trail Runs**Raleigh, NC March 29, 2015****12 Mile**

Shawn Harris	1:40:13	
Joe Drommer	1:40:41	
Erin Jobe	1:44:40	2nd F Overall
Christopher Boyce	1:50:58	
Megan Sullivan	1:54:43	
Elizabeth Steffens	1:55:35	
Paul Wormsbecher	2:00:51	
Jen Howard	2:09:49	
Jennifer Boyce	2:26:11	
Erin Hensel	2:34:56	
Lisa Feutz	2:37:16	
Jennifer Browndorf	2:43:08	
Joanna Pomilio	2:43:30	

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APRIL MINUTES

The monthly business meeting of the Carolina Godiva Track Club was promptly called to order by club president Jamie Lewis at precisely 7:00 p.m. on Tuesday, April 14, 2015. Attendance at the meeting included Jamie Lewis (president), Jess Broglie (vice president), Patrick Brewer (web (grand)master), Ethan Caldwell (membership), Halle Amick (guest presenter), Tom Griffin, Barbara Hindenach, and Tom Kirby (members-at-large), and Charles Alden (track guy), and your scribe, Brandy Burns. Absent were Jeff Hall (Haberdasher) and Kevin Nickodem (treasurer).

Summer Track Series: Charles Alden attended the meeting to update the board on the status of the 2015 summer track series. He provided the proposed schedule and events, with a proposed start date of May 20th. Charles requested feedback from the board about holding the series at UNC, as in the past, or to consider moving it to the Duke track this year. The board discussed the pros and cons of each track. There was a question regarding the potential use-fee at the UNC track and fees for parking. It was noted that if a group is using the track for general use, there is no fee, which is how we've been operating the past few years. The Duke track appears to be open to the public. Tom G. inquired about parking at Duke. Halle shared her knowledge of the parking situation and there should be sufficient parking.

Jess inquired about rotating between Duke & UNC as the club does track. A concern was expressed about confusion of transitioning back and forth. There was concern expressed about a possible drop-off in attendance if the location were changed. Patrick pointed out that staying at UNC provides an ongoing presence in the Chapel Hill area, which gives the club some publicity in that area that is very valuable. It was decided that the track series would stay at UNC unless there were fees identified. Charles will reach out to UNC to confirm the fee issue and report back to the board.

Guest presenter: 40th Anniversary event idea: Guest presenter Halle Amick proposed an idea for a 40th anniversary event for a club. Ms. Amick proposed a nighttime event on a 5k course with three start times. People could run a 5k, 10k, or 15k, and the event would be held on a Friday or Saturday night near a full moon. Ms. Amick requested feedback from the board as to whether there was an interest, and if so, she would definitely be willing to pursue the details further. There was discussion among the board regarding possible venues, time of the event, "festival" atmosphere vs. race atmosphere, members only or open to the public, large event vs. small event, etc.

There was concern expressed regarding the time it would

take to prepare for a large event and if it was feasible if the desire was to hold the event in the late summer/early fall. The board concluded that it would be open to considering the idea, but felt identification of a venue was an important aspect to know before making a final decision. Halle will look into some of the venue ideas discussed at the meeting, e.g., Al Beuhler, downtown, WakeMed, and will follow up with the board.

Newsletter discussion: Jamie informed the board that Ravi wishes to step down from editor position and that there is a need to identify a newsletter editor to take his place. Patrick shared some thoughts as to possible reasons the club has gone through several newsletter editors, noting that a number of the editors began in the role when they were relatively new to the club. Therefore, not only has the person had to learn the newsletter but has had to learn about the club as well which, in addition to being a very challenging job anyway, adds to the difficulty of the position.

This led the board to the discussion of the value of the paper version of the newsletter and the question of whether the club should consider an electronic format only. Patrick shared some numbers related to online views of the newsletter, sharing that there are 417 newsletters sent out electronically (via email); 197 club members receive the newsletter in electronic format only; and the electronic newsletter was accessed 118 times. There are over 200 visits to the website each week. There is also a lot of activity on the club's Facebook page. The question was presented if maybe we're not getting information to people in the format they want to use it?

There was also a question about if it would be beneficial to shift the format of the electronic newsletter; instead of having a PDF document, which is the current format, possibly considering an alternative online form. Patrick discussed variations to an online version that are easier to use as well as the benefits of online version; e.g., ability to link to other things. The question was raised that if the paper version of the newsletter were discontinued, how many people would struggle with the online version, and would that decrease the value of membership? How many people perceive getting the paper form of the newsletter as an important part of membership?

It was agreed that a membership survey would be a good way to gather some information to address these questions. In the immediate term, an email blast will be sent out to the membership to ask for volunteers to be newsletter editor. Patrick will begin working on a better format for the online

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APRIL MINUTES, CON'T.*(Continued from page 11)*

version of the newsletter. Once that has been completed and the club membership will be able to access this new version, a membership survey will be developed and sent out to determine the best way to proceed in regards to the newsletter.

Banquet: Vice president Jess Broglie updated the board on the status of the spring banquet. She assured the board that the date, location, caterer, and awards have all been secured. The only pending issue is setting up the website and Paypal site for registration. Everything is moving along smoothly.

Track workout: Jess shared with the board that she did receive some interest from a club member in facilitating a track workout. It is anticipated this program will begin in August after the summer track series concludes. Jess will confirm with the board at the July meeting that this is moving forward as anticipated.

Membership: Membership coordinator Ethan Caldwell reported that there are currently 520 club members, compared to 497 last month. This increase is primarily related to Running Start. There was discussion about how we communicate with people whose memberships are expiring. Ethan confirmed he sends an email prior to one expiring, one upon expiring, and one after membership has expired. There was some discussion about how we are welcoming new members and a question about doing a "new member spotlight" in the newsletter. It was shared that this had been done in the past, but no determination was made whether to try to reinstitute this.

Meeting adjourned at 8:19 p.m.

—Brandy Burns

@ THE RACES, CON'T.*(Continued from page 10)***50K**

Kevin McCabe	5:08:15	
Paula Anstrom	5:18:14	1st F Master
Ronnie Weed	5:37:27	
Chris Gould	6:58:21	
Kevin Gauger	7:12:11	

Hot Chocolate 15k**Philadelphia, PA April 04, 2015**

Randy Kaufheil	1:11:36	2nd M 55 - 59
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Nantahala Hilly Half Marathon**Nantahala, NC April 04, 2015**

Christopher Boyce	2:55:00
Jessica Lee	2:57:33
Jennifer Boyce	3:05:45

Carolina Berwery Anniversary 5k**Chapel Hill, NC April 11, 2015**

Ray Dooley	26:00
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Cary Road Race**Cary, NC April 11, 2015****5K**

Rob Wilson	20:08	1st M Master
Lena Hollmann	25:55	1st F Grandmaster

10K

Dan Woodlief	57:38
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Girls on the Run 5K**Durham, NC April 11, 2015**

Owen Astrachan	22:23
Kitty Moses	28:56
Caren Mangarelli	30:25
Rajan Jhaveri	30:31
Ravi Jhaveri	42:02
Malini Jhaveri	42:15

Occoneechee Speedway 5k**Hillsboro, NC April 11, 2015**

Ray Dooley	23:44
Joan Boone	30:44
Julie Horton	30:45

Rock 'n' Roll Marathon**Raleigh, NC April 12, 2015**

George Linney	3:14:47	
Mike Kelley	3:28:03	1st M 55 - 59
James Gerds	3:42:48	
Shelley Harper	4:36:49	
Laree Johnson	5:09:06	

Half Marathon

Paul Jones	1:29:02	2nd M 40 - 44
Erin Schliep	1:39:44	3rd F 30 - 34
Jon Hunter	1:56:42	
Sarah Jones	2:03:45	
Patrick O'Neill	2:11:14	
Tommy Gooch	2:16:45	
Mel Levin	2:52:13	
Susie Hansley	2:54:22	

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**

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Permit No. 1084**

ADDRESS SERVICE REQUESTED



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