

VOLUME XLI  
NUMBER 3  
DECEMBER  
2015



NEWSLETTER  
CONTENTS

PRESIDENT'S COLUMN	1
CLUB INFO	2
UPCOMING CLUB EVENTS & DEADLINES	3
GODIVA WEEKLY RUNS	3
CGTC ANNUAL PIZZA PARTY	5
WINTER SERIES 2015-2016	6
ANNUAL FALL PICNIC RECAP	7
COUCH MOUNTAIN RUN	7
NEW YEAR'S DAY RUN	7
MISERY RUN RECAP	8
MISERY RUN RESULTS	10
MEMBERSHIP CORNER	12
RACE CALENDAR	12
@ THE RACES	13
MONTHLY MEETING MINUTES	15
CONTRIBUTORS	16
MEMBERSHIP / RENEWAL	17

DEADLINE FOR JAN 2016  
NEWSLETTER:  
**DECEMBER 15TH**  
EMAIL

[NEWSLETTER@CAROLINAGODIVA.ORG](mailto:NEWSLETTER@CAROLINAGODIVA.ORG)

YOU BETTER MOVE ON

When talking to someone and it comes up that I'm president of Carolina Godiva, the inevitable question I get is, "What do you do as president?" I always start my answer by saying, "Not much" and then explain that to understand what the president does, you first have to know that a person spends a year as vice president, and that the vice president does all the heavy lifting while learning the ropes. It's a bit like assembling an airplane while trying to fly it, but at least you have an experienced construction crew around you handing you the right tool at the right time.

So what does the vice president do? In addition to attending the monthly meetings and weighing in on issues that crop up at and between meetings, the VP plans two of Godiva's biggest events: the Spring Awards Banquet and the Winter Series.

Like all of the events we put on, the Spring Awards Banquet is a well-oiled machine. It reduced my anxiety and stress about throwing a party for 90 people to know that what I was doing had been done successfully many times over. The party rental place that supplies the tent, tables, and chairs knows what's needed when the VP calls to reserve those things. This is true of the caterer, too. I can only speak for myself, but I used the same caterer as my three immediate predecessors out of laziness, telling myself not to fix what ain't broke. But the VP is free to choose any caterer they want. Once there's a head count, a call is placed and the food is ordered. The VP also brings ice and sodas to the party.

The other major event on the VP's calendar is organizing the Winter Series. This starts with contacting the race directors from the previous year to see if they're still willing to manage the race and then arranging the dates. Contrary to popular belief, with the exception of the New Year's Day race, race dates are not set in stone and are subject to the schedule of the directors. Consequently, it takes some time to get all those ducks lined up. It's always a huge relief for the VP when they can announce the schedule.

But the VP's Winter Series work isn't over yet! About two weeks before each race, the VP checks with the race director to make sure the

(Continued on page 4)



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



## GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva. Use it to share information and stay up to date on club events.

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	Jamie Lewis	<a href="mailto:president@carolinagodiva.org">president@carolinagodiva.org</a>
Vice President	Jess Broglie	<a href="mailto:vicepresident@carolinagodiva.org">vicepresident@carolinagodiva.org</a>
Treasurer	Kevin Nickodem	<a href="mailto:treasurer@carolinagodiva.org">treasurer@carolinagodiva.org</a>
Meeting Secretary	Brandy Burns	<a href="mailto:secretary@carolinagodiva.org">secretary@carolinagodiva.org</a>
Membership Chair	Ethan Caldwell	<a href="mailto:membership@carolinagodiva.org">membership@carolinagodiva.org</a>
Haberdasher	Shauna Griffin	<a href="mailto:haberdasher@carolinagodiva.org">haberdasher@carolinagodiva.org</a>
Highway Clean Up	Gordon Keeler	<a href="mailto:gordon.keeler@duke.edu">gordon.keeler@duke.edu</a>
Archivist/Historian	Gary Schultz	<a href="mailto:gary.schultz@frontier.com">gary.schultz@frontier.com</a>
Newsletter Editor	Susie Hansley	<a href="mailto:newsletter@carolinagodiva.org">newsletter@carolinagodiva.org</a>
Copy Editor	Shauna Griffin	<a href="mailto:newsletter@carolinagodiva.org">newsletter@carolinagodiva.org</a>
Webmaster	Patrick Bruer	<a href="mailto:webmaster@carolinagodiva.org">webmaster@carolinagodiva.org</a>

## GODIVA TEAM CAPTAINS

Open Men	<i>Open Position</i>	
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	<i>Open Position</i>	

## GODIVA CLUB BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM  
[Satisfaction Restaurant at Bright Leaf Square, Durham](#)  
 Members welcome!

## 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> 15% on non-sale items. Cameron Village, Raleigh <a href="http://www.capitalrunwalk.com">http://www.capitalrunwalk.com</a>	828-3487
<b>Raleigh Running Outfitters</b> 10% discount Raleigh & Cary <a href="http://www.raleighrunning.com">http://www.raleighrunning.com</a>	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 <a href="http://www.xpertnutritionnc.com">http://www.xpertnutritionnc.com</a>	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
<b>Fun Fit Feet</b> 10% off all orders (plus free shipping for orders over \$30) by entering the code "CGTC" at checkout— <a href="http://www.funfitfeet.com">www.funfitfeet.com</a>	

## UPCOMING CLUB EVENTS & DEADLINES



Read more about these upcoming club events throughout the newsletter and at [Godiva's website](http://www.carolinagodiva.org).



EVENT	DATE & TIME	LOCATION	MORE INFO
<b>December Club Meeting &amp; Annual Pizza Party</b>	Tues. 12/8 7pm	<a href="#">Satisfaction Restaurant</a> , Brightleaf, Durham	All members welcome! See page 5.
<b>Winter Series Event 3: Couch Mountain</b>	Sun. 12/13, 10am	Duke Forest, Gate F NC-751, 0.4 mi from US-70 BUS	<a href="http://www.carolinagodiva.org/index.php?page=couch-mountain-run">http://www.carolinagodiva.org/ index.php?page=couch-mountain-run</a>
<b>Submission Deadline for December Newsletter</b>	Tues. 12/15	Electronic	Email <a href="mailto:newsletter@carolinagodiva.org">newsletter@carolinagodiva.org</a>
<b>Winter Series Event 4: New Year's Day</b>	Fri. 1/1, 1pm	<a href="#">Duke School, 3716 Erwin Rd., Durham, NC</a>	<a href="http://www.carolinagodiva.org/index.php?page=nyd-run">http://www.carolinagodiva.org/ index.php?page=nyd-run</a>
<b>Winter Series Event 5: Eno Equalizer</b>	Sun, 1/17, 10am	Eno River State Park, <a href="#">End of Cole Mill Rd., Durham</a>	<a href="http://www.carolinagodiva.org/index.php?page=eno-equalizer">http://www.carolinagodiva.org/ index.php?page=eno-equalizer</a>

## 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 Univer- sity. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard, 919-260-0261
<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 & 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 mi- nute 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, CON'T.

*(continued from page 1)*

insurance paperwork has been filed (we have to have coverage just in case someone's injured or there's a zombie attack during the race) and that all permissions from the property owners have been received. The VP also checks in with the race directors to see if they need any help preparing for the race and whether they have enough volunteers. It's up to the VP whether they hand off control of the Winter Series to the newest VP after becoming president. However, continuity is a good idea, so some VPs will retain Winter Series duties even after ascending to the presidency.

In Brandy Burns, my immediate predecessor, I was fortunate to have a president who was better organized than I'll ever be and helped keep me on track. From her I learned a great deal about the club and about myself. Patience and the ability to listen to all sides before speaking were not qualities I had in large quantities prior to serving as VP, but Brandy demonstrated the importance of them time and time again. It served me well during my term as president, although it took me a while to develop those skills. My successor, current VP Jessica Jenkins, is also extremely organized, passionate about the club, and patient. I know the club will be in excellent hands when she takes over effective December 8th.

So what is it that Jess will do as president? The most obvious thing is writing the president's column and running the business meetings each month. In addition, the president is the point of contact for the club, which means answering queries emailed to the president about advertising a race or service, or for information about an event. (There's also a ton of spam to wade through.) This takes an hour or so every week. The president also fields complaints (not fun) and compliments (fun!).

Sometimes (okay, in my case, a lot of the time), there'd be a question I didn't have the institutional knowledge to answer. That's why the board and past

officers who remain involved are so important. We're fortunate to have people who've been with the club for two or three decades, allowing a president to turn to them and ask how something's been handled before. Thank you to all the long-time Godiva members who continue to give selflessly of their time and energy, in particular Patrick Bruer, Kevin Nickodem, Tom Kirby, and Barbara Hindenach.

Having newer members of the board is beneficial, too. Fresh blood brings fresh perspectives and reinvigorates the club. Ethan Caldwell has modernized the membership list so that we can get helpful data pulled (and to give us those newsy tidbits about members in the newsletter). Susie Hansley has brought the newsletter, and us, into the 21<sup>st</sup> century through her technical savviness. Shauna Griffin has returned to the board as the Haberdasher and brings a much needed combination of experience and enthusiasm. Brandy enjoyed being involved enough that after her term as president ended, she changed jobs and took over as

secretary. Though not a board member, Tom Griffin regularly attends the monthly business meeting and contributes a great deal. I encourage all of you to come to a meeting to do the same.

Here's the thing: this is an all-volunteer organization. Some folks that have volunteered for a long time naturally wanted to take break; as a result, over the last two years, half of the previous board members decided to "hang up their track spikes." This allowed the folks discussed in the last paragraph to get involved. But for both our newer and long-standing members, board positions are not the only ways to give back to the club. Here's a few ideas:

- ♦ Be a pacer or a director of the Running Start program.
- ♦ Come to one of the weekly runs and mentor new or slower runners. Too often new people come to a weekly run and don't return because they're too slow to keep up with the group. The Tuesday



*The end is here and my time as president is up.*

*(Continued on page 5)*



## PRESIDENT'S COLUMN, CON'T.

(Continued from page 4)

night run was my introduction to the club. Had someone not slowed down to run with me—thanks, Sandra!—I doubt I would've returned.

- ♦ Start a new weekly run near your home or workplace (we're hoping to launch one in Chapel Hill soon—stayed tuned!).
- ♦ Come up with a one-off event like Halle Amick did with this summer's photo scavenger hunt.

In other words, don't wait to be asked. Create your own volunteer opportunity and Godiva will help support you. My one regret as president is that I'd hope to increase participation from current members in leadership roles and attract new members, both of which I believe as important for keeping the club healthy. I don't feel like I succeeded in either case, but I think Jess will. I hope you'll help her do so.

In closing, I'd like to thank CGTC for giving me the opportunity to serve. I've made many new friends the past two years as a result, and that was worth the occasional headaches running the club gave me. To

my long-time CGTC friends, thanks for all the support and here's your only mention of trees in this column. And to the Tuesday night group, in particular Jen, Dana, and Girl Jamie, I just have one thing to say: Pinchpot.\*

—Jamie Lewis

P.S. All 12 of my column titles have something in common with each other. The first person\*\* to email the correct answer to [president@carolinagodiva.org](mailto:president@carolinagodiva.org) will win a \$20 gift certificate from Satisfaction Pizza, to be given out at the annual pizza party.

### Editor's Notes:

\* I tried to get Jamie to explain this, but he demurred, saying, "It's a inside joke that would take two paragraphs to explain and still no one would find funny."

\*\*I let the cat out of the bag re: the meaning of the titles at the October board meeting. So board members and people who were in attendance for that meeting are not eligible for this prize.

## CGTC ANNUAL PIZZA PARTY

All Carolina Godiva Track Club members are cordially invited to attend the **CGTC December membership meeting**, which masquerades as a pizza feast at [Satisfaction Restaurant at Bright Leaf Square, Durham](#)

This year's meeting falls on **Tuesday, December 8th**, and will commence at **7:00 p.m.** The main orders of business will be the devouring of pizza and sharing war stories of your latest race. CGTC will pay for the pizza, and drinks will be paid by you. (Tip: Tuesdays are \$3 NC beer nights at Satisfaction!) Other agenda items will include:

- ♦ The ceremonial passing of the literal baton from our outgoing president Jamie Lewis to 2016 president Jess Broglie
- ♦ The induction of our new Vice President (come to find out who it is!)
- ♦ The distribution and proud wearing of the new retro 40th anniversary ringer shirts! (If you did not order one, we may have a few extra to buy. First come, first served, so don't wait!)

**Don't miss it! 7 p.m. on Tuesday December 8th at Satisfaction!**

— CGTC Board





## WINTER SERIES 2015-2016

The [Carolina Godiva Winter Series](#) consists of seven low-key, low-stakes, mostly cross-country races meant for enjoyment and camaraderie. Each event has its own quirky rules and guidelines and make for fun events. *Runners of all abilities and ages are welcome to participate!*

- ♦ **Registration:** Race-day-only registration costs \$5 and opens an hour before the race start. Or, save time and [register now](#) for the remaining five races in the series! *Kids under 18 race for free, so bring the whole family!*
- ♦ **Prizes:** Each race usually has its own set of mini-prizes (e.g., donuts at the Run for the Donuts; candy bars at the Misery Run). Note: prizes rarely go to the swiftest!
- ♦ **Volunteer to support the races!** Races require a lot of volunteers to run smoothly—anything from timing to set-up to registration to food support. To volunteer for a particular race, contact the race director (listed below). *Volunteering also earns you points toward the Winter Series shirt (see below).*
- ♦ **Earn a Winter Series Shirt!** You still have time to earn 5 points over the course of the series and receive an *Incredibly Beautiful Winter Series shirt* at the Spring 2016 Godiva Banquet! Earn points by running and/or volunteering to support the races. Each race is worth 1 point, except for the Hard Climb Hill 10-miler, which is worth 2 points. To see how close you are to achieving 5 points, visit <http://www.carolinagodiva.org/files/winterseries2015standings.pdf>.



Event	Date	Location	Description	Race Director
 <a href="#">Run for the Donuts</a>	Sun. Oct. 11, 10am	Durham Academy Upper School, <a href="#">3601 Ridge Rd.</a>	3 to 4 mile relay on DA's XC course. Randomly drawn 3-person teams. Team with the highest Donuts Index™ wins. Advanced age a plus.	Ronnie Weed 919-225-1407 <a href="mailto:diecorn@gmail.com">diecorn@gmail.com</a>
 <a href="#">Misery Run</a>	Sun. Nov. 15, 10 am	Pepper Hill Farm, <a href="#">323 Old Fayetteville Rd.</a> Chapel Hill	5 mile X-Country run with challenges to overcome and plenty of mud and muck.	Jim Clabuesch 919-428-7901 <a href="mailto:jimc@carolinagodiva.org">jimc@carolinagodiva.org</a>
<a href="#">Couch Mountain</a>	Sun. Dec. 13, 10 am	Duke Forest, <a href="#">Gate F</a> NC-751, 0.4 mi from US-70 BUS	5 mile race that includes sections of trail and paved roads. Enjoy a cookout afterwards!	Paul Naylor 919-493-3702 <a href="mailto:naylorpaul@msn.com">naylorpaul@msn.com</a>
<a href="#">New Year's Day Run</a>	Thur. Jan. 1, 1 pm	Duke School for Children, <a href="#">3716 Erwin Rd.</a>	8k course on Duke Forest gravel road and single-track trails to start out the New Year.	Patrick Bruer 919-929-8582 <a href="mailto:pjbruer@gmail.com">pjbruer@gmail.com</a>
<a href="#">Eno Equalizer</a>	Sun. Jan. 17, 10 am	Eno River State Park, <a href="#">End of Cole Mill Rd.</a> GPS Location: 36.074, -79.006	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.	Richard Smith 919- 408-8126 <a href="mailto:rls@email.unc.edu">rls@email.unc.edu</a>
<a href="#">Geezer Pleezer</a>	Sun. Feb. 14, 10 am	Carolina Friends School, <a href="#">4809 Friends School Rd.</a>	4-mile age- and sex-handicapped race, run primarily on paved roads.	Tom Kirby 919-383-8434 <a href="mailto:twkirby@frontier.com">twkirby@frontier.com</a>
<a href="#">Hard Climb Hill</a>	Sun. Mar. 20, 10 am	Duke Forest, <a href="#">Gate 23</a> , Mt. Sinai Rd. GPS Location: 36.000, -79.024	3, 7, and 10 mile race options. Challenging hills on Duke Forest gravel roads. 10-miler counts as 2 events for the series.	Tom Griffin 281-731-3964 <a href="mailto:tgriffin2@earthlink.net">tgriffin2@earthlink.net</a>

## ANNUAL FALL PICNIC RECAP

Let's have a picnic. Oh, wait. It's raining. Let's have a picnic. Oops, hurricane...

After a month's delay, the skies finally cleared and the club was able to hold its annual picnic at Duke Forest. The mid-October date provided beautiful fall colors and cooler temperatures, making for perfect picnic weather.

Not surprisingly, however, attendance was down from previous years due to the re-scheduling. Still, the 35-plus members in attendance enjoyed good home cooking and desserts, along with the fried and baked chicken from the local store. Tall tales and running exploits were the obvious topics of discussion while people reacquainted with old and new friends. Halle Amick announced and handed out awards from our 40<sup>th</sup> anniversary picture contest. Shauna Griffin premiered our 40<sup>th</sup> anniversary tee shirt.

Next year, look for the annual picnic to again be sometime in late September – weather willing!

—Kevin Nickodem



*Some of this year's picnic attendees. Photo courtesy of Richard Wolfe, with photo editing by Patrick Bruer.*

### **Couch Mountain Run 2015**

This year's Couch Mountain race will be held on **Sunday, December 15<sup>th</sup> at 10 a.m.**, starting at Duke Forest Gate F picnic shelter off NC-751, 0.4 mile from US-70 Business.

The 5-mile run features both road and trail. We'll traverse the mountain and the lollipop, deal with a death-defying plunge to the bottom of the gully followed by the climb out, go down a gentle slope to Cornwallis Road, then roll on for 3 more miles to the finish.

Post-race features include camaraderie, cheap beer swill, and the burning of meat of uncertain origin.

—Paul Naylor

### **New Year's Day Run 2016**

**8 kilometers  
on Duke Forest Trail**



**1 PM Start  
Duke School  
3716 Erwin Rd, Durham  
(West of NC 751 Traffic Circle)**



## MISERY RUN RECAP

Another picture-perfect NC autumn weather day greeted nearly 60 runners and a plethora of volunteers on 11/15/15 for the Misery Run, the second event in the CGTC 2015-2016 Winter Series. While it dropped to near freezing Saturday overnight and there was still plenty of frost on the ground during the arrival of the volunteers, it got sunny and warm by mid-race for the tired runners.

In the fine tradition of the Umstead Trail Marathon, we had one volunteer for every two finishers. Co-Race Director Luke Lucas and I would like to personally thank the following:

Aimee Bazin	Douglas Gimlin	Carolyn Huettel	Kevin Nickodem
Jess Broglie	Tom Griffin	John Jewell	Larry Rothman
Patrick Bruer	Bill Hansley	Randy Kauftheil	Alan Schumacher
Ethan Caldwell	Susie Hansley	Tom Kirby	Christine Stachowicz
Avery Cheves	Hona Lee Harrington	Tony Landauer	Jerry Surh
Joe Drommer	Douglas Hensel	Jamie Lewis	Ronnie Weed
Michael Formy-Duval	Barbara Hindenach	Elizabeth McCabe	Richard Wolfe

Chocolatey prizes went to:

- ♦ **Halle Amick** for best time prediction.
- ♦ **Tina Clossick** and **Kevin McCabe** were 2<sup>nd</sup> and 3<sup>rd</sup> in the best time prediction category. Tina, Kevin, and 4<sup>th</sup> place (no chocolate) Chris Selvaggi were less than 1.5 seconds apart for their predictions.
- ♦ Fastest male went to **Dave Mabe** and fastest female to **Joan Nesbit Mabe**.
- ♦ Fastest oldsters were **Becky Trumbull** and **Aaron Kramer**. You two: please contact me at [jim.clabuesch@gmail.com](mailto:jim.clabuesch@gmail.com) to see me about me getting you your prize. Or just come to the Couch Mountain race and I'll give it to you there!
- ♦ A three-way tie for youngest went to **Olivia Vrba**, **Lizzie Mabe**, and **Roxane Bolon**.
- ♦ Elder stateswoman was **Louise Guardino**.
- ♦ **Carolyn Huettel** won median position award.
- ♦ **Scott Herman-Giddens** was tops for perseverance.
- ♦ **Karen Murphy** was nearly birthday girl.



(Continued on page 9)



## MISERY RUN RECAP, CON'T

*(Continued from page 8)*

If we'd had a prize for best dismount into the poop pool (maybe introduce that prize next year?), it would have gone to **Mike Forsterling**. Check out these series of pictures of him, sitting squarely in it after a full-on two-footed splash down. Fantastic job by photographer Alan Schumacher in capturing these (presented below in clockwise order—best if viewed at 200%).



Luke told me a story while we setting up the course on the Saturday before the race about his neighbor, and it reminded me of another run-in with that same neighbor from a Misery Run a few years ago. We'd seen the runners off on their first loop and were settling in to watch the race unfold, wondering who'd be leading after the inner loop and if they'd be enjoying the course. After the lead runners went by, we began hearing from the middle of the packers that there was a lady in the woods threatening the runners with a shot gun, claiming they were trespassing on private property. Luke immediately knew exactly who it was based on where the runners had said they'd been accosted. He was able to calm her down with no one shot or too scared. Good times!

A classic Misery Run quote from years past that I forgot to put in my Misery history from the last newsletter comes courtesy of Mike Walsh. Mike likes to bring some NCRC/Raleigh buddies to Misery from time to time, and when one of the newbies asked him how long the Misery Run is so he could make his time prediction, Mike told him "One lap too long." Any of you that have enjoyed the first loop and started getting really warm and tired of clambering over downed trees and barely keeping your shoes on in the mud hole on the second loop and were ready to stop after two can appreciate that one, eh?

—Jim Claubuesch

## MISERY RUN RESULTS

Finish Place	Name	Age	Sex	Time	Predicted Time	Difference	Award
51	Halle Amick	38	F	1:14:57	1:14:45	11.7	Best predictor
30	Tina Clossick	44	F	59:24	59:00	23.4	2 <sup>nd</sup> best predictor
10	Kevin McCabe	35	M	47:36	48:00	24.3	3 <sup>rd</sup> best predictor
12	Chris Selvaggi	47	M	50:25	50:00	24.8	
37	Sara Sousa	44	F	1:04:51	1:04:22	28.5	
5	Ronnie Weed	40	M	44:27	44:57	30.4	
1	Dave Mabe	40	M	37:46	37:00	45.7	1 <sup>st</sup> Finisher
43	Carol Scheible	52	F	1:06:13	1:07:02	49.6	
17	Kevin Gauger	41	M	53:05	52:15	49.6	
42	George Retsch-Bogart	63	M	1:06:06	1:05:13	52.4	
27	Robin Grandl	38	F	58:00	59:00	1:00.9	
19	Tom Maunz	35	M	54:08	55:15	1:07.2	
15	John Haws	46	M	52:14	51:00	1:13.6	
9	Brian Tajlili	33	M	47:15	46:00	1:14.9	
11	Doug Hensel	42	M	49:01	47:41	1:19.7	
31	Heiko Rath	46	M	59:57	58:30	1:26.9	
40	Brandy Burns	40	F	1:04:56	1:03:22	1:33.5	
39	Dana Hornkohl	47	M	1:04:55	1:03:15	1:39.6	
29	Maria DeYoro	28	F	58:55	57:00	1:54.6	
28	Carolyn Huettel	51	F	58:47	56:51	1:55.1	Median Finisher
33	Olivia Vrba	14	F	1:01:58	1:00:00	1:58.0	
34	Lizzie Mabe	14	F	1:01:59	1:00:00	1:58.2	
35	Roxane Bolon	14	F	1:01:59	1:00:00	1:58.4	
26	Chris Gould	71	M	56:59	55:00	1:58.9	
21	Karen Murphy	36	F	55:18	57:30	2:12.0	
6	Lewis Hendricks	42	M	45:17	47:30	2:13.9	
3	Aaron Kramer	44	M	43:45	46:00	2:15.7	1 <sup>st</sup> Male Masters Finisher
4	Joan Nesbit Mabe	53	F	44:08	46:30	2:22.2	1 <sup>st</sup> Female Finisher
8	Jeff Hall	50	M	46:37	49:00	2:23.2	
44	Dan Ulevich	38	M	1:06:26	1:04:00	2:26.0	
45	Justin Trogon	38	M	1:06:33	1:09:00	2:27.4	
24	Jen Howard	41	F	56:30	53:59	2:30.2	
7	Shawn Harris	51	M	45:28	48:00	2:32.7	
36	Avery Cheves	26	F	1:02:23	1:05:00	2:37.5	
41	William Harris	39	M	1:05:19	1:02:19	2:59.4	
22	Tom Hoerger	56	M	55:43	52:40	3:02.7	
47	Jamie Weyandt	38	F	1:12:07	1:09:00	3:06.9	
32	Tony Landauer	52	M	1:01:22	1:05:00	3:38.2	
48	Windy Boyd	45	F	1:12:12	1:16:00	3:48.1	
13	Martin Warters	36	M	51:12	47:01	4:10.5	

Continued on p. 11



## MISERY RUN RESULTS, CON'T

Finish Place	Name	Age	Sex	Time	Predicted Time	Difference	Award
18	Jessica Delgehausen	26	F	53:16	58:02	4:46.3	
20	Jeff Wald	49	M	54:16	59:13	4:57.4	
14	Dallas Pridgen	53	M	52:07	57:35	5:28.7	
52	Louise Guardino	74	F	1:15:39	1:10:00	5:38.3	
16	Kevin Weeks	51	M	52:44	59:00	6:16.6	
49	Jim Hotelling	68	M	1:13:54	1:06:00	7:53.6	
25	Frank Dimmesberger	52	M	56:30	1:05:00	8:30.5	
23	Becky Trumbull	55	F	55:47	1:05:00	9:13.9	1 <sup>st</sup> Female Masters Finisher
53	Erin Hensel	35	F	1:20:03	1:10:08	9:54.8	
56	Scott Herman-Giddens	72	M	1:56:19	1:45:00	11:18.1	
2	David Cobb	34	M	39:04	55:00	15:56.7	
38	Greg Sousa	46	M	1:04:52	1:24:00	19:08.7	
55	Laura Scheible	24	F	1:30:55	1:10:08	20:46.6	
54	Mike Forsterling	40	M	1:23:17	2:00:00	36:43.4	
50	Erin Fekete	24	F	1:14:11	2:13:47	59:36.4	
46	Brett Lamb	38	M	1:06:34	2:21:00	74:26.7	



*Running past the cattle.*



*A runner gets some air!*



*Brandy Burns takes out the competition! (Not really—Bill Harris said she didn't touch him.)*

*Photos courtesy of Alan Schumacher & Richard Wolfe.*



## MEMBERSHIP CORNER

- ♦ **Doug Hensel** has taken on the role of meeting chair for the 2016 Umstead Marathon.
- ♦ Former President **Jim Thornton** has been with the club for 24 years.
- ♦ **Mary Brown** celebrates 15 years with the club.
- ♦ **Kitty Moses** and **Ken Soo** are 10-year members.
- ♦ **Rachel Robinson** has been with the club for five years now.
- ♦ **Neal Thomas, Heather Cooper, Katherine Baer, and David Cobb** are new members to the club. David celebrated his victory in the Ales for Trail Trails 5K by joining the club.
- ♦ Big birthdays in December: **Carolyn Drewry, Guido Ferrari, William Harris, President Jamie Lewis, Aline Lloyd, and Caroline Murrell.**
- ♦ Members **Bill & Susie Hansley** celebrate their 11th wedding anniversary this month.

### Club members by City:

- ♦ Durham 49% (215 Members)
- ♦ Chapel Hill 13% (59 Members)
- ♦ Raleigh 8% (34 Members)
- ♦ Cary 7% (31 Members)
- ♦ Pittsboro 3% (15 Members)
- ♦ Hillsborough 3% (12 Members)
- ♦ Carrboro 2% (11 Members)

Send any personal notes to [membership@carolinagodiva.org](mailto:membership@carolinagodiva.org) for inclusion in next month Membership Corner.

—Ethan Caldwell

## RACE CALENDAR

### Dec 2015

- 12/5 (Sat) [Run at the Rock](#), Burlington
- 12/5 (Sat) [Jingle Bell Run/Walk 5K](#), Raleigh
- 12/12 (Sat) [Reindeer Romp 5K](#), Cary
- 12/12 (Sat) [Jolly Elf Trail Run](#), Cary
- 12/12 (Sat) [Race 13.1, 10K, and 5K](#), Durham
- 12/19 (Sat) [Fill the Sleigh 6K](#), Gibsonville
- 12/19 (Sat) [Jingle Jog 5K](#), High Point

### Jan 2016

- 1/3 (Sun) [Hot Chocolate Run & SPCA Doggie Dash](#), Cary
- 1/9 (Sat) [Bare Bones Trail Half/5K](#), Alexander
- 1/16 (Sat) [Frosty Foot 50K](#), Asheville
- 1/16 (Sat) [Little River Trail Runs](#), Rougemont
- 1/24 (Sun) [Oconeechee Speedway Relay](#), Hillsborough
- 1/30 (Sat) [Southern Tour Ultra](#), Wilmington

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)

## @ THE RACES

**NC Senior Games September 24, 2015**

Kevin Rumsey 400 M 0:01:11 2st M 50-54  
 Kevin Rumsey 1500 M 0:05:10 1st M 50-54

**Carrboro 10K****Carrboro, NC October 14, 2015**

Allen Baddour 0:35:40 3rd M Overall  
 Reikan Lin 0:37:18 2nd M 25-29  
 David Couper 0:42:34 1st M 60-64  
 Rietta Couper 0:46:32 1st F Master  
 Jon Hunter 0:47:02  
 Russ Helms 0:47:12  
 Ravi Jhaveri 0:47:28  
 Tom Hoerger 0:47:49 3rd M 55-59  
 William Schmitz 0:48:19  
 Tina Clossick 0:50:19  
 Jim Hotelling 0:53:12 2nd M 65-69  
 Avery Cheves 0:53:12  
 Carolyn Crump 0:54:48 1st F 55-59  
 Dan Woodlief 0:54:58  
 Harriet Kinyamu 0:56:21  
 Thomas Griffin 0:56:40 2nd M 70-74  
 William Harris 0:58:27  
 Jerry Surh 1:01:28 1st M 75+  
 Julie Horton 1:02:24  
 Joan Boone 1:03:51  
 Alfred Kleinhammes 1:05:23  
 Carol Walton 1:10:55  
 Tom Arnel 1:11:40  
 Paul Naylor 1:34:20 3rd M 75+

**Medoc Trail Races****Hollister, NC October 17, 2015****Marathon**

Megan Sullivan 4:15:09 1st F 40-49  
 Aline Lloyd 4:46:34  
 Sherri Lynch 5:50:17  
 Scott Lynch 5:50:17

**10 Miler**

Paul Wormsbecher 1:29:01  
 Rob McCauley 1:53:03  
 Aimee Bazin 1:58:22

**Twilight 5K**

Tommy McCauley 0:31:55  
 Rob McCauley 0:32:04

**AIDS Walk and 5K Run****Raleigh, NC October 17, 2015**

Andrew Scribner 0:24:58

**Gigi's Cupcakes 5K****Durham, NC October 17, 2015**

Deborah Springer 0:23:39 2nd F 40-49

**Bull City Race Fest****Durham, NC October 18, 2015****Half Marathon**

Colin Jones 1:18:40 2nd M Master  
 Dave Renko 1:30:23  
 Andrew Scribner 1:34:42  
 Mike Kelly 1:38:08 1st M 55-59  
 Reikan Lin 1:38:12  
 Martin Leivers 1:39:59  
 Christopher Boyce 1:42:19  
 Martin Warters 1:42:30  
 Dwight Firestine 1:43:02  
 Jessica Lee 1:45:36  
 Randy Kaufheil 1:48:47  
 William Schmitz 1:50:19  
 Richard Smith 1:52:04  
 Becky Trumbull 1:52:55 1st F 55-59  
 Jerry Harris 1:53:38  
 Ravi Jhaveri 1:54:38  
 Joy Turkal 1:55:40  
 Steve Schewel 1:55:55  
 Dana Hornkohl 1:56:22  
 Gordon Keeler 1:56:35  
 Jim Hotelling 1:56:52 1st M 65-69  
 Dan Woodlief 1:58:47  
 Heather Cooper 2:01:55  
 Avery Cheves 2:03:05  
 Sarah Jones 2:05:03  
 Joao Correia 2:05:42  
 Peter Hessling 2:07:00  
 Julie Messina 2:08:27  
 Larry Rothman 2:11:34  
 Mike Cawthorne 2:18:14 3rd M 65-69  
 Collie Fulford 2:18:22  
 Julie Horton 2:24:37  
 Sue Wasiolek 2:27:56  
 Heather Yeowell 2:51:57 1st F 75-79  
 David Yeowell 2:54:58 1st M 75-79

**5 Mile**

Jim Clabuesch 0:28:45 1st M Master  
 David Drewry 0:33:28 2nd M 50-54  
 Owen Astrachan 0:34:26 1st M 55-59  
 Natasha Catlin 0:36:15  
 Tina Clossick 0:37:03 2nd F 40-44  
 William Harris 0:45:18  
 Jennifer Boyce 0:45:22  
 Shauna Griffin 0:45:23  
 Julie Dodge 0:47:06  
 Katie Barrett 0:48:29  
 Sam Elliott 0:51:28  
 Susie Hansley 1:02:30  
 Patricia Croaker 1:12:45

(Continued on page 14)

**@ THE RACES, CON'T.***(Continued from page 13)***TCS Amsterdam Marathon****Amsterdam October 18, 2015**

Jacob Sternfeld 4:29:56

**Pumpkin Run****Chapel Hill, NC October 24, 2015**

Jim Clabuesch 0:14:30 1st M Master  
 Leif Rasmussen 0:15:59  
 Silas Rasmussen 0:18:00 3rs M 8 and Under  
 Ian Rasmussen 0:18:56  
 Tina Clossick 0:20:36 1st F 40-49  
 William Harris 0:21:21  
 Jesper Rasmussen 0:22:05  
 Kathleen Baker 0:24:11  
 William Schmitz 0:27:47

**Eno River Run****Durham, NC October 24, 2015****10 Mile**

Joe Drommer 1:30:46  
 Ethan Caldwell 1:34:32  
 Tim Dodge 1:37:16  
 Christopher Boyce 1:38:24  
 Kevin Gauger 1:42:45  
 Dwight Firestine 1:44:00  
 William Schmitz 1:46:50  
 James Lewis 1:59:16  
 Avery Cheves 1:59:19

**6 Mile**

Paul Jones 0:44:28 2nd M Overall  
 Sarah Jones 1:02:48  
 Jennifer Boyce 1:10:35  
 Vickie Schudel 1:16:11  
 Sara Sousa 1:18:21  
 Halle Amick 1:25:10  
 Greg Sousa 1:25:57

**American Tobacco Trail 10 Miler****Raleigh, NC October 24, 2015**

John Barry 0:56:11 3rd M Overall  
 Carl Anstrom 1:02:21 1st Master Male  
 Kevin Nickodem 1:06:27 2nd Master Male  
 Randy Kauftheil 1:18:38 2nd M 55-59  
 Joan Boone 1:45:48 1st F 60-64  
 Louise Guardino 1:46:41 1st F 70-74

**Paws for Life 5K****Wake Forest, NC October 24, 2015**

Mickey Lackey 0:24:10 1st M 65+  
 Kari Richardson 0:31:31 1st F 50-54

**Day of the Dead 5K****Raleigh, NC October 24, 2015**

Dan Woodleif 0:25:42 1st M 50-59

**40th Marine Corps****Washington, DC November 25, 2015****Marathon**

Mike Kelley 3:02:48 3rd M 55-59  
 Gordon Caviness 5:01:52  
**10K**  
 Kevin Rumsey 0:39:06 1st M Grand Master

**Run For You****Wake Forest****October 31, 2015**

James Gerdts 0:20:22 1st M 40-49  
 Jamie Gerdts 0:29:19  
 Laree Johnson 0:29:30

**NYC Marathon****New York, NY****November 01, 2015**

Allen Baddour 2:51:42

**City of Oaks****Raleigh, NC****November 01, 2015****Marathon**

Jessica Broglie 3:42:18 1st F 30-34  
 Kevin Gauger 3:43:13  
 Mike Kelley 3:57:40  
 Katie Biasi 4:28:18  
 Chris Gould 4:28:49 3rd M 70-89  
**1/2 Marathon**  
 John Barry 1:14:59 1st M Master  
 Paul Jones 1:15:58 2nd M Master  
 Tim Meigs 1:17:03 3rd M Master  
 Ulf Andre 1:32:02  
 Ravi Jhaveri 1:43:02  
 Tim Young 1:45:08  
 Mel Levin 3:05:31

**10K**

Matt Marum 0:48:27  
 Mickey Lackey 0:50:14 1st M 70-89  
 Ravi Kashyap 1:08:45  
 Susie Hansley 1:32:34

**Battleship NC Half Marathon****Willmington, NC November 08, 2015**

Colin Jones 1:20:10 1st M Master

**Athens Marathon The Authentic****Athens Greece****November 08, 2015**

Jacob Sternfeld 5:06:08

**Outer Banks Half Marathon****Manteo, NC****November 08, 2015**

Richard Wolfe 3:57:47 2nd M 75-79

**Submit Your Race Results Online!**

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



## NOVEMBER CLUB MEETING MINUTES

The monthly meeting of the Carolina Godiva Track Club was called to order at 7:02 p.m. by Club President Jamie Lewis. There was a good crowd at the evening's meeting, with following people in attendance: Shauna Griffin (Haberdasher), Tom Griffin (club member and new race director for Hard Climb Hill), Patrick Bruer (Webmaster), Kevin Nickodem (Treasurer), Jess Broglie (Vice President), the aforementioned Jamie Lewis (Club President), Ethan Caldwell (Membership), Susie Hansley (Newsletter Editor), and your scribe, Brandy Burns.

### Treasurer

Kevin started out the meeting by expressing that a correction to last month's meeting minutes was needed. He noted that the statement, "At this point, there has been no consideration into investing the club's money," was an incorrect interpretation of the information shared. Kevin wanted the minutes to reflect that while the club does not invest in equities due to the risk involved, the club's excess cash *is* invested in savings and multi-layered CDs.

The treasurer also shared that the donation to the Umstead Coalition was made in the amount of \$3000.

Kevin also wanted to report that the expenses for the Master's Team for the Blue Ridge Relay was \$300 more than previously budgeted due to an issue with the rental car company not having the reserved vehicle available, requiring a rental from a different company and a higher expense.

### Webmaster

Patrick shared that there was a lot going on with the website! The t-shirt selling system is working well, as is the registration for the Winter Series. Patrick indicated that he is thinking about doing some design work on the website and requested ideas for any changes to the website. Some of the thoughts Patrick shared were making the logo smaller to use less screen space and a wider menu banner.

Patrick also reported that the cross country season wrapped up well and there was very positive feedback. He is up to do it again next year! Patrick confirmed that the course distances and maps are available on the Club website.

After the brief digression to cross country, the conversation turned back to webmaster topics. Patrick

indicated that there have still been occasional problems with emails getting blocked when sending out email blasts; out of maybe 400 emails sent, maybe one dozen get returned with primary culprits being work email addresses and Earthlink.

Patrick mentioned that he has been in communication with a membership management company, which may be a valuable change to membership services. The company charges a 3% fee for each transaction, which is similar to the fee we are currently charged by PayPal. This will be discussed further at a future meeting.

### Membership

As the conversation turned to membership, all heads turned towards our membership coordinator, Ethan, to hear the most recent membership updates. Ethan reported that membership currently stands at 442, which is a drop from last month. It was identified that other long-standing clubs in the area have also seen a drop. One reason this may be is due to an increase in clubs that Godiva is competing with.

The Board engaged in a conversation about potential ways to increase membership. Some ideas thrown out there were incorporating some type of brewery run, which Jess felt would be appealing to potential younger members. The use of Meetup.com was also discussed. There may also be value in providing potential members with a clearer understanding of what membership provides beyond receiving the newsletter. For example, we can make potential members aware that their annual membership fee helps with a donation to Umstead and that with your membership comes generous discounts at local running stores.

There was conversation about the fact that we often obtain new members for the Running Start program, but that they rarely renew their membership. One reason identified is that as beginning runners, we bring them in and get them started, but we don't provide ways for them to continue and grow within the club. Our weekly runs are primarily geared towards faster and experienced runners. As a group, we may want to consider how we welcome new and slower runners.

Ethan was asked if he could do a breakdown of

*(Continued on page 16)*

## NOVEMBER MINUTES, CON'T.

*(Continued from page 15)*

membership by region, e.g. Durham, Raleigh, Chapel Hill. Ethan said he was on it!

### **Haberdasher**

Shauna provided an update on the 40<sup>th</sup> Anniversary T-shirt orders. She indicated that there were 40 t-shirts ordered to date, and more expected before the end of the ordering period.

There has been at least one issue with PayPal accepting a card. It is encouraged that if others would like to order and are having issues with PayPal to make sure they are aware they can order through a Board member. Shirts will be distributed at the Pizza Party, which will be held on December 8<sup>th</sup> at Satisfaction.

Jamie wanted to document his thanks and appreciation to a friend, Charles Carson, who helped Jamie, along with Susie and Shauna, with the t-shirt design.

### **Newsletter**

Susie had nothing to report on the newsletter. Tom Griffin indicated that there has been a lot of positive feedback regarding the newsletter.

### **Secretary**

Jamie asked the Club Secretary, Brandy, if she had anything to report. Brandy shared that the only thing that she would like to communicate is a thanks to the board president for turning in his column late so that she is not the last person to submit information to the newsletter.

### **Winter Series**

Jess updated the Board and other meeting participants on the Winter Series. The Misery Run is the next race up and all is good to go. It was reported that they may be short on volunteers. It was determined to post a request for volunteers on the club's Facebook page.

### **Upcoming Vice President**

Jess shared that she had two very good candidates for club vice president for the upcoming year and that she would discuss them with the current president to reach a final decision.

### **Umstead Marathon**

Jamie shared an email communication from the Umstead Marathon Committee to update the club on the status of the marathon preparations. The race will again be held on the first Saturday in March, which falls on the 5<sup>th</sup>. People who had registered last year received the option to register early for half price. Registration opens November 30<sup>th</sup>.

### **New Business**

Patrick opened up discussion on pre-registration for the Winter Series Races. The pros and cons of pre-registration were discussed. It was determined that each race director would be responsible for determining if they would like pre-registration for their race and handling the pre-registration process.

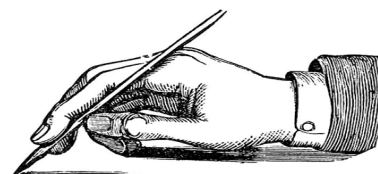
Meeting adjourned at 8:21 p.m.

—Brandy Burns

## THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the December 2015 Newsletter contributions, race stats, photos, and editing go to:

Patrick Bruer, Brandy Burns, Ethan Caldwell, Jim Clabuesch, Shauna Griffin, Susie Hansley, Tom Kirby, Jamie Lewis, Paul Naylor, Kevin Nickodem, Alan Schumacher, and Richard Wolfe.



# 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 :  <small>Carolina Godiva Track Club will only use your email to send you the monthly newsletter and occasional club announcements. You may unsubscribe at any time.</small>	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Are you a licensed: <input type="checkbox"/> MD <input type="checkbox"/> Nurse <input type="checkbox"/> EMT Are you willing to volunteer at events? <input type="checkbox"/> Yes <input type="checkbox"/> No	

### 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