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NEWSLETTER CONTENTS

PRESIDENT'S COLUMN	1
EDITOR'S COLUMN	2
PINE CONE PACER RECAP	3
ANNOUNCEMENTS	3
SUMMER TRACK	5
SUMMERTIME, AND THE LIVIN' IS EASY (WHEN YOU'RE DIRECTING THE SUMMER TRACK SERIES)	6
WE'D LOVE TO HEAR FROM YOU!	6
MEMBERSHIP CORNER	7
GODIVAN LENA HOLLMANN HONORED BY THE RRCA	7
@ THE RACES	8
RACE CALENDAR	9
APRIL MEETING MINUTES	10
THANKS TO OUR CONTRIBUTORS	12
UPCOMING CLUB EVENTS & DEADLINES	13
GODIVA WEEKLY RUNS	13
CLUB INFO	14
MEMBERSHIP / RENEWAL	15

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

SEND SUBMISSIONS TO:
NEWSLETTER@CAROLINAGODIVA.ORG

BOUNDIN'

Now sometimes you're up and sometimes you're down. When you find that you're down, well...you just get a leg up and you slap it on down and you find you're up in what's called a bound.



—The Jackalope

[Boundin'](#) is a 2003 Pixar animated short about a dancing, naked sheep and a jackalope. In the short, the jackalope restores the sheep's love of dancing (yes, snickering is permitted) by teaching the sheep how to overcome the misfortune of being sheared. Although this lesson—how to overcome adversity—was conveyed by a fictional cartoon character, it nevertheless holds true in the real world.

Anyone who stays in the running community for any appreciable amount of time has experienced a naked sheep moment. It happens when the marathoner who trains with fanatical devotion for five months misses his Boston qualifying time and when the ultra runner can't cross the finish line because she missed the cutoff time at mile 87.5 of a 100-mile race. The naked sheep emerges when the mileage base has to be rebuilt after prolonged rest and recovery and when work demands surpass a training plan so badly that the "all or nothing" race morphs into a "just get it done" jog. These are the moments of self-doubt when naked sheep need a jackalope to regain the confidence to lace up their running shoes again.

(Continued on page 2)

PRESIDENT'S COLUMN, CON'T.

(continued from page 1)



...closely followed by the self-doubts of missed training goals and starting over after an injury.

Luckily, everyone in the running community can be a jackalope. Jackaloping takes on many forms. **Pacers** and **spectators** help competitors push through mental blocks and physical fatigue to cross the finish line ahead of the cutoff time. **EMTs, first responders,** and other **medical volunteers** keep racers from doing irreparable damage to their bodies by treating physical injuries, while **friends** and **family** treat the bruised egos and shattered self-confidence that follow slower-than-hoped-for finish times and missed goals. **Running clubs** and their members offer a bridge for runners to return to the sport and the community, and **training partners** motivate each other to resume running after injuries and other setbacks derail training and racing goals. Rounding out the jackalopes are the **event directors** and **committee members** who coordinate volunteers and work with vendors, law enforcement, and medical volunteers to ensure competitors and spectators have a positive racing experience.

You may not realize it, but you, dear reader, are a jackalope in your own unique way. Maybe you have served as a **race director** or **volunteer** who cheers on participants during a Cross Country Series, Winter Series, or Summer Track event, or have been a **Running Start pacer** who keeps participants motivated to continue running, both during and after they graduate from the program. You might be an **Umstead Marathon committee member** or **Board member** who sacrifices your own time for the benefit of others. Maybe you are **the not-so-obvious jackalope who talks to new runners at the weekly Godiva runs**, thereby encouraging them to come out the following week, or the **friend** who offers a sympathetic ear and a shoulder to cry on after a race or training run goes awry.



Dogs can be jackalopes too!

Whatever you do, PLEASE keep doing it—because you never know when you are running or talking with a naked sheep who needs help (re)boundin’.

—Jess Broglie

EDITOR'S COLUMN

For those who don't know me, my name is Susie, and I'm the newsletter editor. It's been about a year since I came on as newsletter editor, and it's occurred to me that it might be nice for folks to know who I am.

Things to know about me:

- ♦ I'm originally from San Diego, am Mexican American, speak Spanish, and can make some mean margaritas.
- ♦ I used to be a college professor, then left academia to use my writing skills as a contract and proposal writer.
- ♦ I have an awesome husband (his name is Bill, in case you haven't met him).
- ♦ I've been a member of this club for around 10 years (Ethan Caldwell, our VP or Membership, would have more accurate knowledge).
- ♦ I've participated in Godiva events such as Summer Track, Winter Series, One-Hour Run, volunteering for Umstead Marathon, Running Start (as participant and pacer), Cross Country, and the now-defunct Coach Bubba 20K.
- ♦ I'm a slow fat runner (and proud of it).
- ♦ I'm a [hasher](#) (drinking group with a running problem). In fact, it was through hashing that I got into running and into Godiva.

(Continued on page 3)

EDITOR'S COLUMN CON'T.

(Continued from page 2)

(Thanks to Jim Claubesh, Carolyn Huettel, and Karen Murphy, who knowingly or unknowingly were jackalopes to my shorn sheep when I first started running).

Since becoming editor, I've helped usher in the age of PDF-only delivery of the newsletter and have added more photos and hyperlinks. With this issue, I've made some small layout and content changes that will hopefully improve your reading experience:

- ♦ Club info such as Godiva runs and board members have been moved to the back of the newsletter to allow for uninterrupted reading of the President's column.
- ♦ Editor's column has been introduced (and yay, here's the first column!)

I will also start printing out a few copies of the newsletter and bringing them to club events for the ludites ;-) who don't like to read the newsletter online, as well as to serve as promotional material for potential new club members.

How are you liking the changes to the newsletter? Is there something you'd like to see more (or less) of? [Email me](#) and let me know!

—Susie Hansley

**PINE CONE PACER RECAP**

On April 16, 2016, the [Office of the Duke Forest](#) at Duke University hosted its 7th annual [Pine Cone Pacer 5K](#) run/walk. It was our largest crowd of runners and walkers yet with 141 pre-registrants and 27 day-of registrants, with a final participation count of 139.

All proceeds from this event benefit otherwise unfunded projects to offer environmental education programs to the public; to better maintain our foot trails; and to improve protection of significant natural heritage areas on the forest. Examples of these efforts include our major Korstian Trail Rehabilitation and Ecosystem Protection project completed in 2014 and our [Shepherd Nature Restoration and Enhancement project](#), which is currently underway. Find out more about our projects and how the Pine Cone Pacer helps support them at dukeforest.duke.edu/management/special-projects.

Our Pine Cone Pacer would not be possible without the generous support of our sponsors, but even more importantly, our boots-on-the-ground volunteers like Carolina Godiva Track Club. CGTC volunteers are solely responsible for our timing, without which we wouldn't have a race! Many thanks to these folks for all the hours spent helping to make Duke Forest's largest fundraiser such a success.

—Sara Childs, Duke Forest Director

ANNOUNCEMENTS**CGTC Annual Spring Banquet**

Saturday, June 4, 2016

All Godivans, spouses, significant others, and children are invited to the Annual Spring Banquet!

- ♦ **Where:** At the home of Carolyn Huettel in Durham
- ♦ **Time:** 5:30 p.m. - 8:30 p.m.
- ♦ **Dinner:** Mediterranean Deli
- ♦ **Awards:** Male and Female Runner of the Year, Volunteer of the Year, Summer Track Ironman Trophies, Grand Prix Awards, Cross Country Series Awards, Coveted Winter Series Shirts
- ♦ **Cost:** \$10 adults, \$5 children 12 and under

[Click for more details and to RSVP](#)

—Anthony Corriveau

ANNOUNCEMENTS, CON'T.

NEW! Monday Night Pub Run in Cary

- ♦ **Date/Time:** Monday nights—gather at 6:15 p.m., off at 6:30 p.m.
- ♦ **Location:** [Ruckus at the Arboretum](#) (off Harrison/Weston Pkwy). Meet in front.
- ♦ **Distance:** 2.5, 3, and 4-mile loops
- ♦ **Organizers:** Ethan Caldwell (membership@carolinagodiva.com) and Anthony Corriveau (Anthony.corriveau@gmail.com)

Social run on sidewalks and greenway. 4 mile loop, 3 mile loop, 2.5 mile loop. Maybe a 3 mile single track loop. Stay after for ½ price appetizers and drink specials. Pace varies depending on who shows up. All pace groups welcome!

—Ethan Caldwell

NEW! Thursday Night Group Run in Carrboro

- ♦ **Date/Time:** Thursday nights at 6:00 p.m.
- ♦ **Location:** [Wilson Park at 101 Williams Street](#), Carrboro
- ♦ **Distance:** 5 miles—roads when it's dark, trails when it's light
- ♦ **Organizers:** Jim Clabuesch (919-428-7901 jim.clabuesch@gmail.com) and David Christmas (919-672-4191 dchristmas4@gmail.com)

We'd like to accommodate multiple pace groups eventually, but for now, pace group is 8-9 minutes per mile. If you're faster or slower than that pace, we will try to not let you get lost. So come on out and help us grow the run!

—Jim Clabuesch



CGTC Night at The Bulls

Saturday, June 25, 2016

CGTC has reserved 40 seats for the Durham Bulls vs. the Lehigh Valley IronPigs game in Section 212.

Tickets are \$10 each, and are available on a first-come, first-serve basis.

Game time is 6:35 p.m., meet-up time is 6:05 p.m. Stay for fireworks after the game!

For all the details, including price and how to reserve your seat, visit [the Godiva website](#).

—Doug Hensel

Race Around the World with CGTC

The 72-person CGTC [Racery.com](#) team continues to log miles across the globe.

At last check, the team had left the African continent and was crossing the Atlantic Ocean toward South America. Pretty soon we will wend our way up back to North America and to Durham!

It's not too late to chip in a few miles to the cause and help the team get home. You don't have to be fast; you just have to move and track your miles.

Head over to the [CGTC website](#) to read more, and sign up [here](#) to join the team and add your miles. Contact [Jess Broglie](#) with any questions.



SUMMER TRACK SERIES



The 2016 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 p.m. on Wednesday, May 18th and concluding on August 3rd.

This year's Midsummer Madness meet on July 20th will be themed "Glory Days." For that evening's theme, a board will be posted where people can write their all-time favorite PR. Sadly, the Boss will not make an appearance at this event, but we can hum the song as we run.

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

- ♦ **Location:** [Belk Track](#) is on the UNC Campus near the intersection of South Rd. and Country Club Rd.
- ♦ **Parking:** 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 p.m..
- ♦ **Weather policy:** Meets will be held rain or shine unless conditions are deemed unsafe (repeated nearby 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!*
- ♦ **Cost:** A \$1 donation is appreciated.
- ♦ **Water:** Runners, please bring your own water.
- ♦ **Note:** The track is open to the public, so expect to share the track with others.
- ♦ **Questions?** Contact Series Director Charles Alden at: summertrack2016@carolinagodiva.org.

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: Glory Days!

1000m run
2016-inch dash (56 yards)
1000m walk
4 x 400m relay
2 mile run

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

Date	Events
May 18	Long
May 25	Short
June 1	Long
June 8	Short
June 15	Long
June 22	Short
June 29	Long
July 6	Short
July 13	Long
July 20	Midsummer Madness
July 27	Long
Aug 3	Short

SUMMERTIME, AND THE LIVIN' IS EASY (WHEN YOU'RE DIRECTING THE SUMMER TRACK SERIES)

Soon a hundred Godvians and friends of Godiva will begin their annual ritual of gathering on Wednesday evenings to shake off the brutal winter chill and frolic in the warmth of sultry summer nights at the track.

Some years back, when I was young, I too came out and dominated the races at the Summer Track Series. (Translator's note: With the passage of time memories tend to become distorted. By "young," the author means "in his late 40s," and by "dominated," he means "was competitive in the middle heat of the mile and usually didn't get lapped more than once per night by the lead group in the 3K.") However, after running a full 5½ minutes and then wheezing and seeing double for the rest of the evening, I wondered if there was an easier way to enjoy the ambience of the summer series.

Then Gordon Keeler showed me the way to the simple pleasures of southern living (i.e., as director of Godiva's Summer Track Series). For the past couple of decades, I've been able to enjoy the summer series without risking pulled hamstrings or heat prostration. As my friends sweat and toil their way around the track, I simply hold a stopwatch, cooled by the breeze generated by the racing bodies hurtling past me. What could be easier?

But now my conscience has started to bother me. Why should I get to have all the fun when the others

are punishing themselves?

Thus it is that I wish to share the joy of directing the summer series with other deserving members. This summer I'll be taking on "apprentice" directors, who will find themselves surprised at how smoothly the meets go, because so many of the participants are familiar with the routine and spontaneously assemble at the appropriate starting lines.

The level of skill required is minimal; tasks include spilling blanks on the track while reloading the starting pistol and counting up to 12 to keep track of the lead runner's laps in the 5K. But if the tasks seem too much for one person, dividing the directorship among a team may work well, both to accommodate vacations and to spread the work – er, joy – among several people.

If you're interested in becoming an apprentice director of the Summer Track Series and enjoying the easy life, [email](#) me and let me know. Or, if you are too shy to email, just stop by the track and feel how light the stopwatches are. For those interested in cryptography and mega data analysis, deciphering the handwriting on the signup sheets and entering the results into Excel spreadsheets can also be rewarding.

—Charles Alden

WE'D LOVE TO HEAR FROM YOU!

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!). We also welcome photos, cartoons, and drawings.

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?
- ◆ 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 submissions to newsletter@carolinagodiva.org and we'll do our best to publish them throughout the year.

MEMBERSHIP CORNER

Welcome new members:

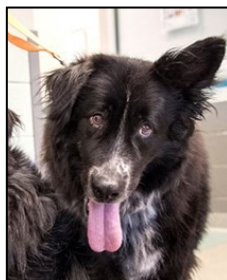
- ◆ **Ralph Hunt III**
- ◆ **David Macalpine**
- ◆ **Kend Qandil**
- ◆ **Joe Voshell**

Marilyn Columbos celebrates five years with the club.

This dog needs a new name. Please help.

Big Birthdays in May:

- ◆ **Mia Gerdts**
- ◆ **Barbara Hindenach**
- ◆ **Lena Hollmann**
- ◆ **Matti Kauftheil**
- ◆ **Jennifer Rabatt**
- ◆ **Jeff Tuson**
- ◆ **Kim Vassiliadis**
- ◆ **Heather Witherspoon**



Send notes to membership@carolinagodiva.org for inclusion in next month's Membership Corner.

—Ethan Caldwell

Maurice McDonald, 75, represented Carolina Godiva Track Club at the USATF Masters Indoor Championships in Albuquerque on March 2-4, 2016. He won the M 75-79 400 meter dash in 1:13.18, an age-graded :48.61 and an 88.82% Age-graded performance. His time ranks #1 in the USA and #3 in the world in his age group to date this year.

Maurice also won the 1500 meter run in 6:59.73 and the 800 meter run in 3:15.13, coming from behind with 200 meters to go. His 24 points helped place CGTC in 32nd place out of 86 track clubs scoring.

GODIVAN LENA HOLLMANN HONORED BY THE RRCA

In addition to celebrating a milestone birthday this month, longtime Godiva member **Lena Hollmann** was recently honored by the [Road Runner's Club of America \(RRCA\)](http://www.rrca.org) for her many contributions to the RRCA as a volunteer and ambassador for running.

Below is a description of the award and the event at which she was recognized, as copied shamelessly from an email sent out by the RRCA's North Carolina Representative Brad Broyles, which was then forwarded to me and to some other Godivans by CGTC treasurer Kevin Nickodem (thanks, Kevin!):

[T]he 58th RRCA Convention just wrapped up in Dallas, Texas a few weeks ago! If you've had the pleasure of getting to visit an RRCA Convention, you know all about the learning and networking opportunities, the keynotes and addresses, and all the recreational and running opportunities! Several hundred runners and organizers from around the country took part in this year's festivities, and I'm very proud that Lena Hollmann, my North Carolina friend (and hopefully yours) and former RRCA Southern Region representative (now very active in the Florida organization), was given the Browning Ross "Spirit of the RRCA" Award in recognition

of all her dedication, service and contributions to promoting the running community through her volunteering in the Road Runners Club of America. Congratulations, Lena! Come run with us in North Carolina again soon!

Congratulations, Lena! (And please do come back and visit us—maybe for the Spring Banquet?)

—Susie Hansley



"Lena with Bring Back the Mile's Ryan Lamppa and RRCA South Florida state representative Don Nelson." (Caption and photo shamelessly stolen from Brad Broyles' email missive.)

@ THE RACES**Bel Monte 25K****Love, VA March 12, 2016**

Christopher Boyce	3:31:46
Jenny Boyce	4:54:37

Pie Day Pi K**Durham, NC March 13, 2016**

Anita Hunt	20:42
Bill Hansley	26:47
Susie Hansley	33:08

1st SFC Trail 10K**Fayetteville, NC March 18, 2016**

Jon Hunter	47:00
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5K for Education**Chapel Hill, NC March 19, 2016**

Richard Smith	49:02	
Jacob Smith	49:01	
Daniel Smith	39:52	
John Gotelli	21:08	2nd M 40 - 49
Ben Gotelli	21:04	1st M 11 - 13
Doug Gimlin	21:04	

Pace for Peace 5K**Hillsborough, NC March 19, 2016**

Joan Boone	35:30
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Ella's Race Raleigh**Raleigh, NC March 19, 2016**

Matt Schumacher	32:01
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St. Paddy's 8K**Raleigh, NC March 19, 2016**

Jamie Gerds	34:31	
Heather Cooper	42:41	
Laree Johnson	46:48	
Louise Guardino	52:28	1st F 70+
James Gerds	1:12:57	
Mia Gerds	1:12:59	

Shamrock Half Marathon**Virginia Beach, VA**

Tim Meigs	1:14:50	1st M Master
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Wrightsville Beach Marathon**Wrightsville Beach, NC March 20, 2016****Half Marathon**

Colin Jones	1:18:49	1st M Master
Lori Cutts	1:54:03	
Sarah Negri	2:15:53	

Marathon

Jon Hunter	3:53:44
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Not So Normal 5K**Carrboro, NC April 02, 2016**

Jason Figge	31:28
Coen Figge	31:28
Anneka Figge	40:33
Emily Chan	40:37

Aging in Stride 5K**Chapel Hill, NC April 02, 2016**

Rietta Couper	23:20	1st F 50 - 64
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Umstead 100 Miler**Raleigh, NC April 02, 2016**

Kevin McCabe	20:33:26
Megan Sullivan	23:04:47

Blind Pig 100 Miler**Spartanburg, SC April 02, 2016**

Jon Hunter	22:36:30
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Cooper River Bridge Run**Mount Pleasant, SC April 02, 2016**

Bill Hansley	2:23:18
Susie Hansley	2:23:23

Schneider Electric Marathon de Paris**Paris, France April 03, 2016**

Jacob Sternfeld	5:12:55
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Briar Chapel Earth Day 5K**Chapel Hill, NC April 09, 2016**

Allen Baddour	18:02	1st M Overall
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DNA Day 5K**Chapel Hill, NC April 09, 2016**

Caren Mangarelli	19:49	2nd F Overall
Malini Jhaveri	32:21	

Mad City 100K**Madison, WI**

Shannon Johnstone	9:18:03	3rd F National USATF
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Mountain To Sea Trail Challenge**Raleigh, NC April 10, 2016****12 Mile**

Joe Drommer	1:42:02
Christopher Boyce	1:49:37
Jeff Wald	1:50:47
Chris Selvaggi	1:58:34
Dwight Firestine	2:12:09
Jennifer Browndorf	2:21:08
Jennifer Boyce	2:34:07
Julie Messina	2:34:16
Lisa Feutz	2:40:02
Erin Hensel	2:44:01

(Continued on page 9)

@THE RACES, CON'T.*(Continued from page 8)***50K**

Erin Jobe	4:43:43	1st F Overall
Ronnie Weed	4:47:02	
Katherine Baer	5:56:23	
Chris Holt	6:06:04	
Tim Dodge	6:13:29	
Kevin Gauger	6:21:48	
Greg Runyon	7:45:09	

Maratona di Roma

Roma, Italy	April 11, 2016
Jacob Sternfeld	2:12:43

Submit Your Race Results Online!
Go to www.carolinagodiva.org and click the
@ The Races tab

Rock and Roll Half Marathon

Raleigh, NC	April 10, 2016
Jon Hunter	2:12:43

RACE CALENDAR**May 2016**

5/01 (Sun)	Rocket Mile , Rocky Mount
5/07 (Sat)	New River Full/Half/5K , Boone
5/07 (Sat)	Comics for a Cure , Durham
5/14 (Sat)	Philosopher's Way Trail Runs (7K/15K), Chapel Hill
5/14 (Sat)	Cradle to Grave Trail Races , Pisgah Forest
5/15 (Sun)	Biltmore 15K/5K Classic Races , Asheville
5/15 (Sun)	Race 13.1 Half/10K/5K , Greensboro
5/22 (Sun)	Indoor Insanity Marathon Relay , Winston-Salem
5/27 (Fri)	Greensboro Glow 5K , Greensboro

June 2016

6/04 (Sat)	Asheville Half/10K , Asheville
6/04 (Sat)	Running of the Bulls 8K , Durham
6/04 (Sat)	Raleigh 13.1 , Raleigh
6/04 (Sat)	Bootlegger 5K , Greensboro
6/04 (Sat)	PTI Run on the Greenway , Greensboro
6/04 (Sat)	Rocky Mount Mills 5K , Rocky Mount
6/10 (Fri)	Mount Jefferson Challenge , West Jefferson
6/11 (Sat)	Triangle Race for the Cure , RTP
6/18 (Sat)	Sappony 5K Trail Run , Roxboro
6/18 (Sat)	Wake Forest Rotary 5K , Wake Forest
6/25 (Sat)	Running of the Bulls 5K , Winston-Salem
6/25 (Sat)	Ultimate Runner , Winston-Salem

Check out CGTC's
[online race calendar](#) for an
extensive, up-to-date list of
local races.

APRIL BUSINESS MEETING

The April business meeting of the Carolina Godiva Track Club was called to order at 7:01 p.m. on April 12, 2016. Present were Club Haberdasher Shauna Griffin; member-at-large and Hard Climb Hill Race Director Tom Griffin; Webmaster Patrick Bruer; Newsletter Editor Susie Hansley; President Jess Broglie; Vice President Anthony Corriveau; Membership Ethan Caldwell; and your scribe, Brandy Burns.

CLUB OFFICER REPORTS

Haberdasher: Shauna reported that Carolyn Huettel, who for years has borne the burden of carrying all the club's apparel to sell, has inventoried what she has. It was reported that there is nearly \$3000 of inventory. Susie asked how much of this inventory is actually sellable. It was noted that much of the inventory is event-specific and can be difficult to sell. Discussion ensued as to how to address this. The consensus was that a fire sale at the Spring Banquet might be the most effective way of reducing inventory. Anything that does not sell, and does not have ongoing sellable potential will be donated. Ethan noted that there have been requests for singlets, stickers, and magnets. Tom suggested that the club should maintain stock of only things that can be regularly usable.

The board then discussed the effectiveness of pre-orders for the 40th anniversary t-shirt. Shauna reported that it went great; they ordered ten extra shirts beyond the pre-orders, but only three or four remain. Shauna stated that the most difficult part of the process was distributing the pre-ordered shirts. Patrick suggested that the club consider offering an option of mailing the item to club members for an extra fee. The board agreed that this was a good idea. In summary, the club will keep on hand regular t-shirts and singlets, all other items will occur through pre-order, and when the club is ordering stock, it will offer members the opportunity to pre-order.

Membership: Ethan reported that membership currently stands at 420, down two from last month. There are five new members and 29 renewals. Susie shared that she will update the membership form in

the newsletter to add the query about how new members heard about the club.

Newsletter: When requesting the newsletter editor's report, Jess requested that the newsletter format question be held until later in the meeting. Susie said that there were no other topics to report on except for that. Jess noted that the Monday night run shows a start time in the newsletter of 5:30 p.m. but the run actually starts at 6:00 p.m. Susie made a note to change this in next month's newsletter.

Treasurer's Report: Jess shared that while treasurer Kevin Nickodem was unable to be present at the meeting, he assured the president that the club still has money and is in a financially stable position.

Webmaster Patrick Bruer reported that everything is fine in the web world!

OLD BUSINESS

Spring Banquet: The Runner of the Year and Volunteer of the Year have been determined and the pottery awards will be ordered. The board looked in great anticipation at club vice president Anthony Corriveau in hopes that he might slip and let out who would be receiving the awards, but he remained stoic and refused to divulge this secret information.

Hard Climb Hill: Race director Tom Griffin reported that there were 21 volunteers and 67 runners. 37 of the runners were prepaid Winter Series registrants. 18 runners ran the 3-mile option, 19 the 7-miler, and 30 (!) the 10-mile course. Tom reported there was no negative feedback from Duke Forest, which elicited smiles and nods of contentment from those present. In summary, Tom reported that everything went well and that he would love to direct the race again next year if the club will have him.

New Monday Night Pub Run: Anthony and Ethan reported that they went on a scouting expedition last night, with a stop at World of Beer after the run. While potential course options were abundant and of high quality, they discovered that World of Beer lacked good service and good food. Another option discussed was Ruckus Pizza. The club secre-

(Continued on page 11)

APRIL BUSINESS MEETING MINUTES, CON'T.

tary noted that, although it might seem odd, Ruckus Pizza has excellent sushi and encouraged the club to consider Ruckus as an option. Anthony and Ethan indicated that while they may not try the sushi, they will explore Ruckus as a possible location next week. A post will be placed on the Godiva Facebook page to encourage those interested to participate.

Racery.com: Jess inquired if the club might like to consider having a celebration when we finish the trip around the world and (finally) make it back home. The board agreed that it might be fun to do something at the Spring Banquet. Considering the late date of the banquet this year, there is time to consider options, so this topic will be revisited at the next business meeting.

Membership Outreach: Jess reported that she would like to table discussion of this topic until the club treasurer is present and there can be a more informed discussion of finances and what resources may be available for this.

Running Start 2016: Shauna reported that former Running Start director Aline Lloyd has been actively posting runs on the Running Start website on Facebook, although those that show up for runs are typically former Running Start pacers, not participants. It was suggested that Running Start be discussed in November or December as opposed to early spring to allow more coordination time. Anthony indicated that he took note of that and promised that the discussion would begin earlier for the 2017 Running Start season.

Newsletter Format: Susie indicated that before she could change the format of the newsletter from the current PDF to e-newsletter via iContact, the club website will need to be moved to Wordpress, as it has features that will make a new newsletter format easier. Susie indicated that there are many benefits to using Wordpress that would increase efficiency in the publication of the newsletter, and provided the example of varying levels writing/editing permission. Patrick agreed that Wordpress would be a good platform for the club website, as it is a much more widely used format, but he shared that he would need some time to learn Wordpress before

being ready to transition the site. Susie indicated she is fine with holding off on doing a newsletter transition until Patrick has had time to learn Wordpress and transition the site.

In summary, it was determined that the current newsletter format will stay as it is (prepared in Publisher as a PDF and distributed as a link via an email) for the foreseeable future. When the website is transitioned to Wordpress, the newsletter format will change to an e-newsletter. The goal is to have the transition to Wordpress completed by fall. In the meantime, the club will print out some copies of the newsletter and ensure that it is available at club events for potential new members and for those members who prefer reading it in print. As progress is made on the transition, it will be reported back to the board.

There was also discussion of the information that past president Jamie Lewis had shared with the board via email regarding email analytics from his work newsletter. Jamie had noted that their newsletter click rates seem low, but that those rates are considered very good rates in the industry. It was noted that the demographics for that newsletter's audience aren't wildly different than CGTC's, and that Godiva's click rates are actually higher than those from Jamie's work newsletter, suggesting that Godiva's click rates are actually very good.

NEW BUSINESS

David Royle Award: The board discussed a candidate who has participated in the club and community and who seems to be an ideal candidate for the award. Patrick shared with the board that this award is seen as a visionary community outreach award.

Summer Track: Although Charles Alden, track and all-around great guy, was unable to attend the meeting, he emailed the board about the upcoming season, which will start May 18 and run through Aug 3. He anticipates that the meets will again be held at UNC and will be inquiring about getting UNC Track. It was noted that this will be Charles' 20th year directing the summer track series (!)!!!

APRIL BUSINESS MEETING MINUTES, CON'T.

Future Summer Track Director: Despite his youthful appearance and vigorous gait, Charles indicated that there may be a time in the future where there may need to be some transition of Summer Track responsibilities. The board determined it would be appropriate to attempt to find a person/people that can work with Charles this summer to learn the ropes. Susie will contact Charles to determine how he would best like to be part of this process. Ethan offered to take up data management of summer track results and will discuss this with Charles.

Volunteer Expo Night: Jess inquired about the potential for hosting an event where club volunteer needs and opportunities can be shared with club members. It was discussed that it might be more beneficial to incorporate the activity into an existing event, such as a table at the Spring Banquet.

Running Start 2017: Shauna, who has worked with Running Start for years, provided valuable information throughout the conversation of how to ensure we have a successful Running Start next year. Shauna indicated there has not been an issue with obtaining pacers in the past. There was discussion as to whether a committee of some sort may alleviate some of the responsibility on an individual director. Jess will have a conversation with Aline in late summer 2016 about potential Running Start options for next year.

Umstead Coalition: It was noted that although the Umstead Coalition run is this Sunday, publicity, at least by Godiva, has seemed to be down. Patrick will send out an email blast about this run, as well as about the Pine Cone Pacer, which also takes place Sunday morning.

Duke Forest: Patrick shared that he attended a meeting with Duke Forest, which was looking for feedback from users about forest usage for a graduate student doing a study for them. Patrick shared that he spoke in support of ongoing use of forest.

Events Sponsored by Godiva: Susie asked what races/activities Godiva regularly sponsors so that these could be incorporated into the newsletter. Patrick indicated that it would be valuable to have a list. Shauna shared that there is a google doc in existence that has this information. This will be shared with Susie.

New Race Sponsorship: Anthony presented to the board for consideration the possibility of sponsoring/supporting a 24-hour race on the track at Meredith College. This would be an event for elites around the country attempting to qualify for the 24-hour team. It would be held on New Year's Eve 2016 starting at 6 a.m. and would run until New Year's Day 2017 at 6 a.m. Godiva's responsibility would be to provide insurance and volunteers. Meredith would provide track, lighting, etc. An alternative timing system would need to be accessed. Club member Shannon Johnstone would work to coordinate this event with Meredith. The board expressed interest in support this event and requested that once Shannon confirmed with Meredith the ability to hold the event, that she come to the board with additional details.

Meeting adjourned at 8:13 p.m.

—Brandy Burns

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the May 2016 Newsletter contributions, race stats, photos (whether they knew I was going to use them or not), and editing go to:

Charles Alden, Jess Broglie, Brad Broyles, Patrick Bruer, Brandy Burns, Ethan Caldwell, Sara Childs, Jim Clabuesch, Anthony Corriveau, Susie Hansley, and Doug Hensel.



UPCOMING CLUB EVENTS & DEADLINES

See everything that's coming up in one convenient place!

Event	Date & Time	Location	More Info
May Club Meeting	Tues. 5/9 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for June Newsletter	Sun. 5/15	Electronic	Email newsletter@carolinagodiva.org
Summer Track	Starts Weds. 5/18 7pm	Belk Track on UNC Campus (near intersection of South Rd and Country Club Rd)	Online and on p. 5
CGTC Spring Banquet 2016	Sat. 6/4 5:30pm	Home of Carolyn Huettel in Durham, NC	RSVP online
Durham Bulls Night	Sat. 6/25 6:05pm	Durham Bulls Athletic Park Durham NC	Reserve your tickets online

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY RTP	6:00 p.m.	10 Park Dr, Durham . Behind RTP Federal Credit Union; next to Research Triangle High School.	Paved paths in RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Jess Broglie 910-286-6282
NEW! MONDAY CARY	6:15 p.m.	Ruckus Pizza at the Arboretum in Cary (off Harrison/Weston Parkway)	2.5, 3, & 4-mile options on sidewalks and greenway; possible 3-mile single track loop. Pace depends on who shows up. Stay after for ½ price appetizers and drink specials.	Ethan Caldwell & Anthony Corriveau
TUESDAY DUKE EAST CAMPUS	6:00 p.m.	Duke East Campus at Asbury United Methodist Church, Durham	Trail and streets around Duke. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile.	Jen Howard, 919-260-0261
THURSDAY DURHAM NC-54	6:00 p.m.	202 NC-54, Durham. 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
NEW! THURSDAY CARRBORO	6:00 p.m.	Wilson Park at 101 Williams Street , Carrboro	5 miles—roads when dark, trails when light. Current pace is 8-9 but if you are faster or slower, come anyway and we'll try not to let you get lost.	Jim Clabuesch 919-428-7901 & David Christmas 919-672-4191
SATURDAY UMSTEAD	8:30 a.m.	Umstead State Park, Cary. 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 DUKE FOREST	8:00 a.m.; 7:00 a.m. pre-run	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)

CLUB INFO
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, send an email to cgtc-join@carolinagodiva.org

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

GODIVA CLUB CONTACTS

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

GODIVA TEAM CAPTAINS

Open Men	<i>Open Position</i>	
Master Men	Tim Meigs	tim_meigs@yahoo.com
Open Women	Aline Lloyd	alinekj@yahoo.com
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

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 http://www.capitalrunwalk.com	828-3487
Raleigh Running Outfitters 10% discount Raleigh & Cary http://www.raleighrunning.com	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 http://www.xpertnutritionnc.com	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	

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 :	
How did you hear about CGTC?		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.	
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