

VOLUME XLI
 NUMBER 12
 SEPTEMBER
 2016



**carolina
 Godiva**
 TRACK • CLUB

RUNNING SINCE 1975



NEWSLETTER CONTENTS	
PRESIDENT'S COLUMN	1
EDITOR'S COLUMN	2
ANNOUNCEMENTS	3
WINTER SERIES IS JUST AROUND THE CORNER!	5
GODIVA'S GOT TALENT	6
MEMBERSHIP CORNER	7
@ THE RACES	7
AUGUST MEETING MINUTES	8
THANKS TO OUR CONTRIBUTORS	10
UPCOMING CLUB EVENTS & DEADLINES	11
GODIVA WEEKLY RUNS	11
CLUB INFO	12
GREG SOUSA WINTER SERIES REGISTRATION FORM	13
MEMBERSHIP / RENEWAL	14

PRESIDENT'S COLUMN

Running wisdom says that a couple that runs together, stays together. However, when your significant other is not a keen runner, you look to other family members to act as running partners. Siblings, cousins, or maybe even children often fill the void left by the non-running spouse or partner. In some situations, like mine, the running partner has four legs and a tail.

Simply put, my dog, Joxer, loves to run. His current PR is 11 miles with an average weekly mileage of 6-10 miles, weather and season depending. While this may not seem like anything to brag about, when you consider that he is only two feet long and just under 20 pounds, 10 miles is more like 100 miles.

When my husband and I adopted Joxer three years ago, his foster mother and the rescue agency warned us that he was a flight risk. He escaped from his original family so often that they eventually stopped collecting him from the local shelter. (As an aside, abandoning him at the shelter was a jerk move on their part, but it did lead to us eventually adopting him so it all worked out for the best.) Joxer's first Thanksgiving as a Broglie saw us frantically chasing him through the neighbors' backyards after he escaped from my parents' house in Florida. He clearly enjoyed his foray around the neighborhood, as evidenced by his toothy grin and wagging tail throughout the entire ordeal. Meanwhile, we were terrified our "three-month-old" would end up as road kill or alligator bait.

Clearly something needed to change, for both Joxer's safety and our peace of mind. So, on a whim, I took him running with me on an easy three-mile jog to see if I could burn his excess energy. I took my cell phone in case he needed a bail out or became a safety hazard. I never needed the phone: Joxer ran the entire three miles without straying more than two feet in front of me.

Since that first run, Joxer has logged well over 200 miles, and his career as an escape artist has been thankfully abandoned. He is now my "go to" running buddy who is always up for a run. Unlike

(Continued on page 2)

**DEADLINE FOR
 OCTOBER
 NEWSLETTER:
 SEPTEMBER 15TH**
 SEND SUBMISSIONS TO:
NEWSLETTER@CAROLINAGODIVA.ORG

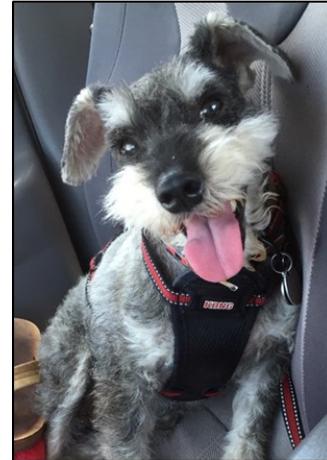
PRESIDENT'S COLUMN, CON'T.

(continued from page 1)

human running partners, he doesn't mind the terrain—road and trail are interchangeable to him—the weather—he'll run in snow, rain, and freezing cold (and he'd run in the blistering heat, if I'd let him). He's up for any distance at any time of day or night, always with a smiling face and a wagging tail.

Turns out Joxer isn't a flight risk: he's an avid runner.

—*Jess Broglie*



The reformed escape artist after a five-miler in Umstead Park

EDITOR'S COLUMN

You can get the girl out of the Catholic Church, but you can't get the Catholic guilt out of the girl. What follows is a confession:

Bless me, Godivans, for I have sinned. It has been at least two weeks since I've gone running.

Since summer track ended on August 5th, I haven't been running regularly. Why haven't I been running? A couple of reasons:

- ◆ I read a few books on fat and metabolism and learned that cardio is no good for weight loss. But strength training is good. I've thus been weight training three times a week.
- ◆ I've been adulting. I needed to keep a few more nights clear to do errands, cook meals, and unload/reload the dishwasher.
- ◆ I feel guilty not helping Bill with finishing the trim on our new garage and mowing (Not that I help him anyway....I really, really hate caulking and despise mowing.)
- ◆ It's too hot.
- ◆ I'm too tired.
- ◆ I'm not a morning person, so I can't get up early to run.

All but one of these reasons are actually excuses, as I'm sure you can tell. When I make running a priority, I find a way to make it work. But I'm not making it work; I'm making excuses. What's going on?

When I catch myself making excuses about something that I claim is important to me, I check in with myself via this quote on my office wall:

*If it is important to you, you will find a way.
If it's not, you will find an excuse.*

I use this saying to decipher what's going on with me. When I notice myself making excuses about something I say is important, I ask myself: Is this thing actually important to me? Or am I just *saying* it's important because I think I "should" do this thing? Typically one or the other of these will occur:

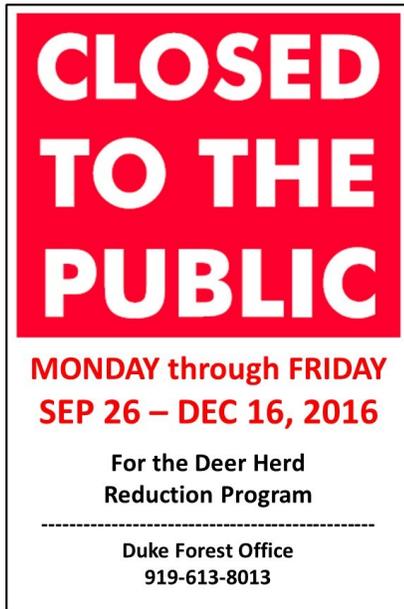
- A. I realize the excuses are covering up fear. The item in question IS important to me, but I'm afraid for some reason and make excuses to avoid it. I then identify the fear and work through it.
- B. I realize the item in question is NOT actually important to me. So I drop the guilt and move on. After checking in with myself, I found myself recognizing that I'd deprioritized running this month because I had decided that as long as I did my strength training, I didn't need to do cardio.

However, the check-in and a rough bike riding experience with [Hepcat](#) helped me realize the need for continued cardio, even if it's just twice a week. I now have a plan ready to run regularly again.

So never mind that guilty prayer. It's all good.

—*Susie Hansley*

ANNOUNCEMENTS



Annual Deer Hunt Closes Duke Forest Monday-Friday during Fall 2016

For the ninth consecutive year, sections of the Duke Forest popular with runners will be closed to the public Mondays through Fridays during the Fall. This year's "deer herd reduction program" begins on **Monday, September 26th and ends on Friday, December 16th.**

Affected areas include the Durham section trails along NC 751 just west of campus, the Korstian section between Mt. Moriah and Whitfield Roads, and the Blackwood section near Chapel Hill in Orange County. All sections of the Forest will, however, be open to the public on Thursday and Friday of Thanksgiving week (November 24 and 25).

For more information, view Duke Forest's official announcement here: <http://dukeforest.duke.edu/management/deer-management/>

5th Annual CGTC Fall Picnic

Saturday, September 15

11:30am-2:00pm

The temperatures will soon subside and the dew point will drop.
That means it's time for the annual CGTC Fall Picnic!

- ◆ **Date:** Saturday, September 17
- ◆ **Time:** 11:30 a.m.-2:00 p.m.
- ◆ **Location:** [Duke Forest, Picnic Shelter at Gate F](#) (same as previous years).
- ◆ **Directions:** Follow NC751 north towards U.S. 70, pass Kerley Road. Gate F will be on the left immediately after Gate 12 (under the power lines). If you cross the railroad bridge on NC751, you went too far!
- ◆ **Activities:** Volleyball, corn hole, and whatever else you bring along.
- ◆ **Cost:** \$0 (can't beat that), but we ask you to bring along an item to share. So as not to get too much of one thing: if your last name begins with A-I, please bring a side dish; J-R, bring a dessert; and S-Z, bring an appetizer-type dish. CGTC will provide water, Gatorade, plates, cups, napkins, and some baked and fried chicken. The grill will be available with charcoal and lighter, so if you prefer to bring your own grillable food, feel free!
- ◆ **RSVP:** Email kjnrun@aol.com or text 919-818-0692 to let us know how many are coming so we can plan accordingly. Kids are welcome and encouraged!

—Kevin Nickodem

ANNOUNCEMENTS

2016 Cross Country Series

Wednesdays in September, 6pm

Godiva will again host a series of informal cross country races on Wednesday evenings in September.

Where: Locations alternate between UNC's XC trails adjacent to Finley Golf Course and Duke's Al Buehler Trail, with at least two distance options offered each evening.

When: Wednesdays in September.

Time: Races begin at 6pm sharp and will be held rain or shine.

Sign up: Just show up! Sign up and timing follow summer track procedures: sign in on the roster/waiver form before running, then record your time when finished.

Cost: We'll have a donation bucket with a requested offering of \$1 per evening.



2016 Carolina Godiva Cross Country Series

- ◆ **September 7:** Durham's [Al Buehler Trail](#) @ Duke. 5k, 8k, or 10k.
- ◆ **September 14:** Chapel Hill's [Finley XC Trail](#). 5k or 8k.
- ◆ **September 21:** Durham's Al Buehler Trail @ Duke. 5k, 8k, or 10k.
- ◆ **September 28:** Chapel Hill's Finley XC Trail. 5k or 8k. Post-race cookout (details will be emailed out closer to the date).

Water: We'll have water, but please bring your own bottle or cup to fill if possible.

Post-series Celebration: The series will end with a post-race cookout hosted by Frank Rexford at his home near the Finley course on Sept. 28th. Thank you, Frank!

Earn a XC Letter: Completing a race in all four meets will earn you a "letter" in XC, presented at the club's spring awards banquet.

More information: Go [here](#) for more details on things such as course maps, parking information and directions.

Questions? Email xc@carolinagodiva.org.

—Patrick Bruer

Volunteer Needed!

Umstead Marathon Committee Open Position

The Umstead Marathon Committee needs a detail-oriented person to fill an open position on the Umstead Marathon Committee.

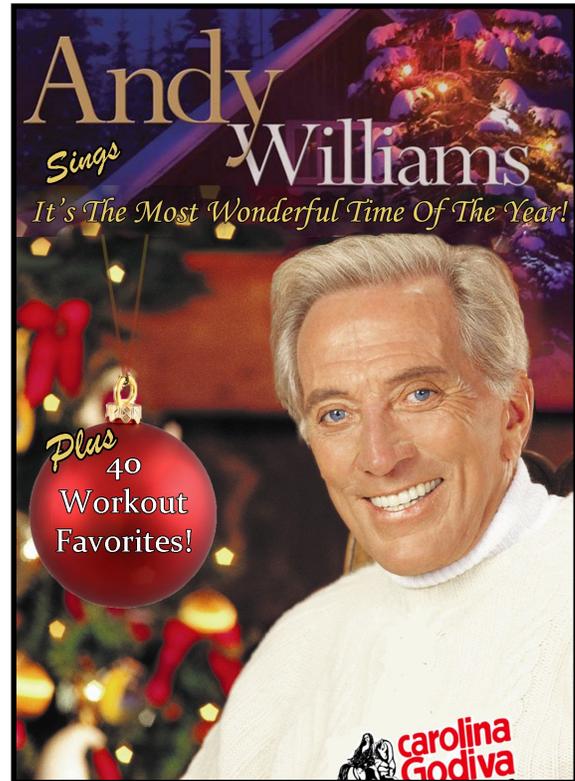
We are looking for a person to coordinate supplies and logistics for the aid stations at the Umstead Marathon. I'm happy to answer any questions you might have.

If you are interested, or know someone who is, please contact the Umstead Marathon Race Committee at umsteadmarathon26@gmail.com.

—Doug Hensel

WINTER SERIES IS JUST AROUND THE CORNER!

There'll be so much racing
 And feet will be pounding
 When happy Godivans are near
 We Run for the Donuts
 Have Couch Mountain moments
 Run Geezer & Eno, then cheer!
 It's the most wonderful time,
 Yes, the most wonderful time,
 Oh, the most wonderful time
 Of the year
 Because...
WINTER SERIES IS NEAR!*



Race	Dates
Run for the Donuts	16 October
Misery Run	November (date TBA)
Couch Mountain	December (date TBA)
New Year's Day Run	1 January
Eno Equalizer	January (date TBA)
Geezer Pleezer	February (date TBA)
Hard Climb Hill	March (date TBA)



This year's Winter Series is dedicated to **Greg Sousa**, our friend and fellow Carolina Godiva Track Club member who passed away of brain cancer on July 14th at the age of 47. Godiva will donate a portion of the Winter Series proceeds to support brain cancer research at Duke. A money jar will also be available at all Winter Series events to encourage donations from participants who wish to donate.

Godiva will also sponsor a team for the upcoming [Angels Among Us 5K](#) at Duke, a fundraiser for brain cancer research that Greg supported. More information on this will be provided closer to the date. The race will be on Saturday, April 29, 2017.

Register online TODAY for the series!

<http://www.carolinagodiva.org/index.php?page=winter-series-registration>

Or use the form at the end of the newsletter

—Jess Broglie & Susie Hansley

**A Godivan Rendition of Andy Williams' "It's The Most Wonderful Time Of The Year."
 Photo courtesy of the public sphere, with a little help from Jamie Lewis*

GODIVA'S GOT TALENT

It is not only the opposing teams at the Blue Ridge Relay that tremble at the mention of Godival awesomeness. Even casual observers at local events marvel at the talent exhibited by our membership, and we humbly cannot disagree. But those folks don't know the half of it.

Some of the achievements posted on the Board of Honor at the latest Midsummer Madness meet ranged from impressive to astonishing, both in their skill and diversity. Below is a sampling of the PRs posted, in no particular order.

—*Charles Alden*

Blair Woodward
400 m split 1999
47.8

Daniel Harris
Triple jump 2001
53 ft . 8 in.

Rick Pack
400 m
Kansas City Corp. Challenge 2010
53.5

Mark Manz
100 miles
Umstead 100 2012
14:16:25

Charlene Flahiff
5K
UNCA cross country 1986
25:45

Abie Harris
800 m
2:11 (Age grade = .89)

Tom Kirby
Marathon
Rocket City 2007
3:36:19

Jabar Zalal
200 m
24.0

Brendan Murray
Half marathon
The Scream Half 2016
1:21:46

Jim Clabuesch
1 mile
Beer mile, six pack, Schlitz
6:36

Emily Newman
Marathon
NYC Marathon, 2006
4:04:08

Jon Sasser
10 K
ACC Relays 1976
34:42

Ethan Caldwell
5K cross country
Division championship, 1992
17:23

Kevin McCabe
Half marathon
Scream! July 2016
1:30:11

David Cobb
10 miles
Baltimore 10, 2012
59:56

Erica Roelofs
400 m
Section 2A meet (Minnesota) 2007
:57

Tom Hoerger
Marathon
America West Marathon, 1982
2:41:46

Katie Hirsch
800 m
Bobcat Invitational, 2009
2:22

Evan Nelsen
800 m
Washington U meet 2012
1:55

Leif Rasmussen
1 mile
Unicycle 1 mile 2015
12:56

MEMBERSHIP CORNER

Welcome New Members: Lenny Phillips, Matt Radzom, and Brian Clas.

Celebrating five years with the club: Rusty Barnett, Lenore Brown, Louise Guardino, Jennifer Rubatt, Andrew Signor, Deborah Springer, Jacob Sternfeld, Marty Tomasi, Jeff Tuson, and Bob Wallace.

Celebrating ten years with the club: Ed Daw, Juliette Eck, Craig Gilbert, Adina Mele, Makaila Mele, and Steve Mele.

Molly Tamarkin has **fifteen years** with the club.

Big Birthdays in September: Emily Chan, David Cobb, Tina Clossick, Tim Meigs, and Gloria Preston.



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

—Ethan Caldwell

@ THE RACES

Grandfather Mountain Marathon
Boone, NC July 09, 2016
Jon Hunter 4:53:09

Table Rock 30K
Stinson Beach, CA July 16, 2016
Jon Hunter 4:43:50

The Scream! Half Marathon
Jonas Ridge, NC July 16, 2016
Kevin McCabe 1:30:11 1st M 35 - 39
Jacob Sternfeld 2:12:49

Blue Moon Run
Durham, NC July 23, 2016
Elizabeth McCabe 0:58:34

USA Masters Games
Greensboro, NC July 29 - 31, 2016
Louise Guardino 100M 18.7 2nd F 75 -79
Louise Guardino 200M 39.4 2nd F 75 -79
Louise Guardino 400M 1:34.8 3rd F 75 - 79

San Francisco Half Marathon
San Francisco, CA July 31, 2016
Victoria Kendra 2:20:59

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



runners

AUGUST BUSINESS MEETING

The August business meeting of the Carolina Godiva Track Club was called to order on August 9, 2016 at 7:05 p.m.

Present at this month's meeting were Shauna Griffin, Club Haberdasher; Tom Griffin, Hard Climb Hill Race Director and club member; Jane Bruer, club member; Patrick Bruer, Webmaster; Kevin Nickodem, Treasurer; Jess Broglie, President; Anthony Corriveau, Vice President; Doug Hensel, Umstead Marathon Committee Representative; Jamie Lewis, Immediate Past President and current club member; Ethan Caldwell, VP of Membership; and your scribe, Brandy Burns. Charles Alden, summer track coordinator and all around great guy, came in a bit late but was an active participant throughout the meeting.

OFFICER REPORTS

Haberdasher: Shauna Griffin reported there was not much to report. She sent an email in to Bull City Running regarding ordering singlets. They responded that they suggested she stop by the store to clarify details, which she plans to do.

Membership: Ethan Caldwell reported a precipitous drop in membership. There were 432 members last month, but only 376 this month. A big piece of this was that the remaining Running Start members have now fallen off the membership rolls. The club did pick up five new members this month. Ethan shared that it's possible there are old members that were not aware that their memberships have expired. He will reach out to those whose memberships have expired.

Newsletter: Newsletter editor Susie Hansley was unable to be present for this month's meeting. Club President Jess Broglie reported for Susie that last month's newsletter went out and requested that a reminder be given that submissions are due by the 15th.

Treasurer: Kevin Nickodem reported on the Club's finances. Kevin shared that July is always a pretty quiet month and that all looked well. Charles Alden was present for the annual passing of the track money. Charles presented \$819, including two \$2 bills. Shauna contributed an additional dollar at the meeting, due to not paying last time, to round out the track amount to \$820. Kevin reported that the only expense that was out of the ordinary was the

donation to Greg Sousa's fund. Kim Anglin, the club member who donates his time each year to complete the club's taxes, has completed the club's tax return. This was about three months quicker than usual. Kevin indicated he would like to thank Kim Anglin and his firm, Minor, Anglin, and Associates PA, for donating his time for completing tax returns, which he has been doing for over a decade. Kevin discussed a year to year comparison document that was sent out earlier in the year, pointing out how important the Umstead Marathon is to the club in regards to revenue. This has been especially important over the past years as membership has been dropping. However, it is important to recognize that the club's cash balance is still solid. Doug asked about the Durham Bulls game, and Kevin confirmed it has broken even this year.

Webmaster: Patrick Bruer reported that everything web-related is fine. The Godiva site was deemed malicious by some sites, and he is working on clearing that up. Ethan asked for the club's Paypal report, as there have been two payments that appeared to be assigned to incorrect members. Doug inquired if the club was ever able to figure out why Henry couldn't get the newsletter. Patrick reported that the most likely culprit when that happens is that the newsletter is going into the spam folder.

OLD BUSINESS

Summer Track: Charles Alden was present at this month's business meeting to provide a report on the conclusion of the summer track series. Charles did state that he would like to question the analysis of William Schmitz, club weatherman, that indicated that it was not the hottest summer ever, as many reported it surely felt that way. Attendance was slightly down this year, and it was commented that this may have been due to the very hot weather. Charles stressed that he wanted to mention that Ethan Caldwell has been an excellent help this track season, especially in regards to each week's results. It is also important to mention that Bob Nelson and Ken Larson were also essential in the help they provided this season. Despite one conflict of space, all went smoothly and there were no further issues.

Cross Country: Patrick reported that the Cross Country season starts Sept. 7th at Duke with a 6:00 start time. He has reached out to Frank regarding

(Continued on page 9)

AUGUST BUSINESS MEETING MINUTES, CON'T.

end of season party and is waiting to hear back. However, if this doesn't work out, the club will find another location.

Fall Picnic: The final date for the Fall picnic is September 17, which is a Saturday this year. Because of moving to a Saturday, the time will be moved up to noon. There was some concern expressed that that moving the day to Saturday may have an impact on attendance, but there is hope that moving it to noon will help alleviate some issues. It was confirmed that Henry will again help out this year. Kevin will bring chicken and will have grill going. An email will be sent out for everyone to RSVP and confirm what they will be bringing. Patrick suggested a google sheet to put up that shows who is intending to come and what they are bringing. There was agreement that this would be really beneficial. Ethan inquired if the gate can be open early so people can go there to do their run before the picnic. There was again consensus that this would be a good idea

One Hour Run: The One Hour Run will be on Wednesday August 17, starting at 7. And ending at 8, which would make sense. The club has received permission from Durham Academy to use the track and the insurance information was sent in. The display timer and measuring wheel will be needed for the event. Another popular function is the sponges. It was encouraged for someone to contact Aline Lloyd to confirm if she is able to do this. Shauna confirmed she is planning on a fire sale.

Timing System: Anthony reported that he is pulling his proposal for the timing system. He has purchased a minimal system with his own funds and will be doing some testing to see how it goes and how people like it. If the board wants to fund the venture, that would be great, if not, he will continue to put together a system apart from the club. There was feedback requested from the treasurer in regards to the financial impact of this type of purchase. Kevin confirmed that the club does have the \$2000 to purchase the equipment, but encouraged the board to consider the question if we invest, what is the benefit. The Umstead Committee would not be interested in using it, so there would be no benefit there.

Jess encouraged the board to consider if this may enable the club stay competitive with peer groups and the need to be more electronic. Tom Griffin

wondered how we appear in competition with other groups in the area and if this might impact the club's ability to retain membership, improve image, etc. It was determined there would likely be no return on investment unless the club decided to get back into racing services. Tom G. shared that he feels the current membership is happy with the timing system the club currently uses. Patrick presented to the board to consider what we would be gaining by buying this system. The club is not trying to compete with Rock N Roll or Cardinal Track and would hate to do something that would make directors feel like they need to do something they don't want to do. If we still have to do pre-race, data entry, run score, back-up, is there any efficiency gained?

Anthony shared a long-term vision of the system. This includes reduced manpower needed for the winter series, with reduced registration and results tabulated automatically. It was encouraged that Anthony speak with club member Gordon Keeler, as there is no one person in the club that has more experience. It was expressed that no matter what system you have, and no matter how well planned, something is going to go wrong and will need to have backup. Anthony will go on with doing some experiments, with the One Hour Run a good opportunity to run the system parallel to regular counting to see how the timing system works. Ethan would like to consider funding some of this and the board agreed that Anthony should continue as he has been working and should bring back more information to next month's meeting after his results with the One Hour Run.

NEW BUSINESS

Umstead Marathon: Doug Hensel was present at the board meeting to report on the activity of the Umstead Marathon Committee. Doug confirmed that the race will happen next year and is planned for March 4, 2017. Doug will lead the committee this year. Carolyn Huettel will not be on the committee, which has left a major hole in the committee. Doug reviewed the responsibilities that Carolyn had maintained, including getting supplies and preparing everything for the aid stations. Doug provided some characteristics that would be important for Carolyn's replacement, which includes someone who is good at logistics and who can be available Friday before the race and race day—a supply chain commander.

AUGUST BUSINESS MEETING MINUTES, CON'T.

Doug will put something together for the September newsletter to put a call out for this volunteer.

The club board had some questions in regards to the committee, as it was felt that there was a disconnect between the committee and the board and want to open up communication. There was a discussion about ongoing interest in the race. It was confirmed that there is still significant interest. While the policy has been not to take on new runners two or three weeks before the race, the race has still continued to fill every year. The committee has decided to register 220 while the park allows 200. They do this to allow for drop outs, no-shows, etc. Ethan inquired if a CGTC board member could attend to help mitigate the feeling of disconnect. Jess assured Doug that the board is here as a support for the committee. Anthony expressed that he is willing to help in any way needed. Jess confirmed the same.

Doug explained the volunteer process, stressing the need to make sure there is enough interest from the club that there are volunteers for the race. When we put out call for volunteers, we need to ensure we get a timely response. There has been an issue in the past with volunteers dropping out close to race date. For example, there was not a sufficient number of cyclists last year, and they're the most important volunteer position in the race. Anthony suggested contacting TORC to see if they might be interested in helping out with the cycling roles. Patrick inquired if Teresa Hoke might be a good candidate for volunteer coordination job. Doug shared that Denise is going to be out of town for the race, so the committee will need to have some extra help with packet pickup. Jess volunteered to help with this. Doug shared that he has been a committee member for ten years and feels there may be some value in the club preparing for the future of the committee, e.g. people shadowing current committee members and preparing for future transitions in roles.

Greg Sousa: The final topic of the meeting was in regards to additional support for club member Greg Sousa and his family. The club donated \$500 to Greg's family, but desired to do more. There was discussion as to different options. Some options considered were: A memorial race; something unique at Run for the Donuts; a proposal to rename the Winter Series the Sousa Winter Series; a Godiva team at Angels Among Us (e.g. trying to recruit 100 members to run); a special cross country event; tying an event on with Terry Fox events; a group run.

Kevin expressed concern that a standalone event might not get the attendance desired. A recommendation was made that the club name this year's winter series "The Greg Sousa Winter Series." Additionally, \$1 will be donated from the race registration fees from each participant to Angels Among Us, with the club giving a \$1 match. The season will wrap up with an Angels Among Us team. Kevin made a motion for this.

When presented to the board for discussion, Jamie inquired if all money from the Winter Series should be donated. After discussion of the possibility of this, including costs of the event and the fact that the Winter Series typically just breaks even, it was determined that if it appeared there were funds available after the conclusion of the Winter Series, additional funds could be donated. Additionally, a donation bucket would be provided at each event to provide people the opportunity to donate additional amounts. Original motion stands. Ayes carried the motion.

Meeting adjourned at 8:17 p.m.

—Brandy Burns

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the September 2016 Newsletter contributions, stats, photos (whether they knew it or not!), and editing go to:

Charles Alden, Jess Broglie, Brandy Burns, Ethan Caldwell, Anthony Corriveau, Shauna Griffin, Susie Hansley, Doug Hensel, and Jamie Lewis.



UPCOMING CLUB EVENTS & DEADLINES

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

Event	Date & Time	Location	More Info
Godiva Cross Country	Weds. 9/7, 9/14, 9/21, 9/28, 6pm	9/7 & 9/21: Al Buehler Trail 9/14 & 9/28: Finley XC Trail	Web announcement here
September Club Meeting	Tues. 9/13, 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for September Newsletter	Thurs. 9/15	Electronic	Email newsletter@carolinagodiva.org
Godiva Fall Picnic	Sat. 9/17, 11am	Duke Forest, Gate F Picnic Shelter	Web Announcement here
Duke Forest Annual Deer Hunt	Closed weekdays from 9/26 to 12/16	Durham section trails along NC 751 west of campus; Korstian; Blackwood	http://dukeforest.duke.edu/management/deer-management/
Sousa Winter Series Event 1: Run for the Donuts	Sun. 10/16, 10am	Durham Academy Upper School at Pickett and Ridge Rds. in Durham	See carolinagodiva.org

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  Find us on Facebook
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	

The Carolina Godiva Track Club GREG SOUSA Winter Series

In honor and remembrance of our friend and fellow Carolina Godiva Track Club member Greg Sousa, who passed away on July 14th at the age of 47 of brain cancer, Carolina Godiva Track Club has designated the 2016-17 Winter Series as the **Greg Sousa Winter Series**. Godiva will donate a portion of the Winter Series proceeds to support brain cancer research at Duke. A money jar will also be available at all Winter Series events to encourage donations from participants who wish to donate.

Godiva will also sponsor a team for the upcoming [Angels Among Us 5K](#) at Duke, a fundraiser for brain cancer research that Greg supported. More information on this will be provided closer to the date. The race will be on Saturday, April 29, 2017.

Carolina Godiva members: Sign up for all seven Winter Series races for only \$25. If you want your name to show up in the Winter Series Standings, SIGN UP! It makes things easier on the person trying to keep track of points earned for the series.

Club members who don't pre-register and non-club members: Day-of race registration takes place 60 minutes before the run at a cost of \$5 per race. Free entry for those 18 and under, so bring the whole family!

Earn points for the Incredibly Beautiful Winter Series T-Shirt™(not really)! To receive the 33rd Annual Winter Series shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler counts as two events if you run it.

Register electronically! If you want to avoid writing a check and sending this form via snail mail, register online instead at carolinagodiva.org. If not, fill out this form and send it to us with your check (see below for address). Forms will also be available at each Winter Series event.

For more information, contact Anthony Corriveau (anthony.corriveau@gmail.com).

Carolina Godiva Track Club GREG SOUSA Winter Series 2016-17 Entry Form

Name	Age	Sex	T-shirt style/size:
Address	Telephone		<input type="checkbox"/> Men's Cut <input type="checkbox"/> Women's Cut
City, state, zip	Entry fee	\$25.00	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL

Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the track, road or trail and the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of allowing my participation in the Carolina Godiva Track Club event, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Carolina Godiva Track Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal actions, debts, claims and demands of every nature which arise out of the Carolina Godiva Track Club activities.

Signature (Parent/Guardian signature if under age 18)

Date

Return Completed Form and Payment to: Ethan Caldwell
5712 Edgedale Dr.
Raleigh, NC 27612

Carolina Godiva Track Club Membership Application and Renewal

Online registration and payment is also available at www.carolinagodiva.org

MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s): (H) (W) (C)	E-mail :		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.
How did you hear about CGTC?			
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**