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 Godiva**
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NEWSLETTER CONTENTS	PRESIDENT'S COLUMN
PRESIDENT'S COLUMN	The Perks of Being a Group Runner
EDITOR'S COLUMN	
ANNOUNCEMENTS	
♦ ANNUAL DEER HUNT	<p><i>The Perks of Being a Wallflower</i> is a 1999 novel and 2012 film about an introverted high school freshman who befriends two seniors. These upperclassmen introduce him to the realities of high school and “the real world”—the perks of having more experienced friends.</p> <p>The running community has a parallel story. Running with other runners offers its own perks. Below I'll describe three perks of being a group runner.</p> <p>1) <i>Well-intentioned and actually useful advice on how to successfully adult</i></p> <p>I finished graduate school when I was 28 years old. I am 32 years old now, which means I spent all but four years of my adulthood to date living with a roommate in an apartment on a tight income. I still drive the same (used) car I drove in college, still live in an apartment, and started a “big girl job” with retirement and health benefits only in the last 18 months.</p> <p>By all definitions of adulthood, I am not a real adult. For example, I know what “leasing to own” a car and “buying a home as a first time buyer” entail conceptually, but I have never actually done either. I know what an APR is, but I can't tell you if it's competitive. So, in lieu of hoping for an “Adulting for Dummies” reference guide, how's a quasi-adult supposed to learn how to successfully adult?</p> <p>Well, one of the lesser known perks of being a group runner is access to “real” adults who willingly and enthusiastically answer questions about personal finance and career politics, among other topics. These “adultier” adults gladly give meaningful advice on how to successfully navigate adult milestones like buying a home and changing jobs. While parents and siblings are great resources, a qua-</p>
♦ CGTC MEN'S TEAM WINS BRR MASTER'S DIVISION	
THE SOUSA WINTER SERIES IS HERE!	
RUN FOR THE DONUTS ON 10/9	
MEMBERSHIP CORNER	
@ THE RACES	
SEPTEMBER MEETING MINUTES	
WE WANT TO HEAR FROM YOU!	
THANKS TO OUR CONTRIBUTORS	
UPCOMING CLUB EVENTS & DEADLINES	
GODIVA WEEKLY RUNS	
CLUB INFO	
GREG SOUSA WINTER SERIES REGISTRATION FORM	
MEMBERSHIP / RENEWAL	
<p>DEADLINE FOR NOVEMBER NEWSLETTER: OCTOBER 15TH</p> <p>SEND SUBMISSIONS TO: NEWSLETTER@CAROLINAGODIVA.ORG</p>	<p><i>(Continued on page 2)</i></p>

PRESIDENT'S COLUMN, CON'T.

That horrifying moment where you're looking for an adult but then realize you ARE an adult. So you look for an older adult, someone successfully adulting. An adultier adult.

someecards
user card



si-adult can never have too many actual adults in her corner.

2) Deeply discounted personal trainers

Another perk of being a group runner, especially as a novice, is having access to discounted personal trainers, AKA the seasoned veterans and intermediate runners in the group. These people have 1) come back from one or more injuries of varying severity, 2) run multiple races over multiple long and short distances, and/or 3) acquired an extensive cache of running tips and tricks. For the nominal fee of a few weekly runs (and possibly a coffee or two), these more experienced runners will often answer questions about injury prevention/treatment and training plans, as well as share their tips and tricks, making them very inexpensive personal trainers. You won't find that good of a deal at a big box gym!

3) Insider information on new races

Time for a pop quiz. Which of the following is not a trail race?

- A) Shut In
- B) Medoc
- C) Drool Deer
- D) Uwharrie

This is actually a trick question—all four of these are annual trail races held in North Carolina. I have run three of the four. More importantly, I would have never even known about these races if not for the Godiva weekly group runs. If you run in the Raleigh-Durham-Chapel Hill metro area, you have heard about Tobacco Road, City of Oaks, and Bull City Race Fest—but what about Philosopher's Way, Mountains to Sea, and the Carrboro Race Series? Learning about new races, especially the smaller trail and local events, is definitely another perk of being a group runner! Bonus perk: These smaller races often have smaller fields, which means you have a higher probability of placing in your age group!



These are just a few perks of being a group runner, but there are many others, including learning new routes and meeting new people. You never know—you may just meet your Financial Planner, AKA your first friend on your way to “real adulthood,” on your next group run.*

—Jess Broglie

*Author's Note: This actually happened to me—I met my Financial Planner during one of Godiva's Saturday morning runs. He has done an amazing job helping my husband and me become “real adults” with retirement and savings portfolios.

EDITOR'S COLUMN

After a fairly long break from racing, I recently ran the [Cardinal Track Club's](#) Carrboro 10K. I did not expect this to be a good race. The last time I did that distance was the 2015 Tar Heel 10 Miler, and I haven't run regularly in over 2 months. But despite that, I had a great experience—one that reminded me of the importance of just showing up.

As noted above, I have not been running lately. I have been focusing on weight training, which I do three times a week. I've had a personal trainer coach me, so I do the weights right: it's not just a strength exercise, it's an all-over, cardio exercise where my heart rate goes way up and I sweat like crazy. But that type of cardio is not the same thing as running. So I wasn't sure how three days of weight lifting (with a couple of 1-2 mile walks weekly) would prepare me for a 10K.

I was also worried about my food. I'd been eating low carb for 6 weeks and feeling great about it (lost 10 lbs and several inches, as well as about 2% total body fat; still have more to go). I felt fine about eating this way for a race; what worried me was a fit of excess that occurred the night before the race. My friend Emily, whose mom is from El Salvador, turned 30 this past week and had a party the night before the race. There was no way that I was going to say "No" to her mom's homemade, hot-off-the-griddle [pupusas](#)! I probably ate more carbs that night than I had done in the entire previous 6 weeks. I wondered how my digestive tract was going to handle that very big change in diet less than 10 hours before the race.



You would not have said no to these, either.

It also didn't bode well for the race when my husband Bill forwarded me his flight info to Atlanta for a conference he was attending. He had told me he was flying out Saturday night (the race was Saturday morning). But when I looked at his ticket info, the flight showed 7:30 A.M., not p.m. He had booked the wrong flight, and now he could not change it. That meant I had to get up at 4:45 a.m. so I could get him to the airport by 5:30 a.m. so I could make it to Carrboro by 6:15 a.m. for a 7 a.m. race start. Needless to say, I was grumpy.

4:45 a.m. came and I got up, got myself ready for the race, and got Bill to RDU. I was stressed out because we left late, so I was not going to make it to Carrboro until 6:40 a.m. for the 7 a.m. race start (not to mention my bowels were talking to me as I drove). It was still dark and very foggy, which made for dangerous driving because my car had a headlight out.

As I arrived at McDougle Middle School in Carrboro, everything was dark and empty and I started to worry. Did the race really start here, or was it over at Weaver Street like the [Gallop and Gorge 8K](#) that Cardinal puts on at Thanksgiving? I parked in the dark foggy lot, pulled out my phone, and looked up the race email—only to discover that the race did not start until 8 a.m.! First good news of the day!

I went to pick up my race number and sweet swag—a nifty Cardinal Track Club string backpack (second good news of the day!), then headed toward the bathrooms. I was afraid they would be closed, like they were at the Four on the Fourth race (I got there at 6:45 a.m. for that race and they were still locked, so I had to find a place in the woods to go)—but lo and behold, they were open! Third good news of the morning (and fourth good news as well, as I was able to enjoy a good pre-performance poop)!

I now had over an hour before the race start, so I went back to my car, put on my ear plugs and eye mask (I came prepared), tucked my hoodie around me, and set my phone timer for 40 minutes. I enjoyed a wonderful car nap and woke up refreshed (fifth good news of the morning!). I got out of the car, did some dynamic stretches, and headed to the loo for a final pit stop before the race—and found

(Continued on page 4)

EDITOR'S COLUMN

(Continued from page 3)

that I got there just in time to avoid the long line for the bathroom! I walked right in and did my business with no wait. Sixth good news of the morning!

I'm a [Galloway](#) girl (i.e., I run planned intervals), so I set my timer for 30 seconds (since I hadn't been running, that seemed like a good conservative interval set), set up my MapMyRun to log the race, set up my Audible to listen to a book, and set up my Pokemon Go app so I could earn Pokemon candy and hatch Pokemon eggs while I ran-walked (if this doesn't make sense, don't worry about it). Then we were off!

I ran the first two miles with the intervals, then started feeling joint and tendon soreness in my right Achilles and my knees, so I walked the next two miles. Mile 5 I went back to intervals, then I ran the entire last 1.2 miles and finished strong and happy. I was even happier when I saw some Godiva and other friends there waiting for me at the finish, cheering me on!

What made this race so great? A few take-home points that I'll remember for next time (and that you, dear reader, might find useful—even if you are not slow like me):

- 1) **I showed up, even though I hadn't trained.** As they say, showing up is half the battle. Remember that next time you are thinking, "Why bother?"
- 2) **I ran my own race and did not worry that I was slow.** I proudly wore my "I am not fast, but I am strong" shirt and got lots of compliments on it.
- 3) **I learned that while the weight training was paying off, I still need to run regularly.** I love learning something about myself and what my body can handle. I felt strong the whole time, (which reinforced my commitment to weight training), but my the tendons were not used to the pounding. Learning that I should continue to run, if only twice a week to keep those parts of my body strong, was a lesson worth learning.

- 4) **Never underestimate the power of a good pre-performance poop** (and no wait for the toilet)! This one is hard to control, but at least for me, getting there early for the poop, then napping, then doing one final trip to the loo before race start worked very well.
- 5) **I got to see good people and friends.** Since I don't regularly run with other Godivans because I'm too slow, doing local races is a great way for me to see and catch up with runners I like from Godiva and elsewhere, but would not get to see otherwise.

—Susie Hansley

Me and some fellow Godivans who ran the race: William Schmitz, 1st Place Clydesdale finisher (and friends Sarah and Rachel); Bart Bechard, 1st Place Masters Male finisher; Tom Griffin, 2nd Place 70-74 Male finisher; and Bryan Hassin, 1st Place Awesome Running Shirt finisher.



ANNOUNCEMENTS

**CLOSED
TO THE
PUBLIC**

**MONDAY through FRIDAY
SEP 26 – DEC 16, 2016**

For the Deer Herd
Reduction Program

Duke Forest Office
919-613-8013

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" began 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/>

CGTC Men's Team Wins 2016 Blue Ridge Relay Master's Division

The Carolina Godiva Track Club men's team won the Masters division and finished fourth (out of 192 teams) with a time of 22:59:40 at the [2016 Blue Ridge Relay](#) on September 9-11, 2016.

The Blue Ridge Relay (BRR), which starts in Virginia near the base of Mt. Rogers (5729') and ends in Asheville, NC, consists of maximum 12 person (4 person minimum) teams that rotate through 36 transition areas as they cover the 208-mile distance of the race. Each relay team member runs 3 legs of varying lengths and difficulty, covering an average total distance of ~16.6 miles.

This is the ninth consecutive masters division win for CGTC. Marty Tomasi captained the CGTC team, which included Carl Anstrom, Brian Clas, Michael Dwomoh, Derek Fenton, Paul Jones, Tim Miegs, Jack Mignosa, Rich Offield, Jason Page, Lenny Phillips, and Ronnie Weed. Here's a [video of team introductions](#) and here are some [photos from the run](#). Congratulations to the team!

—Patrick Bruer



THE SOUSA WINTER SERIES IS HERE!



Photo courtesy of Anthony Corriveau

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 its series proceeds to [Badousa Brain](#), the fundraising team that Greg formed for Durham's [Among Us 5K](#). The Angels race benefits Duke's Robert Preston Tisch Brain Tumor Center.

We also plan to field a large Godiva team for The Angels Among Us race on Saturday, April 29th, 2017. Information on how to join or donate to the Godiva Angels Team will be announced later.

Finally, a money jar will also be available at all Winter Series events to encourage donations from participants who wish to donate to Badousa Brain.

[Register online TODAY for the Sousa Series!](#)
Or use the form at the end of the newsletter

Race (click for more info)	Date	Race Director(s) (click to email)
Run for the Donuts	10/9/2016	Ronnie Weed/Ethan Caldwell
Misery Run	11/20/2016	Jim Clabuesch
Couch Mountain	12/11/2016	Paul Naylor
New Year's Day	1/1/2017	Patrick Bruer
Eno Equalizer	1/15/2017	Richard Smith
Geezer Pleezer	2/12/2017	Tom Kirby
Hard Climb Hill	3/12/2017	Tom Griffin

RUN FOR THE DONUTS ON SUN, OCTOBER 9TH

The first event of the Carolina Godiva Winter Series is upon us....



Race Directors: *Ronnie Weed and Ethan Caldwell.*
Contact info: diecorn@gmail.com and 33unit@gmail.com

This fun cross-country race of 3-4 miles is a relay team effort! Teams of three (which are randomly assigned) run five loops of a cross-country trail, but not necessarily all together! Full rules can be found on the Godiva website at <http://www.carolinagodiva.org/index.php?page=run-for-the-donuts> ... or enjoy Race Director Ronnie Weed's hilarious explanation of the race rules from 2014 by clicking on the video below. If the rules seem complicated, don't fret—it will make sense once you show up!



- ◆ **WHEN:** Sunday, October 9th, 10am.
- ◆ **WHERE:** Durham Academy Upper School, [3601 Ridge Rd.](#)
- ◆ **COST:** 18 and over is \$5 for the race or \$25 for the entire 7-event Winter Series. Free for those 17 and under.
- ◆ **REGISTRATION:** On site an hour before the race. Or, [register online now](#) for the whole series.
- ◆ **PRIZES:** Everyone gets donuts just for participating; however, the top three teams get extra-special donuts!

VOLUTEERS NEEDED! We need 3-4 volunteers to help with registration, 4 volunteers to record times as the runners complete laps, and 2 volunteers for course monitors. We also need 1 medical volunteer (an EMT, RN, or MD). Volunteering for this race will earn you one point toward the required five points for the coveted and Incredibly Beautiful Winter Series shirt! To volunteer, contact Ethan Caldwell at 33unit@gmail.com.

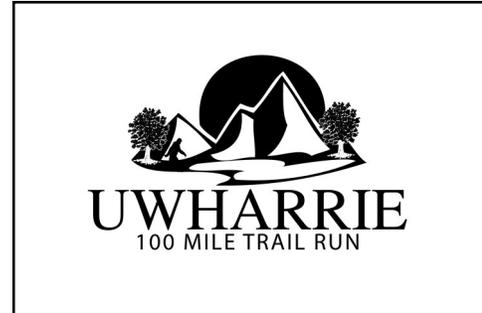
MEMBERSHIP CORNER

Welcome New Members: Suzy Wallace, Donald Campbell, Cecilia Milla, Gabriel Milla, and Joe Pugh.

Anniversaries: Allen Baddour, Tracy Simpson and Garth Somerville all celebrate five years with the club. Brian Doherty is celebrating ten years with the club.

Big Birthdays in October: Emil Ardelean, Javier Villa-Flores, Jon Hunter Eugene Casale Kevin Nickodem, Ann Severeid-Miller, Tim O'Brien, and Michael Dacar.

Michael Dacar is going to celebrate his birthday by running the [Uwharrie 100 miler](#) on October 22nd.



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

—Ethan Caldwell

@ THE RACES

R(un) for one 4 Mile Trail
Rougemont, NC August 20, 2016
 Jon Hunter 34:14

Shot in the Dark 6K
Durham, NC August 27, 2016
 Susan Harris 42:16 5th Predicted time
 Peter Hessling 35:29
 William Harris 35:06

Cape Breton Fiddlers Run 5K,
Sydney, NS September 11, 2016
 William Harris 27:19
 Susan Harris 31:45

Oak City Mile
Raleigh, NC September 11, 2016
 Bart Bechard 5:07 2nd Master Male



runners

WHERE ARE MY RACE RESULTS?

You may have noticed that this month's @The Races is shorter than usual.

@The Races has always asked club members to submit their race results online (see info below) in order to have their results printed in the newsletter. However, the self-reported results were supplemented by Ethan Caldwell, who would go out of his way to also scour race results across the land and internet to compile results for our members. This has been time-consuming, so Ethan will no longer be able to continue to do this.

We hope you understand and invite you to keep letting us know about your running accomplishments via the online link!

So without further ado.....

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

SEPTEMBER BUSINESS MEETING

The September business meeting of the Carolina Godiva Track Club was called to order on September 13, 2016 at 7:07 p.m.

Attendance at the September meeting included Shauna Griffin (Haberdasher), Jamie Lewis (Raconteur), Tom Griffin (Hard Climb Hill Race Director), Susie Hansley (Newsletter Editor), Kevin Nickodem (Treasurer), Jess Broglie (President), Anthony Corriveau (Vice President), Ethan Caldwell (Membership), and your scribe Brandy Burns.

Jess requested to start off the meeting with the routine officer reports.

OFFICER REPORTS

Haberdasher: Shauna Griffin reported that she spoke with Jason from Bull City Running regarding placing a singlet order. Jason suggested the club wait until September/October to order and presented some options. The first option, Bay Six, costs \$5 and doesn't include printing. A second option, Oiselle, is \$25 and includes sublimated printing. There was an inquiry about a Brooks option, as that is what we have had in the past. Shauna indicated that wasn't an option presented by Bull City, but she will investigate this option. Jess indicated that if the club goes with the more expensive option, a pre-order will be important at that price. Jamie suggested pre-order with a small excess order (5 or 10 extra). Susie requested a check that sizing is true. Kevin suggested possibly expanding options of where to purchase. Shauna will get more information on each option.

Membership: Ethan Caldwell reported that club membership is currently at 378, down from 382 last month. Ethan reported he has sent out a bunch of "miss you" emails and has gotten some hits on that. Would be nice to have more. Kevin reminded that "officers" need USATF membership and that the club will reimburse. Those considered "officers" are the president, vice president, and treasurer.

Newsletter: Susie Hansley provided a report on the newsletter. She inquired about who to contact for writing the one-hour run recap. It was suggested she contact Bob Nelson or Charles Alden, but if she is unable to get feedback from them, Shauna indicated that she would be willing to write a recap. Susie indicated she also needs a writer for Blue Ridge Relay and requested pictures. Kevin will check into this

and will send an email with the Youtube video that has the introduction of the team members and pictures. Susie will be working on the newsletter this weekend and asked if she could get stuff by Saturday morning. Ethan indicated he is no longer able to compile race results due to the time commitment required. However, he will probably continue to do the results for those races that a large number of Godiva members attend. People can still self-report online.

Treasurer: Kevin Nickodem shared that he completed the monthly treasurer's report yesterday and thought he emailed it but has since realized that he didn't. He did report that there is nothing of concern in the report. The club still has plenty of money in the bank and is financially stable. One thing of note, however, was that summer track collected \$200 less than last year. Shauna asked if there was a sign letting people know that there was a suggested donation. There is not, and all that is present is a bucket with a hole in the top. It was felt a sign might be helpful to let those who are not members know to throw a dollar in the bucket, as there is a large turnout of non-members at track and they may not be aware of the expectation.

Webmaster: Club Webmaster Patrick Bruer was not present at the meeting. Jamie indicated he had problems connecting to the website last week, but the issue has since been resolved. Brandy inquired about how members get added to the listserv and why people aren't signed up for the listserv automatically when they join the club. Ethan will follow up on this.

OLD BUSINESS

Cross Country Series: Jess provided a brief update on the XC series, reporting that all seems to be going well.

Fall Picnic: Kevin updated those present on the fall picnic, which is to be held on Saturday, September 17. The current number of people who have RSVP'd is 53 which is a little less than typical but more people do tend to show up than RSVP. Shauna requested fried chicken instead of just baked chicken. Kevin conceded and will also provide fried chicken.

(Continued on page 10)

SEPTEMBER BUSINESS MEETING MINUTES, CON'T.

One-Hour Run: There was a recap of the One-Hour Run. There were about 40 people in attendance. Susie asked about the results to put in the newsletter. Nobody present at the meeting reporting seeing the results. Ethan suggested it was possible they were online.

Umstead Marathon Needs Volunteers: An update on volunteer needs for the Umstead Marathon reflected that there was still a need for packet pickup volunteers. Brandy indicated that she could volunteer for the Friday pickup, and Jess will volunteer for Saturday morning pickup. Jess will email Doug Hensel with a cc to Brandy to share this information. There is still a need for a logistical coordinator for aid stations. Susie had questions about what this entailed and it was suggested she contact Doug or Carolyn Huettel.

Winter Series: Anthony provided a Winter Series check-in, reporting that the dates of the runs are on the website. The date for the Donut Run has been settled and all is well. Online signup for the Winter Series is up and working.

NEW BUSINESS

Jess asked if there were any additional items that the board would like to discuss.

Club P.O. Box: Kevin indicated he could look into cost of moving the club's P.O. box to a more central location. After discussion with Ethan, it was determined that it was fine to keep it at its current location.

Running Start: Shauna asked Jess to put Running Start on agenda for next month. Jess said she would.

Paper Membership Applications: Susie asked how frequently Ethan was receiving paper memberships. Ethan reported that he received maybe one every month or two.

24-Hour Run at Meredith: Anthony made a presentation to the club to inquire about support for an upcoming race that is being put on at Meredith College by club member Shannon Johnstone on December 31, 2016. This will be a 24 hour run with the goal of drawing elite ultra-runners to the area who

have a goal of making the US National 24-hour team. The race seeks the club's support in order to utilize the club's insurance and possibly obtaining potential volunteers. Kevin reported that the club applies for its insurance in late November and he anticipates that if there is an additional cost to add the 24-Hour Run to Godiva's insurance, it wouldn't be much.

Kevin inquired as to what goes into certifying the course for the race. Anthony indicated that Shannon will be having someone come certify it. The race can have a maximum of 30 runners, due to limited space on the track. Anthony indicated that Jess had previously mentioned the possibility of relay teams if registration is low. While that might be a possibility, the information needed right now is if utilizing the club's insurance coverage is an option. Kevin indicated that yes, this is an option.

Jess made the initial motion that the club be a sponsor of the race and provide insurance coverage. The motion was seconded by Kevin. All voting members said aye, with no nays. Susie asked if Shannon would be able to provide a write-up for the November newsletter. Anthony said that would definitely be okay and he will report this back to Shannon. Ethan inquired about medical support. Anthony indicated that is something they will need to check on for the requirements.

Club Vice President Search: Jess brought up the need to begin the search for new club vice president. Anthony acknowledged the need to identify a new VP and noted that he will begin working on that.

(Editor's note for new members: The club shifts vice president and president each year in December. The current VP becomes President, the president steps down, and a new person becomes VP. The following year that VP becomes President, and a new VP steps in. In this way, the executive offices are a two-year commitment, with one year as VP learning the ropes and one year leading as President while grooming the new VP to eventually take over as president. If you are interested in serving, contact our current VP Anthony at vicepresident@carolinagodiva.org.)

It was mentioned that some potential vice presidents may not want to serve because once they become president, they have to write a monthly president's

SEPTEMBER BUSINESS MEETING MINUTES, CON'T.

column for the club newsletter. Susie asked why the club requires the president to write something. It was felt that the club could consider changing the requirement. The board then proceeded to provide suggestions for column topics. Jamie asked if Anthony would be open to having help identifying a new vice president. Anthony confirmed that he most definitely was.

Alternative Meeting Location: Susie asked if we could consider an alternative location for the monthly business meetings. The board was open to changing the location if someone were willing to identify and contact a potential new location for meeting.

After it was determined there were no further topics to discuss, the meeting was adjourned at 7:55 pm.

WE WANT TO HEAR FROM YOU!

Has a running story? 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 bad poetry!). We also welcome photos, cartoons, and drawings.

Here's some questions to get your creative juices flowing:

- ◆ Why do you run?
- ◆ Do you have a great photo to share from a race you ran? What's the story behind the photo?
- ◆ What do you listen to when you run (if you listen to music or podcasts), and what motivates you about it? Alternately, if you run unplugged, what thoughts keep you company as you run?
- ◆ Do you prefer to run with others or alone? How about trail versus road race? What motivates your preferences?
- ◆ How have aging and/or injury affected your running? What are you doing (physically, mentally, emotionally, psychologically) to work through these changes in your body?
- ◆ 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.

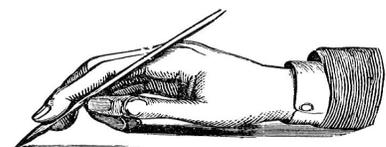
Have something to share, but hate to write? Your editor will be happy to interview you and write it for you! Email the editor at the above email and we'll set up a time to grab a coffee or a beer and I'll interview you!

—Susie Hansley

THANKS TO OUR NEWSLETTER CONTRIBUTORS

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

Jess Broglie, Patrick Bruer, Brandy Burns, Ethan Caldwell, Anthony Corriveau, Shauna Griffin, and Susie Hansley.



UPCOMING CLUB EVENTS & DEADLINES

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

Event	Date & Time	Location	More Info
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/
October Club Meeting	Tues. 10/11, 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for November Newsletter	Sat. 10/15	Electronic	Email newsletter@carolinagodiva.org
Sousa Winter Series Event 1: Run for the Donuts	Sun. 10/9, 10am	Durham Academy Upper School at Pickett and Ridge Rds. in Durham	See carolinagodiva.org
Sousa Winter Series Event 2: Misery Run	Sun. 11/20, 10am	Pepper Hill Farm, 323 Old Fayetteville Rd, Chapel Hill	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

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	

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!

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

