

VOLUME XXXVI
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 JANUARY 2011



carolina Godiva

TRACK • CLUB

RUNNING SINCE 1975

JOINING THE TEAM

NEWSLETTER
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It is hard to believe that I've been a Carolina Godiva Track Club member for some six years now, and that I'm actually writing the President's column. The road to sitting here putting my fingers to the keyboard and thinking about the running experience has been gradual, and its route not at all anticipated. What started out as exercising for health reasons ultimately grew into being part of a larger community that has enriched my life in so many ways.

It was not long after permanently taking up running in the spring of 2003, that I discovered CGTC while browsing online for anything related to running. A few months thereafter, I was running regularly on Mondays in RTP with long-time members like Jim Clabuesch and Carolyn Huettel. Within a year, I was running Hard Climb Hill in Duke Forest, which to this day remains my favorite Winter Series race. The fact that it counts as 2 races towards the 5 required to earn the coveted series T-shirt definitely figures into that opinion. I began attending other club events like the Spring Awards Banquet and the Fall Pizza Party. Those weekly RTP runs expanded beyond Mondays to the Thursday ATT and Saturday morning Umstead runs.

"So here I am, recounting the chronology of events that led me from viewing a running club's website to being its newest President."

After running the club sponsored Coach Bubba 20K in 2005, my longest race distance at the time, I found myself both volunteering for it and running it in 2007 and just volunteering for it in 2008. Coach Bubba was a learning experience. The committee meetings and the race day activities exposed me to the many details that go into staging a race and taught me how hard club members work to see those details through to the end. Most notably though, it taught me things like the art of marking a certified course on the ATT at 11:00 PM while riding a mountain bike loaded with flour and signs! If you want to learn this art too, feel free to ask me or my co-marker, Heiko Rath.

My first experience running Summer Track was when it moved from

(Continued on page 3)

**DEADLINE FOR
 FEBRUARY
 NEWSLETTER:
 JANUARY 15TH**

**SUBMIT YOUR WIT & WISDOM TO
 NEWSLETTER@CAROLINAGODIVA.ORG**



www.usatf.org



GODIVA ONLINE

<http://www.carolinagodiva.org>

To join the **Godiva listserv**, send a message containing only the terms: *subscribe cgtc* to: sympa@duke.edu
Send messages to: cgtc@duke.edu

GODIVA CLUB CONTACTS

President	Chris Boyce	chris.boyce@cirruspharm.com
Vice President	Halle Amick	
Treasurer	Kevin Nickodem	kevin.nickodem@firstcitizens.com
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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 15% on all regular priced items. Preston Walk Shopping Ctr, Cary www.insideoutsports.com Online Discount code: DV2007	466-0101
The Athlete's Foot 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 15% discount Raleigh & Cary	870-8998 362-8282
Athletic Edge Sports Massage \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
New Balance Durham 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
Active Nutrition Services www.activerd.com \$10 discount per service. Email Jennifer@activerd.com for promo code	
Xpert Nutrition 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

GODIVA TEAM CAPTAINS

Open and Master Men	Jim Clabuesch	jwcvh@mindspring.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

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

(Continued from page 1)

Durham Academy to the UNC campus in 2008. My main goal that summer was beating a personal record in the mile of 6:36 that I set many years before in high school gym class. Needless to say, it went down in defeat with a time of 6:08. Kudos to the long-time Summer Track organizer, Charles Alden, for making that one possible!

I decided to run my first marathon that same summer and signed up for Gary Schultz's Marathon Training Program. Those group runs on Saturday mornings in Duke Forest provided me with the support and focus necessary for finishing the City of Oaks marathon

“This community of runners has become an important part of my life, as it's always been about more than running.”

under my target time of 4 hours. I have looked forward to running with the MTP group ever since, as it has become as much a sign of the seasons for me as cool nights in late summer and the falling of autumn leaves.

At some point along the way the idea of becoming Vice President came up. Conversations about the VP position would arise thereafter from time to time, and I would always say I'm not interested, too busy, or not yet ready. The last minute and somewhat beer-induced decision to volunteer for the position came last fall at the annual Pizza Party. I've since enjoyed learning the running club ropes while attending the monthly business meetings and carrying out my VP duties.

So here I am, recounting the chronology of events that led me from viewing a running club's website to being its newest President. I've been having a lot of fun, creating lasting friendships with many great people, and experiencing personal growth. This community of runners has become an important part of my life, as it's always been about more than running. Many of you reading this have shared the same experience. Some of you, though you may not now foresee it, will surely one day be writing this same column.

—Chris Boyce

UMSTEAD MARATHON VOLUNTEERS NEEDED!

(BY KAREN MURPHY)

Volunteers are still needed for the 2011 Umstead Marathon, to be held on Saturday, March 5.

Volunteers are needed on the course (on foot and on bike), in the parking areas, at the aid stations, in the lodge, at the finish line, and in helping clean up (on the course and in the lodge).

Come out and enjoy the beauty of Umstead Park while approximately 200 runners slog their way through the hills!

If you can volunteer, please fill out our volunteer interest form at:

<http://umsteadmarathon.com/volunteer.html>

If you have any questions, please feel free to email Karen Murphy at outsideday@gmail.com.

PIZZA PARTY RECAP & NEW OFFICERS

Despite the blistering cold temperatures outside, it was very warm inside Satisfaction Restaurant at the annual Godiva pizza party on December 14. According to the most detailed statistical calculations, record amounts of pizza were consumed by the upwards of 50 Godivans in attendance. Club members enjoyed the food and camaraderie well into the evening.

The most important events of the night, however, were the traditional passing of the baton to incoming president Chris Boyce and the election by acclamation of Halle Amick to serve as vice-president for the coming year. Congratulations, Chris and Halle!!

“Gallop and Gorge”

On Thanksgiving day
We galloped and ducked low wires
With our useless chips

—Rietta Couper

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Marshall University Marathon

Huntington, WV 11/7/10

RL Bynum 3:42:08 8:29

JFK 50 Miler

Washington Co. MD 11/20/10

Mike Dacar 10:27:29 12:33

Raven Rock Rumble Trail Races

Lillington, NC 11/20/10

5 miles

Steve Leopard 57:28 11:30

10 miles

Anthony Corriveau 1:09:39 6:58 3rd O/M

Cosby Dudley 1:25:13 8:31

Shannon Johnstone 1:28:40 8:52

Heiko Rath 1:29:04 8:54

Ann Sevareid-Miller 1:32:45 9:17

Paul Wormsbecher 1:34:24 9:26

Brian Durkin 1:38:53 9:53

Courtney Van Houtven 1:46:53 10:41

Scott Herman-Giddens 2:35:20 15:32

Philadelphia Marathon

Philadelphia, PA 11/21/10

Jennifer Modliszewski 2:48:30 5th O/F

Gallop and Gorge 8km (see note)*

Carrboro, NC 11/25/10

Janne Heinonen 3rd O/F

Lisa Couper 3rd F 15-19

Jacob Hoerger 1st M 15-19

AJ Tucker 2nd M 15-19

Jason Page 1st M 35-39

Ronnie Weed 3rd M 35-39

Jack Morgan 1st M/M

Gary Slade 2nd M/M

Bart Bechard 3rd M/M

Rietta Couper 1st F 50-54

Myong Dunn 3rd F 50-54

David Couper 1st M 55-59

Roger Halchin 3rd M 55-59

Cathy Wides 1st F 60-64

Gary Moss 1st M 60-64

Inside-Out Sports Thanksgiving Day 8km

Cary, NC 11/25/10

David Schwerbrock 28:46 5:48 1st M/M

Rob Wilson 29:34 5:57 2nd M/M

Steve Mele 29:57 5:58 1st M 45-49

Anthony Corriveau 30:36 6:10 2nd M 40-44

Jeff Hall 32:35 6:34 3rd M 45-49

Andrew Scribner 32:46 6:36

Lindsey Puryear 34:20

Shannon Johnstone 35:24 7:08 1st F 35-39

Jason Figge 35:42 7:11

Mary Szymkowski 36:53 7:25 1st F 45-49

Sherry Clough 38:53 7:50

Abie Harris 39:51 8:01 1st M 70+

Mel Levin 40:56 8:14 3rd M 60-64

John Webb Jr. 46:44 9:25

Lauren Figge 47:51 9:38

Ashley Bass 51:38 10:24

Run for Hope 5km

Mobile, AL 11/25/10

Tom Hughes 23:05 7:26 2nd M 45-49

Crossroads Plaza Thanksgiving Day 5km

Cary, NC 11/25/10

Paul Potorti 18:18 5:54 2nd O/M

Jeff Luttrell 23:37 7:37

Ridgewood Turkey Trot 8km

Raleigh, NC 11/25/10

Derek Fenton 27:43 5:35 2nd O/M

Jim Clabuesch 28:54 5:49 1st M/M

Matt Marum 31:34 6:21

Doug Hensel 32:54 6:37 3rd M 35-39

Heiko Rath 35:03 7:03

Paul Greene 39:01 7:51

Brian Durkin 39:16 7:54

David Coulter 39:21 7:55

Carolyn Vincent 41:26 8:20

Sarah Negri 42:55 8:38

Janet Leung 44:16 8:54

Trevor Johnson 51:54 10:27

Darice Witherspoon 55:50 11:14

Asheville Turkey Trot 5km

Asheville, NC 11/25/10

Charles West 22:19 7:11

Chris Boyce 23:15 7:29

Jenny Miles 29:44 9:35

Drumstix Dash 8km

Burke, VA 11/27/10

Doug Hensel 32:59 6:39 2nd M 35-39

* Due to catastrophic timing failures, no overall race results will be available for the Gallop and Gorge 8k.

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

GODIVA GOINGS-ON

Oct. 2010 thru March 2011

Godiva Winter Series is here! A series of 7 of the best races you'll ever run! Runners and Volunteers earn points towards a Series T-Shirt. See page 9 for details

Sat. Jan. 1

New Year's Day Run. The 4th of the Winter Series. Ring in the new year with Godiva!

Sun. Jan. 9

Eno Equalizer, at the Eno River State Park, starting at 10am. Slight change in rules this year, so be sure to see page 5 for details.

Fri. Jan. 21

Second-chance registration for the Umstead Marathon. Availability is limited—for details, see:

www.umsteadmarathon.com

Sun. Feb. 13

Geezer Pleezer, the penultimate Winter Series race, at Carolina Friends School at 10am. Stay tuned for details.

Sat. March 5

8th Annual Umstead Marathon, at William B. Umstead State Park. Couldn't get a spot? Volunteers are still needed! See page 3 for details.

COUCH MOUNTAIN 2010 RECAP

(BY PAUL NAYLOR)

Just when we thought it couldn't get any worse weather-wise than last year, they fooled us again. Still, 48 hardies showed up for this year's romp in the cold and rain (see page 6 for results). Once again food and beverages were consumed around a campfire designed and maintained by Odile and Chris Gould. The fire made it almost enjoyable.

The race could not be put on without the efforts of our volunteers and our corporate sponsor. This year's mile marks were brought to you by Bubba Measurements, Inc., where their commitment to accuracy is exemplified by their motto "Hey, close enough."

THANK YOU COUCH MOUNTAIN VOLUNTEERS!

Chris Crowder
Chris Gould
Heiko Rath
Jenny Hill
Jim Reagan
Luke Lucas (Medical Support)
Ronnie Weed
Serena Paddock
Susie Hansley

COMING UP: ENO EQUALIZER 2011

(BY RICHARD SMITH)

The Eno Equalizer, the fifth race in the Winter Series, will take place at Eno River State Park on January 9, 2011, starting at 10am. We are hoping for warmer weather than last year, but in case it's another cold day, Chris Gould has again offered to bring along some firewood (thanks Chris!).

At Gary Schultz's suggestion, I am going to make a small change in the rules this year. The overall concept is the same as before – each team has a team handicap that the runners can decide how to split among themselves – but the difference is that when the handicaps are announced, they will be individual handicaps rather than one handicap for the team. You may decide just to stick with the announced handicaps, but team members can also trade handicaps among themselves, so long as the total handicap time remains the same.

Example: Alice, Sandra and Tom are on the same team, and the initial handicaps are: Alice 5 minutes, Tom 6 minutes, Sandra 9 minutes (total: 20 minutes). That means Sandra would start first (9 minutes before scratch time), Tom 3 minutes later, and Alice 1 minute after Tom. However, when they talk among themselves, Tom and Sandra agree that really Sandra is

faster than Tom by about a minute. Therefore, they agree to adjust their handicaps so that Tom's handicap is 8 minutes, Sandra's 7 minutes, while Alice's is still 5 minutes. Of course that doesn't take into account Alice's performance, but they can do further trading until all three runners are satisfied with their handicaps. The objective, as always, is that the three runners adjust their handicap times so that they finish at the same time. The winning team is the first to finish all three runners.

The course is one loop of the Cox Mountain trail, officially 3.75 miles but that doesn't take into account the hill over Cox Mountain itself, which you have to climb twice!

As usual, I would appreciate a few volunteers to help with registration and start/finish line duties. Please call me at 408-8126 or email rls@email.unc.edu if you are able to help.

"The objective, as always, is that the three runners adjust their handicap times so that they finish at the same time. The winning team is the first to finish all three runners."

COUCH MOUNTAIN 2010 RESULTS

Place	Name	Time	City	Place	Name	Time	City
1	Peters, Sam	32:28	Durham	25	Dooley, Ray	42:39	Chapel Hill
2	Henly, Craig	32:39	Chapel Hill	26	Malizia, Andrew	43:03	Chapel Hill
3	Bechard, Barton	32:41	Durham	27	Van Houtven, Dom	43:12	Chapel Hill
4	Clancy, Joseph	33:47	Durham	28	Boyce, Christopher	43:16	Cary
5	Haws, John	34:10	Durham	29	Rexford, Frank	43:53	Chapel Hill
6	Lloyd, John	34:36	Durham	30	Larson, Denise	44:47	Durham
7	Hall, Jeff	34:21	Cary	31	Weyandt, Jamie	44:48	Durham
8	Heinonen, Janne	34:26	Chapel Hill	32	Gracey, Alison	45:35	Durham
		(1st O/F)		33	Huettel, Carolyn	45:35	Durham
9	Clabuesch, Jim	35:10	Durham	34	Munsat, Steve	46:44	Chapel Hill
10	Hill, Harold	35:14	Chapel Hill	35	Hindenach, Barbara	50:30	Durham
11	Hensel, Douglas	35:44	Apex	36	Kirby, Tom	50:31	Durham
12	Bruer, Patrick	35:53	Chapel Hill	37	Malizia, Emil	50:35	Chapel Hill
13	Sousa, Greg	36:04	Durham	38	Lewis, Jamie	52:37	Durham
14	Astrachan, Owen	36:42	Chapel Hill	39	Sousa, Sara	52:57	Durham
15	Johnson, Justine	38:44	Durham	40	Walsh, Thomas	54:33	Cary
16	Lorenz, Steve	38:44	Durham	41	Walsh, Mike	54:35	Cary
17	Selvaggi, Chris	39:15	Cary	42	Henderson, Karla	55:38	Durham
18	Smith, Richard	39:43	Chapel Hill	43	Slade, Susan	56:08	Durham
19	Libby Searles-Bohs	40:27	Durham	44	Lorenz, Finny	1:02:07	Durham
20	Hotelling, Jim	40:45	Chapel Hill	45	Lorenz, Sylvan	1:02:12	Durham
21	Miller, Ann	41:25	Durham	46	Eldridge, Barbara	1:34:38	Durham
22	Markham, Thomas	41:26	Durham	47	Jewell, John	1:34:40	Durham
23	Wormsbecher, Paul	41:51	Apex	48	Surh, Jerry	1st Place, Course Creativity	Carrboro
24	McDonald, Connor	42:10	Chapel Hill				

**SUPER BIG THANKS TO OUR JANUARY CONTRIBUTORS
IN NO PARTICULAR ORDER**

Chris Boyce, Jim Clabuesch,
Paul Naylor, Richard Smith,
Rietta Couper, Karen Murphy

WINTER SERIES SCOREBOARD

Name	Paid	Form	Shirt	Donuts	Misery	Couch Mtn.	New Year's	Eno Equal	Geezer Pleezer	Hard Climb 3 or 7	Hard Climb 10	Total Pts.	Pts. Needed for T-shirt
Akos, Patrick	Y	Y	XXL	R	R							2	3
Astrachan, Owen	Y	Y	M	R	R	R						3	2
Bechard, Barton	Y	Y	M	R	R	R						3	2
Boyce, Christopher	Y	Y	M	V		R						2	3
Bruer, Patrick	na RD			R		R	D					0	0
Caldwell, Ethan	Y	Y	L		R							1	4
Clabuesch, Jim	na RD		L	R	D	R						0	0
Corriveau, Anthony	Y	Y	M		R							1	4
Cullen, Sue	Y	Y	M									0	5
Dooley, Ray	Y	Y	L	R	R	R						3	2
Fowler, David	na RD			D								0	0
Fowler, Gail	na RD			D								0	0
Fowler, Grant	na RD			D								0	0
Gould, Chris	Y	Y	S	V		V						2	3
Hall, Jeff	Y	Y	M		R	R						2	3
Hansley, Bill	Y	Y	XL		R							1	4
Hansley, Susie	Y	Y	XL F		V	V						2	3
Haws, John	Y	Y	L		R	R						2	3
Henderson, Karla	Y	Y	M		R	R						2	3
Hensel, Doug	Y	Y	L	R		R						2	3
Herrick, Candy	Y	Y	S		R							1	4
Hill, Caris	na <18	Y	S		R							1	4
Hill, Harold	Y	Y	L		R	R						2	3
Hill, Jenny	Y	Y	S		R	V						2	3
Hotelling, Jim	Y	Y	XL	R	R	R						3	2
Howard, Jennifer	Y	Y	M	R	R							2	3
Howe, Connie	Y	Y	M		R							1	4
Huettel, Carolyn	Y	Y			V	R						2	3
Jewell, John	Y	Y	M	R	V	R						3	2
Johnson, Justine	Y	Y	S	R	R	R						3	2
Johnson, Trevor	Y	Y	L	R/V								1	4

(Continued on page 8)

THE 27TH ANNUAL GODIVA WINTER SERIES

Run for the Donuts **Durham Academy, Upper School, 3601 Ridge Rd.** **Sun. Oct. 17 @ 10 am**



X-Country team relay.
Race Director: Gail Fowler and sons

Misery Run **The Lucas Farm, Old Fayetteville Rd. Carrboro** **Sun. Nov. 14 @ 10 am**



5 mile X-Country run with challenges to overcome and plenty of mud and muck.
Race Director: Jim Clabuesch, 401-9589 jwcvh@mindspring.com

Couch Mountain **Duke Forest, South US 70 & NC 751** **Sun. Dec. 12 @ 10 am**



X-Country race up the famous Couch Mountain followed by a cookout!
Race Director: Paul Naylor, 493-3702 naylorpaul@msn.com

New Year's Day Run **Duke School for Children, 3716 Erwin Rd.** **Sat. Jan. 1 @ 1 pm**

5 miles of X-Country.
Race Director: Patrick Bruer, 929-8582 pjbruer@gmail.com

Eno Equalizer **Eno State Park, End of Cole Mill Rd.** **Sun. Jan. 9 @ 10 am**

4 miles of X-Country team handicap race. Snow date is TBD
Race Director: Richard Smith, 408-8126 rls@email.unc.edu

Geezer Pleezer **Carolina Friends School, 4809 Friends School Rd.** **Sun. Feb. 13 @ 10 am**

Start time based on age and gender. Run starts and ends on school campus.
Race Director: Gary Schultz, 489-7803 gary.schultz@frontier.com

Hard Climb Hill **Duke Forest, Gate 23 at Mt. Sinai Rd.** **Sun. Mar. 20 @ 10 am**

3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.
Race Director: Jerry Surh, 967-0272 surh@ncsu.edu

Earn points for the Winter Series T-shirt!

You must be a CGTC member and run or volunteer at 5 of the 7 events.

The Hard Climb Hill 10-miler will count as two events if you run it.

Lots of volunteer opportunities available, hint hint. . .Contact the race directors to find out more!

Carolina Godiva Track Club members only may sign up for all seven races by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (30 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under.

To receive the 2010-2011 Incredibly Beautiful 27th 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 will count as two events if you run it.

If you want your name to show up in the Winter Series Standings that are published in the newsletter, please fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information on the series, contact Chris Boyce at 919-698-9751.

Winter Series

Carolina Godiva Track Club Winter Series 2010-2011 Entry Form

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

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's, if under age 18)

Date

Return Completed Form To:

JIM CLABUESCH
9 LITCHFIELD COURT
DURHAM, NC 27707-5367

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

<i>Last name</i>		<i>First Name</i>	
<i>Address</i>			
<i>Phone(s)</i>		<i>E-mail</i>	
<i>Birthdate</i>	<i>Gender M F</i>		

TYPE OF MEMBERSHIP

<input type="checkbox"/>	Regular	\$20.00		
<input type="checkbox"/>	Student	\$15.00	<input type="checkbox"/>	New
<input type="checkbox"/>	Family	\$30.00		
<input type="checkbox"/>	Multi-Year (individual)	\$90 / 5 years	<input type="checkbox"/>	Renewal
<input type="checkbox"/>	Friend of Dr. Godiva	\$ Unlimited		

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 respective 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	First Name	Gender	Birthdate	SIGNATURE	Date

Mail application and dues to:

**Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472**

**Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472**

**Non Profit Organization
U.S. Postage Paid
Durham, NC
Permit No. 1084**

ADDRESS SERVICE REQUESTED



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