

VOLUME XXXVI  
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**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

## HIT THE TRAILS!

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It's trail running season! No wait, it's been trail running season for some months now, right? Is there a trail running season?! Well, this may be news for many Godivans who run trails throughout the year, or to the growing trail running community here in North Carolina's Triangle area and across the country. At any rate, trail running is popular, as seen by how many trail races fill up within hours or even minutes. Our own state, with its varied terrain, extensive public lands, and numerous trail races, has much to offer both novice and veteran trail runners. For you veterans, I'm just singing to the choir here, but everyone else may want to get in on the action!

"Our own state, with its varied terrain, extensive public lands, and numerous trail races, has much to offer both novice and veteran trail runners."

Well, for starters, there are these things called trail shoes that you can find at your local running store.

Their basic design offers a lower profile that stabilizes your foot by bringing it closer to the ground. They also have less cushioning to allow your foot to feel the irregular surface of trails, while incorporating harder outer soles to protect your foot from rocks and roots. Similar to the cleats many people wore during their youth playing sports, their outer soles have rubber teeth for gripping earthen or rocky surfaces.

All that said, I've never owned a real pair of trail shoes. My "trail shoes" are nothing more than old road running shoes! While they are not ideal, they are sufficient for most trail surfaces I encounter. My own experience running trails, along with advice from other trail runners, tells me that knowing how to run trails is more important than the shoes on your feet. The most important rule is to spend most of your time looking down at the ground. Sure, take in all that natural scenery. Just do so momentarily when the terrain allows, or stop along the way to look around. The second most important rule is to accept that you will occasionally trip and fall or roll your ankle. If you follow the first rule, you will greatly reduce the incidence of falling. For those times that you do fall, just know that trail runners call the resulting skin breaks and bruises "trail love"!

I don't know how many rules there are, but running form would certainly figure high among them. A shorter gait will make you more sure-footed and help you conserve energy climbing up hills. Finally, your upper body

*(Continued on page 4)*

**DEADLINE FOR  
MARCH  
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FEBRUARY 15TH**

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## GODIVA ONLINE

<http://www.carolinagodiva.org>

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

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## CLUB DISCOUNTS

<b>Bull City Running Company</b> 15% off all non-sale items <a href="http://www.bullcityrunning.com">www.bullcityrunning.com</a> Southpoint Crossings, Durham	265-3904
<b>Omega Sports</b> 10% on all non-sale items - New Hope Commons or Renaissance Pkwy., Durham; Crossroads, Cary; North Hills, Raleigh	493-7603 360-9060 859-2623 871-0311
<b>Inside-Out Sports</b> 15% on all regular priced items. Preston Walk Shopping Ctr, Cary <a href="http://www.insideoutsports.com">www.insideoutsports.com</a> Online Discount code: DV2007	466-0101
<b>The Athlete's Foot</b> 15% on non-sale items. Cameron Village, Raleigh	828-3487
<b>Raleigh Running Outfitters</b> 15% discount Raleigh & Cary	870-8998 362-8282
<b>Athletic Edge Sports Massage</b> \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
<b>New Balance Durham</b> 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
<b>Active Nutrition Services</b> <a href="http://www.activerd.com">www.activerd.com</a> \$10 discount per service. Email <a href="mailto:Jennifer@activerd.com">Jennifer@activerd.com</a> for promo code	
<b>Xpert Nutrition</b> 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
<b>Duke Sports Performance</b> 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

## GODIVA TEAM CAPTAINS

Open and Master Men	Jim Clabuesch	<a href="mailto:jwcvh@mindspring.com">jwcvh@mindspring.com</a>
Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
Master Women	Cathy Wides	<a href="mailto:cadw09@gmail.com">cadw09@gmail.com</a>

## GODIVA BUSINESS MEETINGS

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

## GODIVA WEEKLY RUNS

These group runs are meant to be social runs in which you may meet other runners and potentially find running partners and new friends. Headsets are neither sociable nor safe. So, please leave your headset at home. The running paces below reflect the pace of those runners currently attending these runs. If you do not find a pace or distance that fits you, please consider being a coordinator for a new weekly run that could be added to this CGTC weekly run calendar.

For full details on all weekly runs, please see <http://www.carolinagodiva.org/index.php?page=weekly-runs>

► ***Mondays in RTP***, 5:30 PM. Park Dr, between Credit Union and "shopping" center. From I-40 take the Davis Dr exit. From 40 West, turn left off the exit ramp and then turn right at the next light into Park Dr. From 40 East, go straight off the exit ramp which puts you on Park Dr. Go straight through the first 4-way stop. Turn right at the next turn and look for us straight ahead. This run takes place on the paved paths in Research Triangle Park. It is a loop with a smaller "add-on" loop and/or "out and back". It is hot in the summer, so bring water to carry. It is dark in the winter, so bring your flashlight. Depending on the course you want, you can go from 5.2 to 6.1 to 7+ miles. The majority of the people who attend this run go between 8:00 - 9:15 minutes per mile. Coordinator: Carolyn Huettel, 401-9589.

► ***Tuesdays at Duke's East Campus***, 6:00 PM. Parking lot of Asbury United Methodist Church, 806 Clarendon St., Durham (corner of Markham Ave. and Clarendon St., just behind Duke's East Campus, facing Markham Ave.). This run takes place on the "wall trail" along Duke's East Campus and surrounding streets. We stop for a water break at one of the buildings on Chapel Dr. The total distance is 5.27 miles. There are two pace groups, one at 7:30-8:30 minutes/mile and another at 9-10 minutes/mile. Coordinators: Jen Howard (260-0261) and David Coulter (286-7278)

► ***Wednesdays at Woodcroft***, 6:00 PM (except during CGTC Summer Track, mid-May to early August). Meet at the Sunset Grille parking lot at 5850 Fayetteville Rd. #101, in Durham. Well it parking is available at the end of the building past Sunset Grille, near the garages for the condos. The run takes place on neighborhood streets and greenways. See <http://www.gmap-pedometer.com/?r=4149735> for a map of the course loop. Parts of the run are not lit, so a headlamp or flashlight is required. Coordinator: Marshall Stanley, [msssguitar@aol.com](mailto:msssguitar@aol.com)

► ***Thursdays at the ATT***, 6:00 PM. South Point Crossing shopping center in Durham, in front of the Kroger Grocery Store. From I-40, take the Fayetteville Rd exit and turn away from SouthPoint Mall. Go straight through the light at Hwy 54. Turn left at the next light onto SouthPoint Crossing Dr. You will see the Kroger to your left, we park in the far half of the parking lot directly in front of Kroger.

This run takes place on the American Tobacco Trail and neighborhood streets, up to 8.4 miles. Coordinators: Jim Clabuesch and Carolyn Huettel, 401-9589

► ***Saturdays at the Harrison Avenue entrance to Umstead Park***, 8:30 AM. From I-40, take the Harrison Ave exit. From the West, turn left on Harrison. From the East, turn right on Harrison. Follow Harrison into the park. Park as soon as you see the parking spaces.

Carolyn Huettel, 401-9589, coordinates the slower of the two groups, which typically goes by time. I can get you 1 hour or more. If you want less, you just need to turn around - but please let me know if you plan to do that. The hour usually gives you a little over 6 miles of running. We usually have runners training for marathons, so the time often gets up to 2, 2.5, and 3 hours of running. The pace ranges from 8:45 to 9:45 min/mile. This is mostly run on single track hiking trails, which are full of roots and rocks. There are also many hills. Thus, your pace will be much slower than your pace on the asphalt. We stop at large intersections to make sure we have everyone, so do not expect a continuous run. Please bring water to carry during the run. I try to get us to water fountains, but it may not be at the time you need water.

A faster group runs at a 7:00 - 8:00 min/mile pace. The distance depends on who shows up.

► ***Sunday Mornings at Duke Forest***, 8:00 AM. Park along the road leading to Wallace Wade Stadium. From 15/501 Bypass, go South on 751. Go through the light at Erwin Rd. Turn left at the next light onto Science Dr. (across from the Washington Duke Inn.) Take the very first right onto Frank Bassett Dr and park near the bus stop. We run on the trails of Duke Forest to Kerley Rd and then to Couch Mountain for more miles. To Kerley Rd and back is about 9 miles. A club member usually plants water for us every week on Kerley Rd. Loops adding Couch Mountain can give an additional 3, 3.5, 5 miles. Paces vary from 7:30 to 10:30 per mile. Coordinator: Carolyn Huettel, 401-9589. A pre-run also meets at 7:00 AM to do a 4 mile loop of the Al Buehler Trail and Fitness Loop at 11:00 per mile, before joining the main group at 8:00 AM Contact: Walter Rogan, 929-6060

# AT THE RACES

(COMPILED BY JIM CLABUESCH)

## Turkey Trot 5km

Apex, NC 11/20/10

Martin McGaha 23:13 7:29 3<sup>rd</sup> M 50-54  
John Webb, Jr. 28:06 9:03

## Run at the Rock Trail Races

Burlington, NC 12/4/10

### 7 miles

Guy Potter 46:27 6:38  
Dan Gardiner 46:42 6:40  
Megan Wrightman 49:59 7:08 1<sup>st</sup> O/F  
Cosby Dudley 53:37 7:40  
Andrew Macknair 59:29 8:30  
Aline Lloyd 1:10:48 10:07  
Mark Rhoads 1:15:38 10:48  
Erin McIntee 1:19:21 11:20  
Jenny Miles 1:25:39 12:14

### 14 miles

Anthony Corriveau 1:36:05 6:52  
Paul Eppers 1:42:25 7:19  
Doug Hensel 1:47:15 7:40  
Shannon Johnstone 1:56:18 8:18  
Chris Boyce 2:08:23 9:10

## Jingle Bell Run/Walk for Arthritis 5km

Raleigh, NC 12/4/10

David Schwerbrock  
17:18 5:35 1<sup>st</sup> M 45-49  
Steve Mele 18:01 5:48 2<sup>nd</sup> M 45-49  
Andrew Scribner 19:47 6:22  
Lindsey Puryear 20:48 6:42  
Tim O'Brien, Sr. 23:18 7:30  
Abie Harris 24:03 7:45 1<sup>st</sup> M 70+  
Mel Levin 24:55 8:02  
Joanne Piscitelli 25:52 8:20

## Reindeer Dash for Cash 10 Miler

Greenville, NC 12/5/10

Ashley Bass 1:01:22 6:09 1<sup>st</sup> M 50-54

## Las Vegas Marathon

Las Vegas, NV 12/5/10

Tom Meyer 5:22:07

## Kiawah Island Half and Full Marathon

Kiawah Island, SC 12/11/10

### Half

Laura Heyneman 1:43:06 7:58 5<sup>th</sup> F 45-49  
Roxanne Springer 1:49:54 8:34  
Courtney Van Houtven 1:55:46 8:56  
Meredith Nicholson 2:20:39 11:03

(Continued on page 5)

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

(Continued from page 1)

motion should be more fluid to negotiate obstacles, sudden turns, and terrain changes.

Is there anything else you need? Well, maps or GPS watches are a good idea to avoid becoming disoriented on the trail. More importantly though, wear a fuel belt. They carry bottles for water and energy drinks and they always have places to stash food, car keys, or any small item you feel moved to bring with you.

Where can you run? There are many places here in the Triangle and across this state for trail runners to do their thing. I'll focus on just a few here in the Triangle, starting with Umstead State Park and Duke Forest. There is a reason this running club has weekly runs in both places. They are easily accessible, heavily forested, and full of trails. Duke Forest has mostly earthen or gravel access roads, while Umstead has these in addition to many miles of single track.

If you really want to feel like you've been transported to the mountains, visit Hemlock Bluffs in Cary or Eno River State Park in Durham. The trails at Hemlock Bluffs are less technical, but the Hemlock lined stream valley makes you feel like you're 100+ miles further west in the state. The topography at Eno River is hilly and the trails can be quite technical, but steep climbs combined with occasional vistas give you that mountain fix!

What races can you run? There are many trail races on the spring calendars of running websites. One that can fill up within minutes is the Uwharrie Mountain 8, 20, and 40 Mile Run. This trail race is staged in the Uwharrie National Forest near Troy, NC. Just ask one of the many CGTC members for whom this race is an annual pilgrimage, and they will tell you all about it! There is also the CGTC's own Umstead Trail Marathon, which courses through much of Umstead State Park. Um... my bad, it's too late to sign up for these two trail races, and their distances may be too much for some beginning trail runners anyway. Do not fret though, as there are many more options this spring.

Some that stand out in my mind, because I've run them, are the Ground Hog Gallop 21K and 8K near Gibsonville, CGTC's Hard Climb Hill 3-10 miler in Duke Forest, the Mountains to Sea 12 Miler (and new 50K) along Falls Lake, Owl's Roost Rumble Half Marathon and 3.5 Miler in Greensboro, and Inside Out Sport's Half Marathon and 10K in Umstead State Park.

Well, you already know the joys of running, so how about experiencing the joys of trail running?! How about learning what draws so many of your fellow Godivans to them? Now that you know the basics of trail running, that there are many places to run trails, and that you can run them with fellow Godivans, get out there and run some trails!

—Chris Boyce

# AT THE RACES

(COMPILED BY JIM CLABUESCH)

(Continued from page 4)

## Kiawah Island Half and Full Marathon

Kiawah Island, SC 12/11/10

### Full

Neil Jacobs 2:55:40 6:43 3<sup>rd</sup> M 35-39

Gregg Dean 2:55:53 6:43 3<sup>rd</sup> M/M

David Schwerbrock

2:58:27 6:49 1<sup>st</sup> M 45-49

Jennifer Modliszewski 3:06:55 7:08 3<sup>rd</sup> O/F

James Gerdts 3:28:55 7:59

Melissa Lee 3:46:00 8:39

Laree Johnson 4:26:29 10:14

## Reindeer Romp 5km

Cary, NC 12/11/10

Roberta Drewry 23:11 7:28 1<sup>st</sup> F 45-49

Martin McGaha 23:40 7:37 2<sup>nd</sup> M 50-54

Candy Herrick 23:42 7:38 2<sup>nd</sup> F 40-44

Grace Drewry 34:43 11:11

## Jolly Elf Trail Run 5km

Cary, NC 12/11/10

Steve Mele 18:20 5:54 1<sup>st</sup> M 45-49

Jeff Hall 19:44 6:21 3<sup>rd</sup> M 45-49

Andrew Scribner 19:51 6:29

Abie Harris 25:11 8:07 1<sup>st</sup> M 70-79

Mel Levin 28:00 9:01 2<sup>nd</sup> M 60-64

## Final Standings 2<sup>nd</sup> Empire Race Series

Steve Mele 5<sup>th</sup> O/M

Andrew Scribner 2<sup>nd</sup> M 40-44

David Schwerbrock 1<sup>st</sup> M 45-49

Mel Levin 3<sup>rd</sup> M 60-64

Abie Harris 1<sup>st</sup> M 75+

## Rocket City Marathon

Huntsville, NC 12/11/10

Jerry Harris 4:00:26 1<sup>st</sup> M 70-74

## Thunder Road Half and Full Marathon

Charlotte, NC 12/11/10

### Half

Katie Cannizzaro 1:29:15

Eric Paul 1:32:34

Paul Bloom 1:44:58

Sarah Negri 1:59:46

Crystal Dreisbach 2:02:15

Halle Amick 2:03:29

Dwight Firestine 2:16:01

### Full

Colin Jones 2:58:18 2<sup>nd</sup> M 40-44

Steve Peters 3:28:50

Scott Brewner 3:32:27

Heiko Rath 3:44:16

Charles Fiore 3:52:58 (PR)

Laura Schwark 4:10:02

Erin Swanson 4:14:34

Charles West 4:45:49

Kelly Woolbright 5:07:25

## USATF Nat'l Club XC Championships

Charlotte, NC 12/11/10

### Masters Women 6km

Betsy Kempter 25:55

Dorothy Slentz 26:23

Alison Gracey 26:49

Donna Levy 26:54

Cathy Wides 26:59 1<sup>st</sup> F 60-64

Myong Dunn 28:20

Shelly Bloom 31:03

Carolyn Huettel 31:41

Barbara Hindenach 32:43

40-49 team took 11<sup>th</sup>

50-59 team took 4<sup>th</sup>

### Masters Men 10km

Tim Meigs 34:28 (PR)

Jim Clabuesch 36:39

Craig Heinly 36:40

Ashley Bass 36:57

Guy Potter 38:14

Ulf Andre 41:28

Kevin Nickodem 41:32

Cosby Dudley 45:02

William Kraus 43:05

Jay Smith 45:54

Jim Hotelling 47:21

Ed Leydon 47:27

John Webb, Jr. 53:31

Chris Crowder 53:52

40-49 team took 16<sup>th</sup>

50-59 team took 16<sup>th</sup>

60-69 team took 14<sup>th</sup>

### Open Men 10km

Jason Page 33:25

George Linney 35:42

Ben Godfrey 37:29

## Southern Village 5km

Chapel Hill, NC 12/12/10

Roger Halchin 20:22 6:34 2<sup>nd</sup> M 50-59

Bob Callanan 21:12 6:50 2<sup>nd</sup> M 40-49

Richard Crume 28:25 9:09

## Run in the New Year 5km

Cary, NC 1/1/11 midnight

George Linney 18:30 5:58 1<sup>st</sup> O/M

(1<sup>st</sup> win of day)

Tim Young 24:20 7:51

Holly Small 27:47 8:59

## Resolution Run 5km

Cary, NC 1/1/11 8:00 a.m.

George Linney 18:12 5:52 1<sup>st</sup> O/M

(2<sup>nd</sup> win of day)

(George would go on to his third victory of 1/1/11 at 1:00 p.m. at the Godiva New Years Day 8km – Trifecta, Hat Trick, NYD Triple Crown – call it what you will, a very impressive day of racing for George!)

## Run for Young 5km

Raleigh, NC 1/8/11

Rob Wilson 18:31 5:58 1<sup>st</sup> M 40-44

Andrew Scribner 19:51 6:24

Mel Levin 26:54 8:41 3<sup>rd</sup> M 60-64

Abie Harris 29:31 9:31 2<sup>nd</sup> M 75-79

## Ocean Isle Bridge Run Half Marathon

Ocean Isle Beach, NC 1/8/11

David Couper 1:27:46 1<sup>st</sup> M 55-59

Lisa Couper 2:28:14

James Gerdts 1:37:23

Wade Clark 1:41:32 1<sup>st</sup> M 65-69

Laree Johnson 2:02:54

## Frosty Fifty 50km

Winston-Salem, NC 1/8/11

Gregg Dean 3:37:59 7:01 4<sup>th</sup> O/M

## Disney Half & Full Marathon

Orlando, FL 1/8&9/11

### Half

Roberta Drewry 2:07:01

Juliette Eck 2:29:50

Michael Chrestensen 2:44:40

### Full

Roberta Drewry 4:05:01

## Little River Trail Runs

North Durham/Orange Counties 1/15/11

### 7km

Lisa Couper 34:39 7:58 1<sup>st</sup> F <19

David Walbert 35:29 8:09

Steve Leopard 37:34 8:38

Gwendolyn Lloyd 38:49 8:55 3<sup>rd</sup> F <19

(Continued on page 6)

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

# JANUARY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:07pm on January 18, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Chris Gould, Barbara Hindenach, Kevin Nickodem, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

The first item was Kevin's Treasurer's report. There is around \$33,000 in the Club's accounts, although this does not reflect the considerable expenses to the Club associated with the upcoming Umstead Marathon. The Club's tax returns for the past fiscal year ending June 30, 2010 have been filed, and the Club's liability insurance through RRCA is now in effect.

In the absence of Mike Dalton, Thomas Markham and Jim Clabuesch, we did not hear the usual standing reports on Haberdashery, the Newsletter or Membership.

On the Winter Series, Patrick reported 114 finishers at the New Year's Day race, equaling the record number of participants at that event two years ago. We also heard that the Eno Equalizer had good attendance and was successful, notwithstanding some glitches in the operation of the Club's timing ma-

chine at the race. Finally, Gary reported that for the upcoming Geezer Pleezer, he is converting the age and gender handicaps to reflect the newly available 2002 WMA (World Masters Athletics) performance data. He has also done this conversion for the all-time "top ten" list for the race (see page 9).

Moving onto discussion items, Patrick informed us that a Club PayPal account has now been activated. A discussion then ensued on whether to move online registrations for annual Club memberships from Active.com to PayPal. The processing fees are less with PayPal, but are paid by the Club rather than the member; on the other hand, the PayPal system is apparently more complicated to use and requires greater technical support from the Club's webmaster. Since the shift would potentially have a significant impact on Jim's work as Membership Chair, we agreed that Patrick will discuss this with Jim and bring the item back for a decision at the next business meeting.

The next item dealt with the Runners of the Year (ROY) and Volunteer of the Year (VOY) awards. For ROY, we added to the Selection Committee the Club's immediate

past-president. For VOY, the Selection Committee consists of the President, Vice-President, immediate past-President, and last year's Volunteer of the Year. Awards will be announced at the Annual Banquet this spring.

We then heard from Chris B. on an "offer" from a local wellness center to provide massages and chiropractic services at Club races. Club members would be charged for these services and, in accordance with longstanding practice, we decided not to accept this offer.

Chris also reported that a Club member's cat had died and that colleagues of the member had expressed interest in making a donation to the Club in memory of the cat. In his capacity as Treasurer and steward of our fiscal health, Kevin proposed that "we take the money!" On further reflection, though, we agreed that it would be a better idea for any such donation to go to a worthy charity rather than the Club.

With our animal spirits quenched and the nearly full moon continuing to rise in the evening sky, the meeting adjourned at 7:57pm.

—Henry Blinder

(Continued from page 5)

Eric Paul 41:02 9:26  
 Silas Hill 42:26 9:45  
 Lisa Miller 45:13 10:24  
 Trevor Johnson 46:05 10:36  
 Darice Witherspoon 53:31 12:32

### 10 miles

Anthony Corriveau 1:12:33 7:15 1<sup>st</sup> M/M  
 Guy Potter 1:13:41 7:22 1<sup>st</sup> M 40-49  
 Paul Eppers 1:15:28 3<sup>rd</sup> M 40-49

Jeff Hall 1:20:48 8:05  
 Owen Astrachan 1:26:49 8:41  
 Joe Shamblin 1:27:16 8:44  
 Heiko Rath 1:32:02 9:12  
 Chris Boyce 1:32:58 9:18  
 Ann Severeid-Miller  
 1:35:03 9:30 1<sup>st</sup> F 50-59  
 Laura Heyneman 1:35:37 9:34  
 Greg Sousa 1:37:36 9:46  
 Aline Lloyd 1:39:49 9:59  
 Ray Dooley 1:40:34 10:03  
 Courtney Van Houtven 1:46:42 10:40

Alan Schumacher 1:47:04 10:42  
 Mark Rhoades 1:47:29 10:45  
 Peter Hessling 1:49:26 10:57  
 Frank Rexford 1:50:21 11:02  
 Shannon Johnstone 1:53:47 11:23  
 Steve Munsat 1:54:49 11:29  
 Jenny Hill 1:56:47 11:41  
 Halle Amick 1:57:00 11:42  
 John Webb, Jr. 1:59:49 11:59  
 Erin McIntee 2:07:12 12:43  
 Jenny Miles 2:18:48 13:53

M/F = Master Female  
 M/M = Master Male

O/F = Overall Female  
 O/M = Overall Male

GM/F = Grandmaster Female  
 GM/M = Grandmaster Male

# NEW YEAR'S DAY 8K RUN 2011

Many thanks to the volunteer crew— Don Anthony, Owen Astrachan, Jim Clabuesch, Charlie Fiore, Allison Hall, Gordon Keeler, Daniel Kenan, Emil Malizia, Robert Moody, Jim Reagan, Gary Schultz and Sara Sousa.



Place	Name	Gender	Age	Time					
1	Monk Linney	M	35	30:47	60	Martin McGaha	M	54	43:30
2	Craig Heinly	M	42	30:55	61	Chris Gould	M	66	43:31
3	Jim Clabuesch	M	45	31:23	62	Jacob Hoerger	M	18	43:33
4	Rich Damberg	M	50	32:18	63	Nate Brown	M	37	43:46
5	Joseph Clancy	M	38	33:14	64	Tim Young	M	34	43:48
6	Wayne McLeod	M	51	34:20	65	Mickey Fong	F	32	43:51
7	Colin Jones	M	40	34:48	66	Paul Wormsbecher	M	49	44:33
8	Quentin Malloy	M	30	34:52	67	Lena Hollmann	F	59	44:45
9	David Tallon	M	33	35:04	68	Alan Schumacher	M	53	44:56
10	Doug Hensel	M	37	35:11	69	Jeff Branin	M	63	45:13
11	Jeff Hall	M	46	35:15	70	Andrew Signor	M	31	45:26
12	Mike Kelley	M	51	35:21	71	Davi Chesire	F	15	45:28
13	Owen Astrachan	M	54	35:26	72	Laurin Easthom	F	46	45:41
14	David Drewry	M	47	35:36	73	George Retsch-Bogart	M	58	45:51
15	Larry Bohs	M	51	35:39	74	Leigh Mcleod	F	46	45:58
16	Alexander Kenan	M	18	35:50	75	Lloyd Brown	M	53	46:07
17	Brad Smythe	M	52	35:52	76	Patrick Harvan	M	41	46:18
18	Chris Lowden	M	41	35:59	77	Tom Coffman	M	56	46:22
19	David Meyer	M	47	36:05	78	William Zuercher	M	39	46:27
20	Harold Hill	M	41	36:17	79	Maureen Furlong	F	39	46:52
21	Robert Byerly	M	15	36:30	80	Gordon Keeler	M	55	46:58
22	John Haws	M	42	36:59	81	Frank Rexford	M	51	47:23
23	Betsy Kempter	F	44	37:05	82	Carolyn Huettel	F	46	47:57
24	Ethan Caldwell	M	37	37:10	83	Steve Munsat	M	46	48:26
25	Steven Eldridge	M	33	37:15	84	Gary Pohl	M	52	48:35
26	Steve Lorenz	M	36	37:21	85	Chris Crowder	M	44	48:49
27	Candy Herrick	F	40	37:30	86	Mark Rhodes	M	42	49:29
28	Nancy Kaiser	F	40	38:11	87	Jenny Hill	F	42	49:53
29	Justine Johnson	F	36	38:26	88	Jaye Meyer	F	49	50:21
30	Chris Selvaggi	M	42	38:41	89	Alfred Kleinhammes	M	59	50:52
31	Heiko Rath	M	41	38:48	90	Erin McIntee	F	30	50:59
32	Cathy Wides	F	61	38:54	91	Wesley Byerly	M	54	51:20
33	John Northen	M	60	39:14	92	Darryl Dunn	M	63	51:40
34	Thomas Hoerger	M	51	39:49	93	Charles Alden	M	64	52:48
35	Cosby Dudley	M	50	39:54	94	Ross Coleman	M	67	53:41
36	Libby Searles-Bohs	F	45	39:58	95	Christopher Flowers	M	30	53:42
37	Tom Maunz	M	30	40:04	96	Niro Herndon	M	13	53:48
38	Amy McMann	F	42	40:06	97	Hona Lee Harrington	F	47	54:03
39	Richard Smith	M	57	40:17	98	John Jewell	M	54	54:45
40	Donna Levy	F	42	40:25	99	Barbara Hindenach	F	59	54:54
41	Tim O'Brien Sr.	M	59	40:37	100	Tom Kirby	M	57	54:55
42	Amy Law	F	30	40:39	101	Ryan Trump	M	36	54:57
43	James Easthom	M	47	40:40	102	Priscilla Mills	F	43	56:55
44	Jason Nelson	M	32	40:51	103	Susan Slade	F	54	59:28
45	Jackie Gibson	F	46	41:04	104	Connie Howe	F	48	59:35
46	Myong Dunn	F	54	41:06	105	Charles West	M	42	59:37
47	Ed Leydon	M	66	41:21	106	Richard Wolfe	M	72	63:10
48	Ray Dooley	M	58	41:31	107	Paul Pooley	M	55	67:26
49	Jim Hotelling	M	63	41:36	108	Darice Witherspoon	F	37	71:39
50	Susan Chesser	F	48	41:53	109	Trevor Johnson	M	37	71:41
51	Joseph Drommer	M	40	41:55	110	Serena Paddock	F	43	79:14
52	Christopher Boyce	M	36	41:55		Elise Matera	F	14	DNF
53	Roxanna Springer	F	46	41:58		Kathy Matera	F	47	DNF
54	Sandra Cooke	F	31	42:10		Susan Hoerger	F	50	23:56*
55	Eric Teagarden	M	58	42:42		Mikayla Brenman	F	9	55:28*
56	Mike Walsh	M	43	42:58		Julie Brenman	F	41	55:28*
57	Dana Hornkohl	M	42	43:07		Richard Wolfe	M	72	63:10**
58	Thomas Markham	M	31	43:26					
59	Susan Sept	F	45	43:29					

\* Ran a shortened course

\*\* Early start time

# ENO EQUALIZER 2011

Team	Name	Handicap	Clock Time	Net Time	Team	Name	Handicap	Clock Time	Net Time
1	Peter Klein	16m 00s	24m 03s	40m 03s	12	Susan Slade	24m 00s	26m 10s	48m 10s
1	Mike Walsh	8m 00s	24m 11s	32m 11s	12	Ann Miller	8m 00s	30m 07s	38m 07s
1	Mark Greenhalgh	11m 00s	<b>24m 11s</b>	35m 11s	12	Alexander Kenan	1m 30s	<b>30m 07s</b>	31m 37s
2	Libby Searles-Bohs	11m 30s	21m 08s	32m 38s	13	Ethan Caldwell	6m 00s	25m 15s	31m 15s
2	Heiko Rath	9m 30s	23m 22s	32m 52s	13	Carolyn Huettel	13m 30s	25m 20s	38m 50s
2	Tom Kirby	10m 30s	<b>24m 34s</b>	35m 04s	13	Dominic VanHoutven	9m 00s	<b>30m 30s</b>	39m 30s
3	John Lloyd	5m 30s	23m 56s	29m 26s	14	Jim Claebusch	3m 30s	30m 20s	33m 50s
3	Allan Brunner	15m 00s	24m 35s	39m 35s	14	Ed Boyd	10m 00s	36m 40s	46m 40s
3	Frank Rexford	14m 00s	<b>24m 36s</b>	38m 36s	14	Susan Carl	22m 00s	ran off course - no time	
4	Anthony Corriveau	3m 30s	22m 33s	26m 03s	<b>Individual Finishers</b>				
4	Chris Selvaggi	7m 00s	24m 04s	31m 04s	George Retsch-Bogart	12m 00s	25m 05s	37m 05s	
4	Sara Sousa	15m 00s	<b>25m 04s</b>	40m 04s	Doug Hensel	5m 00s	25m 20s	30m 20s	
5	Jeff Hall	5m 00s	24m 14s	29m 14s	Bart Bechard	2m 00s	27m 50s	29m 50s	
5	Jen Howard	10m 00s	24m 28s	34m 28s	Richard Wolfe	24m 00s	42m 55s	66m 55s	
5	Steve Munsat	14m 00s	<b>25m 05s</b>	39m 05s	Race Conditions: Clear and sunny, temperature around 30°				
6	Connie Howe	22m 00s	23m 07s	45m 07s	<div style="background-color: black; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">SPECIAL THANKS TO ALL THE ENO EQUALIZER VOLUNTEERS!</div>  Larry Bohs Charles Fiore Chris Gould Trevor Johnson Jamie Lewis Jim Reagan Gary Schultz Darice Witherspoon Paul Wormsbecker  Richard Smith (race director)				
6	Brian Tajlili	3m 00s	24m 35s	27m 35s					
6	Jim Hotelling	12m 00s	<b>25m 05s</b>	37m 05s					
7	Cosby Dudley	6m 30s	25m 58s	32m 28s					
7	Karla Henderson	19m 00s	26m 40s	45m 40s					
7	Chris Gould	9m 30s	<b>26m 40s</b>	36m 10s					
8	Barbara Hindenach	21m 00s	24m 49s	45m 49s					
8	Keith Walkowiak	7m 30s	25m 05s	32m 35s					
8	Craig Gilbert	6m 00s	<b>26m 40s</b>	32m 40s					
9	Alfred Kleinhammes	17m 00s	24m 37s	41m 37s					
9	Ray Dooley	9m 00s	25m 01s	34m 01s					
9	Patrick Bruer	5m 00s	<b>27m 29s</b>	32m 29s					
10	Betsy Kempter	7m 30s	25m 04s	32m 34s					
10	Patrick Akos	14m 00s	25m 05s	39m 05s					
10	Chris Boyce	9m 30s	<b>29m 39s</b>	39m 09s					
11	Tom Maunz	8m 00s	26m 52s	34m 52s					
11	LeighAnn Metzger	15m 30s	26m 56s	42m 26s					
11	Candy Herrick	6m 00s	<b>30m 07s</b>	36m 07s					



# GEEZER PLEEZER 4-MILE RUN

(BY GARY SCHULTZ)

**Time:** Sunday, Feb. 13th, 10:00 a.m. male runners, aged 13 and 45, all have the same lead start time: 5:30.

**Place:** Friends School (main campus), 4809 Friends School Rd., Durham (off Mt. Sinai Rd)

**Registration:** Day of race only, 9 – 9:50 am

**Co-Directors:** Gary Schultz and Peter Klopfer

**How it Works:**  
 The event uses a so-called "Portsmouth Start." All runners get a starting-time offset, based on the World Masters Athletics (WMA) **2002** standards — *newly available this year* — for age and sex. For example, as shown in the *Start-Time Offsets* table, male runners, aged 10 and 59, and fe-

At the start of the race, we'll begin counting *down*, from the highest offset time represented among the registered runners, to *zero*. Every 15 seconds from the highest lead time downward, the successive runners set out, until the countdown clock reaches 0:00, at which time the remaining males, 21-31, depart and the clock starts its upward count. Your finish time from that zero-transition point is recorded as you cross the finish line. The first runner to cross the line triumphs.

The top ten get chocolate prizes. Refreshments for all.

Volunteers welcomed ...and much *revered*.

## GEEZER PLEEZER START TIME OFFSETS\*

Offset (minutes)	20 3/4	20 1/2	20 1/4	20	19 3/4	19 1/2	19 1/4	19	18 3/4	18 1/2	18 1/4	18	17 3/4	17 1/2	17 1/4	17	16 3/4	16 1/2	16 1/4	16	15 3/4	15 1/2	15 1/4	15	14 3/4	14 1/2	14 1/4	14
Males (age)	...	...	...	...	84	...	...	...	...	83	...	...	...	...	82	...	...	...	81	...	...	...	80	...	...	...	79	...
Females (age)	74	...	...	73	...	...	72	...	...	71	...	...	70	...	...	69	...	68	...	...	67	...	66	...	...	65	...	64
Offset (minutes)	13 3/4	13 1/2	13 1/4	13	12 3/4	12 1/2	12 1/4	12	11 3/4	11 1/2	11 1/4	11	10 3/4	10 1/2	10 1/4	10	9 3/4	9 1/2	9 1/4	9	8 3/4	8 1/2	8 1/4	8	7 3/4	7 1/2	7 1/4	7
Males (age)	...	78	...	...	5 7/7	...	...	76	...	...	75	...	6 7/4	...	73	...	72	...	7 7/1	...	70	69	...	68	8 6/7	66	65	64
Females (age)	5	63	...	...	62	...	6 6/1	...	60	...	59	...	7 5/8	...	57	56	...	8 5/5	...	54	...	9 5/3	52	...	51	10	50	49
Offset (minutes)	6 3/4	6 1/2	6 1/4	6	5 3/4	5 1/2	5 1/4	5	4 3/4	4 1/2	4 1/4	4	3 3/4	3 1/2	3 1/4	3	2 3/4	2 1/2	2 1/4	2	1 3/4	1 1/2	1 1/4	1	0 3/4	0 1/2	0 1/4	0
Males (age)	63	9 6/2	...	61	60	10 5/9	58	57	56	11 5/5	53 5/4	52	12 5/1	50	49	13 4/8	47	14 4/5	44	15 4/3	42	16 4/0	17 3/9	38	18 3/6	19 3/3	20 3/3	21 3/31
Females (age)	11	48	12 4/7	46	...	13 4/5	44	14 4/3	15 4/2	40 4/1	16 3/9	17 3/7	18 3/5	19 3/3	...	...	...	...	...	...	...	...	...	...	...	...	...	...

\* Additional offsets up to age 100 available if needed.

## GEEZER PLEEZER ALL-TIME TOP TEN (2001-2010)\*

Name	Sex-Age	Actual Time	Age Grade	Year	Name	Sex-Age	Actual Time	Age Grade	Year
1 Cathy Wides	F60	29:26	85.34%	2010	6 Henry Blinder	M57	25:42	79.43%	2009
2 Kevin Nickodem	M48	23:02	82.31%	2005	7 Jim Clabuesch	M42	22:49	79.32%	2007
3 Abie Harris	M75	30:25	81.37%	2009	8 Barb Mathewson	F51	28:10	79.05%	2001
4 David Couper	M51	24:15	80.09%	2006	9 Jerry Harris	M64	28:04	77.36%	2004
5 Glenn Dennis	M57	25:37	79.69%	2007	10 Chris Gould	M64	28:11	77.04%	2009

\* Revised to conform to 2002 WMA performance data.

## 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
Akos, Patrick	Y	Y	XXL	R	R			R				3	2
Astrachan, Owen	Y	Y	M	R	R	R	V/R					4	1
Bechard, Barton	Y	Y	M	R	R	R		R				4	1
Bohs, Larry	Y	Y	M	R	R		R	V				4	1
Boyce, Christopher	Y	Y	M	V		R	R	R				4	1
Bruer, Patrick	na RD			R		R	D	R				0	0
Caldwell, Ethan	Y	Y	L		R		R	R				3	2
Clabuesch, Jim	na RD		L	R	D	R	R	R				0	0
Corriveau, Anthony	Y	Y	M		R			R				2	3
Cullen, Sue	Y	Y	M									0	5
Dooley, Ray	Y	Y	L	R	R	R	R	R				5	0
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	R	V/R				4	1
Greenhalgh, Mark	Y	Y	L		R			R				2	3
Hall, Jeff	Y	Y	M		R	R	R	R				4	1
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	R					3	2
Henderson, Karla	Y	Y	M		R	R		R				3	2
Hensel, Doug	Y	Y	L	R		R	R	R				4	1
Herrick, Candy	Y	Y	S		R		R	R				3	2
Hill, Caris	na <18	Y	S		R							1	4
Hill, Harold	Y	Y	L		R	R	R					3	2
Hill, Jenny	Y	Y	S		R	V	R					3	2
Hotelling, Jim	Y	Y	XL	R	R	R	R	R				5	0
Howard, Jennifer	Y	Y	M	R	R			R				3	2
Howe, Connie	Y	Y	M		R		R	R				3	2
Huettel, Carolyn	Y	Y			V	R	R	R				4	1
Jewell, John	Y	Y	M	R	V	R	R					4	1
Johnson, Justine	Y	Y	S	R	R	R	R					4	1
Johnson, Trevor	Y	Y	L	R/V			R	V				3	2

(Continued on page 11)

# WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 7)

Name	Paid	Form	Shirt	Donut	Misery	Couch Mtn.	New Year's	Eno Equal	Geezer Pleezer	Hard Climb 3 or 7	Hard Climb 10	Total Pts.	Pts. Needed
Kenan, Alexander	na <18			R	R		R	R				4	1
Kleinhammes, Alfred	Y	Y	XL				R	R				2	3
Lewis, Jamie	Y	Y	M	V	R	R		R				4	1
Linney, George "Monk"	Y	Y	L	R			R					2	3
Lloyd, John	Y	Y	L	R	R	R	R	R				5	0
Lucas, Luke	na RD		XL		D	V						0	0
Malizia, Emil	Y	Y	L	V		R	V					3	2
Miller, Ann	Y	Y	M	R	V	R		R				4	1
Mills, Priscilla	Y	Y	M	R			R					2	3
Munsat, Steve	Y	Y	L		R	R	R	R				4	1
Murphy, Karen	Y	Y			R							1	4
Naylor, Paul	na RD		XL			D						0	0
Rath, Heiko	Y	Y	M	R	R	V	R	R				5	0
Reagan, Jim	Y	Y	XXL	V	V	V	V	V				5	0
Retsch-Bogart, George	Y	Y	L		R		R	R				3	2
Rexford, Frank	Y				R	R	R	R				4	1
Schudel, Vickie	Y	Y	S	V								1	4
Schultz, Gary	na RD		M	V	V		V	V	D			0	0
Schumacher, Alan	Y	Y	L		V/R		R					2	3
Searles-Bohs, Libby	Y	Y	M	R	R	R	R	R				5	0
Selvaggi, Chris	Y	Y	M		R	R	R	R				4	1
Smith, Richard	na RD		L			R	R	D				0	0
Sousa, Greg	Y	Y	M	R	R	R						3	2
Sousa, Sara	Y	Y	L	R	R	R	V	R				5	0
Surh, Jerry	na RD					R				D		0	0
Van Houtven, Dominic	na <18	Y	M	R	R	R		R				4	1
Walsh, Mike	Y	Y		R	R	R	R	R				5	0
Weed, Ronnie	Y	Y	M		R	V						2	3
Witherspoon, Darice	Y	Y	S	V			R	V				3	2
Wolfe, Richard	Y	Y	L	R			R	R				3	2
Wormsbecher, Paul	Y	Y	XXL	R	R	R	R	V				5	0
Young, Tim	Y	Y	M				R					1	4

# 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

## UMSTEAD MARATHON VOLUNTEERS NEEDED!

(BY KAREN MURPHY)

**V**olunteers 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](mailto:outsideday@gmail.com).

## SUPER BIG THANKS TO OUR FEBRUARY CONTRIBUTORS IN NO PARTICULAR ORDER

Chris Boyce, Henry Blinder,  
Jim Clabuesch, Karen Murphy,  
Richard Smith, Patrick Bruer, Gary  
Schultz

## SUBMISSION IDEAS FOR THE MARCH NEWSLETTER

Electronic Copy due by February 15th  
Other Copy Due by February 12th

**S**end in your wit and wisdom. Or send in money. . . We'll take that too. . .

**U**nless you send in something, this won't be very interesting to read. But you can still kill spiders with it. See why a print newsletter is better than an electronic? Try killing a spider with an e-newsletter.

**B**ecome a published author! Submit something to the newsletter then brag to your friends that you're in print. . .

**M**aybe a limerick has been running through your head. Send it in. 5 lines AABBA.

**I**f you think haikus and limericks are too pedestrian, try a sonnet, villanelle, ode or ballad. Go ahead, I dare you. Run with it!

**T**urn in your running race reports!

NEWSLETTER@CAROLINAGODIVA.ORG

# 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 respectives 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!