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2011



RUNNING SPACE

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Runners have a ground-level perspective that connects them to their surroundings through the many sights, sounds, and smells they experience. In other words, they have a strong sense of space. As a result, they know the places where they live or visit better than most people do. Running has certainly made me more aware of my space, wherever that space may be.

It was while living in an older Chapel Hill neighborhood along Ephesus Church Road that I took up running and finally stuck with it. The homes there are built into a forest, patches of which to this day remain intact in the form of parks and green space.

Running along the many streets made living there all the more enjoyable by giving me a deeper feel for the neighborhood.

“Runners invariably return from their runs knowing more about their world than before they stepped out the door.”

Here are some personal vignettes illustrating my own growing awareness of space.

It's early morning and still dark outside as I run along nearby streets. In a yard sit two rabbits. *No, wait*, there are three rabbits. I keep running, and see a small herd of deer walking onto the street ahead. They glance at me, but just keep walking and pay me no mind. Next, I hear song birds chirping. Was that an owl I just heard? What kind? I don't know, but only owls hoot.

It's been a long day at work, and it's one of my days to run. Soon enough, I'm running down the streets near my home. I'm hungry, but I need to get this run in before dinner. *Ah...* the smell of burgers cooking on the grill! What is that other smell? Smells like something fried, but not sure what. Is that fish I now smell? That smells really good! I think that is what I'll pick up this evening. Yes, I'll broil some salmon!

In Virginia's northern Shenandoah Valley, lies the town of Winchester. This is the area where I grew up, and where most of my family still lives. Runs near my mother's house involve country roads beneath the backdrop of the Allegheny and Blue Ridge mountain ranges. These roads wind through cow and horse pastures and pass by old country churches.

Running along these roads is always nostalgic, yet it also reveals novelties. What is that over there? That house is old. It had to be there when I was a kid!

**DEADLINE FOR
APRIL
NEWSLETTER:
MARCH 15TH**

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

(Continued on page 6)



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

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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

FREE RUNNING MINI-CLINIC WITH COACH ROY BENSON

When: Saturday, March 5 (11am, 1pm, 3pm)

Where: The Athlete's Foot, 430 Woodburn Rd., Raleigh (sessions will be held in the Community Room)

What: Nationally renowned track coach and author Roy Benson will be conducting three lecture sessions for coaches and runners on the theme "Why Are You Running? Purity of Purpose." The sessions are intended for runners of all levels as well as school and club coaches. Lectures are scheduled for 11am, 1pm, & 3pm, to be followed by a Q&A session.

The sessions are free of charge, but registration is required. Each time slot will be limited to 50 pre-

registered attendees. If open slots remain, they will be available on a first-come, first-served basis.

To register, go to:

<http://www.theathletesfootrdu.com/roy-benson-rsvp/>

Who: Roy T. Benson is an exercise scientist and distance running coach. He has presented several hundred professional papers and lectures for academic and popular audiences. He currently serves as a Special Contributor for *Running Times* magazine with a monthly readership of over 250,000 serious runners. His newest book *Heart Rate Training* will be published in the Spring of 2011. He founded and directs the Smoky Mountains running camp in Asheville, NC.

2ND ANNUAL PINE CONE PACER 5K

Duke Forest, that favorite running spot for many Godivans, will be hosting the second annual Pine Cone Pacer 5K on **Saturday, April 9**. The race is a fundraiser for the Duke Forest Improvement Fund, which helps fund the forest's public outreach services, such as trail maintenance.

The Club's sponsorship of this race will include providing timing services and other support (to be determined at the March business meeting).

YOU can help support this great running resource by signing up for the race! Pre-race and race-day registration will both be available. For more info, see:

<http://www.dukeforest.duke.edu/pinecone/index.html>

SAVE THE DATE: SPRING BANQUET

Clear your calendar! The date for the annual Spring Banquet has been set for **Saturday, May 14**.

Stay tuned for details, both here and online.

RUNNING START 2011 (BY GARY SCHULTZ)

We're gearing up for the tenth edition of our club's springtime training program, *Running Start 2011*, for both beginning and lapsed runners. The first training date is scheduled for **Saturday, March 26th**. It's an 11-week program culminating in the June 11th *Race for the Cure 5K* in Raleigh.

A kickoff informational presentation for prospective trainees and volunteer pacers/mentors will be held on **Tuesday, March 22nd**, at 6:15 p.m., at the Eno River Unitarian Universalist Fellowship campus on Garrett Rd. in Durham.

If you'd like to volunteer as a pacer (technical T-shirt as a reward) — all speeds welcome — contact Gary Schultz at gary@carolinagodiva.org or 489-7803. Alternatively, look on the club website (www.carolinagodiva.org) in early March for our online Interest Form to gain more information and to get on our email list. Alert your friends and colleagues to this popular program!

Query: What does this series represent: 55, 53, 39, 60, 25, 47?

Answer: The temperature in degrees Fahrenheit at posted starting time for the Godiva Winter Series races in race order. Can you guess the temperature for the Hard Climb Hill race at 10AM on March 20?

—Jim Reagan

TOP TEN MARATHON MOMENTS

(BY CHRIS GOULD)

New Year is a time for top ten lists. So here – OK, a little late – are my 2005-2010 top ten “marathon moments”:

10. Best finish line food: **Ellerbe Springs** chicken and dumplings narrowly beats out our very own **Umstead** marathon burritos. Big city marathons can't compete on the food front, so two NC marathons take top honors here. Of course food's not everything, so...
9. Best beer goes to **Umstead**, despite having to drive off site to get it. Beating out Miller Lite at **Big Sur**, the Lonerider we got in the free glass at the brewery was especially tasty.
8. Best athletes village: **Boston** here beats out **New York**, mostly because the coffee was better and there was grassy surface to lie around on as opposed to the parking lot surfaces at NY. Either way it's cold so...
7. Best starting arrangement goes to **Thunder Road** in Charlotte where you can race out of the warm convention center to the corral with a few minutes to spare and not be standing around shivering for an hour. But **New York** gets an honorable mention for having port-a-johns lined up next to the starting corrals.
6. Best crowd support is a contest between the Wellesley scream tunnel at **Boston** and the adrenaline rush you get coming off the Queensboro Bridge at 59th St and turning into Manhattan at **New York**. You hear the Wellesley crowd a mile away. The 1st Ave. noise comes out of nowhere as you come off the bridge, so probably gives you a bigger boost. And you need it; it's still a long way up 1st Ave. before you head back down into Central Park. Both are quite something to experience; we'll make it a tie.
5. Best view along the way: Here I'm going with Hurricane Point, the geographical high point of the **Big Sur** marathon – ocean to the left, mountains to the right and the coast road stretching away in front in the distance. The start of **New York** crossing the Verrazano Bridge is certainly special of course. The year I ran, I was on the lower level. Maybe if I'd been on top, I'd vote differently.
4. Best small “large-marathon”: **Richmond** is just large enough to have a big-city feel but small enough that you aren't lost/crushed by the crowds. Great first-time marathon venue.
3. Best free T-shirt: The **North Olympic Discovery** marathon in Washington State gives out a long-sleeve fleece shirt with a zipper. Maybe they've cut back since I ran there. But I still have that shirt, and it's great for cold days. Nice run along the coast there too.
2. Best finish line: What could be better than circling a track with bands marching, crowds cheering, cabers flying, dancers dancing, and bagpipers playing. The **Grandfather Mountain** finish line in the middle of the Scottish games takes the prize here – an appropriate reward for struggling all the way up there from Boone.
1. Best marathon for a PR: That's wherever you got yours. For me that was **City of Oaks** right here in Raleigh, so that's what I'm looking forward to in November. See you there!

Good luck for 2011, runners, and don't forget to send in your own top ten “special moments” list at the end of the year!

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Rock 'n' Roll Arizona Marathon & Half
Tempe, AZ 1/16/11Full

Fitz Shelton 4:37:46

Half

Lisa Moody 2:12:03

Maggie Shelton 2:56:13

Winter Flight 8kmSalisbury, NC 1/29/11Wade Clark 34:59 1st M 65-69

Henry Blinder 36:26

Jerry Harris 39:19 1st M 70+

Paul Naylor 60:19

NHL All-Star 5kmRaleigh, NC 1/29/11

Paul Jones 17:13 5:34

Ronnie Weed 18:29 5:59

Scott Brewner 21:30 6:59

Sarah Jones 22:37 7:33

Houston Marathon & HalfHouston, TX 1/30/11Half

Kate Hendricks 2:07:38

Krispy Kreme ChallengeRaleigh, NC 2/5/11

Colin Jones 40:23

Brian Tajlili 40:41

Jason Clark 41:29

Brian Durkin 42:26

David Coulter 44:45

Chuck Wessell 48:16

Mike Dacar 49:32

Dominic Van Houtven 50:02

Sam Peters 50:19

Uwharrie Mountain Run

(8/20/40 mile trail runs)

Troy, NC 2/5/118 mile

Charles West 1:23:47

Gwendolyn Lloyd 1:51:38

Susie Hansley 2:41:37

20 mile

Gregg Dean 3:00:39

Guy Potter 3:11:07

Matt Marum 3:21:18

David Schwerbrock 3:25:12

Bob Pleasants 3:31:57

Mark Greenhalgh 4:16:26

Ann Sevareid-Miller 4:16:41

Carolyn Huettel 4:17:46

Christopher Moses 4:18:09

40 mileBart Bechard 6:46:02 3rd O/M

Anthony Corriveau 7:05:01

Ronnie Weed 7:16:30

Shannon Johnstone 7:51:03 1st O/F

Heiko Rath 9:18:15

Karen Murphy 9:21:48

James Gerdts 9:26:39

Robert Moody 9:28:22

Marshall Stanley 10:53:45

LaRee Johnson 11:11:27

Rhonda Hampton 11:41:10

Team Standings:

CGTC was third of five, with Shannon,

Bart, Anthony, Karen and Matt scoring.

Rocky Raccoon 50 mile trail runHuntsville, Texas 2/5/2011Allen Glazner 8:35:09 3rd M/M

("masters" are 50 and over at this race)

Surf City Half MarathonHuntington Beach, CA 2/6/11Frank DeRuyter 1:37:32 1st M 60-64**Melbourne Beaches & Music Marathon & Half**Melbourne, FL 2/6/11HalfCathy Wides 1:35:25 7:18 1st F 60-64 &

USATF Age-Group National Champion

(see page 7)

Groundhog Gallop Half MarathonGreensboro, NC 2/12/11

Anthony Corriveau 1:34:58 7:15

Shannon Johnstone 1:45:24 8:03

Aline Lloyd 2:00:20 9:11

Mark Rhoades 2:03:52 9:27

26.2 With Donna Marathon & HalfJacksonville Beach, FL 2/13/11Full

Doug Hensel 3:38:05 8:19

Half

Erin McIntee 2:09:23 9:53

Run for the Roses 5kmRaleigh, NC 2/13/11Ulf Andre 17:13 5:33 2nd M/MBrian Tajlili 18:24 5:56 3rd M 25-29Rob Wilson 19:18 6:13 2nd M 40-44

Andrew Scribner 19:49 6:24

Mary Szymkowski 22:21 7:13 1st F 45-49Lena Hollmann 25:09 8:07 2nd GM/FAbie Harris 25:14 8:08 1st M 70+

Mel Levin 27:47 9:02

Presidents Day Freedom Run 5kmSanford, NC 2/19/11Lindsey Puryear 21:38 6:58 2nd M 50-54Mary Szymkowski 22:44 7:19 2nd O/F

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

**SUPER BIG THANKS TO OUR MARCH CONTRIBUTORS
IN NO PARTICULAR ORDER****Chris Boyce, Henry Blinder, Jim Clabuesch, Gary Schultz,
Jim Reagan, Chris Gould, Jerry Surh**

26TH ANNUAL HARD CLIMB HILL RACE

(BY JERRY SURH)

The last, toughest, and therefore most rewarding and enjoyable race of Godiva's Winter Series will take place in Duke Forest on Sunday, March 20th at 10:00 a.m. Registration begins at 9:00 a.m. Park along Mt. Sinai Road near Gate 23.

The race features distances of 3, 7, and 10 miles. Each distance finishes at the same place, so runners can decide which distance to do while running the race. It's a hilly course on packed earth and gravel with one, two, and three

out-and-back loops, depending on the distance run. Ten mile finishers receive two points toward a Winter Series shirt.

Volunteers needed for registration, timing, and runner comforts. We also need one qualified health professional, whose presence is required by Duke Forest rules.

If you can help, call race director Jerry Surh, 919-880-9577, surh@ncsu.edu

HARD CLIMB HILL COURSE RECORDS, 1986-2010

	3 MILER		7 MILER		10 MILER	
	TIME	RECORD HOLDER	TIME	RECORD HOLDER	TIME	RECORD HOLDER
Open Male	16:51	Mark Robertson, 1990	41:17	Michael Hogan, 1993	57:29	Douglas Gimlin, 1995
Masters Male	18:29	Maurice McDonald, 1996	45:28	Marty Pomerantz, 1992	65:16	Harvey Goldstein, 1994
Open Female	21:04	Allison Brown, 1990	46:53	Gretchen Klopfer, 1989	65:23	Janice High, 1986
Masters Female	22:33	Ann Miller, 2002	55:23	Ellen Covey, 1988	72:47	Lena Hollmann, 1992

(continued from page 1)

I've driven past this spot a thousand times before, but never noticed it. Wait, wasn't there a field over there? It's now grown over and is almost a forest!

Along the northwest coast of Oregon sits the small town of Manzanita. Though I vacationed in this coastal town for only a day, I made the most use of my time by running 11 miles exploring the town and adjacent Nehalem Bay State Park.

It's eight in the morning and still no traffic. This "tourist" town really is out of the way! The air feels cool and damp. It must have something to do with all those low-hanging clouds blowing inland from the Pacific. I head south and quickly leave the modest downtown area. It's also no longer flat. Look at those rolling hills ahead. I see more cottages. I think there are more cottages than people in this town! That expanse of forest must be the park, the one shown on the map as a long peninsula separating the river from ocean. That is a forest of sorts. I'd call it an evergreen scrub forest.

I enter the woods and run down the peninsula. Hey, there is a meadow on the left and... those are deer grazing in it. They are grazing close to the sound, and they look like Black-tailed Deer, right? It surely is quiet out here. I can't hear the ocean anymore. What the hell?! A large elk erupts

from the brush just feet away from me. How could something so large be hidden so well?!

I keep running, hearing amid the silence only the sound of my own breathing. The forest eventually opens up, and I begin to hear the ocean. I must be close to the tip. A river flows before me towards the ocean to my right and beneath the rolling waves. I scurry down some rocks to the flats along the river and head towards the ocean. Waves crash the shore, flooding what once were dry flats, so I try climbing up the rocks out of the river. *Ouch*, those barnacles hurt! I run through some more brush and finally reach the beach. It is a wide beach. It is apparently low tide, because it must be a quarter of a mile to where the waves are crashing. I turn north and run where I see nothing but beach ahead of me. I must have run a couple miles already. I hear a gull cry out. There is still no one out here but me! Is that a beach house? *Yes...*, yes it is!

I've used my own experiences to show how one of the many benefits of running is a strong sense of space. Runners typically go outside and put their feet to the ground with the intention of getting their run in for the day. In the process, they invariably return knowing more about their world than before they stepped out the door. What they take in is sometimes profound, and often subtle, as runners expand their awareness of their world just by doing their thing.

—Chris Boyce

GEEZER PLEEZER 2011 - RECAP & RESULTS

(BY GARY SCHULTZ)

While last year's edition set a record attendance by 20 runners over the existing 10-year high, this year's field *displeezingly* lost 5 males and 12 (!) females from that year-old peak. Was it too good a day for mere running? Did iconic groundhog meteorologist Punxsutawney Phil over-prod Mother Nature with his prediction of an early spring?

Should we pad our stats by counting the three bandit dogs that ran? The two co-leashed dogs, not surprisingly, tied. But, *alas*, we lack enough data (were they male or female—was anyone checking?) and theory (one dog year to seven human years?) to age-grade the canines. And you may also wonder: did they pull on their leashes and improve their humans' results? (But, *hey*, such concerns lie outside our province.)

As far as our all-time top-ten list goes, this year only **Jim Clabuesch** had an age-graded performance that fell within the

range of that exalted top-ten list, but since he is already represented there by a superior past age-grading, that list remained untouched.

This time our annual top ten includes, besides Jim C, some new faces—**Craig Heinly** and **Jeff Peterson**—as well as familiar ones: **Paul Gronke**, commuting again from Oregon; perennial top-tenners **Shelly**, **Owen**, and **Chris**; and long-time Godivans **Steve**, **Jim H**, and **Patrick** in top form.

Kudos to: *co-director* Peter Klopfer* and *volunteers:* Don Anthony, Patrick Bruer*, Barbara Hindenach, Trevor Johnson, Conrad Kirby, Tom Kirby*, Jamie Lewis, LeighAnn Metzger, Steve Munsat, Kevin Nickodem, Heiko Rath, Jim Reagan, Jerry Surh, Cathy Wides, and Darice Witherspoon (* = also ran).

	Name	Sex-Age	Start Offset	Finish Time		Name	Sex-Age	Start Offset	Finish Time
1	Jim Clabuesch	M46	2:30	21:34	36	Frank Rexford	M51	3:45	29:50
2	Craig Heinly	M42	1:45	21:46	37	Dom Van Houtven	M14	2:30	30:03
3	Paul Gronke	M49	3:15	21:59	38	Ian Thomson	M28	0	30:14
4	Shelly Bloom	F57	10:15	22:03	39	Thomas Markham	M31	0	30:15
5	Jeff Peterson	M51	3:45	22:15	40	Thomas Maunz	M30	0	30:25
6	Owen Astrachan	M54	4:15	22:39	41	Ed Boyd	M68	8:00	30:58
7	Chris Gould	M66	7:30	22:50	42	Charles Travers	M49	3:15	31:00
8	Steve Thomson	M51	3:45	22:59	43	Susan Slade	F54	9:00	31:32
9	Jim Hotelling	M63	6:45	23:06	44	Carolyn Huettel	F46	6:00	31:37
10	Patrick Bruer	M52	4:00	23:21	45	Shannon Johnstone	F37	4:00	31:43
11	John Lloyd	M46	2:30	23:26	46	Alfred Kleinhammes	M59	5:30	32:02
12	Anthony Corriveau	M40	1:30	23:51	47	Jessica Yorzinski	F28	3:30	32:18
13	Jeff Hall	M46	2:30	23:58	48	Sara Sousa	F39	4:15	32:37
14	Ronnie Weed	M36	0:45	24:10	49	Patrick Akos	M39	1:15	32:43
15	Libby Searles-Bohs	F45	5:30	24:15	50	Priscilla Kitts	F43	5:00	34:29
16	Larry Bohs	M51	3:45	24:15	51	John Jewell	M54	4:15	35:20
17	Paul Bloom	M63	6:45	24:17	52	William Hansley	M44	2:15	35:24
18	Candy Herrick	F40	4:30	24:21	53	Connie Howe	F48	6:30	35:27
19	Tom Kirby	M57	5:00	24:46	54	Judy Thomson	F53	8:30	40:34
20	Ray Dooley	M58	5:15	25:09	55	Susie Hansley	F41	4:30	49:00
21	Peter Klopfer	M80	15:15	25:13	56	Richard Wolfe	M72	9:45	53:09
22	Greg Sousa	M41	1:30	26:18					
23	Ethan Caldwell	M37	0:45	26:35					
24	Chris Selvaggi	M42	1:45	26:46					
25	Mike Walsh	M43	2:00	27:01					
26	Emil Malizia	M67	7:45	27:30					
27	Karen Murphy	F32	3:30	27:33					
28	Scott Musson	M45	2:30	27:47					
29	Karla Henderson	F61	12:15	27:50					
30	John Lohnes	M54	4:15	28:15					
31	George Retsch-Bogart	M58	5:15	28:36					
32	Courtney Van Houtven	F43	5:00	28:57					
33	Mark Greenhalgh	M53	4:15	28:59					
34	Lucas Paulsen	M28	0	29:16					
35	James Plant	M46	2:30	29:42					

WHAT HAPPENED TO CATHY WIDES?

Instead of running, she joined the Pleezer volunteers this year, to continue her recovery from the previous week-end's USATF National Masters Half-Marathon Championship in Melbourne, FL, where she won the W60-64 age group in 1:35:25. In the process, she also won 4th place (\$500) overall in age-graded performance (90.44%) amongst all master men and women who competed there.

Congratulations, Cathy!

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	R			4	1
Astrachan, Owen	Y	Y	M	R	R	R	V/R		R			5	0
Bechard, Barton	Y	Y	M	R	R	R		R				4	1
Bohs, Larry	Y	Y	M	R	R		R	V	R			5	0
Boyce, Christopher	Y	Y	M	V		R	R	R				4	1
Bruer, Patrick	na RD			R		R	D	R	V/R			0	0
Caldwell, Ethan	Y	Y	L		R		R	R	R			4	1
Clabuesch, Jim	na RD		L	R	D	R	R	R	R			0	0
Corriveau, Anthony	Y	Y	M		R			R	R			3	2
Cullen, Sue	Y	Y	M									0	5
Dooley, Ray	Y	Y	L	R	R	R	R	R	R			6	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	R			5	0
Greenhalgh, Mark		Y	L		R			R	R			3	2
Hall, Jeff	Y	Y	M		R	R	R	R	R			5	0
Hansley, Bill	Y	Y	XL		R				R			2	3
Hansley, Susie	Y	Y	XL F		V	V			R			3	2
Haws, John	Y	Y	L		R	R	R					3	2
Heinly, Craig					R	R	R		R			4	1
Henderson, Karla	Y	Y	M		R	R		R	R			4	1
Hensel, Doug	Y	Y	L	R		R	R	R				4	1
Herrick, Candy	Y	Y	S		R		R	R	R			4	1
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
Hindenach, Barbara				R	R	R	R	R	V			6	0
Hotelling, Jim	Y	Y	XL	R	R	R	R	R	R			6	0
Howard, Jennifer	Y	Y	M	R	R			R				3	2
Howe, Connie	Y	Y	M		R		R	R	R			4	1
Huettel, Carolyn	Y	Y			V	R	R	R	R			5	0
Jewell, John	Y	Y	M	R	V	R	R		R			5	0
Johnson, Justine	Y	Y	S	R	R	R	R					4	1
Johnson, Trevor	Y	Y	L	R/V			R	V	V			4	1
Kenan, Alexander	na <18	Y	L	R	R		R	R				4	1

(Continued on page 8)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 7)

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
Kirby, Tom				V/R	R	R	R		V/R			5	0
Kleinhammes, Alfred	Y	Y	XL				R	R	R			3	2
Klopfer, Peter	na RD								D			0	0
Lewis, Jamie	Y	Y	M	V	R	R		R	V			5	0
Linney, George	Y	Y	L	R			R					2	3
Lloyd, John	Y	Y	L	R	R	R	R	R	R			6	0
Lucas, Luke	na RD		XL		D	V						0	0
Malizia, Emil	Y	Y	L	V		R	V		R			4	1
Maunz, Tom				R	R		R	R	R			5	0
Metzger, LeighAnn				R	R			R	V			4	1
Miller, Ann	Y	Y	M	R	V	R		R				4	1
Mills, Priscilla	Y	Y	M	R			R		R			3	2
Munsat, Steve	Y	Y	L		R	R	R	R	V			5	0
Murphy, Karen	Y	Y			R				R			2	3
Naylor, Paul	na RD		XL			D						0	0
Rath, Heiko	Y	Y	M	R	R	V	R	R	V			6	0
Reagan, Jim	Y	Y	XXL	V	V	V	V	V	V			6	0
Retsch-Bogart, George	Y	Y	L		R		R	R	R			4	1
Rexford, Frank	Y				R	R	R	R	R			5	0
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	R			6	0
Selvaggi, Chris	Y	Y	M		R	R	R	R	R			5	0
Slade, Susan					R	R	R		R			4	1
Smith, Richard	na RD		L			R	R	D				0	0
Sousa, Greg	Y	Y	M	R	R	R			R			4	1
Sousa, Sara	Y	Y	L	R	R	R	V	R	R			6	0
Surh, Jerry	na RD					R			V	D		0	0
Van Houtven, Dominic	na <18	Y	M	R	R	R		R	R			5	0
Walsh, Mike	Y	Y		R	R	R	R	R	R			6	0
Weed, Ronnie	Y	Y	M		R	V			R			3	2
Witherspoon, Darice	Y	Y	S	V			R	V	V			4	1
Wolfe, Richard	Y	Y	L	R			R	R	R			4	1
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!

FEBRUARY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:03pm on February 8, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Jim Cla-buesch, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Thomas Markham, Gary Schultz and your scribe, Henry Blinder.

With Kevin Nickodem and Mike Dalton unable to attend the meeting, there was no Treasurer's or Haberdasher's report. Thomas, therefore, led off with a report on the newsletter. He informed us that The Athlete's Foot store in Raleigh is offering a free running lecture by Coach Roy Benson on Saturday, March 5. Look for an announcement elsewhere in this newsletter.

On memberships, Jim reassured us: "We have members." Otherwise, no new news on that front.

Turning to the Winter Series, Gary updated us on preparations for the February 13th Geezer Pleezer. For the Hard Climb Hill series finale in March, the insurance coverage required by Duke will be provided.

Delivering the final report, Halle indicated that the Annual Banquet has been set for May 14. She is looking into catering arrangements (i.e., food), and prizes for the various awards to be conferred at the banquet. Gary has reserved the tent, tables and chairs. We then discussed several process details regarding the selection of Runners and Volunteer of the Year.

Moving onto discussion items, Patrick filled us in on developments regarding the Club website and the new PayPal account. As to the website, there has been a change in servers, and the Club has also launched a new Umstead Marathon webpage. On PayPal, he is ready to implement the account, at least on a trial basis. However, it will result in a modest loss of revenue for the Club, given the PayPal charges to the Club of 30 cents and 2.2% per transaction. This will amount to, for example, 74 cents on each individual membership and 96 cents on each family membership. It will also create some additional administrative work for our Treasurer and Membership chairs. Given the expectation that PayPal will be a more convenient

method for Club members to renew memberships, however, we unanimously approved his recommendation to proceed to activate the account.

Carolyn and Jim delivered a report on the Umstead Marathon. Everything is proceeding well, although additional volunteers would be helpful. The course has been altered slightly from last year, resulting in several more miles of single-track (not to worry—it's still 26.2!) The park authorities have signed off on the revised course route.

Our last item was to hear from Jim, who reported that a Club member is looking into a new weekly trail run at 6:30pm on Mondays, in Efland. If it comes together, it will be listed in the newsletter along with the other Godiva weekly runs.

No doubt reflecting our excellent collective training regimen, we adjourned the meeting two minutes earlier than last month, at 7:55pm.

—Henry Blinder

GODIVA GOINGS-ON

<p style="text-align: center;"><u>Sat. March 5</u></p> <p>8th Annual Umstead Marathon. If you're not already running or volunteering, why not come out to cheer on the racers in the beautiful setting of Umstead Park!</p> <p style="text-align: center;"><u>Sun. March 20</u></p> <p>Hard Climb Hill, the final race of Winter Series, will take place in Duke Forest (Gate 23) at 10:00 a.m. See page 6 for details.</p>	<p style="text-align: center;"><u>Tues. March 22</u></p> <p>Kickoff meeting for participants and volunteers in the Running Start program, at 6:15 p.m. at the Eno River Unitarian Universalist Fellowship campus on Garrett Rd. See page 3 for details.</p> <p style="text-align: center;"><u>Sat. March 26</u></p> <p>First training run for the Running Start program. See page 3 for details.</p>	<p style="text-align: center;"><u>Sat. April 9</u></p> <p>Pine Cone Pacer 5k to support Duke Forest. See page 3 for details.</p> <p style="text-align: center;"><u>Sat. May 14</u></p> <p>Godiva's Spring Banquet! Stay tuned for details.</p>
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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

► ***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

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**

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ADDRESS SERVICE REQUESTED



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