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APRIL  
2011



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

## SPRING SPEED

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The most popular race distance is, no doubt, the 5K. This race is so popular that it draws the runner and non-runner alike. One of the largest races in the Triangle, with many thousands of runners, is the "Race for the Cure" 5K. For me, as someone who enjoys a comfortably slow to moderately fast pace, the 5K distance always poses something of a challenge because I always want to run it fast. Through the wisdom of fellow runners and personal experience, I've learned the path to improving a 5K time is simply to start ...running faster! In other words, you have to run fast to get fast, and that means training!

Picking up the pace brings quick returns. Pushing yourself during some routine runs quickly knocks off tens of seconds from your pace, but standard speed workouts such as interval and tempo runs yield even better results.

"Carolina Godiva Track Club's summer track series is a great once-weekly event for working on your 5K performance."

Interval running enables you to build on speed by interspersing hard running for short distances with recovery periods of jogging or even walking. Many people run a few miles worth of intervals once or twice a week on a track where the course is flat, the surface is soft, and the distances are clearly marked; however, you can just as easily run intervals in your own neighborhood and use duration instead of distance to get a similar workout. It is good to vary your intervals. Instead of running 400 meters all the time, try going down to 200 meters or ratchet up to 800 or 1000 meters. It will improve your 5K performance and make your workouts more interesting.

A tempo run helps you become consistently fast by maintaining a constant speed at up to 80% of maximum aerobic capacity during longer runs. In preparation for a 5K, a tempo run might go well beyond that race distance. You should not feel winded, but neither should you feel comfortable. A tempo run can be worked into your routine runs with the only "but" being that a flatter course is preferable in order to maintain a moderately fast pace.

Carolina Godiva Track Club's summer track series, directed by long-time club member Charles Alden, is a great once-weekly event from late May to early August for working on your 5K performance. You can train each week running all kinds of short and fast races, from sprinting 200 meters to running hard miles. Each Wednesday evening ends with a longer race, with every other week ending with a bona fide 5K race.

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

**SEND SUBMISSIONS TO:**

**NEWSLETTER  
@  
CAROLINAGODIVA.ORG**

*(Continued on page 6)*



[www.usatf.org](http://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](mailto:sympa@duke.edu)  
Send messages to: [cgtc@duke.edu](mailto:cgtc@duke.edu)

## GODIVA CLUB CONTACTS

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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 ANNUAL AWARDS BANQUET 2011!



**When?** Saturday, May 14th  
 5:30 Social Hour  
 6:30 Dinner  
 7:30 Awards Ceremony

**Where?** At the home of Jim Clabuesch and Carolyn Huettel,  
 9 Litchfield Ct. in Southwest Durham (off Garrett Rd)  
**Directions:** From I-40 exit at 274 onto Hwy 751 towards Durham. At end of exit turn left if coming from Chapel Hill, turn right if coming from Raleigh. **Stay on Hwy 751.** Hwy 751 intersects with Hwy 54 so stay in the middle lane of Hwy 751. At the next intersection, **turn left on Garrett Rd.** (There is a Burger King on the right and a Kangaroo gas station on the left). Stay on Garrett Rd for approximately .9 miles. **Turn left on Swarthmore Rd** (the third left turn). **Turn first right on Litchfield Ct.** Carolyn and Jim's house is on the left at # 9 on the top of the hill. (Thanks a bunch, Jim and Carolyn!)

**Who?** All Godivans—long-timers and newbies. Come join us!

**What Awards?** Male and Female Runner of the Year  
 Volunteer of the Year  
 Summer Track Ironman trophies and Grand Prix awards  
 Incredibly Beautiful Winter Series shirts

**What's on the menu?** A delicious Greek buffet will be catered by Spartacus Restaurant and will include spinach pie, hummus, Greek salad, Mediterranean pasta, chicken souvlaki and gyros. Non-alcoholic drinks will be available; BYO alcoholic beverages. Members are encouraged to bring a dessert to share.

**What's the price?** \$10 per adult or teen, \$5 per child age 12 or under.

**How to RSVP?** Please RSVP by May 7th, either by mailing the form below, or by using the **online reservation form** linked to on the club website ([www.carolinagodiva.org](http://www.carolinagodiva.org))

**Questions?** Contact Halle Amick at [halle.amick@gmail.com](mailto:halle.amick@gmail.com) or 919-403-1739

.....  
**Banquet Reservation Form**

Name(s) \_\_\_\_\_

Please enclose \$10 per adult or teen and \$5 per child 12 and under; checks payable to CGTC.

Do you plan to bring a dessert to share?    Yes    /    No

Email address (to confirm your reservation): \_\_\_\_\_

**Mail to:** \_\_\_\_\_ :  
 Halle Amick  
 3015 Bexley Avenue  
 Durham, NC 27707

## VOLUNTEERS NEEDED: GIRLS ON THE RUN 5K & FUN RUN

Girls on the Run of the Triangle (GOTR) is seeking the help of Godiva members at the 9th Annual New Balance GOTR 5K & Fun Run on Saturday, April 16th.



This is the largest annual fundraiser for GOTR, which helps to provide scholarships to 25% of participants each season.

Five to six individuals with race day registration table experience are wanted to help out with packet pick-up and same-day registration on Saturday from 6:30am-9:30am. If you can help, please email race director Michelle Beard at [michellebeard0917@gmail.com](mailto:michellebeard0917@gmail.com) as soon as possible.

For more info on the race, go to: <http://www.gotrtriangle.org/events/new-balance-girls-run-5k-fun-run-presented-quintiles>.

## VOLUNTEERS NEEDED: ANGELS AMONG US 5K

For the 16th year Godiva will supply volunteers for the Angels Among Us 5K on Saturday, April 30. The race raises funds for the brain tumor center at Duke (last year's race raised \$1.6 million).

We would like to have 30 volunteers to handle race day registration and packet pickup. As usual, those who volunteer will get a t-shirt and free entry into the race for those who'd like to run in it as well.

For more information about the race, see: [www.angelsamongus.org](http://www.angelsamongus.org)

To volunteer, please contact Gordon Keeler at: [gkeeler@psych.duhs.duke.edu](mailto:gkeeler@psych.duhs.duke.edu).

## 2ND ANNUAL PINE CONE PACER 5K

Don't forget the Pine Cone Pacer 5K to support Duke Forest on April 9th. The club is sponsoring the event with timing services and a cash donation. For more info, see: <http://www.dukeforest.duke.edu/pinecone/index.html>

## NEW WEEKLY RUNS ADDED

As we "swing into spring," please take notice that Godiva is expanding its repertoire of weekly runs! New routes have been added on Monday and Thursday. Thanks to Alan Schumacher and Ryan Woodruff for adding these runs. Full details, including driving directions, are available in the Weekly Runs section of the website: <http://www.carolinagodiva.org/index.php?page=weekly-runs>

### MONDAYS IN EFLAND

**When?** Mondays, 6:30 p.m., March to November (during daylight savings)

**Where?** Camp Chestnut Ridge, Chestnut Ridge Rd., Efland

**What?** Mostly single-track trails, with some hills and a few creek jumps, and sometimes mud. Current pace is around 9-10 minutes per mile, but other paces are welcome.

**Who?** Alan Schumacher coordinates the run. Contact him at (336) 214-7068 (cell) or [solo@mebtel.net](mailto:solo@mebtel.net)

### THURSDAY MORNINGS AT THE ATT

**When?** Thursdays, 6:00 a.m. The run departs promptly!

**Where?** South Point Crossing shopping center, in front of Bull City Running Company, Durham

**What?** Paved trail and neighborhood streets. Distance and speed vary from 5-8 miles at 7-10 minutes per mile, depending on the group that shows up each week. Please wear reflective clothing or a light as it is usually still dark during the run.

**Who?** Ryan Woodruff coordinates the run. Contact him at (919) 943-6420 or [ryan.david.woodruff@mssb.com](mailto:ryan.david.woodruff@mssb.com)

## 8TH ANNUAL UMSTEAD TRAIL MARATHON

(BY BOB NELSON , RACE DIRECTOR)

Thank you for supporting the Eighth Annual Umstead Trail Marathon in William B. Umstead State Park in Raleigh, NC. After this past winter, we could not have asked for a better day. It was incredible. The sky was blue, the weather was perfect for the runners and spring was in the air.

This year's race featured a new 1.85 mile section of single track. The men's race was won by Mike Aldrink, formerly of the Triangle and now of Columbus, Ohio. Mike became our first repeat male champion in a time of 2:45:33. It was great to see Mike back. The women's race was won by Alicia Parr of Durham, NC in a time of 3:30:49. Alicia is a top area triathlete. We were thrilled that she ran our event this year. We had a record 171 finishers in this year's event. Most importantly everyone made it out of the park in one piece. Another great year for the Umstead Trail Marathon.

(Check out what they say about us on [www.marathonguide.com](http://www.marathonguide.com) - just search "Umstead" in the *Quick Race Search* box)

The Umstead Trail Marathon is a race put on by runners for runners. We appreciate the support our sponsors provide to our event. We look for partners that share our passion. The Carolina Godiva Track Club believes in running and creating great events and programs. Seeking sponsors that approach their work and their businesses with the same passion is what makes this event so great. We could not have this event without them. With so many events vying for sponsorship, and in tight economic times, we appreciate all that they do for us. Thanks to: Great Outdoor Provision Company, Brooks, Native Eyewear, Smartwool, T.S. Designs, InsideOut Sports, PowerBar, LeBleu, Zombie Runner, Moe's Southwest Grill, Charlie's Soap and Stiner Massage.



We would also like to thank the staff of William B. Umstead State Park for putting up with us and providing such excellent support for the event. Scott and his staff are just awesome.

Also, a shout out to Wake County EMS who provided support at the finish as well as bicycle support on the course. Thank you for your help.

Our runners consistently tell us every year that we have the best volunteers of any race they have ever run. The Umstead Trail Marathon requires a tremendous number of volunteers and every year well over a hundred local runners, mostly Godiva members, give up their Saturday to help out. We cannot thank our volunteers enough for the hard work they put in, for the enthusiasm they have and for the loyalty they show to this event. Thank you! Without you this event could not happen (see page 6 for full roster of volunteers and race committee members.)

This race provides a fantastic event for the trail running community of the Triangle and the region. It has always been a first class event put on by runners for runners. With so many events being put on for-profit by race management groups these days it is refreshing to see that such an incredible race can be put on by a humble club with a Durham post office box. The race all of you have helped us create is special. It has a soul. Most of the proceeds for this race go back to the club, complementing our break-even Winter Series, Summer Track Series, Running Start program, and Marathon Training Program. The race also helps the park that we love so much. We assist the Umstead Coalition with their Four Mile run in April (please come out and participate) and proceeds from our race contributed to the much-needed new water fountain near the Trinity Road entrance. We continue to share the joy running in this place brings to all of us.



# AT THE RACES

(COMPILED BY JIM CLABUESCH)

## Mt. Mitchell Challenge 40 mile trail race & Black Mtn Marathon trail race

### Black Mtn, NC 2/26/11

#### Challenge

Gregg Dean 5:51:47 3<sup>rd</sup> M/M  
Guido Ferrari 8:01:18

#### Marathon

Jessica Lee 4:28:21  
Bob Valley 5:07:42  
Bill Vann 5:51:13

## NC Law Enforcement Torch Run 5km

### Raleigh, NC 2/26/11

Brian Tajlili 18:52 6:05 1<sup>st</sup> M 25-29  
Rob Wilson 19:13 6:12 1<sup>st</sup> M 40-44  
Andrew Scribner 20:14 6:32  
Charles Kincaid 23:42 7:39 1<sup>st</sup> M 60-64  
Abie Harris 24:30 7:54 1<sup>st</sup> M 75-79  
Mel Levin 29:58 9:45

## 8 Tuff Miles Road Race

### St. John, USVI 2/26/11

Paul Jones 54:31 6:31 1<sup>st</sup> M 35-39  
Sarah Jones 71:31 8:32

## Williamsburg Colonial Half Marathon

### Williamsburg, VA 2/27/11

Candy Herrick 1:36:12 7:21

## WakeMed Distance Festival

### Cary, NC 3/5/11

#### 10km

Brian Tajlili 38:50 6:15  
Rob Wilson 40:17 6:29 2<sup>nd</sup> M 40-44  
Andrew Scribner 42:43 6:53  
Scott Brewner 43:22 6:59  
Joanne Piscitelli 53:37 8:38 1<sup>st</sup> F 50-59  
Mel Levin 54:07 8:43  
Richard Crume 55:13 8:54  
John Webb Jr. 56:25 9:05

## Umstead Trail Marathon

### Raleigh, NC 3/5/11

Ulf Andre 2:57:10 6:46 2<sup>nd</sup> O/M  
George Linney 2:57:52 6:48 3<sup>rd</sup> O/M  
Sam Brown 2:58:00 6:48 4<sup>th</sup> O/M  
Ronnie Weed 3:09:17 6<sup>th</sup> O/M  
Ken Becker 3:10:36 7<sup>th</sup> O/M  
Anthony Corriveau 3:18:26 11<sup>th</sup> O/M  
Paul Eppers 3:27:57 7:56  
Matt Marum 3:30:09 8:01  
Jeff Hall 3:34:12 8:11  
Shannon Johnstone 3:45:39 8:37 3<sup>rd</sup> O/F  
Jason Figge 3:47:30 8:41  
Monique Turco 3:47:51 8:42 5<sup>th</sup> O/F  
Joe Shamblin 3:54:27 8:57  
Chuck Milsaps 4:10:12 9:33  
Ryan Hudgins 4:23:08 10:03  
Chris Boyce 4:26:09 10:10  
Aline Lloyd 4:29:47 10:18  
Mark Greenhalgh 4:37:23 10:35  
Harold Hill 4:49:39 11:03  
Heiko Rath 4:57:19 11:21  
Barbara Hindenach 5:03:41 11:35  
Bill Hansley 5:12:37 11:56  
Jenny Hill 5:35:13 12:48

## USATF National Masters Indoor Track & Field Championships

### Albuquerque, NM March 4 - 6, 2011

Jay Smith  
M60-64 3k 12:52.7 3<sup>rd</sup>  
M60-64 Mile 6:07.38 5<sup>th</sup>  
  
Maurice McDonald  
M70 400m 67.6 2<sup>nd</sup>  
M70 800m 2:43.38 1<sup>st</sup>

## Way Too Cool 50km

### Cool, CA 3/12/11

Yvonne Ou 4:36:20

## Alston & Bird LLP Corporate Cup Half Marathon

### Charlotte, NC 3/12/11

Tim Meigs 1:15:33 2<sup>nd</sup> O/M  
Tom Hughes 1:46:22

## Run for the Oaks 5km

### Raleigh, NC 3/12/11

Matt Marum 19:14 6:13  
Andrew Scribner 19:51 6:25  
Lindsey Puryear 21:06 6:49  
Jim Hotelling 21:45 7:01 1<sup>st</sup> M 60+  
Mary Szymkowski 22:24 7:14 2<sup>nd</sup> F 45-49  
Charles Kincaid 23:02 7:27 3<sup>rd</sup> M 60+  
Abie Harris 24:14 7:49  
Lena Hollmann 24:24 7:52 1<sup>st</sup> F 55-59  
Mel Levin 28:22 9:09

## Camp Beuhring 5km

### Kuwait 3/16/11

Lewis Hendricks 18:55 1<sup>st</sup> O/M

## NJ Ultra Festival 50 mile trail race

### Long Valley, NJ 3/19/11

Mike Dacar 9:45:01

## Kidney Kare 5km

### Carrboro, NC 3/19/11

Ben Godfrey 16:26 5:18 2<sup>nd</sup> O/M  
Bart Bechard 18:18 5:54  
Jason Figge 19:26 6:16  
Rietta Couper 21:03 6:47  
Kimberly Amick 21:15 6:51  
Tom Hoerger 22:07 7:08  
Richard Crume 26:12 8:27  
Lauren Figge 26:20 8:30  
Julian Preston 26:36 8:35  
Gloria Preston 34:29 11:07  
Susan Hoerger 43:44 14:06

(Continued on page 8)

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

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

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

## UPCOMING MASTERS TEAM COMPETITIONS

Two Masters team competitions are coming up soon. First up, Godiva will be fielding a team for the **Boston Marathon**. If you are a Godiva member over 40 years old, are already registered for the 2011 Boston Marathon, and would like to be added to the team, email Ulf Andre (male team) at [ulfand@yahoo.com](mailto:ulfand@yahoo.com) or Cathy Mencarini (female team) at [catherine.mencarini@parexel.com](mailto:catherine.mencarini@parexel.com).

Next, the **USA Masters 8km Championships** will be on May 21 in Williamsburg, VA. This race brings lots of potential team and individual prize money for USATF members. If you would like to run on a Godiva team in this race, please contact team captains Cathy Wides or Jim Clabuesch (see page 2 for team captain emails).

—Jim Clabuesch



# AT THE RACES

(CONTINUED FROM PAGE 7)

## Shamrock Half & Full Marathon

Virginia Beach, VA 3/20/11

### Half

Eileen Tyler 1:58:18  
Luke Lucas 1:58:18

### Full

Jennifer Modliszewski 2:49:43  
Scott Houck 3:18:45  
Sandra Cooke 3:53:29

## Tobacco Road Half & Full Marathon

Cary, NC 3/20/11

### Half

Jason Page 1:13:00 5:35 1<sup>st</sup> M 35-39  
Craig Heinly 1:18:14 5:59 2<sup>nd</sup> M/M  
David Schwerbrock 1:21:53 6:15 3<sup>rd</sup> M/M  
Ashley Bass 1:22:01 6:16 1<sup>st</sup> M 50-54  
Brian Tajlili 1:24:06 6:26  
Katie Cannizarro 1:27:21 6:41 2<sup>nd</sup> F 25-29  
Steve Arnold 1:27:42 6:42 1<sup>st</sup> M 30-34  
Rob Wilson 1:29:29 6:50  
Gary Moss 1:30:09 6:53 1<sup>st</sup> M 60-64  
David Drewry 1:31:42 7:00

Roger Halchin 1:31:59 7:02 1<sup>st</sup> M 55-59  
William Kraus 1:32:11 7:03 2<sup>nd</sup> M 55-59  
Scott Brewner 1:34:48 7:15  
Candy Herrick 1:35:58 7:20 1<sup>st</sup> F 40-44  
Frank DeRuyter 1:36:02 7:20 2<sup>nd</sup> M 60-64  
Myong Dunn 1:41:05 7:43 2<sup>nd</sup> F 50-54  
Melissa Lee 1:43:22 7:54  
Robert Moody 1:43:24 7:54  
Ed Leydon 1:45:06 8:02 1<sup>st</sup> M 65-69  
Jen Arnold 1:45:28 8:03  
Jerry Harris 1:48:30 8:17 1<sup>st</sup> M 70-79  
Mary Szymkowski 1:50:46 8:28  
Peter Hessling 1:55:57 8:52  
Joanne Piscitelli 1:56:45 8:55  
William Chesser 1:58:17 9:02  
Halle Amick 2:06:06 9:38  
Kristen Andre 2:10:02 9:56  
Kathryn Armentrout-Daily 2:10:19 9:57  
Liz Henderson 2:14:55 10:18  
Kim Vassiliadis 2:18:37 10:35  
Carol Walton 2:22:01 10:51  
Juliette Eck 2:23:42 10:59  
Trevor Thompson 2:40:19 12:15  
Margaret McCann 3:06:06 14:13

### Full

Colin Jones 2:53:04 6:37 1<sup>st</sup> M/M  
Gregg Dean 2:55:01 6:41 2<sup>nd</sup> M/M  
Tim Pierce 2:55:33 6:42 3<sup>rd</sup> M/M  
Guy Potter 3:11:48 7:20  
James Gerdts 3:25:31 7:51  
Andrew Scribner 3:35:07 8:13  
R.L. Bynum 3:50:46 8:49  
Susan Chesser 3:58:51 9:07  
Alan Schumacher 4:13:20 9:41  
Thomas Maunz 4:26:10 10:11  
Tom Kirby 4:26:26 10:11  
Jamie Weyandt 4:35:57 10:32  
Laree Johnson 4:38:10 10:37  
Heather Yeowell  
5:09:03 11:48 2<sup>nd</sup> F 70-79  
James Lewis 5:43:03 13:06  
Philip Lorang 5:45:39 13:12  
David Yeowell 5:47:12 13:16  
Richard Wolfe 6:49:59 15:39  
Yuli Castro Lezcan 7:29:52 17:11  
Erick Grissom 7:29:54 17:11

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

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

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

## RACE REPORT: 2011 USA MASTERS INDOOR T&F CHAMPIONSHIPS

(BY MAURICE McDONALD)

The Championships were held March 4-6, at the Albuquerque Convention Center in New Mexico, which housed a six-lane, 200-meter track with banked turns and lots of dry air at an elevation of 5,280 feet.

### M70 400 Meter — Friday, March 4

Running the first 150 meters (2 turns) in lane 6, against the defending champion, Gary Sims and last year's runnerup, Mack Stewart, was not a good situation. By the time I was able to break down to lane 1, I was in third place, back five meters or so. After 300 meters, I had caught up, but had to pass Sims around the last turn and could not catch Stewart, who won in 66.61 to my 67.6. Next time I'll try to be more aggressive from the start.

### M70 800 Meter — Sunday, March 6

The multi-defending national champion, Sid Howard, was in lane 1 and led from the start. I just followed close behind but fell back near the end of the third lap when Howard suddenly took off. Coming off the last turn with 50 meters to go, I was still maybe five meters back and didn't think I could catch him, but I turned on the afterburners. With around 25 meters left, I still trailed by about two meters and reached for another gear. I passed him in the final ten meters to win in a tactical 2:43.38 to his 2:43.51. This was probably the only way I could have won as I was still recovering from a right hamstring strain 2 months earlier. My BodyHelix Thigh and below-the-knee Rebound high performance elastic sleeves definitely kept me in the game training and competing.



## 26TH ANNUAL HARD CLIMB HILL RACES

(BY JERRY SURH)

About 50 regulars and a considerable number of first-timers ran the three distances in ideal racing weather Sunday, March 20. Kaleb Keyserling, 24, ran the 4th fastest 10-miler in the 26 years of the race at 59:45 (Douglas Gimlin set the course record of 57:29, in 1995 when he was 30; the 60-minute mark has now been broken only six times).\* Other attention-getters were Joe and Elizabeth Shamblin and their sons, Scott, Will, Ben and Adam, ages four through twelve, as all finished their races in respectable times.

The success of this year's race is due to the able help of our volunteers, including: Dr. Dan Kenan, who

aided Master Timer Gary Schultz in keeping track of three races; Connie Howe, who registered runners single-handed (despite an ankle sprain, so also single-footed); Carolyn Huettel & Jim Claebusch, who rounded up, transported, and returned heavy equipment; Jean McDonald, our medical presence for the race; and Dean Chris Gould for his assistance with timing and several other tasks. Patrick Bruer was responsible for the compilation and reporting of race times by Sunday evening. A hearty thanks to all!

\* See the March newsletter for records in all distances and categories of runners (but with the following correction for Masters Male 10-Miler record holder: 64:14, Jim Clabuesch, 2005).

### HARD CLIMB HILL RACES 2011 - RESULTS

THREE MILER				TEN MILER			
1	Greg Sousa	M	41 22:05	1	Kaleb Keyserling	M	24 0:59:45
2	Cosby Dudley	M	50 22:42	2	Monk Linney	M	35 1:02:26
3	Karen Murphy	F	32 24:50	3	Barton Bechard	M	46 1:08:35
4	George Retsch-Bogart	M	58 26:16	4	Ronnie Weed	M	36 1:10:01
5	LeighAnn Metzger	F	30 27:08	5	Mike Kelley	M	51 1:10:58
6	Pat Akos	M	39 27:31	6	Joseph Clancy	M	38 1:11:51
7	Paul Wormsbecher	M	49 27:52	7	Doug Hensel	M	37 1:13:55
8	Trevor Johnson	M	37 30:12	8	Jim Clabuesch	M	46 1:14:08
9	Karla Henderson	F	61 33:04	9	Harold Hill	M	42 1:14:26
10	Alexander Kenan	M	18 33:20	10	Dale Fleckenstein	M	47 1:15:03
11	Katie Clark	F	17 33:20	11	Joe Shamblin	M	42 1:15:57
12	Ben Shamblin	M	10 37:37	12	Patrick Bruer	M	52 1:17:53
13	Adam Shamblin	M	11 38:10	13	Alison Gracey	F	49 1:18:58
14	Will Shamblin	M	8 38:11	14	Christopher Boyce	M	36 1:26:39
15	Darice Witherspoon	F	38 38:27	15	Anthony Corriveau	M	40 1:26:39
16	Scotty Shamblin	M	4 50:24	16	Raj Butalia	M	45 1:27:58
SEVEN MILER				17	Jim Hotelling	M	63 1:29:39
1	Jeff Hall	M	46 0:50:38	18	Paul Bloom	M	63 1:30:08
2	Owen Astrachan	M	54 0:51:14	19	Jen Howard	F	36 1:31:35
3	Steven Couper	M	23 0:54:51	20	Seth Moser-Katz	M	26 1:32:03
4	Rietta Couper	F	52 0:54:51	21	Denise Larson	F	50 1:33:20
5	Libby Searles-Bohs	F	45 0:58:00	22	Mark Greenhalgh	M	53 1:37:18
6	Larry Bohs	M	51 0:58:00	23	Emil Malizia	M	67 1:39:14
7	Shelly Bloom	F	58 1:05:32	24	Carolyn Huettel	F	46 1:42:56
8	Ann Miller	F	53 1:05:32	25	Shannon Johnstone	F	37 1:42:56
9	Erin McIntee	F	30 1:12:55	26	Ed Boyd	M	68 1:46:13
10	Jenny Hill	F	42 1:14:47	27	Alfred Kleinhammes	M	59 1:50:19

## WINTER SERIES FINAL STANDINGS

This is the final tally for the 2010-2011 CGTC Winter Series. If you don't see your name on the list and think you qualified to get an Incredibly Beautiful Winter Series shirt, or if I didn't add up your points correctly, or if you are due a shirt (to be given out at the Spring Banquet) and want to change your shirt size - please email me at [jwcvh@mindspring.com](mailto:jwcvh@mindspring.com) to discuss.

—Jim Clabuesch

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	XX	R	R			R	R	R		5	0
Astrachan, Owen	Y	Y	M	R	R	R	V/R		R	R		6	0
Bechard, Barton	Y	Y	M	R	R	R		R		R	R	6	0
Bohs, Larry	Y	Y	M	R	R		R	V	R	R		6	0
Boyce, Christopher	Y	Y	M	V		R	R	R		R	R	6	0
Bruer, Patrick	na RD		M	R		R	D	R	V/R	R	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	R	R	0	0
Corriveau, Anthony	Y	Y	M		R			R	R	R	R	5	0
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	V		6	0
Gracey, Alison			S	R	V	R				R	R	5	0
Greenhalgh, Mark		Y	L		R			R	R	R	R	5	0
Hall, Jeff	Y	Y	M		R	R	R	R	R	R		6	0
Hansley, Bill	Y	Y	XL		R				R			2	3
Hansley, Susie	Y	Y	XL		V	V			R			3	2
Haws, John	Y	Y	L		R	R	R					3	2
Henderson, Karla	Y	Y	M		R	R		R	R	R		5	0
Hensel, Doug	Y	Y	L	R		R	R	R		R	R	6	0
Herrick, Candy	Y	Y	S		R		R	R	R			4	1

(Continued on page 11)

## WINTER SERIES FINAL STANDINGS

(CONTINUED FROM PAGE 10)

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
Hill, Harold	Y	Y	L		R	R	R			R	R	5	0
Hill, Jenny	Y	Y	S		R	V	R			R		4	1
Hindenach, Barbara			M	R	R	R	R	R	V			6	0
Hotelling, Jim	Y	Y	XL	R	R	R	R	R	R	R	R	8	0
Howard, Jennifer	Y	Y	M	R	R			R		R	R	5	0
Howe, Connie	Y	Y	M		R		R	R	R	V		5	0
Huettel, Carolyn	Y	Y	M		V	R	R	R	R	R	R	7	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	R		5	0
Kenan, Alexander	na ≤18	Y	L	R	R		R	R		R		5	0
Kilts, Priscilla	Y	Y	M	R			R		R			3	2
Kirby, Tom			M	V/R	R	R	R		V/R			5	0
Kleinhammes, Alfred	Y	Y	XL				R	R	R	R	R	5	0
Klopfer, Peter	na RD		M						D			0	0
Larson, Denise			M	V	V	R				R	R	5	0
Lewis, Jamie	Y	Y	M	V	R	R		R	V			5	0
Linney, George "Monk"	Y	Y	L	R			R			R	R	4	1
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	R	R	6	0
Markham, Thomas	Y	Y	L			R	R		R			3	2
Maunz, Tom			XL	R	R		R	R	R			5	0
Metzger, LeighAnn				R	R			R	V	R		5	0
Miller, Ann	Y	Y	M	R	V	R		R		R		5	0
Munsat, Steve	Y	Y	L		R	R	R	R	V			5	0

(Continued on page 12)

## WINTER SERIES FINAL STANDINGS

(CONTINUED FROM PAGE 11)

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
Murphy, Karen	Y	Y	de-pen ds		R				R	R		3	2
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	XX L	V	V	V	V	V	V			6	0
Retsch-Bogart, George	Y	Y	L		R		R	R	R	R		5	0
Rexford, Frank	Y		M		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	V		0	0
Schumacher, Alan	Y	Y	L		V/R		R					2	3
Searles-Bohs, Libby	Y	Y	M	R	R	R	R	R	R	R		7	0
Selvaggi, Chris	Y	Y	M		R	R	R	R	R			5	0
Slade, Susan			S		R	R	R	R	R			5	0
Smith, Richard	na RD		L			R	R	D				0	0
Sousa, Greg	Y	Y	M	R	R	R			R	R		5	0
Sousa, Sara	Y	Y	L	R	R	R	V	R	R			6	0
Surh, Jerry	na RD		M			R			V	D		0	0
Van Houtven, Dominic	na ≤18	Y	M	R	R	R		R	R			5	0
Walsh, Mike	Y	Y	de-pen ds	R	R	R	R	R	R			6	0
Weed, Ronnie	Y	Y	M		R	V			R	R	R	5	0
Witherspoon, Darice	Y	Y	S	V			R	V	V	R		5	0
Wolfe, Richard	Y	Y	L	R			R	R	R			4	1
Wormsbecher, Paul	Y	Y	XX L	R	R	R	R	V		R		6	0
Young, Tim	Y	Y	M				R					1	4

## MARCH BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on March 8, 2011. Attendees included President Chris Boyce, Halle Amick, Michele Beard, Patrick Bruer, Jim Clabuesch, Chris Gould, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Kevin Nickodem, Gary Schultz, Cathy Wides, Ryan Woodruff and your scribe, Henry Blinder.

The meeting began with an offer from Ryan to lead a new Club group run on Thursday morning, starting in the vicinity of the Bull City Running store. It will be a social run, three to six miles, at a seven to 10-minute mile pace depending on who shows up for the run. Look for further details on the Club website and the "Godiva Weekly Run" section of the monthly newsletter.

We next heard from Michele, the Girls on the Run race director. She spoke about the Girls on the Run program and the upcoming April 16 5K race. She is looking for four or five Club members to volunteer for race packet pickup duties the night before the race, and at the registration tables on race day. If you are willing to assist with what we concurred is a worthwhile event, please get in touch with Michele. See page 4 for contact details.

Moving onto the regular monthly business items, Kevin furnished us with the Treasurer's report for January and February. The Club had a minor negative cash flow for February, due to Umstead Marathon expenses and costs associated with the upcoming Annual Banquet. For the eight months of the current fiscal year that began in July, the

Club has an overall positive cash flow of \$6766.

Kevin also informed us that USA Track and Field now requires that the Club's official officers (President, Vice-President and Treasurer) be individual members of USATF in order for the Club to continue to be a USATF Club. For those officers who are not already individual USATF members, he proposed that the Club bear the expense of the required individual memberships. His proposal was unanimously approved.

In the absence of our haberdasher and newsletter editor, the next report was on Membership. Jim informed us that the Club now has exactly 600 members. Patrick indicated that he has looked into how members' personal information would be kept secure when memberships are paid through Pay Pal. The Club is now ready to make the transfer to Pay Pal to use the service for membership renewals, and probably for the Annual Banquet as well.

Chris G. spoke with the Race Director for the Hard Climb Hill, the Winter Series finale scheduled for March 20. All is in order for the race.

Halle reported that Spartacus restaurant will be providing the food for the Annual Banquet. This year, attendees will not have to select a menu item ahead of time, since it will be a buffet-style menu. She has also ordered the pottery awards to be distributed at the Banquet.

Next, we received a recap from Jim on the Umstead Marathon. The weather was good, many positive comments

were received and all in all, it went well. There was, however, an issue with vandalism, where a number of the directional course markers and the Club's 24-mile marker were torn down. Fortunately, this was discovered and there was enough redundancy built into the event with course monitors that the lack of these markers did not appear to cause any big problems. The Race Committee is holding its "lessons learned" meeting this week. There were 183 runners who started the marathon, and 171 finishers, the highest number ever. Jim expects that the Club will realize a modest profit from the race.

Chris G. proposed that the Club repeat last year's donation of \$500 to the Pine Cone Pacer 5K. Proceeds from the upcoming April 9 race go to support Duke Forest, through services such as trail maintenance. His proposal was unanimously approved.

The final item was from Gary. He reported that the springtime Running Start program, currently being publicized on the club's web site, is attracting online interest forms comparable to last year's pace. Tuesday, March 22 is the informational meeting and Saturday, March 26 is the first training session. He also noted that while strollers are not suitable for the Duke Golf Course trail, it would be permissible for participants with strollers to participate in the training sessions held on the American Tobacco trail and RTP loop.

The meeting adjourned at 7:59pm.

—Henry Blinder

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

Chris Boyce, Henry Blinder, Jim Clabuesch, Cathy Wides, Don Anthony, Jerry Surh, Halle Amick, Maurice McDonald, Gordon Keeler, Bob Nelson

## GODIVA RACE CALENDAR

(COMPILED BY DON ANTHONY)

April 9	Cary Road Race 10K & 5K	Cary	April 30	Owls Roost Rumble Trail Half Marathon & 3.5 Miler	Greensboro
	Tarheel 10 & 4 Milers	Chapel Hill	May 7	New River Half Marathon & 5K	Ashe County
	Pine Cone Pacer 5K	Durham		Philosopher's Way 15K & 7K	Chapel Hill
	Memorial 5K Run for Crime Victims	Raleigh	May 21	St. Francis of Assisi Run for Peace 5K	Raleigh
Mountains to Sea Trail 12 Miler / 50K	Wake Forest	Run for the Dream 8K		Williamsburg, VA	
April 10	Raleigh Rocks Half Marathon & 5K	Raleigh	May 22	Inside Out Classic Half Marathon & 10K	Raleigh
	Briar Chapel 5K	Chapel Hill		Run for the Dream Half Marathon	Williamsburg, VA
April 16	Girls on the Run 5K	Durham	June 4-5	Black Mountain Monster 24/12 Relay	Black Mountain
	Run for Umstead 4 Miler	Raleigh		Charity Chase Half Marathon	Hickory
	Run the D.O.G. 5K	Williamsburg, VA		MANNA in Motion 5K & 10K	Pinehurst
April 30	Angels Among Us 5K	Durham	July 2	Beech Mountain Club 5K	Beech Mountain
	Run for Our Heroes 5K	Raleigh			

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	5:30 p.m.	Research Triangle Park, Park Dr. near Credit Union	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Carolyn Huettel, 401-9589
<b>MONDAY</b>	6:30 p.m.	Camp Chestnut Ridge, Chestnut Ridge Rd., Efland	Single-track trails, with some hills, water, and mud. Pace is 9-10 minutes per mile.	Alan Schumacher, (336) 214-7068 (cell) or <a href="mailto:solo@mebtel.net">solo@mebtel.net</a>
<b>TUESDAY</b>	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard (260-0261) and David Coulter (286-7278)
<b>WEDNESDAY</b>	6:00 p.m.	Woodcroft, Sunset Grille on Fayetteville Rd., Durham	Neighborhood streets and greenway paths. 6 miles, at 8:30-9 min. per mile.	Marshall Stanley, <a href="mailto:mssguitar@aol.com">mssguitar@aol.com</a>
<b>THURSDAY (A.M.)</b>	6:00 a.m.	Bull City Running Company, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Distance and speed vary from 5-8 miles at 7-10 minutes per mile, depending on the group that shows up each week.	Ryan Woodruff, 943-6420 or <a href="mailto:ryan.david.woodruff@mssb.com">ryan.david.woodruff@mssb.com</a>
<b>THURSDAY (P.M.)</b>	6:00 p.m.	Kroger, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Jim Clabuesch and Carolyn Huettel, 401-9589
<b>SATURDAY</b>	8:30 a.m.	Umstead State Park, at Harrison Ave. entrance	Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances	Carolyn Huettel, 401-9589
<b>SUNDAY</b>	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest, at Frank Bassett Dr., Durham	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile	Carolyn Huettel, 401-9589

\* For full details on these runs, see the "Weekly Runs" section of the club website ([www.carolinagodiva.org](http://www.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 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!