

VOLUME XXXVI  
NUMBER 8

MAY  
2011



## FREEDOM'S RUN MARATHON

### NEWSLETTER CONTENTS

PRESIDENT'S COLUMN	1, 6
CLUB INFO	2
NEWS & ANNOUNCEMENTS	3-4
AT THE RACES	5-6
MEETING MINUTES	7
RACE CALENDAR & WEEKLY RUNS	8
MEMBERSHIP FORM	9

A fellow runner was recently telling me about a fall trail marathon that was quickly filling up after having just opened for registration. This news spurred me on to finish a race report I had started some six months ago. This race was also a marathon, and it really impressed me with its mix of trails and roads that coursed through nature and even back through history! Many equally impressed participants are no doubt spreading word about it, so it is important to get this race report out to you readers in time to get in on the action.

I stumbled across the Freedom's Run marathon while browsing the Internet last summer for an early fall marathon. Its October 2nd date was early enough to allow me to recover in time to run the Richmond marathon in mid November. Its course through historic towns and parkland looked exceptionally scenic. Its location near family and friends made lodging a moot point. The decision to run it was a real no-brainer for me. It was clear by the hilly course that it would not be a PR race for me, but a finishing time below four hours seemed reasonable enough.

"Despite the challenging course, everything about this event has me wanting to go back for more."

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

**SEND SUBMISSIONS TO:**

**NEWSLETTER  
@  
CAROLINAGODIVA.ORG**

Race day was on a cool Saturday morning. About 600 runners gathered together in the historic town of Harpers Ferry, West Virginia. My memory of the start is somewhat vague, but I believe we took off with a verbal "GO!"

We coursed easily along the town's streets during the first 5 miles as we gradually descended toward the Potomac River. A railroad bridge with a pedestrian walkway brought us to the Maryland side of the river and onto the C&O canal trail. It was flat like our local Tobacco Trail, but with a surface like the fire roads of Duke Forest. It stretched out westward along the river under the shade of mature hardwood forests that extended up the hillsides.

*(Continued on page 4)*



**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**

President	Chris Boyce	chris.boyce@cirruspharm.com
Vice President	Halle Amick	halle.amick@gmail.com
Treasurer	Kevin Nickodem	kevin.nickodem@firstcitizens.com
Meeting Secretary	Henry Blinder	ncjog@nc.rr.com
Membership Chair	Jim Clabuesch	jwcvh@mindspring.com
Haberdasher	Mike Dalton	haberdasher@carolinagodiva.org
Race Calendar Editor	Don Anthony	donanthony2@gmail.com
Highway Clean Up	Gordon Keeler	479-4965
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor	Thomas Markham	newsletter@carolinagodiva.org
Copy Editor	Gary Schultz	
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

**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	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

# 2011 SUMMER TRACK SERIES

Belk Track at Fetzer Field  
 UNC at Chapel Hill  
**Series Director:** Charles Alden

Note: the track is open to the public, so we may expect to be sharing the track with other users.

Assistant and apprentice directors will be welcomed and lavishly rewarded (with thanks).

## Schedule:

May 18	Long
May 25	Short
June 1	Long
June 8	Short
June 15	Long
June 22	Short
June 29	Long
July 6	Short
July 13	Long
July 20	Short
July 27	Midsummer Madness
August 3	Long
Aug 10	Short

Meets will start at 7:00 p.m. sharp, rain or shine

**Weather policy:** Races will be run rain or shine. Races will be curtailed only in the event of unsafe running conditions (deep standing water or persistent nearby lightning). Decisions about race postponement will be based on conditions at the race site at 7 PM and not on forecasts.

Thanks to the organizers of the Umstead 100-Mile Endurance Run ([www.umstead100.org](http://www.umstead100.org)) for donating their leftover Gatorade to Godiva. They gave us 17 bags of powder (each bag makes six gallons). This will enable the club to provide Gatorade each week for the Summer Track meets in Chapel Hill.

## TRADITIONAL EVENTS:

**Long:** Mile run, 200 m, mile racewalk, 800 m, 5000 m

**Short:** 1500 m run, 100 m, 1500 m racewalk, 400 m, 3000 m

## MIDSUMMER MADNESS - JULY 27

### THE AARP RELAYS

1000 meters

Jim Thornton Invitational 65 yard dash

4 x 400 relay

### SOCIAL SECURITY STAGGER

6500 meters

(A tiny bit more than 4 miles, and way less than 5 miles!)

## 2011 WALK/RUN FOR UMSTEAD

CGTC coordinated the finish line for the Walk/Run for Umstead on April 16, which benefited the Umstead Coalition ([www.umsteadcoalition.org](http://www.umsteadcoalition.org)). Funds raised are going towards the restoration of the 104 historic cabins and mess halls, land acquisition, invasive plant control, and environmental education.

Thanks to the following volunteers who worked a very efficient finish line and an extremely fast clean-up: Paul Eppers, Jeff Hall, Karen Murphy, Paul Wormsbecher, Bob Nelson, Ethan Caldwell, Ying So, Kristine Pryzgodka, Jenni Rubatt, Lani Rogers, Aline Lloyd, Gwendolyn Lloyd, Heiko Rath, Ronnie Weed, Jim Clabuesch, Jamie Vaughn.

—Carolyn Huettel

## MEMBER DISCOUNT: SPORTS AUTHORITY

Sports Authority, a Proud Sponsor of RRCA (of which CGTC is a member), has provided the club with some Member Discount Coupons good for \$10 off any purchase of \$50 or more.

Since there are only five affiliated stores in NC, (Concord, Charlotte, Gastonia, Winston-Salem, Greensboro) I figured we could distribute them on an as-needed basis instead of trying to figure out how to deliver them to all club members. So if you need one, email me at [jwcvh@mindspring.com](mailto:jwcvh@mindspring.com) and I will get one to you.

—Jim Clabuesch

*(continued from page 1)*

Nature called me early in the race, so I made a quick stop upon seeing the first port-a-john. Though I latched the door, another runner with the same thing in mind practically ripped it open on me. No one was waiting when I stepped out some 30 seconds later, so I figured he had worked out a plan B. I was still feeling great at about mile 10, but felt my 8:00 pace was much too fast. I began pulling back so that my legs would not implode when the course eventually left the river's floodplain for the rolling countryside.

At about mile 15, we finally traded earth for asphalt and began our ascent into the surrounding hills. I was looking forward to some elevation change while on the C&O canal trail, but running these hills quickly proved more challenging than therapeutic! That said, the backdrop of the Blue Ridge Mountains over rolling fields and forest proved a nice distraction. The hills steepened as I entered Antietam National Battle Field, so I started walking for short periods. In this section, we marathoners met up with the half marathoners who were running an out-and-back from our shared finish in Shepherdstown.

After leaving the Civil War battlefield, I could see the hills flattened out some and gave way to the small town of Sharpsburg and its many historic structures. While running through its downtown at about mile 23, my calf muscles were starting to revolt, but regular stops to stretch convinced them to keep working. "Almost there" I would think to myself during those last few miles! The road

eventually moved out of town and began descending back down to the Potomac River, across from which stood the small and historic college town of Shepherdstown, West Virginia.

As we crossed the bridge, I stopped one last time to stretch out my calves. The marathon soon enough ended in the football field of Shepherd University. I realized while rounding a street corner to enter the stadium that I was not going to finish below my four hour goal, which made me question the necessity for some of those earlier stops. Some fans of mine sat in the bleachers cheering me on. The finishing line clock read 4:01:03 as I passed by it. Did it matter to me that it was 63 seconds over the mark? Not really, as I had just finished a marathon!

The Freedom's Run marathon was actually part of a race festival that also included a half marathon, 10K, 5K, and kids' run. There was something for everyone there, from information booths for adults to play areas for children. Of course, there was all the food you would expect at a race. The nearby Bavarian Inn is where each runner got a commemorative Freedom's Run glass and a free fill of beer. Between the beer glass, a neck medal, technical shirt, and bag of goodies, the race schwag was nice! Despite how challenging the course was for me, everything about this event has me wanting to go back for more. After writing this race report, I hope to see some of you there too!

—Chris Boyce

# AT THE RACES

(COMPILED BY JIM CLABUESCH)

## Isaac Dickson Hot Chocolate 10K

Asheville, NC 1/22/11

Tim Meigs 35:20 1<sup>st</sup> M/M

## Kappa Delta Shamrock N Run 5km

Chapel Hill, NC 2/26/11

Roger Halchin 20:47

Scott Brewner 21:09

Rietta Couper 21:20

Cathy Mencarini 24:21

Richard Crume 26:22

## St. Patty's Run Green 8km

Raleigh, NC 3/5/11

James Gerdts 34:11

Lindsey Puryear 36:18 3<sup>rd</sup> M 50-54

Mary Szymkowski 39:45 2<sup>nd</sup> F 45-49

Lena Hollmann 41:00 1<sup>st</sup> F 55-59

Laree Johnson 42:53

Renee Stoj 1:09:50

Petra Roulhac 1:09:52

Victoria Bibby 1:10:16

Serena Paddock 1:15:19

Jamie Senter 1:24:10

Crystal Senter 1:24:10

## Azalea Festival Sprint Triathlon

Wilmington, NC 3/12/11

Paul Bloom 58:44 1<sup>st</sup> M 60-64

Shelly Bloom 59:49 1<sup>st</sup> F 55-59

## Shamrock Run for Hope 5km & 10km

Pittsboro, NC 3/12/11

### 5km

Jack Morgan 17:42 1<sup>st</sup> O/M

Wade Clark 22:22 1<sup>st</sup> M 60-69

Lauren Figge 28:54 3<sup>rd</sup> F 30-39

Dennis Geiser 48:30 3<sup>rd</sup> M 60-69

### 10km

Doug Hensel 42:37 1<sup>st</sup> M 30-39

Roger Halchin 44:25 3<sup>rd</sup> M 50-59

Heiko Rath 45:09 3<sup>rd</sup> M 40-49

Jason Figge 45:43

## The Equinoxalizer 5km

Durham, NC 3/19/11

Justin Clapp 32:34

## Great Human Race 5km

Durham, NC 3/26/11

George Linney 17:18 5:34 1<sup>st</sup> O/M

AJ Tucker 17:38 5:41 3<sup>rd</sup> O/M

RL Bynum 22:40 7:18 2<sup>nd</sup> M 50-54

Jen Howard 22:40 7:18 3<sup>rd</sup> F 35-39

Sandra Cooke 26:11 8:26

Richard Crume 27:06 8:43

Lisa Anderson 27:34 8:52

Kitty Moses 28:26 9:09 2<sup>nd</sup> F 55-59

Regis Lyons 28:46 9:16 3<sup>rd</sup> M 65-69

Gordon Tucker 29:25 9:28

Stephanie Culbreth 29:41 9:33

## Greenville Duathlon

Greenville, NC 3/26/11

Paul Bloom

2:18:00 (long course) 1<sup>st</sup> M 60-64

Shelly Bloom

1:20:45 (short course) 1<sup>st</sup> F 55-59

## Sexual Assault Awareness 5km

Kuwait 4/2/11

Lewis Hendricks 18:16 3<sup>rd</sup> O/M

## Umstead 100-Mile Endurance Run

Raleigh, NC 4/2/11

### 100 miles

Allen Glazner 23:12:48 13:56

Charles West 27:32:52 16:32

### 50 miles

Ken Bell 8:48:31 10:34

Bill Hansley 12:55:43 15:31

## St. Timothy's Spring Sprint 5km

Raleigh, NC 4/2/11

Rob Wilson 19:16 6:13 1<sup>st</sup> M/M

Andrew Scribner 20:27 6:36 3<sup>rd</sup> M/M

Mel Levin 25:43 8:19 3<sup>rd</sup> M 60-64

Abie Harris 26:28 8:33 1<sup>st</sup> M 75-79

## Miles for Missing People 10K

London, England 4/2/11

Paul Bloom 49:01 1<sup>st</sup> M 60-64

## Carolinas Masters Track and Field Invitational

Charlotte, NC 4/9/11

Maurice McDonald

M70-74 800m

2:37.7 1<sup>st</sup> (New Meet Record)

M70-74 400m

1:07.39 1<sup>st</sup> (New Meet Record)

M70-74 200m 31.39 1<sup>st</sup>

Jay Smith

M60-64 800m 2:37.00 1<sup>st</sup>

M60-64 1500m 5:52.04 1<sup>st</sup>

## Pine Cone Pacer 5km

Durham, NC 4/9/11

Mark Dessauer 21:29 6:55 1<sup>st</sup> M 36-50

Juliette Eck 30:22 9:47

Supatra Campbell 50:46 16:21

Scott Herman-Giddens 50:46 16:21

## Mountains-To-Sea Trail 12 Mile Challenge

Raleigh, NC 4/9/11

Ronnie Weed 1:27:42 7:18 2<sup>nd</sup> M 35-39

Anthony Corriveau 1:29:55 7:30 1<sup>st</sup> M/M

Ryan Hudgins 1:32:21 7:42

James Gerdts 1:38:52 8:14

Doug Hensel 1:41:09 8:26

Harold Hill 1:41:12 8:26 3<sup>rd</sup> M 40-44

Shannon Johnstone

1:45:06 8:45 2<sup>nd</sup> F 35-39

Chris Boyce 1:53:18 9:26

Joe Drommer 1:53:27 9:27

Karen Murphy 1:58:44 9:54

Sandra Cooke 2:06:11 10:31

Laree Johnson 2:19:29 11:37

Lisa Feutz 2:21:33 11:48 2<sup>nd</sup> F50-54

Erin McIntee 2:39:30 13:17

## Cary Road Race 5km & 10km

Cary, NC 4/9/11

### 10km

Derek Fenton 35:21 5:42 3<sup>rd</sup> O/M

Cathy Wides 44:39 7:12 1<sup>st</sup> M/F

Larry Bader 53:00 8:32 1<sup>st</sup> M 65-69

Richard Crume 56:10 9:03

Peggy Warner 64:14 10:21 1<sup>st</sup> F 55-59

### 5km

Jeff Hall 19:20 6:14 1<sup>st</sup> M/M

Lindsey Puryear 21:04 6:47 1<sup>st</sup> GM/M

Lena Hollmann 24:51 8:00 4<sup>rd</sup> M/F

## Tar Heel 10 Mile & 4 Mile

Chapel Hill, NC 4/9/11

### 4 mile

Owen Astrachan 30:29 6:38 1<sup>st</sup> M/M

Patrick Akos 41:26 9:01

Julian Preston 42:27 9:14 3<sup>rd</sup> M 65+

Gloria Preston 48:16 10:30 3<sup>rd</sup> F 64-69

Steve Munsat 50:26 10:58

### 10 mile

Ulf Andre 58:56 5:54 2<sup>nd</sup> M/M

Craig Heinly 1:00:15 6:02 1<sup>st</sup> M 40-44

(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

# AT THE RACES

(CONTINUED FROM PAGE 5)

Gary Slade 1:03:13 6:20 1<sup>st</sup> M 50-54  
 David Drewry 1:07:59 6:48  
 William Kraus 1:08:46 6:53 1<sup>st</sup> M 55-59  
 Rietta Couper 1:13:25 7:21 1<sup>st</sup> F 50-54  
 Nancy Kaiser 1:14:21 7:27 2<sup>nd</sup> F 40-44  
 John Ganzi 1:15:41 7:35  
 Myong Dunn 1:16:19 7:38 2<sup>nd</sup> F50-54  
 Ryan Woodruff 1:16:19 7:38  
 Jessica Lee 1:16:30 7:39  
 Jen Howard 1:16:44 7:41  
 Jim Hotelling 1:16:55 7:42 2<sup>nd</sup> M 60-64  
 David Brady 1:17:26 7:45  
 Tom Hughes 1:18:28 7:51  
 Quinn McFall 1:19:48 7:59  
 Jen Arnold 1:20:50 8:05  
 Sherry Clough 1:21:02 8:07  
 Ed Leydon 1:21:05 8:07 1<sup>st</sup> M 65+  
 Dana Hornkohl 1:23:41 8:23  
 Susan Chesser 1:24:54 8:30  
 Chris Moses 1:25:39 8:34  
 Jenny Witko 1:27:10 8:43  
 Jennifer Allen 1:27:14 8:44  
 Frank Rexford 1:28:33 8:52  
 Jeff Luttrell 1:28:55 8:54  
 William Chesser 1:29:18 8:56  
 Eileen Tyler 1:30:21 9:03 3<sup>rd</sup> F 55-59  
 Jamie Weyandt 1:30:31 9:04  
 Muhammad Hasan 1:32:09 9:13  
 Joan Boone 1:41:50 10:11  
 Heather Yeowell 1:44:44 10:29 1<sup>st</sup> F 65+  
 David Yeowell 1:51:50 11:11  
 Lisa Hasan 2:00:01 12:01  
 Bill Vann 2:01:40 12:10

## Raleigh Rocks Half Marathon

Raleigh, NC 4/10/11

Bob Pleasants 1:29:40 6:51 3<sup>rd</sup> M 30-34

## St. Louis Marathon & Half

St. Louis, MO 4/10/11

### Marathon

Katie Biasi 4:25:34

### Half

Tom Meyer 2:35:01

## Mayland Toxic Trail 5km

Spruce Pine, NC 4/16/11

Marshall Stanley 36:40 3<sup>rd</sup> M 30-39

## Dismal Swamp Stomp Half Marathon

Chesapeake, VA 4/16/11

Joe Drommer 1:44:51

## Girls on the Run 5km

Durham, NC 4/16/11

Ken Larsen 28:32 9:11

Suzanne Young 28:40 9:14

Laree Johnson 40:23 13:00

## Umstead Coalition 4 Miler

Raleigh, NC 4/16/11

Jim Clabuesch 24:30 1<sup>st</sup> M/M

Anthony Corriveau 24:48 2<sup>nd</sup> M/M

Jeff Hall 26:27 4<sup>th</sup> M/M

Paul Eppers 26:49 5<sup>th</sup> M/M

Heiko Rath 28:36 3<sup>rd</sup> O/M

Shannon Johnstone 29:46 4<sup>th</sup> O/F

Gwendolyn Lloyd 31:53 5<sup>th</sup> O/F

Sara Sousa 37:22

Jerry Surh 39:06

## 2<sup>nd</sup> Empire Classic 5km

Raleigh, NC 4/17/11

Ben Godfrey 16:34 5:20 3<sup>rd</sup> O/M

Rob Wilson 18:31 5:58 2<sup>nd</sup> M/M  
 Andrew Scribner 19:40 6:21 3<sup>rd</sup> M/M  
 Lindsey Puryear 21:20 6:53  
 Mary Szymkowski 22:00 7:06 1<sup>st</sup> M/F  
 Lena Hollmann 24:46 7:59 1<sup>st</sup> F 55-59  
 Mel Levin 24:47 7:59 3<sup>rd</sup> M 60-64  
 Abie Harris 25:19 8:10 1<sup>st</sup> M 75+  
 Richard Crume 25:34 8:14

## Boston Marathon

Boston, MA 4/18/11

Jason Page 2:35:44 5:57

Tim Meigs 2:38:36 6:03 (PR)

Ulf Andre 2:47:07 6:23

Ashley Bass 3:06:53 7:08

Ken Becker 3:07:38 7:10

John Clark Jr. 3:11:02 7:17

Ronnie Weed 3:11:57 7:20

Scott Brewner 3:17:28 7:32

Roger Halchin 3:22:08 7:43

Matthew Marum 3:22:45 7:44

Laura Heyneman 3:43:42 8:32

Kimberly Amick 3:44:54 8:35

John Lloyd 3:49:18 8:45

Candy Herrick 3:49:20 8:45

Shawn Harris 3:52:04 8:51

Karen Murphy 3:55:30 8:59

LeighAnn Metzger 4:05:03 9:21

Richard Smith 4:22:34 10:01

Cathy Mencarini 5:09:54 11:50

Tim & Ulf & Ashley =

6<sup>th</sup> place Male >40 Team

Laura & Candy & Cathy =

33<sup>rd</sup> place Female >40 Team

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

# GODIVA GOINGS-ON

## Sat. May 14

Godiva's Spring Banquet. See April newsletter for details, or register online at [www.carolinagodiva.org](http://www.carolinagodiva.org)

## Wed. May 18

First day of Summer Track, Belk Track at UNC, 7:00 p.m. The first meet is a "long" night. See page 3 for details on the whole series.

## Sat. May 21

USA Masters 8km Championships in Williamsburg, VA. Contact team captains Cathy Wides or Jim Clabuesch (see page 2 for emails) if interested in running.

## Wed. July 27

Midsummer Madness at Summer Track! This year's meet has been designed with the mature runner in mind. See page 3 for details.

## Sat. Aug. 27

Maggie Valley Moonlight race, 8:00 p.m., near Asheville. Stay tuned for more details.

## APRIL BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:08pm on April 12, 2011. Attendees included President Chris Boyce, Charles Alden, Halle Amick, Jim Clabuesch, Barbara Hindenach, Tom Kirby, Gary Schultz, Cathy Wides, Ryan Woodruff and your scribe, Henry Blinder.

Although Kevin Nickodem could not attend, he furnished the Treasurer's Report to the Board prior to the meeting. Through the first nine months of the fiscal year, the Club has a net income of \$6,784. He indicated that our "cash position remains very strong."

In the absence of our haberdasher, Jim noted that the Club still has "lots of stuff" available. He also delivered the Membership report. Membership is up, with some new members coming in from the Running Start program. Pay Pal is now in use for the convenience of members who wish to pay online, and appears to be working well.

"The Summer Track Series will commence on Wednesday evening, May 18 at 7:00 p.m. and continue for 13 consecutive weeks, through August 10."

Halle then updated us on the upcoming Spring Banquet. The pottery awards have been ordered, the caterer has been arranged, and the event is set for May 14.

Moving onto discussion items, Charles reported to us on his preparations for the Summer Track series. He met recently with the UNC Associate Athletic Director regarding the Club's use again this year of the Belk Track at Fetzer Field. Although some paperwork is required from the Club, the University is again amenable to our holding the series at the Belk Track.

Charles then gave us a proposed schedule for the series. It will commence on Wednesday evening, May 18 at 7:00pm sharp, rain or shine, and continue for 13 consecutive weeks, through August 10. As in prior years, there will be long and short events on alternate weeks, and July 27 will be the week for the "midsummer madness" events. These include, among other events, the "AARP" (Advanced Age Running Program) Relays and the 6500 meter "Social Security Stagger." We all concurred that the schedule and program look good. Come on down!

Ryan reported that the new Godiva weekly run that he is coordinating is underway. The run leaves at 6:00am

on Thursday from the South Point Crossing shopping center in Durham, in front of the Bull City Running Company store. All are welcome.

"The Maggie Valley Moonlight race is being reinstated this year, after a lengthy hiatus. The race is on August 27 at 8:00 p.m., at a location southwest of Asheville."

Jim informed us that the Maggie Valley Moonlight race is being reinstated this year, after a lengthy hiatus. The race is on August 27 at 8:00pm, at a location approximately 45 minutes southwest of Asheville. There may be additional information on the race elsewhere in the newsletter.

An interview with Cathy will be in *Running Times* in the September issue of the magazine. She is being featured as an "Age Group Ace" in recognition of her running performance. Look for a note about this in a future newsletter. Congratulations, Cathy!

The meeting adjourned at 7:41pm.

—Henry Blinder

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

Chris Boyce, Henry Blinder, Jim Clabuesch, Carolyn Huettel, Charles Alden

## GODIVA RACE CALENDAR

May 7	New River Half Marathon & 5K Philosopher's Way 15K & 7K Fit to Lead 5K Cary Park 5K May Flowers Fun Run 5K Remembrance 5K Capitol City Classic 10K Rotary Club 5K	Ashe County Chapel Hill Cary Cary Durham Greenville Raleigh Wake Forest	May 26	Foxhunt 5K	Raleigh
			June 4	Black Mountain Monster 24/12 Relay Charity Chase Half Marathon MANNA in Motion 5K & 10K The Cub 7 Miler	Black Mountain Hickory Pinehurst Valle Crucis
May 8	Catch Me If You Can Mother's Day 10K & 5K	Garner	June 11	Race for the Cure	Raleigh
May 14	Monarchs in Motion 5K Clayton Road Race 5K Got Grit? 5K Run for the Warriors Half Marathon, 10K, & 5K Run for the Mariners 5K	Apex Clayton Hillsborough Jacksonville  Pittsboro	June 18	Running of the Bulls 8K	Durham
			June 25	Clare's Run for a Reason 5K	Cary
			July 2	Beech Mountain Club 5K	Beech Mountain
May 21	Reality Race 5K St Francis of Assisi Run for Peace 5K Gladiator 5K Run for the Dream 8K	Durham Raleigh Raleigh Williamsburg, VA	July 4	Four on the Fourth	Carrboro
			July 9	Denny's Challenge 5K	Cary
			Aug. 27	High Country Triple Crown Half Marathon	Blowing Rock
May 22	Inside Out Classic Half Marathon/10K Run for the Dream Half Marathon	Raleigh Williamsburg, VA	Sept. 10	Mebane on the Move 10K & 5K North Hills 5K	Mebane 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!