

VOLUME XXXVI
NUMBER 9

JUNE
2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

THE SUBCULTURE OF RUNNING

NEWSLETTER CONTENTS

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

Every sport creates a subculture that reflects the unique and often funny qualities of its participants. We runners often don't give what we say and do a second thought, as these things come second nature to us. A great many people see us as odd, funny, or oddly inspiring. Once in a while my own thoughts shift to those of the outside observer and I find myself equally entertained and amused. Before you read any further, spend a few moments allowing your thoughts to drift so that you might see what the non-runners see when they look into our world.

It's a typical Thursday evening. You are pulling into the Kroger shopping center in south Durham to pick up groceries on your way home from work. As you park and get out of your vehicle, you see several people apparently getting naked in their cars. You see one of them get out of the car dressed in running clothes. Guess people don't necessarily come to Kroger for groceries!

"There are bumper stickers that say TI or OBX. Those are for Topsail Island and the Outer Banks. But what beach is CGTC?!"

It's a mid summer evening and the heat is really on! Like most people, you are either in your air-conditioned home, working in the air-conditioned office, driving about in your air-conditioned car, or walking in the air-conditioned mall or grocery store. As you travel back and forth within your air-conditioned world, you see some crazy half-naked fools running down the street in the 95-degree heat! While you are trying to endure the heat between car and modern cave, these people are outside embracing it! Who does that?!

You and some fellow tourists are driving along the Blue Ridge Parkway south of Asheville at 4000+ feet in early November. The temperature at that altitude is below freezing. In fact, it's snowing on some of the nearby peaks! While taking in the sweeping views, you come across many parked cars with people standing around staring into an opening in the forest. Out spring a few runners. Incredibly enough, one of them sports shorts and a tank top. If it were not for the thick glittery mittens on his hands, you would be forgiven for momentarily thinking it was a steamy August afternoon. Some of you reading were at the Shut-In Ride Run and know who wore those mittens!

As one of the many bored commuters on I-40, you take notice of some bumper stickers on nearby cars. What's this 26.2? Is that driver fond of the 73rd day after his 26th birthday? Another bumper sticker says "Running is Cheaper than

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

(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
Send messages to: cgtc@duke.edu

GODIVA CLUB CONTACTS

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Haberdasher	Volunteer needed!! See announcement on p. 4	
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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
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

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) 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!)

EXTRA, EXTRA! GODIVANS IN THE PRESS

Of late, Godiva members have been making an impressive number of appearances in national running media, including the following:

- ◆ The Dick's Sporting Goods 2011 Runners' Gear Guide features Jamie Lewis, with a photograph from last year's Misery Run by unofficial Club photographer Shannon Johnstone! Jamie's story recounts how important group support has been for his running, with a special mention of the Tuesday weekly run at Duke's East Campus. The Gear Guide, with Jamie on page 18, is available online and in print at Dick's stores.
- ◆ If you haven't already, check out Lena Hollmann's monthly column on masters running in *Running Journal* (www.running.net). Lena's columns discuss the psychology of masters running, training strategies, and more. Check it out!
- ◆ Finally, Cathy Wides has been selected as an "Age-Group Ace" by *Running Times* magazine, and will be interviewed for the September issue. Look for more details in the months to come, but until then, congratulations to Cathy on this impressive honor!

(continued from page 1)

Therapy." Mmmhhh... interesting! There are stickers that say TI or OBX. Those are for Topsail Island and the Outer Banks. There goes another bumper sticker, but what beach is CGTC?!

On a cold morning you are at the inaugural City of Oaks marathon and half marathon. You are people-watching, as there are several thousand runners, volunteers, and spectators around you. Off to your right stands a male runner wearing a tuxedo top and... a wolf mask! Rewind a few years to the last City of Medicine Road Race, when you were still somewhat new to running. You finished your run and are cheering the other runners as they cross the finish line. You see a guy finish the 15K whose nipples are bleeding through his shirt. What the... that actually happens?!

A friend of yours recounts how he stumbled across strange people running in some unusual place, a place where no man or woman was meant to run. He speaks of seeing these people running in no particular direction while speaking a cryptic language, using words like "On-on" and referring to one another by colorful names that the author will refrain from repeating here. It makes no sense to you until he

HABERDASHER NEEDED!!

The Club is looking for a volunteer to take over as haberdasher from Mike Dalton.

Carolyn Huettel plans to keep her role as the retail arm of the operation, and will continue to run the enterprise out of the back of her truck.

So, what the Club needs is someone to keep tabs on demand for all manner of Godivawear™, order more inventory when necessary, and think of new offerings in the area of clothing and accessories.

If you have questions, are interested in the job yourself, or know someone who might be, contact Chris Boyce at president@carolinagodiva.org.

NEW TIME: THURS. WEEKLY RUN

Please take note: the weekly Thursday morning run on the ATT is moving up to 6:30 a.m., to accommodate the late risers among us. So get the lead out, and join some fellow Godivans for an invigorating morning run. You'll feel better all day!

recounts seeing them stop for a beer break!

It's a beautiful mid May morning, a great day to be outside in a place like Umstead State Park. The sun is bright, yet the air still somewhat cool. There are many people gathered together beneath a cathedral like opening in the forest. Many are dressed in running clothes. Nearly everyone holds yellow and Carolina blue wand-like objects that on closer observation reveal themselves to be fly swatters! This is a wedding. The bride and groom, partially dressed in running clothes themselves are taking their vows. The newly married couple takes to the trail and disappears into the forest followed by a long procession of fellow trail runners. By the way, *congratulations*, Ronnie and Karen!

There are many other instances where our unique subculture comes to the attention of the casual observer. The next time you are running or doing something somehow connected with it, just remember that you are not just doing it for yourself. Now that you might see how others see you, know that you are in fact running to entertain, amuse, and at times inspire everyone else around you!

—Chris Boyce

AWARDS BANQUET 2011: ROYS AND VOY HONORED

(BY HALLE AMICK)

Godiva members celebrated another wonderful year of fitness and friendship at the Awards Banquet on May 14th. Members who ran in or volunteered for at least 5 of the 7 Winter Series races received their Incredibly Beautiful Shirts. Charles Alden presented the age group awards and always-creative Iron Man gifts to 2010 Summer Track Series participants, and many club members walked away with door prizes ranging from gel packets to trail shoes.



In addition, we honored three extraordinary members:

MALE AND FEMALE RUNNERS OF THE YEAR Anthony Corriveau and Shannon Johnstone

The first couple to take home both RoY awards, Anthony and Shannon have, in just the past year, run on the CGTC-sponsored Blue Ridge Relay and National Trail 10k teams and completed the Umstead Marathon, the Umstead Coalition run, the Uwharrie 40-miler (in which Shannon was the first female to finish) and 5 of the Winter Series events. Not only have they racked up numerous top 10 finishes and an impressive array of events over the years, they are also

exemplary CGTC members who spread their love of running through Anthony's witty blog posts and Shannon's wonderful photographs.

VOLUNTEER OF THE YEAR Jennifer "Mickey" Fong

Mickey was unanimously selected because of her years of invaluable service as the Club's newsletter editor and as an enthusiastic volunteer at many CGTC events. In between her own running adventures (from barefoot summer track workouts to trail ultramarathons), she always found time to apply her creative spark to the monthly mailing. Although she has retired from this post, her contributions to Godiva will never be forgotten.

The banquet would not have been a success without help from the following:

Jim Clabuesch & Carolyn Huettel (the hosts with the most); Kevin Nickodem (MC extraordinaire); Patrick Bruer; Gary Schultz; Susan Slade; Chris Boyce & Jenny Miles; Barbara Hindenach; Chris Gould; Charles Alden

Let's do it all again next year!

UPCOMING RACE: USATF TRAIL NATIONAL CHAMPIONSHIP (BY JIM CLABUESCH)

I am recruiting fellow runners and potential team members for the **Continental Divide 10K Trail Race** on August 27 in Laurel Springs, NC (www.continentaldividetrailrace.com), which will serve as the **USATF Trail National Championship** (as well as the State Championship). The prize purses for these championships are listed below.

I am not sure if there will be team competition as in the past, but the race is really hard and fun. I am thinking of combining the trip west into a double by doing the **Maggie Valley Moonlight 8km** (www.maggiervalleymoonlightrun.com) that evening. It would be a good training tool for those getting ready for the **Blue Ridge Relay** on September 9-10 (www.blueridgerelay.com).

Email me (jwcvh@mindspring.com) if you are interested in joining a potentially fast CGTC Mens Masters team. We

have a few slots open this year. Also let me know if you want to road trip or car pool to either the Maggie Valley race or the Laurel Springs race.

Continental Divide Trail Race Prize Purses

National Championship Prize Purse: \$5,000

National Championship Open:

1st - \$700, 2nd - \$500, 3rd - \$350, 4th - \$200, 5th - \$100

National Championship Masters:

1st - \$350, 2nd - \$200, 3rd - \$100

NC USATF State Prize Purse: \$1250

Open: 1st - \$250, 2nd - \$150, 3rd - \$75

Masters: (Men and Women): 1st \$100, 2nd \$50

For elite athlete info, contact Alison Bryant at continentaldividetrailrace@yahoo.com.

2011 BOSTON MARATHON RECAP

OR

HOW TO SET A PERSONAL WORST WHILE HAVING THE TIME OF YOUR LIFE

(BY CATHY MENCARINI)

To say that my preparations leading up to this year's edition of the Boston Marathon were less than ideal would be a bit of an understatement. I was injured in the crucial build-up period prior to the race, and the longest "long" run I was able to manage was only 17 miles. Much different from the multiple 20 milers prior to the marathon where I actually qualified for Boston. The proverbial icing on the cake was when I woke up with a head cold the Tuesday prior to the race.

Of course, I went anyway—after all, this was Boston! I refused to let the fact I was sick keep me from doing anything, so, I went to the Expo and picked up my coveted number and then bought far too much merchandise from the official vendor. People were in a frenzy buying the official souvenirs. I can now wear Boston Marathon clothing from head to toe, except the shoes!

I visited the finish line, took a Duck tour, walked around, ate lunch at Cheers, saw the North Church and had some awesome Italian food in the North End. I also bought a disposable film camera to take pictures before the race, and to carry during the race.

Race day dawned clear and windy but chilly—mid 40s—basically, perfect marathon weather. We boarded the school buses and rode into Hopkinton. The athletes' village was extremely windy and rather cold. I was snorting nasal spray and taking Sudafed an hour before the start because I was still congested.

After floating down the first couple of downhill miles, it quickly became apparent to me that I was under-trained and had indeed been sick for the last week. Rather than feel sorry for myself, I decided to em-

brace it and do all the things I never do during a race because I am usually far too serious to do so. I took oranges from little kids, slapped people's hands and took water from non-sanctioned water stops. After taking a small cup of water from one little boy, he turned to his mother and said "Finally!" which made me smile. I even stopped several times to take pictures of things I saw along the way; Santa cheering us on, the women of Wellesley, the sign for Newton, the huge Citgo sign and finally stopped briefly about 50 yards from the finish line to take a picture of that too.

The students at Boston College were really into cheering us all on. I later learned from a colleague who attended BC that Marathon Monday is the biggest party day of the year—they were certainly having fun. One guy was standing with a large bongo drum that he played and offered to runners as we ran by. I slapped his drum as I ran by.

The turn onto Boylston Street was absolutely amazing. The street is lined with brownstone type buildings on both sides, so it is like running into a tunnel of sound. The crowds were still very enthusiastic and screaming to spur us on, despite having been there for several hours. The people of Boston and the surrounding towns are unbelievably supportive of this race. Apparently it is tradition to wear your finisher's medal out after finishing the race. I did so reluctantly. (I am also old-school enough that I will not wear a shirt to prior to a race or to one I did not complete.) Everybody we ran into after the race was incredibly supportive, knowledgeable and friendly, even the TSA agent at the airport! Even though I ran my slowest marathon ever by over 40 minutes it was an absolutely awesome experience.



MAY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:09pm on May 10, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Jim Clabuesch, Chris Gould, Carolyn Huettel, Thomas Markham, Gary Schultz and your scribe, Henry Blinder.

In Kevin's absence, there was no Treasurer's Report. On Haberdashery, Jim reported that his initial inquiries to find a new haberdasher have not been successful. Mike Dalton, our current haberdasher, will continue in the position until a replacement is on board. Look for a note on this in the newsletter.

Thomas noted that he is including some additional race results in the Club newsletter. Other than that, there is nothing new on the newsletter this month.

Next, Jim reported on use of the PayPal service by Club members. In the first two months since PayPal has been up and running, 14 members have taken advantage of this to pay for Club memberships. Patrick indicated that this is a comparable participation rate to the number of members who were previously using Active.com for membership renewals. Additionally, PayPal was used by 33 members to pay for 56 sign-ups for the Annual Banquet.

Halle informed us that we now have 80 Club members who are planning to attend the Banquet—74 adults and 6 children. Some last-minute attendees are also anticipated, and she will take that into account in placing the final food order. She's got the pottery awards in hand; Jim will have the tee shirts for the Winter Series on Thursday. With an iffy weather forecast for the event, he and Carolyn will be getting more service tents for Saturday night.

Moving onto discussion items, Gary updated us on the Running Start program. The number of trainees is down by about half this year. He's ordered tee shirts for the runners.

Charles delivered his Summer Track series report in absentsia, by e-mail. He's been in communication with the UNC athletic department on the Club's use of the school's facilities, and there don't appear to be any issues on that front. Among his many preparatory tasks, he'll "be buying some ammunition and picking up the artillery..." for the race starts. Come on down and give it your best shot.

Jim mentioned that there is a new social run in downtown Durham on Wednesday nights, at 7:00pm by the old Durham Athletic Park. It's sponsored by Fullsteam Brewery, and food trucks have been showing up. Reportedly, 80 runners were there this past

week. It's not a Godiva-based run, but check it out if interested.

"There is a new social run in downtown Durham on Wednesday nights, at 7:00pm by the old Durham Athletic Park, sponsored by Fullsteam Brewery. It's not a Godiva-based run, but check it out if interested."

We then had a lengthy discussion on the possibilities of a new Club race to replace the Coach Bubba 20K & 4miler in the downtown Durham area. Chris G. volunteered to work with Patrick to identify a possible course that might be both appealing to racers and acceptable to City of Durham government officials.

As our final item, Gary reported that, after 11 years, he's looking to hand over the lead responsibility for the Marathon Training program to someone else. He has a potential successor in mind, and will keep us posted.

The meeting adjourned at 7:57pm.

—Henry Blinder

MAY RACE RESULTS

Dogwood Festival 5km

Mebane, NC 4/29/11

Roger Halchin	20:23	2 nd male 50-59
Marshall Stanley	23:57	
Joan Boone	30:00	

Kentucky Derby Festival Marathon

Louisville, KY 4/30/11

Mel Adam 3:54:41

Reminder: Race Results are compiled by Jim Clabuesch, whose encyclopedic knowledge of the Godiva membership rolls and dedicated searching through local race results produce most of the results you see each month.

Jim is on vacation from the results this month (which explains their paucity), but please remember that if you want to ensure that your results appear in the newsletter (and make Jim's job easier!), you can always submit them directly to Jim at jwcvh@mindspring.com or to the newsletter at newsletter@carolinagodiva.org.

—Ed.

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

June 4	Black Mountain Monster 24/12 Relay	Black Mountain	July 9	Denny's Challenge 5K	Cary
	Charity Chase Half Marathon	Hickory		Uwharrie Rumble Half/8K	Uwharrie NF
	MANNA in Motion 5K & 10K	Pinehurst			
June 5	The Cub 7 Miler	Valle Crucis	July 16	Historic Beaufort Road Race 10K/5K	Beaufort
	Run the Quay 5K	Fuquay-Varina	July 24	Beech Mountain 10K Trail Run	Beech Mtn.
	Kick Cancer 5K	Mebane	July 30	Bele Chere 5K	Asheville
June 11	Race for the Cure	Raleigh	Aug. 13	The GORUCK Challenge	Raleigh
June 18	A Cool 5 Race Weekend	Beech Mtn.	Aug. 20	Run Wild 5K at the Zoo	Asheboro
	MackFest 5K/10K	Burlington		Kirkwood 5K Run/Walk/Push	Greensboro
June 25	Marine 5K Mud Run	Pinnacle	Aug. 27	SunBare Whispers 5K Run/Walk	Ocean Isle Beach
	Running of the Bulls 8K	Durham		Warrior Dash	Huntersville
July 2	Dirty Dog Races	Raleigh	Sept. 10	Battle of the Triad Half/5K	Kernersville
	Clare's Run for a Reason 5K	Cary		Continental Divide Trail Race	Laurel Springs
July 4	Race Against Pulmonary Hypertension	Durham	Trooper Challenge Mud Run	High Country Triple Crown Half	Blowing Rock
	Fun Fourth Freedom Run	Greensboro		Mebane on the Move 10K & 5K	Mebane
July 11	Beech Mountain Club 5K	Beech Mtn.	North Hills 5K	Raleigh	
	5K Freedom Run	Wake Forest	Blue Ridge Relay	Blue Ridge Mtns.	
July 18	Four on the Fourth	Carrboro		Saxapahaw	
	OBX Killer Dunes 2 Mile Run/Walk	Nags Head			

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	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
MONDAY	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 solo@mebtel.net
TUESDAY	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)
WEDNESDAY	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, mssguitar@aol.com
THURSDAY (A.M.)	6:30 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 ryan.david.woodruff@mssb.com
THURSDAY (P.M.)	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
SATURDAY	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
SUNDAY	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)

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

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

TYPE OF MEMBERSHIP

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

WAIVER, RELEASE, AND INDEMNITY AGREEMENT

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained., I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their respectives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

Signature of Primary Member (or parent/guardian)

Date

FAMILY MEMBERS ALL COVERED INDIVIDUALS MUST SIGN BELOW

Last Name	First Name	Gender	Birthdate	SIGNATURE	Date

Mail application and dues to:

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

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

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

ADDRESS SERVICE REQUESTED



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