

VOLUME XXXVI
NUMBER 10

JULY
2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

SUMMER DOLDRUMS

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North Carolina offers ideal running conditions for much of the year, but it's hot outside and has been for a couple months now. Those cool temperatures that made your runs so enjoyable and your race times so much faster are now but a distant memory. Running in the summer heat isn't easy, but there are tried and true strategies to work around it. It's all about changing when, where, and how you run!

The early bird doesn't just get the worm. He also gets his run in before the sun ignites his feathers. Seriously though, no matter how hot it gets in the afternoon, early morning conditions are substantially cooler. The humidity may still be there, but temperatures down in the 70s or even 60s more than make up for it. It may be hard to roll out of bed so early, but just remind yourself of the benefits. Sure, think of how good you will feel during your morning run, but also think about how much energy you will have going into your day!

"The clothes you do wear should be made of synthetic wicking material, which is cool in every sense of the word."

Trees are your friend. Seek them out and run beneath their shade. Better yet, run beneath the shade of an entire forest. Many people who visit North Carolina comment on how many trees we have and how large they grow. They do so well in large part because it gets so hot and humid here during the growing season. Let them take the brunt of the summer heat since they like it so much. Tree lined streets, shade covered greenways, and forested trails make for great running throughout the year. During the summer months, try thinking of them as the runner's refuge.

Misery loves company. Is that how it goes?! Most of us enjoy the social aspect of running, but nothing says fun more than sweating it out with your running friends! As your eyes burn and you feel yourself overheating, it can be comforting having someone beside you to complain about the pain you are inflicting on yourself. Of course, just

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

(Continued on page 3)



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
Send messages to: cgtc@duke.edu

GODIVA CLUB CONTACTS

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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

TWELFTH MTP SLATED FOR LATE JULY

Into distance training? Start scanning your list of fall long-distance events! We're now gearing up for our club's annual 4-month Marathon Training Program, again using Hal Higdon's training schedules for both half- and full-marathons. Based on your target event, you'll tailor our group distance runs to synchronize with your own personal training need.

We'll hold our MTP information meeting & registration in the last week of July in Durham. Our first group long run is scheduled for Saturday morning, **July 30th**, in Duke Forest. Look for further program details on the club website in early July.

Program volunteers gain free entry and technical tee shirts. We need some assistance backing up our water-station principals as well as group guides of various speeds to aid our participants, especially in the early weeks, to navigate the unfamiliar forest trails. If you're interested in volunteering, please contact me.

Gary Schultz

MTP 2011 Organizer
gary@carolinagodiva.org
(H) 489-7803

HABERDASHER (STILL) NEEDED!!

The application deadline for the position of Club Haberdasher has been extended. First round interviews will be held next month, and candidates successful at that stage will be asked to submit to the security clearance background check shortly thereafter.

Of course, stepping into this key volunteer position is actually much easier than that - just contact Chris Boyce (president@carolinagodiva.org) or any other board member to express interest. No experience necessary! The job is particularly well-suited for anyone with an eye for (running) fashion.

SAVE THE DATE: 2ND ANNUAL GODIVA PICNIC

The Annual Godiva Picnic, a revered tradition since 2010, will be held on **Sunday, September 25** at 2 P.M. in the Duke Forest.



So mark your calendars and plan to attend, and watch for more information in future newsletters.

—Cathy Wides

Summer Doldrums, *cont'd from page 1*

making conversation goes a long way to distract you from the summer heat. Even if everyone is running in silence, you have the peace of mind knowing that you are not alone and that you at least have the option to converse or complain!

“Be prepared” is the Boy Scout motto. To that end, this former Boy Scout recommends some precautionary measures if you must run during the heat of the day or, worse yet, find yourself running directly under the withering sun. Since running naked is not an option for multiple reasons, the clothes you do wear should be made of synthetic wicking material. It is cool in every sense of the word, but it is physically cool by evaporating sweat that it pulls from your skin. Don't forget to bring water with you too! It's not just for hydration either. I use most of the

water on my fuel belt to pour on my head, chest, and back, as it goes further to keep me moving than when I actually drink it. That's just me though. Lastly, be sure to bring something to replenish the electrolytes lost from your sweat. Energy gel works for me, but salt tablets work for many others. You just need to bring something because losing too many salts can be dangerous!

Running through a North Carolina summer is no sweat if you just know how to go about it. Your runs need not be intolerable, let alone torturous. By changing up your routine in small ways, you may very well feel good and have fun running in the heat. If none of these tips work for you, well... fall is a couple months away!

—Chris Boyce

FOR A CHANGE OF PACE, TRY A HALF-IRONMAN...RELAY, THAT IS

(BY CHARLES FIORE)

The idea was hatched the way most ideas are hatched that seem like a good idea at the time but that I later come to regret: saddled up to the bar and a few drinks in. My buddy, who hates to run, would race both the swim and bike section of an upcoming half-ironman while I, who can barely swim and couldn't change a bike tire if my life depended on it, would complete the 13.1 mile run. Together, we'd be a relay team.

"Why not?" I said. "It will count as my long run for the week. Nothing to it."

Friday afternoon, we drove the two-plus hours to White Lake, NC, which, happily, turned out to be a quiet, pleasant body of water, with cypress trees, draped in Spanish moss, growing up out of the bank. We gathered with the other athletes and listened to a very long speech by the race director about the many ways to get disqualified. He talked about something called "drafting," and there were rules about where the cyclists had to put their numbers—I wasn't really listening. I mean, what did I care? I was a runner! What was there to worry about? All I needed were sneakers and a pack of Sports Beans. If I really felt like going all out, I'd work hard in the morning to pin my race number on straight – but that was about it.

And it was exciting the next day, watching my buddy plunge into the water and start his race, just as the fog lifted from the shore. What a crowd! The day was cool. I found myself really feeling like part of a team. It was exactly the change of pace I was looking for. My buddy came out of the water, and I cheered him at transition, and he was off again, pedaling away, head tucked low. And I waited. And waited. And waited.

Because here's what I never considered about participating in a half-ironman relay: my run wouldn't begin until around 11:30. We had arrived at 5:30. (At least I'd brought my Kindle.) And by mid-morning, it was 75 degrees.

All of which wouldn't have been so bad except the run was not, as I had imagined, over 13.1 miles of single track, through verdant forest, around idyllic White Lake; instead, I would race in agony beneath a blazing

sun, without a scrap of shade, along the shoulders (mostly) of busy state routes, where the only thing preventing me from getting run down by careening pickup trucks and minivans speeding off to God knows where were little orange cones spaced every five feet or so along the road.

By mile six, I was discouraged, but I made the turn feeling like I'd finish in okay time. By mile nine, I had exploded – having gone out way too fast for the heat and having failed to really properly prepare for such a late start, after so much sitting around.

"Of course, I also earned a medal. And a T-shirt that says I finished a half-ironman. That I wear with pride. Everywhere."

I paid for my cavalier attitude. Each mile was a struggle. But it was pretty hard to feel sorry for myself when all I was racing was the run portion of a half-ironman relay,

whereas most of the other men and women on the road that day had just swum 1.2 miles and biked 56 – and were now suffering under the same overheated conditions I was, except they'd actually done something earlier, whereas I had mostly napped in my car.

I finished the run. And I will say this: running can sometimes be a solitary pursuit. Especially on race day. However, being part of a relay meant being part of a team, and that was exciting. It was a nice change of pace, sure, but there was something else going on – I found myself rooting for my teammate and worrying about my time not just for some personal goal, but because I felt responsible to our team. It was something I hadn't felt all that often, as a runner. And it was kinda cool.

Of course, I also earned a medal. And a T-shirt that says I finished a half-ironman. That I wear with pride. Everywhere.

Hey, nobody has to know I only did a relay. Or that I only did the run.

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Run for Our Heroes 5kmRaleigh, NC 4/30/11

Tim Pierce 17:29 5:38 1st M 40-49
 Gary Moss 19:13 6:11 1st M 60-69

Angels Among Us 5kmDurham, NC 4/30/11

Aaron Taylor 18:39 1st M 16-19
 Steve Mele 19:19 1st M 45-49
 Megan Wrightman 20:41 2nd O/F
 Cathy Wides 22:18 1st F 60-64
 Gwendolyn Lloyd 22:56 3rd F 16-19
 Lora Charles 23:08 2nd F 35-39
 Susan Chesser 23:20 1st F 45-49
 Chris Gould 23:24 1st M 65-69
 Sherry Clough 24:00
 Chris Selvaggi 24:34
 Denise Larson 24:59 1st F 50-54
 Ray Dooley 25:19
 Ulysses Cannon 27:35
 Regis Lyons 27:36 2nd M 65-69
 Alexander Taylor 28:15
 Arles Taylor Jr. 29:21

Owls Roost Rumble Trail Half MarathonGreensboro, NC 4/30/11

Wayne Crews 1:29:24 6:49
 Anthony Corriveau 1:32:58 7:06
 Dan Gardiner 1:39:34 7:36
 Harold Hill 1:42:51 7:51
 Shannon Johnstone 1:47:14 8:11
 Jenny Hill 2:31:10 11:32
 Liz Henderson 2:49:18 12:55

Apple Blossom 10KWinchester, VA 4/30/11

Christopher Boyce 46:19
 Jenny Miles 1:16:00

Big Sur International MarathonCarmel, CA 5/1/11

Carolyn Vincent 4:16:52

Triad Race for the Cure 5kmWinston-Salem, NC 5/7/11

Dorothy Slentz 22:42 1st M/F
 Hanna Slentz 24:26
 Mitchell Slentz 24:33

Philosophers Way Trail RunsChapel Hill, NC 5/7/1115km

George Linney 1:01:14 6:34 2nd O/M
 Anthony Corriveau 1:07:55 7:17 1st M/M
 Matt Marum 1:12:14 7:45

Megan Wrightman 1:15:20 8:05 2nd O/F

Cosby Dudley 1:18:43 8:27
 Jen Howard 1:19:53 8:34 1st F 30-39
 William Shamblin 1:20:54 8:41
 Shannon Johnstone 1:21:02 8:42
 Alison Gracey 1:23:47 8:59
 Trevor Thompson 1:28:36 9:30
 Frank Rexford 1:40:27 10:47
 Steve Munsat 1:53:13 12:09
 Erin McIntee 2:01:02 12:59
 Darice Witherspoon 2:09:51 13:56

7km

Owen Astrachan 33:00 7:35 1st M 50-59
 Tom Hoerger 35:00 8:03
 Jovian Sackett 36:35 8:25
 Laura Heyneman 38:35 8:52 1st F 40-49
 Trevor Johnson 47:47 10:59
 Jerry Surh 47:52 11:00
 Luke Lucas 50:21 11:34

New River MarathonTodd, NC 5/7/11

Mike Dacar 4:25:26 10:08
 Sandra Cooke 4:27:45 10:14

Blue Points 5k on the Runway at PTIGreensboro, NC 5/14/11

Anthony Corriveau 18:38 6:01
 Shannon Johnstone 20:48 6:43

St. Mary Magdalene Monarchs in Motion 5kmApex, NC 5/14/11

Cathy Wides 22:50 7:22 2nd O/F
 Jeff Luttrell 23:56 7:43

Queen City Masters / Open Track & Field MeetCharlotte, NC 5/21/11

Jay Smith
 M60-64 800m 2:35 2nd
 M60-64 1500m 5:45 1st
 Bobbie Perry
 M65-69 800m 2:53 1st

Reality Race 5kmDurham, NC 5/21/11

Steve Mele 19:46 6:22 2nd O/M
 Susan Chesser 25:52 8:20 1st F 40-49
 George Linney 29:30 9:30

Inside-Out Sports Classic RacesCary, NC 5/22/1110km

George Linney 35:47 5:46 2nd O/M
 Paul Jones 37:03 5:58 1st M 35-39
 Wayne Crews 37:31 6:03 1st M/M
 Martin McGaha 46:36 7:31 2nd M/GM
 Steve Leopard 54:52 8:51

Half Marathon

Tim Meigs 1:18:29 6:00 3rd O/M
 Tim Pierce 1:19:39 6:05 1st M/M
 Ulf Andre 1:23:09 6:21 3rd M/M
 Gregg Dean 1:24:36 6:28 1st M 45-49
 David Schwerbrock
 1:26:20 6:36 2nd M 45-49

Brian Tajlili 1:31:09 6:58
 Andrew Scribner 1:38:39 7:32
 Sarah Jones 1:44:36 8:00 3rd F 30-34
 Joe Drommer 1:44:51 8:01
 Lora Charles 1:45:21 8:03
 Mark Dessauer 1:45:29 8:04
 Thomas Maunz 1:45:33 8:04
 Hernan Silva 1:45:34 8:04
 Chris Boyce 1:48:55 8:19
 Jim Hotelling 1:53:50 8:42 2nd M 60-64
 Sandra Cooke 1:56:23 8:55
 Lena Hollmann 1:58:55 9:05 1st F 60-64
 Dhruv Patel 2:05:43 9:38
 Larry Bader 2:08:10 9:48 2nd M 65-69
 John Webb Jr. 2:11:41 10:06
 Peggy Warner 2:16:47 10:28 2nd F 55-59
 Ryan Woodruff 2:19:04 10:38

Ramblin' Rose Raleigh Triathlon

(225yd swim, 9 mile bike, 2 mile run)

Raleigh, NC 5/22/11

Darice Witherspoon: 1:08:45

Bayshore MarathonTraverse City, MI 5/28/11

Monique Turco 3:17:21 7:22 3rd F 40-44
 Shannon Johnstone 3:23:36 7:46
 Peter Hessling 4:31:48 (PR) 10:22
 Anthony Corriveau 4:36:31 10:33

Bolder Boulder 10kmBoulder, CO 5/30/11

Jim Clabuesch 39:53 6:25
 Ronnie Weed 40:13 6:28
 Tom Hughes 50:11 8:04
 Karen Murphy 50:12 8:04
 Carolyn Huettel 65:19 10:30
 David Anderson 73:41 11:51

(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)

Run the Quay 5km

Fuquay-Varina, NC 6/4/11

Derek Fenton 19:21 6:15 1st M 40-49
Katie Biasi 24:01 7:46
Lena Hollmann 25:07 8:07 1st F 60+

Steamboat Marathon and Half

Steamboat Springs, CO 6/5/11

Marathon

Ronnie Weed 3:05:59 7:06
Jim Clabuesch 3:15:29 7:28 2nd M 45-49
Doug Hensel 4:06:09 9:24
Carolyn Huettel 4:23:21 10:03
Karen Murphy 4:57:10 11:21

Half

Erin McIntee 2:22:24 10:56

S.E. Masters Track & Field Meet

Raleigh, NC 6/10/11 & 6/11/11

Team Competition

CGTC men 3rd of 26, women 9th of 15.
Total points (men and women) placed us
third behind Carolinas Track and Field
Club and Atlanta Track Club.

Ulf Andre M40-44
10km 39:26 1st
Owen Astrachan M55-59
3km 10:56 1st
Leon Bullard M35-39
400m hurdles 58:21 1st
Abie Harris M75-79
400m 1:25 1st
800m 3:20 1st
1500m 6:20 Meet Record 1st
3km 14:36 1st
Lena Hollmann W60-64
5km 28:21 1st
10km 57:43 1st
Joel Liles M65-69
100m 14.6 2nd
200m 30.27 1st
400m 67.36 1st
Long Jump 4.16m 3rd
Triple Jump 8.67m 1st
Maurice McDonald M70-74
400m 1:05.95 1st
800m 2:54 1st
Gary Moss M60-64
5km 19:23 1st
Chris Sarsony M40-44
Outdoor Pentathlon 2319pts 1st
Discus 30.28m 1st
Javelin 35.56m 2nd
Triple Jump 8.75m 2nd

Jay Smith M60-64
800m 2:33 2nd
1500 5:31 1st
3km 12:45 1st
Mary Szymkowski W45-49
800m 2:53 1st
Richard Watson M55-59
Weight Pentathlon 3158pts 2nd
Superweight 6.15m 3rd
Hammer 36.51m 2nd
Discus 33.77m 1st
High Jump 1.30m 1st

A Cool 5 Mile Race

Beech Mtn, NC 6/11/11

Tim Meigs 29:03 1st O/M
Lewis Hendricks 35:32
Jessica Bishop 43:53

Triangle Race for the Cure 5km

Raleigh, NC 6/11/11

Rob Wilson 18:25 5:56 2nd M/M
Aaron Taylor 18:32 5:59
Paul Eppers 19:32 6:18
Jim Clabuesch 19:40 6:21
Andrew Scribner 20:29 6:36
Susan Chesser 23:00 7:25
Randy Kraftheil 23:13 7:29
Tim Young 24:05 7:46
Gordon Caviness 24:52 8:01
Mike Walsh 26:26 8:32
Thomas Walsh 26:26 8:32
Jamie Weyandt 26:30 8:33
Richard Crume 26:43 8:37
Doug Gimlin 26:57 8:42
Arles Taylor 27:42 8:56
Mel Levin 27:51 8:59
Stephanie Culbreth 28:05 9:05
Darice Witherspoon 29:10 9:25
Erin Grantham 32:38 10:32
Sherry Clough 35:30 11:27
Susie Hansley 40:23 13:02
Shannon Johnstone 43:12 13:56
Serena Paddock 46:42 15:04
Debra Taylor 49:08 15:51
Charlene Spells 54:59 17:41

3 Little Pigs Triathlon

(250 yard swim, 14 mile bike, 5km run)

Smithfield, NC 6/18/11

Darice Witherspoon 1:36:30

Running of the Bulls 8km

Durham, NC 6/18/11

Paul Jones 28:54 5:49 2nd M 35-39
Ulf Andre 29:42 5:58 2nd M/M

AJ Tucker 29:48 5:59 1st M 16-19
Gary Slade 30:24 6:07 1st M 50-54
Aaron Taylor 30:33 6:09 2nd M 16-19
Jeff Hall 31:53 6:25 2nd M 45-49
Gary Moss 32:10 6:28 1st M 60-64
Owen Astrachan 32:14 6:29 1st M 55-59
Andrew Scribner 33:42 6:47 2nd M 40-44
Jen Howard 33:59 6:50 2nd F 35-39
David Drewry 35:32 7:09
Sarah Jones 35:56 7:14
Shannon Johnstone 36:12 7:17
Jovian Sackett 36:41 7:23
Chris Gould 36:50 7:25 1st M 65+
Thomas Maunz 36:57 7:26
Charles Fiore 37:02 7:27
Kimberly Smith 37:05 7:28
Myong Dunn 37:15 7:30 1st F 50-54
Tim Young 37:40 7:35
Libby Searles-Bohs 37:42 7:35 3rd F 45-49
Amy McMann 38:06 7:40 3rd F 40-44
Susan Chesser 38:10 7:41
Hernan Silva 38:31 7:45
Jeff Luttrell 38:38 7:46
Paul Potorti 38:39 7:47
Erin Swanson 39:13 7:53
David Coulter 39:47 8:00
Sandra Cooke 39:51 8:01
Dana Hornkohl 40:14 8:06
Cathy Mencarini 40:26 8:08
Paul Wormsbecher 40:27 8:08
Marshall Stanley 40:28 8:08
Jamie Weyandt 41:21 8:19
Muhammad Hasan 42:23 8:32
Gwendolyn Lloyd 42:38 8:35 3rd F 16-19
William Chesser 42:47 8:36
Lisa Anderson 43:09 8:41
Frank Rexford 44:07 8:52
Dwight Firestine 45:42 9:12
Lloyd Brown 45:45 9:12
Arles Taylor 46:14 9:18
Samuel Taylor 46:17 9:19 3rd M <15
Steve Munsat 46:21 9:19
Shauna Griffin 46:58 9:27
Mike Dacar 47:00 9:27
Sara Sousa 47:03 9:28
Vickie Schudel 47:10 9:29
Gordon Tucker 48:27 9:45
William Hansley 48:44 9:48
Alfred Kleinhammes 49:00 9:51
Rich Haney 49:56 10:03
Lisa Beck 50:48 10:13
Lisa Hasan 54:14 10:55
Alexandra Garcia-Granados 1:01:42 12:25
Susie Hansley 1:06:32 13:23
Roberta Drewry 1:11:49 14:27

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

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

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

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!)

SUMMER TRACK RESULTS

18 May

Mile Run

George Linney	M	35	4:58	James Dick	M	18	25.7	Mike Williams	M	59	11:09
Ulf Andre	M	44	5:00	Justin Bowlin	M	30	26.0	Caris Hill	F	13	11:18
Brian Tajili	M	29	5:10	Carl Stearns	M	37	26.1	Harold Hill	M	42	11:19
Evan Galloway	M	28	5:11	Chris Sarsony	M	43	26.2	Tom Hoerger	M	52	11:26
Keith Volmar	M	40	5:20	Tyler Zimmerman	M	17	26.4	Greg White	M	51	11:34
Jim Stephens	M	41	5:26	Jason Figge	M	38	26.6	Chris Gould	M	67	11:41
Jason Figge	M	38	5:30	Eddie Stone	M	53	26.6	Lloyd Brown	M	54	11:42
Jim Clabuesch	M	46	5:30	Donny Phillips	M	18	27.3	Adina Mele	F	50	11:46
Tom Kreger	M	30	5:33	Muhammad Hasan	M	39	28.0	Lauren Figge	F	37	11:46
Jeff Hall	M	46	5:38	Ward Jarvis	M	53	28.4	Carolyn Huettel	F	47	11:46
Tyler Zimmerman	M	17	5:40	Mike Zimmerman	M	51	28.7	Ken Larsen	M	63	12:04
Anthony Angelini	M	37	5:49	George Linney	M	35	28.7	Jenny Hill	F	42	12:05
John Evans	M	54	5:50	Keith Volmar	M	40	29.1	David Yeowell	M	74	12:24
Lindsay Savelli	F	19	5:51	Franklin Roberts	M	52	29.5	Steve Baker	M	59	12:26
Donny Phillips	M	18	5:51	Joel Liles	M	65	29.9	Muhammad Hasan	M	39	13:15
Douglas Hensel	M	37	5:57	Eric Evans	M	22	30.0	Susie Hansley	F	41	13:28
Heiko Rath	M	41	6:00	Brian Tajili	M	29	30.0	Lisa Hasan	F	38	13:28
Tom Hoerger	M	52	6:02	Christopher Smith	M	28	30.1	Vicki Grechus	F	58	15:05
Brian Stull	M	39	6:06	Jeff Hall	M	46	30.7	Lindsay Savelli	F	19	15:19
Holly Plotts	F	24	6:08	Martha Hoelzer	F	33	31.2	Donny Phillips	M	18	15:19
David Couper	M	56	6:11	Adina Mele	F	50	31.8				
Frank McBride	M	48	6:12	Laura Cooper	F	8	32.0				
Rebecca Clayton	F	36	6:15	Joshua Robinson	M	10	32.0				
Maddie Stark	F	21	6:16	Becky Johnson	F	21	32.3				
Becky Johnson	F	21	6:16	Holly Plotts	F	24	32.9				
Harold Hill	M	42	6:21	Monica Robinson	F	42	33.0				
Tom Kirby	M	58	6:35	Harold Hill	M	42	33.1				
Hernan Silva	M	47	6:50	Ashley Tate	F	15	33.1				
Richard Smith	M	58	6:53	Hernan Silva	M	47	33.3				
Rob Aldina	M	26	6:54	Chadd McGlure(?)	M	44	33.3				
Richard Kohrman	M	63	6:55	Maddie Stark	F	21	33.4				
Marshall Stanley	M	37	6:55	Lindsay Savelli	F	19	34.2				
Rachel Warriner	F	23	7:00	Vivian Morris	F	41	34.3				
Lloyd Brown	M	54	7:04	Heiko Rath	M	41	34.8				
Steve Mele	M	46	7:06	Lisa Hasan	F	38	35.2				
Mary Szymkowski	F	48	7:07	Mike Valle	M	70	35.3				
Eddie Stone	M	53	7:20	Mark Coulter	M	52	35.7				
Chadd McGlure(?)	M	44	7:25	Janice Stone	F	48	36.0				
Lena Hollmann	F	60	7:25	Tom Hoerger	M	52	36.8				
Vivian Morris	F	41	7:26	Kathy Coulter	F	51	37.0				
Bill Hansley	M	44	7:29	Paige Coulter	F	25	37.6				
Mark Coulter	M	52	7:30	Tom Kirby	M	58	37.8				
Caris Hill	F	13	7:34	Bill Hansley	M	44	39.0				
Dave Cooper	M	52	7:38	Mary Szymkowski	F	48	40.2				
Mike Williams	M	59	7:39	Tahira Sneed	F	28	40.2				
Parker Burns	F	14	7:39	Abie Harris	M	77	40.9				
Larry Bader	M	69	7:41	Shannon Johnstone	F	37	41.3				
Joel Liles	M	65	7:50	Makaila Mele	F	7	42.3				
Barbara Hindenach	F	60	7:54	George Linney IV	M	7	42.6				
Abie Harris	M	77	7:56	Richard Kohrman	M	63	42.7				
Brandy Burns	F	35	8:04	Brandy Burns	F	35	43.0				
Ken Larsen	M	63	8:08	Ken Larsen	M	63	43.0				
Carol Rigsbee	F	51	8:23	Lauren Figge	F	37	43.7				
Kathy Coulter	F	51	8:24	Jenny Hill	F	42	44.0				
Carolyn Huettel	F	47	8:24	Mike Williams	M	59	44.3				
Beth Knox	F	50	8:27	David Yeowell	M	74	45.1				
Eric Evans	M	22	8:27	Larry Bader	M	69	45.6				
Jenny Hill	F	42	8:34	Raquel Stearns	F	8	47.5				
Lauren Figge	F	37	8:39	Barbara Hindenach	F	60	47.8				
Anne Cooper	F	10	8:50	Susie Hansley	F	41	51.0				
Dirk Warriner	M	51	9:20	Heather Yeowell	F	71	52.0				
Heather Yeowell	F	71	9:40	Jake Smith	M	5	59.0				
David Yeowell	M	74	10:11	Tomas Sosin	M	4	63.0				
Susie Hansley	F	41	10:42	Kabir Stull	M	4	71.0				

200m Dash

Austin Matthews	M	18	22.0								
Travis Ash	M	27	25.0								
Corey Johnson	M	39	25.5								

Mile Racewalk

Tony Hackney	M	55	8:41								
Michael Roth	M	40	9:21								
Jason Figge	M	38	10:06								
Mark Coulter	M	52	10:07								
Barbara Hindenach	F	60	10:13								
Bill Hansley	M	44	10:51								

800m Run

Donny Phillips	M	18	2:14								
George Linney	M	35	2:19								
Austin Matthews	M	18	2:19								
Tyler Zimmerman	M	17	2:20								
Evan Galloway	M	28	2:25								
James Dick	M	18	2:25								
Eddie Stone	M	53	2:25								
Keith Volmar	M	40	2:31								
Jim Stephens	M	41	2:31								
Brian Tajili	M	29	2:33								
Martha Hoelzer	F	33	2:35								
Samantha Howard	F	22	2:35								
Jeff Hall	M	46	2:37								
Lindsay Savelli	F	19	2:42								
Ward Jarvis	M	53	2:42								
Douglas Hensel	M	37	2:43								
Anthony Corniveau	M	40	2:44								
Heiko Rath	M	41	2:50								
Tom Hoerger	M	52	2:52								
Maddie Stark	F	21	2:52								
Becky Johnson	F	21	2:52								
Harold Hill	M	42	2:59								
Mary Szymkowski	F	48	3:03								
Hernan Silva	M	47	3:05								
Shannon Johnstone	F	37	3:16								
Lloyd Brown	M	54	3:19								
Richard Kohrman	M	63	3:21								
Joel Liles	M	65	3:21								
Chris Gould	M	67	3:21								
Dave Cooper	M	52	3:23								
Muhammad Hasan	M	39	3:26								
Mark Coulter	M	52	3:28								
Lena Hollmann	F	60	3:30								
Jason Figge	M	38	3:30								
Tom Kirby	M	58	3:34								
Adina Mele	F	50	3:35								
Vance Holloman	M	53	3:37								
Abie Harris	M	77	3:38								
Caris Hill	F	13	3:41								
George Linney IV	M	7	3:42								
Mike Williams	M	59	3:43								
Parker Burns	F	14	3:51								
Bill Hansley	M	44	3:51								
Brandy Burns	F	35	3:52								
Rachel Warriner	F	23	3:52								
Carolyn Huettel	F	47	3:52								
Kathy Coulter	F	51	3:53								
Larry Bader	M	69	3:55								

(Continued on page 9)

(Continued from page 10)

Doug Green	M	51	2:51	George Linney	M	36	4:55	George Linney	M	36	13.4
Tom Hoerger	M	52	2:54	Joseph Clancy	M	38	5:04	George Carpenter	M	15	13.5
Heiko Rath	M	41	2:55	AJ Tucker	M	16	5:09	Clayton Watters	M	13	14.1
Lloyd Brown	M	54	3:05	Trish Nervo-Jabaut	F	33	5:14	Joel Liles	M	65	14.2
Randy Kauftheil	M	54	3:06	Jason Figge	M	38	5:16	Hernan Silva	M	47	14.5
Chris Gould	M	67	3:09	Steve Thomson	M	51	5:22	Nina Kirkman	F	9	14.5
Rob Aldina	M	26	3:10	Jason Rudolph	M	34	5:22	Charlotte VanHoutuen	F	12	14.5
Mary Szymkowski	F	48	3:11	Mike Chappell	M	42	5:22	Matthew Craver	M	33	14.8
Tim Clark	M	54	3:13	Tom Hoerger	M	52	5:29	Brie Charles	F	14	14.8
Ray Dooley	M	58	3:18	Paul Sexton	M	43	5:29	Lloyd Brown	M	54	14.9
Tim Haughton	M	9	3:20	Megan Hegarty	F	27	5:30	Cosby Dudley	M	51	14.9
Lena Hollmann	F	60	3:24	Anthony Angelini	M	37	5:31	Trish Nervo-Jabaut	F	33	14.9
Jason Figge	M	38	3:25	Lindsay Savelli	F	19	5:36	Tahira Sneed	F	29	15.3
Katie Biasi	F	37	3:30	Michael Swepson	M	12	5:39	Matthew Swepson	M	8	15.4
Vance Holloman	M	53	3:31	Marshall Stanley	M	37	5:47	Mia Bennett	F	13	15.5
Ed Davis	M	66	3:34	Rebecca Clayton	F	36	5:55	Fabienne Swepson	F	36	15.5
Rachel Warriner	F	23	3:35	Cosby Dudley	M	51	6:06	Lindsay Savelli	F	19	15.7
Hernan Silva	M	47	3:39	Tom Kirby	M	58	6:07	Kathy Coulter	F	51	15.8
Tom Kirby	M	58	3:40	Rob Aldina	M	26	6:10	Randy Kauftheil	M	52	16.0
Abie Harris	M	77	3:42	Randy Kauftheil	M	52	6:10	Tom Hoerger	M	52	16.7
Kristen Andre	F	41	3:43	Hernan Silva	M	47	6:13	Anne Cooper	F	10	16.8
Mike Williams	M	59	3:43	Lloyd Brown	M	54	6:14	Richard Kohrman	M	63	17.0
Daniel Petersen	M	9	3:45	Ray Dooley	M	58	6:15	Bonnie Hansky	F	15	17.0
Bill Hansley	M	44	3:53	Lora Charles	F	39	6:16	Sean Petersen	M	11	17.1
Ken Larsen	M	63	3:55	Mary Szymkowski	F	48	6:18	Tom Kirby	M	58	17.4
Jean McDonald	F	49	3:57	Richard Kohrman	M	63	6:23	Laura Cooper	F	8	17.7
Dirk Warriner	M	51	3:58	Krystie Linney	F	37	6:23	Harold Hill	M	42	17.8
Muhammad Hasan	M	39	4:12	Chris Gould	M	67	6:26	Bill Hansley	M	44	18.2
Lisa Hasan	F	38	4:13	Eddie Stone	M	54	6:27	Hannah Nelson	F	9	18.2
Barbara Hindenach	F	60	4:17	Clayton Watters	M	13	6:27	Daisy Bonifant	F	9	18.4
Anne Cooper	F	10	4:31	Katie Biasi	F	37	6:32	Mary Szymkowski	F	48	18.7
Hannah Nelson	F	9	4:32	Victor Swepson	M	35	6:32	George Linney IV	M	7	18.9
Tahira West	F	28	4:40	Victoria Swepson	F	7	6:32	Judy Thomson	F	53	19.1
Susie Hansley	F	41	5:36	Conrad Kirby	M	24	6:35	Daniel Petersen	M	9	19.5
5000m Run				Terri Bennett	F	49	6:36	Candace Swepson	F	10	19.5
Pavel Frajtag	M	34	18:08	Sean Petersen	M	11	6:36	Katie Biasi	F	37	19.7
Ulf Andre	M	44	18:42	Bill Hansley	M	44	6:40	Lauren Figge	F	37	20.0
Steven Brunson	M	22	19:15	Richard Smith	M	58	6:40	Lucas Nervo-Jabaut	M	8	21.0
Douglas Gimlin	M	46	20:15	Courtney VanHoutuen	F	43	6:40	Susie Hansley	F	41	21.2
David Couper	M	56	20:21	Tom Lada	M	65	6:42	Jenny Hill	F	43	21.6
Joseph Clancy	M	38	20:39	Paul Wormsbecker	M	49	6:51	Abie Harris	M	77	21.8
Evan Galloway	M	28	20:45	Mark Coulter	M	52	6:53	Barbara Hindenach	F	60	21.9
Brian Tajili	M	29	20:51	Ed Davis	M	66	7:03	Tomas Sosin	M	4	27.0
Meredith Bazemore	F	35	22:09	Joel Liles	M	65	7:13	Jake Smith	M	5	29.0
Heiko Rath	M	41	22:23	Barbara Hindenach	F	60	7:19	Sarah Nelson	F	4	29.6
Rebecca Clayton	F	36	22:26	Caris Hill	F	13	7:20	William Linney	M	4	35.9
Rietta Couper	F	52	22:30	Mike Carpenter	M	43	7:20	Kathryn Linney	F	5	36.0
Tom Hoerger	M	52	22:40	George Carpenter	M	15	7:20	Dan Smith	M	3	54.0
George Linney	M	35	23:17	Kristen Andre	F	42	7:25	1500m Racewalk			
Myong Dunn	F	54	23:17	Daisy Bonifant	F	9	7:34	Jason Figge	M	38	8:33
Tom Kirby	M	58	23:25	Rachel Warriner	F	23	7:37	Jacob Hoerger	M	18	8:45
Lloyd Brown	M	54	23:29	Anne Cooper	F	10	7:39	Ray Dooley	M	58	8:46
Katie Biasi	F	37	24:32	Vance Holloman	M	53	7:42	Mark Coulter	M	52	9:24
Chris Gould	M	67	24:34	Daniel Petersen	M	9	7:44	Barbara Hindenach	F	60	9:25
Randy Kauftheil	M	54	25:56	Lauren Figge	F	37	7:51	Greg White	M	51	9:45
Ray Dooley	M	58	25:59	Kathy Coulter	F	51	7:52	Andrew Briggs	M	80	10:10
Barbara Hindenach	F	60	27:23	Harold Hill	M	42	7:52	Bill Hansley	M	44	10:10
8 June				Nina Kirkman	F	9	8:08	Hernan Silva	M	47	11:01
1500m Run				Paige Coulter	F	25	8:24	Paul Wormsbecker	M	49	11:02
Gavin Coombs	M	25	4:20	Abie Harris	M	77	8:29	Chris Gould	M	67	11:03
Trevor Lewis	M	33	4:29	Jenny Hill	F	43	8:49	Tom Hoerger	M	52	11:42
Ulf Andre	M	44	4:30	Ellie Bonifant	F	12	9:26	Vicki Grechus	F	58	11:48
Keith Ferguson	M	27	4:32	Judy Thomson	F	53	9:46	Lauren Figge	F	37	11:54
Steven Brunson	M	22	4:33	Susie Hansley	F	41	10:03	Mary Szymkowski	F	48	11:54
Ryan Mumper	M	18	4:40	100m Dash				Ken Larsen	M	63	12:36
Tom Kreger	M	30	4:44	Corey Johnson	M	39	11.5	Hannah Nelson	F	9	13:05
Brian Tajili	M	29	4:44	James Dick	M	18	11.8	Daniel Petersen	M	9	13:05
Keith Volmar	M	40	4:44	Chauceria(?) Williams	M	22	12.3	Susie Hansley	F	41	13:15
Evan Galloway	M	28	4:48	Justin Bowlin	M	30	12.4	Harold Hill	M	42	13:28
				Mike Carpenter	M	43	12.5	Jenny Hill	F	43	13:28
				Dom VanHoutuen	M	14	12.7	Sean Petersen	M	11	13:28
				Jason Figge	M	38	12.9				
				Conrad Kirby	M	24	13.2				

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BLUE RIDGE RELAY 2010

(BY BOB NELSON)

The word “epic” is fairly overused these days. It seems that a weekend bike ride, an overnight backpacking trip or a Saturday morning trail run are now “epic”. The Merriam-Webster Dictionary describes the word “epic” as a) extending beyond the usual or ordinary especially in size or scope; b) heroic. On Friday morning, September 17, 2010 I stood shoulder-to-shoulder with twelve regular guys, the Carolina Godiva/Great Outdoor Provision Co. Open team, staring down 208 miles of Blue Ridge Mountain roads from the base of Mount Rogers in Virginia to downtown Asheville. The twelve of us would trade off running the 36 legs of the race up and down some of the toughest hills on the East Coast to arrive in Asheville with a goal time of 28 hours.

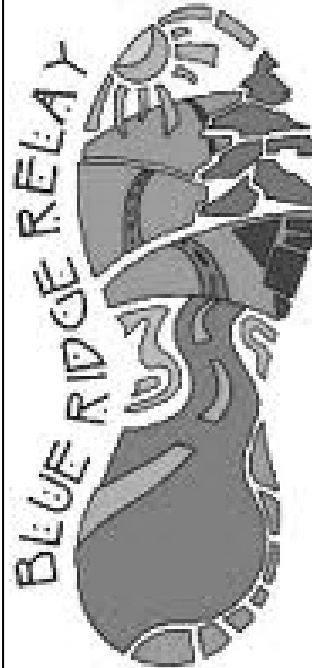
We traveled to Boone on Thursday, coordinating travel with the Carolina Godiva Mixed team. We arrived and chowed down at Black Cat Burritos before checking in to the Hampton Inn. After a trip to buy some team supplies we prepped the vans for the race and crashed. Six o'clock came pretty early for the first van. They hit the breakfast buffet, and then drove an hour to the start at Grayson-Highlands State Park in Virginia. Chuck Millsaps led-off with a fast downhill leg that put us on our way. The terrain was up and down but nothing too difficult in mountain terms. In other words, we don't have anything to compare to these around here. The team moved the wristband through West Jefferson before meeting up with the second van and getting a well-deserved break back in Boone.

The second van members slept in a bit before leaving Boone at 10:30 a.m. After the exchange we relayed the wristband through Todd, Boone and into Blowing Rock. The climbs began to get longer and steeper once leg 10 began. Heiko Rath climbed the first monster hill on the course while Jeff Hall and Shane Slaven got to run the first two legs on the Blue Ridge Parkway. We met-up with the first van in Blowing Rock and took our own well-deserved break back in Boone at Black Cat Burritos.

Colin Jones ran a heroic 10-mile 14th leg to the base of Grandfather Mountain followed by a fast descent by Jason Clark. It was dark when the two vans met in Linville to begin hop scotching our way to Asheville. The temperature dropped quickly as we forged on. Tom Kirby ran a really tough 17th leg and Peter Millsaps burned through leg 18 to the halfway point. Doug Hensel did a very dark, winding, up-and-down nine-mile section through Pisgah National Forest, passing off to me for an easy downhill section through a deserted Spruce Pine. From there, Heiko took us

up to the Penland School and Jeff ran an unpaved section that vaguely resembled a road. Shane finished up the second van with a strong 24th leg.

Two legs down for each of us, one to go. At this point it was around 2:00 in the morning. We were all tired and wondering how we would make it through our final legs.



Chuck and Colin made it through two short but fairly tough legs. Then Jason Clark just hammered the nine-mile 27th leg. He was really impressive. Not to be outdone, John Millsaps flew through the next leg before handing off to Tom Kirby, who powered through a really tough 29th leg with a strong effort. Peter took over and well, let's just say we know why his middle name is “Miles”.

At this point van 2 took over; van 1 had done their job and were beginning to relax. **NOW THE FUN BEGAN!** If you see Harold Hill, tell him that he is the man. He ran up the longest climb in the race, 6.5 miles up a mountain. He held pace, never flinched and ran like a stud. You 'da man Harold! Then Doug Hensel screamed down a nine-mile descent. It was an awesome performance. Doug actually opened up his stride on this leg. I was waiting for him as he finished the leg in less than an hour. Now it was my turn.

Before the race I asked people what a 13% grade looks like. No one could tell me. Well, it's steep! It's really, really steep. The climb started with a gentle incline then kept pitching upwards. When it got to 8-9% I began to shuffle. Both vans passed me and waited at the top of the climb. The elite Norm's Maggots van passed me on the climb and gave me some encouraging words. When they reached the top of the climb they asked the guys if we were from Godiva. My teammates said yes and asked how I was doing. The guy in the Maggots van said, “he's moving, he's kind of limping though. Is he O.K.?” I was going in some semblance of a run but it was slow and excruciating. Finally, I could see my team and trudged my way up,

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JUNE BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on June 14, 2011. Attendees included President Chris Boyce, Charles Alden, Halle Amick, Jim Cla-buesch, Chris Gould, Carolyn Huet-tel, Gary Schultz, Cathy Wides, Ryan Woodruff and your scribe, Henry Blinder.

Kevin was unable to attend, but indicated that he would provide his Treasurer’s report by e-mail to the group later in the week. In Thomas Markham’s absence, there was no Newsletter report.

Jim delivered both the Membership and Haberdashery reports. On membership, he informed us that the PayPal system is working well. Use by Club members has been “cyclical,” with around 15 users this past month. On haberdashery, the Club is still looking for a new hab-erdasher. There may be a note on this elsewhere in the newsletter.

Next, Gary gave us a recap on the Running Start program. He is still waiting to receive the “graduation” tee-shirts, which will then be dis-tributed to the participants.

We heard from Charles on the Sum-mer Track Series. It’s “going fa-mously,” with over 120 runners last week and more than 200 different runners participating during the first four weeks. He encountered some difficulties in locating blanks for the starter’s pistol, but resisted the thought of going to live ammunition and was eventually successful in his search. A brief discussion then en-sued about whether to double-up runners, two to a lane, for a race such as the 400 meter event. The thought was that this would speed up the amount of time needed to complete the race, though at the cost of some crowding of the runners. While no consensus was reached, Charles did note that there’s plenty of “doubling up” already going on at the finish line.

Cathy then raised the question of whether the Club wanted to have a fall picnic in Duke Forest, similar to last year. We all liked the idea, and the date was tentatively set for Sun-day, September 25 in the early to mid-afternoon. Kudos to Cathy for taking the lead on this.

Our final item was a proposal from Jim for the Club to support the men’s masters Blue Ridge Relay team by funding two van rentals in an amount not to exceed \$1000, same as last year. All 12 team mem-bers must be Godivans. We re-flected on the success of the team last year and the benefits to the Club from our participation, and unani-mously voted in favor of the pro-posal. Tim Meigs and Ulf Andre will be co-captains this year.

The meeting adjourned in a possible PR time of 37 minutes, at 7:41pm.

—Henry Blinder

Blue Ridge Relay, cont’d from page 4

finally making to the top of this 3.5-mile climb before plunging downhill to the finish of my leg. As I reached the end I started to tear up. I hurt so bad but had done it. I had run the Blue Ridge Relay.

We still had three legs to go, though. Heiko rolled through leg 34 and passed off to Jeff Hall. Jeff climbed a 10% grade up two miles before getting some relief on the Blue Ridge Parkway. It was another heroic effort. He then passed off to Shane Slaven’s very capable legs. My fellow Ball State University Alum carried the wristband to the finish in downtown Asheville. We all escorted him in and finished in a time of 26:54:25, 7:46 pace, over an hour under our predicted time. We placed eighteenth overall (of 100 teams) and fifth in the open category. Best of all we were the first of three Godiva teams to cross the finish line, just a couple minutes ahead of the awesome Godiva Masters team and thirty minutes ahead of the Godiva Mixed team (of course we did have a nice head start on the other two

teams). It was so great to see all the Godiva teams finish so close to each other.

So.....a bunch of “regular” guys ran 208 miles of Blue Ridge Mountain roads. The team that included Chuck Millsaps and his sons John, a sophomore at Wake Forest University, and Peter, an eighth grader at Martin Middle School in Raleigh. Jason Clark, an EMT, Godiva legend Tom Kirby and Godiva newcomer, Colin Jones. We had another Ball State grad in Shane Slaven, hashing greats in Doug Hensel, Heiko Rath and our driver Steve Abbott, our new friend Jeff Hall and our old friend Harold Hill. We all extended beyond the usual or ordinary especially in size and scope and we were heroic. I want to thank my twelve brothers for the epic adventure and the camaraderie. Thanks also to the Carolina Godiva Track Club and to Great Outdoor Provision Company for helping to make this all possible. If you haven’t run in this event, well.....run this event.

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

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

TYPE OF MEMBERSHIP

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

WAIVER, RELEASE, AND INDEMNITY AGREEMENT

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

Signature of Primary Member (or parent/guardian)

Date

FAMILY MEMBERS ALL COVERED INDIVIDUALS MUST SIGN BELOW

Last Name	First Name	Gender	Birthdate	SIGNATURE	Date

Mail application and dues to:

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

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

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

ADDRESS SERVICE REQUESTED



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