

VOLUME XXXVI
NUMBER 11

AUGUST
2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

GO THE DISTANCE

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As you read this column, our club's very own marathon training program (MTP) will already have completed its opening Saturday long run in Duke Forest on July 30th. It's not too late to sign up! After having done the MTP the last three years, I can't overstate how much fun it is running with this group of people. Whether you are training for a full or half marathon, running hard or just wanting to finish, there is no better group to carry you through your long runs than the MTP and there is no better place to run all those miles than on the trails of Duke Forest.

Most everyone knows the origin, or legend, of the marathon. After the Greeks had defeated the invading Persians at Marathon, a guy named Pheidippides ran to Athens to proclaim their victory. He would have probably partied with everyone after delivering his message had he not collapsed and died.

Did you know that the marathon was not always measured as 26.2 miles?! Until recently, I sure didn't! The length between Marathon and Athens apparently differs by over a mile depending upon the route one takes. The first modern Olympics, held in 1896 in Greece, set the marathon distance at 24.85 miles (40K), which the 2004 Athens Olympics repeated. The London 1908 Olympics extended the marathon distance to 26 miles and 385 yards, so that it could finish at the royal family's viewing box. That remained the official international standard thereafter. Something just tells me that it is not changing anytime soon.

The unofficial marathon record was recently broken at the 2011 Boston Marathon by Geoffrey Mutai when he ran it in 2:03:02. I say unofficial because the Boston course fails the International Association of Athletics Federation (IAAF) criteria for marathons. One of the more important of these is the approximately 138 foot elevation drop that Boston's 470 foot overall drop exceeds. This leaves Haile Gebrselassie's

"The goal of running a marathon race strikes many people, including some long time runners, as simply out of reach. Our natural history suggests they should be more optimistic."

**DEADLINE FOR
SEPTEMBER
NEWSLETTER:
AUGUST 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

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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
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GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM
Satisfaction Restaurant at Bright Leaf Square, Durham

2ND ANNUAL GODIVA PICNIC

The Second Annual Godiva Picnic will be held September 25 from 3-6 PM at Gate F in Duke Forest (Gate F is the site for the Couch Mountain Run). The site has a large picnic shelter, an outhouse, electricity and a volleyball court. Directions to the site are on the Duke Forest website at www.dukeforest.duke.edu.



Godiva will provide sub sandwiches, both meat and vegetarian varieties. Godiva will also provide water and sodas. A few weeks prior to the event, an evite will be sent to members at their listed email addresses. You will also be able to RSVP using the Godiva website.

Please plan to bring a folding chair for additional seating (if you have one) and a potluck dish to share. So that everyone does not bring chocolate chip cookies, an alphabetical assignment of potluck dishes is suggested as follows: A-E, Salads, F-M Sides, N- T Desserts, U-Z Appetizers.

—Cathy Wides

WELCOME TO OUR NEW HABERDASHER!!

Many thanks to Jeff Hall, who has nobly agreed to take on the duties of Club Haberdasher! After volunteering for the position, Jeff was waived in by acclamation at the Club's July business meeting.

In addition to managing inventory, Jeff will be keeping tabs on demand for all manner of Godivawear™ and trying to come up with new offerings in the area of clothing and accessories. So if you've got ideas or preferences for the kind of Godiva-branded gear you'd like to see, don't be shy! Let him know at haberdasher@carolinagodiva.org.

RAMBLIN' ROSE WOMEN'S HALF-MARATHON

The inaugural Ramblin' Rose half-marathon (part of the Ramblin' Rose series of races) will be on October 16 at the American Tobacco Campus in Durham. Despite its name, the race is **also open to men**.

Entrants can save \$10 on the entrance fee by using the promotional code **RUN10** when registering for the race at www.sportoften.com.

Go the Distance, *cont'd from page 1*

2008 time of 2:03:59 at the Berlin Marathon as the official marathon record. These fast times move many a person to speculate on when someone will break the two hour barrier. At any rate, this barrier and these athletes' record times are comfortably safe from falling to the author of this column!

The very word "marathon" triggers an image in our minds of a great challenge. The goal of running a marathon race strikes many people, including some long time runners, as simply out of reach. Our natural history suggests they should be more optimistic, as our ancestors back in the day quite literally chased down their food over great distances. Though animals such as deer were fleet of foot, they lacked human endurance over the long haul. Our ancestors would eventually wear down an animal until it slowed down

or stopped altogether, making it an easy kill. We may no longer run down our food, but we can still draw motivation for the thrill of the hunt during Saturday morning MTP runs by forking an omelet or spooning some soup afterwards at nearby venues such as Guglhupf or Nosh....mmmhhh!

Many full and half marathons are listed on our club's website. One of my favorite fall events is the Richmond marathon, but City of Oaks is a great race too and is right here in Raleigh. I've heard many good things about the Outer Banks marathon. Despite its name, the inaugural Ramblin' Rose Women's half marathon in Durham is actually co-ed. All are worthy goals to work towards. Hopefully, I will have signed on again with the MTP group and will see you Saturday mornings on those Duke Forest trails!

—Chris Boyce

NOT RUNNING THROUGH THE SWISS ALPS

(BY SUE WASIOLEK)

This story is not about running a marathon; in fact, it's not about running any race. It's not even about recreational running or jogging or exercising. Instead, it's about what happens when you can't run or exercise and, you happen to be traveling in one of the most beautiful places (to run) in the world.

I learned several months ago that I was going to have the opportunity to travel to Switzerland for eight days in June on a family adventure sponsored by the Duke Alumni Association. Based in Interlaken, the trip was organized in such a way that participants would make day trips by bus, boat and train to a variety of Swiss cities and attractions, always returning at the end of the day to our hotel in Interlaken. The best part of the trip was that it seemed that a good portion of our time would be spent outdoors, walking and hiking and breathing the fresh Swiss air.

Unfortunately, weeks before the trip, I injured my left foot during a Thursday morning run on the track in Wallace Wade. This had happened before (several times, in fact, over the past 36 years) as my feet seem to be my "Achilles heel." But, even when I begin to feel pain, I rarely stop; I just keep on going, hoping it's going to be OK when the run is over. On this particular morning, I knew it wasn't going to be OK. But I never thought my foot would still be a problem by the time I had to leave on the Swiss Alps trip.

When I realized running in Switzerland was not going to be an option, I didn't completely fall apart because after consulting the internet, I knew I would be able to join a fitness center in Interlaken for a week. So what if I had to use the bike or the elliptical for a week? At least I would be able to do SOME type of exercise (which, of course, would allow me to eat unlimited amounts of chocolate and ice cream).

The flight to Zurich was uneventful (safe and on time), while the bus ride to Interlaken was amazing – our bus driver was a professional yodeler and the scenic stops were just a warm-up to the rest of the week. We arrived at our hotel in Interlaken and I immediately consulted the front desk about fitness centers in town. The staff member looked a bit puzzled, but sent me to a gym, after looking on the internet for the address. I walked there –

in pain – and after asking for directions from several folks, I found the fitness center. However, it did not accept summer, temporary memberships.

Not to worry – there were numerous hotels in town – surely one of them would have a fitness room. For the next 3 hours, I hobbled around Interlaken, going from one hotel to the next, only to learn that NONE of them had a fitness center. Well, actually, the luxury hotel did – but it would have required me to pay for a day at the

"I injured my left foot during a Thursday morning run, which had happened before (several times, in fact, over the past 36 years) as my feet seem to be my 'Achilles heel.'"

hotel "spa" (which cost around \$200-300). I wasn't prepared to invest this kind of money for one day let alone one week just to use an elliptical! I suddenly felt a sense of despair. Could it be that I wasn't going to be able to exer-

cise for a full week? I would go crazy!

The luxury hotel folks suggested that I check with the community recreation center (why didn't my hotel recommend this?) to see if I could join for the week. Again, I walked in total pain to the recreation center and became quite excited. Even though everything was written in German, I was able to figure out that there was a well-equipped fitness center as well as indoor and outdoor pools.

I proceeded to the front desk and quickly learned that there was going to be a language barrier. Fortunately, the front desk woman was able to find the swimming coordinator, who spoke English. She explained to me that the fitness center had recently been outsourced to a private company and temporary memberships were not permitted; however, I could join the swimming pool. PERFECT – I could pool run – what could be a better exercise and rehab routine? There was one problem: the pool didn't open until 9 AM every day and closed early as well. Bottom line: the hours were way too limited. We left the hotel every morning by 8:30 and didn't re

(Continued on page 5)

Swiss Alps, Continued from page 4

turn until dinnertime, so it was going to be impossible for me to even use the pool.

I sulked back, in pain, to my hotel. Actually, I made one stop along the way. I had explained my foot injury to the pool director at the recreation center and she drew a map for me, showing me how to get to Charles, the healer. I asked her what he would do to heal my foot and she said he would use “energy.” Believe it or not, I walked to Charles’ office. It and he were quite interesting.

The office had a small foyer with brochures and flyers – all in German. There appeared to be two treatment rooms. After about 10 minutes, he emerged from one of rooms and looked at me in a questioning way. I try never to “judge a book by its cover,” but his appearance challenged my philosophy in a big way. He had on a white tank t-shirt which exposed many tattoos. He was a large man with a

big beard. I quickly learned that he spoke about as much English as I speak German – nilch, nada, zero.

“She drew a map for me, showing me how to get to Charles, the healer. I asked her what he would do to heal my foot and she said he would use “energy.”

I pointed to my foot, told him it hurt and explained that the “pool lady” had suggested I visit him. He waved what I will call a “flexible wand” over my foot several times. I tried to ask him what his treatment entailed, but the language barrier got in the way. He really tried to explain what he would do, but I still have no idea. My guess is that it would have been a “reiki-type” method. In any event, he offered me several appointments (at a cost of \$125 each) and I would have tried it (I was in serious pain) but I couldn’t make our schedules work. Charles was quite a character. Had I encountered him in Durham, I would have never believed he could do anything other than drink beer and watch TV.

I dragged myself back to the hotel and began to realize that for ONE WEEK, I WAS NOT GOING TO BE ABLE TO EXERCISE. Suddenly, my trip to Switzerland sucked. I wished I hadn’t made the trip.

We had a welcome reception and dinner that evening,

providing an opportunity to meet all the folks on the trip. It appeared to be a pleasant and interesting group (it turned out to be a wonderful mix of people); nonetheless, I didn’t really care because I WASN’T GOING TO BE ABLE TO EXERCISE FOR ONE WEEK. I was miserable.

Well, as with most things, time is a healer and I began to accept my new reality. I went walking after dinner with another traveler (we ended up walking almost every day, either in the morning or after dinner or both), all the time my foot killing me. The river provided one of the most beautiful places I had ever experienced to walk (and even better, to run). It was interesting that I saw only a few runners during my week in Interlaken.

So, that’s my sad story, but with a happy ending. I was able to rent a bike one night and ride around Interlaken for about an hour in the rain. On our one unplanned day, I joined the recreation center pools and “ran” in the pool for just over an hour. And, I walked and hiked for the entire week as we traveled around Switzerland to some of the most amazing places in the world.

By the end of the week, my foot was worse than ever. My legs even hurt and by the time I got off the plane at RDU, my ankles were swollen to the size of a tree trunk.

It’s been over 2 months since my foot injury and I am still not running. I have been exercising, though, since returning from Switzerland. I do hope to give running a try in the next week or so. It’s unclear what the problem is with my foot – I may never know, since the insurance company doesn’t seem to want to approve an MRI. My best guess is that it is a stress fracture.

As I re-read this story and reflect on my first day in Interlaken, I feel a bit embarrassed and childish. Why did I get so upset about not being able to exercise? Why couldn’t I just enjoy the beautiful scenery, food, chocolate and great company and take a break from my daily routine? Well, it turns out that I did – the trip was the best of my life, in spite of not being able to run or exercise.

I do hope I can return to Interlaken one day and run along the river. But right now, I’ll be happy to run on the track at Wallace Wade or on the Al Buehler Trail. I will never take running or exercising or fitness centers for granted again.

THREE CHEERS AND A WHISTLE: TWO RACES IN COLORADO, WITH A CHANGE OF HEART

(BY RICHARD WOLFE)

In June 2004, while running the Estes Park Marathon in Colorado, at an elevation of about 8,000 feet, I began to feel unusual upper chest pain. Although the pain started early, during the first two miles, I slowed my pace and was able to finish the race in about six hours. Estes Park was my 17th marathon (I completed my first in 1998).

By mid-August of that year, I had resumed training that included a 14 mile run. Going out the following weekend for a shorter 10 mile run, more upper chest pain came and went early in the run, now shortened to 5. The pain returned even with attempted shorter runs the next few days.

After consultation with my doctor and some tests, it was determined that I had some heart muscle damage, otherwise known as a "heart attack." The best solution for blood vessel constrictions was to undergo quadruple cardiac bypass surgery (CABG). That went well, and with cardiac rehab I resumed running. However, a mild indigestion-like pain continued while running hills. That was relieved 5 months later with a cardiac stent. Now I could run without pain associated with my heart.

Within a year, I was able to complete two marathons only a week apart in Mississippi and Arkansas, soon after Hurricane Katrina had passed through. I continued to run and walk marathons with upper heart rate restrictions of less than 115 beats per minute. Tests to detect loss of heart muscle cell death and function showed no additional change after several more marathons. That was good news since my heart rate allowed sufficient oxygen to perfuse the muscle without long term ischemia and cell death.

I have now completed a total of 32 marathons, including Chicago (2009), New York City (2010), and most recently the 2011 Tobacco Road Marathon, with times ranging between 6:30 and 7:00 (except NYC at 7:15). During June and July of this year, a trip to Colorado and Wyoming with my wife (she drove, I flew) for a family

reunion and vacation returned me to the scene where I first experienced chest pains back in 2004. In particular, the higher elevations in Colorado caused me some trepidation. Nevertheless, I planned to do some running.

The best race available was the Liberty Run 4 Mile on July 4th in Denver, at 5,000 feet elevation. This would be a good test of my heart condition. The best part was that I could train (run and hike) at elevations of 5,000 - 10,000 feet for 12 days before the race. This included long hikes near Pikes Peak and in Yellowstone National Park (this was the week before a man was killed by a

Grizzly bear along the North Rim of the canyon). The effect of higher elevations was noticeable, but manageable by stopping to rest or slowing down.



The Liberty Run race featured a contest with the best patriotic costume. I chose my red & white striped running shorts, a red shirt and blue shoes. They liked my ensemble, but the person who won had everything with flag colors and design. I did well enough to achieve 3rd place for the 70-79 age group in 1:02 (15:30 minutes per mile), while keeping my heart rate within the safe range. The elevation had no noticeable effect. I may try a marathon at 5,000 feet next year.

After the race, at the Denver airport, I left my heart rate monitor chest strap on since I was carrying two 20 lb bags. The security metal detector beeped so I was completely body searched. I offered to remove the chest strap but he could feel the strap and see the active Polar heart rate monitor on my wrist and accepted my entrance.

At home on a long run, I wore the same outfit, now with my Liberty Run t-shirt. I received three cheers and a whistle along the road. The colors must still elicit patriotic fervor because of my well rounded ensemble!

RACE REPORT: 2011 BOLDER BOULDER 10K

(BY CAROLYN HUETTEL)

For those of you who know Karen, she never misses the Bolder Boulder 10k. Jim and I were tagging along with Karen and Ronnie on their vacation to Colorado, hence decided to run this 10k with them. I am not one to pay to run on asphalt, but I wanted to experience this race that gets up to 60,000 runners, and that has entertainment all along the course.

Jim & I made our plans ...which were perfect. We were staying at

BOLDERBOULDER

our friends' house, Cynthia and Johannes, who some of you probably remember from our CGTC group runs. They live about three miles away from the race start; hence we had decided to run to the race from their house. It was to be chilly in the morning, so we wanted to run to the race wearing more clothes than we needed for the race. Since Jim's wave was at 7:02 and mine was not until 8:15, Jim would have plenty of time to finish his race and then come back to the starting area so that I could give him the clothes before my wave started.

Race morning, we got up and started on our run to the race as planned. We did not have a sling bag, so we put our post-race dry clothes, camera, and glasses in a plastic grocery bag. I was running a bit faster than I would normally because I did not want Jim to trip over his own feet trying to run my slower pace. He was carrying the awkward grocery bag, so that slowed him down a tad for me. Halfway through our run, we notice a kitty cat on the side of the road, which decided to cross our path and guess what? It was a black cat. We are not superstitious people; however, something triggered Jim to make a comment about that black cat crossing our path. I just laughed off his comment and continued to push myself to not slow down Jim too much.

At the start area, we found a nice bus stop bench that we decided was the place that Jim would meet me so that I could hand the bag over to him prior to my wave starting. Jim headed off to the race start. The first wave took off and I snapped some pictures. Then Jim

and Ronnie's wave left. I took a few pictures with hopes that Jim and/or Ronnie would be in one...no such luck. I managed to see Karen and get her picture.

People would stop by and sit on the bench with me to watch their friends and family members' waves take off. A few people passed by to inform me that the bus was not running on this day...with a chuckle. I sat on

the bench in awe of how well organized

this race is. Every minute a wave of a few hundred runners would start. The waves were alphabetical, A, AA, AB, B, BA, BB, C, CA, CB, etc. Somewhere during or after the C's the second character of the waves was going most of the way up the alphabet. I was in the HB wave, so I had lots of time to watch many waves start. Some of the runners wore costumes, which was quite entertaining and helped the time pass.

It was 8:10, and there was no sign of Jim. The H's had started. It never occurred to me that Jim would not make it to the bus stop, so now I had this bag of clothes and could not make up my mind on stashing the bag or running with the bag or just waiting for Jim. I opted for the latter. I watched my wave run by. Then the sky got very dark and it poured rain for about 5 minutes. I went under the overhang of the building behind the bus stop since I did not want the dry clothes and camera to get wet.

Once the rain passed, I started figuring that Jim was not going to make it; hence, I stashed my glasses in the jacket (that I had not wanted to wear) and crossed the camera strap across my chest and attempted to keep the camera from bouncing around with the jacket. I stashed the rest of the clothes in the bushes. I got into the 8:45 wave.

Once I started running, my mind was racing way more than my legs. It occurred to me that finding my buddies was not going to be easy. I did not leave when

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Bolder Boulder, *Continued from page 7*

they expected me to, and I was running slower than normal. I did not think to bring my cell phone. We had not set a meeting location. Since this was advertised as such a fun race, I decided to stop thinking about my situation and to focus on the spectators, who were quite entertaining.

There were bands (kids and adults) and belly dancers (even a male dancer). There were people throwing marshmallows to the runners. Another group handing out Doritos. People were hanging out in front of their homes cheering for us. Two home owners even set up slip and slides.

As I was focusing on one of the slip and slides, I must have run up on someone, because my left foot came to a complete stop and I was down on the ground instantly. How embarrassing! I was a bit scraped up, and I knew that I would be sore tomorrow—those push-ups starting from a standing position create so much pain the next morning!

“As I was focusing on one of the slip and slides, I must have run up on someone, because my left foot came to a complete stop and I was down on the ground instantly.”

The fall was just before the three mile aid station. Cynthia was volunteering there, so I was really hoping to see her and chat with her a bit. It never occurred to me that the aid station would be about a quarter of a mile long making it hard for me to find her, which, I did not.

With about 2 miles to go, I notice that someone had run up on me and had slowed down to my pace. It was Jim! What a relief. He ran with me for a mile as we discussed what happened and decided that we should always come up with a plan B. He told me to meet them at the mail boxes across from the buffalo at 10:15 and then he took a short cut to the finish area.

I finished the run in over an hour and had 10 minutes to get to the meeting spot. I saw the sign for the mas-

SHUT-IN RIDGE TRAIL RUN: REGISTRATION APPROACHING

Attention Godiva trail runners!

Entries will soon be available for the 2011 **Shut-In Ridge Trail Run**. Email Jim Clabuesch at jwcvh@mindspring.com for more information and details.

—Jim Clabuesch

sage, but did not have time to get it (bummer). I was funneled into the coliseum and into a line during which you use the pull-tags from your race number to get a snack bag and a beer. Once through that line, I started asking people where the buffalo and mailboxes were. I was told they were outside of the gate. Unfortunately, beer cannot be taken beyond the gate, so I drink the beer and eat some of the snacks and then head out the gate to start asking again. I was directed down the street with no sign of a buffalo, then directed back up the street, again with no sign. As I was walking back to the coliseum, with hopes that one of my buddies would see me if I just stood at the gate, Jim appears. Jim and Ronnie point the buffalo out to me. It is in the gate and covered with kids.

It felt so good to be with my buddies again. We talked about our runs and snacked on the stuff in our snack bags . . . well most of us did, or shared what we had. Jim had not gone through the snack line so that he could meet me at the start. Sometime between his little run with me during the race and his short cut, he lost his number and hence did not have the pull tag he needed for his snack.

In the stadium, we got to watch thousands of people still finishing the race. Then there was the female and then male elite races. Then the Memorial Day celebration. It was a wonderfully organized event, and next time, Jim and I will have figured out how to be wonderfully organized runners who avoid that black cat crossing our paths.

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Nat'l Senior Games

Houston, TX 6/23-24/11

Maurice McDonald M70-74

800m 2:40.43 1st
400m 1:06.56 1st

Clare's Run for a Reason 5km

Cary, NC 6/25/11

Thomas Maunz 22:05 7:07 3rd M 30-39

Freedom Run 10km

Greensboro, NC 6/25/11

Jim Clabuesch 39:56 6:27 2nd M 45-49

Liberty Run 4 Mile

Denver, CO 7/4/11

Richard N. Wolfe 1:02:36 15:39 3rd M 70+

Four On The Fourth (4 mi.)

Carrboro, NC 7/4/11

Jacob Hoerger 22:18 2nd O/M
Craig Heinly 23:26 3rd M/M
Gary Slade 23:46 1st M 50-54
Owen Astrachan 25:07 1st M 55-59
Henry Blinder 26:17 2nd M 55-59
Andrew Scribner 26:34 2nd M 40-44
Roger Halchin 26:53 3rd M 55-59
David Drewry 27:15

Jen Howard 27:18 1st F 35-39
Craig Gilbert 27:33
Tom Hoerger 27:37
Jim Hotelling 28:59 2nd M 60-64
Jessica Lee 29:19 3rd F/M
Susan Chesser 29:34 2nd F 45-49
Paul Bloom 29:34
Mary Szymkowski 29:50 3rd F 45-49
Tom Hughes 30:15
Hernan Silva 30:22
Shelly Bloom 31:12 2nd F 55-59
Lora Charles 31:39
Harriet Kinyamu 32:22
David Couper 32:23
David Rice 32:31
Gordon Caviness 33:08
Trevor Thompson 34:53
Alfred Kleinhammes 36:09
Jerry Surh 36:56 1st M 70+
Joan Boone 38:56
Ryan Woodruff 39:33
Susie Gilbert 39:36
Jerry Harris 40:07 2nd M 70+
Alexandra Garcia-Granados 42:03
Priscilla Kilts 42:40
Paul Naylor 45:59
Nisha Cavanaugh 48:07
Julie Horton 48:07

Susie Hansley 50:56
Susan Hoerger 59:04
Serena Paddock 62:10
Debra Taylor 62:26

Denn'Y Challenge 5km

Cary, NC 7/9/11

Ray Dooley 26:15 8:28 2nd M 55-59
Mel Levin 28:32 9:12
Paul Naylor 37:52 12:13

Grandfather Mountain Marathon

Boone, NC 7/9/11

Tim Meigs 2:52:33 6:35 1st O/M
Wayne Crews 3:01:35 6:56 2nd O/M
Sam Brown 3:34:41 8:11
Mike Walsh 4:27:59 10:13
Charles West 4:40:36 10:42

World Masters Athletics Track and Field Championships

Sacramento, CA 7/11/11

Maurice McDonald M70-74
800m 2:34.37 1st
400m 1:05.46 3rd
4x400m 4:27.17 (1:05.4) 1st

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

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

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

RACE REPORT: 2011 WORLD MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

(BY MAURICE McDONALD)

Maurice McDonald reports the following from the 800 meters race of the 2011 WMA Championships, held July 11 in Sacramento, California:

“Twelve qualified for the finals in two semi heats on July 9 and I ran just to qualify. In the finals I did not know anything about the 10 foreign runners other than that the heat winners had run 2:38 to 2:39 and several others looked easy running sub 2:42 or so.

“With 12 in the finals, I knew the early pace would be fast and with 500 meters to go, I was 8th. I had no choice but to start a long kick and got serious with 300

meters to go. From there, I just kept passing people. I didn't want to wait until everyone started their kick as I would have to run wide around the last turn. It

worked out great as I surprised them all and passed in the outside of lane one and with 100 to go I was first. From there I just ran scared to the finish.

“It was the fastest time of the year for me at 2:34.37 and (I believe) the fastest M70-74 time

this year in the U.S. I am the 2011 World Masters M70-74 800 meters track champion. Hard work does sometimes pay off!”

Congratulations, Maurice!



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

15 June

Mile Run

Nick Krouse	M	24	4:47
Ulf Andre	M	44	4:50
Danny Phillips	M	18	4:51
AJ Tucker	M	16	4:51
Steven Brunson	M	22	4:56
Tom Kreger	M	30	4:59
Jason Figge	M	38	5:01
Ken Becker	M	39	5:03
Andrew Petersen	M	31	5:05
Leon Bullard	M	37	5:11
Owen Astrachan	M	55	5:13
Zacchary Scully	M	16	5:22
Joseph Clancy	M	38	5:26
Anthony Angelini	M	37	5:39
Neil Amato	M	40	5:48
Douglas Hensel	M	37	5:48
Lindsay Savelli	F	19	5:51
Tom Hoerger	M	52	5:52
Abby Offenbaker	F	35	5:52
Lewis Hendricks	M	38	5:52
Jay Smith	M	62	5:55
Shelby VanPelt	F	30	6:02
Bryan Krehlbrink	M	44	6:03
David Couper	M	56	6:08
Brian Palmer!	M	49	6:09
Tom Maunz	M	30	6:11
Steve Anders	M	52	6:18
Chris Gould	M	67	6:26
Michael Swepson	M	12	6:27
Tom Kirby	M	58	6:28
Randy Kauftheil	M	52	6:29
Lloyd Brown	M	54	6:35
Conrad Kirby	M	24	6:36
Tom Soedur	M	49	6:36
Tim Clark	M	54	6:37
Arne Johnson	M	50	6:38
Eddie Stone	M	54	6:45
DJ Perkins	M	25	6:47
Bobbie Perry	M	65	6:50
Barry Packman	M	58	6:50
Dawn White	F	40	6:54
Richard Kohrman	M	63	6:56
Ray Dooley	M	58	7:02
Victor Swepson	M	35	7:02
Victoria Swepson	F	7	7:02
Rachel Warriner	F	23	7:06
Katie Biasi	F	37	7:12
Doug Hoogervorst	M	41	7:20
George Carpenter	M	15	7:21
Sean Petersen	M	11	7:21
Ed Davis	M	66	7:29
Muhammad Hasan	M	39	7:29
Hernan Silva	M	47	7:30
Abie Harris	M	77	7:31
James Carpenter	M	14	7:31
Lena Hollmann	F	60	7:32
Tom Lada	M	65	7:32
George Retsch-Bogart	M	58	7:32
Amy Carpenter	F	12	7:40
Thelma Fitzgerald	F	43	7:45
Barbara Hindenach	F	60	7:46
Wayne Hall	M	57	7:55
Carolyn Huettel	F	47	7:56
Mike Carpenter	M	43	7:59
Katie Carpenter	F	11	7:59
Anne Cooper	F	10	8:04
Laura Cooper	F	8	8:13

Gordon Keeler	M	56	8:28
Daniel Petersen	M	9	8:30
Hannah Nelson	F	9	8:34
Fabrienne Swepson	F	36	8:56
Lisa Hasan	F	38	9:10
Tony Hackney	M	55	9:11
Alfred Kleinhammes	M	60	9:13
Susie Hansley	F	41	10:39
Bill Hansley	M	44	10:40
Ken Larsen	M	63	10:48

200m Dash

Kwame Alston	M	21	21.3
Leon Bullard	M	37	23.1
Colin Jacobs	M	18	23.5
Christian Johnson	M	19	24.4
Corey Johnson	M	39	25.3
Justin Bowlin	M	30	25.8
Mike Carpenter	M	43	26.0
Muhammad Hasan	M	39	26.6
Chris Sarsony	M	43	26.6
AJ Tucker	M	16	27.0
Victor Swepson	M	35	27.1
DJ Perkins	M	25	28.3
George Carpenter	M	15	29.0
Neil Amato	M	40	30.7
Marth Hoelzer	F	33	31.3
Tom Maunz	M	30	31.4
Lloyd Brown	M	54	31.7
Arne Johnson	M	50	32.6
Vance Tucker	M	49	32.8
Randy Kauftheil	M	52	33.0
Doug Hoogervorst	M	41	33.1
Lindsay Savelli	F	19	33.6
Tom Hoerger	M	52	33.9
Amy Carpenter	F	12	34.0
Wayne Hall	M	57	34.7
Fabrienne Swepson	F	36	34.9
Alisha Kleinhammes	F	10	35.0
Leif Rasmussen	M	8	35.2
Sean Petersen	M	11	35.3
Gordon Keeler	M	56	35.8
Michael Swepson	M	12	35.9
Alfred Kleinhammes	M	60	36.8
Anne Cooper	F	10	36.9
Laura Cooper	F	8	36.9
Matthew Swepson	M	8	36.9
Ray Dooley	M	58	37.1
Tom Kirby	M	58	37.4
Lisa Hasan	F	38	39.1
Richard Kohrman	M	63	39.6
Nyah Hasan	F	11	40.1
Daniel Petersen	M	9	41.5
Abie Harris	M	77	42.1
Katie Biasi	F	37	42.2
Tom Lada	M	65	42.7
Hannah Nelson	F	9	43.6
Jason Figge	M	38	44.2
Victoria Swepson	F	7	46.9
Candace Swepson	F	10	47.5
Barbara Hindenach	F	60	48.2
Susie Hansley	F	41	51.5
Bill Hansley	M	44	58.4
Ken Larsen	M	63	64.8

Mile Racewalk

Tony Hackney	M	55	8:36
Michael Roth	M	40	9:12
Jason Figge	M	38	9:27
Ray Dooley	M	58	9:29
Barbara Hindenach	F	60	10:00

Daniel Petersen	M	9	10:25
Leif Rasmussen	M	8	10:25
Bill Hansley	M	44	10:44
Tom Hoerger	M	52	10:59
Tom Maunz	M	30	11:36
Chris Gould	M	67	11:38
Anne Soedur	F	49	11:42
Carolyn Huettel	F	47	11:45
Ken Larsen	M	63	12:00
Vicki Grechus	F	58	12:03
Dave Cooper	M	52	12:09
Anna Gambardella	F	10	12:11
Sean Petersen	M	11	12:15
Randy Kauftheil	M	52	12:16
Katie Biasi	F	37	12:42
Alexandra Garcia-Granados	F	48	12:43
Hernan Silva	M	47	13:02
Susie Hansley	F	41	13:03
Lindsay Savelli	F	19	13:08
Muhammad Hasan	M	39	13:46
Alfred Kleinhammes	M	60	13:48
Abie Harris	M	77	14:12
Wayne Hall	M	57	14:27
Fabrienne Swepson	F	36	14:33
Candace Swepson	F	10	14:33
Hannah Nelson	F	9	15:08
Shelby Novak	F	8	15:15

800m Run

Jeff Andrews-Barrett	M		1:56
Trevor Lewis	M	33	2:01
Danny Phillips	M	18	2:11
Colin Jacobs	M	18	2:12
Brian Tajili	M	29	2:16
Eddie Stone	M	54	2:18
Owen Astrachan	M	55	2:20
AJ Tucker	M	16	2:24
Chris Sarsony	M	43	2:26
Justin Bowlin	M	30	2:27
Zacchary Scully	M	16	2:27
Jason Figge	M	38	2:29
Mike Carpenter	M	43	2:31
Samantha Howard	F	22	2:34
Neil Amato	M	40	2:35
Marth Hoelzer	F	33	2:37
Conrad Kirby	M	24	2:39
Lindsay Savelli	F	19	2:40
Douglas Hensel	M	37	2:41
Abby Offenbaker	F	35	2:42
Tom Hoerger	M	52	2:45
Shelby VanPelt	F	30	2:50
George Carpenter	M	15	2:53
Joseph Clancy	M	38	2:53
DJ Perkins	M	25	2:53
Lloyd Brown	M	54	2:56
Tom Soedur	M	49	2:57
Randy Kauftheil	M	52	2:58
Tom Maunz	M	30	2:58
Barry Packman	M	58	3:00
Tim Clark	M	54	3:01
Leif Rasmussen	M	8	3:09
Dawn White	F	40	3:10
Doug Hoogervorst	M	41	3:11
Richard Kohrman	M	63	3:16
Ray Dooley	M	58	3:18
Victoria Swepson	F	7	3:21
Victor Swepson	M	35	3:22
Muhammad Hasan	M	39	3:23
Vance Holloman	M	53	3:27
Rachel Warriner	F	23	3:27

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Brian Palmer!	M	49	3:27
Hernan Silva	M	47	3:28
George Retsch-Bogart	M	58	3:28
Katie Biasi	F	37	3:29
Daniel Petersen	M	9	3:29
Chris Gould	M	67	3:30
Abie Harris	M	77	3:30
Tom Kirby	M	58	3:31
Tom Lada	M	65	3:32
Lena Hollmann	F	60	3:35
Wayne Hall	M	57	3:36
Vance Tucker	M	49	3:38
Arne Johnson	M	50	3:42
Barbara Hindenach	F	60	3:46
Sean Petersen	M	11	3:46
Gordon Keeler	M	56	3:57
Carolyn Huettel	F	47	3:58
Alfred Kleinhammes	M	60	4:06
Tony Hackney	M	55	4:23
Hannah Nelson	F	9	4:35
Lisa Hasan	F	38	4:50
Ken Larsen	M	63	5:22
Susie Hansley	F	41	5:51
Bill Hansley	M	44	5:53

5000m Run

Ulf Andre	M	44	17:12
Andrew Petersen	M	31	17:57
Ronnie Weed	M		18:44
Joseph Clancy	M	38	18:50
Albert Boulus	M	24	18:53
Lewis Hendricks	M	38	18:55
AJ Tucker	M	16	18:58
Jason Figge	M	38	19:07
David Couper	M	56	19:51
Douglas Gimlin	M	46	20:16
Douglas Hensel	M	37	20:51
Brian Palmer!	M	49	20:52
Jim Clabuesch	M	46	21:03
Brian Tajili	M	29	21:11
Tom Hoerger	M	52	21:32
Anne Osoro	F	21	22:30
Tom Kirby	M	58	22:35
Lloyd Brown	M	54	22:37
Marshall Stanley	M	37	22:45
Chris Gould	M	67	22:59
Richard Kohrman	M	63	23:17
Randy Kauftheil	M	52	23:53
Lindsay Savelli	F	19	23:53
Ray Dooley	M	58	24:05
Ed Davis	M	66	25:08
Rachel Warriner	F	23	25:52
Carolyn Huettel	F	47	25:53
Gordon Keeler	M	56	25:53
Barbara Hindenach	F	60	26:40
George Retsch-Bogart	M	58	27:54
Conrad Kirby	M	24	29:12

22 June**1500m Run**

Jeremy Hyder	M	25	4:21
Ulf Andre	M	44	4:43
Andrew Petersen	M	31	4:46
Evan Galloway	M	28	4:49
Owen Astrachan	M	55	4:51
Joseph Clancy	M	38	5:01
Jim Stephens	M	41	5:03
Chris Sarsony	M	43	5:11
Jason Figge	M	38	5:16
Mike Chappell	M	42	5:27

Abby Offenbaker	F	35	5:29
Danny Phillips	M	18	5:31
Lindsay Savelli	F	19	5:32
DJ Perkins	M	25	5:47
Tom Soeder	M	49	6:00
Hernan Silva	M	47	6:04
Conrad Kirby	M	24	6:07
Tom Kirby	M	58	6:08
Christine Whitley	F	18	6:08
Lora Charles	F	39	6:09
Richard Kohrman	M	63	6:12
Marshall Stanley	M	37	6:13
Mary Szymkowski	F	48	6:15
Katie Biasi	F	37	6:37
Eddie Stone	M	54	6:39
Leif Rasmussen	M	8	6:40
Jon Sasser	M	55	6:43
Mike Madden	M	56	6:43
Paul Wormsbecker	M	49	6:46
Jim Hoteling	M	64	6:46
Ed Davis	M	66	6:48
Bill Hansley	M	44	6:50
Abie Harris	M	77	6:52
Muhammad Hasan	M	39	6:52
Chris Gould	M	67	6:54
Tom Lada	M	65	6:54
Lloyd Brown	M	54	6:59
Sean Petersen	M	11	6:59
Jen Allen	F	40	7:00
Barbara Hindenach	F	60	7:03
Lena Hollmann	F	60	7:03
Mike Carpenter	M	43	7:10
George Carpenter	M	15	7:10
James Carpenter	M	14	7:10
Kristen Andre	F	42	7:12
Carolyn Huettel	F	47	7:32
Alfred Kleinhammes	M	60	7:49
Amy Carpenter	F	12	7:50
Katie Carpenter	F	11	7:59
Daniel Petersen	M	9	8:04
M.J. Rosensweet	M	43	8:11
Tom Arnel	M	48	8:18
Tony Hackney	M	55	8:21
Ken Larsen	M	63	8:43
Heather Yeowell	F	71	9:06
David Yeowell	M	74	9:06
Susie Hansley	F	41	9:09

100m Dash

Cole Henderson	M	18	10.7
Leon Bullard	M	37	11.6
Travis Ash	M	27	11.7
Kwame Alston	M	21	12.0
Mike Carpenter	M	43	12.5
Jim Stephens	M	41	12.7
Jason Figge	M	38	13.1
Muhammad Hasan	M	39	13.2
Noel Ruebel	M	54	13.3
George Carpenter	M	15	13.7
Adina Mele	F	50	13.7
DJ Perkins	M	25	13.8
Bobbie Perry	M	65	14.1
Mike Chappell	M	42	14.2
Doug Green	M	51	14.6
Amy Carpenter	F	12	14.7
Brie Charles	F	14	14.9
Katie Carpenter	F	11	15.0
Chris Cordiero	M	21	15.1
Lindsay Savelli	F	19	15.4
Mike Madden	M	56	15.8
Christine Whitley	F	18	16.6
Dawn White	F	40	16.7
Alfred Kleinhammes	M	60	17.1
Richard Kohrman	M	63	17.2
Sean Petersen	M	11	17.2

Leif Rasmussen	M	8	17.3
Ethan Mathis	M	8	17.6
David Yeowell	M	74	18.0
Bonnie Hansky	F	15	18.1
Anna Coleman	F	13	18.1
Makaila Mele	F	7	18.4
Hannah Nelson	F	9	18.6
Jon Sasser	M	55	18.6
Mary Szymkowski	F	48	18.9
Bill Hansley	M	44	19.2
Tom Kirby	M	58	19.2
Katie Biasi	F	37	19.8
Tom Arnel	M	48	20.0
Abie Harris	M	77	20.3
Daniel Petersen	M	9	20.3
Lena Hollmann	F	60	20.8
Susie Hansley	F	41	21.1
Barbara Hindenach	F	60	21.5
Stephanie Madden	F		24.0
Ken Larsen	M	63	28.2
Sarah Nelson	F	4	30.0
Clara Biasi	F	2	79.0
Jordan Rosensweet	F	1	81.0

1500m Racewalk

Tony Hackney	M	55	7:30
Jason Figge	M	38	9:04
Barbara Hindenach	F	60	9:12
Bill Hansley	M	44	9:13
Andrew Briggs	M	80	10:04
Paul Wormsbecker	M	49	10:13
Greg White	M	51	10:15
Joseph Clancy	M	38	10:24
Hernan Silva	M	47	10:41
Ken Larsen	M	63	10:43
Chris Gould	M	67	10:47
Carolyn Huettel	F	47	10:54
Mike Madden	M	56	10:54
Daniel Petersen	M	9	11:11
David Yeowell	M	74	11:43
Brie Charles	F	14	11:44
Muhammad Hasan	M	39	11:45
Bonnie Hansky	F	15	11:47
Alfred Kleinhammes	M	60	11:53
Lloyd Brown	M	54	12:01
Susie Hansley	F	41	12:41
Lindsay Savelli	F	19	12:55
Meg Duffy	F	19	12:56
Christine Whitley	F	18	12:59
Hannah Nelson	F	9	13:02
Katie Petersen	F	32	13:41

400m Dash

Cole Henderson	M	18	50.4
Mike Carpenter	M	43	57.8
Eddie Stone	M	54	58.5
Jason Figge	M	38	60.9
Brian Tajili	M	29	60.9
Jim Stephens	M	41	61.1
Noel Ruebel	M	54	62.4
Kwame Alston	M	21	65.0
Susie Mann	F	20	65.0
DJ Perkins	M	25	66.2
Hannah Lewis	F	17	66.8
Mike Chappell	M	42	68.0
Doug Green	M	51	68.6
Bobbie Perry	M	65	69.3
Adina Mele	F	50	69.6
George Carpenter	M	15	70.0
Lindsay Savelli	F	19	72.0
Hernan Silva	M	47	72.4
Muhammad Hasan	M	39	73.0
Abby Offenbaker	F	35	74.0

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Lloyd Brown	M	54	75.0
Amy Carpenter	F	12	76.0
Lora Charles	F	39	76.0
Michael Swepson	M	12	76.0
Jim Hoteling	M	64	77.0
Meg Duffy	F	19	78.0
Tom Soeder	M	49	79.0
Chris Cordiero	M	21	80.0
Chris Gould	M	67	81.5
Dawn White	F	40	82.0
Bill Hansley	M	44	82.7
Mary Szymkowski	F	48	84.0
Anso Merithew	M	10	84.0
Katie Carpenter	F	11	86.0
Jon Sasser	M	55	86.0
Leif Rasmussen	M	8	86.7
Tom Kirby	M	58	89.3
Abie Harris	M	77	90.0
Richard Kohrman	M	63	90.0
Vance Holloman	M	53	90.6
Alfred Kleinhammes	M	60	91.9
Tom Lada	M	65	91.9
Katie Biasi	F	37	93.0
Daniel Petersen	M	9	93.0
Lena Hollmann	F	60	93.4
Anna Coleman	F	13	102.0
Barbara Hindenach	F	60	108.1
Tom Arnel	M	48	112.0
David Yeowell	M	74	113.0
Ken Larsen	M	63	114.0
Heather Yeowell	F	71	120.0
Susie Hansley	F	41	126.9

3000m Run

Ulf Andre	M	44	9:53
Andrew Petersen	M	31	10:28
Joseph Clancy	M	38	10:46
Jim Clabuesch	M	46	10:59
Ronnie Weed	M	36	11:05
Jim Stephens	M	41	11:07
Patrick Bruer	M	52	11:43
Douglas Gimlin	M	46	11:52
Tony Hackney	M	55	12:11
Abby Offenbaker	F	35	12:17
Brian Tajili	M	29	12:25
Richard Kohrman	M	63	12:50
Lloyd Brown	M	54	13:09
Danny Phillips	M	18	13:14
Lora Charles	F	39	13:30
Tom Soeder	M	49	13:49
Chris Gould	M	67	13:55
Doug Green	M	51	14:11
Mary Szymkowski	F	48	14:16
Marshall Stanley	M	37	14:19
Dawn White	F	40	14:20
Katie Biasi	F	37	14:25
Ed Davis	M	66	14:51
Leif Rasmussen	M	8	14:57
Abie Harris	M	77	14:59
Conrad Kirby	M	24	14:59
Barbara Hindenach	F	60	15:14
Tom Kirby	M	58	15:14
Lindsay Savelli	F	19	15:19
Christine Whitley	F	18	15:50
Bill Hansley	M	44	16:23
Meg Duffy	F	19	17:04
Alfred Kleinhammes	M	60	17:10
Tom Arnel	M	48	18:17
Heather Yeowell	F	71	18:35
David Yeowell	M	74	19:37

29 June**Mile Run**

Lee Wheless	M	28	4:40
Danny Phillips	M	18	4:49
Brian Tajili	M	29	5:13
Jim Stephens	M	41	5:16
Steve Mele	M	46	5:24
Jason Figge	M	38	5:28
Trish Nervo-Jabaut	F	33	5:47
Lucas Nervo-Jabaut	M	8	5:50
Douglas Hensel	M	37	5:51
Tom Hoerger	M	52	5:54
Lindsay Savelli	F	19	5:54
Bill Kraus	M	56	5:59
Bryan Krehlbrink	M	44	6:01
Heiko Rath	M	41	6:12
Tyler Dunston	M	10	6:20
Conrad Kirby	M	24	6:27
Hernan Silva	M	47	6:34
Jim Clabuesch	M	46	6:35
Mary Szymkowski	F	48	6:38
Lora Charles	F	39	6:44
Dawn White	F	40	6:51
Manan Parikh	M	24	6:52
Ray Dooley	M	58	6:57
Katie Biasi	F	37	7:02
Bill Hansley	M	44	7:06
Kevin Kauffman	M	22	7:12
Chris Gould	M	67	7:16
Mike Carpenter	M	43	7:17
George Carpenter	M	15	7:17
Ed Davis	M	66	7:19
Barbara Hindenach	F	60	7:23
Tom Kirby	M	58	7:23
Lena Hollmann	F	60	7:30
Jen Allen	F	40	7:31
Jon Sasser	M	55	7:31
Abie Harris	M	77	7:38
Wayne Hadley	M	57	7:41
Mike Williams	M	49	7:45
Eddie Stone	M	54	7:56
Brandy Burns	F	35	8:07
Ken Larsen	M	63	8:09
Anna Coleman	F	14	8:21
Alfred Kleinhammes	M	60	8:25
Tori Dunston	F	8	8:25
Jeralee Jabaut	F	20	8:27
Mike Madden	M	56	8:29
Phil Dunston	M	44	9:02
Tom Arnel	M	48	9:05
Daniel Petersen	M	9	9:30
Tom Meyer	M	68	9:30
Eric Braschwitz	M	54	9:37
Hannah Nelson	F	9	9:39
Susie Hansley	F	41	10:00

200m Dash

Cole Henderson	M	18	22.1
Kwame Alston	M	21	24.0
Corey Johnson	M	39	24.9
Mike Carpenter	M	43	25.4
Eddie Stone	M	54	26.3
Chris Sarsony	M	44	27.0
Ashton Doby	F	21	27.3
DJ Perkins	M	25	28.1
Adina Mele	F	50	28.4
George Carpenter	M	15	28.5
Keith Mathis	M		30.3
Manan Parikh	M	24	30.4
Trish Nervo-Jabaut	F	33	31.0
Jason Figge	M	38	33.6
Lindsay Savelli	F	19	33.7
Tyler Dunston	M	10	34.0
Lora Charles	F	39	34.1

Mike Madden	M	56	34.3
Tom Hoerger	M	52	34.4
Heiko Rath	M	41	35.0
Wayne Hadley	M	57	35.5
Isaac Geer	M	6	36.5
Alfred Kleinhammes	M	60	37.1
Madi Marvin	F	11	37.8
Jeralee Jabaut	F	20	37.9
Ray Dooley	M	58	38.2
Ethan Mathis	M	8	38.4
Bill Hansley	M	44	38.9
Tom Kirby	M	58	38.9
Abie Harris	M	77	39.0
Jon Sasser	M	55	39.5
Brandy Burns	F	35	40.0
Mary Szymkowski	F	48	40.2
Ed Davis	M	66	41.0
Katie Biasi	F	37	41.6
Daniel Petersen	M	9	44.0
Makaila Mele	F	7	44.3
Tom Arnel	M	48	45.0
Ken Larsen	M	63	45.6
Tom Meyer	M	68	46.0
Hannah Nelson	F	9	47.0
Barbara Hindenach	F	60	49.4
Susie Hansley	F	41	52.8
Stephanie Madden	F	23	54.0
Comet Krehlbrink	M	5	60.0

Mile Racwalk

Michael Roth	M	41	9:11
Ray Dooley	M	58	9:21
Barbara Hindenach	F	60	9:56
Jason Figge	M	38	10:27
Jeralee Jabaut	F	20	10:36
Mike Williams	M	49	11:01
Hernan Silva	M	47	11:33
Ken Larsen	M	63	11:50
Chris Gould	M	67	11:54
Vicki Grechus	F	58	11:57
Brandy Burns	F	35	12:09
Parker Burns	F	14	12:11
Andy Jones	M		12:11
Danny Phillips	M	18	12:26
Lindsay Savelli	F	19	12:26
Alfred Kleinhammes	M	60	12:54
Jen Allen	F	40	13:17
Abie Harris	M	77	13:18
Susie Hansley	F	41	13:34
Wayne Hadley	M	57	13:47
Tom Hoerger	M	52	14:50

800m Run

Trevor Lewis	M	33	1:58
Kwame Alston	M	21	2:08
Jim Stephens	M	41	2:21
Brian Tajili	M	29	2:24
Kevin Kauffman	M	22	2:29
Mike Carpenter	M	43	2:33
Eddie Stone	M	54	2:35
Trish Nervo-Jabaut	F	33	2:39
DJ Perkins	M	25	2:39
Douglas Hensel	M	37	2:40
Doug Green	M	51	2:41
Tom Hoerger	M	52	2:41
Lindsay Savelli	F	19	2:42
Bill Kraus	M	56	2:47
Manan Parikh	M	24	2:48
Tyler Dunston	M	10	2:51
George Carpenter	M	15	2:54
Chris Gould	M	67	2:58
Dawn White	F	40	3:01
Mary Szymkowski	F	48	3:04

(Continued on page 14)

(Continued from page 13)

Hernan Silva	M	47	3:06	Lindsay Savelli	F	19	5:25	Tom Hoerger	M	52	10:24
Ray Dooley	M	58	3:14	Mike Chappell	M	42	5:29	Hernan Silva	M	47	10:52
Adina Mele	F	50	3:17	DJ Perkins	M	25	5:29	Vicki Grechus	F	58	11:03
Jon Sasser	M	55	3:22	Manan Parikh	M	24	5:40	Ken Larsen	M	63	11:19
Katie Biasi	F	37	3:23	Marshall Stanley	M	37	5:53	Alfred Kleinhammes	M	60	11:43
Ed Davis	M	66	3:23	Conrad Kirby	M	24	6:01	Lindsay Savelli	F	19	11:43
Jen Allen	F	40	3:25	Lloyd Brown	M	54	6:02	Wayne Hall	M	57	13:47
Abie Harris	M	77	3:26	Tom Kirby	M	58	6:03	Conrad Kirby	M	24	13:50
Isaac Geer	M	6	3:26	Hernan Silva	M	47	6:13				
Lena Hollmann	F	60	3:28	Mary Szymkowski	F	48	6:16				
Wayne Hadley	M	57	3:31	Susy Slingland	F	40	6:20				
Anna Coleman	F	14	3:35	Kwame Alston	M	21	6:29				
Jason Figge	M	38	3:35	Bernie Prabucki	M		6:30				
Tom Kirby	M	58	3:37	Katie Biasi	F	37	6:34				
Conrad Kirby	M	24	3:39	Ray Dooley	M	58	6:35				
Mike Madden	M	56	3:41	Kat Gunsur	F	27	6:38				
Mike Williams	M	49	3:44	Eddie Stone	M	54	6:39				
Brandy Burns	F	35	3:51	Ed Davis	M	66	6:44				
Heiko Rath	M	41	3:52	Danny Phillips	M	18	6:45				
Jeralee Jabaut	F	20	3:53	Bill Hansley	M	44	6:48				
Alfred Kleinhammes	M	60	3:54	Barbara Hindenach	F	60	7:01				
Barbara Hindenach	F	60	3:55	Joshua Cannon	M	9	7:04				
Bill Hansley	M	44	3:57	Wayne Hall	M	57	7:05				
Ken Larsen	M	63	3:57	Abie Harris	M	77	7:13				
Hannah Nelson	F	9	4:41	George Carpenter	M	15	7:20				
Daniel Petersen	M	9	4:41	Anna Coleman	F	15	7:25				
Susie Hansley	F	41	4:59	Mike Madden	M	56	7:30				
				Ken Larsen	M	63	7:32				
				Barry Packman	M	58	7:37				
				Alfred Kleinhammes	M	60	7:45				
				Karyn Hede	F	46	7:55				
				Tom Meyer	M	68	8:58				
				Karla Henderson	F	61	9:07				

5000m Run

Lee Wheless	M	28	16:31
Ronnie Weed	M	36	18:56
Jim Stephens	M	41	19:48
Douglas Hensel	M	37	21:15
Tom Hoerger	M	52	21:55
Tom Kirby	M	58	22:38
Jim Clabuesch	M	46	23:01
Lora Charles	F	39	23:05
Chris Gould	M	67	23:56
Mary Szymkowski	F	48	24:09
Manan Parikh	M	24	24:23
Ray Dooley	M	58	24:30
Danny Phillips	M	18	24:57
Lindsay Savelli	F	19	24:57
Katie Biasi	F	37	25:16
Barbara Hindenach	F	60	26:26
Brandy Burns	F	35	26:56
Kevin Kauffman	M	22	28:06
Alfred Kleinhammes	M	60	29:45
Tom Meyer	M	68	31:35

6 July**1500m Run**

Jason Nervo-Jabaut	M	29	4:22
Pavel Frajtag	M	34	4:29
Andrew Petersen	M	31	4:39
Owen Astrachan	M	55	4:53
Jim Stephens	M	41	4:56
Zacchary Scully	M	16	5:00
Kevin Kauffman	M	22	5:05
Chris Sarsony	M	44	5:08
Brian Tajili	M	29	5:12
Amanda Hamilton	F	20	5:12
Mark Newton	M	48	5:14
Wayne Middlesteadt	M	48	5:14
Douglas Hensel	M	37	5:15
Trish Nervo-Jabaut	F	33	5:15
Jim Clabuesch	M	46	5:18
Tych Condin	M	26	5:24
Tom Hoerger	M	52	5:25

100m Dash

Jermaine Wade	M	27	10.9
Kwame Alston	M	21	11.6
Travis Ash	M	27	11.7
Corey Johnson	M	39	11.7
Shanica Johnson	F	15	12.5
Tych Condin	M	26	13.2
DJ Perkins	M	25	13.7
George Carpenter	M	15	13.8
Hannah Lewis	F	17	14.3
Keith Mathis	M		15.4
Lindsay Savelli	F	19	15.7
Tim O'Brien	M	59	15.9
Barry Packman	M	58	16.0
Wayne Middlesteadt	M	48	16.2
Wayne Hall	M	57	16.4
Susy Slingland	F	40	16.5
Tom Hoerger	M	52	16.9
Bill Hansley	M	44	17.0
Ethan Mathis	M	8	17.9
Anna Coleman	F	15	18.0
Mary Szymkowski	F	48	18.4
Tom Kirby	M	58	18.5
Abie Harris	M	77	18.8
Alfred Kleinhammes	M	60	19.0
Nina Kirkman	F	9	19.7
Katie Biasi	F	37	20.7
Barbara Hindenach	F	60	21.8
Ken Larsen	M	63	22.5
Lucas Nervo-Jabaut	M	8	22.5
Stephanie Madden	F	23	23.0
Sarah Nelson	F	4	28.5

1500m Racewalk

Ray Dooley	M	58	8:29
Kay Jenkins	F	58	9:07
Bill Hansley	M	44	9:10
Barbara Hindenach	F	60	9:10
Karla Henderson	F	61	9:56

400m Dash

Jermaine Wade	M	27	49.2
Cole Henderson	M	18	49.8
Eddie Stone	M	54	58.8
Kevin Kauffman	M	22	60.4
Jim Stephens	M	41	60.9
Brian Tajili	M	29	62.5
DJ Perkins	M	25	64.2
Corey Johnson	M	39	64.3
George Carpenter	M	15	66.0
Hannah Lewis	F	17	66.4
Mike Chappell	M	42	67.0
Sarah Fulcher	F	17	69.0
Hernan Silva	M	47	70.0
Eleanor Spencer	F	17	70.0
Zacchary Scully	M	16	71.0
Shanica Johnson	F	15	71.0
Douglas Hensel	M	37	73.0
Lindsay Savelli	F	19	73.0
Barry Packman	M	58	75.4
Tom Hoerger	M	52	76.1
Mary Szymkowski	F	48	79.0
Tim O'Brien	M	59	81.0
Tom Kirby	M	58	82.7
Ray Dooley	M	58	83.0
Bill Hansley	M	44	83.0
Abie Harris	M	77	87.0
Katie Biasi	F	37	91.0
Alfred Kleinhammes	M	60	91.1
Ken Larsen	M	63	108.8
Barbara Hindenach	F	60	109.6
Nina Kirkman	F	9	111.1
George Linney IV	M	7	112.0
Tom Meyer	M	68	116.0

3000m Run

Danny Phillips	M	18	9:59
George Linney	M	36	10:08
Pavel Frajtag	M	34	10:10
Andrew Petersen	M	31	10:21
Owen Astrachan	M	55	10:51
Jim Stephens	M	41	10:52
Jim Clabuesch	M	46	11:29
Amanda Hamilton	F	20	11:31
Douglas Gimlin	M	46	11:44
Douglas Hensel	M	37	12:24
Shelby VanPelt	F	30	12:32
Tom Hoerger	M	52	12:36
Tom Kirby	M	58	13:30
Abie Harris	M	77	13:54
Mary Szymkowski	F	48	13:58
Katie Biasi	F	37	13:59
Ray Dooley	M	58	14:11
Conrad Kirby	M	24	14:12
Tim O'Brien	M	59	14:21
Ed Davis	M	66	14:25
Meg Duffy	F	19	14:44
Lindsay Savelli	F	19	14:44
Barbara Hindenach	F	60	15:28
Mike Chappell	M	42	15:49
Wayne Hall	M	57	16:17
Kevin Kauffman	M	22	17:32

JULY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on July 12, 2011. Attendees included President Chris Boyce, Charles Alden, Halle Amick, Patrick Bruer, Jeff Hall, Carolyn Huettel, Thomas Markham, Kevin Nickodem, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

First up was Kevin with his Treasurer's report, covering the full fiscal year ending June 30. Net income for the year was up nearly \$1000 as compared with last year. Expenses were about the same as last year, and net income for the fiscal year was just under \$1000. He cautioned that the numbers are still preliminary, but gave us the encouraging news that the Club's finances remain "solid." The Club continues to have savings in excess of a year's operating expenses. Next month, he will provide us with a four-year trend analysis and an anticipated annual budget.

In Jim's absence, there was no Membership report. However, Patrick informed us that the Club is

getting a good response on the new PayPal system, with usage "trending upwards."

On the Newsletter report, Thomas indicated that there was no news to report.

Halle reported on the Winter Series. She will be checking with last year's race directors to see if everyone is still on board for this upcoming series.

Although there was no Haberdashery report, we were pleased to hear that Jeff has agreed to serve as the Club's new haberdasher.

Turning to discussion items, we heard from Charles on the Summer Track Series. It continues to go quite well. Attendance has been strong, with more than 100 runners braving the toasty temperatures each week. Charles did note, though, that if the weather stays "brutal," the Club may see fewer Ironman qualifiers this year.

Next, Gary gave us an update on the

Marathon Training program. The kickoff meeting is coming up on July 25. He noted substantial interest this year in the half-marathon, and that the program may include some speed work this year for the participants.

Finally, Cathy updated us on the Club's fall picnic in Duke Forest. The same site as last year has been reserved. We concurred that Club should provide sub sandwiches and drinks, similar to last year. Attendees will be encouraged to bring an appetizer or dessert item to share. Look for a separate announcement elsewhere in the newsletter.

Besting our impressive performance from last month, the meeting adjourned in what even the old-timers agreed was yet another PR time of 30 minutes, at 7:35pm. Whether this reflected our training and impressive efficiency, or a light agenda and the summer doldrums, we will not speculate.

—Henry Blinder

SUPER BIG THANKS TO OUR AUGUST CONTRIBUTORS IN NO PARTICULAR ORDER

Chris Boyce, Henry Blinder, Jim Clabuesch, Sue Wasiolek, Richard Wolfe, Cathy Wides, Carolyn Huettel, Maurice McDonald, Tom Kirby

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

Aug. 13	The GORUCK Challenge	Raleigh	Sept. 18	Magnificent Mile	Raleigh
Aug. 20	Run Wild 5K at the Zoo Kirkwood 5K Run/Walk/Push SunBare Whispers 5K Run/Walk	Asheboro Greensboro Occean Isle Beach	Sept. 24	Cleft Palate Gallop 5K Down and Dirty Adventure Run Fitness World Fall 5K Bands on the Run 5K Patrol Stroll 5K Pink Shamrock 5K Run to Victory Half/5K Mud Run MS Carolinas Camp Kanata Reachout 5K/10K Salem Lake Trail Runs	Chapel Hill China Grove Durham Hillsborough Raleigh Raleigh Randleman Stem Wake Forest Winston-Salem
Aug. 27	Warrior Dash Battle of the Triad Half/5K Continental Divide Trail Race High Country Triple Crown Half Run for Life ACCRF Run for a Cure 5K Raleigh 8000	Huntersville Kernersville Laurel Springs Blowing Rock Cary Buies Creek Raleigh		Oct. 1	Carrboro 10K Dozen Doughnut Dash Duke DPT 5K Women's Only 5K Walk & Run Pilot Mountain 5K Trail Run Scrub Run 5K/10K Selma Railroad Run
Sept. 3	March of Dimes 5K	Wilmington	Oct. 8		Run to Accelerate White Deer Dash 5K Cannonball Half/5K Triangle Run/Walk for Autism
Sept. 10	Mebane on the Move 10K & 5K North Hills 5K Blue Ridge Relay Trooper Challenge Mud Run Tunnel to Towers 5K	Mebane Raleigh Blue Ridge Mtns. Saxapahaw Wake Forest		Sept. 17-18	Ovarian Cancer 5K Run/Walk Run for the Red Half/Full Marathon

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 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**

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