

VOLUME XXXVI

NUMBER 12

SEPTEMBER

2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

TRAIL RUNNING REDUX

It's trail running season! Yes, I already wrote about this back in the spring, but what better time to revisit this most worthy of subjects than now, at the beginning of its season. Besides, the last installment failed to answer the philosophical question of what a trail is. It did not deal with why you should run trails. There is another place and another race to hit some trails that you really need to know about!

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Single track usually comes to mind when we think of trails, but there are varieties of trail surfaces and routes out there. What qualifies as a trail is an important question for anyone running them, especially for the first time. Dictionary.com gives two definitions that tie into one another, describing a trail as "a path, track, or road, esp one roughly blazed" and "a print, mark, or marks made by a person, animal, or object."

"As therapeutic as running is, running on trails is even more so. The mind gets lost in the moment as that path unfolds before you with all its subtle and ... often not so subtle obstacles."

There is no question about whether single track fits these definitions, as their primitive qualities are the very stuff of trails. It could be argued that single track differs from other trail types only in its degree of primitiveness since their use or overuse often necessitates repair, improvement, or even rerouting. To this end, things like earthen and gravel fire roads should count too.

As therapeutic as running is, running on trails is even more so. The mind gets lost in the moment as that path unfolds before you with all its subtle and... often not so subtle obstacles. It's just you and that cluster of rocks on the trail, and that other rock... and those roots... ouch, and that low hanging branch... and that deer watching you!

Trails traverse natural landscapes that can inspire us with their beauty. There is something uplifting about running deep in a forest, along a lakeshore, across an open field, or through a stream valley. Trails take

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**DEADLINE FOR
OCTOBER
NEWSLETTER:
SEPTEMBER 15TH**

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**NEWSLETTER
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CAROLINAGODIVA.ORG**



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
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

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 (www.carolinagodiva.org).

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

CALLING ALL MEDICAL VOLUNTEERS!

In order to hold running events in Duke Forest (like several of our Winter Series races), organizers are required to have a designated individual on-site to provide medical aid.



CGTC has always relied on its wonderful volunteers to provide this service over the years, and, in the interest of helping our Race Directors connect with medical personnel and offering the opportunity to as many members as possible, we're creating a database of individuals who are interested in volunteering in this capacity.

Medical volunteers are covered by the Club's liability insurance, and volunteering at a Winter Series event yields a point towards the Incredibly Beautiful Shirt.

So, if you are a physician, nurse, EMT, physical therapist, physician assistant, or other individual currently licensed to provide basic medical aid, and you're interested in being a medical volunteer at a future CGTC event, please email me at halle.amick@gmail.com. You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

—Halle Amick

Trail Running Redux, *cont'd from page 1*

you through places where you experience something outside the everyday.

Trails and trail races abound in our area. Some of you know about the Raven Rock Rumble each November down in Raven Rock State Park. I ran the inaugural event four years back and returned the following year. It has both 5- and 10-mile events, but I went for the 10 miler each time.

Make no mistake. This race is technical and very hilly. Many past participants will tell you that Raven Rock is tougher than some longer trail races they've run. The park straddles the Cape Fear River where Piedmont hills give way to the coastal plain. The river and nearby streams long ago cut deeply into the land to form the park's namesake feature, Raven Rock, and its sweeping vista of the river valley below. The roller

coaster of hills combined with all its scenery makes this trail race a fun challenge!

Asheville is a mecca for outdoor enthusiasts, including trail runners. For my Asheville experience to feel complete, I have to get a run in at Bent Creek Experimental Forest (BCEF). This natural gem forms a complex of trails with Powhatan Lake Recreation Area and the North Carolina Arboretum. It's easy to feel like you are alone in the wilderness on many of the trails there. I'm sure all the other runners, bikers, and hikers feel the same way before they pass by you!

Most of the trails in BCEF consist of gravel fire roads, but there also is a fair amount of single track. The Homestead and Bent Creek trails take you along Rhododendron lined fire roads and single track along Powhatan Lake and Bent Creek. The forest changes

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SUMMER TRACK RESULTS

13 July

Mile Run

Andrew Petersen	M	31	4:57
Jason Figge	M	38	5:27
Joseph Clancy	M	38	5:31
Tom Soeder	M	49	5:34
Burla Ruper	M	31	5:35
Chris Sarsony	M	44	5:39
Douglas Hensel	M	37	5:41
Danny Phillips	M	19	5:42
Lindsay Savelli	F	19	5:42
Ben Lockhart	M	18	5:42
Jeff Welty	M	39	5:44
Tom Hoerger	M	52	5:45
Chriatian Savelli	M	48	5:57
Abby Offenbaker	F	35	5:58
Jay Smith	M	62	5:58
DJ Perkins	M	25	6:03
Mike Carpenter	M	43	6:12
Conrad Kirby	M	24	6:19
Kevin Kauffman	M	22	6:24
Jim Hoteling	M	64	6:27
Tom Kirby	M	58	6:31
Bill Hansley	M	44	6:49
Ray Dooley	M	58	6:54
Richard Smith	M	58	6:55
Rietta Couper	F	52	7:00
Manan Parikh	M	24	7:01
Eddie Stone	M	54	7:01
Katie Biasi	F	37	7:06
Hernan Silva	M	47	7:11
Ed Davis	M	66	7:12
Lloyd Brown	M	54	7:14
Katie Savelli	F	46	7:17
Mary Szymkowski	F	48	7:27
Barbara Hindenach	F	60	7:28
Abie Harris	M	77	7:30
Mike Williams	M	49	7:32
Jon Sasser	M	55	7:33
Mike Madden	M	56	7:46
Matthew Wolgast	M	17	7:46
Ananthan Ramasamy	M	53	7:47
Anna Coleman	F	15	7:51
Ken Larsen	M	63	7:58
Carolyn Huettel	F	47	8:29
Tony Hackney	M	55	8:54
Anne Soeder	F	49	9:30
Heather Yeowell	F	71	9:36
David Yeowell	M	74	10:05
Susie Hansley	F	41	10:19

200m Dash

Jermaine Wade	M	27	22.0
Kwame Alston	M	21	24.1
Josh Mason	M	20	24.6
Corey Johnson	M	39	25.2
Sydnei Murphy	F	14	26.4
Jason Figge	M	38	26.6
Mike Carpenter	M	43	27.2
Conrad Kirby	M	24	27.4
Tych Cowdin	M	26	27.5
Danny Philips	M	19	27.6
Ben Lockhart	M	18	27.8
DJ Perkins	M	25	28.4
Cole Mitchell	M	11	29.4
Hernan Silva	M	47	30.4
Manan Parikh	M	24	31.1
Mark Smith	M	55	32.9
Lloyd Brown	M	54	33.4
Keith Mathis	M	41	33.4

Matthew Wolgast	M	17	33.8
Mike Madden	M	56	34.2
Lindsay Savelli	F	19	34.2
Tom Hoerger	M	52	34.3
Bill Hansley	M	44	35.8
Tom Kirby	M	58	36.8
Ray Dooley	M	58	37.0
Mary Szymkowski	F	48	37.4
Janice Stone	F	48	39.0
Abie Harris	M	77	39.5
Katie Savelli	F	46	39.5
Jon Sasser	M	55	40.0
Louise Guardino	F	70	40.0
Ethan Mathis	M	8	40.1
Suemmy Mathis	F	27	40.5
Katie Biasi	F	37	40.7
Vance Holloman	M	53	41.1
Anna Coleman	F	15	42.2
David Yeowell	M	74	42.3
Ken Larsen	M	63	42.7
Barbara Hindenach	F	60	47.2
Susie Hansley	F	41	49.0
Heather Yeowell	F	71	53.6
Jake Smith	M	5	65.0
Susan Hoerger	F	50	69.0
Nizhoni Fleg	F	2	76.0
Dan Smith	M	3	95.0

Mile Racewalk

Tony Hackney	M	55	8:16
Ray Dooley	M	58	9:02
Jason Figge	M	38	9:45
Bill Hansley	M	44	9:59
Barbara Hindenach	F	60	10:09
Joseph Clancy	M	38	10:30
Mike Williams	M	49	10:49
Andrew Briggs	M	80	10:51
Greg White	M	51	11:03
Tom Hoerger	M	52	11:38
Carolyn Huettel	F	47	11:48
Hernan Silva	M	47	11:48
David Yeowell	M	74	11:57
Ken Larsen	M	63	11:58
Susie Hansley	F	41	13:02
Lindsay Savelli	F	19	13:16
Katie Savelli	F	46	13:16
Abie Harris	M	77	13:38
Rietta Couper	F	52	13:47
Megan Tajili	F	31	14:30

800m Run

Brian Tajili	M	29	2:18
Anthony Fleg	M	33	2:23
Cole Mitchell	M	11	2:26
Mike Carpenter	M	43	2:32
Alan Irwin	M	66	2:35
Douglas Hensel	M	37	2:44
Tom Hoerger	M	52	2:46
Manan Parikh	M	24	2:47
DJ Perkins	M	25	2:47
Lindsay Savelli	F	19	2:52
Tom Soeder	M	49	2:55
Mary Szymkowski	F	48	2:58
Ray Dooley	M	58	3:18
Kwame Alston	M	21	3:19
Lloyd Brown	M	54	3:20
Ed Davis	M	66	3:22
Hernan Silva	M	47	3:22
Katie Biasi	F	37	3:23
Abie Harris	M	77	3:24
Jon Sasser	M	55	3:26

Jason Figge	M	38	3:27
Ananthan Ramasamy	M	53	3:30
Mike Williams	M	49	3:36
Barbara Hindenach	F	60	3:52
Tom Kirby	M	58	3:52
Ken Larsen	M	63	3:54
Mike Madden	M	56	3:58
Matthew Wolgast	M	17	3:58
Anna Coleman	F	15	4:08
Heather Yeowell	F	71	4:33
Katie Carpenter	F	11	4:34
David Yeowell	M	74	4:35
Louise Guardino	F	70	4:43
Susie Hansley	F	41	5:17
Bill Hansley	M	44	5:19
Susan Hoerger	F	50	6:11

5000m Run

Danny Philips	M	19	17:38
Joseph Clancy	M	38	18:57
Ronnie Weed	M	36	19:18
George Linney	M	36	19:43
Kevin Kauffman	M	22	19:50
Patrick Bruer	M	52	21:02
Brian Tajili	M	29	21:51
Douglas Hensel	M	37	21:56
Tom Hoerger	M	52	22:30
Chriatian Savelli	M	48	22:50
Lloyd Brown	M	54	23:00
Tom Kirby	M	58	23:13
Lindsay Savelli	F	19	24:46
Mary Szymkowski	F	48	24:56
Ray Dooley	M	58	25:19
Carolyn Huettel	F	47	26:36
Barbara Hindenach	F	60	28:18
Heather Yeowell	F	71	32:02
David Yeowell	M	74	33:53

20 July

1500m Run

Eric Kraus	M	18	4:28
Kory Gray	M	25	4:38
Bob Benjamin	M	42	4:47
Joseph Clancy	M	38	4:59
Chris Sarsony	M	44	5:04
Owen Astrachan	M	55	5:05
Jason Figge	M	38	5:09
Colleen McCarthy	F	23	5:20
Tych Cowdin	M	26	5:27
Tom Hoerger	M	52	5:28
Bill Kraus	M	56	5:29
Douglas Hensel	M	37	5:31
Conrad Kirby	M	24	5:51
Mike Carpenter	M	43	5:52
Tom Kirby	M	58	5:58
Lloyd Brown	M	54	6:06
Mary Szymkowski	F	48	6:11
Randy Kauftheil	M	52	6:20
Jeff Scott	M	40	6:22
Richard Smith	M	58	6:26
Rachel Benjamin	F	39	6:30
Hunter Credle	M	40	6:32
Bill Hansley	M	44	6:33
Katie Biasi	F	37	6:35
Ed Davis	M	66	6:36
Danny Phillips	M	19	6:40
Katie Savelli	F	46	6:43
Lindsay Savelli	F	19	6:43

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Hernan Silva	M	47	6:47
Chris Gould	M	67	6:48
Joel Liles	M	66	6:48
Jon Sasser	M	55	6:49
Abie Harris	M	77	6:50
Barbara Hindenach	F	60	6:59
DJ Perkins	M	25	6:59
Murphy Credle		12	7:16
Gary Wolgast	M	48	7:17
Kenneth Cato		10	7:19
Jen Allen	F	40	7:29
Ken Larsen	M	63	7:36
Carolyn Huettel	F	47	7:49
Rachel Warriner	F	24	7:56
Kira Hollinghurst		13	7:56
Mary Rutz	F	24	7:58
Eddie Stone	M	54	8:05
Muhammad Hasan	M	40	8:06
Mike Madden	M	56	8:21
Matthew Wolgast	M	17	8:21
Heather Yeowell	F	71	9:10
David Yeowell	M	74	9:24
Bailey Credle		9	10:33

100m Dash

Corey Johnson	M	39	11.5
Kwame Alston	M	21	11.7
Josh Mason	M	20	11.7
Elliott Palmer	M	30	12.0
Mike Carpenter	M	43	12.3
Jason Figge	M	38	12.8
DJ Perkins	M	25	13.1
Ashton Doby	F	21	13.2
Mykeisha Branch			13.2
Muhammad Hasan	M	40	13.3
Kory Gray	M	25	13.3
Bobbie Perry	M	66	13.9
Jeff Scott	M	40	14.2
Hernan Silva	M	47	14.6
Matthew Wolgast	M	17	14.9
Katie Carpenter	F	11	15.1
Tim O'Brien	M	59	15.1
Mike Madden	M	56	15.4
Randy Kauftheil	M	52	15.5
Michael Wolgast	M	15	15.5
Chelsea Davis	F	10	15.9
Kira Hollinghurst		13	15.9
Hunter Credle	M	40	16.2
Lindsay Savelli	F	19	16.4
Colleen McCarthy	F	23	16.8
David Yeowell	M	74	17.6
Tom Hoerger	M	52	17.7
Louise Guardino	F	70	17.9
Jon Sasser	M	55	18.2
Jen Allen	F	40	18.4
Katie Savelli	F	46	18.4
Mary Szymkowski	F	48	18.4
Vance Holloman	M	53	18.5
Murphy Credle		12	18.7
Walker Benjamin	M	8	19.0
Abie Harris	M	77	19.3
Tom Kirby	M	58	19.4
Ken Larsen	M	63	19.4
Shelby Novak	F	8	19.7
Katie Biasi	F	37	20.5
Bailey Credle		9	20.5
Ansley Novak	F	7	21.0
Susie Hansley	F	41	21.4
Barbara Hindenach	F	60	22.0
Wyatt Benjamin	M	6	22.0
Bill Hansley	M	44	23.2
Jake Smith	M	5	28.9
Dan Smith	M	3	59.0

1500m Racewalk

Barbara Hindenach	F	60	9:11
Bill Hansley	M	44	9:12
Jason Figge	M	38	9:15
Joseph Clancy	M	38	9:28
Hernan Silva	M	47	10:52
Chris Gould	M	67	10:58
Carolyn Huettel	F	47	10:58
Vicki Grechus	F	58	11:13
Ken Larsen	M	63	11:40
Tom Hoerger	M	52	11:59
Randy Kauftheil	M	52	11:59
Susie Hansley	F	41	12:03
Lloyd Brown	M	54	12:06
Abie Harris	M	77	12:46
Lindsay Savelli	F	19	12:46
Katie Savelli	F	46	12:46

400m Dash

Lance Davis	M	20	56.0
Josh Mason	M	20	56.5
Mike Carpenter	M	43	57.4
Eddie Stone	M	54	58.1
Kwame Alston	M	21	59.0
Elliott Palmer	M	30	59.0
Brian Tajili	M	29	60.1
Jason Figge	M	38	60.7
Muhammad Hasan	M	40	62.5
Corey Johnson	M	39	63.0
DJ Perkins	M	25	63.8
Bobbie Perry	M	66	66.0
Kory Gray	M	25	66.0
Joel Liles	M	66	70.0
Douglas Hensel	M	37	71.0
Hernan Silva	M	47	71.0
Lindsay Savelli	F	19	72.0
Gary Wolgast	M	48	73.0
Randy Kauftheil	M	52	75.0
Matthew Wolgast	M	17	75.0
Colleen McCarthy	F	23	75.0
Jeff Scott	M	40	76.0
Tom Hoerger	M	52	76.8
Lloyd Brown	M	54	77.0
Tim O'Brien	M	59	77.9
Mary Szymkowski	F	48	80.0
Chris Gould	M	67	81.0
Hunter Credle	M	40	83.3
Mykeisha Branch			84.0
Katie Carpenter	F	11	87.0
Abie Harris	M	77	87.0
Jon Sasser	M	55	87.0
Katie Savelli	F	46	87.0
Jen Allen	F	40	88.0
Ken Larsen	M	63	90.8
Vance Holloman	M	53	91.5
Murphy Credle		12	93.0
Kira Hollinghurst		13	93.0
Tom Kirby	M	58	93.2
Katie Biasi	F	37	96.0
Walker Benjamin	M	8	98.0
Bailey Credle		9	98.0
Louise Guardino	F	70	99.0
Michael Wolgast	M	15	105.0
Barbara Hindenach	F	60	112.2
David Yeowell	M	74	115.0
Heather Yeowell	F	71	122.0
Wyatt Benjamin	M	6	130.0

3000m Run

Danny Phillips	M	19	10:15
Rachel Benjamin	F	39	10:42
Joseph Clancy	M	38	10:51
Ronnie Weed	M	36	10:56

Owen Astrachan	M	55	11:21
Patrick Bruer	M	52	11:39
Brian Tajili	M	29	12:00
Lindsay Savelli	F	19	12:05
Douglas Hensel	M	37	12:12
Tom Hoerger	M	52	12:30
Rietta Couper	F	52	12:59
Tom Kirby	M	58	13:21
Conrad Kirby	M	24	13:24
Lloyd Brown	M	54	13:55
Chris Gould	M	67	13:55
Katie Biasi	F	37	14:15
Randy Kauftheil	M	52	14:21
Ed Davis	M	66	14:32
Katie Savelli	F	46	14:41
Rachel Warriner	F	24	14:58
Mary Szymkowski	F	48	15:04
Barbara Hindenach	F	60	15:23
Carolyn Huettel	F	47	16:03
Heather Yeowell	F	71	18:44
David Yeowell	M	74	19:21

27 July

1000m Run

Leon Bullard	M	37	2:53
Brian Tajili	M	29	2:56
Michael Mulligan	M	41	2:58
Ben Lockhart	M	18	2:59
Kevin Kauffman	M	22	3:01
Burla Ropu	M	31	3:09
Conrad Kirby	M	24	3:23
Barton Bechard	M	46	3:23
Manan Parikh	M	24	3:28
Erin McKee	F	26	3:30
Mike Carpenter	M	43	3:32
Tom Hoerger	M	52	3:32
Abby Offenbaker	F	35	3:32
Jim Clabuesch	M	46	3:35
Nic Halchin	M	18	3:36
Roger Halchin	M	58	3:39
Tom Soeder	M	49	3:45
Megan McDonald	F	24	3:47
David Couper	M	56	3:51
Chris Carter	M	11	3:51
Randy Kauftheil	M	52	3:53
Jim Hoteling	M	64	3:54
Lloyd Brown	M	54	3:55
Rietta Couper	F	52	3:57
Ray Dooley	M	58	4:01
Mary Szymkowski	F	48	4:02
Hunter Credle	M	40	4:02
Chris Gould	M	67	4:03
Bill Hansley	M	44	4:03
Richard Smith	M	58	4:03
Gwendolyn Lloyd	F	16	4:03
Joseph Clancy	M	38	4:08
Gary Wolgast	M	48	4:08
Terri Bennett	F	49	4:13
Katie Biasi	F	37	4:14
Tom Lada	M	65	4:20
Kwame Alston	M	21	4:25
Barbara Hindenach	F	60	4:29
Tom Kirby	M	58	4:29
Murphy Credle		12	4:29
Anne Cooper	F	11	4:32
Lena Hollmann	F	60	4:32
Kenneth Cato		11	4:32
Bernie Prabucki	M		4:35
Matthew Wolgast	M	19	4:35
Abie Harris	M	77	4:37
Karla Henderson	F	61	4:37
Eddie Stone	M	54	4:38

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Kira Hollinghurst		13	4:39
Mia Bennett	F	13	4:45
Will Morris	M	13	4:50
Daisy Bonifant	F	9	4:51
Brandy Burns	F	36	4:51
Ken Larsen	M	63	4:56
Gordon Keeler	M	56	4:58
Laura Cooper	F	9	5:06
Carolyn Huettel	F	47	5:06
Hannah Nelson	F	9	5:13
Amy Carpenter	F	12	5:20
Katie Carpenter	F	11	5:45
Susie Hansley	F	41	6:18
Bailey Credle		9	6:25
Susan Hoerger	F	50	7:24

65y Dash

Corey Johnson	M	39	7.1
Leon Bullard	M	37	7.2
Josh Mason	M	20	7.2
Elliott Palmer	M	30	7.2
Mike Carpenter	M	43	8.0
Nic Halchin	M	18	8.1
Megan McDonald	F	24	8.1
Laura Cooper	F	9	8.2
Conrad Kirby	M	24	8.2
Ben Lockhart	M	18	8.3
Ryan Mumper	M	18	8.6
Kwame Alston	M	21	8.7
Amy Carpenter	F	12	8.8
Barton Bechard	M	46	9.2
Jordyn Davis	F	9	9.3
Lloyd Brown	M	54	9.4
Katie Carpenter	F	11	9.4
Randy Kauftheil	M	52	9.4
Michael Wolgast	M	15	9.4
Hunter Credle	M	40	9.6
Terri Bennett	F	49	9.7
Kira Hollinghurst		13	9.7
Kenneth Cato		11	9.7
Mia Bennett	F	13	9.8
Anne Cooper	F	11	9.9
Gordon Keeler	M	56	10.1
Janice Stone	F	48	10.1
Chelsea Davis	F	10	10.4
Will Morris	M	13	10.4
Tom Hoerger	M	52	10.5
Bill Hansley	M	44	10.6
Daisy Bonifant	F	9	10.9
Murphy Credle		12	11.0
Hannah Nelson	F	9	11.1
Louise Guardino	F	70	11.1
Mary Szymkowski	F	48	11.2
Ray Dooley	M	58	11.3
Brandy Burns	F	36	11.6
Chris Gould	M	67	11.6
Lena Hollmann	F	60	12.0
Ellie Bonifant	F	12	12.1
Katie Biasi	F	37	12.2
Ken Larsen	M	63	12.4
Bailey Credle		9	12.5
Barbara Hindenach	F	60	12.8
Stephanie Madden	F	23	13.1
JIM Thornton	M	80	13.2
Susie Hansley	F	41	13.3
Jake Smith	M	5	15.9
Dan Smith	M	3	23.8

6500m Run

Joseph Clancy	M	38	25:19
Ronnie Weed	M	36	25:32
Barton Bechard	M	46	26:08

Jim Clabuesch	M	46	27:04
David Couper	M	56	27:05
Tom Hoerger	M	52	28:49
Tom Kirby	M	58	30:24
Karen Murphy	F	32	31:34
Chris Gould	M	67	31:36
Ray Dooley	M	58	31:51
Aline Lloyd	F	40	31:58
Randy Kauftheil	M	52	32:38
Mary Szymkowski	F	48	33:02
Carolyn Huettel	F	47	34:04
Barbara Hindenach	F	60	35:00
Brandy Burns	F	36	35:53
Gordon Keeler	M	56	35:59
Louise Guardino	F	70	38:03

4X400m Relay

A C Striders			4:03
Eddie Stone			
Lloyd Brown			
Josh Mason			
Elliott Palmer			
Team 18			4:06
Jacob Hoerger			
Ryan Mumper			
Ben Lockhart			
Kyle V			
LB and The Johnsons			4:11
Corey Johnson, Sr.			
Corey Johnson, Jr.			
Shanica Johnson			
Leon Bullard			
Team Edge			4:16.5
Roger Halchin			
Bart Bechard			
Nic Halchin			
Lamar Davis			
Team Weed			4:17
Ronnie Weed			
Tom Soeder			
Erin McKee			
Brian Tajili			
Team 5			4:44
Mike Carpenter			
Mike			
Katie Carpenter			
Amy Carpenter			
Team 14			4:44.4
Tom Kirby			
Gordon Keeler			
Conrad Kirby			
Kevin Kauffman			
Team 10			4:58
Terri Bennett			
Mia Bennett			
Randy Kauftheil			
Manan Parikh			
Team 9			5:28
Gary Wolgast			
Matthew Wolgast			
Michael Wolgast			
Kwame Alston			
Andante Cantabile			5:29.8
Ray Dooley			
Zeph Putnam			
Chris Gould			
Mary Szymkowski			
Lucky 13			5:50
Jerry Surh			
Will Morris			
Kenneth Cato			
Hunter Credle			
Mommies			5:53
Katie Biasi			
Barbara Hindenach			

Brandy Burns			
Abby Offenbacher			
Team Credle			5:57.6
Hunter Credle			
Murphy Credle			
Kira Hollinghurst			
Bailey Credle			
Los Toros			6:12
Gwendolyn Lloyd			
Aline Lloyd			
Susie Hansley			
Bill Hansley			
Boomer Girls			06:15.6
Louise Guardino			
Lena Hollman			
Carolyn Huettel			
Rietta Couper			
Team Ductape			6:15.9
Hannah Nelson			
Anne Hope Cooper			
Daisy Bonifant			
Laura Cooper			
Team 15			6:36.8
Ken Larsen			
Karla Henderson			
Chelsea Davis			
David Couper			
Lotsofun			6:52
Ellie Bonifant			
Susan Hoerger			
Jacob Hoerger			
Tom Hoerger			

3 August**Mile Run**

Jack Morgan	M	49	5:03
Ulf Andre	M	44	5:09
Jim Clabuesch	M	46	5:36
Jeff Welty	M	39	5:36
Douglas Hensel	M	38	5:37
Jason Rudolph	M	34	5:40
Erin McKee	F	26	5:44
Lindsay Savelli	F	19	5:47
Jay Smith	M	62	5:57
Abby Offenbacher	F	36	5:58
Bryan Krehnbrink	M	44	5:59
DJ Perkins	M	25	6:01
Manan Parikh	M	24	6:06
Roger Halchin	M	58	6:09
Conrad Kirby	M	24	6:11
Nic Halchin	M	18	6:16
Heiko Rath	M	41	6:16
Mike Carpenter	M	43	6:22
Hernan Silva	M	47	6:34
Lloyd Brown	M	54	6:35
Rietta Couper	F	52	6:40
Ray Dooley	M	58	6:50
Katie Biasi	F	37	6:53
Hunter Credle	M	40	6:58
Mary Szymkowski	F	48	7:12
Chris Gould	M	67	7:13
Murphy Credle	F	12	7:18
Kevin Kauffman	M	22	7:18
Danny Phillips	M	19	7:23
Barbara Hindenach	F	60	7:26
Tom Kirby	M	58	7:27
Eddie Stone	M	54	7:27
Kenneth Cato	M	11	7:28
Lena Hollmann	F	60	7:43
Gary Wolgast	M	48	7:45
Ken Larsen	M	63	7:47
Bernie Prabucki	M		7:55

(Continued on page 7)

(Continued from page 6)

Matthew Wolgast	M	19	7:55
Kira Hollinghurst	F	13	8:01
Amy Carpenter	F	12	8:12
Carolyn Huettel	F	47	8:48
Will Morris	M	13	8:54
Louise Guardino	F	70	8:56
Laura Cooper	F	9	9:15
Katie Carpenter	F	11	9:34
Bailey Credle	F	9	10:22

200m Dash

Elliott Palmer	M	30	23.4
Kwame Alston	M	21	24.1
Nicholas Holman	M	29	24.1
Josh Mason	M	20	24.2
Lamar Davis	M	20	24.4
Corey Johnson	M	39	24.6
Mike Carpenter	M	43	25.8
Eddie Stone	M	54	25.8
Nic Halchin	M	18	26.0
Shanica Johnson	F	15	27.2
Travelle Hawkins	M	13	28.4
Corey Johnson Jr.	M	10	29.0
Jeff Welty	M	39	29.4
Manan Parikh	M	24	29.9
Bobbie Perry	M	66	30.2
Hernan Silva	M	47	30.2
Tim Huntley	M	44	30.6
Roberta Drewry	F	46	30.6
Roger Halchin	M	58	31.3
Hannah Nelson	F	9	33.5
Matthew Wolgast	M	19	33.7
Jordyn Davis	F	9	34.0
Erin McKee	F	26	34.4
Lloyd Brown	M	54	34.6
Heiko Rath	M	41	34.8
Kenneth Cato	M	11	35.4
Chelsea Davis	F	10	35.5
Lindsay Savelli	F	19	35.6
Hunter Credle	M	40	36.2
Kira Hollinghurst	F	13	36.9
Will Donaldson	M	10	37.0
Ray Dooley	M	58	37.3
Duncan McWilliam-Grench	M	12	38.0
Chris Gould	M	67	38.3
Vance Holloman	M	53	38.6
Mary Szymkowski	F	48	39.1
Louise Guardino	F	70	39.3
Laura Cooper	F	9	39.6
Ken Larsen	M	63	39.8
Katie Biasi	F	37	41.0
Murphy Credle	F	12	41.2
Lena Hollmann	F	60	42.0
Will Morris	M	13	44.4
Barbara Hindenach	F	60	46.5
Bailey Credle	F	9	48.7

Mile Racewalk

Ray Dooley	M	58	8:53
Barbara Hindenach	F	60	9:55
Joseph Clancy	M	38	9:59
Chris Gould	M	67	11:47
Carolyn Huettel	F	47	11:47
Hernan Silva	M	47	12:00
Lloyd Brown	M	54	12:49
Rietta Couper	F	52	12:49
Lindsay Savelli	F	19	13:09

800m Run

Jim Stephens	M	41	2:19
Kevin Kauffman	M	22	2:20

Chris Sarsony	M	44	2:26
Mike Carpenter	M	43	2:30
DJ Perkins	M	25	2:37
Douglas Hensel	M	38	2:41
Abby Offenbaker	F	36	2:44
Roger Halchin	M	58	2:49
Nic Halchin	M	18	2:50
Manan Parikh	M	24	2:50
Heiko Rath	M	41	2:53
Mary Szymkowski	F	48	2:55
Chris Gould	M	67	3:02
Kwame Alston	M	21	3:08
Lloyd Brown	M	54	3:08
Katie Biasi	F	37	3:16
Ray Dooley	M	58	3:17
Duncan McWilliam-Grench	M	12	3:19
Kenneth Cato	M	11	3:21
Eddie Stone	M	54	3:21
Hunter Credle	M	40	3:25
Murphy Credle	F	12	3:25
Hernan Silva	M	47	3:31
Lena Hollmann	F	60	3:32
Lindsay Savelli	F	19	3:33
Vance Holloman	M	53	3:34
Gary Wolgast	M	48	3:34
Ken Larsen	M	63	3:36
Kira Hollinghurst	F	13	3:41
Amy Carpenter	F	12	3:43
Bernie Prabucki	M		3:48
Matthew Wolgast	M	19	3:48
Carolyn Huettel	F	47	3:50
Katie Carpenter	F	11	3:54
Bailey Credle	F	9	4:00
Will Morris	M	13	4:01
Barbara Hindenach	F	60	4:06
Louise Guardino	F	70	4:15

5000m Run

Danny Phillips	M	19	17:21
Jim Clabuesch	M	46	18:57
Ronnie Weed	M	36	19:32
Joseph Clancy	M	38	19:49
Douglas Gimlin	M	46	20:46
Douglas Hensel	M	38	21:38
Abby Offenbaker	F	36	22:18
Tom Kirby	M	58	22:32
Karen Murphy	F	32	22:36
Mary Szymkowski	F	48	23:47
Kevin Kauffman	M	22	24:03
Lindsay Savelli	F	19	25:03
Ray Dooley	M	58	25:33
Barbara Hindenach	F	60	26:30
Erin McKee	F	26	26:44
Carolyn Huettel	F	47	27:20

10 August

1500m Run

Ulf Andre	M	44	4:40
Barton Bechard	M	46	5:00
Jim Clabuesch	M	46	5:09
Chris Sarsony	M	44	5:12
Conrad Kirby	M	24	5:21
Neil Amato	M	40	5:22
Lindsay Savelli	F	19	5:23
Ray Pery	M	18	5:23
Nick Hope	M	17	5:26
Abby Offenbaker	F	36	5:27
Kenny Murillo	M	17	5:34
Bill Kraus	M	56	5:36
Daniel Henricks	M	16	5:37
Manan Parikh	M	24	5:40
Roger Halchin	M	58	5:42

Jen Howard	F	37	5:45
David Couper	M	56	5:53
Kevin Kauffman	M	22	5:55
Rietta Couper	F	52	5:57
Chris Gould	M	67	5:58
Kevin Rumsey	M	49	5:58
Randy Kauftheil	M	52	6:05
Hernan Silva	M	47	6:07
Marshall Stanley	M	37	6:11
Aaron Rumsey	M	16	6:13
Bill Hansley	M	44	6:14
Ray Dooley	M	58	6:19
Katie Biasi	F	37	6:22
Terri Bennett	F	49	6:24
Hunter Credle	M	40	6:32
Gary Wolgast	M	48	6:36
Tom Hughes	M	46	6:37
Stephen Galla	M	44	6:41
Barbara Hindenach	F	60	6:57
Tom Kirby	M	58	6:57
Lena Hollmann	F	60	7:02
Tim O'Brien	M	59	7:03
Julianne Schneider	F	11	7:03
Matthew Wolgast	M	19	7:04
Mike Madden	M	56	7:05
Alex Taylor	M	13	7:05
Carolyn Huettel	F	47	7:06
Kenneth Cato	M	11	7:18
Eddie Stone	M	54	7:21
Ken Larsen	M	63	7:27
Daisy Bonifant	F	9	7:33
Kira Hollinghurst	F	13	7:40
Hannah Nelson	F	9	8:13
Alexandra Garcia-Granados	F	48	8:19
Will Morris	M	13	8:56
Bailey Credle	F	9	8:57
Karla Henderson	F	61	9:11
Tay Bornstein	F	13	9:18
Susie Hansley	F	41	9:39
Hannah Glover	F	17	10:11

100m Dash

Leon Bullard	M	37	11.3
Elliott Palmer	M	30	11.3
Corey Johnson	M	39	11.5
Kwame Alston	M	21	11.7
Josh Mason	M	20	11.7
Lamont Robinson	M	15	11.9
Mike Carpenter	M	43	12.1
Travelle Hawkins	M	13	12.3
Shanica Johnson	F	15	12.5
Nic Halchin	M	18	12.7
Conrad Kirby	M	24	13.3
Bobbie Perry	M	66	14.3
Gary Wolgast	M	48	14.6
Chelsea Davis	F	10	14.7
Matthew Wolgast	M	19	14.7
Michael Wolgast	M	15	14.7
Tim Huntley	M	44	14.8
Roger Halchin	M	58	15.0
Tim O'Brien	M	59	15.0
Stephen Galla	M	44	15.2
Barton Bechard	M	46	15.4
Kenneth Cato	M	11	15.4
Kira Hollinghurst	F	13	15.4
Randy Kauftheil	M	52	15.4
Mike Madden	M	56	15.7
Lindsay Savelli	F	19	15.9
Terri Bennett	F	49	16.0
Mia Bennett	F	13	16.0
Jordyn Davis	F	9	16.0
Hunter Credle	M	40	16.1

(Continued on page 8)

(Continued from page 7)

Janice Stone	F	48	16.3
Bill Hansley	M	44	16.6
Alex Taylor	M	13	16.7
Will Morris	M	13	17.2
Tay Bornstein	F	13	18.0
Louise Guardino	F	70	18.2
Julianne Schneider	F	11	18.2
Daisy Bonifant	F	9	19.2
Vance Holloman	M	53	19.3
Hannah Nelson	F	9	19.3
Ken Larsen	M	63	19.6
Sadie Amato	F	9	19.9
Bailey Credle	F	9	20.1
Tom Hughes	M	46	21.0
Katie Biasi	F	37	21.4
Susie Hansley	F	41	21.5
Barbara Hindenach	F	60	21.8
Stephanie Madden	F	23	23.0
Ewan Toscano			30.3
Quinn Offenbaker	M	3	42.0

1500m Racewalk

Ray Dooley	M	58	8:29
Barbara Hindenach	F	60	9:10
Bill Hansley	M	44	9:24
Colleen Lanigan	F	39	10:01
Karla Henderson	F	61	10:05
Hernan Silva	M	47	10:38
Alexandra Garcia-Granados	F	48	10:39
Carolyn Huettel	F	47	10:40
Rietta Couper	F	52	11:40
Lindsay Savelli	F	19	12:54
Susie Hansley	F	41	13:46

400m Dash

Leon Bullard	M	37	51.3
Mike Carpenter	M	43	56.6
Eddie Stone	M	54	57.2
Kevin Kauffman	M	22	58.2
Lamont Robinson	M	15	58.5
Nic Halchin	M	18	60.0
Corey Johnson	M	39	61.0
Ray Perry	M	18	61.3
Kwame Alston	M	21	64.0
Joseph Clancy	M	38	64.5
Manan Parikh	M	24	65.4
Nick Hope	M	17	66.0
Barton Bechard	M	46	68.6
Roger Halchin	M	58	68.6
Kenny Murillo	M	17	71.0
Hernan Silva	M	47	72.0
Aaron Rumsey	M	16	72.0
Daniel Henricks	M	16	72.0
Lindsay Savelli	F	19	73.0
Randy Kauftheil	M	52	75.0
Matthew Wolgast	M	19	75.0
Terri Bennett	F	49	76.0
Jen Howard	F	37	80.0
Chris Gould	M	67	80.2
Mia Bennett	F	13	82.0
Hunter Credle	M	40	83.4
Ray Dooley	M	58	84.0
Vance Holloman	M	53	88.2
Bill Hansley	M	44	88.9
Ken Larsen	M	63	91.0
Katie Biasi	F	37	92.0
Lena Hollmann	F	60	92.0
Alex Taylor	M	13	92.0
Daisy Bonifant	F	9	94.0
Kenneth Cato	M	11	94.0
Julianne Schneider	F	11	94.5

Kira Hollinghurst	F	13	95.0
Louise Guardino	F	70	99.9
Will Morris	M	13	101.0
Hannah Glover	F	17	103.6
Chelsea Davis	F	10	108.0
Barbara Hindenach	F	60	109.8
Tay Bornstein	F	13	110.0
Alexandra Garcia-Granados	F	48	113.0
Bailey Credle	F	9	124.0
Susie Hansley	F	41	129.0

3000m Run

Ulf Andre	M	44	10:25
Jim Stephens	M	41	10:38
Jim Clabuesch	M	46	10:48
Joseph Clancy	M	38	11:00
Patrick Bruer	M	52	11:36
Douglas Gimlin	M	46	11:37
David Couper	M	56	11:42
Jay Smith	M	62	12:32
Jen Howard	F	37	12:46
Tom Kirby	M	58	13:00
Randy Kauftheil	M	52	13:16
Marshall Stanley	M	37	13:55
Ray Dooley	M	58	13:57
Katie Biasi	F	37	14:02
Carolyn Huettel	F	47	14:20
Manan Parikh	M	24	14:26
Chris Gould	M	67	14:28
Lindsay Savelli	F	19	14:31
Hunter Credle	M	40	14:55
Barbara Hindenach	F	60	15:16
Lena Hollmann	F	60	15:45
Karla Henderson	F	61	18:56
Kira Hollinghurst	F	13	18:58
Julianne Schneider	F	11	18:58
Bailey Credle	F	9	23:03

AT THE RACES

(COMPILED BY JIM CLABUESCH)

The Scream! Half Marathon

Jonas Ridge, NC 7/16/2011

Shannon Johnstone	1:32:27	7:03	2 nd O/F
Heiko Rath	1:40:14	7:39	
Deborah Springer	1:40:28	7:40	
Peter Hessling	1:52:04 (PR)	8:33	

Burning River 100 Mile Run

Cleveland-Akron, OH 7/28-29/11

Mike Dacar	27:14:22
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USATF Masters Outdoor Champ.

Berea, OH 7/28-31/11

M70-74 400M	
Maurice McDonald	1:05.57 2 nd
M70-74 800M	
Maurice McDonald	2:34.74 1 st
M60-64 800M	Jay Smith 2:29.80 6 th
M60-64 1500M	Jay Smith 5:25.77 8 th

Run with Heart 5km

Morrisville, NC 8/13/11

Ben Godfrey	16:40	5:22	2 nd O/M
Derek Fenton	17:26	5:37	1 st M 40-49
Steve Mele	19:28	6:17	2 nd M 40-49
Doug Hensel	20:22	6:35	
Charles West	22:19	7:12	
Jerry Harris	24:36	7:57	1 st M 70+
Brendan Murphy	25:47	8:22	

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

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

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

Trail Running Redux, cont'd from page 3

from mixed hardwoods to white pines and back to mixed hardwoods as you scale Rocky Cove road and the Owl's Ridge trail. Then there is the Shut-In trail that was blazed around 1890 by George W. Vanderbilt. Much of this trail runs along the edge of BCEF, but its 16.3 rugged miles ultimately climb some 3000 feet into the Blue Ridge Mountains to Mount Pisgah!

There is a trail type out there for you. Trail running is good for you and, best of all, fun! As for trail races, my advice is to SIGN UP EARLY before they fill up. Some races take a few months, but others reach capacity within days or even hours! Don't let all that trail fun distract you from signing up in time!

—Chris Boyce

AUGUST BUSINESS MEETING MINUTES

<p>The regular monthly business meeting was called to order at 7:04 pm on August 10, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Jim Clabuesch, Chris Crowder, Carolyn Huettel, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.</p> <p>In Kevin's absence, there was no Treasurer's report. By e-mail, however, he informed us that July was a quiet month in terms of expenses and revenues. His year-to-year comparison of revenues and expenses for the past few years is pending.</p> <p>Our first "live" item was from Halle. She filled us in on race directors for the upcoming Winter Series. There will be a new triumvirate of directors to divide up the duties for the first event, the Run for the Donuts. Directors for the other races have been identified. She had several questions regarding insurance and medical support requirements for the races, and the meeting attendees provided answers to her questions. Thanks to all directors for volunteering.</p>	<p>The next report was from Jim: "Membership is fine." We discussed updating the Club's membership information form in the newsletter and the Club's website, to reflect the form and content contained on the membership application in the Club's printed brochure. Jim and Patrick will take the lead on this.</p> <p>In Charles Alden's absence, Jim also gave us the Summer Track report. This is the final week of the regular track series, and attendance remains strong. There is still a possibility that the One Hour Run (how many times can the racers circle the track in an hour), also known as the "Rockin' Bob Nelson Sweatfest," may be resurrected and held later in August.</p> <p>We then heard from Gary on the Marathon Training Program While entrants are still coming in, it looks like participation will be down somewhat this year.</p> <p>Chris C. reported that he's putting on a high school cross-country meet in Oxford in September. We concurred in his request to borrow the</p>	<p>Club's time clock and clipboards for the meet.</p> <p>Moving onto Other Business, we noted that the September issue of <i>Running Times</i> magazine has an "age-group ace" article on Godivan Cathy Wides, a national age group champion. Definitely worth looking for if you haven't yet seen the article. Congratulations, Cathy!</p> <p>"If there's a bridge, we can cross it." We discussed the status of the long-awaited construction project for the American Tobacco Trail bridge over Interstate 40 and adjacent portions of the trail. Since the initial bids came in substantially over budget, the City will be rebidding the project.</p> <p>Reflecting the unrelenting heat and lassitude of August, we broke our streak of two straight meeting PR's, adjourning after 48 minutes at 7:52 pm.</p> <p style="text-align: right;">—Henry Blinder</p>
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SUPER BIG THANKS TO OUR SEPTEMBER CONTRIBUTORS IN NO PARTICULAR ORDER

Chris Boyce, Henry Blinder, Jim Clabuesch, Cathy Wides, Tom Kirby, Halle Amick

THE 28TH ANNUAL GODIVA WINTER SERIES

Run for the Donuts **Durham Academy, Upper School, 3601 Ridge Rd.** **Sun. Oct. 16th**

X-Country team relay based on the patented Donuts Index™
Race Director: Walter Fowler, 493-7775 walterfowler@gmail.com

Misery Run **The Lucas Farm, Old Fayetteville Rd. Carrboro** **Sun. November 13th**

5 mile X-Country run with challenges to overcome and plenty of mud and muck.
Race Director: Jim Clabuesch, 401-9589 jwcvh@mindspring.com

Couch Mountain **Duke Forest, South US 70 & NC 751** **Sun. Dec. 11th**

X-Country race up the famous Couch Mountain followed by a cookout!
Race Director: Paul Naylor, 493-3702 naylorpaul@msn.com

New Year's Day Run **Duke School for Children, 3716 Erwin Rd.** **Sat. Jan. 1st**

5 miles of X-Country to ring in the new year!
Race Director: Patrick Bruer, 929-8582 pjbruer@gmail.com

Eno Equalizer **Eno State Park, End of Cole Mill Rd.** **Sun. Jan. 15th**

4 miles of X-Country team handicap race. Snow date is TBD
Race Director: Richard Smith, 408-8126 rls@email.unc.edu

Geezer Pleezer **Carolina Friends School, 4809 Friends School Rd.** **Sun. Feb. 12th**

Start time based on age and gender. Run starts and ends on school campus.
Race Director: Gary Schultz, 489-7803 gary.schultz@frontier.com

Hard Climb Hill **Duke Forest, Gate 23 at Mt. Sinai Rd.** **TBD (March)**

3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.
Race Director: Jerry Surh, 967-0272 surh@ncsu.edu

Earn points for the Winter Series T-shirt!

You must be a CGTC member and run or volunteer at 5 of the 7 events.

The Hard Climb Hill 10-miler will count as two events if you run it.

Lots of volunteer opportunities available, hint hint. . .Contact the race directors to find out more!

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

Sept. 3	March of Dimes 5K	Wilmington		Camp Kanata Reachout 5K/10K Salem Lake Trail Runs	Wake Forest Winston-Salem
Sept. 10	Mebane on the Move 10K & 5K	Mebane	Sept. 24	Get Pumped for Pink 10K	Kitty Hawk
	North Hills 5K	Raleigh		Run the Gauntlet	Boone
	Blue Ridge Relay	Blue Ridge Mtns.	Retro Run 5K	Greensboro	
	Trooper Challenge Mud Run	Saxapahaw	Carolina Brewery Oktoberfest 5K	Pittsboro	
Sept. 17-18	Tunnel to Towers 5K	Wake Forest	Oct. 1	Carrboro 10K	Carrboro
	Triangle Fitness 5K	Kernersville		Blue Points 5K	Cary
	Chevy to the Levee	Lumberton		Dozen Doughnut Dash	Chapel Hill
Sept. 24	1 in 8K Rally for the Cure	Pinehurst	Oct. 8	Duke DPT 5K	Durham
	Ovarian Cancer 5K Run/Walk	Raleigh		Women's Only 5K Walk & Run	Greensboro
Sept. 17-18	Run for the Red Half/Full Marathon	Valle Crucis	Oct. 9	Pilot Mountain 5K Trail Run	Pilot Mountain
	Magnificent Mile	Raleigh		Scrub Run 5K/10K	Raleigh
Sept. 24	Amberly Search for a Cure 5K	Cary	Oct. 8	Selma Railroad Run	Selma
	Rockin' Run and Family Run	Chapel Hill		Breathe Deep 5K	Cary
Sept. 24	Cleft Palate Gallop 5K	Chapel Hill	Oct. 8	LungStrong 15K/5K	Charlotte
	Down and Dirty Adventure Run	China Grove		Run to Accelerate	Clayton
Sept. 24	Fitness World Fall 5K	Durham	Oct. 8	White Deer Dash 5K	Garner
	Bands on the Run 5K	Hillsborough		Cannonball Half/5K	Greensboro
Sept. 24	Patrol Stroll 5K	Raleigh	Oct. 8	Triangle Run/Walk for Autism	Raleigh
	Pink Shamrock 5K	Raleigh		APC 5K	Raleigh
Sept. 24	Run to Victory Half/5K	Randleman	Oct. 8	Mount Jefferson Challenge	West Jefferson
	Mud Run MS Carolinas	Stem		Thad Eure Run / Walk for Hope	Raleigh

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

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s):		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		

TYPE OF MEMBERSHIP

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

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 representatives 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 (Print)	First Name	Gender	Birth Date	E-mail
Signature: _____				Date
Signature: _____				Date:
Signature: _____				Date:
Signature: _____				Date:

Mail application and dues (checks payable to CGTC) 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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ADDRESS SERVICE REQUESTED



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