

VOLUME XXXVII
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OCTOBER
2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@**

CAROLINAGODIVA.ORG

COSTA RICA RAMBLINGS

For those of you who didn't get the memo, fellow club member Jenny Miles and I were married in September. Our honeymoon took us to the Tilaran Mountains of Costa Rica where Arenal Volcano rises above nearby Arenal Lake and the small town of La Fortuna. Arenal is one of the world's more active volcanoes, as it sits on the geologically active continental divide. Its 5,437 foot peak still grows with every burst of lava and ash. While we saw neither, we did enjoy staring at the plumes of steam that drifted from its caldera.

We quickly learned that most of the people working at the resort and taking us on tours grew up around La Fortuna. We probably sounded like curious children asking them question after question about everything under the Costa Rican sun! They were more than happy to share what they knew. They told us all about the nearby volcano, surrounding rainforest, and Costa Rican history and culture.

Relaxation was on the list of our activities, but so were things like hiking, kayaking, horseback riding, and zip lining. In addition to all this, I was looking forward to fitting in some running. Besides, I was already well into my training for races like the Medoc Trail Marathon and the Shut-In Ridge Run and needed to maintain momentum through the fall race season.

When I asked our knowledgeable hosts about places to run, I thought they would point me to some scenic trails or back roads that would allow me to observe Costa Rican wildlife and further explore the landscape. They instead advised me not to go off running. Their main fears were that a vehicle or venomous snake might take me out. I had already observed many Costa Ricans zipping around the roads, passing on the wrong side of the road, passing on the shoulder, or even passing where there was no shoulder at all, but this was all nothing new to me. I grew up seeing people drive that way on the mountain roads of Virginia and West Virginia! I wasn't too bothered by the venomous snakes either. We have them here in North Carolina and back where I grew up in Virginia. Sure, Costa Rica has some extremely venomous ones, but they were a calculated risk I was willing to take to enjoy Costa Rica through one of my favorite pastimes. I would just have to keep my eyes peeled for them!

“Our knowledgeable hosts advised me not to go off running. Their main fears were that a Costa Rican driver or, alternatively, a venomous snake might take me out.”

(Continued on page 3)



www.usatf.org



GODIVA ONLINE

<http://www.carolinagodiva.org>

To join the **Godiva listserv**, send a message containing only the terms: *subscribe cgtc* to: sympa@duke.edu
Send messages to: cgtc@duke.edu

GODIVA CLUB CONTACTS

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CLUB DISCOUNTS

Bull City Running Company 15% off all non-sale items www.bullcityrunning.com Southpoint Crossings, Durham	265-3904
Omega Sports 10% on all non-sale items - New Hope Commons or Renaissance Pkwy., Durham; Crossroads, Cary; North Hills, Raleigh	493-7603 360-9060 859-2623 871-0311
Inside-Out Sports 15% on all regular priced items. Preston Walk Shopping Ctr, Cary www.insideoutsports.com Online Discount code: DV2007	466-0101
The Athlete's Foot 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 15% discount Raleigh & Cary	870-8998 362-8282
Athletic Edge Sports Massage \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
New Balance Durham 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
Xpert Nutrition 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

GODIVA TEAM CAPTAINS

Open and Master Men	Jim Clabuesch	jwcvh@mindspring.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

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

VOLUNTEERS SOUGHT FOR UNC-CH RUNNING STUDY

Do you wear traditional running shoes and strike initially on your heels? Do you run barefoot or wear minimalist shoes? Do you run using the POSE or Chi running methods? If any of these statements describe you, and you are between the ages 18-50 and run at least 12 miles a week, please consider volunteering for a study of running mechanics at UNC-Chapel Hill.

Physical therapist Don Goss and his research team are preparing a study entitled *A Comparison of Lower Extremity Joint Work and Initial Loading Rates among Four Different Running Styles*. Towards that end, the researchers are looking for approximately



80 healthy runners to spend 1 hour at the university's Interdisciplinary Human Movement Science Laboratory. Participants will run on a treadmill wearing reflective markers as cameras and force plates track their running mechanics. The study will provide valuable information about the running mechanics of different running styles.

Participants will receive a slow motion animation of their running form, a vertical ground reaction force analysis, and a copy of a literature review covering recent topics on running form and injury rates. If interested, please contact researcher Don Goss at dgoss@email.unc.edu or (910) 603-3147.

Costa Rica Ramblings, cont'd from page 1

My first run in Costa Rica was on the resort and along the short gravel road that led to it. I set out around five in the evening with about an hour of light to spare. A pair of newlyweds, whom we later came to know as Ben and Jessica, walked by as I stood dressed in shorts and running shoes while holding my Garmin watch up to the sky for a satellite signal. We briefly exchanged smiles and nods as they rounded the corner, but no sooner had they rounded the corner did they walk back to ask me, "Are you a runner?" I believe my reply was something like, "Do I look like a runner?" They then asked me if I knew where to run because they were also runners, and she was training for her first marathon in the spring. I basically told them that I was trying to answer that very question. They soon left and I took off. My first run was uneventful. It was hot, hilly, and not particularly adventurous, but I nonetheless got 3.2 miles in that day!

I set out at six the very next morning with Arenal Volcano towering in the background for what would be my second and final run during the trip. The sun was above the horizon, but the air was still cool. After running a short loop around the resort, I set out down the same gravel road I ran the evening before. This time I turned onto the main paved road that runs out from La Fortuna to Arenal Volcanic Park. It was a gradual uphill climb. People generally waved at me and gave me a wide berth as they drove by!

After running about a mile passing by farms, homes, and entrances to resorts, I turned onto another gravel road marked by a sign for a resort 3.5 kilometers away. I soon found myself descending a steep forested valley down to

what I would later learn was the San Carlos River. The gravel surface was sufficiently steep and loose that I lost my footing at one point and almost busted my butt! I made it to a bridge where I briefly stopped to look down at the clear flowing river below and to take in the lush forest around me.

The road before me stretched out over a series of green hills covered with pasture and patches of even more forest, so I just kept running. I exchanged some "holas" with the people standing outside their homes and stared at the cattle and horses grazing in nearby fields. I stopped to look at a dead snake on the road. It did not look venomous, but I would have needed to scoop it up and take it home for positive identification. Needless to say, I left it alone!

The road soon ended at the entrance of a resort, so it was time for me to turn back. My run to this point mostly had Arenal Volcano to my back, but it now stood prominently over all the beautiful scenery I had just run though. I stopped again to "smell the roses" before again taking off. My watch read 8.15 miles as I finally stood outside our casita. It felt more like 12+ miles with all those hills, but I still felt pretty good!

Being the outdoor, nature-loving types we are, Jenny and I plan to return to Costa Rica someday. This small country has unsurpassed natural beauty and some of the friendliest people you will ever meet. Its fresh air, clear waters, moderately warm climate, and abundant wildlife draw outdoor enthusiasts of all kinds. It's a good bet that one of the ways I'll be experiencing it all is through running!

—Chris Boyce

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Machine Solutions Run for

Children's Medical Center Trail 10K Flagstaff, AZ 8/6/11

Jeff Hall 44:20 7:09 2nd M 40-49

Continental Divide 10km Trail Race

Laurel Springs, NC 8/27/11

George Linney 50:15

Jason Page 50:51

Anthony Corriveau

51:42 2nd NC USATF 40+

Craig Heinly 51:59 3rd NC USATF 40+

Ken Becker 54:09

Bart Bechard 55:51

Jim Clabuesch 57:37

Jeff Hall 1:01:16

Heiko Rath 1:05:29

Marshall Stanley 1:14:12

Paul Wormsbecher 1:20:34

Anthony, Craig, Ken, Bart, Jim & Jeff were the winning 40+ USATF CGTC team.

George & Jason were part of the winning Open USATF Bull City Running team.

Shannon Johnstone

1:03:24 10th USATF overall

Deborah Springer 1:07:38

Aline Lloyd 1:14:42

Carolyn Huettel

1:17:13 1st NC USATF 45-49

Barbara Hindenach

1:36:12 1st NC USATF 60-64

The above five made up the 2nd place Open USATF CGTC team. Aline, Carolyn & Barbara were the winning 40+ USATF team.

Maggie Valley Moonlight Run 8km

Maggie Valley, NC 8/27/11

Jim Clabuesch 30:09 6:04 1st M/M

Jeff Hall 33:22 6:43 2nd M 45-49

Aline Lloyd 40:10 8:06 1st F 40-44

USATF Mid-American Outdoor Regionals / Rocky Mountain Masters Games

Fort Collins, CO 8/28/11

800M Maurice McDonald 2:41.99 1st M70

(New meet record)

200M Maurice McDonald 30.69 1st M70

American Discovery Trail Marathon

Colorado Springs, CO 9/3/11

Wayne Crews 3:04:44 1st M 40-44

Gregg Dean 3:08:40 3rd M 45-49

Run for Healthier Babies 5km

Wilmington, NC 9/3/11

Hunter Credle 24:16 7:49 3rd M 40-44

Murphy Credle 25:29 8:12 1st F <14

Mebane on the Move 5km & 10km

Mebane, NC 9/10/11

10km

Roger Halchin 43:27 7:01

Tom Maunz 52:56 8:33

5km

Steve Mele 18:41 6:03

Emily Maunz 33:46 10:55

Tunnel to Tower 5km

Wake Forest, NC 9/10/11

Murphy Credle 24:33 7:54

Hunter Credle 24:33 7:55

Bailey Credle 47:39 15:20

North Hills 5km

Raleigh, NC 9/10/11

Martin McGaha 21:48 7:02 2nd M/M

Katie Biasi 24:38 7:58 1st F 35-39

Mel Levin 29:32 9:32

Run with the Canes 5km

Raleigh, NC 9/11/11

Ken Becker 18:53 6:05

Doug Hensel 20:33 6:39

Edward Davis 25:11 8:16

Leigh Ann Metzger 25:20 8:24

Run the Valley 10km & Half Marathon

Albemarle, NC 9/17/11

10km

Erin McIntee 1:01:28 9:56

Half

Doug Hensel 1:35:41 7:18

Heiko Rath 1:41:10 7:43

Asheville Half-Marathon

Asheville, NC 9/17/11

William Shamblin 1:37:39 7:28

Jack & Jill Ran Up the Hill 5km

Morrisville, NC 9/17/11

Lisa Anderson 23:29 7:37 1st F 35-39

Magnificent Mile

Raleigh, NC 9/18/11

George Linney 4:52 1st M 35-39

Jim Stephens 5:23

Ryan Woodruff 5:36

Andrew Scribner 5:48

Jay Smith

5:59 1st M 60-64, 2nd USATF GM

Maurice McDonald

6:13 1st M 70-74, 3rd USATF GM

Hunter Credle 6:35

Abie Harris 7:25 1st M 75-79

Mel Levin 7:47

Eric Brashwitz 8:08

Deborah Springer 5:51 2nd F 35-39

Murphy Credle 6:39

Lena Hollmann 7:22 1st F 60-64

Barbara Hindenach 7:33 2nd F 60-64

Bailey Credle 7:37 2nd F <9

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

GODIVA GOINGS-ON

Oct. 2011 thru March 2012

Godiva Winter Series. Run races and volunteer to earn points towards your Incredibly Beautiful Winter Series T-Shirt.

Tues. Oct. 4

Ultrarunner Diane Van Deren speaks at Kings Barcade in Raleigh, 7:00 p.m. You may have already won tickets! See Meeting Minutes for details.

Sun. Oct. 16

Run for the Donuts. Literally. That's an imperative, not a noun phrase. See page 5 for details.

PREVIEW: RUN FOR THE DONUTS 2011

(BY GARY SCHULTZ)

Godiva's Winter Series 2011-2012 kicks off with Tom Fowler's legacy *Run for the Donuts*, an off-the-beaten-path cross-country team-relay classic. One year older than the full series, this is the 29th annual *Donuts* run.

Date: Sunday, 16 October 2011. Registration begins at 9:00 am. Race starts at 10:00 a.m.

Location: Durham Academy Upper School at Pickett and Ridge Rds. in Durham

The Rules: You'll be assigned along with two others — whom you might or might not know — to a team that vies with all the other randomly constituted teams in a spirited relay race for edible trophies — *donuts!* You'll memorize your team number and shout it out at appropriate transitions to aid the sometimes addled timekeepers, or simply to signal an endorphin release.

Each team's members, individually or together in various combinations, run 5 laps of a cross-country

course comprising grassy fields and wooded trails. All three members run the first two laps together at the pace of the slowest teammate, with one then dropping out and the two remaining runners continuing the third lap together at the pace of the slower runner, to be followed by one of those two dropping out and just the remaining runner running the fourth lap, to be replaced in turn by the teammate who dropped out after the second lap, who then runs the fifth (and final) lap alone. So each teammate runs multiple laps of the course — singly at his/her own all-out pace or perhaps at a slower teammate's speed when running in tandem.

When all teams' final runners complete their team's fifth lap, the director and time-keepers apply their vaunted science to work out each team's *Donut Index*TM — the team's finish time in seconds divided by the sum of the team members' ages in years — with the lowest index determining which team gets the most prized donuts.

Inspiration: Quite often, neither the fastest nor the oldest team wins.

NEW HOPE TURKEY RUN 2011

(BY WALTER FOWLER)

The New Hope Turkey Run will be held on Saturday, November 12 at 9 a.m. in the Korstian Division of Duke Forest, at 4012 Whitfield Rd. in Chapel Hill.

The race, a fundraiser for the New Hope Improvement Association (NHIA), is arguably the oldest annual running race in the area. The first running was in the early 1980s and the event has taken place every year since except for the year of Hurricane Fran (1996 – Duke Forest was still closed and nobody had power) and the year of the Big Ice Storm (2000 – Duke Forest was closed again and nobody had power!).

In the early days, the race was planned and conducted by NHIA members who ran some but did not have much racing experience, hence the somewhat quirky character of the race that continues to this day. The race is very low key – the exact length of the race, about 4 miles, varies from year to year so there is no “course record.” Times are recorded and awards are given to the top 3 male and female finish-

ers. Although subsequent runners are still told their times at the finish, there are no age division prizes (except for oldest and youngest male and female finishers).

What truly sets this race apart from most other races is the “random draw” for the bulk of the awards. There are always 20-30 baked items made by members of the neighborhood and about that many merchandise awards from businesses in Chapel Hill and Durham. All this for a race that is limited to less than 200 entrants. Another distinction from “run of the mill” races is the light breakfast that is served after the race and during the awards ceremony. Remember, walking is allowed!

Hope to see many of you there. Entry forms can be found at Duke Forest gates in the Korstian division, the Al Buehler Trail parking lot on the Duke golf course, local running shoe stores or downloaded at www.nhianc.org. Questions may be sent to me at walterfowler@gmail.com.

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, 3716 Erwin Rd.** **Sun. 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!

Carolina Godiva Track Club members only may sign up for all seven races by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (30 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under.

To receive the 2011-2012 Incredibly Beautiful 28th Annual Winter Series 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.

If you want your name to show up in the Winter Series Standings that are published in the newsletter, please fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information, contact Halle Amick at halle.amick@gmail.com

Winter Series

Carolina Godiva Track Club Winter Series 2011-2012 Entry Form

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.

Signature (Parent's, if under age 18)

Date

Return Completed Form To:

JIM CLABUESCH
9 LITCHFIELD COURT
DURHAM, NC 27707-5367

SEPTEMBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:02 pm on September 13, 2011. Attendees included Vice-President Halle Amick, Patrick Bruer, Jane Bruer, Jeff Hall, Barbara Hindenach, Tom Kirby, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

In the absence of a number of the regular attendees, there were no Treasurer's, Membership or Newsletter reports. The first report was from Jeff, updating us on Haberdashery. He will be contacting Carolyn Huettel, to look at the Club's needs for additional clothing and other items.

The second and final report was from Gary, on the upcoming Winter Series. He will be writing a piece for the October newsletter on the initial race of the Series, the tasty Run for the Donuts—look for it elsewhere in the newsletter. Halle then informed us that we are in good shape for the second race, the Misery Run, and that preparations are underway for the third race, Couch Mountain, in December. She also indicated that the list of volun-

teers potentially available for necessary medical support at the races is "growing," and up to a current total of six. Thanks to all who have agreed to support the Club and the Winter Series with this essential service.

Moving onto discussion items, Halle reported that the Great Outdoor Provision Company had donated two "VIP" tickets to the Club for an ultra running event in Raleigh on October 4. In response to her query as to how the tickets should be distributed, we all concurred in Cathy's suggestion to award them as prizes at the Club's fall picnic on September 25. Cathy also updated us on picnic preparations.

We then heard from Gary on the Marathon Training Program. No major news, but shirts have been ordered for participants.

A lengthy discussion then ensued on the possible resurrection of some version of the Coach Bubba race traditionally held in February. Patrick gave us a status report of discussions with the City of Durham

Police staff on the traffic and logistical issues with the course. He noted significant progress in resolving the issues that had contributed greatly to the race's demise last year. The City now appears to be supportive of the traditional downtown start and course location, provided that the race start is early enough to minimize traffic disruption later in the morning. We discussed potential dates, times and courses, and authorized the working group (Cathy, Tom and Chris Gould) to continue to explore the possibility of having the Club hold a 20K/4-mile race this coming February. Patrick will put together a planning timeline and tentative budget, and distribute it to the Board for further consideration. Thanks to Patrick and the rest of the working group for their efforts on this. Stay tuned for further developments.

Whether by random luck or our precision in pacing, we exactly matched our 48-minute meeting time from last month, adjourning at 7:50 pm.

—Henry Blinder

SUPER BIG THANKS TO OUR OCTOBER CONTRIBUTORS IN NO PARTICULAR ORDER

Chris Boyce, Henry Blinder, Jim Clabuesch, Gary Schultz, Walter Fowler

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**

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

ADDRESS SERVICE REQUESTED



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