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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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**DEADLINE FOR
DECEMBER
NEWSLETTER:
NOVEMBER 15TH**
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NEWSLETTER
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CAROLINAGODIVA.ORG

RUNNING SOCIAL

Running is often considered a solitary activity, at least compared to other sports. After all, running is simple and running alone is even more so. All we really need is a desire to run. Well, that and a good pair of shoes! Many of us start out running alone, but eventually seek out the companionship of other runners. It's just more fun to run with the pack. After the running is done, it's equally fun to hang out with it too.

Group runs for me used to end with going home. After one of the weekly runs on the ATT a couple years back, fellow club member, Mickey Fong, mentioned going out for sushi. Some of us took her up on the offer. To this day, a group still goes out for sushi after this run! Over time, I got to know running friends better and made some new ones. I also learned how much better sushi rolls and miso soup taste after an 8 mile run!

“Going on a short group run through downtown Durham and Duke’s East Campus, and then hanging out and drinking local brew near the city skyline—what better way to enjoy a workday evening!”

If ending a group run with food sounds like fun, surely sharing a beer is more so, right?! That's what a growing number of us runners think. What started a few years ago with a handful of runners showing up at an Irish pub in downtown Raleigh has grown to hundreds of runners. The proliferation of breweries and brew pubs in recent years has only fed into this trend. Some of you reading this already know about the group run at Fullsteam Brewery in downtown Durham. I've been there. From what I've seen, it even gets the non-runner out to run. Going on a short group run through downtown Durham and Duke's East Campus, and then hanging out and drinking local brew near the city skyline—what better way to enjoy a workday evening!

Races are social events too. There is usually an opportunity to get to know participants and spectators before and after the race, especially when the event is a large one. Those of you with many races beneath

(Continued on page 5)



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

2012 LITTLE RIVER TRAIL RUN

Registration is open for the **2012 Little River Trail Run** 10 mi & 7 km races. The run will be held **January 14, 2012** at the Little River Regional Park in northern Durham & Orange Counties. See the website to register: www.trailheads.org/lrtr

The 10 mi race accepts team entries, and **we will try to enter Godiva teams** for as many as are interested (four runners per team). For those of you who are signing up and want to be on a Godiva team, please put "Godiva" in the box for team name when signing up and then email me at ac2@running-down.com. Let me know what your age is and which race you are doing.



I'll organize us all into teams and submit the lists to the race organizers. This year I'll make sure to put us into larger teams to allow for folks who can't make it.

—Anthony Corriveau

NEW HOPE TURKEY RUN 2011

Just a reminder: 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 is very low key – the exact length of the race, about 4 miles, varies from year to year so there is no "course record." The race will include awards by "random draw" and a light breakfast that is served after the race and during the awards ceremony.

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.

—Walter Fowler

CAMP CHESTNUT RIDGE 4 MILE TRAIL RUN

The **Camp Chestnut Ridge 4 Mile Trail Run** will be held **Saturday, November 19th** at 10:00 a.m. at Camp Chesnut Ridge in Efland. The race will be run on both single track and the camp's fire roads. Post-race awards will be given for top overall and age division finishers.



Pre-race registration is \$25 and guarantees a race t-shirt. Race-day registration will also be available, for \$35, but does not guarantee a t-shirt. Proceeds will go to the camp's annual fund to support children's camping programs.

Online registration at: www.campchestnutridge.org. If you have any questions or would like to volunteer to help, please contact me at solo@mebtel.net.

—Alan Schumacher

WOMEN'S MASTERS TEAM FOR 2012 BOSTON MARATHON

Are you registered for the 2012 Boston Marathon? Are you a female aged 40 or more? One of our new Godiva members is registered for Boston and is looking for others to join her in forming a team. If you are interested, please contact me at cadw09@gmail.com.

—Cathy Wides

THANK YOU PICNIC VOLUNTEERS!!

Thank you to the volunteers who gave their time to set up the Second Annual Godiva Picnic, including: Aline Lloyd, Brian Tajlili, Halle Amick, Chris Boyce, Kevin Nickodem, Jane Bruer and last, and anything but least, Patrick Bruer, who was injured in a serious disagreement with the rain canopy.

Thanks also to all who helped clean up the site.

—Cathy Wides

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Lehigh Valley Half Marathon

Allentown, PA 9/11/11

Ed Leydon 1:46:58 8:10 1st M 65-70

Magnificent Mile

Raleigh, NC 9/18/11

Michelle Johnson 6:38 2nd USAT&F G/M

Louise Guardino 7:54 1st F 70-74

Bernadette Marriott 8:07

The Bear 100 Mile Trail Race

Logan, UT to Fish Haven, ID 9/23-24/11

Ronnie Weed 27:47:34

Fitness World 5km

Durham, NC 9/24/11

George Linney 17:22 3rd O/M

Tom Maunz 22:06

Susan Chesser 23:57 1st F 45-54

Emily Maunz 35:44

Salem Lake 7 mile and 30k Trail Races

Winston-Salem, NC 9/24/11

30k

Tim Pierce 1:53:13 6:05 3rd O/M

Ken Becker 2:03:22 6:38 3rd M 40-44

David Couper 2:16:23 7:19 1st M 55-59

Shannon Johnstone

2:25:18 7:48 1st F 35-39

Myong Dunn 2:37:54 8:29 1st F 55-59

Chris Gould 2:43:29 8:47 3rd M 60-69

Jerry Harris 2:58:54 9:36 1st M 70+

Mike Dacar 3:00:25 9:41

Halle Amick 3:10:25 10:14

7 Miles

Shauna Griffin 1:10:27 10:04

Run to Victory Half Marathon

Randleman, NC 9/24/11

Roxanne Springer 1:50:42 8:28 1st F 45-49

Pink Shamrock 5K

Raleigh, NC 9/24/11

Louise Guardino 29:47 1st F 70-74

ITU World Championship Duathlon

Gijon, Spain 9/25/11

Paul Bloom 2:35:42 (Standard distance:
10k run-38k bike-5k run)

Shelly Bloom 1:20:42 2nd F 55-59 (Sprint
distance: 5k run-19k bike-2.5k run)

NC Senior Games

Cary, NC 9/28 & 9/29 2011

Jay Smith M60-64

800M 1st 2:38.06

1500M 1st 5:35.94

Louise Guardino F70-74

100m 2nd 18.35

200m 2nd 29.93

400m 1st 1:34.26

Freedom's Run Half Marathon

Shepherdstown, WV 10/1/11

Chris Boyce 1:45:42

IBM 5km

Raleigh, NC 10/1/11

Matthew Marum 19:30 6:17

Paul Wormsbecher 23:35 7:37

Rochelle White 33:04 10:47

WakeMed Scrub Run 10km

Raleigh, NC 10/1/11

Mel Levin 54:20 8:46

Christopher Flowers 57:47 9:19

Karen Bell 68:45 11:05

Jennifer Rubatt 71:45 11:34

Carrboro 10km

Carrboro, NC 10/1/11

Craig Heinly 36:58 1st M/M

Gary Slade 37:03 2nd M/M

Bart Bechard 37:59 3rd M/M

Gary Moss 41:04 1st M 60-64

Henry Blinder 41:50 2nd M 60-64

Doug Gimlin 42:06

Andrew Scribner 42:18 1st M 40-44

Roger Halchin 42:48 1st M 55-59

Craig Gilbert 43:50 2nd M 50-54

Randy Nonneman 44:26

Jessica Lee 45:53 2nd F/M

Hernan Silva 46:25

Gordon Caviness 49:21

Jim Hotelling 49:43

Susan Chesser 49:53

Lena Hollmann 50:30 2nd F 60-64

Jerry Harris 50:43 1st M 70+

Michael Murray 52:25

George Retsch-Bogart 52:30

Harriett Kinyamu 52:55

Alfred Kleinhammes 56:35

Jerry Surh 57:04 2nd M 70+

William Chesser 57:14

Tracy Simpson 59:54

Alexandra Garcia-Granados 62:27

Joan Boone 64:09

Paul Naylor 72:10

Susie Hansley 84:37

Randy Krauftheil 90:54

Susan Hoerger 95:09

Tom Hoerger 95:10

Twin Cities Marathon

Minneapolis/St. Paul, MN 10/2/11

Tim Meigs 2:37:53 (PR) 6:02 3rd M 45-49

Cathy Wides 3:28:07 7:57 1st F 60-64

Lora Charles 3:55:32 9:00

West Virginia Trilogy

Circleville, WV 10/7-9/11

50km / 50MI / Half Marathon

Mike Dacar

7:52:34 / 13:14:25 / 2:48:29 = 23:55:28

Half Marathon

Shauna Griffin 2:48:29

Cannonball Run Half Marathon

Greensboro, NC 10/8/11

Richard Smith 1:40:40 7:41 1st M 55-59

Dana Hornkohl 1:43:42 7:56

Jim Hotelling 1:48:05 8:15 2nd M 60-64

Triangle Run/Walk for Autism 5km

Raleigh, NC 10/8/11

Craig Heinly 17:40 5:42 1st M/M

Tim O'Brien IV 18:11 5:52 3rd M 20-24

Gary Moss 19:20 6:15 1st M 60-64

Andrew Scibner 19:35 6:20 2nd M 40-44

Will O'Brien 19:58 6:28

Brian Durkin 22:48 7:23

Murphy Credle 22:50 7:23 2nd F 1-12

Tim O'Brien III 23:32 7:37

Hunter Credle 23:32 7:37

Lena Hollmann 24:30 7:57 1st F 60-64

Abie Harris 25:13 8:09 1st M 75-79

Louise Guardino

27:22 (PR) 8:49 1st F 70-74

Bernadette Marriott 28:02 9:03 3rd F 60-64

Portland Marathon

Portland, OR 10/9/11

Andrea McWilliams 5:02:02 11:32

Chicago Marathon

Chicago, IL 10/9/11

David Schwerbrock 2:52:55

Ulf Andre 2:53:07

Susan Wendel 4:30:30

Kristen Andre 4:56:36

(Continued on page 5)

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

AT THE RACES

(CONTINUED FROM PAGE 4)

(Continued from page 4)

Steamtown Marathon

Scranton, PA 10/9/11

Michelle Johnson 3:32:21 8:07 4th F 50-54

Ramblin Rose Sprint Triathlon

(250 yard swim, 9 mile bike, 2 mile run)

Chapel Hill, NC 10/9/11

Darice Witherspoon 1:12:54

Ales for Rail-Trails 5K

Durham, NC 10/9/11

Ken Becker 18:31 1st M 30-50

Bart Bechard 19:25 2nd M 30-50

Steve Mele 19:39 3rd M 30-50

Nancy Kaiser 20:14 3rd O/F

Owen Astrachan 20:20 1st M 51+

Shannon Johnstone 21:31 1st F 30-50

Chris Boyce 22:52

Susan Chesser 23:55 2nd F 30-50

Medoc Marathon & 10 Mile Trail Races

Hollister, NC 10/15/11

Marathon

Sam Brown 3:09:51 7:15 1st O/M

Ryan Hudgins 3:42:00 8:29 1st M 30-39

Chris Boyce 4:25:50 10:09

Halle Amick 5:15:21 12:03

10 mi.

Cosby Dudley 1:19:58 8:00

Laura Heyneman 1:24:55 8:30 1st M/F

Marshall Stanley 1:25:00 8:31

Ann Severeid-Miller

1:25:29 8:33 1st F 50-59

Michelle Johnson

1:27:39 8:46 2nd F 50-59

Paul Wormsbecher

1:29:33 8:58

Chris Crowder

2:05:41 10:35

Triple Lakes Trail Races

Greensboro, NC 10/15/11

Marathon

Ken Becker 3:06:46 7:08 1st O/M

Nancy Pullen-Seufert

4:17:51 9:50 2nd F 35-39

Half

Brian Tajlili 1:42:53 7:51 2nd O/M

Anthony Corriveau 1:44:36 7:59 3rd O/M

Shannon Johnstone 1:50:59 8:28 1st O/F

Erin Swanson 2:01:18 9:16 1st F 30-34

March of Dimes 5K Run

Morrisville NC 10/15/11

Andrew Scribner 19:50 6:24 2nd M 40-44

Mary Szymkowski 22:40 7:19 2nd F 45-49

Murphy Credle 23:13 7:29 1st F 1-12

Lena Hollmann 24:37 7:57 1st F 60-64

Abie Harris 25:15 8:09 2nd M 65+

Louise Guardino 27:54 2nd F 65+

Mel Levin 28:07 9:07 3rd M 60-64

Bernadette Marriott

28:26 9:11 3rd F 60-64

Tom Maunz 32:08 12:26

Detroit Free Press Marathon

Detroit, MI 10/16/11

John Lloyd 3:12:13 (PR)

Ramblin Rose Half Marathon

Durham, NC 10/16/11

Nancy Kaiser 1:35:22 7:17 1st F 40-44

Charles Fiore 1:45:26 8:03

Lora Charles 1:45:27 8:03

Hernan Silva 1:45:57 8:05

Quinn McFall 1:47:36 8:13

Sherry Clough 1:48:45 8:18

Shelly Bloom 1:49:03 8:19 1st F 55-59

Tom Maunz 1:49:30 8:22

Susan Chesser 1:49:44 8:23

Roberta Drewry 1:50:18 8:25

Jenny Witko 1:55:50 8:51

Vickie Schudel 2:04:53 9:32

Jamie Weyandt 2:05:03 9:33

Erin McIntee 2:14:58 10:18

Stephanie Culbreth 2:19:45 10:40

Alexandra Garcia-Granados 2:20:15 10:42

Juliette Eck 2:22:45 10:54

Darice Witherspoon 2:22:50 10:54

Karla Henderson

2:23:00 10:55 2nd F 60-64

Carol Walton 2:26:32 11:11

Hona Lee Harrington 2:27:03 11:14

Philip Lorang 2:32:12 11:37

Ruthie Lyle-Cannon 2:39:59 12:13

Renee Rawson 3:07:25

Meg McCann 3:07:25

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

RUNNING SOCIAL, cont'd from page 1

your belts have surely seen the same faces over and over again. You may not know their names, but you think to yourself, "Hey, I know that person". Given enough races, you actually get to place names with those faces. Speaking of races and faces, our club's Winter Series is now in full swing. Come on out for some cross-country fun with your fellow club members. And be sure to stay for some good eats post-race!

Sometimes running leads to social events that involve chilling instead of running. Take our club's awards banquet back in the spring and its upcoming late fall pizza party. These are times when we gather as a

community to ceremoniously acknowledge one another's accomplishments and to pass the torch of leadership. Club members, who generally don't encounter one another due to differing routines, can come together at least twice a year to relax and mingle around a nice spread of food.

Comedian Woody Allen is quoted as saying something like, "80 percent of life is showing up". For those of you new to running or who have been racking up the miles alone, there is a whole community here waiting for you to just show up. Come on out to run, graze, and hang with the herd!

—Chris Boyce

RECAP: RUN FOR THE DONUTS 2011

Leading off this season's Winter Series — once again in ideal weather at Durham Academy's cross-country course — Tom Fowler's legacy classic matched its record of 15 competing teams for the third consecutive year.

Close bunching of the top teams, as measured by the hallowed *Donut Index* — team time (in seconds) divided by team age (in years) — has occurred occasionally in this event since randomized team formation supplanted self-selection in 1990. For example, in 1993 the top two teams finished with *DI*'s of 16.25 and 16.26! But with four teams finishing in the 15's, this year was rare indeed. Often, only the top team would finish in that zone.

Team 1 this year could have been overtaken by Team 2, but only if the latter had improved by 61 seconds—a fairly

safe edge, considering that Jim C claimed he and Ronnie always run their fastest, and Abie already performed at around the 70% age-grading level (no *threepeat* for Abie's team this year). But Team 3 needed only a 10-second improvement to edge Team 2, although Larry Bohs tells me that he, at least, couldn't have run any faster.

Looking at the results table overall (page 7), we see that in standard *Donuts* fashion, age once again trumped speed.

Kudos To: Host Walter Fowler, supported by Halle Amick, Chris Boyce, Susie Hansley, Barbara Hindenach, Trevor Johnson, Ann Miller, Jim Reagan, Doug Tilden, Darice Witherspoon, Jim Worrell, and your scribe.

— Gary Schultz

PREVIEW: MISERY RUN 2011

2010 was one of the more brutal races for injuries in the Misery Run history. Not since I held the race at the very hilly and treacherous Umstead Park in Chapel Hill have we had as many broken runners as we had last year.

So, due to concerns with runners showing up right at 10 a.m. and not having time to sign the waiver, **we will cut the race registration off at 9:50 a.m. this year.** No fooling. If you come later than that, sorry, no Winter Series point for you. Volunteer jobs will already be assigned and race registration will be closed. So please show up on time and bask in the warm glow of Luke's hospitality. Unless my wish comes true and it is pouring rain on race day because then he won't want you in his house. But show up on time anyway.

True, this:

WHAT? 5.75ish miles of grassy pastures, rooty, rocky and slippery when wet or muddy single-track hiking type foot trails, downed trees and actual cow dung. This is a time prediction race, you will predict your finishing time when you register on-site prior to the race, and then you will run & sweat & hop & climb & curse & slip & slide & fall down. If you have good knowledge of your running ability on the above mentioned difficulties, you may win some chocolate. Or not. Beware if hay bales make you itchy on contact!

WHEN? Sunday, November 13th 2011 at 10:00a.m.

HOW? You can register for the race on-site from 9:00 a.m. to 9:50 a.m. Cost is \$5.00 for this race. Please note

you can't show up at 9:55 a.m. and expect to run or work the race this year. You can sign up for the entire remaining Winter Series for \$25.00 if you are a CGTC member. There are still five races to follow after the Misery Run.

WHY? Water and Gatorade before-during (if warm/sunny) & after; pretzels, bagels, bananas and apples also. Chocolate prizes for 1st overall male/female, 1st male/female masters, top three closest time predictors, youngest, oldest, and median finisher, stick-to-it award to final finisher. Finishing or volunteering for the Misery Run gets you a point closer to your Incredibly Beautiful 2011-2012 Winter Series shirt. If you want to help put on the 2011 version of the Misery Run, please call me prior to race day at 401-9589 or email me at jwcvh@mindspring.com. Questions or concerns about the race will also be handled via either of those formats.

WHERE? We've included the full address, so you can use a mapping tool to get your own directions if you wish:

Pepper Hill Farm, 323 Old Fayetteville Rd.
Chapel Hill, NC 27516

Take the 54 bypass out towards Carrboro. Exit at the Jones Ferry Rd exit. Turn left (south) onto Jones Ferry and drive about ½ of a mile to the traffic signal at Old Fayetteville Rd. Turn right and drive another ½ of a mile to Luke's Pepper Hill Farm on the left. Parking attendants will direct you to a hopefully very muddy field to park in. Please car pool if possible. The fewer cars we have to have towed the better.

—Jim Clabuesch

RUN FOR THE DONUTS 2011 RESULTS

Place	Team Members (Age + bonus)	Team Age	End Lap 1	End Lap 2	End Lap 3	End Lap 4	Finish Time	Donut Index
1	1. Tom Lada (65) 2. Jeff Tuson (60) 3. George Retsch-Bogart (59)	184	8:29	18:09	27:38	37:17	46:41	15.22
2	1. Abie Harris (77) 2. Jim Clabuesch (46) 3. Ronnie Weed (36)	159	8:25	17:52	25:05	32:16	41:21	15.60
3	1. Owen Astrachan (55) 2. Bill Hansley (44) 3. Larry Bohs (52)	151	7:59*	16:51	26:03	32:52 (6:49*)	39:30 (6:38**)	15.70
4	1. Alan Schumacher (54) 2. Louise Guardino (70) 3. Rietta Couper (52)	176	8:49	19:34	30:18	38:25	46:53	15.98
5	1. Michael Murray (49) 2. Donald McDonnell (50) 3. Greg Sousa (42)	141	8:36	17:49	25:33	32:42	40:52	17.39
6	1. Tom Kirby (58) 2. Mary Szymkowski (48) 3. Candy Herrick (41)	147	8:16	17:41	27:09	35:26	43:37	17.80
7	1. Jim Worrell (60) laps 1, 2 2. Bart Bechard (47) laps 1-3, 5 3. Ken Becker (40) laps 1-4	147	10:30	24:13	31:21 (7:08*)	38:15 (6:54**)	45:10 (6:55**)	18.44
8	1. Emil Malizia (68) 2. Justine Johnson (37) 3. Steve Lorenz (37)	142	9:02	19:20	26:46	34:21	44:22	18.75
9	1. Chris Selvaggi (43) 2. Marshall Stanley (38) 3. Jeff Hall (46)	127	8:22	16:57 (8:35*)	25:42	32:33 (6:51**)	40:03	18.92
10	1. Paul Wormsbecher (50) 2. Libby Searles (46) 3. Katie Ollendick (36)	132	8:22	17:35	25:41	34:24	43:02	19.56
11	1. Matt Schumacher (16+4) 2. Ray Dooley (58) 3. Jon Cochran (50)	128	8:39	18:18	27:58	37:34	44:03 (6:29*)	20.65
12	1. Tracy Colleen Simpson (42) 2. Carolyn Huettel (47) 3. Jen Howard (37)	126	8:36	18:45	27:43	35:19	45:46	21.79
13	1. Finny Lorenz (12+8) 2. Zeph Putnam (58) 3. Ian Thomson (28)	106	8:05	17:03	25:14	33:47	41:46	23.64
14	1. John Jewell (55) 2. Kimberley Smith (31) 3. Seth Moser-Katz (26)	112	9:41	21:05	29:44	37:30	48:11	25.81
15	1. Karen Murphy (32)) 2. Aline Lloyd (40) 3. Thomas Markham (32)	104	8:55	18:47	28:17	37:57	45:44	26.38
	<i>Photographer:</i> Richard Wolfe (73)	n/a	14:43	32:39	51:36			n/a

Lap Notes:

Runner 1 ran laps 1, 2, 5 (except on team 7); runner 2 ran laps 1, 2, 3; runner 3 ran laps 1, 2, 3, 4. Lap 1 (Start set forward) was **0.95** mile. Laps 2-5 were each **1.11** mile.

Lap Highlights:

* = top split time in a column.
** = other notable splits.

Top age-graded splits:

75.21% for Louise's laps 1-3;
75.06% for Owen's lap 5.

WINTER SERIES SCOREBOARD

Name	Paid	Form	Shirt	Donuts	Misery	Couch Mtn.	New Year's	Eno Equal	Geezer Pleezer	Hard Climb 3 or 7	Hard Climb 10	Total Pts.	Pts. Needed
Astrachan, Owen	Y	Y		R								1	4
Bechard, Bart	Y	Y	M	R								1	4
Bohs, Larry	Y	Y	M	R								1	4
Boyce, Christopher	Y	Y	M	V								1	4
Bruer, Patrick	na RD		M				D					0	0
Caldwell, Ethan	Y	Y	L									0	5
Clabuesch, Jim	na RD	Y	L	R	D							0	0
Cochran, Jon	Y	Y	M	R								1	4
Couper, Rietta	Y	Y	MorS	R								1	4
Cullen, Sue	Y	Y	L									0	5
Dooley, Ray	Y	Y	L	R								1	4
Fowler, Walter	na RD			D								0	0
Gould, Chris	Y	Y	S									0	5
Guardino, Louise	Y	Y	M	R								1	4
Hall, Jeff	Y	Y	M	R								1	4
Hansley, Bill	Y	Y	L	R								1	4
Hansley, Susie	Y	Y	XL	V								1	4
Hensel, Doug	Y	Y	L									0	5
Howard, Jen	Y	Y	M	R								1	4
Huettel, Carolyn	Y	Y	M	R								1	4
Jewell, John	Y	Y	M	R								1	4
Klopfer, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R								1	4
Lloyd, Aline	Y	Y	S	R								1	4
Lucas, Luke	na RD		XL		D							0	0
Malizia, Emil	Y	Y	M	R								1	4
McDonnell, Donald	Y	Y	L	R								1	4
Miller, Ann	Y	Y	M	V								1	4
Moser-Katz, Seth	Y	Y	M	R								1	4
Murphy, Karen	Y	Y	MorS	R								1	4
Murray, Michael	Y	Y	L	R								1	4
Naylor, Paul	na RD		XL			D						0	0
Reagan, Jim	Y	Y	XXL	V								1	4
Retsch-Bogart, George	Y	Y	L	R								1	4

(Continued on page 9)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 9)

Name	Paid	Form	Shirt	Donut	Misery	Couch Mtn.	New Year's	Eno Equal	Geezer Pleezer	Hard Climb 3 or 7	Hard Climb 10	Total Pts.	Pts. Needed
Schultz, Gary	na RD		M	V					D			0	0
Schumacher, Alan	Y	Y	L	R								1	4
Schumacher, Matt	Y	Y	M	R								1	4
Searles-Bohs, Libby	Y	Y	M	R								1	4
Selvaggi, Chris	Y	Y	M	R								1	4
Simpson, Tracey Colleen	Y	Y	M	R								1	4
Smith, Kimberley	Y	Y	XS	R								1	4
Smith, Richard	na RD		L					D				0	0
Sousa, Greg	Y	Y	M	R								1	4
Sousa, Sara	Y	Y										0	5
Stanley, Marshall	Y	Y	L	R								1	4
Surh, Jerry	na RD		M							D		0	0
Szymkowski, Mary	Y	Y	M	R								1	4
Tuson, Jeff	Y	Y	M	R								1	4
Weed, Ronnie	Y	Y	S	R								1	4
Wolfe, Richard	Y	Y	L	R								1	4
Wormsbecher, Paul	Y	Y	XXL	R								1	4

OCTOBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:02pm on October 11, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Jane Bruer, Jeff Hall, Barbara Hindenach, Tom Kirby, Thomas Markham, Gary Schultz and your scribe, Henry Blinder.

In the absence of our Treasurer and Membership chair, we had no reports in those areas. The first report was from Jeff, updating us on Haberdashery. He has been researching options to have the Club logo embroidered on unadorned fleece hats already owned by the Club. He is also looking into acquiring visors and microfleece jackets.

Thomas had no news to report on the Newsletter. Halle informed us that "everything's on track" for the upcoming Winter Series.

Moving onto discussion items, Gary updated us on the Marathon Training Program. The shirts previously ordered should be arriving within the next week, and will then be distributed to participants.

We all agreed that the Club's fall picnic in Duke Forest had gone well. Thanks to Cathy Wides and the other volunteers for their work on this event.

Our final item was an update from Patrick on the continuing efforts to explore resurrecting some version of the Coach Bubba race traditionally held in the winter. He and Cathy met recently with the City of Durham Police staff on the traffic and logistical issues with the course. Based on our proposed operational plan, it looks like to the cost to the Club for City security and traffic control will be substantially higher than in the past. This is apparently due to

enhanced City risk management requirements.

However, the City appears agreeable to the proposed race course for either of the proposed dates of Saturday, February 18 or Sunday, February 19, 2012. Patrick believes the Saturday date is preferable, with a likely starting time of 7:30 am for the 20K race and a slightly later start for the 4-mile race. He has tentatively booked the timing personnel for the event, and is awaiting a firm cost figure from the Police Department. With our concurrence and appreciation, he will be continuing with his race organization efforts. Stay tuned for further developments.

Barely missing our PR meeting time record of 30 minutes from July, we adjourned at 7:33 pm.

—Henry Blinder

THE 28TH ANNUAL GODIVA WINTER SERIES

Run for the Donuts **Durham Academy, Upper School, 3601 Ridge Rd.** **Sun. Oct. 16 @ 10 am**



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. Nov. 13 @ 10 am**

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. 11 @ 10 am**

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. 1 @ 1 pm**

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. 15 @ 10 am**

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. 12 @ 10 am**

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.** **Sun. Mar. 18 @ 10 am**

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

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

Nov. 12	Running Free with K-Wayne 5K	Apex	Nov. 20	Wake County Healthy Lifestyles 5K	Cary
	Run for Life 5K	Cary		Triangle Expressway Trot	Morrisville
Nov. 12	Thunder Road Marathon	Charlotte	Nov. 24	"Double B" Gallop & Gorge 8K	Carrboro
	Run for History 5K	Hillsborough		Cross Roads Turkey Trot	Cary
	Outer Banks 8K, Buccaneer 5K	Kill Devil Hills		Inside-Out Sports Turkey Trot 8K	Cary
	Morrisville Fall 5K	Morrisville		Ridgewood Turkey Trot	Raleigh
	Run With a Mission 5K	Raleigh		Just Think First 5K	Raleigh
	Danville Half-Marathon/8K	Danville, VA		Gobbler's Run 5K	Wake Forest
	Richmond Marathon/Half/8K	Richmond, VA		Skinny Turkey Half Marathon	Raleigh
Nov. 13	New Hope Turkey Run	Chapel Hill	Nov. 26	Derby 50K	Derby
Nov. 13	Ron-A-Thon 5K Chapel Hill	Chapel Hill	Dec. 3	Run at the Rock	Burlington
	Southern Village 5K	Chapel Hill		Reindeer Romp 5K	Cary
Nov. 19	Raleigh Fall Festival 10K/5K	Raleigh	Dec. 10	Jingle Bell Run/Walk	Raleigh
	Outer Banks Marathon/Half	Outer Banks		Get Fit NC Road Race	Wake Forest
	Apex Turkey Trot	Apex	Dec. 11	Hope for Haiti 5K	Chapel Hill
	Eve Carson Memorial 5K	Chapel Hill		Bur-Mil 10K Trail Race	Greensboro
	Clayton Middle Turkey Trot 5K	Clayton		Active Chatham 5K Reindeer Run	Pittsboro
	Camp Chestnut Ridge Trail Run	Efland		Kiawah Island Marathon/Half	Kiawah Island, SC
	North Carolina Marathon/Half	High Point		Jolly Elf Trail Run	Cary
Raven Rock Rumble Trail Runs	Lillington				
Pinehurst Turkey Trot Half/10K/5K	Pinehurst				
Gobble Waddle 5K/10K	Smithfield				
Goose Creek Trail Races 10 Miler/7K	Washington				

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
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**

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

ADDRESS SERVICE REQUESTED



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