

VOLUME XXXVII
NUMBER 3

DECEMBER
2011



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

THANK YOU!!

This time last year, my tenure as your President began at the annual pizza party with the handing off of a baton. It's hard to believe an entire year has passed since that evening. Serving in this capacity has been a rewarding experience, one for which I am grateful. For that matter, I'm also grateful for the many volunteers who throughout the year applied their varied talents to keep our club, literally, running. Indeed, they are why the Carolina Godiva Track Club is such a dynamic organization!

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Just a few months ago, Summer Track guru, Charles Alden, was once again out at the UNC track bringing people together for some sizzling competition. I was not there this year, but can just see him and his small army of stopwatch brandishing sidekicks orchestrating competitive 100 meter sprints, mile runs, and 5K races. I still remember the Mount Everest Challenge a few years back during his mid summer madness, but I hear he shook things up this year with a 4/400 relay. As usual, it was all for the bargain price of \$1 per week. And even that was voluntary!

“Serving as President has been a rewarding experience, one for which I am grateful. I’m also grateful for the many volunteers who apply their varied talents to keep our club, literally, running.”

While the weather was still hot, the Winter Series was starting to heat up as Vice President Halle Amick began lining up a who's who of race directors to make you run for donuts, slog through cow manure, or scale the lofty peaks of Duke Forest! Speaking of Halle, let's rewind further back in time to when she organized the spring awards banquet. It was a spectacular success, especially since the food this year was from Spartacus. In other words, yum!

Our fall picnic back in September was conceived two years ago by long-time club member Cathy Wides. She has done a great job leading the effort ever since. Last spring, Gary Schultz was once again mentoring new runners with Running Start. And he was back again in the fall helping runners go the distance with his Marathon Training Program!

The nuts and bolts of our running club are the administrative roles. Though less glamorous, they are nonetheless important. Many of us know Jim Clabuesch as a blur speeding past us in some race, but he is also the

**DEADLINE FOR
JANUARY
NEWSLETTER:
DECEMBER 11TH
SEND SUBMISSIONS TO:**

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

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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

President	Chris Boyce	president@carolinagodiva.org
Vice President	Halle Amick	halle.amick@gmail.com
Treasurer	Kevin Nickodem	kevin.nickodem@firstcitizens.com
Meeting Secretary	Henry Blinder	ncjog@nc.rr.com
Membership Chair	Jim Clabuesch	jwcvh@mindspring.com
Haberdasher	Jeff Hall	haberdasher@carolinagodiva.org
Race Calendar Editor	Don Anthony	donanthony2@gmail.com
Highway Clean Up	Gordon Keeler	479-4965
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor Copy Editor	Thomas Markham Gary Schultz	newsletter@carolinagodiva.org
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

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

THE NEW YORK MARATHON: FROM 1978 TO 2011

(BY RICHARD SMITH)

I have been running marathons regularly for many years, but my brother, three years younger than I and a financial analyst in Britain, never seemed to share that interest. Imagine my surprise, then, when about a year and a half ago, David phoned to tell me that he planned to run the New York Marathon.

I didn't exactly think he was joking – we talked for some time about his plans and it was clear he had done some research on the topic – and I knew already that he was using a personal trainer to reduce weight and improve his fitness. Still, running a marathon would be a big step up from what he was doing previously. Naturally, I told him I would help in any way I could, and if I could figure out how to get an entry myself, I would join him for the race.

The New York Marathon occupies a very special place in my own personal history of running. It wasn't actually my first marathon – that distinction belongs to a small race in upstate New York – but it was my real introduction to world of competitive running. Back in 1978, I was not only amazed that anybody could organize a race of eight thousand runners (a huge number at the time) on the streets of New York, but even more so by the level of support and enthusiasm that it generated. As a result of that race, I went on to run marathons in many parts of the world, including five London Marathons and ten Boston Marathons. But until now, I have never returned to the New York Marathon.

There was another reason to consider running this year's race. For a couple of years now, I have been counting up to my fiftieth marathon. Number 49 was run in Boston, earlier this year. What could be more appropriate than to return to New York for number 50?

So, I set about trying to get in. I looked into the various methods of getting an entry, and realized that it was not beyond the bounds of possibility that I might actually qualify for an automatic entry based on time. Specifically, it appeared that in my age group, I would need to run a half marathon in 1:40 or better, which I felt should be within my capabilities. (Unfortunately for anyone else who might be thinking of doing the same thing, it seems that this way

of entering was just too popular; as in the Boston marathon before it, the standards have been significantly tightened for next year's race.) I duly qualified with a 1:37:52 in the 2010 Cannonball Run half marathon in Greensboro.

Meanwhile, I was getting regular reports of David's progress. Back in May, he ran his first-ever race, a 5K. Then in June, we met up and both ran a 10K charity race in London's Regent's Park – I was there with my family for a European vacation. He followed that up with another 10K, then a half marathon, then a 20-mile run. By this time it was becoming apparent that while he probably would not break the Smith family marathon record, he had an excellent chance of finishing the race.



My own training was not going so well, more due to work pressure than injuries. With a month to go, I was still very uncertain about running. However, after completing this year's Cannonball Run in 1:40 – slower than last year, but respectable given my training – I decided to make the attempt.

We met up with David's wife Sandra in New York the night before the race. Since we were in

different waves at the start, it didn't seem to make sense to try to meet on the morning of the race itself – for me, that meant the 5:30 ferry to Staten Island to make sure of getting to the 9:40 start. Early morning it was cold, but the promise was for excellent running conditions.

The early stages of the race went very well for me – perhaps too well, as I went through half way in 1:44, a minute under my planned 8-minute-mile pace. Then came the dreaded Queensboro Bridge section – seeing the bridge for the first time at around the 13-mile point, a couple of miles before actually running on to it, only served to remind me how steep the climb is on to the bridge. Then around the 17-mile point, on First Avenue, I had to duck into one of the Porta-Johns (fortunately, there were plenty of those along the course). After that, I was part-walking part-jogging the rest of the way, and finished the race in 4:05, slower than I had hoped for, but it still felt good to have finished.

(Continued on page 4)

NYC MARATHON, *Continued from page 3*

As for David, he had originally hoped to run under five hours and get his name among the results printed in the New York Times. At some point during the race he realized that was not realistic, but he seemed delighted to have finished in good shape, and is already talking about doing the London Marathon in the spring.

So how has the race changed over 33 years? Some bare-bones statistics – in 1978 there were 8,588 recorded finishers, in 2011, over 47,000. In 1978, 9% of the finishers were women; in 2011, 36%. In 1978, exactly 10% of the men finished in under 3 hours, and 10.7% of the women finished under 3:30. In 2011, the corresponding percentages were 3.6% and 4.6%. In 1978, the median times were 3:48 for men and 4:17 for women; in 2011, they were 4:13 for men and 4:38 for women. So the race has become much larger, and with a higher percentage of women, but with

overall slower times among both the men and the women. There are no surprises in any of that, perhaps, but it's worth remembering that even in 1978, the demographics of marathon running were very different from just a few years previously.

At a more personal level, if I thought that after so many other marathons I would no longer find anything special about New York, I was wrong. From the opening couple of miles on the Verrazano Bridge through to the final miles in Central Park, the course is spectacular, and the spectator support is as strong as it ever was. Parts of the course are much more gentrified than they were in the 1970s – the Williamsburg section of Brooklyn comes particularly to mind – and the old jokes about the dangers of running through the Bronx seem a little stale by now. Overall, however, the course is still very similar to what it was in 1978, and just as awe-inspiring. It was good to be back.

HOLIDAY PIZZA PARTY– DEC. 13TH

All club members are cordially invited to attend the CGTC annual membership meeting, which masquerades as a pizza feast at **Satisfaction Restaurant** (at Brightleaf Square in Durham). This year's meeting falls on **Tuesday, December 13th**, and will commence at **7:30 p.m.**

The main order of business will be the devouring of pizza, for which Dr. Godiva has graciously agreed to



foot the bill (drinks not included). Other agenda items will include the ceremonial passing of the baton from our outgoing president Chris Boyce to 2012 president Halle Amick, the election of the new Vice President, and the (re-) election of Treasurer Kevin Nickodem. So come on out and party on!

THANK YOU, *cont'd from page 1*

Membership Chair. He receives our dues, processes our information, and gathers our race results. We now have the option of paying dues through Pay Pal, a service researched by Barbara Hindenbach and set up by Patrick Bruer. These dues ultimately make their way to Treasurer – I mean Financial Meister – Kevin Nickodem, who deposits funds, cracks jokes, pays the bills, and generally makes sure we keep our Fortune 500 status!

Henry Blinder captures the gist of our business meetings with his meticulous notes of discussion items and decisions. He also reminds yours truly to stay on track when conversations threaten to distract everyone from the business at hand. Newsletter editor Thomas Markham, with the assistance of Barbara Hindenbach and Tom Kirby, design the newsletter and crank the presses. Thomas follows up on material for the newsletter, especially when a

certain someone is late with his column. When it does finally come his way, Gary Schultz is there to help with its editing. Patrick Bruer functions as our webmaster and Don Anthony, among other things, assists in updating our Race Calendar. Then there is our new Haberdasher, Jeff Hall, who makes sure we have cool threads to wear while we run!

The volunteers are many, especially considering all those who lead weekly runs, serve on committees, sit behind registration tables, and stand at aid stations with cups of water. Their service is what makes membership in the Carolina Godiva Track Club so worthwhile. I look forward to participating in many more runs and events made possible by their efforts. For everything they do, I thank them!

—Chris Boyce

NOVEMBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on November 8, 2011. Attendees included President Chris Boyce, Halle Amick, Patrick Bruer, Chris Crowder, Chris Gould, Jeff Hall, Barbara Hindenach, Lena Hollmann, Tom Kirby, Kevin Nickodem, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

Kevin led off the meeting with the Treasurer's report. He distributed a written summary of income and expenses for (i) October, (ii) the first third of the fiscal year beginning July 1, and (iii) a comparison of this most recent four-month period with the first third of the prior fiscal year. Membership fees are up and the Club is in "good financial shape," with a cash balance of \$38,286.

Next up was our Haberdasher's report. Jeff has been researching cost options and minimum order sizes for hats and visors to be embroidered with the Club's logo. He also informed us that Carolyn Huettel has done an inventory and that the Club is out of women's singlets and low on men's singlets. He'll price the cost options for restocking and report back to the Board.

The final report was from Halle, on the Winter Series: "One down and six to go." Run for the Donuts went well, and everything is on track for the upcoming races.

Moving onto discussion items, we first heard from Chris C. He is putting on three races in Granville County. Race proceeds will benefit the high schools there, as well as

help replenish supplies at the local food banks. While he has budgeted funds to pay the Club to use our timing equipment, we all agreed to make the equipment available at no charge.

Gary provided a Marathon Training program update. There have been more dropouts this year than usual, and the last group training run is on November 19.

Halle advised us that we now have a candidate for Vice President for the upcoming year.

We discussed procedures for nominations for Runners of the Year and Volunteer of the Year. Based on nominations received on the Club's website, the ROY and VOY committees will make the selections. Look for further details on the Club's website and elsewhere in the newsletter.

Lena, the Road Runner Clubs of American (RRCA) Southern Region Director, informed us that starting next year, RRCA's insurance carrier will no longer be covering "high risk" events such as "mudder"/obstacle course races and overnight relay events in the general liability policy. Therefore, if Clubs such as Godiva wish to obtain coverage for these types of races, a separate policy will be required. Kevin volunteered to look into the cost and options for an insurance policy for the 2012-13 Winter Series Misery Run. He will also check whether the Club's financial support to participants in the Blue Ridge Relay (BRR) might also trigger insurance requirements, even though the BRR

is not a Club race. This will be discussed further at a future Board meeting—stay tuned.

Patrick gave us an update on the ongoing exploratory work on the possibility of resurrecting the Coach

"We decided to put together a race committee in the coming months to work on restarting the Coach Bubba race for 2013."

Bubba race. Although he and Cathy have met since last month's Board meeting, there has

been limited progress made since last month. After considerable discussion, the Board concluded that there was not realistically enough time between now and the likely February race date to put the event together for 2012, at least not at the high level of quality and organization commensurate with past races. We decided to put together a race committee in the coming months to work on restarting the race for 2013. Thanks to Patrick and Cathy for their work on this item.

The final matter was from Lena. RRCA has prepared a "RRCA Case for Support" draft document. The thrust of the document is to make the case for donations to RRCA to support the mission of that organization. She is interested in input from interested Board members on the effectiveness of the document in making the case, and will distribute the draft for comment.

The meeting adjourned at 8:14pm.

—Henry Blinder

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Run for the Ta-Tas 5km

Wilmington, NC 10/8/11

Colin Jones 16:40 5:22 3rd O/M

Paws for Life 5km

Wake Forest, NC 10/22/11

Mel Levin 28:06 9:03 1st M 60-64

Ridge to Bridge Marathon

Jonas Ridge, NC 10/22/11

Jason Figge 3:16:14 7:29

Roger Halchin 3:16:15 7:29

Mike Walsh 3:31:31 8:05

Charles West 3:55:10 8:59

Lauren Figge 4:54:40 11:15

American Tobacco Trail Ten Miler

Apex, NC 10/22/11

Derek Fenton 59:37 5:58 1st M/M

Joe Shamblin 1:10:12 7:02

Ken Hamilton 1:15:15 7:32

Lena Hollmann 1:24:02 8:25 1st G/F

Cathy Mencarini 1:27:34 8:46

Courtney Van Houtven 1:27:37 8:47

Scott Lynch 1:28:13 8:50

Louise Guardino 1:38:20 9:51 3rd G/F

Joan Boone 1:43:16 10:21

Hanan Moussa 1:48:38 10:53

Priscilla Kilts 1:48:50 10:55

Pumpkin Trail Run 4K

Chapel Hill, NC 10/29/11

Craig Heinly 13:57 1st M/M

Greg Sousa 15:43 1st M 40-49

Owen Astrachan 15:57 1st M 50-59

Betsy Kempter 16:46 1st F/M

Jay Smith 17:05 1st M 60+

Scott Lynch 18:15

Steve Grathwohl 18:34

Sara Sousa 22:00

Clara Kempter 22:01 3rd F 13-14

Spinx Run Fest Marathon

Greenville, SC 10/29/11

Peter Hessling 4:33:44 10:27

Pittsboro Monster Dash 5km

Pittsboro, NC 10/29/11

Jason Figge 21:02 1st O/M

Lauren Figge 28:01 2nd O/F

Race Judicata 5km

Durham, NC 10/30/11

Craig Heinly (time n/a) 1st O/M

Monster Dash 5km

Raleigh, NC 10/30/11

Steve Mele 18:55 6:06 1st male 45-49

Andrew Scribner 19:16 6:13 1st M 40-44

Murphy Credle 23:27 7:34

Hunter Credle 23:55 7:45

Abie Harris 25:20 8:11 1st M 70+

Louise Guardino 27:24 8:53 1st F 70+

Mel Levin 33:50 10:58

Marine Corps Marathon

Washington, DC 10/30/11

Jennifer Allen 4:12:19

Elvis Borders 5:47:25

Heels 4 Hope 5km

Chapel Hill, NC 11/5/11

Jason Page 17:00 1st M 35+

Lisa Anderson 23:55 1st F 35+

Richard Crume 28:02

Free to Breathe 5km

Raleigh, NC 11/5/11

Andrew Scribner 20:02 6:28 1st M 40-44

Lena Hollmann 25:13 8:08 1st F 60-64

Abie Harris 25:46 8:18 1st M 70+

Jim Stephens 26:10 8:31

Mel Levin 27:44 8:58 3rd M 60-64

Bernadette Marriott 28:43 9:16 3rd F 60-64

Shut-In Ridge 17.8mi Trail Run

Asheville, NC 11/5/11

Ronnie Weed 2:49:34 13th O/M

Bart Bechard 3:04:37

Jim Clabuesch 3:07:12

Joe Shamblin 3:18:39

Doug Hensel 3:24:25

Shawn Harris 3:29:28

Greg Sousa 3:33:18

Nancy Pullen-Seufert 3:51:56

Leah Harkness 3:55:10

Joe Drommer 3:55:11

Karen Murphy 3:58:57

Marshall Stanley 3:58:59

Christopher Boyce 4:01:20

Guido Ferrari 4:07:52

Aline Lloyd 4:14:18

Steve Leopard 4:28:49

Heiko Rath 4:34:27

Mark Greenhalgh 4:49:11

NYC Marathon

New York, NY 11/6/11

Shannon Johnstone 3:24:31 7:49

Richard Smith 4:04:41 9:21

Charles West 4:59:08 11:26

Anthony Corriveau 5:03:35 11:36

Lisa Schlesinger 5:26:50 12:29

City of Oaks 10km/Half/Full Marathon

Raleigh, NC 11/6/11

10km

Colin Jones 34:57 5:38 1st O/M

Tom Kirby 48:36 7:50

Half

Guy Potter 1:22:47 6:19 1st M 40-44

Matthew Marum 1:35:40 7:18

Andrew Macknair 1:43:40 7:55

Paul Bloom 1:45:24 8:03 2nd M 60-64

Mary Szymkowski 1:52:43 8:36

Brian Durkin 1:54:19 8:44

James Gerdts 1:59:54 9:09

Dhruv Patel 2:01:45 9:18

Shauna Griffin 2:03:37 9:26

Laree Johnson 2:04:55 9:32

Mike Cawthorne 2:06:09 9:38 2nd M 65-69

Louise Guardino

2:16:16 (PR) 10:24 1st F 70+

Darice Witherspoon 2:24:54 10:59

Ken Hamilton 2:29:09 11:23

Mel Levin 2:31:40 11:35

Full

Allen Baddour 3:00:53 6:53 3rd M/M

Jim Hotelling 4:06:52 9:25 2nd M 60-64

Mike Walsh 4:28:43 10:15

Joe Seufert 4:48:44 11:01

Barbara Hindenach

4:49:50 11:04 1st F 60-64

New Hope Turkey Run 4 miler

Chapel Hill, NC 11/12/11

Jeff Hall 27:14 2nd O/M

Jim Clabuesch 28:11 3rd O/M

Rietta Couper 29:59 1st O/F

Deborah Springer 30:25 2nd O/F

Betsy Kempter 31:21 3rd O/F

Other Godiva members in the field: Heiko

Rath, Carolyn Huettel, Supatra Campbell,

Scott Herman-Giddens, Doug Hensel,

Clara Kempter, Shawn Harris, Martha

Klopfer, Darice Witherspoon, John Jewell,

Regis Lyons, Trevor Johnson, and Ray

Dooley.

Morrisville Fall 5km

Morrisville, NC 11/12/11

Brian Tajlili 18:36 1st M 19-29

(Continued on page 7)

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 6)

(Continued from page 6)

Thunder Road Full and Half Marathons

Charlotte, NC 11/12/11

Full

Charles West 4:28:15

Half

Katie Biasi 1:51:12.

Jeff Luttrell 1:56:55

Burwell School Run for History 5km

Hillsborough, NC 11/12/11

Susie Gilbert 31:14

Richmond 8km, Half/Full Marathon

Richmond, VA 11/12/11

8km

Andrew Signor 38:50

Half

Colin Jones 1:16:46 2nd M 40-44

Steve Arnold 1:27:18

Matthew Marum 1:35:14

Full

Tim Pierce 2:51:48 1st M 40-44

Ken Becker 2:58:22

Sandra Cooke 3:56:48

Charles Fiore 3:57:59

Southern Village 5km

Chapel Hill, NC 11/13/11

Shauna Griffin 28:51 9:21 3rd F 30-39

Richard Crume 29:26 9:30

Mia Gerdts 39:48 12:53

Laree Johnson 39:49 12:53

Outer Banks Half and Full Marathons

Kitty Hawk, NC 11/13/11

Half

Andrew Scribner 1:35:41 7:18

Lisa Anderson 1:48:31 8:17

Karen Bell 2:11:36 10:03

Jacob Sternfeld 2:12:39 10:08

Renee Rawson 2:13:03 10:09

Keith Levine 2:57:22 13:32

Frank Weber 2:58:18 13:37

Full

Gary Moss 3:19:07 7:36 1st M 60-64

David Coulter 4:17:56 9:51

Leigh Wynne 4:40:02 10:41

Gordon Caviness 4:58:55 11:25

Richard Wolfe 7:11:04 16:27

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

MUSICAL INTERLUDE: "RUNNING ON"

(BY ANDY COLLINS)

"Running On" was composed by club member Andy Collins, and has been recorded by his talented group of performers! The audio version can be heard at Andy's website: www.hoxoxoh.com

—Ed.

Out of bed early, running shoes put on
Everything ready, going off at dawn
A nervous sea of people, then a starting gun
Don't fail me now, feet, I'm itching to run

Running on, running on
One more time
Yeah, running on
Pure diehard, I'm up and gone
Proud to be a runner, I'm running on and on

Into a rhythm, got a second wind
Feeling it, yeah, sky-high my friend
Left foot, right foot, laying 'em down
Hotfooting all over the town

Running on, running on
One more time
Yeah, running on
Pure diehard, I'm up and gone
Proud to be a runner, I'm running on
Running on, running on
One more time
Yeah, running on
Gung-ho tempo, bopping along



Proud to be a runner, I'm running on and on

Freezing or raining
Regular training
Rock on out the door
Never surprising
Mood keeps rising
Cruise another mile or two or more

Arms slide, knees glide, loose and free
In the zone, people cheering for me
Homestretch coming, kick it on in
Golden creed: to finish is to win

Running on, running on
One more time
Yeah, running on
Pure diehard, I'm up and gone
Proud to be a runner, I'm running on

Running on, running on
One more time
Yeah, running on
Here, right now is where I belong
Proud to be a runner, I'm running on and on

Running on
Running on
Running on
I'm running on and on



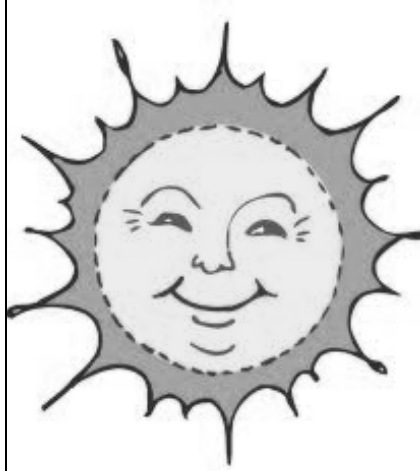
RECAP: MISERY RUN 2011

Watch out for the old switcheroo for next year. We may ditch the Misery Run name. The thought is, we might as well try to use reverse psychology on the weather gods with a "Balmy Run" or a "Mellow Run." Maybe then we'll get the wind and rain and cold the course deserves.

Anyway, this year we had the usual 60s and sunny, dry conditions. Nearly 80 starters and it seemed like at least than many came to watch. There were folks all over Luke's farm. No hospital visits this year (yeah!), and only a few rolled ankles and tumbles.

Luke and I had a strong team of hale & hearty volunteers. Aline Lloyd, John Jewell, Ethan Caldwell, Jim Reagen, Alan Schumacher, Matt Schumacher, Chris Boyce, Chris Selvaggi, Callie Hall, Alison Hall, Laura

Hall, Carolyn Judy, Emil Malizia, Libby Searles-Bohs, Erin McIntee, Karen Murphy, Patrick Akos, Gary Schultz, Mike Dacar, Mary Szymkowski, Susie Hansley, and Ann Sevareid-Miller among them. If I forgot a name, I am sorry. I should have written it down. Many others helped clean up afterwards too. Some of the above volunteered and then ran the race. Or the other way. Talk about energy!



Next year's logo? Yet another sunny day taunts Misery's race directors.

Special thanks to Luke Lucas for the use of his home and farm and for devising a fun course. Also to Carolyn Huettel for such good work on so many things this year that she could easily be counted as a race director. See race results on pages 9-11 for actual award winners. And stay tuned for next year...

—Jim Clabuesch

COUCH MOUNTAIN RACE 2011

Known to Godiva vets as the "Mud and Blood Run" the Couch Mountain affair has moderated due to global warming and changes in relations with Duke Forest and its neighbors. This year's race will be **Sunday, December 11th**, at **10:00 a.m.**, starting at the Duke Forest picnic shelter off NC 751 near US 70.

The run features both road and trail. We still traverse the mountain and the lollipop, have the death defying plunge to the bottom of the gully, followed by the climb out and a gentle slope to Cornwallis Road and on in to the finish.

Post race features include the, now historic, cheap beer swill and burning of meat of uncertain origin.

—Paul Naylor

NEW YEAR'S DAY RUN 2012

Welcome in 2012 at the Carolina Godiva Track Club New Year's Day Run on **Sunday, January 1st**. The course covers eight rolling kilometers (4.97 miles) of Duke Forest trails.



The race begins at **1:00 p.m.** on the campus of the Duke School, 3716 Old Erwin Rd., Durham.

Registration is day of event only: \$5.00 for adults, youths 18 and under run free. The race is the fourth event in the CGTC Winter Series. Godiva members can join the series on race day.

—Patrick Bruer

MISERY RUN 2011 RESULTS

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)
				Hr.	Min.	Sec.	Hr.	Min.	Sec.	
1	Alex Varner	26	M	0	40	0	0	37	28	152
2	Duncan Hoge	23	M	0	45	35	0	38	21	434
3	Matthew Hirschey	31	M	0	41	16	0	38	57	139
4	Guy Potter	42	M	0	39	50	0	40	36	46
5	George Linney	36	M	0	42	0	0	41	11	49
6	Jason Figge	39	M	0	40	12	0	41	15	63
7	Barton Bechard	47	M	0	42	0	0	41	48	12
8	Ronnie Weed	36	M	0	42	59	0	42	32	27
9	Jeff Hall	46	M	0	50	0	0	42	57	423
10	Wes Crouse	22	M	0	47	0	0	43	4	236
11	Larry Bohs	52	M	0	50	0	0	44	28	332
12	Owen Astrachan	55	M	0	46	32	0	44	48	104
13	Tom Wiltberger	41	M	0	49	0	0	45	57	183
14	Doug Hensel	38	M	0	43	6	0	46	9	183
15	Stephane Daniel	41	M	1	0	0	0	46	58	782
16	Rachel Blasiak	26	F	0	46	0	0	47	0	60
17	Nicholas Taylor	26	M	0	57	0	0	48	14	526
18	Donald McDonald	50	M	0	46	30	0	48	45	135
19	Ethan Caldwell	38	M	0	48	41	0	49	10	29
20	Chris Selvaggi	43	M	0	48	48	0	50	20	92
21	Matt Schumacher	16	M	0	39	43	0	50	45	662
22	Katie Ollendick	36	F	0	56	0	0	50	49	311
23	Connor McDonald	13	M	1	0	0	0	50	50	550
24	Dom Van Houtven	14	M	1	0	0	0	50	53	547
25	Keith Walkowaik	36	M	0	56	49	0	51	17	332
26	Rosie Kerwin	14	F	0	45	1	0	51	33	392
27	Candy Herrick	41	F	0	59	57	0	51	43	494
28	Mike Walsh	44	M	0	52	2	0	52	4	2
29	Heiko Rath	42	M	0	50	10	0	52	26	136
30	Marshall Stanley	38	M	0	51	47	0	53	21	94
31	Rietta Couper	53	F	0	53	0	0	53	23	23
32	Tom Maunz	31	M	0	51	25	0	53	46	141
33	Laura Heyneman	48	F	0	51	45	0	53	49	124
34	Katie Cebilovic	14	F	1	0	0	0	54	9	351
35	Deb Springer	38	F	0	55	20	0	54	10	70
36	Ann Miller	55	F	1	0	0	0	54	25	335

MISERY RUN 2011 RESULTS

(CONTINUED FROM PAGE 9)

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)
				Hr.	Min.	Sec.	Hr.	Min.	Sec.	
37	Michael Murray	49	M	0	40	0	0	55	1	901
38	Mike Bishop	46	M	1	1	18	0	55	3	375
39	Tom Kirby	58	M	0	53	1	0	55	10	129
40	Paul Wormsbecher	50	M	0	52	0	0	55	20	200
41	Kelly Bruno	27	F	0	47	45	0	55	43	478
42	Chris Boyce	37	M	0	55	0	0	56	21	81
43	John Lohnes	55	M	0	58	12	0	56	44	88
44	Parker Burns	14	F	1	2	0	0	56	57	303
45	Tom Hoerger	52	M	1	0	0	0	58	9	111
46	Bill Hansley	44	M	0	54	0	0	58	52	292
47	Dhruv Patel	31	M	1	7	0	0	58	54	486
48	Jon Cochran	50	M	1	5	0	0	58	57	363
49	Frank Rexford	52	M	0	55	0	0	58	58	238
50	Jennifer Rubatt	35	F	0	53	33	0	59	25	352
51	Hannah Schanzer	14	F	1	6	11	1	0	4	367
52	Jeff Tuson	60	M	1	5	12	1	0	5	307
53	Brandy Burns	36	F	1	2	0	1	0	17	103
54	George Retsch-Bogart	59	M	1	3	0	1	1	3	117
55	Mickey Lackey	66	M	1	11	52	1	1	49	603
56	Jim Hotelling	64	M	0	58	5	1	1	52	227
57	Peter Klein	49	M	1	7	0	1	1	53	307
58	Jessica Kettler	27	F	1	15	0	1	2	37	743
59	Shauna Griffin	34	F	1	11	24	1	2	42	522
60	Steve Munsat	46	M	0	58	0	1	3	26	326
61	Melissa Bishop	44	F	1	0	0	1	4	12	252
62	Leah Bishop	17	F	1	10	0	1	4	12	348
63	Lauren Figge	37	F	0	58	14	1	4	40	386
64	Leah Mehrick	14	F	1	0	0	1	5	3	303
65	Sara Owre	14	F	1	0	0	1	5	3	303
66	Allan Brunner	48	M	1	3	2	1	6	13	191
67	Sara Sousa	40	F	1	2	48	1	8	21	333
68	Greg Sousa	42	M	1	3	0	1	8	23	323
69	Leo Kaiser-Potter	9	M	1	10	0	1	10	43	43
70	Ryan Lynch	7	M	1	30	0	1	10	52	1148
71	Scott Lynch	43	M	1	30	0	1	10	53	1147

MISERY RUN 2011 RESULTS

(CONTINUED FROM PAGE 10)

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)
				Hr.	Min.	Sec.	Hr.	Min.	Sec.	
72	Susan Slade	55	F	1	7	15	1	11	9	234
73	Barbara Hindenach	60	F	1	7	8	1	15	4	476
74	Louise Guardino	70	F	1	17	22	1	15	5	137
75	Karla Henderson	62	F	1	15	0	1	15	34	34

AND THE CHOCOLATE GOES TO ...

<p>1st Open Male: Alex Varner 1st Master Male: Guy Potter</p> <p>1st Open Female: Rachel Blasiak 1st Master Female: Candy Herrick</p>	<p>1st Best Predictor: Mike Walsh 2nd Best Predictor: Barton Bechard 3rd Best Predictor: Rietta Couper</p> <p>Youngest Finisher: Ryan Lynch Oldest Finisher: Louise Guardino</p>	<p>Median Finisher(s): Mike Bishop*; Tom Kirby†</p> <p>Stick To It Award: Karla Henderson</p> <p>* Based on cleaned results † Based on initial results</p>
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THE JOY OF RUNNING: HOW YOGA GOT ME RUNNING AGAIN

(BY STEVE LEOPARD)

The joy of running—this was me for decades. Every run was a joy. Even the torturous ones. Hundreds of races filed by in my head. Ultras were my latest venture in running and I loved training. Then, about six years ago, the aches and pains started. The aftereffects of the hard runs began lingering in my legs for a few days. You know the feeling. Not being able to get out of your car easily after your drive home from your runs.

Maybe I need to train more I thought? This did not work. Maybe some Ibuprofen would help? Yeah, at first. Then the stiffness set in.

Next, ITB problems began popping up. Dang. What is going on? Then, even the easy runs left me whipped. My legs took forever to recover. Then the fitness dropped off due to the inability to train. The weight gain came with reduced exercise. Runs became every 2-3 days, then every 3-4. What is happening to the thing I love? Why is it causing me so much pain?

Maybe some massage would help? At first. Maybe the foam roller would be the magic bullet? It helped! Oh yeah-maybe, go to an orthopedist? That should solve everything. Or—maybe not.

So, the X-rays of my knees came back bad. Really bad. Like 70 year old man in need of a knee replacement bad. At 46? What the heck? With some synovial fluid injections, I was able to run again, at first, but they wore off pretty quick. I went on like this until about six months ago.

I ran every last step out of my body. The engine was still there and had led me to start cycling. This saved my sanity. The knees were still bad.

Finally—and after spending a couple grand on bike gear—I've found something that gives me hope: yoga. On some real level this was about quality of my life, not just about running. I could not go through life not being able to bend my legs. Whew.

“Then a magical thing happened. I went to Umstead and ran without much pain and it was easy again.”

The yoga classes were a strange world. The first class was a “Yoga for Athletes” class. This seemed to be the best way to address my stiff body. It was hard at first, then it started getting better. My knees hurt less, my legs were stronger. My body was not tight with pain and stiffness every day.

Then a magical thing happened. I went to Umstead and ran without much pain and it was easy again. The knees would never get better but, what a joy to have some of the gift of running back. Now, I'm practicing yoga a little every day and going to a class or two each week. I will never be the runner I was and I suck at yoga, but that's not the point, is it? The point is to enjoy the run, not to be a moody, competitive, grouchy, achy person. The point is to enjoy the energy of others around you and the trails that are a part of you. Take care of the little things before the gift that is running is gone.

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
Amick, Halle	na SD			SE	R	IES	DI	REC	TO	R		0	0
Astrachan, Owen	Y	Y		R	R							2	3
Bechard, Bart	Y	Y	M	R	R							2	3
Bohs, Larry	Y	Y	M	R	R							2	3
Boyce, Christopher	Y	Y	M	V	V/R							2	3
Bruer, Patrick	na RD		M				D					0	0
Caldwell, Ethan	Y	Y	L		V/R							1	4
Clabuesch, Jim	na RD	Y	L	R	D							0	0
Cochran, Jon	Y	Y	M	R	R							2	3
Couper, Rietta	Y	Y	Mor S	R	R							2	3
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	R							2	3
Hall, Jeff	Y	Y	M	R	R							2	3
Hansley, Bill	Y	Y	L	R	R							2	3
Hansley, Susie	Y	Y	XL	V	V							2	3
Henderson, Karla	Y	Y	M		R							1	4
Hensel, Doug	Y	Y	L		R							1	4
Hotelling, Jim	Y	Y	L		R							1	4
Howard, Jen	Y	Y	M	R								1	4
Huettel, Carolyn	Y	Y	M	R	V							2	3
Jewell, John	Y	Y	M	R	V							2	3
Klopfers, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R								1	4
Lloyd, Aline	Y	Y	S	R	V							2	3
Lloyd, Gwendolyn	na<18	Y	S									0	5
Lucas, Luke	na RD		XL		D							0	0
Malizia, Emil	Y	Y	M	R	V							2	3
Markham, Thomas	Y	Y	L	R								1	4
McDonnell, Donald	Y	Y	L	R	R							2	3

(Continued on page 13)

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)

Dec. 10	Hope for Haiti 5K	Chapel Hill	Mar. 10	Big Bad John Rock 8K	Pisgah Forest
	Bur-Mil 10K Trail Race	Greensboro		Run for the Oaks	Raleigh
Dec. 31- Jan.1	Active Chatham 5K Reindeer Run	Pittsboro	Mar. 17	UNC Kidney Kare 5K	Chapel Hill
	Jolly Elf Trail Run	Cary		Hanging Rock 12K Trail Race	Danbury
Jan. 7	Kiawah Island Marathon/Half	Kiawah Island, SC	Mar. 18	Tobacco Road Marathon/Half	Cary
	R.I.T.N.Y. (Run in the New Year)	Cary		Wrightsville Beach Marathon/Half	Wrightsville Bch
Jan. 14	Run for Young 5K	Raleigh	Mar. 24	Crowders Mt 10 Mile Trail Race	Crowders Mt. SP
Jan. 7	Little River Trail Runs	Hillsborough		April 1	Raleigh Rocks Half/5K
Feb. 4	Uwharrie Mountain Run	Uwharrie NF	April 15	RunRaleigh Half/5K	Raleigh
Feb. 25	South Mountains 17K Trail Race	Connelly Springs		April 17	Charlottesville Marathon/Half/8K
Feb. 26	Crystal Coast Half/5K	Morehead City	April 21		Fleet Feet Sports 4+ Mile
Mar. 3	Colonial Half/5K	Williamsburg, VA		Tar Heel 10-Miler	Chapel Hill
	Umstead Trail Marathon	Raleigh	Blue Ridge Marathon	Roanoke, VA	

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
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ADDRESS SERVICE REQUESTED



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