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2012



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A GODIVA RESOLUTION

It feels a little surreal: six years ago, I wasn't a runner at all, and now I'm writing my first column as the president of CGTC. My first official 5k (well, first since my age was a single digit, anyway) was the 2006 Race for the Cure - my official graduation from the Club's Running Start program. A typical overachiever, I decided that I wanted to push myself farther and registered for a half-marathon over Labor Day Weekend and, later that fall, a marathon. Ambitious? For sure. Terribly bright? Up for debate. After a successful half-marathon, I fell victim to severe tendinitis and only completed the full after six weeks of not running and a night-before decision to give it a shot.

Since then, I've learned so much about running, yes, but also about myself. I've found that I'm able to calm my sometimes relentless thoughts by going out for a jog on a crisp fall morning. I have discovered that it's okay not to be the fastest, the best, or the winner, and that sometimes just finishing is an awesome accomplishment. I'm still struggling with the concept of running for running's sake, rather than to prepare for an upcoming event.



Mostly, though, I've met some of the best friends I've ever had. Some of them were fellow newbies with whom I bonded during the grueling transition from two minutes of jogging at a time to three minutes; others are friends I've picked up along my way to eight marathons and several other long-distance races. Each is unique, and yet I wouldn't have met most (if any) of them without running and especially without Godiva. So, whenever I've been asked throughout the past few years to serve the club in various capacities, I've hardly had to think for more than a second.

I don't know for sure, but I imagine that we have a relatively normal (in

(Continued on page 3)

**DEADLINE FOR
FEBRUARY
NEWSLETTER:
JANUARY 15TH**

SEND SUBMISSIONS TO:

NEWSLETTER
@
CAROLINAGODIVA.ORG



www.usatf.org



GODIVA ONLINE

<http://www.carolinagodiva.org>

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

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

A GODIVA RESOLUTION, *continued from page 1*

all senses of the word) distribution of distances represented by CGTC membership: several track runners who specialize in short sprints, a handful of runners who push themselves in ultramarathons, and the majority of us somewhere in between.

Being on the longer-distance end of the spectrum and participating in the fall Marathon Training Program has allowed me to become friends with many of you – there’s nothing like good company to make a 20-mile training run go by just a little faster. Volunteering as a pacer with the spring Running Start program gives me the chance to meet many others, particularly those who are new to our sport (or are returning after a long hiatus) and those who selflessly volunteer to be pacers.

But you short-distance gazelles... I admit to not knowing many of you. Every summer Tuesday, I think to myself, “Self, you’re going to attend Summer Track tomorrow. I know you don’t like ‘speedwork,’ and you feel rather spastic and self-conscious around the agile and graceful sprinters. Get over it! Go, have fun, and meet people!” Know how many Summer Track nights I attended in 2011? Zero.

Yes, I admit that I failed to get to a single track night. That will not happen in 2012, mainly because of this: I hereby pledge to attend at least 4 track nights this summer. In addition, I pledge to introduce myself to at least 5 people at each meet. So, to my (at least) 20 soon-to-be acquaintances (and maybe even friends), I look forward to meeting you! And to those of you who already know me, please make sure I stick to this pledge.

I challenge each of you to make a similar pledge for 2012. Get yourself to a Godiva event or activity in which you’ve never participated: join a weekly run; volunteer at the Umstead Marathon; be a pacer with Running Start or the Marathon Training Program; run a Winter Series event; come to the Spring Banquet... and while you’re doing so, be sure to introduce yourself to someone there. Long-time Godivans, reach out a friendly hand and welcome newer or new-to-you members; newbies, chat up a veteran runner – they’re full of wisdom and usually keen to share it!

In the unlikely event that you find none of CGTC’s activities appealing, let me know what sorts of thing you enjoy doing; with over 600 members, you’re

bound to have some kindred spirits. Want a CGTC book club? Great! Godiva singles mixers? Heck, yeah! Weekend baby jogger runs? Roll on, moms and dads! All it takes is one person to lead the charge – why not you?

The bottom line is this: over the next 12 months, I will serve the Club as well as I can. To do that, I need the help of its membership. If you’ve got a suggestion as to how the Club can best meet your needs, email me at president@carolinagodiva.org. I look forward to hearing from (and meeting more of) my fellow Godivans. See you soon!

—Halle Amick

P.S. I’ll be putting out calls for newsletter submissions throughout the year (see below); if a topic speaks to you, please don’t be shy about sending in your thoughts!

SUBMIT TO THE NEWSLETTER!!

Has there been a running moment that has inspired you? An event that changed your perspective on things? An athletic challenge or accomplishment that stands out in your memory? If so, don’t keep it in - share it with your fellow Godivans!

We’re always looking for member contributions to the newsletter, be they race reports, fond running recollections, or funny tales from the trails. Please consider contributing a piece to enlighten and entertain us.

To that end, here are some questions to get your creative juices flowing:

- ◆ Which runners (elite and not) have inspired you, and how so?
- ◆ What was your proudest moment as a runner?
- ◆ What’s your “bucket list” event - the one you hope to do before you’re no longer running?
- ◆ Why did you start running in the first place?
- ◆ How do you select the events in which you’ll run, and why do you choose one race over another?

Send your stories to newsletter@carolinagodiva.org, and we’ll do our best to print them throughout the year.

MENTORING: GIVING SOMETHING BACK TO RUNNING

(BY STEVE LEOPARD)

It was not until my ability as a runner diminished that I realized I had a desire to give something back to sport I loved so much. Sure, I've supported my running buddies through thick and thin and had some allegiances to a running club or two, but giving back to the running community as a whole is what was needed.

All of the freakish knowledge I had acquired over 30 years needed to have an outlet. I'd always felt comfortable giving advice to runners of my ability or faster but I started to wonder if I could make the transition to the average or beginning runner. It just so happened that a friend of mine, Jessi, decided to start running at age 32. She had no athletic background and was trying to start up from zero running experience. She mentioned that a trail running group through Fleet Feet in Raleigh was starting a program in mid summer. I decided to be a mentor to that session of the Mud Runners group.

My first surprise was that people at the back of the pack push themselves just as hard as those in the front. They may be out there for 30 to 40 minutes to do a 5k but they are pushing their own physical and mental limits. The second thing that surprised me is that mentoring can take different tacks. It can be a formal thing to an organized group of runners doing a specific training plan for a goal race *or* it can be more organic. Encouraging friends to run, running with work mates or helping write up a training program are

some of the more organic ways to mentor. This is where I may have found a niche. It seems that, to be a successful mentor, you really have to know each runner you are helping in an in depth way. You need to know their lifestyle, athletic background, goals, mental and physical needs, and most important, their motivation. The learning curve for such a simple sport is as steep as Hard Climb Hill.

“If you want to mentor or are doing it now, I don't have to tell you how inspiring it can be.”

If you want to mentor or are doing it now, I don't have to tell you how inspiring it can be. Watching someone run their first 5K or trail race can be more

inspiring than all the marathons or ultras you have run. The thing that seems most important in mentoring runners is to share with them good recovery tips and mental tips on how to adapt to the stress of running. This sets the foundation for a long, injury-free, and successful habit. The one thing that I personally try to share is not just the technical aspects, but also the joy of running and pushing oneself, the joy of being outside and enjoying whatever weather it brings, the creative aspect of trying new routes and finding new people to run with. Running is a first step, running with a club is a second and sharing the worldwide running community through mentoring is a new pinnacle.

FEATURED UPCOMING RACES

FALLS LAKE FAT A** ULTRA RUN

Saturday, January 21, 8:00 a.m.
Falls Lake Recreation Area

This is an informal, “fat-a**” run, so special rules apply, including *no entry fees*. Distances are available from 26.2 to 53.4 miles.

Course Description: “Single track trails with enough beauty to keep you looking forward, and enough roots and rocks at your feet to keep you honest.”

For complete information, go to <http://tinyurl.com/flfa2012>

PANTHER 8KM AND 2MI FUN RUN/WALK

Saturday, February 25, 9:00 a.m.
Granville Central High School, Stem, NC

Race-day registration available. Long-sleeve t-shirts guaranteed to pre-registered entrants. Proceeds to benefit the Granville Central High School Cross-Country team and the Area Congregations in Ministry Food Pantry of Oxford.



LOVE STORY 2011: ME AND MY BONDI B'S

(BY MARY SZYMKOWSKI)

I am in love . . . with my Hoka One One Bondi B's. We all know that wonderful feeling of falling in love – meeting the towheaded young man who asks you for directions and who you immediately know you will marry; bringing home that puppy who captures your heart and becomes your soul mate; finding that forever friend in whom you can confide anything . . . going for that first run in a perfect pair of running shoes!

I first heard of the Hokas from an ultra marathoner who literally has no cartilage in one of his knees. With these shoes he was able to reclaim speed he had long ago lost. He proselytized for the shoes to anyone who would listen. Not being one to blindly follow trends, I listened to his siren song, but was able to resist—that is, until a neuroma that had plagued me for years reared with a vengeance in a recent race.

My towheaded love (yes he's still with me but no longer blonde) sensed my desperation and bought a pair of the Hoka Bondi B's as an early birthday present. Curious, I hesitantly tried them out on a treadmill, just days after that painful finish in the City of Oaks half marathon. During an 8 minute mile I observed the familiar slapping from my problematic foot, but no pain! Maybe there is something to this.

Still not convinced, I ran some sprints on an indoor track—it was like I had feather pillows on my feet. Interesting. With their thick midsole, these shoes are a discordant response to the barefoot running craze. My fear was that my less than goat-like ankles would be subject to rolling in them. Instead, I felt oddly secure



taking a spirited jaunt around the tight turns of the indoor track. Maybe these are keepers after all.

I was persuaded to take this new love for a romp, but not yet ready for a long term commitment. I laced them up and off I went down the trail (recently one of tears) with my trusty mutt padding easily alongside.

As the pace builds to steady state, there's a gentle bouncing but surprisingly no pain. I sense the oxytocin beginning to course through my veins.

As I begin my ascent of the first of the looming hills, the sweetness doesn't abate. Only one hurdle remains—the downhill, and anxiety grips me as I crest the hill. Joy! It's as if I'm floating along, recalling the days when a downhill was something to relish.

It's over now; I'm head over heels (only figuratively). The intended three miles turns into four. The punishingly hilly route is now beckoning. My new love is a delight! Yes, yes, yes (à la Meg Ryan in *When Harry Met Sally*)! My feet pound the trail. Yes, yes, yes! Four miles melt into five. I am in L-O-V-E. I find myself running faster. Still no discomfort, only bliss. Five miles turn into six, then seven. With bosom heaving, drenched in sweat, ecstatic, my thoughts turn to a decades old quest of running eight minute pace for a half marathon. I have found a new love! I still love the towheaded boy, my four-legged kids and my dear friends, BUT . . . the Bonda B's give me a pleasure like no other. And I DO want an "I'm sorry" from the stability shoes that won me over only to betray me after years of contentment!

AT THE RACES is on Christmas hiatus (you know, like the Car Talk Puzzler™). Look for your results in an upcoming issue. And don't forget to keep submitting them to Jim Clabuesch at jwcvh@mindspring.com or to the newsletter at newsletter@carolinagodiva.org



—Ed.

PATCHES??

We don't need no stinkin' patches. Well, maybe not *need*, but they are nice to have. Club Haberdasher Jeff Hall has arranged to obtain Godiva-logoed patches that will be used to adorn some leftover stock, and a surplus will be available for sale through the usual channels. Use them on your sports bag, a favorite warm-up jacket, the family pet, etc. Look for them at upcoming club events!

COUCH MOUNTAIN 2011 RESULTS

Place	Name	Time	City	Place	Name	Time	City
1	Hoerger, Jacob	29:44	Chapel Hill	35	Gould, Chris	41:31	Durham
2	Hirschey, Matt	30:18	Durham	36	Hill, Jeff	41:38	Chapel Hill
3	Tajlili, Brian	31:26	Durham	37	Silva, Hernan	41:51	Durham
4	Bechard, Barton	31:28	Durham	38	McAlister, Diana	41:54	Raleigh
5	Kelley, Mike	32:20	Chapel Hill	39	Murray, Michael	42:15	Chapel Hill
6	Hall, Jeff	32:39	Cary	40	Putnam, Zeph	41:20	
7	Corriveau, Anthony	33:14	Cary	41	Hill, Harold	41:26	Chapel Hill
8	Clabuesch, Jim	33:58	Durham	42	Wormsbecher, Paul	42:29	Apex
9	Astrachan, Owen	34:10	Chapel Hill	43	Branin, Jeff	42:40	Wake Forest
10	Weed, Ronnie	35:01	Durham	44	Tyll, David	42:45	Hillsborough
11	Hensel, Douglas	36:20	Durham	45	Grant, Cash	42:59	Creedmor
12	Grimes, Latham	37:03	Chapel Hill	46	Markham, Thomas	43:21	Durham
13	Couper, Rietta (1st female)	37:16	Chapel Hill	47	Schumacher, Alan	43:22	Efland
14	McDonnell, Donald	37:26	Chapel Hill	48	Kenan, Anna	43:30	Chapel Hill
15	Springer, Deb	38:01	Durham	49	Lackey, Mickey	43:35	Raleigh
16	Boyce, Christopher	38:05	Chapel Hill	50	Bloom, Shelly	43:40	Durham
17	Murphy, Karen	38:10	Durham	51	Larson, Denise	43:50	Durham
18	Caldwell, Ethan	38:17	Raleigh	52	Dooley, Ray	44:00	Chapel Hill
19	Maunz, Tom	38:59	Durham	53	Burns, Brandy	44:38	Raleigh
20	Rath, Heiko	39:02	Durham	54	Retsch-Bogart, George	44:39	Chapel Hill
21	McDonald, Connor	39:11	Chapel Hill	55	Rexford, Frank	44:40	Chapel Hill
22	Herrick, Candy	39:14	Durham	56	Lloyd, Aline	44:50	Durham
23	Fiore, Charles	39:41	Durham	57	Allan, Jeff	44:55	Hillsborough
24	Kenan, Alexander	39:51	Chapel Hill	58	Lewis, James	45:00	Durham
25	Bloom, Paul	39:54	Durham	59	Van Houtven, Courtney	45:23	Chapel Hill
26	Van Houtven, Dominic	40:05	Chapel Hill	60	Youngman, Paul	45:24	Chapel Hill
27	Stanley, Marshall	40:10	Durham	61	Munsat, Steve	45:53	Chapel Hill
28	Teagarden, Eric	40:15		62	Kelly, Kathy	45:00	Pittsfield
29	Lynch, Scott	40:20	Durham	63	Finkelstein, Eric	46:06	Chapel Hill
30	Toor, Rachel	40:40	Spokane	64	Hoerger, Tom	46:07	Chapel Hill
31	Smith, Richard	40:41	Chapel Hill	65	Walsh, Kim	46:54	Chapel Hill
32	Hunter, Jon	41:00	Durham	66	Lada, Tom	47:16	Raleigh
33	Cooke, Sandra	41:10	Durham	67	Hotelling, Jim	47:58	Chapel Hill
34	Heyneman, Laura	41:15	Chapel Hill	68	Malizia, Emil	48:25	Chapel Hill

COUCH MOUNTAIN RESULTS, CONT'D

Place	Name	Time	City		Place	Name	Time	City
69	Szymkowski, Mary	49:37	Cary		78	Slade, Susan	53:23	Durham
70	Huettel, Carolyn	50:49	Durham		79	Throm, Mike	54:04	Chapel Hill
71	Amick, Halle	50:56	Durham		80	Moussa, Hanan	54:10	Raleigh
72	Burns, Parker	51:21	Raleigh		81	Flores, Michael	54:40	Raleigh
73	Hindenach, Barbara	51:40	Durham		82	Jewell, John	54:53	Durham
74	Kirby, Tom	51:41	Durham		83	Lynch, Ryan	56:05	Durham
75	Guardino, Louise	51:55	Cary		84	Maunz, Emily	59:08	Durham
76	McIntee, Erin	52:13	Durham		85	Pooley, Paul	1:02:53	Durham
77	Henderson, Karla	53:15	Durham					

Despite warnings of temperatures in the 20's, the day dawned clear, sunny, and about 34 degrees. The message must have been positive since we had our largest turn out ever, 85 finishers.

Thanks to the efforts of our hardy volunteers, runners were registered, additional food was obtained, and a great fire was built. Thanks again for all your work.

—Paul Naylor

THANK YOU COUCH MOUNTAIN VOLUNTEERS!!

Chris Crowder	Jim Reagan
Odile Gould	Chris Gould
Alexandra Garcia-Granados	
Dan Kenan (Medical Support)	
Jen Howard (assisted by Owen & Avery)	
Julie Messina	
(Intrepid gatherer of additional vittles)	
Allen Hoffman (Parking/Hamburger Chef)	

ENO EQUALIZER 2012

The fifth race in the Godiva Winter Series is the Eno Equalizer, at Eno River State Park on Sunday, Jan. 15, at 10 a.m. As this race has a somewhat unusual format, which has evolved gradually over the years, I have usually found it helpful to explain briefly what that is.

The race is for teams of three runners; teams are formed at the start of the race (like the Donuts Run). Each runner is given an individual handicap time based on their past performances in Winter Series events; for those who have not previously participated in the winter series, you will be asked to give a recent 5K or 10K road race time, or an estimate of your time for a 5K or 10K. This is different from the Geezer Pleezer race, where the handicaps are based on age and sex but not on individual running performances.

The handicaps are based on a scratch time of 25 minutes; for example, if you are given a handicap time of 12 minutes, that means that you are projected to finish the course in 37 minutes. The course is one lap of the Cox Mountain trail, officially 3.75 miles but very hilly. Also, much of it is on narrow tracks where you have to watch your footing.

The twist in the race rules is that runners are allowed to trade times with their team mates, so long as the total handicap time for each team is preserved. For example, let's say that Alice is given an 8-minute handicap, and her teammate Bill a 12-minute handicap. But after discussing it with each other, they agree that a fairer handicap would be 9 minutes for Alice and 11 minutes for Bill. Since this does not change the team's total handicap (12+8=20=9+11), it's okay for them to make that switch. You will be given a team declaration form where you are asked to write down the actual handicaps before the start of the race. The winning team is the first to get all three runners home.

Please watch out for announcements on the club webpage or listserv in the event of bad weather. Also, the Eno River Park officials have expressed concern about the number of parking spaces we occupy, which don't leave too many for other users of the park. Please carpool to the extent practicable.

—Richard Smith

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	R						3	2
Bechard, Bart	Y	Y	M	R	R	R						3	2
Bohs, Larry	Y	Y	M	R	R							2	3
Boyce, Christopher	Y	Y	M	V	V/R	R						3	2
Bruer, Patrick	na RD		M				D					0	0
Caldwell, Ethan	Y	Y	L		V/R	R						2	3
Clabuesch, Jim	na RD	Y	L	R	D	R						0	0
Cochran, Jon	Y	Y	M	R	R							2	3
Couper, Rietta	Y	Y	M/S	R	R	R						3	2
Cullen, Sue	Y	Y	L									0	5
Dooley, Ray	Y	Y	L	R		R						2	3
Flores, Mike	Y	Y	XL			R						1	4
Fowler, Walter	na RD			D								0	0
Gould, Chris	Y	Y	S			R						1	4
Guardino, Louise	Y	Y	M	R	R	R						3	2
Hall, Jeff	Y	Y	M	R	R	R						3	2
Hansley, Bill	Y	Y	L	R	R							2	3
Hansley, Susie	Y	Y	XL	V	V							2	3
Henderson, Karla	Y	Y	M		R	R						2	3
Hensel, Doug	Y	Y	L		R	R						2	3
Heyneman, Laura	Y	Y	S		R	R						2	3
Hindenach, Barbara	Y	Y	M/S	V	R	R						3	2
Hotelling, Jim	Y	Y	L		R	R						2	3
Howard, Jen	Y	Y	M	R		V						2	3
Huettel, Carolyn	Y	Y	M	R	V	R						3	2
Hunter, Jon	Y	Y	M			R						1	4
Jewell, John	Y	Y	M	R	V	R						3	2
Kelley, Mike	Y	Y	L			R						1	4
Kirby, Tom	Y	Y		R	R	R						3	2
Klopfer, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R		R						2	3
Lloyd, Aline	Y	Y	S	R	V	R						3	2
Lloyd, Gwendolyn	na<18	Y	S									0	5
Lucas, Luke	na RD		XL		D							0	0

(Continued on page 9)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 8)

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
Malizia, Emil	Y	Y	M	R	V	R						3	2
McDonnell, Donald	Y	Y	L	R	R	R						3	2
McIntee, Erin	Y	Y	S		V	R						2	3
Miller, Ann	Y	Y	M	R	V/R							2	3
Moser-Katz, Seth	Y	Y	M	R								1	4
Moussa, Hanan	Y	Y	M			R						1	4
Munsat, Steve	Y	Y	L		R	R						2	3
Murphy, Karen	Y	Y	M/S	R	V	R						3	2
Murray, Michael	Y	Y	L	R	R	R						3	2
Naylor, Paul	na RD		XL			D						0	0
Rath, Heiko	Y	Y	M		R	R						2	3
Reagan, Jim	Y	Y	XXL	V	V	V						3	2
Retsch-Bogart, George	Y	Y	L	R	R	R						3	2
Rexford, Frank	Y	Y	M		R	R						2	3
Rubatt, Jennifer	Y	Y	M		R							1	4
Schultz, Gary	na RD		M	V	V				D			0	0
Schumacher, Alan	Y	Y	L	R	V	R						3	2
Schumacher, Matt	Y	Y	M	R	V/R							2	3
Searles-Bohs, Libby	Y	Y	M	R	V							2	3
Selvaggi, Chris	Y	Y	M	R	V/R	R						3	2
Simpson, Tracey Colleen	Y	Y	M	R								1	4
Slade, Susan	Y	Y			R	R						2	3
Smith, Kimberley	Y	Y	XS	R								1	4
Smith, Richard	na RD		L			R			D			0	0
Sousa, Greg	Y	Y	M	R	R							2	3
Sousa, Sara	Y	Y			R							1	4
Stanley, Marshall	Y	Y	L	R	R	R						3	2
Surh, Jerry	na RD		M							D		0	0
Szymkowski, Mary	Y	Y	M	R	V	R						3	2
Throm, Michael	Y	Y	M			R						1	4
Tuson, Jeff	Y	Y	M	R	R	R						3	2
Tyll, David	Y	Y	S			R						1	4
Weed, Ronnie	Y	Y	S	R	R	R						3	2
Wolfe, Richard	Y	Y	L	R		V						2	3
Wormsbecher, Paul	Y	Y	XXL	R	R	R						3	2

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)

Jan. 14	Lakeside Trail Races 15/8 Miler Little River Trail Runs Frostbite 5K	Browns Summit Hillsborough Kill Devil Hills	Mar. 3	Rumba on the Lumber Get Your Rear in Gear 5K St. Patty's Run Green Umstead Trail Marathon	Lumberton Raleigh Raleigh Umstead SP
Jan. 21	Falls Lake FA (26.2 to 53.4 mi.) Chilly Open/ACS 5K	Falls Lake Raleigh		Green Legs & Hamstrings Half/10K Lilly's Run Half/5K	Danville, VA Greensboro
Feb. 4	Shamrock 'n' Run 5K Krispy Kreme Challenge Uwharrie Mountain Run	Chapel Hill Raleigh Uwharrie NF	Mar. 10	Graveyard 100 Big Bad John Rock 8K Run for the Oaks Roanoke Canal Half/8K	Outer Banks Pisgah Forest Raleigh Roanoke Rapids
Feb. 11	Groundhog Gallop 21/8K Trail Races Miles for Mission 5K Raleigh	Greensboro Raleigh		UNC Kidney Kare 5K Hanging Rock 12K Trail Race	Chapel Hill Danbury
Feb. 12	Valentines Day Massacre Marathon Granville Central HS XC Panther 8K	Greensboro Stem	Mar. 17	Equinoxalizer 4 Miler Shamrock Run for Hope	Durham Pittsboro
Feb. 18	Pilot Mountain Pay Back Full/Half Myrtle Beach Full/Half President's Day Freedom Run	Pilot Mt. SP Myrtle Beach, SC Sanford	Mar. 18	Tobacco Road Marathon/Half Wrightsville Beach Marathon/Half	Cary Wrightsville Bch
Feb. 25	South Mountains 17K Trail Race Crystal Coast Half/5K Special Olympics NC Torch Run 5K	Connelly Springs Morehead City Raleigh	Mar. 24	Crowders Mt 10 Mile Trail Race Great Human Race 5K Ellerbe Marathon Mission Outreach Benefit 5K	Crowders Mt. SP Durham Ellerbe Raleigh
Feb. 26	Colonial Half/5K	Williamsburg, VA	April 1	Raleigh Rocks Half/5K Mountains-to-Sea Trail 12 Mi & 50K	Raleigh Raleigh

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	Research Triangle Park, Park Dr. near Credit Union	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Carolyn Huettel, 401-9589
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard (260-0261) and David Coulter (286-7278)
WEDNESDAY	6:00 p.m.	Woodcroft, Sunset Grille on Fayetteville Rd., Durham	Neighborhood streets and greenway paths. 6 miles, at 8:30-9 min. per mile.	Marshall Stanley, mssguitar@aol.com
THURSDAY (A.M.)	6:30 a.m.	Bull City Running Company, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Distance and speed vary from 5-8 miles at 7-10 minutes per mile, depending on the group that shows up each week.	Ryan Woodruff, 943-6420 or ryan.david.woodruff@mssb.com
THURSDAY (P.M.)	6:00 p.m.	Kroger, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Jim Clabuesch and Carolyn Huettel, 401-9589
SATURDAY	8:30 a.m.	Umstead State Park, at Harrison Ave. entrance	Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances	Carolyn Huettel, 401-9589
SUNDAY	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest, at Frank Bassett Dr., Durham	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile	Carolyn Huettel, 401-9589

* For full details on these runs, see the "Weekly Runs" section of the club website (www.carolinagodiva.org)

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

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

TYPE OF MEMBERSHIP

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

Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

Signature of Primary Member (or Parent/Guardian)

Date

FAMILY MEMBERS - ALL COVERED INDIVIDUALS MUST SIGN BELOW

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

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472

**Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472**

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ADDRESS SERVICE REQUESTED



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