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A RUNNER'S VICES

Three things happened in the past few months that served as the inspiration for this column. First, in October, I finished my eighth marathon. I'd run this one once before (in 2009) and had such a positive experience that I did what I said I'd never do: repeat a marathon. I'm not a 50-stater, but there are just so many awesome marathons out there that it seems a shame to use a whole training season on one I've already run. This one, however, seemed to warrant making an exception. It was my first trail marathon, and I actually broke another of my own rules the first time I ran it: I swore I'd never run a marathon with the word "mountain" in its name.

So, I finished, but it took me a long time. So long that I sometimes felt embarrassed - even ashamed - by my time. The self-important part of me really struggled with my reply to the question, "So, how did you do?" Call it super-ego, vanity, or plain old pride that led me to brag about finishing 4th in my age group (and 15th woman overall! And 75th overall finisher!) and to omit my actual finish time (and the bit about there being only 14 women 30-39... And the fact that my time was 59 minutes slower than my marathon PR...).

"When the alarm goes off in the wee hours and nobody is expecting me to show up for a five-miler, the covers are going right back over my head, guaranteed. I've begun semi-sarcastically referring to this as 'sloth.'"

I know, I know—just finishing a marathon (a very hilly and sometimes single-track trail one at that) is highly commendable. It's just that staking claim to almost age-group award status makes me feel more important. I mean, how often will I be able to brag about being the 75th overall finisher and 15th woman overall? In small races, my go-to goal is to finish in any place other than last. In fact, if I am considering a race, I'll look at previous years' results, and if my predicted time falls in the slowest 5% or so, I'll usually pass. As much good as it would probably do me to finish last one of these days (mostly to serve as a reminder that there is joy—and accomplishment—to be found in simply achieving a goal), I'm not sure I'll ever be able to swallow my pride and risk it. For now, though, I've at least come to terms with my most recent finish time and have acknowledged that

(Continued on page 3)



www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to any and all—use it to share information and stay up to date on club goings-on.

To subscribe, send an email to sympa@duke.edu with only the words:
subscribe cgtc

Post messages to: cgtc@duke.edu

For more information, visit:
<https://lists.duke.edu/sympa/info/cgtc>

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
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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 RUNNER'S VICIES, *continued from page 1*

it's slower than I'd hoped but the fact that it exists at all is a testament to my hard work in training and my commitment to finishing.

In November and early December, I noticed that the waistbands on my clothes (both running and civilian) were a bit tighter than usual. Although I theorized that my dogs had been sneaking into the closet and replacing all of my pants and shorts with replicas one size smaller, logic dictated that I go with my second theory: I'd eaten some delicious food over the courses of post-marathon indulgence, Thanksgiving, a parental visit, and a weekend getaway. By "some," I mean "a lot." And by "delicious," well, I don't think I can attribute the strength-testing of my waistbands to asparagus and grilled tuna alone. No, something tells me it was probably the pumpkin pie. (No, not a slice of pumpkin pie . . . the entire thing . . . in a single week.) Or the egg nog. Or the plates full of baked goods that seemed to appear around every corner. The word "glutton" came to mind one morning as I jogged along, feeling just a bit more jiggy in certain places than usual. Fun fact: although the words glutton and *gluteus* (the partial name of muscles in the buttock area) sound similar and it wouldn't be a stretch to imagine them having a common etymology, glutton comes from the Latin word *gluttire* (to gulp or swallow) while *gluteus* is "new" Latin by way of the Greek word *gloutos* (rump).

Finally, I engaged in the common practice of using the flipping of the calendar as a catalyst for reflection. Although I'm not one for making lists of resolutions, I do like to think back over the past year's successes and shortcomings with the hope of increasing the former and decreasing the possibility of the latter in the coming year. As I thought about some of the things I'd consider vices, one kept coming to mind: my lack of willpower to get training runs in when I have only myself on whom to rely. I consider myself a pretty motivational person, but there is a definite distinction to be made between "motivating" and "motivated." When the alarm goes off in the wee hours and nobody is expecting me to show up for a five-miler, the covers are going right back over my head, guaranteed. I've begun semi-sarcastically referring to this as sloth—a modern variation on "acedia," or the neglect to take care of something one should do. Another fun fact: In Dante's *Purgatorio*, the penance for acedia was running continuously at top speed.

By now, the astute among you have predicted where this

is going. First pride, then gluttony, then sloth—things that some might categorize as "sins"—but this column didn't turn out the way I thought it would. I had the list of remaining vices in front of me—envy, wrath, lust and greed—and I tried my darnedest to come up with an example of how I've stumbled into each one. Over and over again, I'd come up with something sort of tangential, but in the end, I realized that I'm really not as full of vices as I'd thought.

Sure, I'm often envious of fast runners, triathletes, and ultrarunners. But it's certainly not an excessive desire - not nearly excessive enough to get off my butt and do speedwork, learn how to swim efficiently, or train for a 100-miler. Really, the root of envy as a sin or vice is much more malignant. True envy involves not only an excessive desire for something but also a wish that the other person *not* possess the object of desire. I'd certainly never wish injury on the woman who finished 3rd in my age group in that marathon, just so I could place, nor would I ever swipe my sister's Ironman finisher's medal and wear it around my neck. After all, a victory without work and competition is a pretty hollow one.

Wrath, greed, same thing - I daresay that each of us gets angry when we have a bad workout, get injured, or get passed in the last quarter-mile of a race. Sure, we can be greedy—I'm looking at you, guy who takes half a dozen protein bars at the finish line food tent—but it's rarely to an excessive degree. As for the last one, lust . . . well, that one's probably best left for training run chatter with my running partners (who already know more about me than they'd like, I'm sure!).

Having spent most of this column on vices, I feel the need to end on a particularly uplifting note. Around the Middle Ages, a set of seven virtues emerged (based on previous writings by several notable Greeks), each corresponding to one of the "deadly sins" (e.g., chastity, temperance, humility, patience). I encourage all of us, as runners, to practice as many of them as we can, but I am particularly supportive of three: charity, diligence and kindness. Let's be charitable with our time by helping out at a race (the upcoming Umstead Marathon, perhaps) or mentoring a new runner (be on the lookout for Running Start pacer info). Let's be diligent with our exercise, lest we fall into slothful ways. Finally, let's be kind to one another and to ourselves, and let's inspire kindness in others. We'll be better athletes, better partners, and better people for it.

—Halle Amick

CALLING ALL VOLUNTEERS FOR THE UMSTEAD MARATHON

It's **Umstead Marathon** time again, and we're looking for volunteers! This year's race is **Saturday, March 3**. The runners in this race have always said how wonderful the volunteers are . . . and the volunteers have always said how much fun they had. Please be a part of this exciting CGTC event and sign up now to provide the support for your fellow runners.



We're looking for folks for all sorts of duties from parking in the early morning to course monitors and aid stations during the day to finish line workers and clean up crew, so there's a job for every schedule/sleep pattern!

As usual, volunteers will receive our super awesome technical shirts with this year's mystery critter on the front.

Sign up online at: <http://tinyurl.com/umstead2012>

—The CGTC Umstead Marathon Committee

JOIN THE GODIVA LISTSERV

The Carolina Godiva Track Club has over 600 members. The Godiva listserv only has a little over 200 subscribers. You do the math. What's missing is you!

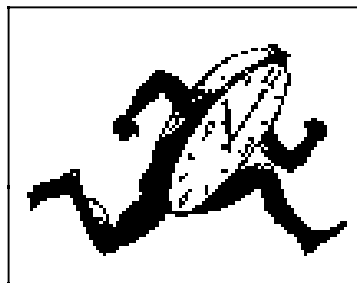
Subscription to the listserv is not automatic with your club membership or renewal—you have to do it yourself, but it's easy! To subscribe, send an email containing only the words "subscribe cgtc" (and no subject line) to sympa@duke.edu. Or go to the listserv website: <https://lists.duke.edu/sympa/info/cgtc>

Once you've signed up, you can post messages by sending them to cgtc@duke.edu. Or just sit back and enjoy being "in the know." The list is very low volume (i.e., won't clutter your inbox), and always informative—races, hashes, calls for volunteers, the occasional article of interest to runners, etc. Sign up today!

THE RETURN OF THE ONE HOUR RUN

Bored with racing against people? Then come to the One Hour Run and race against a clock! This venerable institution has traditionally followed the conclusion of Summer Track, but this year it's being moved up to May (sort of a Summer Track appetizer, rather than dessert, if you will).

It's hard to tell from the name, but the One Hour Run essentially consists of . . . *running for one hour*. The object is to complete as many laps of the track as possible. Volunteer lap counters will help you keep track of it all.



Details as to the exact date and location are being finalized, but stay tuned and get ready!

AND THE WINNER IS . . . SUMMER TRACK!!

Godiva's Summer Track Series was granted a Lifetime Achievement Award in the year-end roundup of community sports in the *Chapel Hill News*.

Noting its longevity ("many [of its runners] weren't born when the weekly meets began in the late 1970's"), its accessibility ("You don't have to be a member, and you don't have to pay"), and its general sense of "friendly competition," the citation was well-deserved recognition for Summer Track and its director Charles Alden.

To read the entire roundup from the *Chapel Hill News*, go to: <http://tinyurl.com/cgctest2011>



AT THE RACES

(COMPILED BY JIM CLABUESCH)

Florida Ironman

Panama City Beach, FL 11/5/11

2.4 mi swim / 112 mi bike / 26.2 mi run

Kimberly Amick

1:13:01 / 6:55:19 / 4:35:12 = 13:02:01

Pinehurst Turkey Trot

Pinehurst, NC 11/19/11

Half Marathon

Patrick Bruer 1:45:28 8:03

10K

Kate Hendricks 56:32 9:06

Darice Witherspoon 60:45 9:47

5K

Trevor Johnson 30:07 9:42

North Carolina Half and Full Marathon

High Point, NC 11/19/11

Full

Deborah Springer

3:58:42 9:07 2nd F 35-39

Aline Lloyd 4:09:39 9:32 2nd F 40-44

Heiko Rath 4:11:59 9:37

Elvis Borders 5:42:08 10:04

Half

Ruthie Lyle-Cannon 2:41:41 12:21

Raven Rock Rumble 5 & 10 mi.

Lillington, NC 11/19/11

10 mi.

Ronnie Weed 1:09:17 6:56

Christopher Boyce 1:28:00 8:48

Ann Severeid-Miller 1:32:37 9:16 1st F/M

Paul Wormsbecher 1:38:41 9:52

Brandy Burns 1:38:47 9:53

Jennifer Rubatt 1:43:12 10:19

Halle Amick 1:48:34 10:51

5 mi.

Jenny Boyce 1:12:51 14:34

Susie Hansley 1:18:09 15:38

Kiawah Half Marathon

Kiawah Island, SC 12/10/11

Meg McCann 3:00:59 14:05

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

7TH ANNUAL UNC KIDNEY KARE 5K RUN/WALK

Dear Godiva friends,

A race that's very close to my heart (and kidney) is coming up this March and I'd like to invite all my fellow Godivans to join me out there to make it the biggest and best the UNC Kidney Center has seen. Eight years ago I was given the opportunity to donate a kidney to my mother at UNC hospital. That surgery gave us 6 more years together. She was able to witness both her children marry and she enjoyed 2 of her 3 grandchildren before she passed away in February 2010. She was honored that I first ran this race in 2006 and have continued to do so every year since. I now invite you to join me for the next race on **March 17, 2012** in her spirit and hopes that we can help other families struggling with similar situations.

Runners and walkers of all abilities are invited to join the **7th Annual Kidney Kare 5K Run/Walk** starting at 8:30 AM. There is a **Kids Fun Run** too! It's a ½ Mile run/shuffle/walk that starts at 9:20 AM. All events begin and end at McDougle Middle School, 900 Old Fayetteville Rd Carrboro, NC.

The sponsors are always great for this run and we come home with great prizes – door prizes and some earned by speedy running!

Please come out and join me! I look forward to seeing lots of familiar faces out there! Feel free to contact me if you have any questions (lauren.figge@gmail.com).

Thanks and take care of those kidneys!

—Lauren Figge



Registration: Race day registration from 7:15 - 8:15 a.m. Pre-race registration at active.com or Fleet Feet in Carrboro, or by mail using the form found at: <http://tinyurl.com/kidneykare2012>

Entry Fees: For the 5K, entry fee is \$25 (students \$20), increasing

to \$30 (students \$25) on March 14. KidsKare Fun Run is \$12, increasing to \$15 on March 14. Additional donations are greatly appreciated and can be designated as UNC Gift Fund or UNC Kidney Kids.

Course Description: 5K course is flat to rolling, winding its way through the streets of Carrboro. Kids Kare run will start on the track and the entire course is contained within the school grounds.

Race Timing: Event will be scored based on gun-start time, according to USATF rules. You will also be provided with a chip-start result for your personal record-keeping. Only registrants in the run will be timed.

Awards: Prizes and awards available for Overall Male & Female, Overall Masters, and Age Group winners.

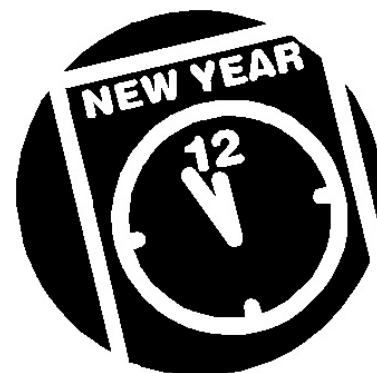
Race Info: <http://tinyurl.com/UNCKidneyKare2012>

NEW YEAR'S DAY 8K RUN 2012 RESULTS & RECAP

We had nearly ideal conditions for a winter run, and a record field of 152 registrants. Many thanks to the outstanding volunteer crew—Charles Alden, Halle Amick, Don Anthony, Owen Astrachan, Jane Bruer, Jim Clabuesch, Laura Heyneman, Gordon Keeler, Thomas Markham, Ann Miller, Kevin Nickodem, Jim Reagan, Gary Schultz, Susan Slade, Sara Sousa, and Cathy Wides.

—Patrick Bruer

1 Colin Jones	M 41	31:36	56 Jody Thomas	M 40	43:25	111 Jan Harrison	F 53	52:28
2 Ken Becker	M 40	32:30	57 Paul Wormsbecher	M 50	43:28	112 Tracy Simpson	F 43	52:42
3 Jeff Hall	M 47	33:41	58 Michael Fiocco	M 49	43:30	113 Julia Rubin	F 11	52:43
4 Mike Kelley	M 52	34:00	59 Chris Blue	M 44	43:33	114 Melinda Rubin	F 42	52:45
5 Isaac Rubin	M 16	34:32	60 Sandra Cooke	F 32	43:35	115 Ian Kelly	M 21	52:51
6 Kyle Nickodem	M 23	34:37	61 Katie Watter	F 20	43:41	116 Brandy Burns	F 36	53:04
7 Stephen Thomson	M 52	35:00	62 Lisa Couper	F 19	43:42	117 Louise Guardino	F 71	53:17
8 Owen Astrachan	M 55	35:14	63 Tim O'Brien	M 60	43:47	118 Gwendolyn Lloyd	F 17	53:39
9 Doug Hensel	M 38	36:08	64 Dana Hornkohl	M 43	43:52	119 Alfred Kleinhammes	M 60	53:50
10 Indiana Reid-Shaw	F 17	36:50	65 Jeff Branin	M 64	43:55	120 Leah Harkness	F 38	54:56
11 Matt Schumacher	M 16	37:00	66 Jade Ogilvie	F 14	44:08	121 John Jewell	M 55	55:47
12 Will O'Brien	M 16	37:05	67 Alan Schumacher	M 54	44:48	122 Rod Hodge	M 45	56:26
13 Andrew Rubin	M 14	37:11	68 Scott Shofer	M 44	44:53	123 Michael Throm	M 50	56:28
14 Jen Howard	F 37	37:19	69 Mickey Lackey	M 67	44:55	124 Linda Demarest	F 48	56:31
15 Brendan Murray	M 23	37:33	70 Gordon Keeler	M 56	44:58	125 Maria Achibald	F 18	57:22
16 Ethan Caldwell	M 36	37:44	71 Michele Rivera	F 41	45:21	126 Molly Scanga	F 18	57:24
17 Rietta Couper	F 53	38:10	72 Jon Cochran	M 50	45:26	127 Ryan Lynch	M 7	58:29
18 Craig Gilbert	M 52	38:17	73 Paul Youngman	M 46	45:29	128 Scott Lynch	M 43	58:30
19 Alexander Kenan	M 19	38:28	74 Peter Hessling	M 59	45:37	129 David Fondren	M 18	58:31
20 Cosby Dudley	M 51	38:33	75 Susan Wendel	F 28	45:43	130 Hope Thomson	F 18	58:32
21 Howard Rubin	M 42	38:42	76 Anna Kenan	F 15	45:48	131 Anita Flintall	F 53	58:46
22 Joe Drommer	M 41	38:52	77 Jennifer Rubatt	F 35	45:49	132 Erin McIntee	F 31	58:50
23 Heiko Rath	M 42	38:58	78 Bob Wallace	M 55	46:06	133 Abby Breitfield	F 13	59:03
24 Tom Maunz	M 31	39:07	79 Lina Kok	F 47	46:08	134 Thea Lance	F 14	59:04
25 Ken Soo	M 53	39:16	80 Carolyn Huettel	F 47 4	6:13	135 Ashley Hawkins	F 39	59:55
26 Hernan Silva	M 48	39:49	81 George Retsch-Bogart	M 59	46:17	136 Susan Kreissman	F 52	59:58
27 Greg Sousa	M 42	39:52	82 Jeff Tuson	M 60	46:22	137 Denise Dickinson	F 48	60:11
28 Eric Teagarden	M 59	39:55	83 Kim Walsh	F 51	46:29	138 Daniel Archibald	M 14	60:13
29 Kathy Matera	F 48	39:58	84 Daniel Kenan	M 52	46:31	139 Barbara Hindenach	F60	61:18
30 Richard Smith	M 58	40:15	85 Jerry Harris	M 71	46:39	140 Tom Kirby	M 58	61:19
31 Michele Gordon	F 50	40:17	86 Aline Lloyd	F 41	47:25	141 Paul Pooley	M 56	62:36
32 Kimberley Smith	F 31	40:22	87 Paul Wolf	M 13	47:44	142 Jennifer Strobel	F 38	62:41
33 Michael Murray	M 49	40:26	88 Jim Hotelling	M 64	47:47	143 Sarah Deutsch	F 55	63:18
34 Simon Schmidt	M 28	40:59	89 Courtney Van Houtven	F 44	47:50	144 Laura Streitfield	F 48	63:50
35 Deb Springer	F 38	41:05	90 Bert Wolf	M 52	48:15	145 Chris Selvaggi	M 43	64:29
36 Dorothy Slentz	F 48	41:09	91 Adam Williams	M 27	48:19	146 Isaac Huston	M 12	65:23
37 Christopher Boyce	M 37	41:18	92 Lena Hollmann	F 60	48:21	147 John Huston	M 51	73:50
38 Bill Schroeder	M 54	41:20	93 Peter Skillern	M 48	48:22	148 Becky Cabrera	F 43	74:25
39 Randy Kauftheil	M 53	41:34	94 Dominic Van Houtven	M 14	48:25	149 Richard Wolfe	M 73	83:34
40 Jon Hunter	M 50	41:43	95 Frank Rexford	M 52	48:27	James Easthom	M 48	DNF
41 Chris Lowden	M 42	41:46	96 Alex Youngman	M16	48:29	Mark Dessauer	M 44	DNF
42 Ian Thomson	M 28	41:48	97 Chris Ladwig	M 40	48:34	George Linney	M 36	DNF
43 Greg Hawkins	M 35	42:01	98 Zeph Putnam	M 58	48:39			
44 Roxanne Springer	F 47	42:06	99 Karen Murphy	F 33	48:42			
45 Sharon Shofer	F 42	42:07	100 Vickie Schudel	F 37	48:44			
46 Ray Dooley	M 59	42:25	101 Gavril Huiber	M 38	48:45			
47 Rob Lamme	M 48	42:35	102 Andrew Signor	M 32	49:02			
48 Susan Chesser	F 49	42:38	103 Steve Munsat	M 47	49:05			
49 Cara Grout	F 34	42:41	104 Mary Szymkowski	F 49	50:14			
50 Marshall Stanley	M 38	42:46	105 Ellie Breitfield	F 13	50:25			
51 Chris Gould	M 67	42:53	106 Meghan Brown	F 33	50:54			
52 Kim Page	F 33	43:02	107 Halle Amick	F 34	51:04			
53 David Tyce	M 37	43:16	108 Parker Burns	F 15	51:29			
54 James Lewis	M 46	43:19	109 Tom Lada	M 65	51:45			
55 Sonia Davis	F 45	43:25	110 Hanan Moussa	F 53	52:03			



ENO EQUALIZER 2012 RESULTS & RECAP

Team	Name	Handicap	Clock Time	Net Time	Team	Name	Handicap	Clock Time	Net Time
1	Gabi Huiber	16:00	22:14	38:14	13	Chris Gould	10:30	26:42	37:12
1	Heiko Rath	8:00	23:31	31:31	13	Vicki Schudel	15:00	23:25	38:25
1	Seth Moser-Katz	10:00	21:41	31:41	13	Dan Kenan	13:00	22:29	35:29
2	Sara Sousa	15:00	24:03	39:03	14	Jim Hotelling	12:00	25:54	37:54
2	Craig Heinly	2:30	22:18	24:48	14	Katie Ollendick	7:30	26:48	34:18
2	Susan Wendel	13:00	23:13	36:13	14	Bill Hansley	15:30	21:50	37:20
3	Simon Schmidt	10:00	21:39	31:39	15	Louise Guardino	24:00	27:19	51:19
3	Doug Hensel	5:00	24:07	29:07	15	Greg Sousa	5:30	23:06	28:36
3	Kim Walsh	15:00	23:58	38:58	15	Michael Murray	9:30	22:44	32:14
4	Rick Morgan	6:30	24:32	31:02	16	Ken Soo	9:00	23:27	32:27
4	Caroyln Huettel	13:30	24:27	37:57	16	Barbara Hindenach	21:30	28:53	50:23
4	Denise Larson	13:30	24:29	37:59	16	Anna Kenan	10:00	25:53	35:53
5	Ethan Caldwell	6:30	24:17	30:47	17	Anthony Corriveau	1:30	24:37	26:07
5	Ian Thomson	8:00	22:41	30:41	17	Susan Slade	22:00	29:10	51:10
5	Frank Rexford	14:00	24:34	38:34	17	Cara Grout	10:00	26:12	36:12
6	Carol Scheible	16:30	22:52	39:22	18	Hernan Silva	9:00	25:24	34:24
6	Harold Hill	7:30	24:50	32:20	18	Jon Cochran	12:30	24:21	36:51
6	David Tyll	10:30	23:07	33:37	18	Hanan Moussa	19:00	30:49	49:49
7	Jeff Hall	3:30	23:43	27:13	19	Laura Scheible	27:00	28:29	55:29
7	Paul Wormsbecher	11:30	23:48	35:18	19	Shannon Johnstone	7:00	33:05	40:05
7	Alfred Kleinhammes	18:00	25:01	43:01	19	Chris Boyce	10:00	26:50	36:50
8	Jon Hunter	10:30	23:03	33:33	Indiv.	Tom Kirby	10:00	25:45	35:45
8	Jeff Tuson	14:00	22:59	36:59					
8	Jen Howard	6:30	25:02	31:32					
9	Jennifer Rubatt	12:00	25:18	37:18					
9	Charles Travers	13:00	24:42	37:42					
9	Rachel Blasiak	7:00	23:00	30:00					
10	Susan Karl	28:00	23:51	51:51					
10	Robert Agans	10:00	23:05	33:05					
10	Bart Bechard	2:30	25:22	27:52					
11	Rebecca Scheible	24:00	25:24	49:24					
11	Kate Hacker	9:30	21:41	31:11					
11	Monk Linney	4:00	21:20	25:20					
12	Randy Kauftheil	10:00	22:58	32:58					
12	Owen Astrachan	5:30	24:35	30:05					
12	Mike Throm	19:00	25:51	44:51					

Although this has generally been a mild winter so far, the weather still dawned cold on the morning of the race. Nevertheless, the turnout of 58 runners was a record for this race (the previous best was 46, set last year). Thanks to an expert team of volunteers, however, we kept all the results in good order.

There were also some good individual performances, with Craig Heinly setting the second fastest time ever in this race (the record is 24:11 by Ollie Ehlinger from 2007).

Volunteers: Larry Bohs, Odile Gould, Susie Hansley, Gary Schultz, Libby Searles-Bohs, Laura Heyneman, Alexander Kenan, Jim Reagan, Richard Wolfe

—Richard Smith

PREVIEW: GEEZER PLEEZER 4-MILE RUN

Time: Sunday, Feb. 12th, 10:00 a.m.
Place: Friends School (main campus),
 4809 Friends School Rd., Durham
 (off Mt. Sinai Rd)
Registration: Day of race, 9 – 9:50 am
Co-Directors: Gary Schultz and Peter Klopfer
How It Works:

The event uses a so-called *Portsmouth Start*. All runners get a starting-time offset, based on the latest World Masters Athletics (WMA) performance standards for age and sex. At the start of the race, we'll begin counting *down*, from the highest offset time represented among the registered runners, to *zero*. For example, as shown in the *Start-Time*

Offsets table below, male runners, ages 10 and 59, and female runners, ages 13 and 45, all have the same lead start-time: 5:30.

Every 15 seconds from the highest lead time downward, the successive runners set out until the count-down clock reaches 0:00, at which time the remaining males, 21-31, depart and the clock starts its upward count. Your finish time from that zero-transition point is recorded as you cross the finish line. The first runner to cross the line triumphs.

The day's top ten get chocolate prizes. Refreshments for all.

Contact gary.schultz@frontier.com if you'd like to volunteer. You'll be welcome!

—Gary Schultz

GEEZER PLEEZER START TIME OFFSETS*

Offset (minutes)	20 3/4	20 1/2	20 1/4	20	19 3/4	19 1/2	19 1/4	19	18 3/4	18 1/2	18 1/4	18	17 3/4	17 1/2	17 1/4	17	16 3/4	16 1/2	16 1/4	16	15 3/4	15 1/2	15 1/4	15	14 3/4	14 1/2	14 1/4	14	
Males (age)	84	83	82	81	80	79	...	
Females (age)	74	73	72	71	70	69	...	68	67	...	66	65	...	64	
Offset (minutes)	13 3/4	13 1/2	13 1/4	13	12 3/4	12 1/2	12 1/4	12	11 3/4	11 1/2	11 1/4	11	10 3/4	10 1/2	10 1/4	10	9 3/4	9 1/2	9 1/4	9	8 3/4	8 1/2	8 1/4	8	7 3/4	7 1/2	7 1/4	7	
Males (age)	...	78	5 77	76	75	...	6 74	...	73	...	72	...	7	71	...	70	69	...	68	8 67	66	65	64
Females (age)	5	63	62	...	6 61	...	60	...	59	...	7 58	...	57	56	...	8 55	...	54	...	9 53	52	...	51	10	50	49	
Offset (minutes)	6 3/4	6 1/2	6 1/4	6	5 3/4	5 1/2	5 1/4	5	4 3/4	4 1/2	4 1/4	4	3 3/4	3 1/2	3 1/4	3	2 3/4	2 1/2	2 1/4	2	1 3/4	1 1/2	1 1/4	1	0 3/4	0 1/2	0 1/4	0	
Males (age)	63	9 62	...	61	60	10 59	58	57	56	11 55	53 54	52	12 51	50	49	13 48	47	14 45 46	44	15 43	42	16 40 41	17 39	38	18 36 37	19 34 35	20 32 33	21 31	
Females (age)	11	48	12 47	46	...	13 45	44	14 43	15 42	16 41	17 39	17 37 38	18 35 36	19 34	

* Additional offsets up to age 100 available if needed.

GEEZER PLEEZER ALL-TIME TOP TEN (2001-2011)*

Name	Sex-Age	Actual Time	Age Grade	Year	Name	Sex-Age	Actual Time	Age Grade	Year
1 Cathy Wides	F60	29:26	85.34%	2010	6 Henry Blinder	M57	25:42	79.43%	2009
2 Kevin Nickodem	M48	23:02	82.31%	2005	7 Jim Clabuesch	M42	22:49	79.32%	2007
3 Abie Harris	M75	30:25	81.37%	2009	8 Barb Mathewson	F51	28:10	79.05%	2001
4 David Couper	M51	24:15	80.09%	2006	9 Jerry Harris	M64	28:04	77.36%	2004
5 Glenn Dennis	M57	25:37	79.69%	2007	10 Chris Gould	M64	28:11	77.04%	2009

* Revised to conform to the current WMA age-grading standard.

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	M	R	R	R	R	R				5	0
Bechard, Bart	Y	Y	M	R	R	R		R				4	1
Bohs, Larry	Y	Y	M	R	R			V				3	2
Boyce, Christopher	Y	Y	M	V	V/R	R	R	R				5	0
Bruer, Patrick	na RD		M				D					0	0
Burns, Parker	na <18	Y	S or XS		R	R	R					3	2
Caldwell, Ethan	Y	Y	L		V/R	R	R	R				4	1
Clabuesch, Jim	na RD	Y	L	R	D	R	V					0	0
Cochran, Jon	Y	Y	M	R	R		R	R				4	1
Couper, Rietta	Y	Y	Mor S	R	R	R	R					4	1
Cullen, Sue	Y	Y	L									0	5
Dooley, Ray	Y	Y	L	R		R	R					3	2
Flores, Mike	Y	Y	XL			R						1	4
Fowler, Walter	na RD			D								0	0
Gould, Chris	Y	Y	S			R	R	R				3	2
Guardino, Louise	Y	Y	M	R	R	R	R	R				5	0
Hall, Jeff	Y	Y	M	R	R	R	R	R				5	0
Hansley, Bill	Y	Y	L	R	R			R				3	2
Hansley, Susie	Y	Y	XL	V	V			V				3	2
Hawkins, Ashley	Y	Y	M				R					1	4
Hawkins, Greg	Y	Y	L				R					1	4
Henderson, Karla	Y	Y	M		R	R						2	3
Hensel, Doug	Y	Y	L		R	R	R	R				4	1
Heyneman, Laura	Y	Y	S		R	R	V	V				4	1
Hindenach, Barbara	Y	Y	Mor S	V	R	R	R	R				5	0

(Continued on page 10)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 9)

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
Hornkohl, Dana	Y	Y	L				R					1	4
Hotelling, Jim	Y	Y	L		R	R	R	R				4	1
Howard, Jen	Y	Y	M	R		V	R	R				4	1
Huettel, Carolyn	Y	Y	M	R	V	R	R	R				5	0
Hunter, Jon	Y	Y	M			R	R	R				3	2
Jewell, John	Y	Y	M	R	V	R	R					4	1
Kauftheil, Randy	Y	Y	L				R	R				2	3
Kelley, Mike	Y	Y	L			R	R					2	3
Kirby, Tom	Y	Y	L or M	R	R	R	R	R				5	0
Kleinhammes, Alfred	Y	Y	XL				R	R				2	3
Klopper, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R		R	R					3	2
Lloyd, Aline	Y	Y	S	R	V	R	R					4	1
Lloyd, Gwendolyn	na<18	Y	S				R					1	4
Lucas, Luke	na RD		XL		D							0	0
Malizia, Emil	Y	Y	M	R	V	R						3	2
Markham, Thomas	Y	Y	L	R		R	V					3	2
McDonnell, Donald	Y	Y	L	R	R	R						3	2
McIntee, Erin	Y	Y	S		V	R	R					3	2
Miller, Ann	Y	Y	M	R	V/R		V					3	2
Moser-Katz, Seth	Y	Y	M	R				R				2	3
Moussa, Hanan	Y	Y	M			R	R	R				3	2
Munsat, Steve	Y	Y	L		R	R	R					3	2
Murphy, Karen	Y	Y	M or S	R	V	R	R					4	1
Murray, Michael	Y	Y	L	R	R	R	R	R				5	0
Naylor, Paul	na RD		XL			D						0	0

(Continued on page 11)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 10)

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
Rath, Heiko	Y	Y	M		R	R	R	R				4	1
Reagan, Jim	Y	Y	XXL	V	V	V	V	V				5	0
Retsch-Bogart, George	Y	Y	L	R	R	R	R					4	1
Rexford, Frank	Y	Y	M		R	R	R	R				4	1
Rubatt, Jennifer	Y	Y	M		R		R	R				3	2
Schudel, Vickie	Y	Y	S				R	R				2	3
Schultz, Gary	na RD		M	V	V		V	V	D			0	0
Schumacher, Alan	Y	Y	L	R	V	R	R					4	1
Schumacher, Matt	Y	Y	M	R	V/R		R					3	2
Searles-Bohs, Libby	Y	Y	M	R	V			V				3	2
Selvaggi, Chris	Y	Y	M	R	V/R	R	R					4	1
Simpson, Tracey Colleen	Y	Y	M	R			R					2	3
Slade, Susan	Y	Y	S		R	R	V	R				4	1
Smith, Kimberley	Y	Y	XS	R			R					2	3
Smith, Richard	na RD		L			R	R	D				0	0
Sousa, Greg	Y	Y	M	R	R		R	R				4	1
Sousa, Sara	Y	Y			R		V	R				3	2
Stanley, Marshall	Y	Y	L	R	R	R	R					4	1
Surh, Jerry	na RD		M							D		0	0
Szymkowski, Mary	Y	Y	M	R	V	R	R					4	1
Throm, Michael	Y	Y	M			R	R	R				3	2
Tuson, Jeff	Y	Y	M	R	R	R	R	R				5	0
Tyll, David	Y	Y	S			R	R	R				3	2
Van Houtven, Dom	na <18		L		R	R	R					3	2
Weed, Ronnie	Y	Y	S	R	R	R						3	2
Wolfe, Richard	Y	Y	L	R		V	R	V				4	1
Wormsbecher, Paul	Y	Y	XXL	R	R	R	R	R				5	0

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

JANUARY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:02pm on January 10, 2011.

Attendees included President Halle Amick, Chris Boyce, Patrick Bruer, Jim Clabuesch, Doug Hensel, Carolyn Huettel, Jeff Hall, Barbara Hindenach, Tom Kirby, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

In Kevin Nickodem's absence, there was no Treasurer's Report at the meeting. First up were Jim and Carolyn, with a joint Membership report. Carolyn has analyzed the composition of Club's members and reported the following: we have 493 members age 20 and up, with 278 males and 215 females. Between ages 20-40, there are 68 males and 79 females; for ages 40 and up, we have 210 males and 136 females. So, while it hasn't always been the case, it appears that membership at the moment is skewed in favor of older runners.

Jeff then delivered the Haberdasher's report. The Club now has available for sale approximately 50 fleece hats. Club patches with the Godiva logo are also available for sale for a nominal sum. The patches cost the Club \$1.20 each, and the charge to the Club to have the logos sewn onto the hats was only \$1.00 per item. He has also started working on the acquisition of singlets, with the objective of having them ordered and in stock in time for the spring season. He will report back with a recommendation on how many the Club should buy.

The next item was an update on the Winter Series. The Club had a record crowd for the New Year's Day race.

Moving onto discussion items, Halle reported that the Surgeon General of the United States, Dr. Benjamin, will be in Durham for the "Surgeon General's Community Walk," a 30-minute walk on the American Tobacco Trail at 6pm on January 26. Godivans are being

encouraged to participate and wear Godiva haberdashery at the event.

Halle also reported on the upcoming Pine Cone Racer 5K on April 21. The race is a fundraiser to help support the maintenance of Duke Forest. Last year, the Club made a donation of \$500. In recognition of the level of use of Duke Forest by Club members, we unanimously agreed to make a donation in the same amount this year.

Jim raised the question of whether the Club was interested in offering a multi-year family membership discount. Currently, the Club offers a 10% discount from the annual membership rate for a five-year individual membership (\$90 total instead of \$20/year), but no multi-year family membership. The consensus was to offer the same 10% discount for a five-year family membership (\$135 total instead of \$30/year). Patrick promised that the change would be implemented "forthwith," so look for this option on the membership form if interested.

We then had a spirited discussion on the question of whether to distribute the monthly newsletter electronically, either in addition to the print edition or as an alternative for members who would be satisfied with only receiving the newsletter electronically. The discussion included the differences in distribution costs—while electronic distribution is free, the Club might lose the bulk mail rate from the Postal Service if enough members chose the electronic option, and the additional expense of first-class delivery for the print edition could eat up much or all of the potential savings. We also considered the possibility of making an electronic version available in color, through a link to or from the Club's website. Should the electronic version be offered, we considered the logistics of how to notify/remind members of when it becomes available each month for reading. Following a lengthy exchange of

ideas and in the absence of a clear consensus on how to proceed, we decided to let it all percolate and will pick up the conversation at next month's meeting. If interested in the subject, please consider coming to the meeting or sharing your views with any of the Board members.

Halle reported that male and female Runner of the Year nominations have been received. She will send out the information to the ROY committee for

"If interested in the subject of an electronic newsletter, please consider coming to next month's meeting or sharing your views with a Board member."

consideration. The committee is comprised of the Club's President, Vice President, and captains of the Club's

four running teams (open men, open women, masters men and masters women). Work is continuing on the selection of Volunteer of the Year.

Halle also noted that a likely topic on the agenda next month will be a discussion of resurrecting the Coach Bubba race or an alternative to that event. She asked us to start thinking about the various logistical issues and what needs to be done to put on a Club race of this magnitude.

The final item was on the possible restarting of the long-beloved one-hour race sometimes formerly known as the "Rocking Bob Nelson Sweatfest." Although traditionally at the end of the Summer Track series in the dog days of August, Halle informed us that Charles Alden is thinking about holding the race in May, the week before the start of Summer Track. Stay tuned.

The meeting adjourned at 8:09pm.

—Henry Blinder

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	
<input type="checkbox"/> Multi-Year (family)	\$135 / 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!