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APRIL
NEWSLETTER:
MARCH 15TH**

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@
CAROLINAGODIVA.ORG**

THE MUSIC IN MY HEAD

I've never been one of those runners you see with the thin white cables tethering the ear to the arm via a portable music player. It's not that I'm not a music lover; it's always been one of my passions, and having a husband who worked in the music industry for several years only expanded my music horizons (and CD collection, before the MP3 era).

I've tried running with music, but I always end up putting on songs with driving beats and stirring rhythms—great for the mental pump-up, but absolute hell on a runner who can't help but match her cadence to the kickdrum. I'd get psyched and start cruising, only to find myself at the top of a hill, hands on knees and a stitch in my side.

No, it seems that I'm the kind of runner who needs to hear her own footsteps and breaths, to set a steady rhythm and stick to it, lest I get swept up in a song's beats per minute that exceed my heart's. This is not to say, however, that there's no music in my head. In fact, when I'm on a solo run, it's rare that there isn't. I have some go-to tunes upon which I can draw when I need a boost, but I'm often surprised by what melodies take hold of my mind sometimes.

So here is a list—not comprehensive, of course—of some of my favorites that have kept me company. Maybe you'll relate to some of them; maybe you've never heard of others; of the latter, I hope you'll take a moment to check some of them out and maybe find a new tune for your iPod (or just your brain).

The Obvious Ones (those you're bound to hear blaring from loudspeakers at race starts and along the course)

"Born to Run" (Bruce Springsteen): Stirring in and of itself but with an added emotional bonus: Springsteen wrote and recorded it in 1974 at a point when he was close to getting booted from his record label and ending his music career after his first two albums met with little commercial success. I think we've all been to a place like that, a place where we need to give something our all or face the consequences.

"Runnin' Down a Dream" (Tom Petty): Sure, it's more about driving than running, but I think every runner can relate to it, from the opening line ("It was



(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 or unsubscribe, go to:
<https://lists.duke.edu/sympa/info/cgtc>

To post, 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
Capital RunWalk (formerly 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

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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

THE MUSIC IN MY HEAD, *continued from page 1*

a beautiful day, the sun beat down.”) through the last (“There’s something good waitin’ down this road; I’m picking up whatever is mine.”).

“Gonna Fly Now” (Bill Conti): Don’t recognize this one? You’re wondering why it’s in the “obvious” list? Lest you have to Google it, here’s why: it’s the overall theme from the “Rocky” films. Yes, the training montage soundtrack – the one that features Rocky Balboa punching slabs of meat and culminates with his iconic run up the steps of the Philadelphia Museum of Art. Sure, it’s become cliché, but I haven’t found anyone whose heart rate doesn’t rise, even a little, when they hear it. All I have to do is type some nonsense syllables and you’ll have it stuck in your head – da da DAAAAAAAH, da da DAAAAAAAH—am I right?

Of course, mention of the “Rocky” franchise must also include a reference to “Eye of the Tiger” (Survivor)—oh yes, I know, it’s incredibly cheesy, but some things can’t be helped. Little known fact: Stallone specifically requested that it be written for Rocky III after he couldn’t secure the rights to Queen’s “Another One Bites the Dust” (the perfect song to hum silently as you pick off other runners in the home stretch of a race). It’s another one of those that requires little prodding to recognize and get embedded in your brain: Dun. Dun dun dun. Dun dun dun. Dun dun duuuuuuunnn. Ah, yes, there it is.

The Not-So-Obvious But Still Somewhat Rational

“Top of the Hill” (Tom Waits): It’s got funky little percussion that reminds me of a clunky old bus struggling to crest a hill and a catchy refrain (“Stop and get me on the ride up... I’m only goin’ to the top of the hill...”). When I feel like a clunky old bus wheezing my way up an incline, this song sometimes help me get there.

“Running Up That Hill” (Kate Bush): Not only are the lyrics appropriate for hilly runs, the beat reminds me of a cantering horse, and I can draw on that mental imagery to push myself up. Another song that has a similar percussion signature is “Ready to Start” (Arcade Fire); also a fantastic pre-race psych-up song.

“Livin’ On a Prayer” (Bon Jovi): Full disclosure: I didn’t come up with this one on my own. Years ago, I did some training runs with a half-marathoner who planned her running music quite meticulously. Her stroke of genius, in my opinion, was putting “Livin’ on a Prayer” smack dab in the middle of the 13.1 miles. Why? Simply so she could hear the line, “Whoooooaaaa, we’re half way theeeeere,” crooned by JBJ as a celebration of having reached the second half. Not just a rockin’ song, but one that hammers

home a milestone at any distance.

“Body Movin’” (Beastie Boys): Needs no explanation if you’ve ever heard it; for the rest of you, it’s a beat-driven hip-hop number that begs the listener to groove . . . Flame on—I’m gone!

A Few That Warrant Some Explanation

“London Calling” (The Clash): This one comes to mind during trail runs, mainly because of the repeated phrase “I live by the river” and the fact that I’m a longtime fan of the band—it’s a strange song to have in one’s head during a run, given the not-so-cheery lyrics about police brutality and nuclear meltdown, but hey, I don’t always choose the songs that bubble up from my subconscious mind. The pulsating bass line alone is enough to get me in the mood to power along some single-track, and I will openly admit to having squaked Joe Strummer’s “ai ai ai ai ai iiiii” in moments of exhausted desperation.

Along the same vein but much less bleak and certainly more contemporary is Lykke Li’s “I Follow Rivers,” a catchy, lilting song that also includes the line “Heed a message, I’m the runner” which is certainly apropos.

“Big in Japan” (Tom Waits, again, not the Alphaville song): This one serves little purpose other than to give me something to think about when my mind starts going into bad places during a marathon (e.g., I don’t want to do this anymore; Maybe I’ll just quit at the next aid station; I’m never doing this again...). The song’s structure is really simple: couplets that consist of a line about what one has (“I got the boat”) followed by a line about what one would like to have to go along with the previous line’s possession (“but not the lake”). Now, there are lots of these couplets through out the song (“I got the clouds but not the sky; I got the stripes but not the tie”), but I never remember them all; instead, I put my brain to work by making up my own. They’re sometimes running-related and they’re usually nonsensical, (“I got the bib but not the medal; I got the tea but not the kettle”) but they sure do pass the time.

Obviously I’ve left some out. Among them, the iconic Vangelis score to “Chariots of Fire.” It’s certainly got a place in the soundtrack of running, but it’s just not one that resonates with me enough to grip my feeble, marathon-tested brain cells when I need to dig deep. To be honest, it kind of makes me want to take a nap under a tree—not really a good thing mid-race!

Now it’s your turn. I’d love to publish a list of members’ mental soundtracks in an upcoming newsletter. Share yours with me at president@carolinagodiva.org, won’t you?

—Halle Amick

THE U.S. SURGEON GENERAL ATTENDS THE THURSDAY NIGHT RUN (BY CAROLYN HUETTEL)

What a surprise I had one afternoon when checking my voice messages . . . a call from the U.S. Surgeon General's office. The communications rep, Gayle, had seen the Carolina Godiva Track Club Thursday night run on our website and called me asking if the U.S. Surgeon General, Dr. Regina Benjamin, could attend the January 26 run. When I called Gayle back, she informed me that Dr. Benjamin was going to be in Raleigh and wanted to participate in an activity that supports her "Vision for a Healthy and Fit Nation." Gayle had a vision of lots of people and media. On average, this run gets about 18 people and we run behind a shopping center into neighborhoods—neither of which were a good fit for what Gayle was thinking. And on top of that, in January, it is dark. Gayle started asking questions like what do you do if it rains? or if it snows? Do you have an indoor place to go? I informed her that we are runners, so we run in the dark, the rain, the snow, and the cold, and that I did not have anything else to offer should any of those conditions become the reality, but that NC winter weather is usually quite nice. I learned that Dr Benjamin has run a 5K, but to allow more people to participate a walk would be better. I told her I would think about how I could modify that Thursday's run and get back to her.

That evening, I had an e-mail from Halle saying Gayle had called her, and we needed to have a plan within three days. We decided to start the run that Thursday night with a walk up the ATT for 15 minutes and then back. After the walk, we would run our regular route. Gayle was fine with that.

Now to figure out how to publicize this event. Halle put together a flyer that Gayle had to approve. I contacted the Triangle Rails-to-Trails Conservancy (TRTC) and the SouthPoint Crossing Property Manager. An e-mail went out to CGTC and TRTC members. Someone posted it on the Woodcroft listserv which made the East Coast Greenway Alliance Executive Director, Dennis, aware, so he notified all of those members. Gayle had contacted WRAL. I had sent e-mails to many of the local newspapers. When asked "how many do you think will show up?", Halle and I had to shrug our shoulders . . . there was no way for us to figure out how many people were aware, and then of those, how many would want to attend. We just crossed our fingers that it would be more than 30 and less than 300 (for fear of traffic issues).

As the day is approaching, I am watching the weather forecast closely . . . five days out, there is 80% chance of rain—uuuggghhh! That would definitely make the atten-

dance more like 30, and who knows, maybe Dr Benjamin would not want to walk in the rain. As the days passed by, the chance of rain became less and less—yeah!!!!

Finally the day arrives. No hint of rain and the temperature is warm enough to wear shorts. Jim and I get there around 5:30. The East Coast Greenway Alliance has set up a table with balloons, water, and snacks. There are about 20 people there already—some CGTC members and others that I do not know. As I am talking with my fellow runners, cars are constantly coming into the parking lot and people are constantly walking up to the gathering area. I suspect over 150 people had arrived. Now, we just need Dr. Benjamin. Halle eventually got a call from Gayle. They were on I-40 being escorted by a Highway Patrol Vehicle with its blue lights flashing.

Once Dr. Benjamin arrived at the gathering area, cameras started flashing from all directions. Halle did a quick introduction and Dr. Benjamin said a few words. We strapped on our headlamps and started walking up the trail. Dr. Benjamin tried to start up a chant, but all of her officers were too far in the back to hear her and help her keep it going. Everyone seemed to be having fun talking with one another. I did not get to walk-and-talk with Dr. Benjamin, but I did get to walk with my new buddy, Gayle, most of the way. The trail was small for this large number of people, but it made for a tight community bonding experience, encouraging strangers to chat with each other. Once the walk was over, everyone wanted pictures with Dr. Benjamin. She must have been posing for pictures for an hour. Once Halle, Dennis, and I finally got our "organizers" picture with Dr. Benjamin, Halle and I went off on our regularly scheduled group runs.

The next day, Halle, Dennis, and I received a very nice e-mail from Gayle. Here is an excerpt from it:

I want to extend the gratitude of the Surgeon General along with my thanks for a great, great event to promote health and wellness in America.

Dr. Benjamin was delighted with the Walk. The fact that so many people came to participate – especially for an evening walk in January – really touched all of us.

It is very exciting to be able to add a call and visit from the U.S. Surgeon General's office to my list of life experiences.

NEW MEMBER PROFILES

I'm starting a new column of sorts this month (or rather revisiting a column idea from yesteryear). The focus is going to be on getting to know some new members, and making them feel welcome from the first event they attend. I have taken a concept from the

Membership Chair, brought it into the 21st Century, and developed a questionnaire for our new members to get some information on their background and their motivations for joining CGTC.

—Doug Hensel

Tyra Elaine Johnson is a full-time student at Duke Divinity School. She grew up in Henderson, NC, before attending UNC for undergrad. At UNC, she ran on the Varsity track team. Her track accomplishments include two-time indoor All-ACC in 60m and 200m and All-American Distance Medley Relay (400 leg 55.04). What draws Tyra to running is the adrenaline rush from competing and sprinting. Chasing the runner's high, if you will. Although she has a busy academic schedule, her goals for 2012 include running a sub 8:00 minute mile, a sub 25:00 minute 5K, and a sub 24 second 200m. Hopefully she will find time to join CGTC for Summer Track in 2012.

Julie Messina is originally from Maryland. She spent some time across the pond (Prague and England) where her running enthusiasm blossomed. A few months ago she and her husband settled in Durham and she's ready to kick it up a notch. Her reasons for running include a healthier lifestyle, meeting new friends, and accomplishing her personal running goals. These goals seem to be about staying focused on short term accomplishments instead of long term racing plans. She is also in search of the elusive runner's high, which she has experienced a few times. She had a great time at the Geezer Pleezer. Thanks for braving the elements on this great race.

Gretchen McNeely is a writer and content strategist. She started running while living in Germany. Fitness and having fun are what draws her to running, although she does enjoy lifting weights as well as exercising on the elliptical. A noted running accomplishment was participating in the Hood to Coast Relay as part of a 12-member team. An injury about a year ago sidelined her for a bit, but she is back and ready to start training for some short distance races in the spring. If you see her volunteering at the Umstead Marathon, feel free to say hello.

HARD CLIMB HILL 2012

LAST WINTER SERIES RACE FOR POINTS
TOWARDS THE INCREDIBLY
BEAUTIFUL T-SHIRT

The Hard Climb Hill event, **Sunday, March 18th at 10:00 a.m.**, is the longest and hardest race of the Series, awarding two points for completing the 10 mile option. You have a choice of running 3 or 7 mile races on the same course and, unique to this Godiva race, you can decide which distance to run while running since everyone starts together. The course is a hilly, packed gravel road in the Korstian Division of Duke Forest, negotiable and safe even in the rain. Meet at Gate 23 on Mt. Sinai Road, 0.3 miles past Friends School Road, left side; please park along the road.

Volunteers welcome. To sign up or for queries, contact me at surh@ncsu.edu (most reliable) or 880-9577 (less so).

—Jerry Surh

RUNNING START 2012

We're gearing up for the eleventh edition of our club's springtime training program, *Running Start 2012*, for both beginning and lapsed runners. The first training date is scheduled for **Saturday, March 31st**. It's an 11-week program culminating in a **June 16th 5K** race in Research Triangle Park.

A kickoff informational presentation for prospective trainees and volunteer pacers/mentors will be held on **Monday, March 26th** at the Eno River Unitarian Universalist Fellowship hall, on Garrett Rd. in Durham. If you'd like to volunteer as a pacer (technical T-shirt as reward), contact me at gary@carolinagodiva.org.

Alternatively, look on the club website (www.carolinagodiva.org) in early March for our online Interest Form to gain more information and to get on our email list. Tell your friends and colleagues about this popular club program!

—Gary Schultz

GEEZER PLEEZER 2012 RECAP

Despite the gusty cold front descending on the area the afternoon before, the turnout Sunday morning at Friends School for this year's Geezer Pleezer was a respectable 68 runners, vs. 53 last year. Women did particularly well under the World Masters Athletics rules defining the staggered head starts by age and gender we use in this event. Four women between 53 and 71 finished in the annual top ten, capturing 1st, 2nd, 4th, and 6th.

In the process, **Catherine Wides**, in crossing the finish line first, also set a new all-comers age-graded record of 89.77% to top the existing event record of 85.34% she set 2 years ago. The top male, **Abie Harris**, age 78 — regularly outstanding here — finished 3rd overall, just 2 seconds behind second-place **Louise Guardino**, in her debut in this event. Louise also broke into the All-Time Top Ten — the first new entry in two years — nudging Chris Gould off that elite list.

In a post-race recalculation, **Martha Klopfer**, 76, who showed up unexpected — and beyond the age range shown in the official table — was found to have been shortened on her assigned start-time offset. Moving that amount from her finish time to her start offset meant she moved from 13th to 11th in the day's standing. Was this a sterling showing by women this year ...*or what!*

4-MILE RESULTS ORDERED BY FINISH TIME

	<u>Name</u>	<u>Sex-Age</u>	<u>Start Offset</u>	<u>Finish Time</u>
1	Catherine Wides	F62	12:45	16:03
2	Louise Guardino	F71	18:30	19:28
3	Abie Harris	M78	13:30	19:30
4	Rietta Couper	F53	8:30	21:17
5	David Couper	M57	5:00	21:27
6	Shelly Bloom	F58	10:45	21:36
7	Owen Astrachan	M55	4:30	21:41
8	Jeff Hall	M47	2:45	22:07
9	Chris Gould	M67	7:45	23:03
10	Jim Clabuesch	M47	2:45	23:06
11	Martha Klopfer	F76	22:30	23:51
12	Paul Bloom	M64	7:00	23:59
13	Ronnie Weed	M37	0:45	24:25
14	Ken Soo	M53	4:15	24:37
15	Lewis Hendricks	M38	1:00	25:14
16	Matt Schumacher	M17	1:15	25:33
17	Tom Kirby	M58	5:15	25:45
18	Denise Larson	F51	7:45	25:51
19	Daniel Kenan	M52	4:00	25:54
20	Randy Kauftheil	M53	4:15	26:06
21	Alexander Kenan	M19	0:30	26:17

22	Doug Hensel	M38	1:00	26:22
23	Ray Dooley	M59	5:30	26:27
24	Deb Springer	F38	4:00	26:30
25	Cara Grant	F35	3:45	26:31
26	Kitty Moses	F56	10:00	26:33
27	Ethan Caldwell	M38	1:00	26:34
28	Jeff Tuson	M60	5:45	27:13
29	Heiko Rath	M42	1:45	27:21
30	Michael Murray	M49	3:15	27:26
31	Carolyn Huettel	F47	6:15	27:53
32	Lina Kok	F48	6:30	27:54
33	Karla Henderson	F62	12:45	27:58
34	Paul Wormsbecher	M50	3:30	28:06
35	Jennifer Rubatt	F35	3:45	28:09
36	George Retsch-Bogart	M59	5:30	28:13
37	Seth Moser-Katz	M27	0	28:25
38	Tom Lada	M65	7:15	28:29
39	Kim Walsh	F51	7:45	29:22
40	Susan Slade	F55	9:30	29:23
41	Alan Schumacher	M54	4:15	29:37
42	Frank Rexford	M52	4:00	30:05
43	Thomas Maunz	M31	0	30:15
44	Hanan Moussa	F53	8:30	30:46
45	Ian Thomson	M29	0	31:19
46	Parker Burns	F15	4:45	31:20
47	Martin Warters	M32	0:15	31:26
48	Natalie Bentley	F15	4:45	31:38
49	Anna Kenan	F15	4:45	31:38
50	Jon Cochran	M50	3:30	31:47
51	Brandy Burns	F36	3:45	31:50
52	William Hansley	M45	2:30	32:09
53	Honalee Harrington	F48	6:30	32:47
54	Sara Sousa	F40	4:30	32:51
55	Vickie Schudel	F37	4:00	32:52
56	Tracy Simpson	F43	5:00	33:19
57	Karen Bell	F33	3:30	33:21
58	Alfred Kleinhammes	M60	5:45	33:31
59	Jim Hotelling	M64	7:00	33:31
60	Julie Messina	F34	3:30	34:40
61	Ryan Lynch	M7	9:15	35:00
62	Scott Lynch	M43	2:00	35:01
63	Judy Thomson	F54	9:00	36:08
64	David Tyll	M37	0:45	37:41
65	Mike Throm	M50	3:30	37:42
66	Erin McIntee	F31	3:30	39:29
67	Jenny Miles	F38	4:00	39:30
68	Chris Selvaggi	M43	2:00	45:13

Kudos to: *co-director* Peter Klopfer and *volunteers:* Halle Amick, Laura Heyneman, Barbara Hindenach, Jon Hunter, Tom Kirby, Steve Munsat, Jim Reagan, Jerry Surh, and Mary Szymkowski.

— Gary Schultz

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		S	SE	R	IES	DI	REC	TO	R		0	0
Astrachan, Owen	Y	Y	M	R	R	R	R	R	R			6	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, Brandy					R	R	R		R			4	1
Burns, Parker	na <18	Y	S or XS		R	R	R		R			4	1
Caldwell, Ethan	Y	Y	L		V/R	R	R	R	R			5	0
Clabuesch, Jim	na RD	Y	L	R	D	R	V		R			0	0
Cochran, Jon	Y	Y	M	R	R		R	R	R			5	0
Couper, Rietta	Y	Y	M/S	R	R	R	R		R			5	0
Cullen, Sue	Y	Y	L									0	5
Dooley, Ray	Y	Y	L	R		R	R		R			4	1
Flores, Mike	Y	Y	XL			R						1	4
Fowler, Walter	na RD			D								0	0
Gould, Chris	Y	Y	S			R	R	R	R			4	1
Guardino, Louise	Y	Y	M	R	R	R	R	R	R			6	0
Hall, Jeff	Y	Y	M	R	R	R	R	R	R			6	0
Hansley, Bill	Y	Y	L	R	R			R	R			4	1
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			R			3	2
Hensel, Doug	Y	Y	L		R	R	R	R	R			5	0
Heyneman, Laura	Y	Y	S		R	R	V	V	V			5	0
Hindenach, Barbara	Y	Y	M/S	V	R	R	R	R	V			6	0
Hornkohl, Dana	Y	Y	L				R					1	4
Hotelling, Jim	Y	Y	L		R	R	R	R	R			5	0
Howard, Jen	Y	Y	M	R		V	R	R				4	1
Huettel, Carolyn	Y	Y	M	R	V	R	R	R	R			6	0

(Continued on page 8)

WINTER SERIES SCOREBOARD

(CONTINUED FROM PAGE 7)

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
Hunter, Jon	Y	Y	M			R	R	R	V			4	1
Jewell, John	Y	Y	M	R	V	R	R					4	1
Kauftheil, Randy	Y	Y	L				R	R	R			3	2
Kelley, Mike	Y	Y	L			R	R					2	3
Kenan, Alexander	Y	Y	M			R	R	V	R			4	1
Kenan, Anna	na <18	Y	M			R	R	R	R			4	1
Kenan, Dan	Y	Y	L			R	R	R	R			4	1
Kirby, Tom	Y	Y	L/M	R	R	R	R	R	V/R			6	0
Kleinhammes, Alfred	Y	Y	XL				R	R	R			3	2
Klopfer, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R		R	R		R			4	1
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
Lynch, Ryan	na <18				R	R	R		R			4	1
Lynch, Scott					R	R	R		R			4	1
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		R			4	1
Miller, Ann	Y	Y	M	R	V/R		V					3	2
Moser-Katz, Seth	Y	Y	M	R				R	R			3	2
Moussa, Hanan	Y	Y	M			R	R	R	R			4	1
Munsat, Steve	Y	Y	L		R	R	R		R			4	1
Murphy, Karen	Y	Y	M/S	R	V	R	R					4	1
Murray, Michael	Y	Y	L	R	R	R	R	R	R			6	0
Naylor, Paul	na RD		XL			D						0	0
Rath, Heiko	Y	Y	M		R	R	R	R	R			5	0
Reagan, Jim	Y	Y	XX L	V	V	V	V	V	V			6	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
Retsch-Bogart, George	Y	Y	L	R	R	R	R		R			5	0
Rexford, Frank	Y	Y	M		R	R	R	R	R			5	0
Rubatt, Jennifer	Y	Y	M		R		R	R	R			4	1
Schudel, Vickie	Y	Y	S				R	R	R			3	2
Schultz, Gary	na RD		M	V	V		V	V	D			0	0
Schumacher, Alan	Y	Y	L	R	V	R	R		R			5	0
Schumacher, Matt	Y	Y	M	R	V/R		R		R			4	1
Searles-Bohs, Libby	Y	Y	M	R	V			V				3	2
Selvaggi, Chris	Y	Y	M	R	V/R	R	R		R			5	0
Simpson, Tracey Colleen	Y	Y	M	R			R		R			3	2
Slade, Susan	Y	Y	S		R	R	V	R	R			5	0
Smith, Kimberley	Y	Y	XS	R			R					2	3
Smith, Richard	na RD		S			R	R	D				0	0
Soo, Ken							R	R	R			3	2
Sousa, Greg	Y	Y	M	R	R		R	R				4	1
Sousa, Sara	Y	Y			R		V	R	R			4	1
Stanley, Marshall	Y	Y	L	R	R	R	R					4	1
Surh, Jerry	na RD		M						V	D		0	0
Szymkowski, Mary	Y	Y	M	R	V	R	R		V			5	0
Thomson, Ian				R			R	R	R			4	1
Throm, Michael	Y	Y	M			R	R	R	R			4	1
Tuson, Jeff	Y	Y	M	R	R	R	R	R	R			6	0
Tyll, David	Y	Y	S			R	R	R	R			4	1
Van Houtven, Dom	na <18		L		R	R	R					3	2
Walsh, Kim	Y	Y	S			R	R	R	R			4	1
Weed, Ronnie	Y	Y	S	R	R	R			R			4	1
Wolfe, Richard	Y	Y	L	R		V	R	V				4	1
Wormsbecher, Paul	Y	Y	XXL	R	R	R	R	R	R			6	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!

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Anthem Turkey Day 10KBroomfield, CO 11/24/11

Tom Hughes 48:18.

Ridgewood Turkey Trot 8KRaleigh, NC 11/24/11Jim Clabuesch 30:14 6:05 1st M/M

Matthew Marum 34:15 6:53

Quinn McFall 38:46 7:29

Sarah Negri 44:50 9:01

Darice Witherspoon 50:15 10:07

Trevor Johnson 51:16 10:19

Toys for Tots 10KNewport News, VA 11/24/11Katie Biasi 47:54 7:43 2nd F 35-39

Kim Anglin 1:05:33 10:33

Jus' Running Turkey Trot 5KAsheville, NC 11/24/11Tim Meigs 16:59 1st M 45-49**Skinny Turkey Half Marathon & Just Think First 5K**Raleigh, NC 11/24/11HalfRonnie Weed 1:25:16 6:30 1st O/MDoug Hensel 1:33:47 7:09 2nd M 30-39James Gerdts 1:36:36 7:22 3rd M 30-39

Ken Hamilton 1:41:24 7:44

Karen Murphy 1:45:07 8:01 3rd F 30-39

Tom Maunz 1:49:20 8:20

Brian Durkin 1:52:43 8:36

Brandy Burns 1:59:38 9:07

Jon Cochran 2:04:24 9:29

Laree Johnson 2:08:40 9:49

Elvis Borders 2:21:59 10:50

5KJim Stephens 18:57 6:07 3rd O/MMichelle Johnson 22:30 7:17 1st M/FParker Burns 23:33 7:36 1st F <14**Double B Gallop & Gorge 8K**Carrboro, NC 11/24/11Gary Slade 29:37 2nd M 50-54Bart Bechard 29:55 2nd M 45-49

Mike Kelley 31:15

Owen Astrachan 31:45 1st M 55-59

Lewis Hendricks 32:09

Randy Nonneman 33:15

Craig Gilbert 33:20

Andrew Scribner 33:20

Donald McDonnell 34:08

Jessica Bishop 34:27 3rd F 35-39Connor McDonald 34:59 3rd M 10-14

David Royle 35:03 (CGTC Founder)

Jen Howard 36:10

Jessica Lee 36:18 2nd F 40-44Mary Szymkowski 36:22 1st F 45-49

Dominic Van Houtven 37:11

Susan Chesser 37:32 2nd F 45-49

Hernan Silva 37:50

Michael Murray 38:11

Kimberly Smith 38:50

Kimberly Amick 39:05

James Lewis 39:52

Jerry Harris 39:54 1st M 70+

David Tyll 39:56

Carolyn Crump 40:22 2nd F 55-59

Bill Vann 40:55

Harriett Kinyamu 41:12

George Retsch-Bogart 41:25

William Chesser 41:30

Courtney Van Houtven 42:39

Alfred Kleinhammes 44:43

Randy Kraftheil 44:45

Luke Lucas 45:15

Eileen Tyler 45:24

Jerry Surh 45:36 3rd M 70+

Richard Crume 45:51

Tracy Simpson 47:22

Alexandra Garcia-Granados 48:36

Joan Boone 49:21

Priscilla Kilts 52:16

Carol Walton 53:01

Julie Horton 53:26

Karen Bell 53:26

Susie Gilbert 53:32

Kim Vassiliadis 53:53

Kathleen Murray 57:05

Sharon Murray 57:05

Paul Naylor 57:59

Fitz Shelton 58:42

Susie Hansley 1:04:22

Susan Hoerger 1:22:06

Tom Hoerger 1:22:06

Inside-Out Sports Turkey Trot 8KCary, NC 11/24/11

Brian Tajlili 31:27 6:20

Jeff Hall 31:43 6:23 1st M 45-49

Carolyn Vincent 38:48 7:49

Lena Hollmann 39:40 7:59 1st F 60-64Joanne Piscitelli 42:31 8:34 1st F 55-59

Mel Levin 46:06 9:17

Bernadette Marriott 47:47 9:37 3rd F 60-64Louise Guardino 49:47 10:01 1st F 70+**Jingle Bell Run for Arthritis 5K**Raleigh, NC 12/3/11Colin Jones 17:17 1st M 40-44

Andrew Scribner 20:07

Hunter Credle 23:26

Lena Hollmann 24:22 1st F 60-69Murphy Credle 25:02 3rd F 1-12Abie Harris 25:18 1st M 70+

Mel Levin 25:57

Richard Crume 26:49

Laura Lewandowski 27:35

Bernadette Marriott 27:44

Louise Guardino 28:47 2nd F 70+**Run at the Rock 7 & 14 mile trail races**Burlington, NC 12/3/117 mi.

Paul Eppers 51:44 7:23

Cosby Dudley 54:34 7:48

Dominic Van Houtven 1:00:22 8:37

Jon Hunter 1:00:29 8:38

Kim Chapman Page 1:02:43 8:58

Courtney Van Houtven 1:06:51 9:33

Mickey Lackey 1:08:30 9:47

Andrew Signor 1:11:31 10:13

Sandra Cooke 1:11:32 10:13

Mark Rhoades 1:16:42 10:57

Jennifer Boyce 1:32:31

14 mi.

Ronnie Weed 1:35:57 6:51

Ken Becker 1:36:18 6:53

Anthony Corriveau 1:38:27 7:02

Brian Tajlili 1:40:20 7:10

Shawn Harris 1:52:10 8:01

Shannon Johnstone 1:55:00 8:13

Christopher Boyce 1:57:31 8:24

Karen Murphy 2:04:03 8:52

Scott Lynch 2:13:23 9:32

Marshall Stanley 2:13:53 9:34

Mike Dacar 2:16:06 9:43

Brandy Burns 2:18:28 9:53

Carolyn Vincent 2:22:52 10:12

Halle Amick 2:32:50 10:55

Don Anthony 2:37:03 11:13

Shauna Griffin 2:48:08 12:01

Dhruv Patel 2:59:19 12:49

Reindeer Dash for Cash 10 milerGreenville, NC 12/4/11Tim Meigs 58:31 5:51 2nd O/MGary Moss 68:25 6:51 1st M 60+**Rocket City Marathon**Huntsville, AL 12/10/11

Katie Biasi 4:03:27

(Continued on page 12)

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 11)

Kiawah Island Half & Full Marathon

Kiawah Island, SC 12/10/11

Half

Susan Chesser 1:45:13 8:03
 Bob Valley 1:49:57 8:27
 Bill Vann 1:56:03 8:55
 William Chesser 1:56:14 8:56
 Bill Hansley 2:10:13 10:00
 Margaret McCann 3:00:59 14:05
 Susie Hansley 3:04:33 14:21

Full

Jessica Lee 3:41:19 8:28

St. Michael Jolly Elf Trail Run 5K

Cary, NC 12/10/11

Jeff Hall 18:34 5:59 1st M 45-49
 Hunter Credle 23:33 7:35
 Murphy Credle 24:03 7:45 3rd F 10-12
 Abie Harris 25:30 8:13 1st M 70-79
 Bernadette Marriott 27:25 8:50 2nd F 60-64
 Louise Guardino 29:49 2nd F 70-79
 Mel Levin 35:38 11:28

USATF National Club Cross-Country Championships 10K

Seattle, WA 12/10/11

Jason Page 33:29 5:24
 George Linney 34:28 5:33

Run for Young 5K

Raleigh, NC 1/7/12

Jim Stephens 17:41 5:42 1st M 40-44
 Rob Wilson 19:06 6:09 3rd M 45-49
 Andrew Scribner 19:51 6:24 3rd M 40-44
 Abie Harris 25:16 8:09 1st M 75+
 Hanan Moussa 28:59 9:21
 Louise Guardino 29:17 9:27 1st F 70-74

Lakeside 15 Mile Trail Race

Browns Summit, NC 1/14/12

Diana McAlister 2:45:02 11:01
 Hanan Moussa 3:02:44 12:11 1st F 50-59

Little River 7K & 10 mile trail races

Orange/Durham County, NC 1/14/12

10

Anthony Corriveau
 1:11:33 7:09 1st M 40-49
 Guy Potter 1:13:37 7:21
 Jason Figge 1:17:16 7:44
 Paul Eppers 1:22:08 8:13
 William Shamblin 1:25:46 8:35
 Shannon Johnstone
 1:26:14 8:37 1st F 30-39

Greg Sousa 1:29:09 8:55
 Heiko Rath 1:30:53 9:05
 Matt Schumacher 1:31:20 9:08 1st M 1-19
 Christopher Boyce 1:31:29 9:09
 Laura Heyneman 1:33:01 9:18
 Scott Lynch 1:33:34 9:21
 Randy Nonneman 1:34:51 9:29
 Kim Chapman Page 1:38:49 9:53
 Aline Lloyd 1:40:09 10:01
 Jon Hunter 1:42:49 10:17
 Bob Valley 1:42:52 10:17
 Brandy Burns 1:43:35 10:22
 Frank Rexford 1:45:37 10:34
 Gwendolyn Lloyd 1:45:48 10:35
 Dana Hornkohl 1:46:40 10:40
 Alan Schumacher 1:48:20 10:50
 James Lewis 1:50:19 11:02
 Mickey Lackey 1:52:13 11:13
 Luke Lucas 1:54:05 11:25
 Peter Hessling 1:55:50 11:35
 Erin McIntee 2:03:58 12:24
 Jenny Boyce 2:24:53 14:29

7K

Owen Astrachan 30:15 6:57 1st M 50-59
 Dominic Van Houtven 35:55 8:15
 Courtney Van Houtven 37:39 8:39
 Jerry Surh 40:46 9:22 1st M 60+

Charleston Half & Full Marathon

Charleston, SC 1/14/12

Half

Doug Gimlin 1:38:13 7:31

Full

Chris Gould 4:03:35 9:20 3rd M 65-69

Houston Half Marathon

Houston, TX 1/15/12

Tim Meigs 1:14:42
 Lena Hollmann 1:53:28

Uwharrie Mountain Trail Races

Troy, NC 2/4/12

Team Competition

CGTC was 4th with 60 points. Appalachian Mountain Goats won with 11 points. Our scorers were: Murphy (10th F), Tomasi (10th M), Corriveau (13th M), Johnstone (13th F), and Hall (14th M).

8 Miles

George Linney 59:22 1st O/M
 Craig Heinly 1:03:12
 Marty Tomasi 1:10:14
 Steve Leopard 1:34:03

Gwendolyn Lloyd 1:38:38
 Elizabeth Shamblin 2:02:34

20 Miles

Wayne Crews 2:54:48
 Jeff Hall 3:05:41
 Jim Clabuesch 3:09:15
 Doug Hensel 3:19:00
 Shawn Harris 3:19:05
 Jason Figge 3:20:30
 David Schwerbrock 3:28:13
 Nancy Pullen-Seufert 3:57:18
 Paula Anstrom 3:57:21
 William Shamblin 3:59:07
 Marshall Stanley 4:04:18
 Christopher Boyce 4:09:07
 Scott Lynch 4:09:55
 Carolyn Huettel 4:14:21
 Jon Hunter 4:19:41
 Aline Lloyd 4:24:58
 Mark Greenhalgh 4:46:54
 Joe Seufert 5:02:16
 Bill Hansley 5:27:03

40 Miles

Bart Bechard 6:54:21 3rd O/M
 Ronnie Weed 7:23:26
 Anthony Corriveau 7:34:45
 Allen Baddour 7:52:27
 James Gerdts 8:34:58
 Karen Murphy 8:38:51
 Shannon Johnstone 8:50:28
 Heiko Rath 9:16:10
 Brandy Burns 9:37:24
 Mike Walsh 9:45:45
 LaRee Johnson 10:41:57
 Charles West 10:46:16

Run for the Roses 5K

Raleigh, NC 2/12/12

Paul Jones 17:05 5:31 1st M 35-39
 Rob Wilson 19:17 6:13 1st M/M
 Andrew Scribner 19:50 6:25 3rd M 40-44
 Murphy Credle 22:59 7:26 1st F 1-12
 Mickey Lackey 24:15 7:51 3rd M 65-69
 Mary Szymkowski 24:33 7:56 2nd F 45-49
 Hunter Credle 24:55 8:03
 Mel Levin 30:48 9:59

Rouge Orleans 126.2 Mi. Ultra

Baton Rouge to New Orleans, LA

2/10 to 2/12/12

Michael Dacar
 34:55:49 16:36 2nd M 35-39
 Rhonda Hampton
 39:06:45 18:36 1st F 50-54

M/F = Master Female
 M/M = Master Male

O/F = Overall Female
 O/M = Overall Male

GM/F = Grandmaster Female
 GM/M = Grandmaster Male

THIS MONTH IN (GODIVA) HISTORY...


Well, it's not from *this month*, but it is Godiva history. Reproduced below is an excerpt from the November 1978 edition of the "Raleigh Running Report," which describes a club meet with the NCSU F+FRO (Faculty + Friends Organization), Godiva's "archrival" at the time. Godiva had just picked up a couple of nice victories over the NCSU club, much to their chagrin. Those with keen eyes may pick

out a familiar name or two.

We hope to bring you more archival material in upcoming newsletters, so veterans can reminisce and newer members can get a feel for the club's history.

Thanks to Chris Gould for submitting this item!

—Ed.




RALEIGH

RUNNING REPORT

Vol 1 No. 3

Nov. 27 1978



RALEIGH

RUNNING REPORT

NCSU F+FRO REPORT

Vol 1 No. 3

Nov. 27 1978

East Coast Classic Special

THE AGONY OF DEFEAT

SILVER TEAM MEDALS GO ELSEWHERE

NCSU 30s HOTSHOTS WIPED OUT BY GODIVA, EDGED BY GRTC

Bailey Beats Hare again

O'Donnell edged at the Tape

The N.C. state 30s team failed in their effort to win their second straight silver medal, primarily because there were three teams entered.

The final tally was Godiva 26, GRTC 100, and NCSU 104. The only contest was between the Greater Raleigh Track Club and NCSU. GRTC ran en masse, with all their scoring runners coming in between 18:54.7 and 19:30.9.

Each runner on the team shared the responsibility for the loss. Tom Hare was destroyed at the start of the third mile by Stan Bailey of Godiva and did not recover in time to pick up a place. O'Donnell was outkicked at the tape, despite a valiant attempt to push the closing GRTC runner off the course. Russ Combs "just couldn't do it for the team" with four of five GRTC runners in sight (10 seconds). Tom Lada ran well to finish ahead of Hill, Mowat, and Ramsey, but probably demoralized them in the process. He also missed one more point by less than a second.

Marshall Hill had to walk- "It was the only thing I could do"- thereby blowing any chance for an extra point. One place lost by less than three seconds. Rich Mowat went out too slow and couldn't get into the race. Mowat is not usually known for his slow starts.

NCTC 40s STARS BITE THE BULLET

KUPCYK BEATS HARRIS

Foote Hobbled by Injury

Leidy Edged at the Tape

The 40s stars were blown away in an incredibly close contest. Our boys failed by a single miserable point to win medals, as the gold medals went to Renaissance sports and the silver to archrival Carolina Godiva. The final tally was RS 62, CD 68, turkeys 69.

NCTC runners were led by E. F. Harris, who went down to another exciting defeat to Henry Kupcyk. Henry destroyed Harris coming out of the woods and uphill on the grass. Ed McKendry was only 40 sec behind Harris and ran well. Vince Foote wrecked his foot and only was a shadow of his potential, or so he claimed. Ross Leidy barely missed a place (0.3 seconds) at the finish, though it must be admitted that the sight of Leidy in spikes was the highlight of the race.

Bob Wells ran well and even outpaced Tom Regan, who ran a disastrous race. Regan's poor effort was underscored by his disappearance for two weeks following the race.

All things considered, it was a pretty bad day for the home team, though everyone who ran seemed to think they had given it their best shot.

The single most poignant comment after the race came from Leidy, who said, "We were screwed".

FEBRUARY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on February 14, 2012. Attendees included President Halle Amick, Patrick Bruer, Jane Bruer, Gary Schultz, Cathy Wides, Lena Hollmann, Carolyn Huettel, Jim Cla-buesch, Barbara Hindenach, Tom Kirby, Charles Alden, and your substitute scribe Jeff Hall.

There was nothing new to report for Membership or Treasurer. In Haberdashery we are in need of singlets especially with the warmer Spring and Summer seasons approaching. Brooks distance singlets are still available in the same fabric and color. Carolyn Huettel provided a list of suggested quantities to purchase by size. We should be able to place an order soon pending receipt of confirmation on pricing.

Patrick Bruer reported on the electronic distribution of the monthly newsletter. The e-mail notifying club members of the posting of the newsletter to the Carolina Godiva website was sent to over 400 members. Patrick was able to record that the newsletter was accessed online 177 different times by 157 different users. Only two members requested to be removed from the e-mail notification list. Twelve comments were received from club members who all supported the electronic distribution of the newsletter and are requesting electronic only receipt of the newsletter in the future. It was agreed to continue with the e-mail notification again and to monitor results further.

Gary Schultz reported on the winter

series. The Geezer Pleezer was a great success. The event had a bigger turnout than last year even with a cold start to the day. Two new all time top 10 age graded times were established by Cathy Wides and Louise Guardino.

Halle reported that the Runner of the Year and Volunteer of the year have been selected by the committee. Preparations are being made for the spring banquet where the ROY and VOY will be announced. Dates were discussed for the banquet and will be announced soon.

Next, Tom Kirby and Barbara Hindenach reported on the efforts to repair one of the timing machines owned by the club. The machine had to have a battery replaced but upon receipt a fatal error message would sometimes appear when connected to the computer. The timing machine is being returned to be rebuilt. Considering the age of the machine (circa 1998) and the fact that it may not return in time for the Umstead Marathon it was decided that a new unit should be purchased and that the rebuilt machine can be used as a backup.

Charles Alden provided an update on the one hour run event. The event is now going to be in late spring instead of late summer. Durham Academy has been approached regarding use of their track on May 23 with the Summer Track program starting the next weekend. Of key import to the success of the event will be to recruit "Sponge" Bob Nelson to hand out wet sponges to the participants.

The club was approached by Duke University Athletics department about possibly contributing money to their resurfacing of the Duke Forest trails. The club already contributes to the Duke Forest Improvement Fund through our sponsorship of the Pine Cone Pacer event and will therefore respectfully decline monetary contribution to the Athletic department.

"There is an opportunity for someone new to take on the responsibilities of planning and organizing of the Marathon Training Program."

In other business, Gary Schultz indicated that there was an opportunity for some-

one new to take on the responsibilities of planning and organizing the Marathon Training program. If you have an interest in seeing that this program continues and are willing to volunteer to lead please contact a club representative.

Halle commended Carolyn Huettel and her volunteers on the quick and successful planning for the U.S. Surgeon General's community health walk. There was a large turnout thanks in part to the efforts of our club members.

The meeting adjourned at 8:04pm. Thanks to Lena for the Dove chocolates she shared with the group for Valentine's Day.

—Jeff Hall

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**

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

ADDRESS SERVICE REQUESTED



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