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A HILL BY ANY OTHER NAME . . .

There's something about the act of naming that has always appealed to me. As a kid, I took great pride in giving names to each of my model horses. I'm one of those people whose vehicle has a name. I've never daydreamed about being a parent, but I've spent a lot of time coming up with baby names.

I'm not exactly sure what it is about giving something a name that I find so appealing. I think part of it has to do with ownership—there were lots of Breyer #205 Old Timer models out there, but I named the one in my possession "Spaghetti," and he was all mine. Of course, when his dappled ear got chipped, I think that having named him made me even more upset. Wailing "Spagheeeeeetttttiiiiiiiiiiii" is so much more emotional than crying "Breyer Model Two Oh Fiiiiiiiiiiiiive" to the toy gods.

I haven't outgrown that tendency toward anthropomorphism. Over the years, I've named tennis racquets, houseplants, and the little chunk of cartilage that spent years moving around in my left knee before finally breaking down for good ("Freddy the Floater"). Every vehicle I've owned has had a name, and I've cried every time I've parted ways with one. Saying goodbye to "The Big Fat Sister Grace," my gray 1990 Ford Taurus Wagon, remains one of the hardest breakups I've ever endured.

"I've found that two factors evoke my desire to dole out names: the need to refer to places that don't have obvious reference points, and a belief I have about knowing one's enemy."

Sometimes, though, it's not about owning something—not in the legal sense of the word, anyway. This is something I've learned in the 6 years I've been a runner. I've found that two factors evoke my desire to dole out names: the need to refer to places that don't have obvious reference points, and a belief I have about knowing one's enemy.

Regarding the former, as many off-road runners know, there are times when one needs to think about or refer to a landmark or section of trail that isn't universally identified. Sure, most of the Duke Forest paths have names, but they're often things like "Gate 2 to Gate 4 Road"—and when I'm on a long run, I often struggle to form coherent thoughts, let alone remember which darn gate I'm approaching.

Many of us are familiar with "Orange Rock" (also known as "Pink Rock" and "Peach Rock," depending on how recently the rock has been painted) that serves as the 3-mile mark from the start of many Marathon Training Program

**DEADLINE FOR
MAY
NEWSLETTER:
APRIL 15TH**

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**



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

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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

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



GODIVA ANNUAL AWARDS BANQUET 2012!



When? Saturday, May 5th, 2012
5:30 Social Hour
6:30 Dinner
7:30 Awards Ceremony

Where? At the home of Jim Clabuesch and Carolyn Huettel,
9 Litchfield Ct. in Southwest Durham (off Garrett Rd)

Directions: From I-40 exit at 274 onto Hwy 751 towards Durham. At end of exit turn left if coming from Chapel Hill, turn right if coming from Raleigh. **Stay on Hwy 751.** Hwy 751 intersects with Hwy 54 so stay in the middle lane of Hwy 751. At the next intersection, **turn left on Garrett Rd.** (There is a Burger King on the right and a Kangaroo gas station on the left). Stay on Garrett Rd for approximately 0.9 of a mile. **Turn left on Swarthmore Rd** (the third left turn). **Turn first right on Litchfield Ct.** Carolyn and Jim's house is on the left at # 9 on the top of the hill. (Thanks a bunch, Jim and Carolyn!)

Who? All Godivans—long-timers and newbies—along with spouses, significant others, and children. Come join us!

What Awards? Male and Female Runner of the Year
Volunteer of the Year
Summer Track Ironman trophies and Grand Prix awards
Coveted Winter Series shirts

What's on the menu? *Thrills from the Grill* is providing catering services this year. There will be a carnivore option featuring meatloaf. There will be a vegetarian option featuring ratatouille over quinoa. Everyone will be able to enjoy green beans, garlic roasted mashed potatoes, and a garden salad. Non-alcoholic drinks will be available; BYO alcoholic beverages. Members are encouraged to bring a dessert to share.

What's the price? \$10 per adult or teen, \$5 per child age 12 or under.

How to RSVP? Please RSVP by April 27th by using the **online reservation form** linked on the club website (www.carolinagodiva.org). There will be no paper registration form this year.

Questions? Contact Doug Hensel at douglashenseljr@gmail.com or 919-949-7315.

A HILL BY ANY OTHER NAME, *continued from page 1*

runs. We know what it means when someone refers to the “Couch Mountain Lollipop.” Those who venture north of Durham likely know about the Brontosaurus and possibly even about the Vietnam Veterans’ Living Memorial (one of my favorite lesser-visited spots in town). But there are others; places that mean things to us as individuals and serve as landmarks along our ways. So, here are some of my names for random places in and around Duke Forest and greater Durham:

Cooper’s Beach: the sand volleyball court in Duke Forest near the Gate F picnic shelter. It’s named after a running partner’s dog who would go happily ballistic when he encountered the soft sand.

The Bog of Eternal Stench: in a nod to the ‘80s-tastic movie “Labyrinth,” I gave this moniker to the bend along the Al Buehler Trail that literally stinks. You probably know the spot - just past (or just before, depending on your choice of direction) the gravel parking lot at the base of the long hill (more on that later), at the point where the Al Buehler makes a nearly 90-degree bend and narrower trail splits off for those headed out to run north on 751. Warm or cool, rainy or clear, that spot always smells bad. In the film, legend has it that if one dips so much as a single toe in the Bog, one will smell bad forever. While I doubt that’s true of the Al Buehler corner, I’m not willing to risk it.

The Place Where We Saw the Emu: it has an official name—the steep, rocky foot path that intersects the “stick” of the Couch Mountain lollipop—but it’ll forever be known as something else to me. It was there that, during a longish run with two other people and two dogs, I experienced possibly the most surreal running moment I’ve had. We were cruising (because I never huff, puff, and struggle, you know) up the lollipop stick, when the 2 dogs stop in their tracks and their heads whip to the left. We three humans stop and follow the dogs’ gazes until our eyes fall on the object of their attention: a big, odd bird standing along the footpath, staring us down. Being in the throes of a hill, I was a little concerned that I was hallucinating. Seeing the same jaw-open, head slightly cocked posture of my running partners convinced me that I was fully lucid (either that, or we were all on some weird, hill- and humidity-induced trip). I’m sure we talked about it, but I can’t remember anything we said; only the strange feathered thing that we all took for an ostrich. After a few tense moments (Would the dogs lunge on their leashes? Would the thing come after us? Were we on “Candid Camera?”), the creature turned away from us and ambled down the rocky path. We gave each other the same “did we just see what I think we saw?” look (yes, the dogs, too), and then we shook out of our collective state of disbelief and headed up Couch. The postscript to the story is that I did some research when I got home and figured out that it was an emu, not an ostrich. I assume that it was an escapee from a farm, or perhaps a wayward pet, but to this day I have no idea where it came from or where it ended up.

Poopy Pass: I’m going to leave this one up to your imaginations...

Post-Apocalyptic Playground: so, there’s a church on the north side of town that has a nice, new-looking main building and a parking lot in decent shape. Down a small hill from the parking lot, there is a wooden privacy-style fence that’s plastered with large, no-nonsense signs reading “No Trespassing.” Because the sidewalk on which I run is higher than the fence, it’s easy to see what lies inside it. And what lies inside it is ... confusing. Given the appearance of the church’s other facilities and the stern warnings to keep out, I’d been imagining a fancy, well-appointed play area. Maybe a cool tire swing, a twisty slide, one of those crazy ball pits you find in large fast food restaurants; something warranting extreme measures against unauthorized entry. But no ... this decent-size play area contains a single pair of (I think) metal horses—the kind that are set in the ground with a large metal spring so the rider can bounce. Two of those, and not shiny new ones, either. Whenever I see this little spot, I can only picture one of Sarah Connor’s nightmares from the movie *Terminator 2*—the one in which a playground (springy horses included) is wiped out by a nuclear bomb. Yikes.

And then there are the “enemies.” I’m a firm believer in the idea that most obstacles are surmountable with the right tools, and as a runner, my obstacles are usually hills. Some hills have names—Couch Mountain, Cedar Ridge, Morehead Hill—but others just rise and fall, over and over, day after day. At some point, referring to them with a series of monosyllabic grunts becomes old, and at that point, it’s easy to feel defeated. So, a couple of years ago, I started referring to certain inclines with names with the idea that naming one’s enemy means knowing one’s enemy and that knowing one’s enemy is key to defeating it.

Big Stupid Hill: the long one on the Al Buehler trail that begins at the lower gravel parking lot and winds for what seems like an eternity up to the entrance to Washington Duke.

Hill of Doom: at roughly the halfway point around the Al Buehler, this one is awful no matter which direction you’re going. Heading down, it will test your knees and quads, and going up... well, it’s just evil. First you hit the Foothill of Doom—a little steep, but pretty short. Then, just as it flattens out, you turn the corner and see the rest of it looming above you. Some days, it transcends mere hill-hood in my mind and becomes Mount Doom.

Dragon Hill: a long incline in the northern part of the Durham Division of Duke Forest—so named because I’m usually draggin’ by the time I hit it, and, even if my legs are fresh at the bottom, I’m always draggin’ my butt up it.

—Halle Amick

HOW TO BECOME A TRY-ATHLETE

(BY STEVE LEOPARD)

Running grounds me. After 30 plus years of running, it also defines me. One of the main reasons that it does all these positive things is that it is so convenient and cheap. A group of friends is ready for a run most days of the week. The fact that I burn a lot of calories at the same time as socializing is a rare combination.

However, running also limits me. When every day is planned around the run, when every weekend starts with a run on Saturday morning, it does not leave room for much else. Knowing all this, I have chosen to diversify my athletic endeavours. In the late 1980's I did three triathlons. They were fun and gear intense. They were also expensive. So, these days I have evolved to have a triathlon lifestyle without actually entering any more triathlons. I add in a couple of swims a week, do a road bike ride and a couple of mountain bike rides, throw in a few intense runs and voila!—a triathlete is reflected in my mirror.

This may sound like an end point but, it is the beginning of a tri- (or try-) athletic lifestyle. *Try* any sport, *try* to enjoy the process instead of the result. As a runner who defines himself by the race against the clock, it is nice to try things where no perfection is required or even expected. Over the years, I have mountain

biked, done cyclocross, kayaked, stand-up paddle-boarded, canoed, surfed, whitewater kayaked, snow skied, hiked, rock-climbed, zip-lined, done yoga, taken boot camp classes, played tennis, golf, volleyball, baseball, basketball, softball and tried different track and field events like the shot put, the high jump and the long and triple jumps.

Any activity that I take up seems awkward and unnatural at first. Add to that no natural coordination and few fast-twitch fibers, and it would seem a good recipe for embarrassment. But I never experienced that while doing these things. The joy in being a try-athlete is to move the body, try new things, and challenge the mind to do these new activities. These things open you up to a community of people that are willing to share their sport and are willing to spend their time and energy on the things they love, as we do with running. Watching someone else do a sport they love is a joy to be appreciated first-hand. It inspires and motivates.

Next on the list for this try-athlete are sky-diving, orienteering and windsurfing. Come get out there with me and lets *try* all these new activities. Your running, body and spirit will thank you!

SOUTHEASTERN MASTERS MEET: RUN & VOLUNTEER

The Southeastern Masters Track and Field Meet will be held at St. Augustine's College track in Raleigh on **May 11 & 12**. The Friday session will feature the Tom Hare Memorial 3k run; also, a 10k on the track is scheduled for Friday evening and a 5k on Saturday morning. For sign up and further information, go to www.southeasternmasters.org.

Also, **volunteers are needed** to help with the meet on Saturday from around 7:30 am until 4:00 pm. Volunteers will receive a t-shirt and a lunch. If you are able to volunteer, please contact me at 851-1804 or via email at lada@math.ncsu.edu.

—Tom Lada

VOLUNTEERS NEEDED: ANGELS AMONG US 5K

30 GODIVA VOLUNTEERS NEEDED
SATURDAY, APRIL 28, 2012.

For the 17th year, Godiva will supply volunteers for race day registration and packet pickup at the Angels Among Us 5k. Last year the race raised \$1.8 million for the brain tumor center at Duke. As usual, for those of you who volunteer, you'll get a t-shirt and free entry into the race if you'd like to run it. For more information about the race, see AngelsAmongUs.org. To volunteer, contact me at gkeeler@psych.duhs.duke.edu.

—Gordon Keeler

UMSTEAD TRAIL MARATHON: THANK YOU VOLUNTEERS & SPONSORS! (BY CAROLYN HUETTEL)

The ninth annual Umstead Trail Marathon took place on Saturday, March 3. There have been a some very positive write-ups from the runners that can be found on the Umstead Marathon Facebook page. Even with the intense downpour in the early hours of the morning and the off-on drizzle during the packet-pickup/race start, another bout of rain during the race, and then overcast/moist atmosphere during the rest of the race, all of the runners still seemed to have a fun time. I am still hearing runners talk about how much they liked running the Umstead Marathon.

This marathon would not happen if it were not for the ten person committee, the sponsors, and the volunteers. The committee started working on the 2012 marathon in September, 2011. This group of people consists of Lisa Beck, Jim Clabuesch, Jason Clark, Mike Dacar, Dennis Geiser, Doug Hensel, Carolyn Huettel, Denise Larson, Karen Murphy, and Bob Nelson.

We started requesting volunteers in December and thankfully people seem to love to volunteer for this race because we had enough volunteers within 2 months. We cannot thank all of you who volunteer enough for giving us your time....and for signing up early.

The committee stuffs the packets a few days before the race and this year, Dennis brought his wife, Marion, who was very helpful in getting the packets stuffed in record time.

Volunteers are needed on the Friday before the race. Jim puts the signs out on the course with the help of Ken Browndorf, Robert Moody, and Jason Clark. Denise works the packet pick-up at Great Outdoor Provision Co. with the help of Tammy Butkiewicz and Aline Lloyd. Carolyn and Lisa set up the lodge.

Saturday morning starts with Mike's parking volunteers who have to get into their positions after the park gates open at 7:00 and before the runners and other volunteers show up at 7:30. This team of volunteers directs drivers to their pre-assigned parking lots. The folks that helped this year were Paul Naylor, Kim Smith, Bill Parquet, Steve Wright, Sarah Woodring, Weiling He, Hong Wu, Lisa Feutz, Sherry Long, Shauna Griffin, and James Reagan.

Once the runners are parked, they have to pick up their packet or check in with Denise and her team of volunteers, Tammy Butkiewicz, Jennifer Morse, and Faith Seay. The runners can also get some drink and snacks thanks to Caro-

lyn's volunteers Jessica Ledford and Erin Grantham.

There is set-up outside of the lodge which consists of moving two very heavy picnic tables, setting up the canopy and hanging the start/finish line banner. Unfortunately, I did not write down the names of everyone who helped with the table move and canopy set-up...and I only remember a few, so instead of listing the few, I will not list any....but if you helped with these two tasks....Thanks! As far as putting up the banner, that thanks goes to Chuck Millsaps (our Great Outdoor Provision Co. sponsor) and his son. Every year, Chuck climbs on top of his van to tie the banner as high as he can for us.

Lisa ensured that the aid stations were stocked with supplies, drink, food, and, thanks to the threat of rain, tents. We want to send a big thanks out to Jason and Kim Page who loaned us their tents, which were used to keep the aid station volunteers dry. Lisa spent the good portion of a day earlier in the week to organize and label all of the supplies required for each of the four aid stations. On race day morning, she had the help of Greg Stromberg with his truck and Doug Hensel to get all of the supplies out to the aid stations.

After all of those volunteer activities, it was finally time to start the race. Denise had a team of people responsible for working at the finish line. Kevin Nickodem was our announcer working the PA system. Tom Kirby and Barbara Hindenach worked the timing equipment. Other folks helping collect runners' bib numbers were Amy Vargas-Tonsi, Ken Soo, Conrad Kirby, and Ryan Norris.

Once the runners are told to start running, Jim had already been out on the course making sure his course monitors were in place. The course monitors this year were Jeff Tusion, Randy Dykes, Jeff Hall, Phil Lorang, Erin McIntee, Chris Gould, Claudia Mello, Ying So, Dave Ruppen, Halle Amick, Diana McAlister, Cathy Rege, Andrew Scribner, Brian Foreman, Paul Wormsbecher, and Shawn Harris.

Karen had also already been out on the course making sure her aid station volunteers were in place. Her very large team of volunteers were Lori Grove, Jenni Boyce, Jenny Hill, Ben Hannas, Brian Tajlili, Gordon Keeler, Harold Hill, Jen Arnold, Katie Biasi, Melissa Mincic, Melissa Lee, Steve Arnold, Sandra Cooke, Derek Applewhite, Quinn McFall, Karishma Fernandes, Rachel Bearman, Andrea Zamorski, Melissa Leaf, Kristine Pryzgodka, Brandy Burns,

(Continued on page 7)

UMSTEAD MARATHON THANK YOU, (Cont'd from page 6)

James Hampton III, Dhruv Patel, Beth Knox, LaRee Johnson, Marilyn Columbus, Becky Ayers, Mo Percy, James Medlin, and Matthew Ferguson.

We also have a team of volunteers on bicycles who are watching out for the well-being of the runners. Jason coordinates this group of volunteers. His bikers were Philip Sannes, Rhonda Hampton, Bill Bass, Susan Carl, Al Sternberg, Steve Peters, James Gerdts, Anthony Corriveau, and Randy Dykes.

As the runners cross the finish line, Dennis had a team of volunteers that greeted all the finishers, handing them a pint glasses and giving them the opportunity to win a door prize. Dennis's volunteers were Gail Utnage, Chris Jordan, Jennifer Jordan, Jonathan Fletcher, Gretchen McNeely, Katherine (Kemp) Robbins, Jamie Lewis, and Leigh Wynne.

Not only did Dennis take care of all the runners crossing the finish line, he was the artist that made the beautiful wood bats that were given to the first 15 male and female finishers.

The runners worked their way into the lodge where Ryan Norris (who later was needed at the finish line), Leah Harkness and Joe Drommer offered burritos, drinks, and snacks.

A very welcome change to the race logistics this year was that Lisa got permission to drive one of the Umstead Park Gators. This made getting supplies to and from the roaming Reedy Creek aid station much more efficient compared to all of the earlier years. It was also very nice to have since Lisa, Karen, and Charles West were able to use it to take burritos to the volunteers on the course.

Aiming to be at the aid stations at the advertised cut-off times, Greg and Doug went back out on the course to collect the supplies and bring them back to the lodge to be used at the lodge or sorted for the final clean-up.

At 3:00, when the six hour cut-off was reached, many of the volunteers based in and around the lodge started pitching in to clean up the lodge and grounds. We were cleaned up and ready to leave the park at 4:20, which is probably the fastest this had ever happened. A very big thanks goes out to our volunteers with trucks who did double volunteer duty. Joe Drommer took all of the LeBleu water bottles back to the LeBleu warehouse. Rhonda Hampton and Charles West took the trash and recycling to the dump. Jim Reagan carried a large truck load of supplies back to Durham. Karen Murphy and Ronnie Weed took the pop-up tents home and cleaned them and returned them to the Pages. Denise carried Jim's bike and a few other things to Durham.

Because of the rain and the very wet grounds, we did have some cars get stuck. We want to send an extra special thanks to Joe Drommer and Jim Reagan who had the proper combination of chains and trucks to remove some stuck cars.

As you have read for yourself, this event happens thanks to the efforts of so many volunteers. As you read runners' write-ups, you will see many comments around how much the runners like our volunteers. If I have missed naming anyone that helped, I am so sorry. Please know that your help was very much appreciated.

The proceeds of this marathon go to the Carolina Godiva Track Club (CGTC) and The Umstead Coalition.

THANKS TO THE FOLLOWING UMSTEAD TRAIL MARATHON SPONSORS...

DOOR PRIZES		NOURISHMENT		RACE PACKET	
Native EyeWear (via Great Outdoor Provision Co.)	Sun Glasses	Raleigh Running Outfitters	Gatorade, Coke, Cups	Smartwool (via Great Outdoor Provision Co.)	Socks
Brooks (via Great Outdoor Provision Co.)	Shoes	Honey Stinger	Gels	Brooks (via Great Outdoor Provision Co.)	Shirts
Merrill (via Great Outdoor Provision Co.)	Shoes	Moe's	Burritos	Harkness Design (Marcos Lightning Harkness)	Logo Design Work
Raleigh Running Outfitters	Gift Cards	Le Bleu Water	Water	tsdesigns	Printing on the Shirts
Honey Stinger	Waffles	Worth It Cafe	Sweet Potato Chips	MESSAGE	
Charlie's Soap	Laundry Detergent			Stiner Massage	Post-Race Massage
The Umstead Coalition	Stories in Stone books				
Carolina Godiva Track Club	Year Memberships, Shirts				

GREEN LEGS INDEED

(BY DOUG HENSEL)

While looking at the upcoming races on the Carolina Godiva Track Club website, the Green Legs and Hamstrings Trail Run in Danville, Virginia caught my eye. It had a number of good qualities: rolling mountain bike trails, a half-marathon option, a 10:15AM start, and less than 90 minutes from my home. I downloaded the race form and dropped it in the mail.

The race had three options: a 5K, a 10K, and a half marathon. If I was headed to Virginia, I wanted to make sure I met the time-spent-running-is-greater-than-the-time-spent-driving requisite. Plus, it is probably my favorite race distance. I floated the idea of the race to a few people, and they cautiously accepted. My track record for finding bizarre races has a checkered past, but I think it is improving.

The website had a few details about the race, but not much. It seemed pretty low-key. A race map was included, but did not offer too many details. In cases like this, the internet is your friend. I ran across some race reports with horrific tales of steep climbs and near-death experiences. Uh oh. How do I hide this from my friends who agreed to run the race?

It was a great morning with a slight chill in the air, but the late start allowed the sun to climb and warm things up nicely. The half-marathon runners got a two minute head start over the 10K, and a four minute head start over the 5K. The course is laid out in such a manner that each group (5K, 10K, and half-marathoners) shared the first section and a large loop, called the Witchback Trail. The large loop was longer for the 10K, and even longer for the half-marathoners, who also did it twice.

The air horn sounded and we were off. All 25 or so of us. The first few miles were a lollipop, and then back past the start. It was easy running in the beginning. It took another mile or so before the steep climbs started. Up and up I went. The trails leveled off even-

tually and I could run at a somewhat decent pace again. A mile or so later greeted me with another tough climb. I slowed a little and ran the best I could. This type of running continued for most of the race: steep climb, level running, quick descents. I was falling into a good routine, but could not comfortably fly down the hills.

On the second loop, I was still chugging along. I was not properly hydrating and I decided to forgo my energy gel. I came to the half-marathon split and did the U-turn back up to the original climb we started the race with. I was still moving, but I could tell the second lap was not going to be as easy. Luckily, one of my running buddies was in

front of me. He would climb the hills, keep a good pace on the flats, and then fly down the hills. As long as I kept him in sight, I had the motivation to keep my pace.

The nice thing about doing a double lap course is knowing when the finish is coming. After getting a visual of the waste water treatment plant, I knew I only had a mile or so to go. A couple more climbs, a couple more downhills. My calves were screaming. There were a couple of nice rolling hills on single track on the way to the finish before returning to pavement for the final 200 yards. I finished 5th overall with a time of 1:47.

Would you, could you, run this race?
 Would you, could you, keep your pace?
 You can take your car, it's not too far.
 Have no fear if properly trained,
 but beware of some serious gains.
 The twists and turns,
 the calf cramp burns.
 I promise you will be left with
 green legs and hamstrings,
 Sam I am.



HARD CLIMB HILL 2012 RECAP

On an overcast Sunday fifty-four runners took part in the 27th annual running of the Hard Climb Hill race to complete the club's Winter Series. Thanks are due to volunteers Kim Walsh, Dan Kenan, Alan and Matt Schumacher, all of whom assisted Gary Schultz with timing. Dan and Kim also assisted with registration and served as the resident medics as well. Brian Doherty, Jen Howard and Adam Shamblin lent indispensable help with the many other tasks needed to make the race go smoothly for all.

Besides those still needing two points or rising to the challenge of the hilly 10 mile course, the confinement of the race to Duke Forest, free of auto traffic, appears to be attracting running parents with young children, including for the second year, the "ramblin' Shamblin" family. The presence of the kids at the finish line added delight and distraction from the usual running palaver of the adults.

This year's start and finishes were also enlivened by blasts from the Schumachers' vuvuzela horns. Chris Selvaggi race-walked the 10 mile course in under two hours, adding further distinction to this year's race. Some felt attendance would have been higher had the race date not conflicted with the ATT Marathon, which apparently attracts runners despite its unfortunate corporate acronym and what one HCH participant described as its flat and boring course. The HCH race director nonetheless will endeavor not to conflict with the ATT in the future.

Thanks again to all volunteers and to the discriminating runner participants in this far from boring race.

—Jerry Surh

HARD CLIMB HILL RESULTS*

3 MILER

1	Anthony Corriveau (M/M)	19:33
2	Heiko Rath	22:06
3	Parker Burns (O/F)	24:46
4	Ray Dooley	26:05
5	Jim Claebusch	26:40
6	Jon Hunter	27:22
7	Ben Shamblin (O/M)	28:01
8	Will Shamblin	28:07
9	Bill Hansley	29:34
10	Tom Lada	30:42

3 MILER, CONT'D

11	Davi Cheshire	30:43
12	John Jewell	32:45
13	Ryan Lynch	33:07
14	Scott Lynch	33:08
15	Adam Shamblin	35:48
16	Scott Shamblin	37:55
17	Elizabeth Shamblin (M/F)	37:55
18	B. Sousa	1:08:17
19	Greg Sousa	1:08:17

7 MILER

1	Rietta Couper (M/F - new record)	53:52
2	Mark Dessauer (M/M)	54:07
3	Latham Grimes (O/M)	55:00
4	Alexander Kenan	59:51
5	Marshall Stanley	1:01:49
6	David Tyll	1:02:56
7	Anna Kenan (O/F)	1:05:39
8	Bob Wallace	1:07:13
9	Lina Kok	1:07:16
10	Steven Munsat	1:12:35
11	Eric McIntee	1:16:26
12	Mike Throm	1:21:15

10 MILER

1	Jeff Hall (M/M)	1:08:18
2	Bart Bechard	1:09:15
3	Seth Moser-Katz (O/M)	1:20:07
4	Joe Shamblin	1:20:28
5	Ken Soo	1:24:42
6	Chris Boyce	1:25:44
7	Tom Kirby	1:27:26
8	Paul Wormsbecher	1:27:56
9	Michael Murray	1:30:25
10	Randy Kauftheil	1:31:19
11	Jeff Branin	1:33:00
12	Cara Grout (O/F)	1:33:42
13	Chris Gould	1:33:42
14	Thomas Markham	1:38:43
15	Alfred Kleinhammes	1:46:03
16	Vickie Schudel	1:48:15
17	Sara Sousa (M/F)	1:48:15
18	Barbara Hindenach	1:52:47
19	Karen Murphy	1:52:48
20	Shannon Johnstone	1:52:49
21	Karla Henderson	1:55:53
22	Chris Selvaggi	1:58:12
23	Tracy Simpson	2:00:23

* First finishers in the following categories are indicated by parentheticals: Open Male (O/M), Open Female (O/F), Masters Male (M/M), Masters Female (M/F).

WINTER SERIES SCOREBOARD (FINAL)

If you see a "0" at the end of your row under the column that says "Pts. Needed," then you have earned your 2011-2012 CGTC Incredibly Beautiful Winter Series shirt. They will be short sleeved tech shirts. Email me back (jwcvh@mindspring.com) with shirt size questions or if my math is wrong or if you don't see your name and expected to.

—Jim Clabuesch

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		R	R	6	0
Bohs, Larry	Y	Y	M	R	R			V				3	2
Boyce,	Y	Y	M	V	V/R	R	R	R		R	R	7	0
Bruer, Patrick	na RD		M				D					0	0
Burns, Brandy		Y	S		R	R	R		R			4	1
Burns, Parker	na <18	Y	S/		R	R	R		R	R		5	0
Caldwell, Ethan	Y	Y	L		V/R	R	R	R	R			5	0
Clabuesch, Jim	na RD	Y	L	R	D	R	V		R	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	R		6	0
Cullen, Sue	Y	Y	L									0	5
Dooley, Ray	Y	Y	L	R		R	R		R	R		5	0
Flores, Mike	Y	Y	XL			R						1	4
Fowler, Walter	na RD		L	D								0	0
Gould, Chris	Y	Y	S			R	R	R	R	R		5	0
Grout, Cara	Y		M			R	R	R	R	R		5	0
Guardino, Louise	Y	Y	M	R	R	R	R	R	R			6	0
Hall, Jeff	Y	Y	M	R	R	R	R	R	R	R	R	8	0
Hansley, Bill	Y	Y	L	R	R			R	R	R		5	0
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	R	R	5	0
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,	Y	Y	M/S	V	R	R	R	R	V	R	R	8	0
Hornkohl, Dana	Y	Y	L				R					1	4

(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
Hotelling, Jim	Y	Y	L		R	R	R	R	R			5	0
Howard, Jen	Y	Y	M	R		V	R	R		V		5	0
Huettel, Carolyn	Y	Y	M	R	V	R	R	R	R			6	0
Hunter, Jon	Y	Y	M			R	R	R	V	R		5	0
Jewell, John	Y	Y	M	R	V	R	R			R		5	0
Kauftheil, Randy	Y	Y	L				R	R	R	R	R	5	0
Kelley, Mike	Y	Y	L			R	R					2	3
Kenan, Alexander	Y	Y	M			R	R	V	R	R		5	0
Kenan, Anna	na <18	Y	M			R	R	R	R	R		5	0
Kenan, Dan	Y	Y	L			R	R	R	R	V		5	0
Kirby, Tom	Y	Y	L/ M	R	R	R	R	R	V/R	R	R	8	0
Kleinhammes, Alfred	Y	Y	XL				R	R	R	R	R	5	0
Klopfer, Peter	na RD		M						D			0	0
Lada, Tom	Y	Y	L	R		R	R		R	R		5	0
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		S		R	R	R		R	R		5	0
Lynch, Scott			M		R	R	R		R	R		5	0
Malizia, Emil	Y	Y	M	R	V	R						3	2
Markham, Thomas	Y	Y	L	R		R	V			R	R	5	0
McDonnell, Donald	Y	Y	L	R	R	R						3	2
McIntee, Erin	Y	Y	S		V	R	R		R	R		5	0
Miller, Ann	Y	Y	M	R	V/R		V					3	2
Moser-Katz, Seth	Y	Y	M	R				R	R	R	R	5	0
Moussa, Hanan	Y	Y	M			R	R	R	R			4	1
Munsat, Steve	Y	Y	L		R	R	R		R	R		5	0
Murphy, Karen	Y	Y	M/S	R	V	R	R			R	R	6	0
Murray, Michael	Y	Y	L	R	R	R	R	R	R	R	R	8	0
Naylor, Paul	na RD		XL			D						0	0

(Continued on page 12)

AT THE RACES

(COMPILED BY JIM CLABUESCH)

Myrtle Beach Half Marathon

Myrtle Beach, SC 2/18/12

Andrew Collins 1:59:37 3rd M 70+

NC Special Olympics Torch Run 5K

Raleigh, NC 2/25/12

Louise Guardino 29:25 1st F 70-74

Sentara Colonial 5K

Williamsburg, VA 2/26/12

Charles Fiore 21:29 3rd M 30-34

Umstead Trail Marathon

Raleigh, NC 3/3/12

Bart Bechard 3:17:11 7:32 5th M
 Ken Becker 3:18:14 7:34 6th M
 Tim Pierce 3:19:47 7:38 7th M
 Ronnie Weed 3:22:53 7:45 8th M
 Jason Figge 3:38:31 8:21 15th M
 Joe Shamblin 3:52:30 8:53
 Allen Glazner 4:02:03 9:14
 Shannon Johnstone 4:03:21 9:17 7th F
 Heiko Rath 4:10:12 9:33
 Chuck Millsaps 4:22:32 10:01
 Jon Hunter 4:25:37 10:08
 Scott Lynch 4:31:20 10:21
 Christopher Boyce 4:45:33 10:54
 Jenni Rubatt 4:51:34 11:08

Mike Walsh 4:53:40 11:13
 Carolyn Vincent 4:54:42 11:15
 Jon Cochran 4:55:23 11:16
 Aline Lloyd 5:00:25 11:28
 Alan Schumacher 5:04:32 11:37
 Bill Hansley 5:20:57 12:15
 Michael Flores 6:03:51 13:53

St. Paddy's Run Green 8K

Raleigh, NC 3/3/12

Louise Guardino 49:27 9:57 1st F 65+

Green Legs & Hamstrings Trail Half Marathon

Danville, VA 3/10/12

Ken Becker 1:33:34 1st O/M
 Ronnie Weed 1:37:32 2nd O/M
 Lewis Hendricks 1:47:43 2nd M 30-39
 Doug Hensel 1:47:43 3rd M 30-39
 Karen Murphy 2:03:09 2nd O/F

Equinoxolizer 4 miler

Durham, NC 3/17/12

Jim Clabuesch 24:58 6:14 3rd M/M
 Donna Levy 27:41 6:55 3rd F/M
 Kitty Moses 36:34 9:09 2nd F 55-59

USA Masters Indoor

Track & Field Championships

Bloomington, IN 3/16-18/12

Jay Smith 60-64M

3,000M run 11:53.21 3rd place
 1 mile run 5:56.22 4th place
 800M run 2:37.90 4th place

Kidney Kare 5km

Carrboro, NC 3/17/12

Bart Bechard 18:29 5:58
 Carl Anstrom 19:10 6:11
 Jason Figge 19:16 6:13
 Rietta Couper 21:09 6:49
 Dan Kenan 24:04 7:46
 Paula Anstrom 24:15 7:49
 Harriet Kinyamu 25:26 8:12
 Julian Preston 26:56 8:41
 Lauren Figge 27:53 9:00
 Brandy Burns 28:24 9:10
 Gloria Preston 29:52 9:38

Tobacco Road Half Marathon

Cary, NC 3/18/12

Meg McCann 2:57:56

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

RUNNING SOUNDTRACKS REVISITED

Following up on last month's president's column, I'm thrilled to have received several suggestions of running songs. Among them were these:

"Up Around the Bend" by Creedence Clearwater Revival, about which **Bill Schroeder** writes: "Great music and great lyrics—'C'mon arise an win, we're going up around the bend, yea!' This really got me in the 'take no prisoners' mood."

Jim Reagan recommends Ravel's orchestral piece, "Boléro," calling it a good walking song, especially if you can time a hill when the beat becomes harder.

Cathy Wides turned me on to a fantastic tune by Emmylou Harris called "Born to Run." (No, not the same as Springsteen's.) Cathy sings it in her head during races, particularly the bit that goes "*I never did*

crawl and I never did toe the line... I just put on my traveling shoes; if you want to win you just can't lose the time or stay behind." Cathy's a fan of its great beat, and now I am, too.

Brian Tajlili is a big fan of music on the run and sent in a couple of playlists that include an awesome range of artists, from Kanye West to REM to Foster the People. I'd love to share his earbuds on a run, if only I could keep up!

"Sinnerman" is an old spiritual, and **Jamie Lewis** finds that Nina Simone's version suits his running well.

Great tunes, y'all—keep 'em coming!

—Halle Amick

MARCH BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on March 13, 2012. Attendees included President Halle Amick, Patrick Bruer, Jane Bruer, Jim Clabuesch, Chris Gould, Doug Hensel, Carolyn Huetel, Jeff Hall, Barbara Hindenach, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

Although Kevin Nickodem was not present, he informed Halle that he will be providing the monthly Treasurer's report by e-mail.

The first report at the meeting was from Jim. Nearly all new Club members have been using the Club's new online membership option to join, rather than the traditional "snail mail" method. Patrick provided us with some statistics from the past year. The Club has been averaging 11 registrations per month using the Pay Pal system, with 53% representing new members and 47% being membership renewals. During this period, approximately one-quarter to one-third of all memberships are under the Pay Pal system.

Jeff then delivered the Haberdasher's report. He brought with him several singlet samples for us to peruse. Including the printing charges for the Club's logo, the singlets will cost the Club around \$20 each. Since the Club is virtually out of singlets at this point, he would like to move quickly to re-stock. We authorized his placement of an order.

Patrick gave us a status update on the e-newsletter. Over the past two months, an average of around 150 members have been viewing the monthly newsletter online. Patrick raised the question whether it was time to offer members the option of discontinuing receipt of the paper

copy and only reading the newsletter online. We concurred that this would be a good idea, as long as members would be free to choose and allowed to change their decision. For "online only" readers, we discussed the mechanics of how to ensure that they would be notified of when it is time to renew their membership. Patrick expects to have the new option in place within a month or two, so please look for it online at the Club's website if interested in giving it a try.

Still on membership, Barbara raised the question of whether the Club might want to go to a single annual membership renewal date for everyone, with a quarterly proration of the annual membership fee for members joining at a different time. Some discussion ensued, but no decision was reached.

The next item was a report on the Winter Series. The last race of the series, the Hard Climb Hill, is this coming Sunday.

Jim then updated us on the Umstead Marathon, while Tom modeled the race T-shirt. It turns out that the North Carolina State Park system has declared 2012 as the "year of the bat." Totally by coincidence, the Race Committee last fall had happened to select the bat as the race logo, and we admired the critter on the front of Tom's T-shirt. Spooky! Meanwhile, we had 169 finishers in the race this year, with seven DNF's.

Gary informed us that the Running Start Program preparations are coming along, with the kickoff meeting on March 26. He asked whether the Club should consider purchasing a slide projector, since one is used at several recurring events and it's a bit of a scramble to get a projector when

needed. Doug volunteered to look into this and report back at next month's meeting.

Doug gave us a progress report on the Spring Banquet. He's selected a caterer, "Thrills from the Grill," and we have a tentative menu. There will be both a vegetarian and "carnivore" option. The date is May 5, so mark your calendar.

"For the **Spring Banquet**, Doug has selected a caterer, 'Thrills from the Grill,' and we have a tentative menu. The date is **May 5**, so mark your calendar."

We revisited a prior meeting's discussion on the Club's policy for use of our timing equipment. In

essence, the policy remains as follows: if the Club receives a request from someone who is not a Club member to use the timing equipment, and identifies a member of the Club who knows how to use the equipment and is willing to do so for the race, then the Board will consider the request on a case-by-case basis. Otherwise, since the Club does not offer race services for non-Club events generally, the request would be denied.

Finally, Halle noted that she has been a party to some e-mail discussion about the Club's list serve host. For many years, Duke has been our host. Based on some service issues that were identified, there is interest in considering a possible change in our host. This will be a discussion item at a future meeting.

The meeting adjourned at 8:07pm.

—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**

**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!