

VOLUME XXXVII
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MAY
2012



TRAILS AND TRIBULATIONS

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I recently completed a truly lovely local race, the 12-mile option of the Mountains to Sea Trail Challenge, which skirts (and crosses, via a couple of causeways) Falls Lake. It was scenic and very well-organized (major props to Jason & Kim of Bull City Running Company), and the weather was absolutely perfect. Before the start, we 12-milers had the chance to see and cheer on much of the field of awesome 50k runners. Inspiring, especially to someone who's always pondering doing an ultra but has yet to actually commit to one.

I seeded myself about three-quarters of the way into the pack of runners; I know that I'm not fast, but I usually finish with at least a couple dozen behind me. A cowbell served as the official race start, and we took off around a small, paved loop that gave the front-runners a little time to separate from the rest of the herd.

"Maybe some of you share my tendency toward not-necessarily-warranted self-criticism. I propose that we give ourselves a big break."

We rounded the curve and made for the entry into the forest's single-track trail, at which point I – and the runners before, beside, and behind me – came to an abrupt halt. As we middle-of-the-packers know well, single-track trail racing almost inevitably comes with bottlenecking. It's no fault of the course designers; there's usually no way to funnel a pack of runners that starts several people wide into a single file.

So, we all hit the brakes and then started shuffling forward into the woods. For about the first mile, there was a lot of starting, slowing, and sighing. Being a smaller (ok, small) runner, I'm pretty uncomfortable in large groups, especially on uneven surfaces. Since I can't see over or around the person ahead of me, I'm constantly looking straight down for potential hazards. Luckily, trail runners are some of the friendliest, most outgoing, and most generous people I've met; several times, a runner in front of me would break stride to toss a small branch off the trail. Others took great care to give the universal "watch out for that rock" gesture to the person behind. It's not just this race, either – every trail race I've run has been full of the same type of amazing runners.

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

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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

2012 SUMMER TRACK SERIES

Belk Track at Fetzer Field

UNC at Chapel Hill

May 30 through August 8

Wednesdays, 7:00 p.m.*

Series Director: Charles Alden, (919) 384-7698

Open to runners of all ages and all speeds

Multiple heats for runners of similar pace for all races of a mile and shorter

Note: the track is open to the public, so we may expect to be sharing the track with other users

Participants completing $\frac{3}{4}$ of all races (maximum 4 per night) earn the prestigious Godiva Iron Man award

Schedule:

May 30	Long
June 6	Short
June 13	Long
June 20	Short
June 27	Long
July 5*	Short
July 11	Long
July 18	Short
July 25	Midsummer Madness
August 1	Long
Aug 8	Short

WEATHER POLICY: Meets will be held rain or shine, except when conditions are deemed dangerous (e.g. persistent nearby lightning or standing water on the track)

Decisions of postponement or cancellation will be made at the track at starting time and not based on forecasts

Meets will start at 7:00 p.m. sharp, rain or shine (see Weather Policy)

* N.B. July 5 is a Thursday (no meet on Independence Day)

TRADITIONAL EVENTS:

Short nights: 1500m run, 100m dash, 1500m walk, 400m run, 3K

Long nights: mile run, 200m dash, mile walk, 800m run, 5K

MIDSUMMER MADNESS - JULY 27 - "OLD SCHOOL"

Events: 1K run, 100 YARD dash, 4 x 400m relay, 300m run, 2-MILE run

Recommended attire: Shirt of your old or favorite school



TRAILS AND TRIBULATIONS, *continued from page 1*

On we shuffled, picking up some steam with each quarter-mile as the pack began to spread out. Sometimes someone would charge up from the rear; other times someone ahead would slow to a walk; but for that first mile and change, we resembled a line of worker ants more than free-spirited trail runners. The upsides to this are that it's much easier to take in the scenery at a slower pace and that it's a great way to make new, though temporary friends. Anytime I heard footsteps behind me, I called back, "Let me know whenever you want to pass," so I could shimmy to the side and not be in the way. More often than not, the response came back something to the effect of, "Nah, I'm good," and if it wasn't too breathless a reply, I made a comment about the weather, the trail, something inane to pass the time, and my temporary friend and I would chat for a few minutes before one of us inevitably moved forward or dropped back, bidding farewell with a "have a great race!"

As it always does, eventually, we spread out enough to allow for a sense of solitude in the woods. It's one of my favorite parts of a trail run – knowing you're among a wonderful group of fellow nature-loving runners, but feeling the peace that comes with hearing nothing but the woodland critters and your own footsteps, muted on the dirt path.

In the second half, the faster 50-k runners passed us from the opposite direction, necessitating stops here and there to step off the trail and let them breeze through. It was great to not only see them but to offer encouragement and receive it in return – guys and gals leading the way, taking the time to say, "Good job" to us lowly 12-milers who'd been on the course an hour less and who'd finish well before them. Even sweeter was the fact that I knew so many of them and could actually say, "Go Ronnie!" "Stay strong, Ken!" "Way to go, Bart!" and "Karen, you rock!"

Feeling good, I opened up my stride a bit on the flats and downhills. I haven't worn a watch in over a year, and I didn't know (or care to know) what my pace was.

I felt good; strong. I like to think I've become pretty good at knowing what a certain pace feels like, give or take, and I put myself someplace around a 10:15-minute mile.

The day before, my excellent friend (and fellow Godivan) Jenn said she'd come out to the finish to enjoy the scenery and cheer on the runners. Not knowing what, exactly, the trail would be like, I guesstimated a wide finishing window of 2:00 (10-minute miles) to 2:24 (12-minute miles). I knew that my most recent marathon (also trail) kicked my butt and that my 12:00ish pace was an anomaly for me – punishment for having failed to run many hills in training. Not only did I have to walk several times

during that race, my walk was less of a "stride" and more of a "hunched-over, knuckle-dragging slog." My finish time was 59 minutes slower than my PR (a road PR, but still...). So, I figured that – worst-case – I wouldn't be as slow as that. For the best-case, I looked to a couple of relatively recent trail 14-

milers during which I felt pretty good; my pace was sub-11:00. Since I've been marathon training these last couple of months, I thought I might be capable of closer to 10, optimistically.

I ran the whole way, minus walking up and down a series of stairs and a few short but particularly rocky stretches, for the sake of my ankles, knees, hands, face, and whatever other body part might hit the ground should I tumble. Other than a slightly-too-early finishing kick (thanks to a lady who claimed that there was "only a quarter-mile left" and that it was "all downhill" – lies!), I felt like I ran a pretty good race.

So, imagine my face when I heard that my official time was 2:24 and change. My brain tried to convince itself that I'd misheard. "Two *what?*" I asked. Yeah. 2:24:18. I was crushed. I think there were two main reasons I was so disappointed: (1) I knew that the result would get posted online and that the whole world (I tend to overdramatize, in case you're a new reader of my column) would see how slow I was – please don't misunderstand – there is absolutely *nothing* wrong

(Continued on page 5)



TRAILS AND TRIBULATIONS, (Continued from page 4)

with running a 12-minute mile; it's just that I know I'm capable of much better; and (2) It wasn't so much the *time* that bothered me, it was the fact that I had actually felt good – I felt like I was running much faster than 12:00 on average. Sure, some of the hills slowed me down a little, but not *that* much. I really thought I'd been a little over 10:00, overall and probably even sub-10 at points.

I went through things in my head many times in the ensuing hours, trying to figure out how I could possibly be so out of shape (or just delusional) to have thought I was cruising when I was really laying down twelves. I started catastrophizing and assuming that this means I'm going to run my upcoming marathon so slowly it might rival my last one. Nevermind that several of my long runs have been sub-10:30 overall, including a 22-miler at 10:23. No matter that the marathon is mostly paved. Forget accounting for the fact that I'd run this race with a rather old pair of trail shoes that gave me a blister at mile 6 (farewell, faithful Cascadias, you served me well).

I wallowed for hours, alternating between self-pity and self-loathing. I tried to think of a way to have an asterisk posted next to my finish time in the results, pointing to a footnote that reads “but I'm usually faster than that, I swear!”

Two things ended up saving me from the brink of self-flagellation. My friend Jenn, who'd been there at the finish to witness my disappointment and provide on-the-spot encouragement – after listening to me moan and groan to her (and to my sister, and to anyone else who'd listen – thank you, my friends) about my time – said (and I'm paraphrasing this whole exchange), “But didn't you say there was a bottleneck?” “Yeaahhhh,” I replied, barely able to put any effort into a single syllable, so deep had I sunk into self-pity world. “Like, a bottleneck that lasted a long time, right?” she asked. “Mmmm hmmm,” I mumbled, not even bothering to put forth the effort to open my mouth. “Well, that's probably what threw off your time. If you were stopped and then stuck behind people for a while. Plus, you said you stepped off the trail whenever someone came from the opposite direction – that'll mess with your momentum.”

“Yeah, but–” I started. Then, rather than come up with yet another way to beat myself up, I started actually thinking. Of course! There's no *way* I could have gone any faster in the first couple of miles – and we were *definitely* slower than 12:00 for at least a little while. With such a handicap, of *course* I finished slower than expected. It's a trail race, dummy (“dummy” being my pet name for myself in times when common sense fails me) – slower times and bottlenecks – *c'est la* trail race *vie!* Phew, I felt better.

The second thing is something that's been a long time coming, and it's something of which I have to convince myself over and over: nobody cares that my finish time was slower than I'm capable of going. I don't *need* an asterisk by my time; of the people who actually comb through race results, very few of them are going to even notice my time (well, usually anyway, not when I draw attention to it like this), and even fewer still are those who will pass any kind of judgment. Somehow, as much as I like and admire the membership of Godiva, in being disappointed with myself, I've projected my lesser qualities onto you all. Just because I'll roll my eyes at my slow finish and beat myself up a bit for it, that doesn't mean any of you will. You're amazing and supportive people who are probably proud of me, and everyone else who reaches a running goal, for having accomplished something. After all, I know I'm proud of those of you who ran the race, regardless of your finish times. I'm proud of all of you, whether you've completed a race, reached a milestone, or just got up to run on a day when you'd rather hit the snooze button.

Maybe some of you share my tendency toward not-necessarily-warranted self-criticism. I propose that we give ourselves a big break. Let's treat ourselves the way we'd treat each other – being supportive and positive and looking on the bright side of things. Good? Good. Now, give yourself a hug and go do some hill sprints! And send me a bill – this has been very therapeutic for me.

—Halle Amick

P.S. Speaking of pride, I want to take a moment to give major kudos to the Godivans who completed the 50k – you are all my heroes. And to those of you who ran the Umstead 100-miler the same weekend? Y'all are insane. (But also my heroes.)

NEW MEMBER PROFILES

The calm before the storm for membership is the middle of Spring. The Running Start Training Program has not quite taken root, but new members continue to sprout up. Their numbers are sparse, but like fresh leaves on a tree, they fill in with the surroundings quickly.

—Doug Hensel

Nick Roth has lived in a few places before finally landing in the Durham area. He started running in high school, and continued on the college team. His 5K PR is a fast 17:24. Without a specific goal in mind, he averages about 20 miles a week. Enjoying the run, instead of focusing on a strict training schedule keeps him energized and ready to go. He seems up for a run mornings or evenings. He has no races on the horizon, but if (when) the racing bug bites him, he'll be ready to go.

Mary Flood was the lucky winner of a complimentary CGTC membership given out at the Umstead Marathon. She has enjoyed running since her early teens. It was a newfound freedom that allowed her to ponder and wander while growing up. Today, she still enjoys getting out and exploring new areas whether they be roads or trails, alone or with friends, it doesn't matter. She is just happy to be out there. She has had a string of impressive PRs in most distances from the 5K to the marathon, all while balancing a family and a career. Her latest accomplishment was finishing 4th Overall Female in the Umstead Marathon with a time of 3:56. Great job.

ONE-HOUR RUN

HOW FAR CAN YOU RUN IN ONE HOUR?

When: Wednesday, May 23, 7:00 p.m.

Where: Durham Academy Upper School Track (intersection of Pickett and Ridge Rds., Durham). Note that the parking lot by the athletic complex is undergoing major construction, so *parking on the other end of campus* (main entrance) is recommended.

What: This prelude to Summer Track (about which, see page 3) will test how many laps you can run in one hour. It's fun!

Who: Anyone that wants to come. Non-participants who'd like to serve as *lap counters* are welcome and needed!

MEMBER DISCOUNT: SPORTS AUTHORITY

Sports Authority, the Official Sporting Goods sponsor of RRCA (of which CGTC is a member), has provided the club with dozens of Member Discount Coupons good for \$10 off most purchases of \$50 or more. They expire December 31, 2012.

Since there are only five relevant stores in NC (Concord, Charlotte, Gastonia, Winston-Salem, Greensboro), I figured we could distribute them on an as-needed basis instead of trying to figure out how to deliver them to all club members. So if you would like one, please email me at jwcvh@mindspring.com and I will get one to you.

—Jim Clabuesch

VAN DEREN TAKES AIM AT MOUNTAINS-TO-SEA TRAIL

Noted endurance runner Diane Van Deren will be attempting to break the record for running North Carolina's 1,000-mile Mountains-to-Sea Trail (MST) during the month of May. Starting on May 10 from Clingmans Dome in the Great Smoky Mountains National Park, she will need to reach the trail's end at the Outer Banks in less than 24 days, averaging more than 38 miles a day, to break the record previously set by a Marion, NC, school teacher.

While much of Diane's run will be deep within the woods, she also will be passing through a number of towns, including Hillsborough and Raleigh. Follow her progress at www.mstendurancerun.com. Our own **Halle Amick** will be speaking (and possibly running!) with Diane as she passes through our part of the state. Look for a report on their conversation in the June newsletter.

Van Deren spent 10 years of her life racked by epilepsy. Radical brain surgery left her seizure-free and with a side benefit of super-human endurance. The 52-year-old Van Deren, a resident of Colorado, is making the run to help raise awareness of the MST and treatment options for brain injuries. The MST is built and maintained by the volunteers of the *Friends of the Mountains-to-Sea Trail*, in cooperation with state and federal agencies.

MEET A TRAIL: NEW HOPE OVERLOOK

(BY STEVE LEOPARD)

Umstead State Park and Duke Forest are like old friends. We know each other well and are comfortable with each other's good traits and bad traits. Old friends sometimes show a little wear and tear. Sometimes you just need to meet someone new. It takes a little effort to get to know each other but, the reward may be a lasting friendship. New Hope Overlook Recreation Area may just be a new friend for you.

This trail system is located near Jordan Lake, and is accessible from Hwy 751 and Hwy 64. The basic setup for the trail is one big loop called the Red Trail (5.4 miles) and one smaller loop called the Blue Trail (2.7 miles). The distances seem fairly accurate but, because it's trail running, I allow an average of 10 minutes per mile due to the hilly and somewhat technical terrain.

The Blue Trail is part of the Red Trail. The trails are well marked with blue and red markers posted at regular intervals. I am not so great with directions on new trails, but I have never gotten lost. The trails remind me of the Falls Lake trails system in that they are little-used and few people seem to know about them. Both loops start and end at the main parking area, on the left when you enter the park, after taking a right just past the park booth. During busy season they charge \$6.00 per car on the weekends and during the summer they charge \$6.00 during the weekdays as well. But do not be surprised if no one is at the booth and you get in for free.

To the right of the trailhead parking area is a restroom facility. It is usually open, but the water fountain is not always turned on. Further to the right is a little-used boat ramp and parking area. On both sides of the parking area are places you can go for a swim or take your dogs for one. These are not designated areas, but are a great resource.

The trail itself is a gem, little-used and in good condi-

tion. Whether you go clockwise or counterclockwise, expect to start out uphill. On the weekends there are usually a few people using the trail for dog walking, but nothing "to bark about." The Blue Trail meanders close to the shoreline with a nice side trail about a mile in with an overlook. The trail crosses a service road about halfway through the loop. The service road is another way to add mileage and it ends in a group camping area. Coming back in on the Blue Trail, it splits off from the Red Trail with the designation "Shortcut." You run through a nice pine thicket before finishing in the parking lot on a nice downhill.

If you decide to take the Red Trail, it breaks off from the Blue Trail and is nicely marked. This trail has more open forest and

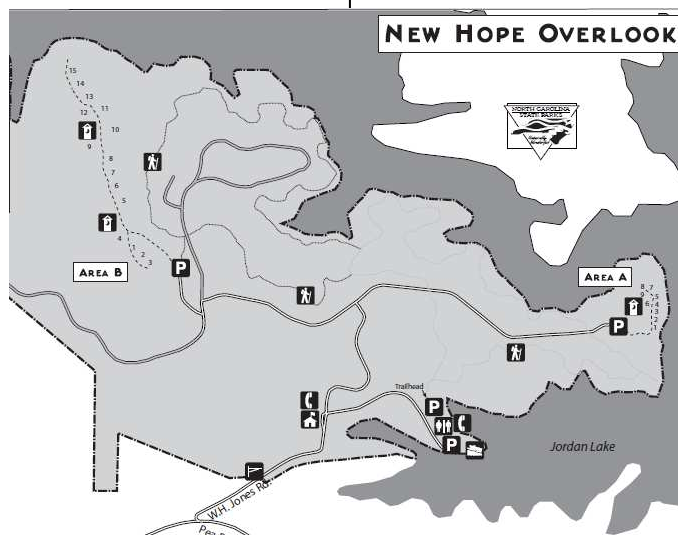
longer stretches of less technical footing. The backside of the Red Trail seems a little long but, soon enough you will reconnect with the Blue Trail and be on the way to the same finishing area. This trail is shaded in summer and mostly open in the winter. Expect to encounter more deer flies than at Umstead and, due to its minimal use, I am on the lookout for snakes in the summer. Take some water. Plan on 1.5 hours to take in this trail.

You will enjoy this trail and its remote feel. I would take a friend with you until you feel comfortable running the trail by yourself. As an added treat, Bald Eagles nest on the shoreline adjacent to the right of the boat parking area across the cove. Herons abound and in the spring lots of wildflowers give the trail added beauty. Go out and enjoy this great resource. You may discover a new best friend.

RESOURCES:

<http://tinyurl.com/newhopetrailmap>
(Trail Map PDF)

<http://tinyurl.com/newhopedirections>
(Driving Directions PDF)



AT THE RACES

(COMPILED BY JIM CLABUESCH)

Tobacco Trail Trot 10km

Durham, NC 1/28/12
Hanan Mousa 1:55:02

Surf City Half Marathon

Huntington Beach, CA 2/5/12
Frank DeRuyter 1:33:58 7:11 2nd M 60-64

Miles for Mission 5km

Raleigh, NC 2/11/12
Hanan Mousa 29:24

Panther 8K

Stem, NC 2/25/12
Hanan Mousa 49:48

Run for the Oaks 5km

Raleigh, NC 3/10/12
Hanan Mousa 29:22

Six Tunnels to Hoover Dam Half

Boulder City, NC 3/17/12
Julie Horton 2:23:58
Bill Beard 2:23:58

Tobacco Road Marathon & Half

Cary, NC 3/18/12
Full
Hanan Mousa 5:23:34
Half
Tom Hughes 1:43:06
Louise Guardino 2:24:28 1st F 70-74

Ellerbe Springs Marathon

Ellerbe, NC 3/24/12
Chris Gould 4:09:40 2nd M 65-69

Great Human Race 5km

Durham, NC 3/24/12
Andrew Collins 27:12 8:49 1st M 75+

Second Empire 5K

Raleigh, NC 3/25/12
Louise Guardino 29:18 9:26 1st F 70-74
Hanan Mousa 30:09

Mountains-to-Sea Trail 12 Mi. Challenge

Raleigh, NC 4/1/12
Christopher Boyce 1:52:48

Charlotte Racefest Half & 10km

Charlotte, NC 4/14/12
Half
Patrick Bruer 1:35:10 3rd M 50-54
10km
Paul Naylor 1:13:59 1st M 70-74

RunRaleigh Half Marathon

Raleigh, NC 4/15/12
Louise Guardino 2:26:54 11:13 1st F 70-74

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” IS CHANGING

As of this issue, I am going to discontinue scouring race results for CGTC results. For the most part, I liked doing it, and during the summer and winter it was fun and pretty easy to keep up with. I think most (but not all) folks liked seeing their names in print. And it helped flesh out the newsletter. Fall and spring though, I would get behind and stress over it and make the newsletter editor wait for the race results.

So it is back to the tried and true and only “official” (since I sort of went rogue by trying to capture all results I could) method of getting your race results in the newsletter—send them to the newsletter at newsletter@carolinagodiva.org by the 15th of the month. Or better yet, write a full-on race report for posterity!

Thanks to those of you that have been sending me their results over the last few years and/or hinting me in to other CGTC runners that they have seen at a race they attended. It made my self-appointed “job” much easier. Please don’t send your results to me anymore, but if you do, I will just forward them to the newsletter editor. Thanks.

—Jim Clabuesch

I would like to publicly thank Jim for collecting these race results over the past few years. As he says, most people seem to enjoy it, and indeed the newsletter editor would occasionally get inquiries to the effect of “why weren’t my results included last month?”! But now the onus is on *you* to submit your race results to the newsletter if you want to see your name in print.

And if, perhaps, you have a nerdy/competitive streak that already drives you to pore over race results searching for your friends’ names—if you are, as our president says in her column this month, one of “the people who actually comb through race results”—then maybe consider expanding that obsession and stepping into Jim’s shoes. It’s a job that can be as demanding as you want to make it, and would be widely appreciated.

If you might be interested, drop us a line at newsletter@carolinagodiva.org (maybe when you’re submitting your own race results) and we’ll go from there.

—Ed.

APRIL BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order on April 10, 2012 at 7:10pm, which was attributable to our courteous allowance for latecomers and not the fact that we were chit-chatting. Not at all. In attendance were Charles Alden, Jim Clabuesch, Jeff Hall, Doug Hensel, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Gary Schultz, and your President and substitute scribe, Halle Amick. Due to the double-duty of the last-named individual, these minutes will be far less thorough than those of our wonderful regular scribe, Henry Blinder.

Club membership remains strong. Jim reported that many people have been using the online system to renew memberships. It seems clear that offering that option remains a good decision.

Haberdasher Jeff reported that 38 of the 40 ordered singlets arrived and are being printed. They should be ready and available for sale at the Banquet. No word on what happened to the two missing singlets, but I suspect that someone along the supply/delivery chain found them so attractive and comfortable that two of them “fell off the truck.” Jeff is investigating.

Gary updated us on Running Start. The kickoff was successful, and between 30 and 40 enthusiastic trainees are participating in the weekly runs.

VP Doug reported that everything Spring Banquet-related is going fine. The online RSVP system is working well, although several of us suspect that many people are procrastinating. Although there is an option to pay offline with check (preferred) or cash, the only way to register is online, so all attendees were encouraged to remind other members so they don't miss out on CGTC's version of the Oscars, Emmys, Tonys and Grammys all rolled into one and with a much more comfortable (read: none) dress code.

Patrick Bruer was not in attendance but followed up with an e-mail about the CGTC Newsletter e-distribution. The April e-mail included a link that members could click to sign up for the “green option” – the option to receive the newsletter in electronic form only and suspend hard copy delivery. As of April 11th, a total of 40 members opted in to the “green option.”

Charles is in full preparation mode for our upcoming track-related events. He announced that the One-Hour Run will be held May 23rd starting at 7:00pm at Durham Academy. Parking will be a little less convenient than in years past due to construction in and around the lot nearest the athletic fields, but there will be plenty of parking available on the other side of the school. Charles will be soliciting volunteers to help with lap counting and various other tasks. He made a pretty funny joke about predicting finishing times for this event, but I've forgotten it. This is one of many reasons our scribe, Henry Blinder, is irreplaceable – he'd have written it down.

Charles also gave out details on the upcoming Summer Track series. The series will begin on May 30th and continue every Wednesday through August 8th – the sole exception is the week of Independence Day, during which the event will occur on Thursday, July 5th. Summer Track will take place on the Belk Track at Fetzer Field on the UNC campus, and events will begin at 7:00pm. There will be the traditional long and short nights plus an “Old School” Midsummer Madness night. Look elsewhere in the newsletter and on the Club website for more details.

The Club received a request from a member to use our logo on an item designed, printed and purchased outside of the auspices of our official haberdashery. Because of some concerns about specific use, manipulation, and

intellectual property (not related to the Club member in particular – just over-all practice), we agreed that we need more information to make any official decisions about giving such permission. Haberdasher Jeff will be contacting the Club member and the proposed printer to learn more about how the logo will be used and if/how it will be kept on file for future use. Thus, further discussion was tabled until next meeting.

Following up on an item from last month, VP Doug presented the results of his research into purchasing an SVGA projector for Club use. He identified three highly-recommended models that would suit our purposes (indoor and outdoor use, specifically), each around the \$350 price point. We determined that the Club could use a projector several times a year (e.g., Running Start and MTP kickoff events, Spring Banquet, Umstead Marathon) and having our own would take the burden off individual Club members who often borrow equipment from work to bail us out. (Thank you, Chris Gould and others who've done so!) Tom moved to authorize the purchase of a projector for approximately \$350; it was seconded by Gary (I think; Henry, please never leave us again!). The motion carried, and Doug will make the final selection and work with Kevin to purchase it. We should have it in time for the Banquet.

Halle mentioned revisiting the listserv discussion, but – given the time and the absence of our guru of all things electronic (Patrick) – opted to table the discussion for another month.

The meeting was adjourned at 7:52 with thanks to all.

—Halle Amick

GODIVA RACE CALENDAR

(SOURCE: RUNWELLNC.COM)

May 5	New River Full/Half/5K	Ashe County	May 19	MCHS Stampede Run 5K	Apex
	Cary Park 5K	Cary		Run for MPS and ML	Cary
May 6	Jaycees Fit to Lead 5K	Cary	May 20	Bright Night 5K	Greenville
	Purple Cloth 5K	Cary		Got Grit 5K	Hillsborough
May 12	WakeMed Distance Festival 10K	Cary	May 26	Getzelmania 5K	Morrisville
	Philosophers Way 7K/15K Trail Run	Chapel Hill		Run for the Mariners 5K	Pittsboro
May 13	Poker 5K Run/Walk	Durham	May 28	Dillard Drive Elem. Tech Trek 5K	Raleigh
	Semper Fly Run 10K/5K	New Bern		Run for Peace 5K	Raleigh
May 13	Wake Forest Rotary Club 5K	Wake Forest	June 2	Run for the Dream Half/8K	Williamsburg, VA
	NC Triad Race for the Cure	Winston-Salem		Biltmore/Kiwanis 15K/5K Classic	Asheville
May 12	Beach Blast 5K	Albemarle	May 20	NC Roadrunners Club Half/10K	Cary
	Monarchs in Motion 5K	Apex		Raptor Run 5K	Chapel Hill
May 12	Nags Head Woods 5K	Kill Devil Hills	May 26	Divas Half Marathon	N. Myrtle Beach, SC
	Mud, Sweat, & Tears 5 Mile Mud Run	Camp Lejeune		White Lake Water Festival 10K	White Lake
May 12	Clayton Road Race	Clayton	May 28	Run for the Haw	Graham
	Run at the Ridge 5K	Hillsborough		Carpetball Classic 5K Trail Run	Providence
May 12	Capital City Classic 10K	Raleigh	June 2	Shore Break 5K	Avon
	Run the Gauntlet: Uwharrie	Troy		Black Mountain Monster 12/24	Black Mountain
May 13	Catch Me If You Can 5K	Garner	June 2	Downhill at Dawn Half	Black Mountain
	Run Like a Mother 5K	Raleigh		Running of the Bulls 8K	Durham
May 13	Run Like a Mother 5K	Raleigh	June 2	Run the Quay 5K	Fuquay-Varina
				Charity Chase Half Marathon	Hickory
				Marine Mud Run 5K	Pinnacle

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	Research Triangle Park, Park Dr. near Credit Union	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Carolyn Huettel, 401-9589
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard (260-0261) and David Coulter (286-7278)
THURSDAY (P.M.)	6:00 p.m.	Kroger, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Jim Clabuesch and Carolyn Huettel, 401-9589
SATURDAY (DUKE FOREST)	8:00 a.m.	Duke Forest, at Gate 3, just north of the 751/Erwin Rd. roundabout intersection	Duke Forest trails and roads, the same routes used by the MTP program. Mileages of 7+ available.	Gordon Keeler, 479-4965
SATURDAY (UMSTEAD)	8:30 a.m.	Umstead State Park, at Harrison Ave. entrance	Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances	Carolyn Huettel, 401-9589
SUNDAY	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest, at Frank Bassett Dr., Durham	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile	Carolyn Huettel, 401-9589

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

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

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

TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	
<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
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Permit No. 1084**

ADDRESS SERVICE REQUESTED



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