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**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

## RUNNING GREEN

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**DEADLINE FOR  
AUGUST  
NEWSLETTER:  
JULY 15TH**

**SEND SUBMISSIONS TO:**

NEWSLETTER  
@  
CAROLINAGODIVA.ORG

As mobile human beings, we all leave footprints: outlines of our bare feet in the sand; wet boot prints on a kitchen floor; indentations in a plush carpet; or tracks along a muddy trail. In the Carolina summers, sometimes it's so beastly I swear I'm leaving shoeprints in the hot tar.

But what of our other "footprints"—the figurative ones we leave on the planet, often without taking a step? We're constantly bombarded with suggestions on how to save energy, recycle more, use less, and generally try to avoid mucking up our ecosystem any more than it's already been mucked.

Doing things like installing compact fluorescent bulbs, setting out rain barrels, and unplugging idle electronics is almost second-nature to many of us. But, as runners, there's so much more we can do. I propose that we are—whether we know and embrace it or not—some of the most important stewards of the responsible recreation, given how frequently we interact in and with our environment.

"I can sum up the smartest thing you can do, shopping-wise in two words..."

So, I'm compiling a list of things we runners can do to reduce our burden on the environment and—in some cases—do our best to leave a little spot on the globe a better place after we've enjoyed it on foot. Below, I've listed some of my thoughts. Not all of them are practical (or even possible) for everyone, but I hope that they will inspire you to send in your suggestions. I imagine that some of these may also spark a little controversy, which I welcome, too!

### Eating and drinking with purpose

We are truly lucky to have so many sustainable food choices here in the Triangle. Local farms and markets can provide every athlete with the nutrition he or she needs to achieve peak performance. Locally raised and humanely treated meat, poultry and dairy abound, and you can't get more punch from fruits and veggies treated without pesticides and picked the night before they're sold. Don't forget to bring your own reusable shopping bags!

*(Continued on page 3)*



[www.usatf.org](http://www.usatf.org)



## GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva -- use it to share information and stay up to date on club goings-on.

To subscribe to the list, just send an email to [cgtc-join@carolinagodiva.org](mailto:cgtc-join@carolinagodiva.org)

To post to the list, send messages to: [cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org)

## GODIVA CLUB CONTACTS

President	Halle Amick	president@carolinagodiva.org
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## CLUB DISCOUNTS

<b>Bull City Running Company</b> 15% off all non-sale items <a href="http://www.bullcityrunning.com">www.bullcityrunning.com</a> Southpoint Crossings, Durham	265-3904
<b>Omega Sports</b> 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
<b>Inside-Out Sports</b> 15% on all regular priced items. Preston Walk Shopping Ctr, Cary <a href="http://www.insideoutsports.com">www.insideoutsports.com</a> Online Discount code: DV2007	466-0101
<b>Capital RunWalk</b> (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
<b>Raleigh Running Outfitters</b> 15% discount Raleigh & Cary	870-8998 362-8282
<b>Athletic Edge Sports Massage</b> \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
<b>New Balance Durham</b> 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
<b>Xpert Nutrition</b> 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
<b>Duke Sports Performance</b> 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

RUNNING GREEN, *continued from page 1*

Some people have developed recipes for their own sports drinks and energy snacks; for those of us who aren't so culinarily creative, there are the options of buying sports drinks in bulk, powder form and mixing up just what you need when you need it (no more piles of Gatorade bottles!) and of choosing energy gels, bars and chews that use sustainable manufacturing practices. When you're done with them, check out the Energy Bar Brigade, an organization that upcycles used wrappers!

### **Laundry detergent and nature's clothes dryer**

Not only can regular laundry detergents leave chemical residues on your awesome tech clothes, the additives in many of them can be harmful to Mama Earth. Many of the sports-specific washes are dye-free and also contain ingredients that break down the stubborn bacteria that causes even your freshly washed running clothes to smell a little funky. Some have said that the same result can be achieved by using baking soda, vinegar, or Borax instead. Let me know if you've tried these and what you found!

And rather than popping all of my washed laundry into the electric dryer, I'm starting to put much of it—especially my running clothes—on an outdoor line to dry in the fresh air. Conventional wisdom is that fabric softeners (dryer sheets, especially) reduce the “breathability” and “wicking” of technical fabric. So, while the work clothes get the dryer and fabric softener treatment, the workout clothes get to enjoy the outdoors as much as I do when I'm wearing them. Tip: turning them inside-out reduces the chance that colors will fade from the sun.

### **Getting to and from your runs**

In an ideal world, we'd live in a world filled with side-walks and bike lanes, and we could simply run for miles upon miles from our front doors. Because the Triangle has so many excellent greenways that run through residential areas, many of our members are able to do just that. Others, however, live in places where it's either unsafe, inconvenient, or undesirable to get their miles in. So, what's to be done? If it's safe on a bike, how about cycling to a starting spot? Of course, a good lock or secure storage spot is necessary these days. Are you meeting other runners someplace? How about carpooling? If you do need to drive, consider driving to a place you need to visit anyway (like the grocery store or—better yet—farmer's market) to save a trip.

### **Shopping smart**

I can sum up the smartest thing you can do, shopping-wise in two words: shop local! Although you might not save as much as you would buying from an online warehouse, by supporting your local running/athletic store, you're pretty much guaranteed to get outstanding and knowledgeable service, a far greater portion of your money stays in the community, bolstering the economy, and you'll help reduce the number of individually-packaged items that get trucked, shipped and flown all over the country. Plus, many of our local businesses invest in the running community by sponsoring and putting on events—athletic and otherwise! Don't forget to check elsewhere in this newsletter each month for a list of local businesses and service providers that offer discounts to CGTC members—the money those discounts save you is often more than you'd save by shopping online or from a big box store.

Most of the major running shoe companies are hopping aboard the green train and using more environmentally friendly materials and processes in their products. Some of Nike's newer offerings are made with fewer chemicals and solvents, and Brooks has a line of shoes with midsoles that reportedly break down much faster after their useful days are done.

Speaking of being done, a running shoe with too many miles on it to keep in the training stable still has lots of life to give. Mine usually go through the following progression: wear during runs; wear walking around or cross-training; wear for yard work, Misery Run, or hashing; donate/ recycle based on condition.

In addition, there are ways to find (and rid yourself of) used but perfectly serviceable running gear—sometimes for free! Craigslist and Freecycle are two of my favorites. No, I don't buy used running shorts—eww—but I've seen hydration belts, exercise balls, heart rate monitors and even treadmills up for grabs on Durham's Freecycle page.

### **Choosing eco-friendly events**

Most trail races and a growing number of road events are going green these days, and it's great to see. Supporting these events by running or volunteering helps in so many ways. Carpooling to events is easy and fun—nothing like a vehicle full of fellow runners to keep you awake on the drive to those early starts.

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As for the events themselves, it's hard to imagine a race not offering online registration instead of paper (other than our humble Winter Series and its informal brethren—perhaps we'll get there soon!). Similarly, many races are offering incentives, like reduced entry fees, to participants who pledge to bring their own bottles to fill at fluid stations.

Although many of you are race participants rather than race organizers, I encourage you to ask questions about the races you're considering. Doing so can help push "on the fence" events to the green side.

A couple of things for consideration:

The days of the pre-stuffed plastic goodie bag may be dwindling as race organizers realize that not every single participant wants thirty race flyers and individually packaged samples of something they're unlikely to use. Two great practices are offering registrants a reusable bag and placing the promotional materials out on a table for folks to browse, meaning they'll take only what they intend to use and—for print materials—offering downloadable, printable flyers, coupons, etc. on the race's website!

How sustainable are the materials used to produce the event? The more dedicated race committees source their materials locally—everything from the race shirts to the medals to the post-race refreshments. Many also place compost material collection bins in strategic locations so those orange rinds, banana peels, and half-eaten bagels go back into the soil. Some events employ reusable ta-

blecloths and utensils made from corn rather than plastic.

### **Trail building and park and road cleanup**

The simplest way to support the local trails and byways is to donate money to organizations that create, maintain, and promote running trails. The East Coast Greenway Alliance, Friends of the Mountains to Sea Trail, and the Triangle Rails to Trails conservancy are just a few of the worthy recipients. Our amazing area parks, like Umstead, can also use our support.

Of course, they can always use help putting that money to work, so consider joining them for a trail workday—their websites are easy to find and navigate, and there's little that's more satisfying than running on a trail you helped build or maintain. Not into organized labor? Simply carrying a pouch or baggie with you on a run allows you to pick up the small things that less conscientious folks have left behind. CGTC is the highway cleanup sponsor of a stretch of Mt. Sinai Rd.—we owe a big "thank you" to Gordon Keeler who has been primarily responsible for keeping our section clean.

So, there they are; some of my thoughts on greening up ourselves, our communities, and our world. I've left some out, both knowingly and by accident; hopefully you'll send me your suggestions at [president@carolinagodiva.org](mailto:president@carolinagodiva.org) so we can include them in future newsletters!

—Halle Amick

## GODIVA HALL OF FAME

No glitzy new building, lifelike dioramas, or bronze busts, but we do have a new page on our website that lists Godiva notables—award winners, presidents, and newsletter editors—going back to the beginnings of the club.

Thanks to our archivist Gary Schultz for providing the rosters.

Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and select the "History" tab.

## RUMOR MILL

Word on the street is that Lady Godiva herself might soon be returning to the newsletter.

She will once again be dispensing her wisdom on life, love, and running through her monthly advice column.

Submit questions to:

[newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org)



## 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 (See results)  
 June 6 Short (See results)  
 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



## RUNNING START 2012 WRAP-UP (BY GARY SCHULTZ)

Running Start this year ended Saturday, June 16<sup>th</sup>, with a graduation 5K on the Buehler trail at Duke. Apart from the usual program attrition and the appeal of weekend travel and other events, attendance was respectable among our trainees eager to collect their program tees. Results for the Buehler race as well as for other events reported by our participants are listed below.

A program first—an age group win—was reported by trainee **Patti Paine**, to whom: *Congratulations!* Results for program pacers are indicated by an asterisk (\*).

**Note:** Special thanks to our dedicated pacers for their 11 weeks of help this season at our three training venues: ATT, RTP, and Duke. And best wishes to **Aline Lloyd** and **Halle Amick** as they assume my organizer's role for RS 2013.

### RS2012 Graduation 5K

6/16/2012

#### Augmented Buehler Loop

Latoya Webb 28:09  
 Keith Morris\* 28:09  
 Elisha Cliette 29:43  
 Ginger Becton 34:08  
 Beck Tench (solo 6/11)35:00  
 Letanya Love 35:02  
 Meghan Morris 35:19  
 Eric Wright 36:31  
 Susan Rizzo 36:41  
 Sonya Hove 37:05  
 Incognito 37:14  
 Frank Weber 38:09  
 Anne Neeley 39:54  
 Victoria Caplinger 40:35  
 Kathy Craig 41:00  
 Amanda Weber 43:31  
 Anne Price 52:20

### Komen Race for the Cure

Raleigh, NC 6/9/2012

Julie Horton\* 29:00  
 Scott Bell 31:30

### Sappony Trail Run

Roxboro, NC 6/16/2012

Patti Paine 32:59 1st F 50-59  
 Beck Tench 34:55  
 Crystal Dreisbach\*34:55  
 Julia Kulla-Mader\*34:56

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	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
<b>TUESDAY</b>	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)
<b>THURSDAY (P.M.)</b>	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
<b>SATURDAY (DUKE FOREST)</b>	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
<b>SATURDAY (UMSTEAD)</b>	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
<b>SUNDAY</b>	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](http://www.carolinagodiva.org))

## SUMMER TRACK RESULTS

## 30 May

## Mile Run

Ethan Ready	M	14	4:59
George Linney III	M	36	5:03
Wesley Crouse	M	23	5:05
Steve Mele	M	47	5:24
Owen Astrachan	M	56	5:32
Brian Tajilli	M	30	5:37
David Bellaed	M	23	5:37
Conrad Kirby	M	25	5:48
Chris Sarsony	M	44	5:48
Katherine Guilfoyle	F	26	5:53
Heiko Rath	M	42	5:55
Lewis Hendricks	M	39	5:57
Abby Offenbacher	F	36	5:59
Tom Hoerger	M	53	6:00
David Couper	M	57	6:01
Anthony Corriveau	M	42	6:02
Mike Stella	M	28	6:04
George Carpenter	M	16	6:04
Jay Smith	M	63	6:05
Joe Shamblin	M	45	6:06
Jason Figge	M	39	6:12
Mark Turner	M	44	6:13
Scott Lynch	M	43	6:19
Deb Springer	F	38	6:24
Mike Carpenter	M	44	6:29
Kristen Linney	F	38	6:31
Shannon Johnstone	F	38	6:47
Bryan Kempter	M	59	6:50
Jim Clabuesch	M	47	6:53
Ronnie Weed	M	37	6:53
David Cooper	M	53	7:08
Ray Dooley	M	59	7:08
Hernan Silva	M	48	7:10
Mike Madden	F	57	7:18
Lena Hollmann	F	61	7:20
Harold Hill	M	43	7:21
Abie Harris	M	78	7:27
Ethan Astrachan	M	12	7:30
George Linney IV	M	8	7:31
Ed Davis	M	67	7:32
Chris Gould	M	68	7:35
Mike Williams	M	60	7:37
Joel Liles	M	66	7:39
Steve Munsat	M	47	7:44
Carolyn Huettel	F	48	7:50
Barbara Hindenach	F	61	7:50
Tom Kirby	M	59	7:51
Kitty Moses	F	56	7:52
Tracy Simpson	F	43	8:20
Katie Biasi	F	38	8:24
Adina Mele	F	51	8:28
Louise Guardino	F	71	8:31
Jerry Surh	M	73	8:35
Ken Larsen	M	64	8:45
Jenny Hill	F	43	8:49
Hannah Nelson	F	10	8:58
Russ Helms	M	40	9:26
Evan Milledge	M	7	9:30
Tom Arnel	M	49	9:30
Aimee Bazin	F	29	10:00
Diane Francis	F	27	10:05

## 200m Dash

Lamont Robinson	M	16	23.7
Corey Johnson	M	40	24.7
Joshua Mason	M	21	24.9
Mike Carpenter	M	44	25.8
Wesley Crouse	M	23	26.2
Justin Bowlin	M	31	26.5
Harrison Young	M	14	27.5
Daske Nance	M	22	28.4
Jeffrey Worley	M	41	28.5
Adina Mele	F	51	28.6
Brian Tajilli	M	30	29.0
George Carpenter	M	16	29.0
David Bellaed	M	23	29.1
Greg Goodwin	M	47	29.5
Russ Helms	M	40	29.5
Anthony Corriveau	M	42	29.5
Christopher Smith	M	29	29.9
Tim Huntley	M	45	30.2
Bobbie Perry	M	66	30.7
Jack Unruh	M	49	30.8
Mike Stella	M	28	31.0
Joel Liles	M	66	31.0
Kate Carpenter	F	12	32.3
Katherine Guilfoyle	F	26	32.5
Abby Offenbacher	F	36	34.0
Joshua Robinson	M	11	34.0
Steve Munsat	M	47	34.8
Lewis Hendricks	M	39	35.3
Jason Figge	M	39	35.5
Tom Hoerger	M	53	36.0
Janice Stone	F	49	36.4
Tom Kirby	M	59	36.4
Monica Robinson	F	43	36.4
Mike Valle	M	71	36.6
Heiko Rath	M	42	36.7
Hannah Nelson	F	10	37.0
Jerry Surh	M	73	37.0
Laura Cooper	F	9	37.1
Roxanne Springer	F	48	37.2
Kristen Linney	F	38	38.4
Joe Shamblin	M	45	38.5
Jim Clabuesch	M	47	39.3
George Linney IV	M	8	39.8
Tom Milledge	M	52	40.0
Shannon Johnstone	F	38	40.1
Louise Guardino	F	71	40.5
Ray Dooley	M	59	40.7
Diane Francis	F	27	41.3
Will Shamblin	M	9	42.0
Ben Shamblin	M	11	42.0
Tracy Simpson	F	43	42.9
Lena Hollmann	F	61	42.9
Ken Larsen	M	64	44.1
Ann Goulian	F	10	44.1
Tom Arnel	M	49	44.1
Kitty Moses	F	56	44.7
Aimee Bazin	F	29	45.7
Ed Davis	M	67	46.6
Evan Milledge	M	7	49.0
Adam Shamblin	M	13	49.0
Barbara Hindenach	F	61	49.2
Katie Biasi	F	38	49.7
Kathryn	F	6	60.0
Sarah Nelson	F	5	61.7
William Linney	M	4	68.0
Coen Figge	M	4	72.0
Susan Hoerger	F	51	98.6
Mae Kreger	F	3	103.0

## 800m Run

Bobby Torphy	M	23	1:54
Eddie Stone	M	55	2:23
Owen Astrachan	M	56	2:24
Lamont Robinson	M	16	2:24
Jack Unruh	M	49	2:27
Mike Carpenter	M	44	2:27
Brian Tajilli	M	30	2:31
Katherine Guilfoyle	F	26	2:36
Anthony Corriveau	M	42	2:40
Abby Offenbacher	F	36	2:41
Jeffrey Worley	M	41	2:41
Greg Goodwin	M	47	2:43
Laura Tuson	F	25	2:47
Doug Green	M	52	2:47
George Carpenter	M	16	2:47
Tom Hoerger	M	53	2:50
Heiko Rath	M	42	2:51
Wesley Crouse	M	23	2:54
David Bellaed	M	23	2:54
Laura Ramsdell	F	22	2:54
Deb Springer	F	38	3:01
Joe Shamblin	M	45	3:01
Lewis Hendricks	M	39	3:01
Jim Clabuesch	M	47	3:04
Russ Helms	M	40	3:09
Joshua Robinson	M	11	3:09
Joel Liles	M	66	3:10
Justin Bowlin	M	31	3:10
Hernan Silva	M	48	3:10
Shannon Johnstone	F	38	3:10
Bobbie Perry	M	66	3:10
Roxanne Springer	F	48	3:18
David Cooper	M	53	3:19
Chris Gould	M	68	3:20
Vance Holloman	M	54	3:23
Abie Harris	M	78	3:24
Christopher Smith	M	29	3:25
Ed Davis	M	67	3:27
Lena Hollmann	F	61	3:29
Ray Dooley	M	59	3:31
Mike Stella	M	28	3:32
Kate Carpenter	F	12	3:32
George Linney IV	M	8	3:32
Ronnie Weed	M	37	3:34
Corey Johnson	M	40	3:35
Steve Mele	M	47	3:36
Adina Mele	F	51	3:38
Mike Williams	M	60	3:39
Jason Figge	M	39	3:39
Jerry Surh	M	73	3:41
Scott Lynch	M	43	3:45
Katie Biasi	F	38	3:50
Tracy Simpson	F	43	3:52
Steve Munsat	M	47	3:54
Hannah Nelson	F	10	3:55
Tom Kirby	M	59	3:56
Carolyn Huettel	F	48	3:57
Conrad Kirby	M	25	3:58
Evan Milledge	M	7	4:04
Will Shamblin	M	9	4:05
Tom Arnel	M	49	4:05
Louise Guardino	F	71	4:06
Kitty Moses	F	56	4:07
Barbara Hindenach	F	61	4:09
Ken Larsen	M	64	4:21
Tom Milledge	M	52	4:33
Aimee Bazin	F	29	4:34
Diane Francis	F	27	4:44

(Continued on page 8)

(Continued from page 7)

**May 30**

**5000m Run**

Bobby Torphy	M	23	16:33
Ronnie Weed	M	37	19:18
Lewis Hendricks	M	39	19:23
David Couper	M	57	19:45
Brian Tajilli	M	30	20:18
Wesley Crouse	M	23	20:35
Rietta Couper	F	53	22:03
Heiko Rath	M	42	22:30
Shannon Johnstone	F	38	22:50
Greg Goodwin	M	47	22:55
Tom Kirby	M	59	23:30
Scott Lynch	M	43	23:45
Dan Hassler	M	44	23:48
Deb Springer	F	38	23:49
Jim Clabuesch	M	47	24:13
Roxanne Springer	F	48	24:26
Conrad Kirby	M	25	24:44
Ray Dooley	M	59	24:47
Chris Gould	M	68	24:57
David Bellaed	M	23	25:16
Laura Ramsdell	F	22	25:19
Jason Figge	M	39	25:30
Ed Davis	M	67	25:49
Carolyn Huettel	F	48	26:27
Kitty Moses	F	56	27:10
Barbara Hindenach	F	61	27:13

**Mile Racewalk**

Jason Figge	M	39	9:19
Ray Dooley	M	59	9:25
Barbara Hindenach	F	61	9:49
Mike Williams	M	60	10:57
Russ Helms	M	40	11:47
Carolyn Huettel	F	48	11:48
Deb Springer	F	38	12:00
Lena Hollmann	F	61	12:15
Chris Gould	M	68	12:18
Hernan Silva	M	48	12:27
Ken Larsen	M	64	12:38
Roxanne Springer	F	48	12:52
Jerry Surh	M	73	12:54
Steve Munsat	M	47	12:55
Alexandria Garcia-Granados	F	49	13:32
Brian Tajilli	M	30	13:45
Ronnie Weed	M	37	13:45
Kate Carpenter	F	12	14:12
Harold Hill	M	43	14:30
Jenny Hill	F	43	14:30
Tom Hoerger	M	53	16:05
Susan Hoerger	F	51	16:05

**6 June**

**1500m Run**

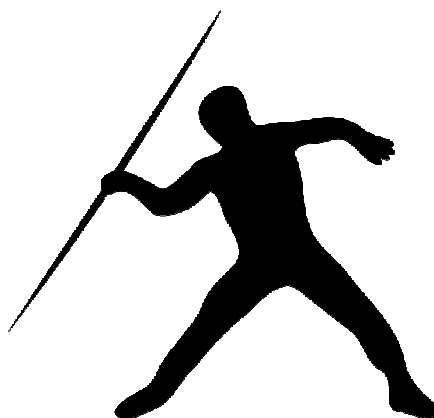
Greg Barnes	M	21	4:23
Wesley Crouse	M	23	4:33
Zac (Scully?)	M	17	4:40
Bart Bechard	M	47	4:55
Owen Astrachan	M	56	4:55
Lewis Hendricks	M	39	5:07
Conrad Kirby	M	25	5:09
Doug Hensel	M	39	5:12
Tych Cowdin	M	27	5:13
Ben Duncan	M	46	5:14
Danielle Baker	F	35	5:19
George Carpenter	M	16	5:20
Katherine Guilfoyle	F	26	5:22
David Williams	M	13	5:24
Jeffrey Worley	M	41	5:25
Neil Amato	M	41	5:25
Abby Offenbacher	F	36	5:26

Jim Clabuesch	M	47	5:28
Greg Goodwin	M	47	5:29
Jay Smith	M	63	5:29
Jon Williams	M	45	5:32
Bob Callanan	M	47	5:35
Tom Hoerger	M	53	5:35
Mike Stella	M	28	5:40
DJ Perkins	M	26	5:47
Harold Hill	M	43	5:49
Craig Walker	M	38	5:51
Jason Figge	M	39	5:56
Hernan Silva	M	48	5:57
Ronnie Weed	M	37	6:01
Tina Weiler	F	39	6:01
Rietta Couper	F	53	6:03
Ken Soo	M	53	6:08
Joe Shamblin	M	45	6:13
Mike Madden	F	57	6:23
Roxanne Springer	F	48	6:30
Ray Dooley	M	59	6:30
Dan Woodlief	M	49	6:40
Chris Gould	M	68	6:40
Joel Liles	M	66	6:43
Abie Harris	M	78	6:43
Bob Wallace	M	55	6:46
Lena Hollmann	F	61	6:47
Ed Davis	M	67	6:50
Ethan Astrachan	M	12	6:53
Steve Mele	M	47	6:53

Summer Ibrahim	F	31	8:45
Adam Shamblin	M	13	8:52
Alexandria Garcia-Granados	F	49	8:58

**100m Dash**

Cole Henderson	M	19	10.7
Elliott Palmer	M	31	11.2
Lamont Robinson	M	16	11.5
Travis Ash	M		11.5
Joshua Mason	M	21	12.1
Colin Jacobs	M	19	12.2
Mike Carpenter	M	44	12.4
Wesley Crouse	M	23	12.4
Ralph Abbey	M	26	13.0
Adina Mele	F	51	13.1
Harrison Young	M	14	13.1
George Carpenter	M	16	13.3
Jason Figge	M	39	13.3
Muhammad Hasan	M	40	13.3
Brian Gilligan	M	13	13.4
Zac (Scully?)	M	17	13.5
Jeffrey Worley	M	41	13.9
Lewis Hendricks	M	39	14.1
DJ Perkins	M	26	14.2
Greg Goodwin	M	47	14.3
Jane Barnes	F	60	14.4
Hernan Silva	M	48	14.6
Doug Green	M	52	14.7
Joel Liles	M	66	14.8
Kate Carpenter	F	12	14.9
Nyah Hasan	F	12	15.0
Brian Tajilli	M	30	15.4
Joshua Robinson	M	11	15.5
Abby Offenbacher	F	36	15.6
Laura Ramsdell	F	22	15.6
Katherine Guilfoyle	F	26	15.7
Monica Robinson	F	43	16.0
Becky Simers	F	54	16.1
Lisa Hasan	F	39	16.2
Bob Callanan	M	47	16.3
Steve Munsat	M	47	16.4
Leif Rasmussen	M	9	16.5
Dan Woodlief	M	49	16.5
Adam Astrachan	M	10	16.8
Mike Valle	M	71	17.0
Ethan Astrachan	M	12	17.1
Joe Shamblin	M	45	17.1
Roxanne Springer	F	48	17.2
Jerry Surh	M	73	17.3
Mike Stella	M	28	17.4
Hannah Nelson	F	10	17.6
Tom Hoerger	M	53	17.7
Makaila Mele	F	8	18.1
Louise Guardino	F	71	18.6
Aimee Bazin	F	29	19.1
Patty Chuang	F	24	19.2
Adam Shamblin	M	13	19.9
Lena Hollmann	F	61	20.4
Tom Kirby	M	59	20.6
Ken Larsen	M	64	20.8
Evan Milledge	M	7	20.9
Ken Soo	M	53	21.1
Summer Ibrahim	F	31	21.7
Barbara Hindenach	F	61	21.8
Katie Biasi	F	38	22.9
Tomas Sogin	M	5	24.0
Sarah Nelson	F	5	27.0
Coen Figge	M	4	31.0
Mae Kreger	F	3	43.0
Anneva Figge	F	2	49.0



There were almost no reported javelin accidents this month

Steve Munsat	M	47	6:54
Kate Carpenter	F	12	6:59
Mike Carpenter	M	44	6:59
Barbara Hindenach	F	61	6:59
Tom Kirby	M	59	7:00
Adam Astrachan	M	10	7:05
Mike Williams	M	60	7:05
Katie Biasi	F	38	7:18
Kitty Moses	F	56	7:18
Ralph Abbey	M	26	7:21
Will Shamblin	M	9	7:22
Vance Holloman	M	54	7:22
Patty Chuang	F	24	7:26
Jerry Surh	M	73	7:32
Ben Shamblin	M	11	7:35
Hannah Nelson	F	10	7:45
Ken Larsen	M	64	7:59
Evan Milledge	M	7	8:04
Sadie Amato	F	10	8:14
Louise Guardino	F	71	8:16
Aimee Bazin	F	29	8:39
Lauren Brown	F	23	8:40
Laura Ramsdell	F	22	8:42
Erin McIntee	F	32	8:43

(Continued on page 9)



(Continued from page 8)

**6 June****1500m Racewalk**

Ray Dooley	M	59	8:15
Barbara Hindenach	F	61	9:07
Jason Figge	M	39	9:08
Harold Hill	M	43	10:00
Bart Bechard	M	47	10:00
Joe Shamblin	M	45	10:10
Mike Williams	M	60	10:12
Roxanne Springer	F	48	10:24
Ben Shamblin	M	11	10:40
Lena Hollmann	F	61	10:43
Chris Gould	M	68	10:49
Ken Larsen	M	64	10:52
Steve Munsat	M	47	10:54
Jerry Surh	M	73	10:54
Alexandria Garcia-Granados	F	49	11:01
Dan Woodlief	M	49	11:28
Adina Mele	F	51	11:46
DJ Perkins	M	26	11:46
Ralph Abbey	M	26	11:51
Adam Shamblin	M	13	11:56
Patty Chuang	F	24	11:58
Brian Tajilli	M	30	12:37
Ronnie Weed	M	37	12:38
Tom Milledge	M	52	13:34
Bob Wallace	M	55	14:05
Ed Davis	M	67	14:07
Susan Hoerger	F	51	14:20
Tom Hoerger	M	53	14:21

**400m Dash**

Cole Henderson	M	19	49.6
Colin Jacobs	M	19	54.6
Tony Washington	M	34	55.5
Mike Carpenter	M	44	55.9
Lamont Robinson	M	16	56.4
Wesley Crouse	M	23	58.8
Eddie Stone	M	55	59.9
Harrison Young	M	14	61.9
Zac (Scully?)	M	17	62.0
Greg Goodwin	M	47	64.8
George Carpenter	M	16	66.0
DJ Perkins	M	26	67
Craig Walker	M	38	67.0
Irving Hoffman	M	61	67.6
Muhammad Hasan	M	40	68.0
Ronnie Weed	M	37	69.3
Adina Mele	F	51	69.6

Neil Amato	M	41	69.6
Hernan Silva	M	48	70.4
Bart Bechard	M	47	70.5
Katherine Guilfoyle	F	26	71.0
Ralph Abbey	M	26	71.3
Joel Liles	M	66	71.4
Bob Callanan	M	47	71.4
Abby Offenbacher	F	36	72.0
Doug Hensel	M	39	73.0
Kate Carpenter	F	12	74.0
Brian Gilligan	M	13	74.0
Doug Green	M	52	74.3
Joshua Robinson	M	11	75.0
Conrad Kirby	M	25	76.0
Laura Ramsdell	F	22	76.0
Lewis Hendricks	M	39	76.9
Jim Clabuesch	M	47	78.7
Steve Munsat	M	47	79.0
Tom Hoerger	M	53	79.8
Roxanne Springer	F	48	82.0
Danielle Baker	F	35	82.0
Dan Woodlief	M	49	82.2
Mike Stella	M	28	82.4
Tina Weiler	F	39	83.0
Brian Tajilli	M	30	83.2
Chris Gould	M	68	84.0
Nyah Hasan	F	12	85.0
Leif Rasmussen	M	9	85.0
Jerry Surh	M	73	85.8
Ken Soo	M	53	87.0
Vance Holloman	M	54	87.5
Lisa Hasan	F	39	89.0
Lena Hollmann	F	61	90.6
Patty Chuang	F	24	90.7
Tom Kirby	M	59	90.8
Jason Figge	M	39	91.0
Ray Dooley	M	59	92.5
Ben Shamblin	M	11	97.0
Louise Guardino	F	71	97.4
Kitty Moses	F	56	97.5
Ken Larsen	M	64	99.0
Katie Biasi	F	38	102.0
Will Shamblin	M	9	102.0
Evan Milledge	M	7	103.0
Sadie Amato	F	10	103.0
Aimee Bazin	F	29	104.9
Summer Ibrahim	F	31	105.0
Barbara Hindenach	F	61	105.6
Adam Shamblin	M	13	114.0
Sarah Nelson	F	5	162.0

**3000m Run**

Greg Barnes	M	21	9:51
Jim Stephens	M	42	10:14
Zac (Scully?)	M	17	10:48
Brian Tajilli	M	30	10:52
Owen Astrachan	M	56	10:59
Ronnie Weed	M	37	11:07
Jason Figge	M	39	11:20
Lewis Hendricks	M	39	11:30
Bart Bechard	M	47	11:31
Jim Clabuesch	M	47	11:32
Danielle Baker	F	35	11:41
David Williams	M	13	11:48
Wesley Crouse	M	23	11:49
Doug Hensel	M	39	11:53
Abby Offenbacher	F	36	11:59
Ben Duncan	M	46	12:10
Jon Williams	M	45	12:15
Greg Goodwin	M	47	12:39
Dan Hassler	M	44	12:42
Bob Callanan	M	47	12:48
Craig Walker	M	38	12:54
Conrad Kirby	M	25	12:56
Tina Weiler	F	39	12:59
Katherine Guilfoyle	F	26	13:14
Laura Ramsdell	F	22	13:18
Tom Kirby	M	59	13:24
Joshua Mason	M	21	13:35
Hernan Silva	M	48	13:47
Ray Dooley	M	59	13:57
Bob Wallace	M	55	14:06
Roxanne Springer	F	48	14:24
Chris Gould	M	68	14:27
Ed Davis	M	67	14:29
Jonathan Hassler	M	15	14:30
Andrew Hassler	M	19	14:33
Doug Green	M	52	14:54
Dan Woodlief	M	49	15:12
Barbara Hindenach	F	61	15:16
Katie Biasi	F	38	15:28
Kitty Moses	F	56	15:28
Patty Chuang	F	24	15:49
Ralph Abbey	M	26	15:59
Jerry Surh	M	73	16:25
Erin McIntee	F	32	17:03
Alexandria Garcia-Granados	F	49	18:44
Aimee Bazin	F	29	19:10
Evan Milledge	M	7	19:40

**RACE DIRECTOR SOUGHT**

Godiva is looking to revive the cross country race series. This would be a series of races similar to the Winter Series, but held in the fall on cross country courses.

A volunteer race director is sought to organize and direct the series.

If you are interested, please contact the president at [president@carolinagodiva.org](mailto:president@carolinagodiva.org)

**RUNNERS NEEDED**

Runners are wanted for the Godiva Teams running the Continental Divide USATF 10K Trail Championship.

You must have a USATF membership to be on the Godiva Team. The club code is 13-606.

For more information, contact the Godiva team captains (see page 2).

For more information about the race go to:  
[www.continentaldividetrailrace.com](http://www.continentaldividetrailrace.com)

# AT THE RACES

**SUBMIT YOUR RESULTS ONLINE:** Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and click the @ **THE RACES** tab.

<p><b>3/10/2012</b> <u>Run for the Oaks 5K</u> Andrew Scribner 19:30 3rd M 40-44</p> <p><b>3/24/2012</b> <u>The Great Human Race</u> Jon Hunter 22:41 6th M 50-54</p> <p><b>3/25/2012</b> <u>Second Empire 5K Classic</u> Andrew Scribner 19:32 2nd M 40-44 Jon Hunter 21:39</p> <p><b>3/30/2012</b> <u>Umstead 100 Endurance Run</u> Shannon Johnstone 21:48:32</p> <p><b>4/1/2012</b> <u>Mountains to Sea 50k Trail Race</u> Bart Bechard 4:30:55 1st M/M</p> <p><u>Raleigh Rocks Half Marathon</u> Mike Kelley 1:25:09 1st M/M Jon Hunter 1:44:59 9th M 50-54 Peter Hessling 1:57:06</p> <p><b>4/15/2012</b> <u>Run Raleigh Half Marathon</u> Andrew Scribner 1:32:53 Jon Hunter 1:41:18 4th M 50-54</p> <p><b>4/21/2012</b> <u>St. Timothy's Spring Sprint 5K</u> Andrew Scribner 20:07 1st M 40-44</p> <p><u>Tar Heel 10 miler</u> Mike Kelley 1:05:51 1st M 51-55 Jon Hunter 1:20:34 Julie Horton 1:45:47 Gordon Keeler 1:49:10 Carolina Godiva 6:09:53 7th Team (top 5)</p> <p><u>Walk Run Bike for Umstead 4 mile</u> Peter Hessling 39:53</p> <p><b>4/22/2012</b> <u>Stead Tread 5k</u> Bart Bechard 19:11 1st O/M Mike Kelley 20:05 3rd O/M</p> <p><b>4/28/2012</b> <u>5k for Fitness 2012</u> Mike Kelley 18:44 1st M 50-54</p> <p><u>Angels Among Us 5K</u> Dylan Keeler 27:54 Julie Horton 28:28 1st F 55-59</p>	<p>Kristin Keeler 38:52</p> <p><u>Owl's Roost Rumble Trail Half Marathon</u> Shannon Johnstone 1:48:46 1st F 35-39 Jon Hunter 2:04:32 5th M 50-54</p> <p><u>Run for Our Heroes 5K</u> Andrew Scribner 19:18 1st M 40-44</p> <p><b>5/5/2012</b> <u>New River Half Marathon</u> Rochelle White 2:45:00 F 50-59</p> <p><u>New River Marathon</u> Peter Hessling 5:21:57</p> <p><u>Philosopher's Way Trail Run 15K</u> Shannon Johnstone 1:29:07 Jon Hunter 1:34:05 8th M 50-59</p> <p><u>Philosopher's Way Trail Run 7K</u> Karishma Fernandes 1:04:27 Marni Schribman 1:04:29</p> <p><u>WakeMed Cary Distance Festival 10K</u> Andrew Scribner 40:47 3rd M 40-44</p> <p><b>5/6/2012</b> <u>Bay Six Southern 5K Classic</u> Jon Hunter 22:03 10th O/M</p> <p><b>5/12/2012</b> <u>Capital City Classic 10K</u> Jon Hunter 44:26 5th M 50-54</p> <p><u>Southeastern Masters Championships:</u> Adina Mele 28.93 1st F 50 - 54</p> <p><b>5/13/2012</b> <u>Delaware Marathon</u> Randy Kauftheil 4:42:53 M 50-54</p> <p><b>5/19/2012</b> <u>5K Charity Run for PWS</u> Jon Hunter 21:44 2nd O/M</p> <p><u>Got Grit? 5K</u> Tom Maunz 22:18 1st 30-39</p> <p><b>5/20/2012</b> <u>Marine Corps Half Marathon</u> Jon Hunter 1:39:41</p> <p><u>NCRC Half Marathon</u> Shannon Johnstone 1:38:56 2nd O/F Karen Bell 2:16:49 Julie Horton 2:17:14 1st F 55-59</p> <p><u>NCRC Invitational 10K</u> Louise Guardino 1:02:03 1st F 70-74</p>	<p>Tim Meigs 35:36 3rd O/M Andrew Scribner 41:07 1st M 40-44</p> <p><b>5/21/2012</b> <u>Bishop High Sierra 50K</u> Allen Glazner 6:02:00 3rd M 50-59</p> <p><b>5/25/2012</b> <u>Rock2Rock 10K Trail Run</u> Jon Hunter 1:11:37</p> <p><b>5/27/2012</b> <u>Vermont City Marathon</u> Bart Bechard 2:59:07 3rd M 45-49</p> <p><b>6/2/2012</b> <u>Run the Quay 5K</u> Katie &amp; Baby Biasi 28:56</p> <p><u>Running of the Bulls 8K</u> Jeff Hall 30:48 1st M 45-49 Brian Tajlili 31:25 Andrew Scribner 31:53 Henry Blinder 33:26 2nd M60-64 Shannon Johnstone 34:30 2nd F 35-39 Jon Hunter 34:37 Charles Fiore 35:22 Trish Kawa 38:30 Peter Hessling 41:18 Dan Woodlief 42:26 Julie Horton 47:32 6th F 55-59</p> <p><b>6/8/2012</b> <u>Army Birthday 10 Miler</u> Jon Hunter 1:10:21 2nd M 50-54</p> <p><b>6/9/2012</b> <u>Race for the Cure 5K</u> Andrew Scribner 19:40 1st M 40-44 Shannon Johnstone 21:28 1st F 35-39</p> <p><b>6/10/2012</b> <u>Powerade NC State Games</u> 100M Louise Guardino 18.52 1st F 70-74 200M Louise Guardino 40.15 1st F 70-74 1500M Jay Smith 0:05:49 1st M 60-64 800M Jay Smith 0:02:40 1st M 60-64</p> <p><b>6/16/2012</b> <u>Sappony 5K Trail Run</u> Jon Hunter 22:11</p> <p><u>USA Half Marathon Championships</u> Tim Meigs 1:14:22</p> <p><b>6/23/2012</b> <u>Run for Justice 10K</u> Jon Hunter 43:38</p>
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M/F = Master Female  
M/M = Master Male

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

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

## NEW WAY TO SUBMIT TO *AT THE RACES*

Last month we told you that Jim Clabuesch was stepping away from doing an active collection of members' race results, and several of you had excellent suggestions about ways to "automate" the submission of race results. Brian Doherty in particular provided a Google Docs spreadsheet that could be linked to an online submission form on the club website, and it has been adopted!

So now you can submit your results automatically through the website—go to [www.carolinagodiva.org](http://www.carolinagodiva.org)

and click on the @ *The Races* tab in the upper left. A form will prompt you to give the necessary information about your results.

This will be the **preferred** way for members to submit race results, but results will still be accepted at the newsletter's email account (but please try not to submit the same results through both channels).

Thanks to all who made suggestions and keep those results coming!

### SUBMIT TO THE NEWSLETTER!!

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

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

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

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

Send your stories to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org), and we'll do our best to print them throughout the year.

### LISTSERVE HAS MOVED!

We've moved hosting of the Carolina Godiva Listserv from its old home at Duke University to the server that also runs the club's website.

All current subscribers to the list have been automatically transferred to the new list.

For most users, this will mean just one important change: to post a message to the group, send your email to this new address:

[cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org)

If you wish to unsubscribe, just send a message to:

[cgtc-request@carolinagodiva.org](mailto:cgtc-request@carolinagodiva.org)

with the word "unsubscribe" (no quotes) in the subject or body. You'll receive a message to confirm your choice.

If you want to subscribe from a different email address, follow the same procedure as above, substituting the word "subscribe" in the subject or body of the message.

Also, if you use a filter on your email account, you will want to adjust it to allow for messages from [cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org).

If you have any questions, send a message to [cgtc-owner@carolinagodiva.org](mailto:cgtc-owner@carolinagodiva.org)

## VIKING 5K AND ONE MILE - CREEDMOOR, JULY 21

The Viking 5 km (3.1 miles) and One Mile road races will take place in Creedmoor on July 21. The event's registration, start and finish will be located at South Granville High School and is hosted by South Granville's Cross Country team. Race day activities begin with registration at 7:15 am, the 5 km starts at 8:30 am, and the One Mile race will begin at 9:00 am.



Proceeds from the event will benefit the Area Congregations in Ministry Food Pantry and help support the Cross

Country team's activities in 2012. The 5 km race course will be certified by USATF and both events will be sanctioned by USATF. Godiva will be supporting the event with donated finish line equipment.

It is thought that the Viking 5 km is the first event of its kind in southern Granville County. Entry fees are \$25 for the 5 km and \$10 for the one mile (day-of registration is slightly higher). Runners 18 and under pay only \$10 for either race. Registration includes a t-shirt.

For more information on registration or volunteering, please contact Coach Mark Straubel at 919-479-1375 or [straubelm@gcs.k12.nc.us](mailto:straubelm@gcs.k12.nc.us) or contact Chris Crowder at [chriscrowder2007@yahoo.com](mailto:chriscrowder2007@yahoo.com) or 919-603-4974.

## HOUR RUN RESULTS

CGTC hosted a One Hour Run on Wednesday, May 23rd, at the Durham Academy Track.

We could say there was a 19-way tie for first, with a time of exactly one hour, but read on for a more discriminating view of the results (see table to the left).



Bob Nelson directed, nourished, and encouraged the runners.

Jim Clabuesch. and Carolyn Huettel did the heavy lifting, bringing the barrels of drinks and big clock.

Lap counters included Carolyn plus Tom Kirby, Barbara Hindenach, Charles Alden and Lauren Brown.

Runner	Sex	Age	Laps	+ Meters	Total Meters	Miles
Monk Linney	M	36	40	115	16115	10.02
Ronnie Weed	M	37	37	130	14930	9.28
Tom Kreger	M	31	36	95	14495	9.01
Lewis Hendricks	M	39	36	51	14451	8.98
David Couper	M	57	35	255	14255	8.86
Wesley Crouse	M	23	35	18	14018	8.71
Henry Blinder	M	60	34	329	13929	8.66
Jim Clabuesch	M	47	33	6	13206	8.21
Rietta Couper	F	53	32	245	13045	8.11
David Bellard	M	23	32	233	13033	8.10
Bill Schroeder	M	54	31	388	12788	7.95
Hernan Silva	M	48	31	372	12772	7.94
Ray Dooley	M	59	30	50	12050	7.49
Laura Ramsdell	F	22	29	8	11608	7.21
Bob Wallace	M	55	28	3	11203	6.96
Chris Gould	M	68	26	352	10752	6.68
Ken Larsen	M	64	24	231	9831	6.11
Jerry Surh	M	73	24	192	9792	6.09
Erin McIntee	F	32	24	91	9691	6.02

## GODIVA RACE CALENDAR

Date	Race	Location	Date	Race	Location
Jul-4	Four on the Fourth Carrboro	Carrboro	Sep-8	Cleft Palate Gallop 5K	Chapel Hill
	Killer Dunes 2 Mi/Liberty Sands Run	Nags Head		North Hills 5K	Raleigh
	Patriot 5K	Southern Pines		Gail Perkins Memorial 5K	Raleigh
Jul-7	Beech Mountain Club 5K	Beech Mountain	Sep-16	Magnificent Mile 1-mile	Raleigh
	Cary Cross Currents Fun Run 5K	Cary	Sep-22	Women's Distance Festival 5K	Raleigh
Jul-14	Grandfather Mountain Marathon	Boone	Sep-29	Salem Lakes Trail Races 30K/ 7-mile	Winston-Salem
	Denny's Challenge 5K	Cary	Oct-6	Carrboro 10K	Carrboro
	The Scream! Half Marathon	Jonas Ridge		Selma Railroad Run 5K	Selma
	Yellow Brick Road 8K	Roxboro	Oct-13	New River 50K	Fries, VA
Jul-21	Historic Beaufort Road Race, 10K/5K	Beaufort		Cannonball Half Marathon/ 5K	Greensboro
	Triangle Expressway Trot II, 5K	Cary		Medoic Trail Races	Hollister
	Viking 5K	Creedmoor		Paws for Life 5K-9	Wake Forest
	3rd Annual Reality Race, 5K	Durham	Oct-27	American Tobacco Trail 10-mile	Apex
	Blue 5K at the Ballpark	Durham		Ridge to Bridge Marathon	Jonas Ridge
	Beat the Heat 5K	Winston-Salem		The Monster Dash 5K	Raleigh
Jul-28	Bele Chere 5K	Asheville	Oct-28	Marine Corps Marathon	Arlington, VA
	Run With Heart 5K	Morrisville	Nov-4	City of Oaks Marathon/ Half Marathon	Raleigh
Aug-4	Race for the Goal 5K	Cary		Battleship NC Half/5K	Wilmington
	American Red Cross Run for the Red 10K/5K	Fayetteville	Nov-10	Richmond Marathon	Richmond, VA
Aug-11	Bella Rose Strides for Babies 5K	Cary	Nov-11	Outer Banks Marathon/ Half Marathon	Outer Banks
Aug-18	Springmaid Splash 10K/5K Trail Races	Spruce Pine	Nov-17	Thunder Road Marathon/ Half Marathon	Charlotte
	Solider's Reunion Run 5K	Newton		Raven Rock Rumble 10m/5m	Lillington
	Too Hot to Trot Indoor Half Marathon	Winston-Salem	Nov-22	Skinny Turkey Half Marathon	Raleigh
Aug-25	18th Annual Run for Life 5K	Cary	Dec-1	Run At the Rock, 14-mile	Burlington
	4th Annual ACCRF 5K Run	Dunn	Dec-8	Kiawah Island Marathon/ Half	Kiawah, SC
	Continental Divide Trail Race/USA National 10K Trail Championship	Laurel Springs		Table Rock Ultras 50M/ 50K	Linville Gorge
	Maggie Valley Moonlight Race 8K	Maggie-Valley			
	Raleigh 8000	Raleigh			
Sep-7	Blue Ridge Relay	Blue Ridge Mtns			

## JUNE BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:08pm on June 12, 2012. Attendees included President Halle Amick, Patrick and Jane Bruer, Jim Clabuesch, Anthony Corriveau, Doug Hensel, Carolyn Huettel, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

The first report was from Jim. As usual, it was quick and to the point: "Nothing new on the membership front."

We welcomed our new newsletter editor. Anthony reported that he has created a new Google account for the Club, and uploaded an archive of all prior newsletters. He's exploring use of a simpler, updated software program for the newsletter. He's also considering setting up a blog to allow interactive posts and discussions on the content found in the newsletter each month. Patrick will look into if there would be a way to integrate the blog into the Club's website, since this would enhance accessibility to the membership. We also learned that a former newsletter editor, Mickey Fong, has volunteered to reinstate the "Lady Godiva" and horoscope segments in the newsletter.

Patrick has also looked into the "friendliness" of the current version of the Club's website. The software currently being used is likely being updated later this summer, and this should improve the situation. Other website improvements are also underway. In

addition, work is continuing on the efforts to move the listserv to a website controlled by the Club, as reported on in more detail in last month's business meeting minutes.

### Charles Alden has purchased a ... "newer and sturdier piece of artillery."

Heading over to the Summer Track Series, we heard that Charles Alden has purchased a new starter's pistol. We were informed that it is a "newer and sturdier piece of artillery." We authorized reimbursing him for the acquisition.

On the Running Start program, Gary informed us that the program will be finished on June 16, with the final activity for participants being a 5K on that date on the Al Buhler trail. Aline Lloyd has volunteered to lead the program next year.

Gary has also traditionally led the Marathon Training program, but will not be doing so this year. He is looking into a possible replacement to take over the program for this fall.

Patrick raised the question of whether the Club might be interested in having a cross-country

series in September and October. Jim noted that such a series could be a bridge between the Summer Track and Winter series. To gauge the level of interest in this, there will be additional information elsewhere in the newsletter in a form to allow readers to weigh in, so please look for it. Also, if anyone is interested in volunteering to be in charge, please contact Halle.

The final item was to pick up the ongoing discussion about reviving the Club's 20K/4-mile races, formerly known as "Coach Bubba." As the most recent former race director, Patrick reminded us of the history of developments and issues with resurrection of the race. After some discussion, we confirmed our interest in staying with the traditional 20K distance, same time of year, and same or substantially similar race courses. We also confirmed our desire to keep registration fees low, and to continue to partner with TROSA for race support. Patrick and Cathy will review their work and notes on the project from last year, confer with Tom Kirby and Chris Gould, and develop a concrete plan for moving forward. They expect that the plan will be ready for presentation at the July business meeting.

The meeting adjourned at 8:04pm.

—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!