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2012



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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## ROLLER COASTER

By most accounts, I was a pretty wimpy kid. I refused to jump off a diving board, I wouldn't let anyone push me too high on a swing, and I would only hang from my arms on the monkey bars — never my knees, like the other kids. After begging my parents to send me to overnight camp in 4th grade, I spent the first evening in the latrine, pretending to be sick so my parents would be called to pick me up. Given that evidence, it should be no surprise to learn that I was afraid of anything remotely resembling a "thrill ride." We went to amusement parks and carnivals, and I shook my head at anything more nerve-wracking than the spinning teacups. That pirate ship ride that swings back and forth like a pendulum, leaving the riders at the bow and stern almost upside-down at either apex? No freaking way.

At some point, albeit much later than most other kids, I did discover the joys of roller coasters, and once I did, I was hooked. There wasn't a ride I wouldn't try. I have a lot of respect for connoisseurs of the old wooden coasters, but I tend to emerge from them feeling bruised and concussed — I guess I like some degree of comfort in my thrills.

And I do enjoy a coaster with a seemingly infinite initial climb — there's nothing like the sound of the mechanisms of car and track as they work together on a lift hill to ratchet the rider to the apex, offering a glimpse of everything below just before the heart-dropping, stomach-raising plunge begins. The suspense rivals that generated by any horror film I've ever seen, even though the rider knows exactly what's ahead. But my favorites are coasters with loops. Batwings, corkscrews, cobra rolls, Immelmans... there's just something about seeing the sky beneath one's feet and knowing that — just for a moment — up is down, down is up, and everything is still okay.

Recently, though, I've found myself on a particularly rough stretch of this metaphorical roller coaster called "life," and I'm certain you know that those tend to be much less euphoric. I've been feeling like I'm on one of those old wooden coasters — the kind that leaves you sore and makes you wonder if it was even worth the ride. The climbs are still suspenseful, and the views from the top can be quite nice, but the drops... the drops are anything but thrilling. Not even the loops are fun — up is still down, and down is still up, but everything's far from ok.

Over the past several months, I've been leaning heavily on my friends and family members (many of whom are CGTC members — you know who you are and how much I love and appreciate you) to help entertain, distract, and support me. It was during the early sections of this roller coaster ride that I first learned of the Mountains-to-Sea Trail Endurance Run.

It started with a simple message forwarded to me and a few others by Club Treasurer (and 2011 Volunteer of the Year) Kevin Nickodem in mid-April. The original e-mail

*(Continued on page 3)*

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

**SEND SUBMISSIONS TO:**

**NEWSLETTER**

**@**

**CAROLINAGODIVA.ORG**

**"Who *IS* this impostor,  
and what has befallen  
the real Halle?"**



[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

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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	<a href="mailto:jwcvh@mindspring.com">jwcvh@mindspring.com</a>
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Master Women	Cathy Wides	<a href="mailto:cadw09@gmail.com">cadw09@gmail.com</a>

## GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM  
Satisfaction Restaurant at Bright Leaf Square, Durham

*(Continued from page 1)*

came from CGTC member and “Minister of Culture” at Great Outdoor Provision Co. Chuck Millsaps bore a simple event announcement: *“I wanted to pass along the website for an expedition we are sponsoring next month as Diane Van Deren runs the MST across the state. We may have opportunities for guide runners through sections of the MST between Greensboro and the coast. Let me know if you have folks that may be interested.”*

Kevin thought that the event might be appropriate for posting on our Club website to help identify guide runners. After all, we have several accomplished ultra runners in our midst — people who run distances ranging from 50K through 100 miles and even beyond. Me? I saw an opportunity to speak with someone attempting a monumental feat who might offer some insights from her unique perspective. I thought it might be of interest to our Club members and might even make an appearance in an upcoming President’s column. I envisioned a phone call or a series of e-mails with a mix of basic interview-type questions and philosophical running probes. Little did I know that I was opening the door to a once-in-a-lifetime opportunity to be part of a record-setting event and to learn some important things about myself and the world around me.

Chuck was kind enough to offer to put me in touch with Diane and also see if he could work me in as a guide runner during Diane’s journey through the Triangle area — Falls Lake, most likely. I was especially excited about the latter opportunity, though I gave Chuck the caveat that my pace on single-track is certainly not on par with that of the other guides — 10:30 on a good, short day; upwards of 11 on anything longer than 10 miles or so. I knew I’d also be a few weeks post-marathon, so I wasn’t looking for anything particularly challenging. In my gut, I felt the tingle of excitement; a feeling similar to the one I feel whenever I first glimpse a massive roller coaster from my car window. Something cool was on the way.

A couple weeks after that initial contact, I heard back from Chuck. He wrote that the sections of the MST Endurance Run were shaping up and that there was a section between Mebane and Durham in need of a guide. Would I be available for a 30-mile section on May 21st?

At this point, I realized that I should have also given Chuck the caveat that I’ve never run more than 26.2 miles at once. Okay, maybe 26.5 or so, given the nature of trail marathons and my inability to match (or even identify) the exact tangent of an arc used in course measurement. Still, the gap between 26-point-something and 30 felt epic. Plus, I’d be responsible for another person, an important person on an important mission, and I couldn’t go into it with the fear of failing to hold up my end of the deal. So, I did the right (but admittedly disappointing) thing and let Chuck know I just wasn’t up for that long a stretch. It felt like the split-second pause at the bottom of a roller coaster plunge — the moment during which the adrenaline of the drop fades and the nervous excitement generated by the next climb hasn’t begun.

Luckily, he had a “plan B” to offer me - a section of the 3-leg route between Greensboro and Efland on May 20th. It’d be about

15 miles, and had the added benefit of being a Sunday, rather than a workday. I accepted, though I did point out that I’d never run the MST east of Orange County, so I’d be counting on a well-blazed section or would need lots of details beforehand. He assured me that Diane anticipated moving at a “fast hike” pace, which made me less apprehensive about covering such a distance 15 days after a marathon. The initial climb up the lift hill begins...

Regular readers of mine will not be surprised to learn that it didn’t take long for me to start obsessing over my assigned route. I Googled, I mapped, I employed a small regiment of assorted office products and created a perfectly-scaled, highlighted map of my section of trail. I set aside most of the day before my assignment for scouting — I planned to walk/jog/drive the route to look for any potential areas of confusion.

What I learned was that I’d be guiding Diane through a section that wasn’t actually “trail.” There are currently large parts of the state through which the MST is not complete. In fact, one reason for the whole MST Endurance Run was to raise funds to help fill in these gaps. There are temporary routes that connect the completed sections, but they’re mostly on roads - sometimes heavily traveled ones. The results of my internet searching indicated that I’d be on a dirt trail for fewer than 5 miles; the rest would be road. Full disclosure: I was bummed out. I had really been hoping to run through lush forests and along gently flowing rivers with Diane. My experience of the MST consists of the sections in the Eno River and Falls Lake parks. I could be wrong, but I think that those segments — a mix of bridle trail and single track, soft underfoot and endlessly scenic — must be among the most beautiful in the state. But I realized — not for the last time — that this wasn’t about me; that it was bigger than me; that my 15-mile stretch was a link in the chain that would carry this expedition on a roller coaster of its own from the Smokies to the coast. And if I had to slog alongside traffic in order to get Diane to her next stop, I’d do it with a smile.

I didn’t realize it at the time, but this was the point at which I decided that, in this time of relative inner turmoil, I’d be open to almost anything and would make it a practice to say “yes” to things I might otherwise turn down. In thrill ride terms, this was the top of the loop — the point at which up is down and down is up.

Ten days later (and 2 days before my planned section), the guide runners received an official update from the Endurance Run team. As those of us who’d been following the blog knew, 4 days of storms and highly technical trail in the mountains had left Diane behind schedule and with severely swollen and blistered feet. The new forecast put Diane at Pilot Mountain on Sunday; much farther from home than I’d planned. Luckily (for me, anyway), there were plenty of guides available out that way, so I wasn’t actually needed. Unluckily, the new schedule put Diane in our neck of the woods during the middle of the following week. Hours of planning (and more than a few sheets of printer paper) seemingly wasted. My scouting plans for Saturday scuttled. My enthusiasm for this crazy was adventure ebbing.

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I replied to Chuck, writing that I'd pass on Sunday, given the distance from Durham and availability of other guides, but that I'd consider a closer-to-home segment if available. This seemed to be akin to the point in any good roller coaster at which "airtime" is achieved — the moment of inertia during which one's mass resists the downward motion of the car, resulting in a feeling of weightlessness and butterflies in one's stomach just before the safety mechanism engages and keeps the rider tethered to the ride. For me, it seemed like the point at which one of two things could happen: I'd remain strapped in until the downward force of gravity overcame the upward acceleration force and land firmly back on the track of saying "yes," or I'd break the metaphorical safety restraints and continue my trajectory into the air, eventually landing with a crippling thud on the harsh terrain of "no, I don't think so."

As it turned out, the running gods had my back.

Chuck got in touch again to let me know that guides were still needed Wednesday through Saturday in the area (roughly) between Haw River (oh, hello there, route-that-was-once-mine) and Cove City. Mileage for those days ranged from 54 to 65 (yes, miles a day!). Would I be interested in any of them? Sure, as long as I can split the day so I did fewer than 20 miles. (Chuck pointed out that Diane would have logged over 500 miles on her battered feet, so pace wasn't likely to be an option; hence, the increase of my proposed maximum from 15 to 20.)

There was another hardy, but not quite *that* hardy, soul who'd asked for a split on Thursday. Chuck asked if I'd be interested in that day... I was, though my work calendar had other ideas. Thursday was the only one of the 4 days on which I couldn't make myself available. Dang it! A nice little rise that failed to deliver a drop.

Any other options, Chuck? "*Friday is also an option.*" My heart said, "yes!" My brain said, "*but you'd have to take off work!*" My heart reminded my brain of the adage, "*Nobody on his deathbed ever says, 'I wish I'd spent more time at the office.'*" So, again, I said, "yes." I was rewarded with the news that I'd be guiding Diane in the Falls Lake area - this was what I'd wanted: actual trail under the soles of my sweet new trail shoes! This was a rise that would surely result in a euphoric plunge, right? Somebody ring the bell; it's round 2 of obsessive mapping!

For all my detailed route planning, I didn't do a very good job considering some of the other details. I was assured that we'd be well taken care of by the expedition's support crew (they even accommodated my celiac disease-driven need for gluten-free snacks!), but - knowing that I would be responsible for someone who'd already logged 500+ miles - I wanted to be overstocked with fluids, just in case. The problem was that I knew my hydration belt with its two small bottles would be inadequate. In addition, there wasn't a great place to store my growing collection of maps. Unfortunately, this series of thoughts occurred to me on Thursday afternoon. Thursday; as in the day before I was to join Diane. Oops.

I remembered that I'd received a backpack-style hydration pack

from a friend who moved away and unloaded lots of gear she used infrequently. I like to hike and cycle, and I figured such an item might come in handy at some point. That was about a year ago, and the pack had hung on a storage pack, unused, since. I filled the pack's bladder with water and took it for a spin during that evening's Running Start training sessions. At that point, the faster trainees were covering almost three miles, and I figured that was far enough to assess the pack's appropriateness and comfort.

Medium-length story short: neither appropriate nor comfortable. The pack was clearly not meant for running (hiking or cycling, I'm guessing), and it was heavier than I expected. It was also made for a person larger than me. It jostled around annoyingly, and I realized that it simply wasn't going to work. I envisioned having to make a last minute purchase of a new pack, and I felt my bank account shudder. (Yes, I just anthropomorphized a bank account. Feel free to roll your eyes, I can't see you.)

No sooner had I bemoaned my lack of acceptable options did two of my fellow Running Start pacers offer to loan me a fluid pack. Seriously? Seriously! My failure to plan for this situation wasn't going to bite me in the butt, after all, thanks to the kind offers from Shauna and Ashton (really, you two, thanks!). I ended up borrowing a sweet, lightweight pack that adjusted to fit me perfectly. It had pockets and pouches aplenty - loads of room for snacks and maps. Perfect. It's like the moment you're on a ride and you know that the little camera is snapping the photos you're pressured to buy at the exit - I was ready with a smile on my face.

On Wednesday and early in the day on Thursday, I was in contact with Amy Hamm, also of Great Outdoor Provision Co. and another of the Endurance Run logisticians. She kept me up to date on the likely meet-up location and sent very precise descriptions of the section I'd be covering. Mid-day on Thursday, I wrote the following: "*Amy, have you found enough runners for tomorrow? If Diane is moving slowly, I can extend my leg if necessary. I don't want to run more than 20, but if we're slow jogging/fast hiking, I might be able to pitch in as a last resort.*" Wait. What? Me, offering to cover more than 20 miles at the last minute? Who *IS* this impostor, and what has befallen the real Halle?

Whoever I was at that moment, I was psyched. This was happening! I'd said, "yes," I'd rolled with uncertainty and change, and I was fewer than 18 hours from something awesome! I'd made plans with a friend that evening - nothing fancy, but I'd be tied up from the end of that evening's Running Start session until around 10pm. Plenty of time to get home after, deal with pet duties, and get a good night's sleep before the adventure. And then, this email from Amy around 1:30pm: "*What would you think about shuttling out to meet [Diane and crew] late tonight and camping with us to get an early morning start? We'll be sleeping in the back of our box truck ...*"

My gut reaction was to decline - I'm all for camping out in general, but the thought of sleeping on the floor of a box truck immediately before a long run was not one I embraced immediately.

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Then I remembered: Not... About... Me. Why not say “yes” to this, too? This whole thing had already turned into a crazy adventure, why derail the train now? “Yes” had clearly gained a foothold in my mind. I had a comfy sleeping bag, I could get someone to take care of the pets for me, and I’d have had to get up super early if I slept at home.

*“Camping in the truck — what fun!”*

As soon as I got home from work, I packed up my running gear, got the sleeping bag out of the closet, and threw some toiletries in a bag. I secured the services of my backup pet caretaker. I was actually excited — not only was I adding to the drama (the good kind) of this experience, I had said “yes” again and experienced a rare moment of self-praise as a result. I awaited a follow-up message with exact details. As it turned out, the Eno River stretch of single-track was extremely challenging in the low light of that evening, so Diane and her team opted to put off Friday’s start until daybreak.

I cancelled the pet sitter, put the toiletries back in the bathroom, put the sleeping bag back in the closet, and unpacked the running gear. I was surprised to feel a little twinge of disappointment, though I felt a more intense pang of gratitude for my soft bed. Before crawling into it, I’d made plans with Joel Fleming — box truck driver and aid station navigator extraordinaire — to meet him and Diane at Falls Lake at 5:55am for a 6:00am departure. I nestled under my covers, trying, and eventually succeeding, to

get a good night’s sleep.

What took place during the adventure itself is a story for another day. It involves speed hiking, a swollen creek, a “good sitting log,” briars, deer ticks galore, and a nasty blister that earned its own name. In the end, I went farther than I’d planned, met some very cool people, and made the decision to enter my first ultramarathon. I learned a lot that day: about Diane, about the Mountains-to-Sea Trail, but mostly about myself. More than anything, I returned to Durham (stopping on the way home for a banana-peach Cook-Out milkshake, my favorite post-endurance indulgence) with a little more comfort with a lack of control. I’d necessarily abandoned my meticulous (and admittedly excessive) plans and had said “yes” to unexpected things. I felt more confident, as if I had stepped into a new subgroup of people: people who could change their minds and do things on a whim.

Don’t get me wrong: I was still on a seriously nerve wracking roller coaster, and the lows weren’t over; the experience didn’t yield the ending of an overwrought cable television movie in which my new insight solved all of my problems. I returned home to the same challenges and heartaches I’d faced the day before. Still, I felt — for a little while, anyway — kind of invincible. At least until I took off my shoe and saw “Moby Blister.”

—Halle Amick

## 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>	7:00 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))

## 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 (See Results)
June 20	Short (See Results)
June 27	Long (See Results)
July 5*	Short (See Results)
July 11	Long (See Results)
July 18	Short
July 25	Midsummer Madness
<b>August 1</b>	<b>Long</b>
<b>Aug 8</b>	<b>Short</b>

**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



# SUMMER TRACK RESULTS

## 13 June

### Mile Run

Chris Capps	M	21	4:37
Colin Jones	M	41	5:02
Miles Gilliom	M	41	5:07
Bob Immormino	M	31	5:12
Will Revels	M	30	5:13
Wesley Crouse	M	23	5:16
Bart Bechard	M	47	5:19
Tom Kreger	M	31	5:21
Michael Swepson	M	13	5:27
Jennifer Woods	F	35	5:31
Lewis Hendricks	M	39	5:39
Conrad Kirby	M	25	5:39
Doug Hensel	M	39	5:42
Georgeanna Bowen	F	20	5:42
Ashley Baker	F	19	5:46
Greg Goodwin	M	47	5:47
Neil Amato	M	41	5:48
Steve Mele	M	47	5:48
Jon Williams	M	45	5:48
David Williams	M	13	5:50
Jim Clabuesch	M	47	5:54
Mark Turner	M	44	5:54
Abby Offenbacher	F	36	5:55
Jay Smith	M	63	5:55
Craig Walker	M	38	5:56
Rick Woods	M	36	5:57
David Couper	M	57	5:58
Bryan Krehnbrink	M	45	5:58
Bernie Prabucki	M		5:59
Mike Carpenter	M	44	6:00
Harold Hill	M	43	6:05
Victoria Swepson	F	8	6:06
Bob Callanan	M	47	6:08
Jason Figge	M	39	6:11
DJ Perkins	M	26	6:14
Kristin Harman	F	31	6:17
Victor Swepson	M	36	6:21
John Blake	M	54	6:24
Ronnie Weed	M	37	6:26
Rietta Couper	F	53	6:27
Hernan Silva	M	48	6:38
Joshua Cannon	M	10	6:50
Roxanne Springer	F	48	7:05
Dawn White	F	41	7:11
Joel Liles	M	66	7:13
Ray Dooley	M	59	7:14
Chris Gould	M	68	7:14
Bobbie Perry	M	66	7:16
Ed Davis	M	67	7:17
Lena Hollmann	F	61	7:20
Dan Woodlief	M	49	7:20
Mary Szymkowski	F	49	7:30
Barbara Hindenach	F	61	7:32
Tom Kirby	M	59	7:32
Jim Hotelling	M	65	7:40
Kitty Moses	F	56	7:53
Caris Hill	F	14	7:56
Steve Munsat	M	47	7:57
Katie Biasi	F	38	8:02
Gordon Keeler	M	57	8:02
Karyn Hede	F	47	8:07
Kate Carpenter	F	12	8:09
Jerry Surh	M	73	8:15
Ken Larsen	M	64	8:29
Evan Milledge	M	7	8:29
Eric Braschwitz	M	55	9:12
Alexandra Garcia-Granados	F	49	9:13
Erin McIntee	F	32	9:18
Laura Ramsdell	F	22	9:35
Lauren Brown	F	23	9:36
Heather Yeowell	F	72	10:10
David Yeowell	M	75	10:33

### 200m Dash

Ryan Robinson	M	20	22.8
Kwame Alston	M	22	24.3
Lamont Robinson	M	16	24.7
Mike Carpenter	M	44	26.0
Ashton Doby	F	22	27.3
Lewis Hendricks	M	39	27.9
Victor Swepson	M	36	27.9
Harrison Young	M	14	28.0
Muhammad Hasan	M	40	28.1
Adina Mele	F	51	28.1
Jason Figge	M	39	28.4
Brian Tajilli	M	30	28.4
DJ Perkins	M	26	29.3
Greg Goodwin	M	47	29.8
Bob Immormino	M	31	30.1
Ronnie Weed	M	37	30.2
Joel Liles	M	66	31.0
Hernan Silva	M	48	31.1
Craig Walker	M	38	31.1
Rick Woods	M	36	31.8
Joshua Robinson	M	11	31.9
Kate Carpenter	F	12	32.0
Nyah Hasan	F	12	32.0
Laura Ramsdell	F	22	32.1
Kristin Harman	F	31	32.2
Matthew Swepson	M	9	32.2
Bob Callanan	M	47	32.3
Ashley Baker	F	19	32.4
Bart Bechard	M	47	32.6
Harold Hill	M	43	32.6
George Hotelling	M	11	32.6
Neil Amato	M	41	32.9
Leif Rasmussen	M	9	33.0
Doug Hensel	M	39	33.1
Jennifer Woods	F	35	33.2
Abby Offenbacher	F	36	33.3
Maurice McDonald	M	71	33.5
Georgeanna Bowen	F	20	34.4
Jesper Rasmussen	M	38	35.2
Dan Woodlief	M	49	36.3
Steve Munsat	M	47	36.4
Jerry Surh	M	73	36.4
Gordon Keeler	M	57	36.5
Roxanne Springer	F	48	36.9
Jim Clabuesch	M	47	37.5
Hannah Nelson	F	10	37.9
Joshua Cannon	M	10	38.0
Ray Dooley	M	59	38.3
Fabienne Swepson	F	37	38.3
Tom Kirby	M	59	38.7
Tom Milledge	M	52	38.7
Louise Guardino	F	71	39.3
Dawn White	F	41	39.3
Mary Szymkowski	F	49	39.7
Lisa Hasan	F	39	40.0
Jim Hotelling	M	65	40.2
Karson McKinney	F	7	40.3
Sadie Amato	F	10	40.7
Ken Larsen	M	64	42.0
Lena Hollmann	F	61	42.9
Kitty Moses	F	56	43.9
Erin McIntee	F	32	45.4
Evan Milledge	M	7	46.3
David Yeowell	M	75	46.3
Katie Biasi	F	38	47.3
Eric Braschwitz	M	55	48.0
Alexandra Garcia-Granados	F	49	49.1
Comet Krehnbrink	M	6	50.7
Tomas Sosin	M	5	52.0
Barbara Hindenach	F	61	55.5
Coen Figge	M	4	72
Xavier Hasan	F	2	78.0
Mae Kreger	F	3	88

### Mile Racewalk

Ray Dooley	M	59	9:10
Barbara Hindenach	F	61	9:37
Jason Figge	M	39	10:14
Harold Hill	M	43	10:55
Roxanne Springer	F	48	11:24
Lena Hollmann	F	61	11:41
Hernan Silva	M	48	11:42
Chris Gould	M	68	11:48
Steve Munsat	M	47	11:52
Ken Larsen	M	64	12:07
Alexandra Garcia-Granados	F	49	12:14
Jerry Surh	M	73	12:34
Brian Tajilli	M	30	13:01
Ronnie Weed	M	37	13:05
Dan Woodlief	M	49	13:19
Candace Swepson	F	11	14:09
Fabienne Swepson	F	37	14:16

### 800m Run

Colin Jones	M	41	2:10
Owen Astrachan	M	56	2:21
Mike Carpenter	M	44	2:27
Bart Bechard	M	47	2:31
Jennifer Woods	F	35	2:31
Greg Goodwin	M	47	2:32
Bob Immormino	M	31	2:34
Abby Offenbacher	F	36	2:39
Doug Hensel	M	39	2:40
Jon Williams	M	45	2:40
Craig Walker	M	38	2:41
David Williams	M	13	2:42
Lewis Hendricks	M	39	2:43
Rick Woods	M	36	2:44
Kwame Alston	M	22	2:45
Doug Green	M	52	2:46
Jim Clabuesch	M	47	2:47
Wesley Crouse	M	23	2:47
Laura Ramsdell	F	22	2:48
Bernie Prabucki	M		2:48
Kristin Harman	F	31	2:49
DJ Perkins	M	26	2:56
Joel Liles	M	66	2:58
John Blake	M	54	3:01
Hernan Silva	M	48	3:06
Brian Tajilli	M	30	3:07
Ronnie Weed	M	37	3:07
Leif Rasmussen	M	9	3:09
Roxanne Springer	F	48	3:11
Jim Hotelling	M	65	3:16
Chris Gould	M	68	3:17
Mary Szymkowski	F	49	3:18
Ray Dooley	M	59	3:22
Vance Holloman	M	54	3:22
Ed Davis	M	67	3:24
Lena Hollmann	F	61	3:27
Tom Kirby	M	59	3:28
Gordon Keeler	M	57	3:28
Evan Milledge	M	7	3:29
Kate Carpenter	F	12	3:35
Jason Figge	M	39	3:35
Steve Munsat	M	47	3:36
Katie Biasi	F	38	3:38
Jerry Surh	M	73	3:45

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Kitty Moses	F	56	3:48	Katherine Guilfoyle	F	26	5:23	Brian Gilligan	M	14	13.9
Sadie Amato	F	10	3:51	Bernie Prabucki	M		5:25	Russ Helms	M	40	13.9
Harold Hill	M	43	3:53	Jeffrey Worley	M	41	5:27	Brian Tajjili	M	30	13.9
Bob Callanan	M	47	3:54	Adrian Kletthagen	M	23	5:29	George Carpenter	M	16	14.0
Dan Woodlief	M	49	3:54	Conrad Kirby	M	25	5:30	Greg Goodwin	M	47	14.1
Muhammad Hasan	M	40	3:58	Abby Offenbacher	F	36	5:32	Mia Bennett	F	14	14.2
Conrad Kirby	M	25	3:58	David Williams	M	13	5:32	Kate Carpenter	F	12	14.4
Hannah Nelson	F	10	3:59	Lewis Hendricks	M	39	5:34	Bobbie Perry	M	66	14.5
Nyah Hasan	F	12	4:00	Harold Hill	M	43	5:37	Hernan Silva	M	48	14.5
Jesper Rasmussen	M	38	4:00	Mike Carpenter	M	44	5:39	Joel Liles	M	66	14.7
Ken Larsen	M	64	4:03	Jay Smith	M	63	5:39	Bob Immormino	M	31	14.9
Erin McIntee	F	32	4:04	DJ Perkins	M	26	5:51	Grace Dodge	F	11	15.0
Lauren Brown	F	23	4:07	Rietta Couper	F	53	5:52	Terri Bennett	F	51	15.0
Louise Guardino	F	71	4:16	Ronnie Weed	M	37	5:57	Harold Hill	M	43	15.2
Barbara Hindenach	F	61	4:21	John Blake	M	54	6:00	Katherine Guilfoyle	F	26	15.3
Alexandra Garcia-Granados	F	49	4:41	Tim Haughton	M	10	6:00	Bart Bechard	M	47	15.4
Heather Yeowell	F	72	4:42	Hernan Silva	M	48	6:01	Abby Offenbacher	F	36	15.9
Candace Swepson	F	11	4:55	Ken Soo	M	53	6:02	Lewis Hendricks	M	39	16.0
Fabienne Swepson	F	37	4:55	Laura Tuson	F	25	6:03	Will Revels	M	30	16.0
David Yeowell	M	75	4:58	Leif Rasmussen	M	9	6:05	Josh Haughton	M	10	16.1
<b>5000m Run</b>				Tom Giduz	M	55	6:06	Dan Woodlief	M	49	16.4
Cody Hawkins	M	18	17:42	Jim Hotelling	M	65	6:07	Gordon Keeler	M	57	16.5
Ronnie Weed	M	37	18:40	Murphy Credle	F	13	6:23	Leif Rasmussen	M	9	16.5
Brian Tajjili	M	30	18:47	Mary Szymkowski	F	49	6:25	Jesper Rasmussen	M	38	16.5
Jason Figge	M	39	19:30	Russ Helms	M	40	6:26	Hunter Credle	M	41	16.5
David Couper	M	57	19:34	Hunter Credle	M	41	6:27	Tom Giduz	M	55	16.9
Michael Swepson	M	13	20:23	Roxanne Springer	F	48	6:30	April Siktar	F	24	17.0
Jon Williams	M	45	21:12	Bob Wallace	M	55	6:30	Roxanne Springer	F	48	17.1
Bob Callanan	M	47	21:15	Chris Gould	M	68	6:32	Jerry Surh	M	73	17.2
Owen Astrachan	M	56	21:24	Andy Capps	M	50	6:35	Mike Valle	M	71	17.3
Jim Clabuesch	M	47	22:00	Ray Dooley	M	59	6:38	Tom Hoerger	M	53	17.6
Victoria Swepson	F	8	22:05	Ed Davis	M	67	6:43	Tom Milledge	M	52	17.7
Abby Offenbacher	F	36	22:15	Abie Harris	M	78	6:43	Louise Guardino	F	71	17.9
Craig Walker	M	38	22:15	Dan Woodlief	M	49	6:48	Halle Amick	F	34	18.0
Bob Immormino	M	31	22:16	Lena Hollmann	F	61	6:50	Tom Kirby	M	59	18.3
Dan Hassler	M	44	22:39	Tom Kirby	M	59	6:52	Murphy Credle	F	13	18.3
Victor Swepson	M	36	22:51	Gordon Keeler	M	57	6:55	David Yeowell	M	75	18.4
Hernan Silva	M	48	22:53	Mike Williams	M	60	6:59	Tim Haughton	M	10	18.5
Jonathan Hassler	M	15	23:03	Kalina Staub	F	27	7:00	Tom Arnel	M	49	19.0
Conrad Kirby	M	25	23:23	Barbara Hindenach	F	61	7:08	Evan Milledge	M	7	19.0
Tom Kirby	M	59	23:37	Mike Madden	F	57	7:13	George Linney IV	M	8	19.1
Wesley Crouse	M	23	23:47	Steve Munsat	M	47	7:18	Mary Szymkowski	F	49	19.1
Roxanne Springer	F	48	23:57	Carolyn Huettel	F	48	7:19	Debbie Haughton	F	39	19.3
Gordon Keeler	M	57	24:47	Terri Bennett	F	51	7:23	Pam Rose	F	49	19.4
Chris Gould	M	68	25:24	Katie Biasi	F	38	7:25	Ken Larsen	M	64	19.7
Ray Dooley	M	59	25:41	Jerry Surh	M	73	7:25	Aimee Bazin	F	29	20.1
Mary Szymkowski	F	49	26:17	Evan Milledge	M	7	7:39	Lena Hollmann	F	61	20.2
Laura Ramsdell	F	22	26:24	Kate Carpenter	F	12	7:43	Alexandra Garcia-Granados	F	49	22.0
Barbara Hindenach	F	61	26:36	Ken Larsen	M	64	7:48	Tom Meyer	M	69	22.0
Kitty Moses	F	56	27:03	Rachel Warriner	F	24	7:51	Katie Biasi	F	38	22.3
Leif Rasmussen	M	9	27:33	Halle Amick	F	34	7:58	Barbara Hindenach	F	61	23.4
Dan Woodlief	M	49	27:59	Pam Rose	F	49	8:02	Tomas Sosin	M	5	24.0
Jerry Surh	M	73	31:15	Dirk Warriner	M	52	8:11	Elodie Page	F	4	31.4
Heather Yeowell	F	72	32:26	Louise Guardino	F	71	8:13	Mae Kreger	F	3	39.0
David Yeowell	M	75	35:28	Bailey Credle	F	10	8:15	<b>1500m Racewalk</b>			
<b>20 June</b>				Mike Biasi	M	39	8:28	Ray Dooley	M	59	8:27
<b>1500m Run</b>				Alexandra Garcia-Granados	F	49	8:33	Barbara Hindenach	F	61	9:10
George Linney III	M	37	4:40	Tom Arnel	M	49	8:38	Leif Rasmussen	M	9	9:40
Tom Kreger	M	31	4:42	Aimee Bazin	F	29	9:06	Harold Hill	M	43	9:41
Josh Siewert	M	31	4:43	Heather Yeowell	F	72	9:26	Tom Hoerger	M	53	10:13
Bart Bechard	M	47	4:49	David Yeowell	M	75	9:29	Mike Williams	M	60	10:23
Will Revels	M	30	4:49	Tom Meyer	M	69	10:01	Adina Mele	F	51	10:26
Steve Mele	M	47	4:50	<b>100m Dash</b>				Tom Giduz	M	55	10:26
John Herlin	M	29	5:02	Cole Henderson	M	19	10.6	Roxanne Springer	F	48	10:32
Bob Immormino	M	31	5:03	Jemaine Wade	M	28	10.8	Carolyn Huettel	F	48	10:45
Jack Unruh	M	49	5:06	Kwame Alston	M	22	11.6	Alexandra Garcia-Granados	F	49	10:48
Jon Williams	M	45	5:12	Mike Carpenter	M	44	12.4	Hernan Silva	M	48	10:48
Jim Clabuesch	M	47	5:18	Jim Stephens	M	42	12.5	Chris Gould	M	68	10:50
Eric Peterson	M	47	5:21	Michael Jones	M	52	12.5	Lena Hollmann	F	61	11:03
Brian Tajjili	M	30	5:22	DJ Perkins	M	26	12.8	Russ Helms	M	40	11:07
Danielle Baker	F	35	5:23	Jeffrey Worley	M	41	13.2	Dan Woodlief	M	49	11:11
				Adina Mele	F	51	13.3	Ken Larsen	M	64	11:27
				George Linney III	M	37	13.4	Jerry Surh	M	73	11:27
				Jude Carr	M	32	13.4				

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Brian Tajlili	M	30	12:00	Pam Rose	F	49	98.0	Lewis Hendricks	M	39	5:52
Ronnie Weed	M	37	12:06	Bailey Credle	F	10	102.0	Doug Hensel	M	39	5:54
Pam Rose	F	49	12:42	Katie Biasi	F	38	107.0	Abby Offenbacher	F	36	5:57
Katherine Guilfoyle	F	26	13:06	Tom Arnel	M	49	111.9	Tom Hoerger	M	53	5:58
Jude Carr	M	32	13:29	Aimee Bazin	F	29	116.7	David Couper	M	57	5:59
Jennifer Carr	F	32	13:29	Barbara Hindenach	F	61	118.1	DJ Perkins	M	26	6:00
Tom Milledge	M	52	13:54	David Yeowell	M	75	120.0	Bryan Krehnbrink	M	45	6:02
<b>400m Dash</b>				Tom Meyer	M	69	122.0	Greg Whitehead	M	23	6:11
Mike Carpenter	M	44	57.2	Heather Yeowell	F	72	127.5	Bob Callanan	M	47	6:12
Eddie Stone	M	55	60.1	<b>3000m Run</b>				Lia Weiner	F	23	6:12
Jay Nelson	M	29	60.4	Nicholas Kurgat	M	32	8:44	Heiko Rath	M	42	6:14
George Linney III	M	37	60.6	Jim Stephens	M	42	10:35	Ed Billings	M	50	6:18
Jim Stephens	M	42	60.6	Jim Clabuesch	M	47	11:04	Tom Giduz	M	55	6:24
John Herlin	M	29	61.1	Ronnie Weed	M	37	11:16	John Blake	M	54	6:29
Bob Immormino	M	31	62.0	Jon Williams	M	45	11:32	Ken Soo	M	53	6:33
Will Revels	M	30	63.0	Lewis Hendricks	M	39	11:47	Zion Singletary	M	11	6:33
Brian Tajlili	M	30	63.3	Jack Unruh	M	49	12:17	Hernan Silva	M	48	6:35
Greg Goodwin	M	47	63.4	Bob Immormino	M	31	12:20	Victoria Swepson	F	8	6:37
Steve Mele	M	47	64.0	David Williams	M	13	12:21	RL Bynum	M	52	6:38
Jude Carr	M	32	64.1	Dan Hassler	M	44	12:25	Michael Avery	M	51	6:40
Kwame Alston	M	22	65.0	Danielle Baker	F	35	12:31	Andy Capps	M	50	6:47
George Carpenter	M	16	65.0	Abby Offenbacher	F	36	12:31	Roxanne Springer	F	48	6:47
DJ Perkins	M	26	66.4	Tom Hoerger	M	53	12:32	Mary Szymkowski	F	49	6:47
Brian Gilligan	M	14	67.0	Brian Tajlili	M	30	13:05	Chris Gould	M	68	6:49
Ronnie Weed	M	37	67.7	Greg Goodwin	M	47	13:07	Ronnie Weed	M	37	6:53
Jack Unruh	M	49	68.3	Andy Capps	M	50	13:11	Harold Hill	M	43	6:54
Katherine Guilfoyle	F	26	68.4	Conrad Kirby	M	25	13:33	Russ Helms	M	40	6:56
Bart Bechard	M	47	69.0	Tom Kirby	M	59	13:43	Dawn White	F	41	6:56
Bobbie Perry	M	66	69.5	Chris Gould	M	68	14:14	Leif Rasmussen	M	9	6:57
Russ Helms	M	40	69.6	Ed Davis	M	67	14:44	Victor Swepson	M	36	7:00
Tim Huntley	M	45	69.8	Ray Dooley	M	59	14:49	Mike Madden	F	57	7:08
Joel Liles	M	66	70.0	Gordon Keeler	M	57	14:58	Ed Davis	M	67	7:09
Abby Offenbacher	F	36	71.0	Hunter Credle	M	41	15:13	Ray Dooley	M	59	7:09
David Williams	M	13	71.0	Mary Szymkowski	F	49	15:15	Jamie Lewis	M	46	7:11
Jon Williams	M	45	71.2	Roxanne Springer	F	48	15:27	Kimberly Amick	F	32	7:11
Kate Carpenter	F	12	72.0	Barbara Hindenach	F	61	15:33	Tom Kirby	M	59	7:24
Laura Tuson	F	25	72.0	Bob Wallace	M	55	15:35	George Retsch-Bogart	M	59	7:29
Lewis Hendricks	M	39	75.9	Louise Guardino	F	71	15:52	Lena Hollmann	F	61	7:30
Jim Clabuesch	M	47	76.0	Carolyn Huettel	F	48	16:00	Mark Rotenberry	M	53	7:33
Harold Hill	M	43	76.0	DJ Perkins	M	26	16:00	Scott Bynum	M	14	7:34
Tom Hoerger	M	53	77.3	Katie Biasi	F	38	16:05	John Sasser	M	56	7:35
Conrad Kirby	M	25	79.0	Dan Woodlief	M	49	16:13	Bob Wallace	M	55	7:37
Leif Rasmussen	M	9	79.0	Russ Helms	M	40	16:19	Barbara Hindenach	F	61	7:38
Terri Bennett	F	51	79.0	Leif Rasmussen	M	9	16:19	Adina Mele	F	51	7:42
Danielle Baker	F	35	80.0	Chris Crowder	M	45	16:48	Kitty Moses	F	56	7:46
Dan Woodlief	M	49	80.0	Evan Milledge	M	7	17:32	Evan Milledge	M	7	7:54
John Blake	M	54	80.6	Tom Arnel	M	49	18:50	Jerry Surh	M	73	7:54
Mia Bennett	F	14	81.0	Alexandra Garcia-Granados	F	49	19:06	Angelique Whitehurst	F	37	8:00
Josh Haughton	M	10	81.9	Hernan Silva	M	48	19:06	Halle Amick	F	34	8:02
Roxanne Springer	F	48	82.8	Aimee Bazin	F	29	19:40	Katie Biasi	F	38	8:07
Bob Wallace	M	55	83.0	David Yeowell	M	75	20:20	Tristram Manturuk	M	14	8:11
Hunter Credle	M	41	83.0	Jerry Surh	M	73	20:21	Ken Larsen	M	64	8:27
Jesper Rasmussen	M	38	84.0	<b>27 June</b>				Tom Arnel	M	49	8:50
Steve Munsat	M	47	85.2	<b>Mile Run</b>				Jenny Hill	F	43	8:52
Chris Gould	M	68	86.0	Miles Bartlett	M	24	4:49	Eric Braschwitz	M	55	8:55
Jerry Surh	M	73	86.2	Tyle Stelzig	M	24	4:52	Louise Guardino	F	71	8:59
Kalina Staub	F	27	86.3	Rob Benjamin	M	43	4:59	Beth Manturuk	F	12	9:09
Murphy Credle	F	13	87.0	John Tumbleston	M	28	5:02	Erin McIntee	F	32	9:13
Gordon Keeler	M	57	87.8	Tom Kreger	M	31	5:03	Mike Biasi	M	40	9:20
Evan Milledge	M	7	88.8	Steve Mele	M	47	5:09	Kim Manturuk	F	40	9:24
Mary Szymkowski	F	49	89.0	Bart Bechard	M	47	5:16	Alexandra Garcia-Granados	F	49	9:45
Tim Haughton	M	10	89.0	Owen Astrachan	M	56	5:20	Aimee Bazin	F	29	9:50
April Siktar	F	24	89.0	Fernando Varela	M	23	5:24	<b>200m Dash</b>			
Tom Kirby	M	59	90.2	Jack Unruh	M	49	5:25	Jermaine Wade	M	28	22.1
Abie Harris	M	78	91.0	Jennifer Woods	F	35	5:26	Michael Jones	M	52	26.0
Lena Hollmann	F	61	93.3	Michael Swepson	M	13	5:27	Nic Halchin	M	19	26.3
Ed Davis	M	67	94.8	Bob Immormino	M	31	5:37	Victor Swepson	M	36	27.2
Ray Dooley	M	59	94.8	Jim Clabuesch	M	47	5:38	Harrison Young	M	14	27.7
Halle Amick	F	34	96.0	Jay Nelson	M	29	5:39	Jay Nelson	M	29	27.8
Ken Larsen	M	64	96.2	Brian Tajlili	M	30	5:45	RL Bynum	M	52	27.8
Louise Guardino	F	71	96.7	Conrad Kirby	M	25	5:50	Conrad Kirby	M	25	27.9
Mike Biasi	M	39	97.0	Rick Woods	M	36	5:51	Brian Gilligan	M	14	28.7
				Katherine Guilfoyle	F	26	5:52	Greg Goodwin	M	47	28.7
								Russ Helms	M	40	29.0

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DJ Perkins	M	26	29.1	Chris Gould	M	68	11:41	Adina Mele	F	51	3:52
Tristam Manturuk	M	14	29.2	Russ Helms	M	40	11:42	Katie Biasi	F	38	3:53
Tyle Stelzig	M	24	29.5	Alexandra Garcia-Granados	F	49	11:51	Harold Hill	M	43	3:53
Bob Immormino	M	31	30.6	Jerry Surh	M	73	12:10	Tom Arnel	M	49	4:01
Kate Carpenter	F	12	31.2	Ken Larsen	M	64	12:12	Conrad Kirby	M	25	4:04
Hernan Silva	M	48	31.3	Peter Gilligan			12:30	Mike Biasi	M	40	4:07
Doug Hensel	M	39	31.9	DJ Perkins	M	26	13:02	Barbara Hindenach	F	61	4:07
Roger Halchin	M	59	32.0	Ronnie Weed	M	37	13:05	Beth Manturuk	F	12	4:07
Katherine Guilfoyle	F	26	32.2	Tom Hoerger	M	53	13:09	Erin McIntee	F	32	4:11
William Donaldson	M	11	32.7	Halle Amick	F	34	13:20	Kim Manturuk	F	40	4:19
Bob Callanan	M	47	32.8	Kimberly Amick	F	32	13:20	Louise Guardino	F	71	4:21
Matthew Swepson	M	10	33.0	Jamie Lewis	M	46	13:25	Aimee Bazin	F	29	4:32
Scott Bynum	M	14	33.1	Fabrienne Swepson	F	37	13:30	Ken Larsen	M	64	4:33
Michael Avery	M	51	33.1	Candace Swepson	F	11	13:42	Alexandra Garcia-Granados	F	49	4:46
Abby Offenbacher	F	36	33.3	Tom Milledge	M	52	14:03				
Jamie Lewis	M	46	33.6	Aimee Bazin	F	29	14:04				
Modi Marvin	F	12	33.7					<b>5000m Run</b>			
Michael Swepson	M	13	33.8	<b>800m Run</b>				Chris Capps	M	21	16:27
Harold Hill	M	43	33.9	George Linney III	M	37	2:12	Fernando Varela	M	23	18:03
Tom Hoerger	M	53	34.1	Jermaine Wade	M	28	2:12	Ronnie Weed	M	37	18:53
Lia Weiner	F	23	34.2	Tyle Stelzig	M	24	2:15	Jim Clabuesch	M	47	19:04
Mark Rotenberry	M	53	34.4	Leonard Ramseur	M	18	2:17	Lewis Hendricks	M	39	19:06
Josh Haughton	M	10	34.8	John Tumbleston	M	28	2:18	Brian Tajilli	M	30	19:10
Lewis Hendricks	M	39	35.8	Bob Immormino	M	31	2:27	Michael Swepson	M	13	19:38
Jesper Rasmussen	M	38	35.8	Jack Unruh	M	49	2:28	David Couper	M	57	19:47
Zion Singletary	M	11	36.0	Greg Goodwin	M	47	2:29	Owen Astrachan	M	56	20:04
Tom Giduz	M	55	36.1	Chris Sarsony	M	44	2:30	George Linney III	M	37	20:29
Heiko Rath	M	42	36.2	Michael Swepson	M	13	2:34	Rietta Couper	F	53	21:20
Jim Clabuesch	M	47	36.4	Doug Hensel	M	39	2:35	Bob Callanan	M	47	21:32
Leif Rasmussen	M	9	36.4	Jim Clabuesch	M	47	2:37	Dan Hassler	M	44	21:47
Jerry Surh	M	73	36.6	Steve Mele	M	47	2:38	Bob Immormino	M	31	21:53
John Blake	M	54	36.7	Victor Swepson	M	36	2:38	Abby Offenbacher	F	36	21:53
Roxanne Springer	F	48	36.8	Owen Astrachan	M	56	2:41	Roger Halchin	M	59	21:53
Tom Milledge	M	52	37.3	Abby Offenbacher	F	36	2:43	Tom Kirby	M	59	22:42
Beth Manturuk	F	12	37.3	DJ Perkins	M	26	2:43	Nic Halchin	M	19	22:56
Victoria Swepson	F	8	38.1	Nic Halchin	M	19	2:47	Conrad Kirby	M	25	23:02
Natalie Giduz	F	13	38.7	Katherine Guilfoyle	F	26	2:49	Andy Capps	M	50	23:06
Tom Kirby	M	59	38.9	Tom Hoerger	M	53	2:49	Victor Swepson	M	36	24:09
Ken Soo	M	53	38.9	Bob Callanan	M	47	2:51	Roxanne Springer	F	48	24:22
Mike Biasi	M	40	39.3	Brian Tajilli	M	30	2:52	Ray Dooley	M	59	24:30
Ken Larsen	M	64	39.5	Heiko Rath	M	42	2:53	Chris Gould	M	68	24:58
John Sasser	M	56	39.8	Hernan Silva	M	48	2:56	Ed Davis	M	67	25:13
Kimberly Amick	F	32	39.8	Roger Halchin	M	59	2:56	Bob Wallace	M	55	25:18
Hannah Nelson	F	10	40.0	Lewis Hendricks	M	39	2:58	Mary Szymkowski	F	49	25:59
Halle Amick	F	34	40.1	Lia Weiner	F	23	2:58	Russ Helms	M	40	26:11
Mary Szymkowski	F	49	40.2	Victoria Swepson	F	8	2:59	Barbara Hindenach	F	61	27:01
Louise Guardino	F	71	40.4	Russ Helms	M	40	3:01				
Lena Hollmann	F	61	41.3	Brian Gilligan	M	14	3:02	<b>5 July</b>			
Evan Milledge	M	7	41.7	Tim Haughton	M	10	3:03	<b>1500m Run</b>			
Ray Dooley	M	59	42.4	Leif Rasmussen	M	9	3:05	Colin Jones	M	41	4:45
Kitty Moses	F	56	42.7	Roxanne Springer	F	48	3:07	Danny Philips	M	20	5:00
Eric Braschwitz	M	55	44.9	Mary Szymkowski	F	49	3:08	Jim Clabuesch	M	47	5:15
Katie Biasi	F	38	45.2	Zion Singletary	M	11	3:08	Danielle Baker	F	35	5:17
Kim Manturuk	F	40	46.1	Ronnie Weed	M	37	3:10	Conrad Kirby	M	25	5:23
Aimee Bazin	F	29	46.6	Ken Soo	M	53	3:11	Katherine Guilfoyle	F	26	5:25
Tom Arnel	M	49	47.0	Chris Gould	M	68	3:13	George Carpenter	M	16	5:27
Alexandra Garcia-Granados	F	49	51.1	Bob Wallace	M	55	3:14	Mike Carpenter	M	45	5:28
Barbara Hindenach	F	61	52.9	Michael Avery	M	51	3:16	Bob Immormino	M	31	5:37
Silas Rasmussen	M	4	60.0	Kimberly Amick	F	32	3:17	Abby Offenbacher	F	36	5:37
Sarah Nelson	F	5	62.0	Ray Dooley	M	59	3:20	Tom Hoerger	M	53	5:39
Mae Kreger	F	3	100.0	John Sasser	M	56	3:22	Ronnie Weed	M	37	5:46
				Jamie Lewis	M	46	3:23	Lindsay Savelli	F	20	5:53
<b>Mile Racewalk</b>				Ed Davis	M	67	3:24	Hernan Silva	M	48	6:06
Ray Dooley	M	59	8:57	Lena Hollmann	F	61	3:28	Ed Billings	M	50	6:07
Harold Hill	M	43	9:44	George Retsch-Bogart	M	59	3:28	Rietta Couper	F	53	6:09
Barbara Hindenach	F	61	9:51	Modi Marvin	F	12	3:29	Tom Kirby	M	59	6:11
Sophia Bradley	F	12	10:36	Vance Holloman	M	54	3:30	Andy Capps	M	50	6:16
Ken Soo	M	53	10:42	Jerry Surh	M	73	3:33	Roxanne Springer	F	48	6:19
Adina Mele	F	51	10:48	William Donaldson	M	11	3:33	Chris Gould	M	68	6:24
Roxanne Springer	F	48	10:52	Mark Rotenberry	M	53	3:37	Joshua Cannon	M	10	6:28
Zion Singletary	M	11	11:19	Tristam Manturuk	M	14	3:37	DJ Perkins	M	26	6:34
Brian Tajilli	M	30	11:23	Evan Milledge	M	7	3:42	Jim Hotelling	M	65	6:35
Lena Hollmann	F	61	11:28	Tom Kirby	M	59	3:44	Karl Murphy	M	44	6:37
Hernan Silva	M	48	11:31	Kitty Moses	F	56	3:45	Mary Szymkowski	F	49	6:41
				Halle Amick	F	34	3:46	Richard Smith	M	59	6:42
				Kate Carpenter	F	12	3:46				

*(Continued on page 11)*

*(Continued from page 10)*

Ed Davis	M	67	6:45	Ronnie Weed	M	37	69.1	Kevin Kaufman	M	23	6:34
Ray Dooley	M	59	6:52	Katherine Guilfoyle	F	26	70.4	Karl Murphy	M	44	6:46
Lena Hollmann	F	61	6:56	Bob Immormino	M	31	72.0	Bob Wallace	M	55	6:50
Wesley Crouse	M	23	7:04	Abby Offenbaker	F	36	73.0	Richard Smith	M	59	6:56
Mark Rotenberry	M	53	7:05	Hernan Silva	M	48	73.1	Kwame Alston	M	22	7:00
Barbara Hindenach	F	61	7:08	Kate Carpenter	F	12	75.0	Roxanne Springer	F	48	7:01
Steve Munsat	M	47	7:09	Tom Hoerger	M	53	78.0	Ray Dooley	M	59	7:03
Halle Amick	F	34	7:16	Jim Ciabuesch	M	47	78.8	Dawn White	F	41	7:05
Vance Holloman	M	54	7:23	Roxanne Springer	F	48	81.2	Mary Szymkowski	F	49	7:09
Katie Biasi	F	38	7:24	Danielle Baker	F	35	82.5	Ed Davis	M	67	7:12
Kate Carpenter	F	12	7:32	Tom Kirby	M	59	82.7	Terri Bennett	F	51	7:14
Karyn Hede	F	47	7:41	Chris Gould	M	68	87.0	Dan Woodlief	M	49	7:19
Jerry Surh	M	73	7:55	Jerry Surh	M	73	87.6	Drew Hendricks	M	17	7:19
Ken Larsen	M	64	7:59	Mary Szymkowski	F	49	88.0	Lena Hollmann	F	61	7:24
Alexandra Garcia-Granados	F	49	8:46	Andy Capps	M	50	88.7	Abie Harris	M	78	7:26
<b>100m Dash</b>				Steve Munsat	M	47	91.5	John Sasser	M	56	7:28
Mike Carpenter	M	45	12.8	Ed Davis	M	67	93.0	Steve Munsat	M	47	7:31
DJ Perkins	M	26	13.3	Ray Dooley	M	59	93.0	Barbara Hindenach	F	61	7:37
Brian Gilligan	M	14	13.6	Halle Amick	F	34	95.3	Halle Amick	F	34	7:44
Colin Jones	M	41	13.8	Ken Larsen	M	64	96.9	Kitty Moses	F	56	7:45
George Carpenter	M	16	14.1	Lena Hollmann	F	61	97.0	Carolyn Huettel	F	48	7:54
Kate Carpenter	F	12	14.8	Louise Guardino	F	71	99.0	Amy Carpenter	F	13	7:55
Hernan Silva	M	48	15.0	Anna Rotenberry	F	10	107.0	Jerry Surh	M	73	8:00
Conrad Kirby	M	25	15.2	Katie Biasi	F	38	110.0	Mia Bennett	F	14	8:06
Bob Immormino	M	31	15.3	Barbara Hindenach	F	61	116.9	Kate Carpenter	F	12	8:14
Katherine Guilfoyle	F	26	15.6	Jake Smith	M	6	170.0	Katie Biasi	F	38	8:19
Steve Munsat	M	47	16.1	<b>3000m Run</b>				Ken Larsen	M	64	8:28
Tom Hoerger	M	53	17.0	George Linney III	M	37	10:27	Tom Arnel	M	49	8:43
Joshua Cannon	M	10	17.8	Jim Ciabuesch	M	47	10:54	Tom Lada	M	66	8:52
Roxanne Springer	F	48	17.8	Colin Jones	M	41	10:57	Alexandra Garcia-Granados	F	49	9:04
Jerry Surh	M	73	17.9	Ronnie Weed	M	37	11:27	Karla Henderson	F	62	9:26
Louise Guardino	F	71	18.1	Danielle Baker	F	35	11:30	<b>200m Dash</b>			
Halle Amick	F	34	18.4	Bob Immormino	M	31	12:26	Kwame Alston	M	22	24.1
Tom Kirby	M	59	18.8	Abby Offenbaker	F	36	12:33	Mike Carpenter	M	45	26.5
Mary Szymkowski	F	49	19.5	Richard Smith	M	59	12:53	Nic Halchin	M	19	27.1
Lena Hollmann	F	61	19.9	Katherine Guilfoyle	F	26	13:36	Conrad Kirby	M	25	27.4
Rietta Couper	F	53	20.0	Tom Kirby	M	59	13:41	Vince Fuschino	M	28	27.9
Ken Larsen	M	64	20.4	Chris Gould	M	68	14:08	Harrison Young	M	14	28.5
Anna Rotenberry	F	10	20.5	Roxanne Springer	F	48	14:13	Kevin Kaufman	M	23	28.9
Alexandra Garcia-Granados	F	49	22.0	Ed Davis	M	67	14:39	DJ Perkins	M	26	29.2
Katie Biasi	F	38	22.8	Ray Dooley	M	59	14:47	John Tumbleston	M	28	29.5
Barbara Hindenach	F	61	23.2	Lindsay Savelli	F	20	14:56	Amy Carpenter	F	13	30.1
Jake Smith	M	6	26.4	Danny Philips	M	20	14:56	Hernan Silva	M	48	30.4
Daniel Smith	M	4	46.4	Mary Szymkowski	F	49	15:03	Roger Halchin	M	59	30.8
<b>1500m Racewalk</b>				Barbara Hindenach	F	61	15:50	Jeffrey Baker	M	40	31.2
Ray Dooley	M	59	8:30	Steve Munsat	M	47	15:50	Katherine Guilfoyle	F	26	31.6
Barbara Hindenach	F	61	8:59	Halle Amick	F	34	17:32	Kate Carpenter	F	12	31.8
Roxanne Springer	F	48	10:22	Louise Guardino	F	71	17:48	Mia Bennett	F	14	32.0
Tom Hoerger	M	53	10:23	Alexandra Garcia-Granados	F	49	19:23	Brian Tajilli	M	30	32.7
Hernan Silva	M	48	10:33	Hernan Silva	M	48	19:23	Bob Immormino	M	31	32.8
Lena Hollmann	F	61	10:36	<b>11 July</b>				Dan Woodlief	M	49	33.5
Gary Schultz	M	73	10:50	<b>Mile Run</b>				Lewis Hendricks	M	39	33.9
Rietta Couper	F	53	11:01	John Tumbleston	M	28	5:10	Terri Bennett	F	51	34.2
Chris Gould	M	68	11:07	Brian Tajilli	M	30	5:13	Steve Munsat	M	47	35.0
Alexandra Garcia-Granados	F	49	11:11	Ethan Caldwell	M	38	5:15	Tom Hoerger	M	53	35.1
Peter Gilligan	M	60	11:15	Bob Immormino	M	31	5:17	Jerry Surh	M	73	36.5
Steve Munsat	M	47	11:57	Bart Bechard	M	47	5:21	Roxanne Springer	F	48	36.7
Jerry Surh	M	73	11:58	Doug Hensel	M	39	5:42	Ray Dooley	M	59	37.0
Bob Immormino	M	31	12:25	Danielle Baker	F	35	5:44	Halle Amick	F	34	39.2
Ken Larsen	M	64	12:36	Conrad Kirby	M	25	5:44	John Sasser	M	56	39.3
DJ Perkins	M	26	12:42	Mike Carpenter	M	45	5:53	Louise Guardino	F	71	40.3
Ronnie Weed	M	37	12:42	DJ Perkins	M	26	5:54	Lena Hollmann	F	61	41.5
<b>400m Dash</b>				Katie Earnhardt	F	29	5:54	Ken Larsen	M	64	41.7
Wesley Crouse	M	23	55.4	Tom Hoerger	M	53	5:55	Mary Szymkowski	F	49	43.6
Mike Carpenter	M	45	57.1	Bernie Prabucki	M		5:57	Tom Arnel	M	49	44.1
Jay Nelson	M	29	59.5	Lewis Hendricks	M	39	6:00	Kitty Moses	F	56	44.1
Colin Jones	M	41	60.0	Jeffrey Baker	M	40	6:10	Tom Kirby	M	59	46.0
George Linney III	M	37	60.0	Ed Billings	M	50	6:12	Alexandra Garcia-Granados	F	49	49.1
Conrad Kirby	M	25	62.5	David Couper	M	57	6:14	Tom Lada	M	66	50.4
George Carpenter	M	16	67.0	Ronnie Weed	M	37	6:17	Barbara Hindenach	F	61	50.8
Brian Gilligan	M	14	67.0	Anna Banka	F	33	6:22	Katie Biasi	F	38	51.0
DJ Perkins	M	26	67.2	Hernan Silva	M	48	6:23	Jake Smith	M	6	55.5
				Andy Capps	M	50	6:29	Daniel Smith	M	4	89.0
				Tom Kirby	M	59	6:34				

*(Continued on page 12)*

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**Mile Racewalk**

Ray Dooley	M	59	9:13
Barbara Hindenach	F	61	9:35
Brian Tajlili	M	30	10:19
Roxanne Springer	F	48	10:26
Karla Henderson	F	62	10:50
Tom Hoerger	M	53	10:52
Kevin Kaufman	M	23	11:10
Bart Bechard	M	47	11:14
Gary Schultz	M	73	11:15
Carolyn Huettel	F	48	11:32
Alexandra Garcia-Granados	F	49	11:35
Hernan Silva	M	48	11:35
Vince Fuschino	M	28	11:59
Lena Hollmann	F	61	12:00
Steve Munsat	M	47	12:17
John Tumbleston	M	28	12:53
Ronnie Weed	M	37	12:53
Ken Larsen	M	64	13:21

**800m Run**

Chris Capps	M	21	2:08
Tyle Stelzig	M	24	2:15
John Tumbleston	M	28	2:22
Brian Tajlili	M	30	2:25
Bob Immormino	M	31	2:30
Bart Bechard	M	47	2:32
Mike Carpenter	M	45	2:32
Ethan Caldwell	M	38	2:32
Katherine Guilfoyle	F	26	2:34
Jay Smith	M	63	2:38
Doug Hensel	M	39	2:39
DJ Perkins	M	26	2:42
Danielle Baker	F	35	2:43
Jeffrey Baker	M	40	2:45

Tom Hoerger	M	53	2:46
Bernie Prabucki	M		2:48
Nic Halchin	M	19	2:49
Lia Weiner	F	23	2:51
Kwame Alston	M	22	2:52
Tom Soeder	M	50	2:52
Roger Halchin	M	59	2:57
Lewis Hendricks	M	39	2:59
Hernan Silva	M	48	3:03
Bob Wallace	M	55	3:03
Kevin Kaufman	M	23	3:04
Andy Capps	M	50	3:08
Roxanne Springer	F	48	3:09
Ronnie Weed	M	37	3:11
Anna Banka	F	33	3:14
Ray Dooley	M	59	3:15
Mary Szymkowski	F	49	3:16
Abie Harris	M	78	3:20
Ed Davis	M	67	3:21
John Sasser	M	56	3:21
Dan Woodlief	M	49	3:23
Drew Hendricks	M	17	3:24
Lena Hollmann	F	61	3:33
Steve Munsat	M	47	3:33
Martin Leiver	M	37	3:34
Tom Kirby	M	59	3:36
Jerry Surh	M	73	3:36
Kitty Moses	F	56	3:44
Kate Carpenter	F	12	3:47
Carolyn Huettel	F	48	3:47
Dana Hanson	F	37	3:47
Halle Amick	F	34	3:51
Ken Larsen	M	64	3:51
Tom Lada	M	66	3:55
Katie Biasi	F	38	3:58
Tom Arnel	M	49	4:00

Louise Guardino	F	71	4:01
Barbara Hindenach	F	61	4:05
Erin McIntee	F	32	4:14
Alexandra Garcia-Granados	F	49	4:38

**5000m Run**

Tyle Stelzig	M	24	17:37
Ronnie Weed	M	37	18:46
Lewis Hendricks	M	39	19:04
Laura Berry	F	26	19:22
Danielle Baker	F	35	19:37
Bob Immormino	M	31	20:11
Ethan Caldwell	M	38	20:28
David Couper	M	57	20:32
Doug Hensel	M	39	20:48
Tom Soeder	M	50	21:28
Rietta Couper	F	53	21:31
Jeffrey Baker	M	40	21:37
Andy Capps	M	50	21:38
Lia Weiner	F	23	21:50
Tom Kirby	M	59	22:44
Brian Tajlili	M	30	22:56
Roxanne Springer	F	48	24:07
Kevin Kaufman	M	23	24:27
Ray Dooley	M	59	24:32
Carolyn Huettel	F	48	24:56
Ed Davis	M	67	25:15
Bob Wallace	M	55	25:54
Mary Szymkowski	F	49	26:02
Halle Amick	F	34	26:16
Barbara Hindenach	F	61	26:47
Erin McIntee	F	32	28:29
Dan Woodlief	M	49	29:15
Louise Guardino	F	71	29:40
Jerry Surh	M	73	29:41
Steve Munsat	M	47	30:50

**AT THE RACES**

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

**3/18/2012**

Tobacco Road Marathon

Richard Wolfe 7:15:08

**3/25/2012**

Second Empire 5k Classic

Steve Mele 18:04 2nd M/M

**6/3/2012**

Deadwood (SD) Mickelson Trail Marathon

Richard Wolfe 8:30:08 3rd M 70-74

**6/8/2012**

Bear Lake Idaho Marathon

Richard Wolfe 9:27:25

**6/9/2012**

5K Race for the Cure, Raleigh, NC

Dave Schwerbrock 18:12 1st M/M

Bear Lake Utah Half Marathon

Richard Wolfe 5:13:58 3rd M 70-99

**6/22/2012**

Mitsommerlauf 10K Wallau, Germany

Dave Schwerbrock 37:00 3rd M45-49

**6/30/2012**

5K Freedom Run

Jon Hunter 21:56

Raleigh's Finest 5K

Colin Jones 17:06 1st M 40-49

Shannon Johnstone 21:45 2nd F 30-39

**7/4/2012**

Four on the Fourth 4 Miler

Barton Bechard 24:37 1st M 45-49

Mike Kelley 24:48 1st M 50-54

Brian Tajlili 25:07

Andrew Scribner 25:23 3rd M 40-44

Ken Soo 29:21

Kitty Moses 36:42 3rd F 55-59

Julie Horton 39:36 4th F 55-59

Louise Guardino 40:18 1st F 70-74

Frank Weber 49:20

Amanda Weber 55:23

Patriot Challenge 5K Trail Run

Jon Hunter 26:05

**7/12/2012**

The Bear 5 Mile Run

Tim Meigs 33:38 4th O/M

Heiko Rath 46:00

Deborah J Springer 48:49

**7/14/2012**

Denny's Challenge 5K

Ray Dooley 25:35 2nd M 55-59

Grandfather Mountain Marathon

Tim Meigs 3:06:03 5th O/M

The Scream Half Marathon

Anthony Corriveau 1:21:30 1st M/M

Jeff Hall 1:24:02 1st M 45-49

Shannon Johnstone 1:31:41 1st F 35-39

Deborah J Springer 1:42:34 6th F 35-39

Heiko Rath 1:43:58 7th M 40-44

**7/22/2012**

Bellamy Mansion Race for History 5K

Colin Jones 17:32 1st O/M

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

## ASK LADY GO-DIVA!

### ADVICE FROM A NAKED CHICK

ADVISING THE UNADVISABLE SINCE 1057



local brewery rather than just standing in the sunshine.

Though if you intend to apply the theory that “*sunshine is the best disinfectant*,” to your laundering habits, I would recommend only wearing fully transparent clothing, for the best results.

If you are trying to eliminate the need to launder your running clothes after a run, then simply avoid getting your clothes dirty in the first place by running naked.

Lady Godiva,

I’ve heard that “*sunshine is the best disinfectant*.” Does that mean that if I stand around in the sunshine talking with friends after a run that I can use my running clothes again the next day without washing them?

—Bill Schroeder

Dear Bill,

From a scientific and social perspective, alcohol would be a better “*disinfectant*” than “*sunshine*.” And if you are of legal age, it is more fun to stand around with friends after a run at a

—Lady G

## ANNOUNCING CAROLINA GODIVA’S MARATHON (AND HALF-MARATHON) TRAINING PROGRAM

Training for a half or full marathon this fall? Join your fellow Godivans each Saturday morning in the Duke Forest for an informal series of weekly training runs. This year's no-cost, flexible program is suitable for veterans and first-timers alike and offers routes and schedules each participant can tailor to his or her needs. Veterans and those new to distance running are welcome. After all, there's no better way to keep you on track for your target event than to run with friends (both old and new)!

Club members usually set water along the route, but each runner should be prepared with his or her own hydration needs. Participants will have access to a variety of training schedules and are encouraged to connect with others running similar paces and distances. We'll run on trails and roads in and around the Duke Forest. Pace and distance groups will form at the start of the run.

Saturday training runs will begin from Duke Forest Gate 3 at 7:00 a.m. Maps, training plans, and suggested routes are available on the program's webpage. Go to [CarolinaGodiva.org](http://CarolinaGodiva.org), and select the “**Training**” tab.

### THANKS TO OUR AUGUST CONTRIBUTORS

In no particular order:  
Halle Amick, Jeff Hall, Gary Schultz,  
Shannon Johnstone, Richard Wolfe,  
and J. Mickey Malloy

### JOB OPENING!

Love the newsletter?  
Wanna love it *even more*?  
Then be the **newsletter editor**!  
Ability to read and write English is desired,  
but not required.  
To apply, simply email:  
[newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org)

## AN EXPEDITION WEST

BY RICHARD N. WOLFE

Elevations of 5000 ft and higher provide an extra challenge to running. With less available oxygen, runners are often slower, and so it is difficult to assess the pace and finish times.

In 2004, I completed my 17th marathon in Estes Park, CO. The race was followed soon after with Quadruple Bypass Heart surgery. Since that time, I have found racing marathons at a higher elevations even more challenging.

My aspiration is to do a marathon in each of the 50 states and DC. Up until this point, I had completed marathons in 17 states and DC.

The “Marathon Races” at **Bear Lake in Idaho and Utah** are two marathons designed to accommodate “50 Staters”. Completing both in one weekend would knock two more states off my list. However, the difficulty was the recovery time, or rather the *lack* of recovery time, according to my cardiologist. But I liked the challenge and efficiency so I decided to throw in one more high elevation marathon to my trip out west: the Deadwood Mickelson Trail Marathon in SD. This totaled 3 high elevation marathons in 7 days, which was ambitious, but worth a try.

### ELEVATION RANGE:

Deadwood Mickelson Trail, SD : 4600–6100 ft  
 Bear Lake Utah and Bear Lake Idaho: 6000+ ft

**ESTIMATED FINISH TIME and PACE:** My recent road marathon finishing time is 7:18:54, but my predicted finishing time at these higher elevations was closer to 8:15:00, 18 or 19 minute miles.

### SCHEDULE:

Sunday, June 3 — Deadwood Mickelson Trail, SD  
 Friday, June 8 — Bear Lake Idaho Marathon, ID  
 Saturday, June 9 — Bear Lake Marathon, UT

**WESTERN MOUNTAIN EXPEDITION BEGINS:** My trip was a total of two weeks, and I spent the first four days visiting with family, sightseeing, camping,



and resting for my adventure.

### DAY 5, Sunday, June 3

The **Mickelson Trail Marathon** is on a one hundred mile long Rails-to-Trail that ends in Deadwood. I didn't wait for the timing mat to be in place and took a head start; I self-timed since I expected to be last. With clear skies, the temperature would rise above 80°. So I was pleased that my finish time was very close to what I had anticipated. I was only 13 minutes behind the next person, but still last of 347 finishers.

**Finish Time:** 8:31:14; pace 19:29 min per mile. Finished 3rd in the M70–74 age group.

### DAY 6–9

I began my trip further west. The next few days included hiking, photographing, camping, and getting acquainted with other travelers, as well as the flora, fauna, and rock in the area.

### DAY 10, Friday, June 8

The **Bear Lake Idaho Marathon** started early, but there was enough light to see a skunk across the street! Support tables were about 3 miles apart with no mile markers. Without a GPS watch, I was unable to measure my pace. I carried a 32 oz. water bottle 2/3 full to be sure I didn't run out between stops. The hills were small but noticeable. Once in a while someone in a car

*(Continued from page 14)*

checked on how I was doing. I replied, "As long as there is water available, I will finish." Unfortunately, the finish line was unceremoniously delineated by four people in car.

**Finish Time:** 9:27:25; pace of 21:39 min per mile. 103rd out of 103 finishers.

**DAY 11, Saturday, June 9**

The **Bear Lake Utah Marathon** had a half marathon option. After two marathons five days apart, I was getting slower. At the last minute, I decided that two more hours of sleep was more important than a third marathon, and so I changed goals. My new goal included finishing the half marathon as an age group award winner.

**Finish Time:** 5:13:58; pace 23:57 min per mile. Finished as 3rd M70+

It is quite a nice plaque!

**DAY 12-14**

While driving east on I-80 across southern WY, I saw a strange cloud that was clear above but low on the horizon with "rain" to the ground. As I traveled closer, I discovered it was the first days of the forest fires

west of Ft. Collins, CO. The strange cloud was close to my motel in Cheyenne, WY. By the last day of my trip, the large cloud of smoke was even visible from the airplane. I was sad to learn that so many homes had been destroyed.



**WESTERN MOUNTAIN EXPEDITION SUMMARY**

Two marathons in two more states, for a new total 21 STATES and DC. This trip also marked my 36 marathon finish. The higher elevation and lack of recovery time resulted in slower than anticipated finishing times.

However, my 50-State quest to travel, race marathons, meet people, have resulted in a greater appreciation of our country, and makes the entire journey a success!

**GODIVA RACE CALENDAR**

Date	Race	Location	Date	Race	Location
Aug-4	Race for the Goal 5K	Cary	Sep-16	Magnificent Mile 1-mile	Raleigh
	American Red Cross Run for the Red 10K/5K	Fayetteville	Sep-22	Women's Distance Festival 5K	Raleigh
Aug-11	Bella Rose Strides for Babies 5K	Cary	Sep-29	Salem Lakes Trail Races 30K/ 7-mile	Winston-Salem
Aug-18	Springmaid Splash 10K/5K Trail Races	Spruce Pine	Oct-6	Carrboro 10K	Carrboro
	Soldier's Reunion Run 5K	Newton		Selma Railroad Run 5K	Selma
	Too Hot to Trot Indoor Half Marathon	Winston-Salem	Oct-13	New River 50K	Fries, VA
Aug-25	18th Annual Run for Life 5K	Cary		Cannonball Half Marathon/ 5K	Greensboro
	4th Annual ACCRF 5K Run	Dunn		Medoc Trail Races	Hollister
	Continental Divide Trail Race/USA National 10K Trail Championship	Laurel Springs		Paws for Life 5K-9	Wake Forest
	Maggie Valley Moonlight Race 8K	Maggie-Valley	Oct-27	American Tobacco Trail 10-mile	Apex
	Raleigh 8000	Raleigh		Ridge to Bridge Marathon	Jonas Ridge
Sep-7	Blue Ridge Relay	Blue Ridge Mtns		The Monster Dash 5K	Raleigh
Sep-8	Cleft Palate Gallop 5K	Chapel Hill	Oct-28	Marine Corps Marathon	Arlington, VA
	North Hills 5K	Raleigh	Nov-4	City of Oaks Marathon/ Half Marathon	Raleigh
	Gail Perkins Memorial 5K	Raleigh		Battleship NC Half/5K	Wilmington
			Nov-10	Richmond Marathon	Richmond, VA
			Nov-11	Outer Banks Marathon/ Half Marathon	Outer Banks
			Nov-17	Thunder Road Marathon/ Half Marathon	Charlotte
				Raven Rock Rumble 10m/5m	Lillington

## JULY BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:02 pm on July 10, 2012. Attendees included President Halle Amick, Doug Hensel, Kevin Nickodem, Gary Schultz, Carolyn Huettel, Jim Clabuesch, Barbara Hindenach, Tom Kirby, Chris Crowder, and your substitute scribe, Jeff Hall.

There was nothing new to report for Membership or Newsletter.

In Haberdashery the club was approached by a physical therapist working in the Duke Bone Marrow Transplant Unit about donating race shirts. According to Laura Schwark (Duke PT), "Patients receiving bone marrow transplants are required to stay in a confined area of the hospital for about 30 days. It is a small unit with not much to do. Each patient is encouraged to try walking a mile each day. We have started having the patients 'sign-up' for local races so they can track their progress and have a goal set. The goal is to have them 'complete a race' during their 30-day stay on the unit. I have them sign-up for anything from a 5K to an ultramarathon, depending on the person. My hope is that the shirts will help encourage them to continue to strive for their goal as a memento of their time on the unit."

Godiva was able to donate shirts from past years of Coach Bubba and the Umstead Marathon to the cause. We also reached out to other local clubs and businesses to help Laura obtain some more shirts.

Kevin Nickodem presented a Treasurer's report that included the fiscal year-end report and a report comparing income and expenses of the Club over the past 5 years. Overall revenue was flat. The report highlighted the importance to the Club of successful races as a source of income. Umstead Marathon continues to provide the Club with a

good source of revenue. The Club finances are in good shape, with the Club having approximately 1.5 years of operating expenses in the bank.

Halle reported on the upcoming changes to the Marathon Training Program. Gordon Keeler and Steve Peters are assisting and this training will be part of the Saturday Duke Forest weekly runs. An announcement will be released soon to let people know the details of the new program.

Unfortunately, there was no response for volunteers for a fall cross-country series as a possible activity. This item will be tabled for now until interest for the event is expressed by someone willing to lead the effort of planning the events.

The fall picnic was discussed.

Cathy Wides who normally organizes the event is not available this year. Kevin Nickodem volunteered himself and Henry Blinder as coordinators.

### The race formerly known as Coach Bubba came up.

The final meet of Summer Track is approaching and our fearless gun-toting starter, Charles Alden, will be out of town. It was decided that the "regulars" (including meeting attendees Tom Kirby and Jim Clabuesch) could run the meet, as long as this is acceptable to Charles.

The race formerly known as Coach Bubba came up. Possible dates were discussed and it was requested that the new event date be communicated as soon as possible so that other races that are currently in the planning stages can consider the race date to avoid potential conflicts. More discussion will be held next month when Cathy and Patrick are able to comment.

The meeting adjourned at 8:01 pm.

— Jeff Hall



# Carolina Godiva Track Club Membership Application and Renewal

## MEMBER INFO

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

## TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	
<input type="checkbox"/> Multi-Year (family)	\$135 / 5 years	

## Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

\_\_\_\_\_  
Signature of Primary Member (or Parent/Guardian)

\_\_\_\_\_  
Date

## FAMILY MEMBERS - ALL COVERED INDIVIDUALS MUST SIGN BELOW

Last Name (Print)	First Name	Gender	Birth Date	E-mail
Signature:				Date
Signature:				Date:
Signature:				Date:
Signature:				Date:

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club  
P.O. Box 62472  
Durham, NC 27715-0472

Carolina Godiva Track Club  
P.O. Box 62472  
Durham, NC 27715-0472

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

ADDRESS SERVICE REQUESTED



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