

VOLUME XXXVIII  
NUMBER 1

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2012



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

## RUNNER'S HIGH

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"Whoa, there," I said, gently. "We're not even halfway done. Got to conserve some energy, no matter how good you're feeling right now." I wasn't talking to running partners, dogs, or any other obvious recipient of such reminders. Nope; rather, I was talking to my legs. They felt strange, as if they had minds of their own—minds that churned out a single, recurring thought: "Run."

I was, uncharacteristically, running solo. I started the workout with a few others and was intending to go around 4 miles. It was a muggy evening, and I wasn't feeling particularly energetic at the start. We set off on the American Tobacco Trail at a reasonable, comfortable pace. My friends turned around at about 1.5 miles, and I opted to keep on going straight. I wanted to get my 4 miles in, and I was feeling reasonably good.

Once I was on my own, I began to pick up the pace. It was a semi-conscious thing at first. I never do intervals or tempo runs, and I figured that I was feeling good enough to at least give myself a little nudge.

So, I nudged. My legs responded, as did my breathing. I felt challenged but still comfortable. At some point shortly after the nudge, something changed, and my leg-brains took over. Leg-brains, oddly enough, aren't in any anatomy textbooks, but I'm sure that they exist.

"Rubbery, but in a good way" isn't exactly right, but it's the closest I can come to describing what I was feeling. My legs didn't feel "loose" or "tight" or "light" or any of the words I'd have assumed one would associate with the sensation. They felt at once mechanical—piston-like—and alive, like tiny creatures in the muscles churning away. I don't know if I was going slightly faster than usual or significantly so,

Was I experiencing the elusive "runner's high" after 6 years of running?

(Continued on page 3)

**DEADLINE FOR  
NOVEMBER  
NEWSLETTER:  
OCTOBER 15TH**

**SEND SUBMISSIONS TO:**

**NEWSLETTER  
@  
CAROLINAGODIVA.ORG**



[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	<a href="mailto:president@carolinagodiva.org">president@carolinagodiva.org</a>
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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>
Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
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)*

but I felt like I was flying. It was one of the very few times I wished I'd had on a GPS watch.

Was I experiencing the elusive “runner’s high” after 6 years of running? I think I was. In addition to my legs feeling good and my breathing feeling strong, I was actually smiling. Not only did I give my customary wave to others on the trail, I actually said, “*Hey, how’s it going?*” (or a variation thereof) to those who made eye contact. What I wanted to say was, “*Look at me! I’m going so much faster than usual! I’m awesome!*” I wisely kept those thoughts to myself.

I churned through the day’s events in my mind. I’d had two rounds of coffee—one first thing in the morning and the other around 11 a.m.; probably not enough of a lasting effect to make a difference. Weather? It was warm and muggy, so that can’t be it. Proper hydration? Nope; I was actually not well hydrated at all and opted for my 1.5 liter vest over the small-bottle belt I usually wear on short runs. I’d split my lunch into two parts; leftover chicken shortly after round 2 of coffee, and some Thai noodles around 4:00. Perhaps that was it—an infusion of carbs a couple of hours before taking off?

Whatever the cause, it was awesome. But would it last? As great as I felt, I knew I needed to keep my pace in check, at least until I turned around. So, as mentioned above, I issued a gentle reminder to my leg-brains. While I felt like I could go for hours, I was wise enough to take stock of the amount of water in my pack and set a reasonable halfway point: 3 miles.

I was tempted to blow through the 3-mile mark, but thankfully my runner’s high was balanced by some common sense. I wheeled around and let my stride open up just a tiny bit more. The closer I got to the southern end of the ATT, the more runners I encountered. Some were struggling, others were just hammering away. Not me; I was grinning, waving, and nodding. At each intersection, I allowed myself to

ramp up the pace a little more, fully expecting there to come a point at which either my legs or my lungs (or both) would start to tire. I hit the marker that indicated I had a mile to go, and it hadn’t happened. Nor had it happened with three-quarters or one-half mile left. Instead, everything was still clicking, and my pace felt effortless.

When I got within a quarter-mile of the end, I knew I was going to ride the high until the very last step. I decided to push as hard as I could. I took a deep breath and smiled to myself. “*Okay, legs. Let’s do this.*”

Now, Godivans, it’s your turn. Have you experienced the runner’s high? Can you put it into words? Share your experiences with the rest us by sending them to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org).

—Halle Amick

Submission from Jamie Lewis:

Cabelands

The runner's high makes me a child again. Then, I ran around with not a care in the world. I have no responsibilities while I am young and playing—no homework, no chores, no anything that mattered outside the moment. I focus only on getting back to base or avoiding the tag. I can run forever. The runner's high makes me a child again. Now, I run to escape the cares of the world. I am young. I am playing. No work, no chores. No anything that matters for the moment. I focus only on avoiding going back to base. I could run forever. The rocky, rooty trail winds down to the river and takes me back to childhood. I am young. I am playing. It is freedom, liberating. I shed adulthood in every rivulet of sweat. Cares, pain drip from my brow. I am in my adult body and inside my child body. I thank the trees for their shade, the sun for its warmth, my friends for being, Nature for these gifts. I am one with the planet, yet focused only on the little patch of dirt where my next footfall will be. The trail transports me while transforming me. My mind empties and expands. I am everyrunner, I am every runner, I am Runner. I am at peace. I can run forever.

## AT THE RACES

Race Name	Race Date	Runner's Name	Finish Time	Place	Age Group
Blue 5k at the Ballpark	7/21/2012	Mike Kelley	18:40	1st	M 50-54
Springmaid Splash 10k	8/18/2012	Mike Kelley	52:00	2nd	M 50-54
Continental Divide Trail 10k	8/25/2012	Mike Kelley	57:07	1st	M 50-54
Run for Life 5K	8/25/2012	Ethan Caldwell	19:07	2nd	O/M
Raleigh 8000 (8K)	8/25/2012	Tim Meigs	27:47	3rd	O/M
CARA Run For Their Lives 10K	8/25/2012	Evan Milledge	1:02:57	1st	M 12 & under
Yiasou Greek Festival 5k	7/18/2012	Chris Capps	16:45	1st	M 20-24
Iron Mountain Trail Run 50M	9/1/2012	Shannon Johnstone	10:23:49		
Iron Mountain Trail Run 50M	9/1/2012	Brandy Burns	11:59:15		
Iron Mountain Trail Run 30M	9/1/2012	Jeff Hall	4:59:25		
Iron Mountain Trail Run 30M	9/1/2012	Heiko Rath	6:19:05		
Iron Mountain Trail Run 16M	9/1/2012	Deborah Springer	3:06:37		
Iron Mountain Trail Run 16M	9/1/2012	Anthony Corriveau	DNF		
Gail Parks Ovarian 5K	9/8/2012	Evan Milledge	27:52	1st	M 13 & Under
Historic Mooresville 5k	9/8/2012	Chris Capps	17:06	1st	M 20-24
North Hills 5K	9/8/2012	Andrew Scribner	20:13	3rd	M/M
Magnificent Mile	9/16/2012	Louise Guardino	8:47	1st	F70-74
Magnificent Mile	9/16/2012	Andrew Scribner	5:36		
Magnificent Mile	9/16/2012	Evan Milledge	7:08*	2nd	M USATF Sub-bantam

\*broke previous NC M 1-7 1M record of 7:17

Submit Your Results Online:  
Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and click the @ *The Races* tab.

## CALLING ALL MEDICAL VOLUNTEERS!

In order to hold running events in Duke Forest (like several of our Winter Series races), organizers are required to have a designated individual on-site to provide medical aid.



CGTC has always relied on its wonderful volunteers to provide this service over the years, and, in the interest of helping our Race Directors connect with medical personnel and offering the opportunity to as many members as possible, we're creating a database of individuals who are interested in volunteering in this capacity.

Medical volunteers are covered by the Club's liability insurance, and volunteering at a Winter Series event yields a point towards the Incredibly Beautiful Shirt.

So, if you are a physician, nurse, EMT, physical therapist, physician assistant, or other individual currently licensed to provide basic medical aid, and you're interested in being a medical volunteer at a future CGTC event, please email me at [douglashenseljr@gmail.com](mailto:douglashenseljr@gmail.com). You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Douglas Hensel

## COACH BUBBA: SPREAD THE WORD!

### Volunteer Opportunity: Publicity Manager for Godiva's Coach Bubba 20k Redux

Fellow Godivans, efforts are underway to restore Godiva's Coach Bubba 20k/4 Mile races in Durham. The proposed race date is February 16th, 2013, though the date has not been finalized.

Many key positions on the race committee have been staffed but there is a need for a publicity manager to market the races. Godiva is looking for someone who is able to widely publicize the event on a limited budget and who knows how to use social media for marketing the event. Experience in marketing is helpful but is not necessary.

Please contact Patrick Bruer at [pjbruer@gmail.com](mailto:pjbruer@gmail.com) or Cathy Wides [cadw09@gmail.com](mailto:cadw09@gmail.com) to volunteer.

Check the club website and the newsletter for other volunteer opportunities as plans develop.

## 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 RUN FOR THE DONUTS

Godiva's Winter Series 2012-2013 kicks off with Tom Fowler's legacy *Run for the Donuts*, a cross-country team relay unlike any other. One year older than the full series, this is the 30th annual *Donuts* run.

**Date:** Sunday, 14 October 2012.

**Registration:** 9:00 a.m to 9:45 a.m.

**Race start:** 10:00 a.m.

**Location:** Durham Academy Upper School at Pickett and Ridge Rds. in Durham

**New Race Director:** Ronnie Weed

**The Rules:** You'll be assigned along with two others—whom you might or might not know—to a team that vies with all the other randomly constituted teams in a spirited relay race for edible trophies—*donuts!* You'll memorize your team number and shout it out at appropriate transitions to aid the sometimes addled timekeepers, or simply to signal an endorphin release.

Each team runs five loops of a cross-country course comprising grassy fields and wooded trails. All three team members run the first two loops *together* at the pace of the slowest teammate, with one then dropping out and the two remaining runners continuing the third loop together at the pace of the slower runner of the two, to be followed by one of those two dropping out and just the remaining runner running the fourth loop, to be replaced in turn by the teammate who dropped out after the second loop, who then runs the fifth (and final) loop alone. So each teammate runs multiple loops of the course—singly at his/her own all-out pace or perhaps at a slower teammate's speed when running in tandem.

When all teams have completed their fifth loops, the director and time-keepers apply their vaunted science to work out each team's *Donut Index*<sup>™</sup>—the team's finish time in seconds divided by the sum of the team members' ages in years—with the lowest index determining which team gets the most prized donuts.

**Inspiration:** Quite often, neither the fastest nor the oldest team wins. *Alas*, the youngest team never has.

**RACE CALENDAR****2012****September 2 (Sun)**

Runraleigh 8K - Raleigh

**September 8 (Sat)**

Nancy's Butterfly Fund 5K - Cary  
Gail Parkins Memorial Ovarian Cancer Walk and  
5K Run - Raleigh

**September 15 (Sat)**

519 Run for Haiti 10/5K - Apex  
Run the Valley 5k, 10k and Half - Badin  
Bahama Day Festival 5K - Bahama  
Mebane on the Move 5K & 10K - Mebane

**September 22 (Sat)**

Mayview Madness 5k - Blowing Rock  
Blue Ridge Mountain Throwdown Half - Boone  
Cooper's Farm Half Marthon & 5 Miler - Boone  
CATWALK 5K - Burlington  
Run for Autism - Greensboro  
Compelled by Love 5K - Raleigh  
Granville 5K Ambulance Chase - Oxford  
"Let's Cure AHC" 5K Race - Wake Forest

**September 29 (Sat)**

Be The One Run Charlotte - Cornelius  
Fitness World Fall 5K - Durham  
APC 5K - Raleigh  
Pink Shamrock 5K - Raleigh

**October 13 (Sat)**

Safe Passage 5K - Chapel Hill  
Autumn Steppers 5k Run/Walk - Durham  
Cannonball Run Half & 5K - Greensboro  
Triangle Run for Autism 5k - Raleigh  
Paws for Life 5K - Wake Forest  
Bethel Half Marathon & 5K - Waynesville  
Mount Jefferson Challenge - 7.2 mi - West Jefferson

**October 14 (Sun)**

Ales for Rail-Trails 5K - Durham

**October 19-20 (Fri-Sat)**

Tuna Run 200 - 200 mile relay from Raleigh to  
Atlantic Beach

**October 20 - (Sat.)**

Neuse River Bridge Run - New Bern

**October 21 (Sun)**

Ramblin' Rose Women's Half Marathon - Durham

**October 27 (Sat)**

Flight of the Vampire 1, 5, 10k and Competitive  
Walk - Brevard  
Eno River Run 6 & 11 Mile Trail Races - Durham

**October 28 (Sun)**

Monster Dash 5k - Raleigh  
Hallowed Half Marathon & 10K - Wake Forest

**November 4 (Sun)**

Rex Healthcare Half Marathon - Raleigh

**November 17 (Sat)**

Turkey Trot Half , 10k, 5k, 1 Mile - Pinehurst

**December 15 (Sat)**

Sports Endeavors Reindeer Romp 5k - Cary

**2013****April 14 (Sun)**

RunRaleigh Half Marathon & 5K - Raleigh

**April 20 (Sat)**

Run for Umstead - Raleigh

Carolina Godiva Track Club members only may sign up for all seven races by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (30 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under.

To receive the 2012-2013 Incredibly Beautiful 29th Annual Winter Series Shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler will count as two events if you run it.

If you want your name to show up in the Winter Series Standings that are published in the newsletter, please fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information, contact Doug Hensel (hashingopus@gmail.com)

# Winter Series

## Carolina Godiva Track Club Winter Series 2012-2013 Entry Form

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

### Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.

\_\_\_\_\_  
Signature (Parent's, if under age 18)

\_\_\_\_\_  
Date

Return Completed Form To:

JIM CLABUESCH  
9 LITCHFIELD COURT  
DURHAM, NC 27707-5367



# THE 29TH ANNUAL GODIVA WINTER SERIES

- Run for the Donuts**      **Durham Academy, Upper School, 3601 Ridge Rd.**      **Sun, Oct. 14th  
10 am**
- X-Country team relay based on the patented Donuts Index™  
Race Director: Ronnie Weed, (919)225-1407 [diecorn@gmail.com](mailto:diecorn@gmail.com)
- Misery Run**      **The Lucas Farm, Old Fayetteville Rd. Carrboro**      **Sun, Nov. 11th  
10 am**
- 5 mile X-Country run with challenges to overcome and plenty of mud and muck.  
Race Director: Jim Clabuesch, (919)401-9589 [jwcvh@mindspring.com](mailto:jwcvh@mindspring.com)
- Couch Mountain**      **Duke Forest, South US 70 & NC 751**      **Sun, Dec. 9th  
10 am**
- X-Country race up the famous Couch Mountain followed by a cookout!  
Race Director: Paul Naylor, (919)493-3702 [naylorpaul@msn.com](mailto:naylorpaul@msn.com)
- New Year's Day Run**      **Duke School for Children, 3716 Erwin Rd.**      **Tue, Jan. 1st  
1 pm**
- 5 miles of X-Country to ring in the new year!  
Race Director: Patrick Bruer, (919)929-8582 [pjbruer@gmail.com](mailto:pjbruer@gmail.com)
- Eno Equalizer**      **Eno State Park, End of Cole Mill Rd.**      **Sun, Jan. 20th  
10 am**
- 4 miles of X-Country team handicap race. Snow date is Jan 27th  
Race Director: Richard Smith, (919)408-8126 [rls@email.unc.edu](mailto:rls@email.unc.edu)
- Geezer Pleezer**      **Carolina Friends School, 4809 Friends School Rd.**      **Sun, Feb. 10th  
10 am**
- Start time based on age and gender. Run starts and ends on school campus.  
Race Director: Gary Schultz, (919)489-7803 [gary.schultz@frontier.com](mailto:gary.schultz@frontier.com)
- Hard Climb Hill**      **Duke Forest, Gate 23 at Mt. Sinai Rd.**      **Sun, Mar. 10th  
10 am**
- 3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.  
Race Director: Jerry Surh, (919)967-0272 [surh@ncsu.edu](mailto:surh@ncsu.edu)

Earn points for the Winter Series T-shirt!

You must be a CGTC member and run or volunteer at 5 of the 7 events.

The Hard Climb Hill 10-miler will count as two events if you run it.

Lots of volunteer opportunities available, hint hint. . .Contact the race directors to find out more!

## SEPTEMBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:03pm on September 11, 2012. Attendees included President Halle Amick, Jane Bruer, Patrick Bruer, Jim Claubuesch, Doug Hensel, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

Jim kicked off the reports: “nothing new on the membership front.” Patrick is taking steps to provide additional security to members/users of the Club’s e-mail and webmail accounts.

With Jeff Hall and Kevin Nickodem being absent, there was no haberdashery or treasurer’s report.

We learned that Shauna Griffin has agreed to be the Club’s new newsletter editor. Anthony Corriveau will be working with her on the October newsletter, to help facilitate a smooth transition. We unanimously approved the purchase of an updated version of Microsoft Publisher, to replace the outdated, 2003 version currently used to put out the newsletter.

...the Club has not increased the cost of the Winter Series races for more than 20 years.

In Kevin’s absence, your scribe gave an update on the status of the fall picnic, scheduled for Sunday, September 23, at 3:00pm.

Doug informed us that all is going well with preparations for the upcoming Winter Series. Look for an entry form elsewhere in the newsletter. Jim explained that because the Misery Run is considered a “mud” run (maybe the mud, hay bales, cow pies and generalized slop have something to do with it—go figure), the Club will need a special insurance policy rider at an estimated cost of around \$400. We discussed whether to increase the stand-alone cost of the Misery Run, spread the cost over the entire Winter Series, or just have the Club absorb the additional expense. Jim noted that the Club has not increased the cost of the Winter Series races for more than 20 years. We decided to give the question further thought prior to next year’s Series, but fees will remain the same this year.

With Patrick’s assistance, Doug has started a web page that will be an ongoing reference source for present and future Board members on matters such as the Winter Series, fall picnic and other recurrent events. This should facilitate information-gathering and save time in the future.

Halle reported that the Duke Sports Medicine clinic is inter-

ested in putting on a series of free occasional Saturday clinics for runners on topics such as injury prevention. Although there will be no charge to attend, the presenters may promote the services offered by the clinic. The events will be open to the public.

A majority of the meeting time was devoted to an update and status report on where we are with plans to revive the Club’s 20K/4-mile race, formerly known as “Coach Bubba.” Patrick and Cathy have met several times, looked at planning documents from the last race in 2009, contacted key volunteers from that race and gotten a good response. Patrick has been in touch with the City Police Department about the special event permit needed for the event. The target dates are February 16 or 17, although it is still unresolved whether the race will be on a Saturday or Sunday. He identified some of the advantages and disadvantages of the two dates, and expects to file for an event permit with the City of Durham during this coming month. Police support/traffic control will be approximately two and one-half times as expensive as the 2009 race, potentially costing the Club in the vicinity of \$5000.

As part of the Coach Bubba discussion, Halle informed us that she had received an offer from a group of Duke MBA graduate students interested in “partnering” with a non-profit. The concept was to use \$3000-4000 of race revenues to fund internships of Duke MBA students with nonprofits, in exchange for the students providing some volunteer services for the race. We noted that the Club has traditionally partnered with TROSA, whereby a number of TROSA members serve as volunteers and the Club makes a contribution from race proceeds to that organization. Following extensive discussion and general support for continuing the relationship with TROSA, we decided not to pursue the students’ offer.

We then concluded the Coach Bubba discussion by looking at some of the remaining issues and volunteer services still needed in order for the Club to proceed with the race. These include race publicity, and further negotiations with the Police Department on security and traffic control. Stay tuned.

The meeting adjourned at 8:17pm.

— 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

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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!