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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

GOING SMALL

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

It's fall race season, and many of us have distance events on our running calendars. My set of three races is certainly the most varied and ambitious of my running career (197-mile Ragnar Adirondacks relay in September, New River Trail 50k in October, North Central Trail Marathon in November). As I sat in my car on October 13th, shivering as I awaited the start of the 50k, I was reminded of the many ways in which races can differ—even those that are of identical distance and even course.

For me, the key difference is usually the size of the field. I've found that figure to be a useful proxy for several other variables. The largest marathon I've run is Philly (approximately 7,500 finishers the year I ran it), and the smallest was the Medoc Trail Marathon (95 finishers in my first year running it; 128 in my second). Some marathons felt really big but upon further inspection of results were rather medium-sized (Flying Pig, Richmond), while others felt much smaller than the number of finishers indicates (Vermont City). I pegged the rest (OBX, City of Oaks, New River) pretty well in terms of my perception of the number of runners.

There I sat, in my car in Fries, Virginia (which boasts a population of 478—smaller than all but a few of the marathons listed above) attempting to quell the rising pre-race anxiety. There would turn out to be 125 finishers (including yours truly—yes, I did it!), basically tying it with the 2009 running of Medoc in terms of size. As I blew hot air into my chilled hands, I began making a list of the things I like most about small events:

In the end, though, it's not about whether you go big or go small; it's just that you go.

1. Parking close to the start/finish. No shuttle buses, no expanses of paved parking lots, usually just a simple field or lot with a couple of volunteers pointing the way. A short walk to packet pick-up, then back to the comfort of the car—a most welcome amenity on chilly race mornings—and a short hobble to my compression socks, sandals, and stash of snacks after crossing the finish line. Medoc, the New River Marathon, and the New River 50k were prime examples of a perfect parking arrangement.

2. Food. When the organizers don't have to arrange on-course and post-race food for thousands of people, they're often able and willing to provide top-notch—sometimes homemade—snacks in addition to the requisite bagels and bananas. The New River 50k was a shining example of this, with Fries community members dishing out several kinds of soup as runners and their fans grazed on homemade bread and fresh-brewed sweet tea. Even a runner with celiac disease, like

(Continued on page 3)



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

To post to the list, send messages to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

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CLUB DISCOUNTS

Bull City Running Company 15% off all non-sale items www.bullcityrunning.com Southpoint Crossings, Durham	265-3904
Omega Sports 10% on all non-sale items - New Hope Commons or Renaissance Pkwy., Durham; Crossroads, Cary; North Hills, Raleigh	493-7603 360-9060 859-2623 871-0311
Inside-Out Sports 15% on all regular priced items. Preston Walk Shopping Ctr, Cary www.insideoutsports.com Online Discount code: DV2007	466-0101
Capital RunWalk (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 15% discount Raleigh & Cary	870-8998 362-8282
Athletic Edge Sports Massage \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
New Balance Durham 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
Xpert Nutrition 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

GODIVA TEAM CAPTAINS

Open and Master Men	Jim Clabuesch	jwcvh@mindspring.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

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

(Continued from page 1)

me, was able to find something warm and protein-packed (delicious pinto beans!), which is a real treat, since most homemade soups contain wheat or barley. And I was able to grab a bowl and sit in the sunshine, as opposed to being herded through a tent.

3. Swag. Similarly, although large races get amazing deals on mass-produced giveaways, small races are often able to tap into smaller but higher quality markets—runners often come away with unique, handcrafted goodies, like the New River Marathon “medal” which was actually made from a piece of local wood and branded with the race logo. Pottery awards and finisher giveaways are also favorites and go a long way to supporting and raising awareness of local artisans.

4. Cost. As I was fond of saying as a kid, “No duh.” It costs less to put on a smaller race, so entry fees can be significantly lower. Smaller events are not usually in the game to make profits. But it’s not just the race fees that contribute to this factor; it’s the lack of jacked-up area hotel room prices (hello, Virginia Beach) and the local eateries with low-cost menus, among other things.

5. Location. Small races often take place in out-of-the-way spots; places one might never otherwise visit (see: Fries, VA). What better way to explore scenic byways and small towns than to run on and through them? Towns that might take five minutes to blow through on a paved bypass can constitute a several-mile stretch of a beautiful race course. And you’ll often have the chance to stay in a mountain cabin, a bed & breakfast, or a cozy cottage rather than a city high-rise in which every room looks exactly the same.

6. Organization and support. Sure, the huge events, especially those in series like Rock ‘n’ Roll and Ragnar, are well-oiled machines that follow a time-tested formula for a successful event. But good luck getting in touch with a race representative, and forget about being able to thank the Race Director in person at the finish line. After the New River 50k, I felt compelled to tell the RD exactly how much completing her event meant to me, and—full disclosure here—I actually got a little misty-eyed. In terms of on-course support, no, there aren’t cover bands or squads of junior high cheerleaders along the courses in small races. Neighborhoods don’t compete with each other for “Best Theme” awards. But the spectators who do come out actually make eye contact and say more than a robotic, “Good job. Almost there.” By the time a mid- to back-of-the-packer like me shows up, their voices are still intact and their hands haven’t grown numb from clapping, so they’re able to muster sincere enthusiasm.

7. Facilities. Yes, I mean toilets. Anyone who’s run a race with more than a couple hundred participants knows where this is going. And this is the one point on which I can’t fault

the large events’ organizers. There’s often no way to place enough port-a-potties—particularly at the start—to serve the gastrointestinal needs of thousands of carb-loaded, often nervous, well-hydrated runners. So we queue up, many times dozens deep, to get to the head of the line, anxiously awaiting that flip of the door indicator from red to green. We suck in a huge breath of fresh air and rush into the tiny compartment. If we’re lucky, the floor is dry and there’s toilet paper. If we’re really lucky, there’s hand sanitizer. If we’re not, well, you know how it is. But in small races, there’s rarely a line in front of the facilities. And even moments before the start, they’re often in relatively decent condition—the air is breathable and sometimes even (gasp—literally) pleasant. Total tangent here: how awesome are the names of some portable toilet rental companies? Personal favorites include Johnny on the Spot, Call-A-Head, and Doodie Calls.

8. Increased likelihood of age-group awards. This doesn’t particularly apply to me, but you speedier folks have certainly noticed this one. My one and only age-group award came from the 2009 running of Medoc (again, 98 finishers). I placed second in the 30-39 age group. There were two of us. The first-place winner was former CGTC prez Aline Lloyd who finished about a half-hour ahead of me. But an award is an award, and if there’s ever going to be a second one on my shelf, it’ll certainly come from another tiny little race.

There are certainly additional benefits to smaller races, including not having to stand around in a start corral like cattle, not bumping elbows with other runners while trying to fall into a rhythm for the first few miles, and keeping much of the money and goodwill raised from the event in the community itself.

Large races have their own benefits, too. You’ll never run even a quarter-mile alone in a race like Chicago or New York. There are big expos with lots of product samples and cool stuff to buy (though it tends to be the same vendors at all the big events). It’s often easier for friends and family to find spots along the course to cheer you on, and they’re often aided by live text messaging updates along the way. And there are larger races that are exceptions to some of the above distinctions—the most useful “swag” I ever received from any race is the embroidered messenger bag given out to participants in the 2009 Flying Pig Marathon (we also got free race posters). It’s true that the larger races have a lot of perks that aren’t always available to participants in small ones, and some of the big city races would be really fun to run (I’m talking about you, New York). I’m glad I’ve run some more crowded events, but I’ll take the relative simplicity of a small event any day.

In the end, though, it’s not about whether you go big or go small; it’s just that you go. Enjoy the distance season, everyone!

—Halle Amick

AT THE RACES

Race Name	Race Date	Runner's Name	Finish Time	Place	Age Group
Hit the Brixx 10K	9/15/2012	Chris Capps	34:59	4th	O/M
Asheville Citizen-Times Half Marathon	9/15/2012	Christopher Boyce	1:54:30		
Magnificent Mile	9/16/2012	Jay Smith	6:01	1st	M 60-64
Mayview Madness 5K	9/22/2012	Tim Meigs	17:54	1st	M/M
NC Senior Games State Finals 800M	9/27/2012	Jay Smith	2:35	2nd	M 60-64
NC Senior Games State Finals 200M	9/27/2012	Louise Guardino	00:40.63		
NC Senior Games State Finals 100M	9/27/2012	Louise Guardino	00:18.83	2nd	F 70-74
NC Senior Games State Finals 1500M	9/28/2012	Jay Smith	5:42	1st	M 60-64
NC Senior Games State Finals 400M	9/28/2012	Louise Guardino	1:37	2nd	F 70-74
5K	9/29/2012	Allen Baddour	18:07	2nd	O/M
March of Dimes 5K	9/29/2012	Chris Capps	16:34	1st	M 20-24
March of Dimes 5K	9/29/2012	Andrew Scribner	19:31	2nd	M 40-44
Salem Lake 30K Trail Race	9/29/2012	Steve Peters	2:39:52		
Salem Lake 30K Trail Race	9/29/2012	Chris Gould	2:44:42	2nd	M 60-69
Salem Lake 30K Trail Race	9/29/2012	Alan Schumacher	2:56:34	9th	M 55-59
Salem Lake 7 Mile Trail Race	9/29/2012	Jim Clabuesch	43:51	1st	M/M
Salem Lake 7 Mile Trail Race	9/29/2012	Julie Horton	1:09:27		
Salem Lake 7 Mile Trail Race	9/29/2012	Marni Schribman	1:27:18		
Selma Railroad Run 5K	10/6/2012	Steve Mele	18:43	1st	M 40-49
Carrboro 10K	10/6/2012	Bart Bechard	38:29	2nd	M/M
Carrboro 10K	10/6/2012	Evan Milledge	55:27	2nd	M 9&U
Chicago Marathon	10/7/2012	Tim Meigs	2:37:31	3rd	M 45-49
Lungstrong 15K	10/13/2012	Chris Capps	53:36	1st	M 20-24
Medoc 10 Mile Trail Race	10/13/2012	Paul Wormsbecher	1:21:48	4th	M 50-59
Triangle 5K Run/Walk for Autism	10/13/2012	Brian Tajlili	18:16	2nd	M 30-34
Triangle 5K Run/Walk for Autism	10/13/2012	Andrew Scribner	18:51	3rd	M 40-44
Cannonball Half Marathon	10/13/2012	Ethan Caldwell	1:25:55	2nd	M 35-39
Ales for Rail Trails 5K	10/14/2012	Bart Bechard	18:33	3rd	M 30-50
Ales for Rail Trails 5K	10/14/2012	Heiko Rath	21:47	7th	M 30-50
Ales for Rail Trails 5K	10/14/2012	Deborah J. Springer	24:39	6th	F 30-50
Ales for Rail Trails 5K	10/14/2012	Julie Horton	28:56	3rd	F 50+
Coastal 5K	10/20/2012	Chris Capps	16:09	1st	O/M

Submit Your Results Online:

Go to 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. You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Douglas Hensel

USAT&F CROSS-COUNTRY NATIONAL CHAMPIONSHIPS

I am gauging interest on a road trip to Lexington, KY for the USAT&F Cross-Country National Championships taking place on December 8th, 2012. (For more information, check <http://usatf.org/Events---Calendar/2012/USATF-National-Club-Cross-Country-Championships.aspx>)

Right now, it does not look like they have many runners signed up for the race, but registration will start to pick up soon. Runners on a Godiva team would have to be current CGTC members, and 2012 USAT&F members with their club affiliation as Godiva (club 13-606). USAT&F usually offers end-of -the-year discounts on their memberships.

Right now I have three maybes. The plan would be to rent a van and drive up on the 7th and back on the 9th.

Men will be racing a 10K, women a 6K.

Please let me know ASAP if interested at: jwcvh@mindspring.com

— Jim Clabuesch

GODIVA WEEKLY RUNS

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

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

RUNNER'S HIGH

Back in July, I was experiencing the usual summer malaise in my fall marathon training. The weather was uncooperative, and my morning runs seemed more like a chore to fit in before work than a source of enjoyment. My job was busier than ever, and I even questioned at several points whether it was worthwhile to continue training for a fall marathon.

Thankfully, I stuck with it, and it was almost like a light switch went on as soon as the temperatures dropped just a bit. I had experienced the runner's high many times during a 6-10 mile run, but the most gratifying feeling is catching that "third wind" near the end of a 16-20 miler.

Recently I ran a longer tempo type run up and down the hills of Umstead Park. Toward the end of that run with 15+ miles behind me already, I was heading down the "corkscrew" hill on Reedy Creek and was feeling better than I ever had at that point in an Umstead run. I knew I was fit after weeks of suffering through the summer, but when I glanced at my watch and saw a pace that I usually only hit during a 5K road race, I was surprised.

It was the most gratifying of runner's highs because I knew I had worked hard for that moment, and the feeling didn't wear off as soon as the run was over. The best runner's highs build confidence and give you the momentum to tackle the next tough training run.

I just hope I can keep it up through my entire marathon on race day. I've never felt the runner's high after mile 20 of a marathon before so hoping for a first!

— Brian Tajlili

Anyone else out there experience a runner's high?

We'd love to hear from you!

Email newsletter@carolinagodiva.org

NEW HOPE TURKEY RUN

**New Hope Turkey Run in Duke Forest
Sat. Nov. 10, 2012, 9 am start
4012 Whitfield Rd. in Chapel Hill**

The New Hope Turkey Run, a fundraiser for the New Hope Improvement Association (NHIA), is arguably the oldest annual running race in the area. The first running was in 1981, which would make this running the 30th anniversary except for cancellations the year of Hurricane Fran (1996—Duke Forest was still closed and nobody had power) and the year of the Big Ice Storm (2000—Duke Forest was closed again and nobody had power!).

In the early days, the race was planned and conducted by NHIA members who ran some but did not have much racing experience, hence the somewhat quirky character of the race that continues to this day. The race is in the Korstian Division of Duke Forest and is very low key—the exact length of the race, about 4 miles, varies from year to year so there is no "course record." However, times are recorded and awards are given to the top 3 male and female finishers. Although subsequent runners are still told their times at the finish, there are no age division prizes (except for oldest and youngest male and female finishers).

What truly sets this race apart from most other races is the "random draw" for the bulk of the awards. There are always 20-30 baked items made by members of the neighborhood and about that many merchandise awards from businesses in Chapel Hill and Durham. All this for a race that is limited to less than 200 entrants!

Another distinction from "run of the mill" races is the light breakfast that is served after the race and during the awards ceremony. Remember, walking is allowed! Hope to see many of you there. Entry forms can be found at Duke Forest gates in the Korstian division, the Al Buehler Trail parking lot on the Duke golf course, local running shoe stores, or downloaded at www.nhianc.org.

— Walter Fowler

CONTINENTAL DIVIDE

FROM THE ARCHIVES

**USAT&F National Championship Trail 10km
Laurel Springs, NC
8/25/12**

We had a slightly smaller than normal CGTC contingent at this tough 10km trail run in Western North Carolina. The nine Godiva men toed the line first. There were two young fast guys running for Bull City Running Company and seven >40 year olds running on the Godiva Masters team. George Linney III ran 48:01 and was a scoring member of the winning Bull City open team and won the 30-39 age division for the race. Jason Page was right behind George, running 48:48 and taking second in the 30-39 age group and also running top five for Bull City. Craig Heinly led the masters guys in 52:27. Anthony Corriveau ran 53:33, Colin Jones ran 53:57, Garth Somerville at 55:17 for 2nd place in the USAT&F 45-49 age division and Jim Clabuesch rounded out the CGTC team scoring in 56:42, and took third in the 45-49 group. Close on his heels were Mike Kelley in 57:06 and Bart Bechard in 57:17. Mike ended up winning the USAT&F age group 50-54 and taking third in the race age group 50-59. The Godiva team won the USAT&F Masters team division and was 2nd in the open division behind Bull City.

After the temperatures warmed up considerably and 100 or so male finishers had muddied up the trail some, the three Godiva ladies started in a field of 45 or so women. Shannon Johnstone ran 1:05:24, Kim Chapman Page ran 1:08:00, and Carolyn Huettel ran 1:18:22.

— Jim Clabuesch

Spring 1977: (Ad in UNC student paper) RUNNERS & JOGGERS, join Carolina's fastest growing track club—Carolina Godiva. Membership is \$2: Includes free entry for full range of competitive and social events and newsletter.

Oct. 1977: (News item) Carolina Godiva finished first in a five-team XC meet at Campbell College: **CGTC 37** (3 Dave Cich, 4 Dave Hamilton, 8 Walter Fowler, 9 Roland Rust, 13 Bob Schaich), ECU 44, UNC TC 70, NC TC 88, Campbell 110.

June 1978: (News item) Carolina Godiva will sponsor a one-hour run at Duke University track, with results sent to RRCA's postal competition. Entry fee is 50 cents.

— Gary Schultz



REQUEST FOR VP...

The end of the year is fast approaching. This means that the incoming CGTC President is looking for an enthusiastic CGTC member to serve a one-year term as the Vice President, and then another one-year term as the President. No previous experience is necessary. The duties of VP include, but are not limited to:

- Organizing the Spring Banquet
- Organizing the Winter Series
- Attending monthly meetings

Since the CGTC is a well-oiled machine, most of the hard work has already been done. We just need someone to step up and do the ground-work throughout the year to make the events a success. Once you have learned the ropes, you get to take on the bigger challenge of being President. Consider it one year of on the job training. While there is no key to the Executive washroom, new running shoes every 4 months, or unlimited Gatorade, there are plenty of reasons to say yes. The CGTC has a proven track record of serving the Durham (and beyond) running community while having fun and making new friends. Please consider being a part of the leadership of this organization.

If you have any questions, please contact me:

douglashenseljr@gmail.com

2012 MISERY RUN

The Misery Run 2012...

...will happen. After this year, we will see. The insurance company that provides the club's insurance through RRCA has started to refuse coverage for "Mud Runs." A couple of the descriptions they use to describe "Mud Runs" include man-made obstacles (hay bales) and watering to make a dry area muddy or a muddy area muddier. Luke has been known to leave hay bales in random stacks on his property and sometimes leaves a hose running when he forgets to turn it off, these things happen. But the club will have to decide going forward what to do with the Misery Run in its current format. The extra coverage Godiva purchased just for Misery 2012 is equal to about half of our yearly insurance bill to cover ALL of our events.

Knowledge you Knead to Know:

What? 5.75ish miles of grassy pastures, rooty, rocky, and slippery when wet or muddy single-track hiking type foot trails, downed trees and actual cow dung. This is a time-prediction race: you will predict your finishing time when you register on-site prior to the race, and then you will run & sweat & hop & climb & curse & slip & slide & fall down. If you have good knowledge of your running ability on the above mentioned difficulties, you may win some chocolate. Or not. Beware if hay bales make you itchy on contact!

When? Sunday, November 11th, 2012 at 10:00a.m.

How? You can register for the race on-site from 9:00 a.m. to 9:50 a.m. Cost is \$5.00 for this race. Please note you can't show up at 9:55 a.m. and expect to run or work the race this year. You can sign up for the entire remaining Winter Series for \$25.00 if you are a CGTC member. There are still five races to follow after the Misery Run.

Why? Water and Gatorade before/during (if warm/sunny) & after; pretzels, bagels, bananas and apples also. Chocolate prizes for 1st overall male/female, 1st male/female masters, top three closest time predictors, youngest, oldest, and median finisher, stick-to-it award to final finisher. Finishing or volunteering for the Misery Run gets you a point closer to your Incredibly Beautiful 2012-2013 Winter Series shirt. If you want to help out on the 2012 version of the Misery Run, please call me (Jim Clabuesch) prior to race day at 919-401-9589 or email me at jwcvh@mindspring.com. Questions or concerns about the race will also be handled via either of those formats.

Where? We've included the full address, so you can use a mapping tool to get your own directions if you wish: Pepper Hill Farm, 323 Old Fayetteville Rd. Chapel Hill, NC 27516

Take the 54 bypass out towards Carrboro. Exit at the Jones Ferry Rd exit. Turn left (south) onto Jones Ferry and drive about ½ of a mile to the traffic signal at Old Fayetteville Rd. Turn right and drive another ½ of a mile to Luke's Pepper Hill Farm on the left. Parking attendants will direct you to a hopefully very muddy field to park in.

Please car pool if possible. The fewer cars we have to have towed the better.

RUN FOR THE DONUTS

Leading off this season's Winter Series—once again in ideal weather at Durham Academy's cross-country course—Tom Fowler's legacy classic drew a big volunteer turnout, albeit with a drop from the record 15 teams competing in each of the previous three years. By the hallowed *Donut Index*—team time (in seconds) divided by team age (in years)—team bunching shifted from last year's close battle among four teams for first place to four teams vying for third this time. Indeed, a correction submitted the next day by a runner that he had forgotten his birthday two months earlier moved his team into third by 0.04! As usual, age wrought its wrinkled power, yet again trumping speed. Noteworthy individual performances were achieved for top age-graded splits by Riëtta Couper and Monk Linney and for sub-7:00 splits by Anthony Corriveau, Monk, Jim Clabuesch, and Matt Schumacher (top split overall for the second year in a row).

Volunteers: Aiding race director Ronnie Weed were Bart Bechard, Jim Clabuesch, Susie Hansley, Karla Henderson, Barbara Hindenach, Conrad Kirby, Denise Larson, Ryan and Scott Lynch, Jim Reagan, Jennifer Renn, Jenni Rubatt, Brian Tajlili, Mike Throm, Becky Trumbull, Richard Wolfe, and your *rapporteur*—**Gary Schultz**.

DONUTS 2012 TEAM RESULTS

Place	Team Members (Age + bonus)	Team Age	End Lap 1	End Lap 2	End Lap 3	End Lap 4	Finish Time	Donut Index
1	1. Chris Gould (68) 2. Tom Maunz (32) 3. Patrick Bruer (54)	154	8:49	17:00	25:46	33:52	41:59	15.97
2	1. Jeff Tuson (61) 2. Anthony Corriveau (42) 3. Monk Linney (37)	140	8:15	17:14	23:40 (6:26†)	30:07 (6:27‡)	39:15	16.82
3	1. Tom Kirby (59) 2. Heiko Rath (43) 3. Allison Gracey (50)	152	7:59	17:12	26:01	35:18	44:16	17.47
4	1. Riëtta Couper (53) 2. Karen Murphy (33) 3. Jim Clabuesch (47)	133	7:32	15:48	24:08	30:58 (6:50‡)	38:49	17.51
5	1. Greg Sousa (43) 2. Emil Malizia (69) 3. Dana Hornkohl (44)	156	9:12	19:47	30:13	38:29	45:56 (7:27†)	17.67
6	1. Conrad Kirby (26) 2. Ken Soo (54) 3. Mike Kelley (52)	132	7:04	16:09	24:15	31:02	39:18	17.86
7	1. Brent Baker (40) 2. James Lewis (46) 3. Paul Wormsbecher (51)	137	8:00	17:02	25:52	34:18	42:14	18.50
8	1. Bill Hansley (45) 2. Ray Dooley (59) 3. Alan Schumacher (55)	159	8:49	20:27	30:06	39:31	50:08	18.92
9	1. John Jewell (56) 2. Kim Chapman Page (34) 3. Hernan Silva (48)	138	9:15	19:43	28:09	36:27	46:54	20.39
10	1. Shannon Johnstone (39) 2. Carolyn Huettel (48) 3. Randy Kauftheil (54)	141	9:25	19:49	29:36	37:43	48:10	20.50
11	1. Sara Sousa (41) 2. Megan Sullivan (36) 3. Matt Schumacher (17+3)	97	8:59	19:10	28:25	34:49 (6:24†)	44:32	27.55
	Richard Wolfe solo (74)		15:20	35:09	54:02			n/a

Lap Notes:
Each runner 1 ran laps 1-2 & 5; runner 2 ran laps 1-3; runner 3 ran laps 1-4.
Lap 1 was **0.952** mile. Laps 2-5 were each **1.113** mile.

Lap Highlights:
† = top split in lap 3, 4, or 5.
‡ = other sub-7:00 splits.
Top age-graded splits:
74.36% for Riëtta's lap 5
71.23% for Monk's *combined* laps 3-4

SEPTEMBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on October 9, 2012. Attendees included President Halle Amick, Brandy Burns, Patrick Bruer, Chris Gould, Shauna Griffin, Jeff Hall, Doug Hensel, Barbara Hindenach, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

None of the routine reports (treasurer, membership, haberdasher or newsletter) were provided at the meeting. However, Kevin Nickodem furnished us with a written report prior to the meeting. Kim Anglin will once again be preparing the Club's income tax returns for the most recent fiscal year ending June 30, 2012.

Doug led a brief discussion on recruitment of an incoming Vice President for next year. He will keep Halle posted.

Patrick gave us an update on resurrection of the race formerly known as Coach Bubba. Other than successfully recruiting a volunteer to work on race publicity, there has not been much progress made since last month. Chris volunteered to contact the City Police Department regarding the required special event permit. The other major task for the next month is to work out the overall event budget, including expenses and race fees. As in the past, there will be both a 20K and

four-mile race. Patrick is now leaning towards a Saturday race date.

We welcomed Shauna, our new newsletter editor. She will be in charge of the November newsletter. She also informed us that she has received an offer from a Club member to write a regular column for the newsletter.

Doug indicated that all is in order for the upcoming Winter Series. Everything is set for the first race, Run for the Donuts.

Halle reported that the Club has been selected for an award for its activities in support of Duke Forest. This is in recognition of the Club's provision of race timing services for the Pine Cone Pacer race and financial donation to Duke Forest. The Club will be recognized at Duke Forest's annual gathering on November 15 at the New Hope Improvement Center. A number of Club members will be attending the gathering.

Befitting the overall high training level of the group and/or an unusually light agenda, the meeting adjourned in what may be a record time of 24 minutes, at 7:29pm.

— Henry Blinder

RACE CALENDAR

November 4th

City of Oaks Marathon & Half-Marathon—Raleigh

November 10th

YWCA 5K—High Point

Veterans Day VALOR 5K—Winston-Salem

Urban Dare—Raleigh

The Race Home—Durham

Richmond Marathon, Half, & 8K—Richmond, VA

Outer Banks Marathon, 8K, 5K, & Fun Run—Kitty Hawk

November 11th

Southern Village 5K & Fun Run—Chapel Hill

November 17th

Turkey Trot Half, 10K, 5K, & Fun Run—Pinehurst

Ronathon 5K—Chapel Hill

Raven Rock Rumble 5 & 10 Mile Trail Run—Lillington

November 22nd

Just Think First 5K & Skinny Turkey Half—Raleigh

Inside Out Sports Turkey Trot 5K—Cary

December 1st

Run at the Rock 7 & 14 Mile Trail Run—Burlington

Jingle Bell 5K & Fun Run—Raleigh

Green Beret 10K & 5K—Fayetteville

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

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

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

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

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

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

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

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!

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 on the club website, 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

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!