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DECEMBER  
2012



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

## LOOKING BACK, LOOKING AHEAD

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JANUARY  
NEWSLETTER:  
DECEMBER 15TH**

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In some ways, this year has sped by like Meb Keflezighi or Shalane Flanagan; in others, it's more closely resembled yours truly running a distance event—slow but always moving forward. As I reflect on my tenure as President of this great organization, I'm struck by the number of great things we've accomplished this year. For those who are new to the Club (welcome!), who don't read the newsletter word-by-word (you're missing out!), or who are just plain forgetful (we've all been there), here are some highlights:

We wrapped up one and began another Winter Series, and most (if not all) of the events had record turnouts. We put on another successful Umstead Marathon, thanks to a dedicated race committee. Not only was Summer Track well-attended, the series and its guru, Charles Alden, were honored with a Lifetime Achievement Award in the *Chapel Hill News*. The Surgeon General of the U.S. selected Godiva to host her community walk. Running Start helped yet another group of beginners become runners. The Club was honored by the Office of the Duke Forest with the Clarence F. Korstian Award in recognition of our support.

**Godivans made outstanding showings at several major events...**

We recognized several outstanding members at the annual banquet, including Kevin Nickodem, Cathy Wides, and Tim Meigs, not to mention all the summer track and Ironman awardees. We added a "Hall of Fame" section to the website in order to recognize past major award honorees. Members shared good food and company (and nobody got injured) at the fall picnic this year.

Godivans made outstanding showings at several major events, including the men's masters team winning their division in the Blue Ridge Relay (again) and several members placing highly at

*(Continued on page 3)*



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



### GODIVA LISTSERV

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

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

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

### GODIVA CLUB CONTACTS

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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> 10% 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

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regional and national track and cross-country events. We remain financially strong and able to give back to our community.

In addition to all of these things, we made some less visible (but no less important) changes that will help the Club move forward. Race result reporting has been streamlined. The newsletter is now available electronically, and we moved the Club's listserv to our own domain. We began offering online payment of membership dues, made changes to the way online payments are processed, and created a multi-year family discount membership. Several pieces of (necessary) equipment were purchased, causing me to wonder if I've been the President who's spent the most Club money.

None of the above would have been possible without a battalion of Club members who donate their time and expertise, often year after year. Listing their names would take more space in this newsletter than most of my columns (which is saying a lot), but there are several whose contributions to both the Club and to my experience as its President deserve mention: past Presidents Chris Gould and Chris Boyce; Treasurer Kevin Nickodem; Meeting Secretary Henry Blinder; Membership Chair Jim Clabuesch; Haberdasher Jeff Hall; Newsletter Editors Thomas Markham, Anthony Corriveau, and Shauna Griffin; Webmaster (and guru of all electronic Club stuff) Patrick Bruer, and Archivist/Historian Gary Schultz.

Then there are those who don't have official titles but remain stalwart and stellar resources...

sources: Carolyn Huettel, Tom Kirby, Barbara Hindenach, Charles Alden, Don Anthony, Gordon Keeler, and Cathy Wides, among so many others. To the weekly run coordinators, team captains, race and event volunteers, and newsletter con-

Then there are those who don't have official titles but remain stalwart and stellar re-

tributors, I thank you and hope that you will continue to give so freely of yourselves to the Club. I also hope you inspire others to step up to the plate.

In fact, my only real disappointment as President was the realization that there are so many more opportunities for us to get together throughout the year, but they don't happen for lack of volunteer leaders. I've mulled this realization over for the last few months, wondering why more members don't take more active roles in helping with some of our activities. I suspect there are many reasons: time, awareness, interest, motivation, intimidation, and so on. Perhaps next year we'll reinstitute a formal Marathon Training Program and a fall cross-country series. They're only gone for lack of a leader. Maybe we can institute some more socially-oriented activities. My hope for the future of the Club is that more of its members venture "behind the curtain" and experience the pride that comes with helping put on one of our many successful events or programs. To that end, keep an eye on the newsletters in 2013 for exciting ways in which you can be involved with our great Club.

I thank you and hope that you will continue to give so freely of yourselves to the Club.

A final note to each and every one of you: thank you for being a Godiva member. Thank you for taking part in this great organization and representing our Club so well in so many ways. Serving the Club as President has been an honor and a privilege; I hope the same holds true for incoming President Doug Hensel. If his excellent coordination of the Annual Banquet and Winter Series is any indication, I know he'll do an outstanding job filling my shoes—after all, I only wear a size 6.

— Halle Amick

## 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

## ANNUAL MEMBERSHIP MEETING & PIZZA PARTY @ SATISFACTION

All Carolina Godiva Track Club members are cordially invited to attend the CGTC annual membership meeting, which masquerades as a pizza feast at Satisfaction Restaurant (located in Brightleaf Square in Durham).

This year's meeting falls on Tuesday, December 11th, and will commence at 7:30 p.m. The main order of business will be the devouring of pizza, for which the Club will foot the bill (drinks not included).

Other agenda items will include the ceremonial passing of the baton from our outgoing president Halle Amick to 2013 president Doug Hensel, the election of the new Vice President, and the (re-)election of Treasurer for Life Kevin Nickodem.

Please come on out and party on!

— 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))

## SHUT-IN RIDGE TRAIL RUN 2012 RECAP

Possibly the final running of the Shut-In Ridge Trail Run was held 11/3/2012 near Asheville, NC. The race as it has been run for 33 years has an uncertain future due to potential difficulties with using the Blue Ridge Parkway.

CGTC had our normal good-sized contingent, accounting for nearly 10% of the race finishers. Top 20 males won awards.

Ronnie Weed 2:59:52 13th  
 Gregg Dean 3:04:24 18th  
 Wayne Crews 3:04:39 19th  
 Bart Bechard 3:08:16  
 Jim Clabuesch 3:19:27  
 David Schwerbrock 3:20:02  
 Garth Somerville 3:21:53  
 Guido Ferrari 3:47:00  
 Shawn Harris 3:50:18  
 Doug Hensel 3:51:11  
 Joe Drommer 3:56:28  
 Laura Heyneman 4:22:34  
 Aline Lloyd 4:23:48  
 Chris Boyce 4:28:03  
 Heiko Rath 4:28:20

Carolyn Huettel 4:29:20  
 Karen Murphy 4:30:52  
 Greg Sousa 4:47:33  
 Joe Seufert 4:52:06  
 Paul Wormsbecher 5:09:33

The race was around a mile longer than normal this year due to a road closure. Guido and I finished our 22nd consecutive Shut-In. Gregg Dean came mountain tested from now living in Colorado, but hadn't trained much in the seven weeks leading up to the race due to a cracked patella suffered in a mountain bike wreck.. Wayne Crews had a fine first time up the mountain, finishing in the top 20 and winning a coveted stained glass prize. David Schwerbrock ran it as a training run and was happy to see that the last mile was on the road, where he dropped a six-minute mile just because he felt like he could finally open up and really run. Greg Sousa continued his finishing streak here, gutting out a strong finish even though he hasn't been able to train as hard or as often as he'd like. Thanks to all the crew! Stay tuned next summer to see what Race Director Norm Blair has in store for us.

— Jim Clabuesch

## VOLUNTEER OPPORTUNITIES

Inspired by Halle's column and looking for a chance to give back to the running club that does so much for you? Here are a couple volunteer opportunities to consider:

Volunteering to help out at the always-popular Umstead marathon is a coveted gig, but if you're not lucky enough to snag a spot on the volunteer list, there are other options. You can volunteer at a non-CGTC race, or you can submit content to this very newsletter—like haikus, member profiles, and race reports.

If you're looking for a longer commitment, how about mentoring for Godiva's Running Start program? As a happy graduate of the program myself, the 2013 season will mark my 3rd time helping others reach their goals. It starts in late March and runs through the spring; look for more information about the program at Godiva's website a few weeks before that, and

watch this space for more information about mentoring.

There are also still several Winter Series races left—if you're not running, why not help work the race? Not only will doing a good deed earn you good karma, but you may even earn points toward an Incredibly Beautiful Winter Series T-shirt (if you sign up for the whole series, whether running or volunteering).

Whether you're new to Godiva or an old hand, why not give volunteering a shot? Like running itself, the outcomes are rewarding: at worst, you'll spend some time outside—but at best, you might make new friends, have a great experience, renew your love of running (and your fellow runners), and maybe even get a free T-shirt.

— Shauna Griffin

## AT THE RACES

Race Name	Race Date	Runner's Name	Finish Time	Place	Age Group
North Hills 5K	9/8/2012	Hanan Moussa	29:18	3rd	F 50-54
Healthier Babies 5K	9/29/2012	Hanan Moussa	28:45	2nd	F 50-54
Carrboro 10K	10/6/2012	Craig Gilbert	44:20	3rd	M 50-54
Carrboro 10K	10/6/2012	Becky Trumbull	49:59	1st	F 50-54
Carrboro 10K	10/6/2012	Collie Fulford	55:54		
Lake Royale Triathlon	10/6/2012	Hanan Moussa	1:59:49	3rd	F 50-54
Lake Royale Triathlon (run portion)	10/6/2012	Hanan Moussa	34:49	3rd	F 50-54
Chicago Marathon	10/7/2012	Gary Moss	3:12:09	4th	M 60-64
New River 50K	10/13/2012	Halle Amick	5:51:53		
Bethel, NC Half-Marathon	10/13/2012	Peter Hessling	1:57:21		
Freedom's Run Half-Marathon, WV	10/13/2012	Christopher Boyce	1:41:44		
Triangle Run for Autism 5K	10/13/2012	Hanan Moussa	29:06	5th	F 50-54
Ales for Rail Trails	10/14/2012	Craig Gilbert	21:35	1st	M 50+
Ales for Rail Trails	10/14/2012	Becky Trumbull	24:32	1st	F 51+
Ales for Rail Trails	10/14/2012	Collie Fulford	20:06		
B2B Half Iron Triathlon	10/20/2012	Craig Gilbert	5:03:08	4th	M 50-54
Neuse River Bridge Run 10K	10/20/2012	Evan Milledge	57:54	9th	M 1-15
Atlantic City Marathon	10/21/2012	Randy Kauftheil	3:52:43	19th	M 50-59
Detroit Marathon Relay	10/21/2012	Mike Kelley	2:54:59	3rd	M/M
Ramblin' Rose Half-Marathon	10/21/2012	Roxanne Springer	1:45:06	2nd	F 45-49
Ramblin' Rose Half-Marathon	10/21/2012	Becky Trumbull	1:54:00	2nd	F 50-54
Ramblin' Rose Half-Marathon	10/21/2012	Collie Fulford	2:10:46		
Ramblin' Rose Half-Marathon	10/21/2012	Julie Horton	2:13:18	8th	F 55-59
Danville 5K	10/27/2012	Steve Mele	19:01	3rd	O/M
American Tobacco Trail 10 Miler	10/27/2012	Mike Kelley	1:05:02	1st	GM/M
American Tobacco Trail 10 Miler	10/27/2012	Gary Moss	1:08:43	1st	Grand Master Male
American Tobacco Trail 10 Miler	10/27/2012	Julie Horton	1:39:58	1st	F 55-59
American Tobacco Trail 10 Miler	10/27/2012	Hanan Moussa	1:44:39	3rd	F 50-54
Eno River Run 11 Mile Trail Race	10/27/2012	Becky Trumbull	1:44:58	1st	F 45-54
Eno River Run 11 Mile Trail Race	10/27/2012	Christopher Boyce	1:47:04		
Pumpkin Trail Run 4K	10/27/2012	Jay Smith	17:09	1st	M60+
Ridge to Bride Marathon	10/27/2012	Brian Tajlili	3:01:29	2nd	M 30-34

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Submit Your Results Online:

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

## AT THE RACES

Race Name	Race Date	Runner's Name	Finish Time	Place	Age Group
Wicked 10K	10/27/2012	Chris Capps	35:09	1st	M 20-24
Monster Dash 5K	10/28/2012	Andrew Scribner	19:06	1st	M 40-44
Free to Breathe 5K	11/3/2012	Andrew Scribner	19:21	2nd	M 40-44
Shut-In Ridge Trail Race	11/3/2012	Christopher Boyce	4:28:03		
Shut-In Ridge Trail Race	11/3/2012	Paul Wormsbecher	5:09:33		
Eve Carson 5K	11/3/2012	Mike Kelley	18:40	4th	O/M
NCHSAA 4A State Championship 5K	11/3/2012	Parker Burns	19:40		
City of Oaks Marathon	11/4/2012	Mike Kelley	3:12:09	1st	M 50-54
City of Oaks Marathon	11/4/2012	Steve Peters	3:51:32		
City of Oaks Marathon	11/4/2012	Cara Grout	4:08:22		
City of Oaks Marathon	11/4/2012	Hanan Moussa	5:50:57		
Anthem Richmond Marathon	11/10/2012	Jacob Sternfeld	4:24:00		
Disney Wine & Dine Half-Marathon	11/10/2012	Bill Beard	1:48:46	5th	M 60-64
Disney Wine & Dine Half-Marathon	11/10/2012	Julie Horton	2:10:44	10th	F 55-59
New Hope Turkey Run 4 Miler	11/10/2012	Jim Clabuesch	26:33	1st	M 45-49
Reagan Tune-up 2 Mile Race	11/10/2012	Matthew Schumacher	10:05	10th	
Outer Banks Buccaneer 5K	11/10/2012	Chris Capps	17:07	3rd	O/M
Outer Banks Buccaneer 5K	11/10/2012	Steve Mele	18:44	1st	M/M
Outer Banks Half Marathon	11/11/2012	Chris Capps	1:15:54	10th	O/M
Outer Banks Half Marathon	11/11/2012	Steve Mele	1:28:25	1st	M 45-49
Outer Banks Marathon	11/11/2012	Andrew Scribner	3:29:17		
Camp Chestnutridge 4 Mile Trail Run	11/17/2012	Matthew Schumacher	23:50*	1st	
Charlotte Thunder Road Marathon	11/17/2012	Chris Gould	3:57:33	1st	M 65-69
Inside-Out Sports 8K Turkey Trot	11/22/2012	Andrew Scribner	32:37		
Gallop & Gorge 8K	11/22/2012	Jim Clabuesch	29:38	3rd	M/M
Gallop & Gorge 8K	11/22/2012	Becky Trumbull	39:50	3rd	F 50-54
Gallop & Gorge 8K	11/22/2012	Collie Fulford	43:49		
Northern Central Rail Trail Marathon	11/24/2012	Halle Amick	4:12:27		

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

\* Course Record

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

## 2012 BLUE RIDGE RELAY RACE REPORT

Let's take care of the numbers for the Carolina Godiva Masters team in the September 2012 Blue Ridge Relay: First place masters for the fifth year in a row. Godiva finished over an hour ahead of the second place masters team, perennial rival Norm's Maggots. In fact, the masters team finished fourth overall, behind only the speedy (and young!) Asheville Running Collective, Knoxville Track Club and Charlotte Running Club.

The Godiva masters team tracks records for each leg and for overall time. The course varies from year to year; this year's course was about two miles longer than last year. Every year, records on individual legs are broken, and this year was no exception. The overall Godiva-held masters time record was never really in danger, in part due to the added overall length of this year's race.

But let me back up. The Blue Ridge Relay, for the uninitiated, is a 210-mile relay race that starts in Grayson Highlands State Park in Virginia, winds its way along the Blue Ridge, running through Blowing Rock and ultimately ending in Asheville. Teams compete in categories, based on gender and number of runners. Most teams have twelve runners, who rotate through three legs per runner, of various distances, from a little over two miles to around ten miles. Some teams compete as "ultra" teams, with six runners.

But enough of the numbers. While we keep track of numbers, and of course want to win, at the end of the day, the event really isn't about numbers. I am relatively new to relay events, to Godiva, and to team running competitions, so maybe I'm not the one to ask, or to write this. But here I am, so this is what I say. Here's what the Blue Ridge Relay is really about: a team competition in a sport that is so often a solitary pursuit. It's about meeting new, like-minded people, who have a driving passion for running, who want to perform to the best of their abilities, but who, at the end of the day, enjoy the process of getting to know one another, encouraging each other, and perhaps learning a bit about ourselves in the process.

It is human nature, when we are put together in stressful situations, to form bonds. It happens in the military, in disasters or catastrophes, on juries, and, I suppose, on reality TV. Whether contrived or real, these situations force us to forge and share connections, and the bonds we create are indeed real. And so it is with the Blue

Ridge Relay...which I'd have to say was somewhere on the continuum between catastrophe and reality TV.

And you know, I've gotten this far without mentioning the most compelling part of the whole event: the fun. It's such a blast: the joy on (at least some!) runners faces while they pushed themselves...the joy on runners' faces (while riding in the van!) while they watched their teammates grind through a tough leg...the unbridled encouragement everyone gave each other throughout the day...the pleasure of eating hot pancakes at 3am.

Not once have I ever heard someone complain (other than about their own running, which is allowed in small doses). I have never heard an argument or even a cross word. It wouldn't be hard to imagine a group of competitive, driven, in-it-to-win-it types, growing increasingly tired and sore, getting snarky with each other. But it simply doesn't happen. The positive vibe soars and we all ride the wave together.

It is worth mentioning that this year's team had the greatest number of returning runners of any year—9 from the 2011 team, 2 from previous Godiva masters teams, and 1 from a previous Godiva mixed team who just turned 40 this past year. Ulf has the longest streak—5 years now—having been on all 5 of the winning masters teams. Tim Meigs and Marty have been on four. It speaks much of the camaraderie we have that so many of us want to repeatedly suffer through multiple relay experiences.

A few snapshots from our journey:

- At one point, Ulf Andre was sleeping on the floor of the van, below the last bench in the van. We got to an exchange point so I could get out and run my leg. The team got out to give me a few words of encouragement, and then piled back in to get to the next exchange. The guys assumed Ulf was still sleeping on the floor of the van, but Craig Heinly, who was driving, decided to have someone make sure...but there was no Ulf. Unbeknownst to the rest of us, he had gotten out at the exchange point, and actually watched the van pull away. His solution was to jump in another van and catch our van at the next stop. Fortunately, our van returned in time to see him getting in another van. (I haven't mentioned this yet, but mobile phone coverage was virtually non-existent, so it would have been extremely difficult

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## 2012 BLUE RIDGE RELAY RACE REPORT

*(Continued from page 8)*

to find Ulf had we lost him there.)

- Speaking of wrong vans, at some point, Tim Pierce jumped into one of the ubiquitous white Econoline rental vans, and was about to drive off. Fortunately, Dave Schwerbrock noticed an unfamiliar runner sleeping in the back...oops, not our van!

- One of the large transition zones was at Tanger Outlets in Blowing Rock. There was a long line of port-o-johns near the runner exchange, and Dan Gardiner was getting ready to start his leg. He decided to squeeze in one last quick trip to the bathroom, given the estimated time of arrival of Dave Schwerbrock. Dave was speedy, however, and arrived a bit early, causing a lot of yelling and confusion. Tim Pierce eventually yanked Dan out of the port-o-john. [Note: Dan was allowed a bathroom break after his leg.]

- Colin Jones yelling “weeeeeeeeeee” all the way down an extremely long and extremely steep leg on the backside of the Hawk’s Nest mountain. Pure joy.

- Wayne Crews, though not exactly yelling “weeeee,” motoring up some seriously intense hills with a look of determination, not anger or frustration, was beautiful to see.

- Yours truly being followed for SEVEN miles by a coon dog. Upon our arrival at the exchange point, the volunteers checked his tags and exclaimed, “He’s from the next county over.”

- Watching Rob Wilson, too winded after his leg to properly enjoy the 3 a.m. pancakes in Pensacola, calmly enjoying them at the top of Hawk’s Nest while watching Tim Pierce labor up switchbacks too numerous to count.

- Marty Tomasi, at the end of a grueling leg, exclaiming “I wish I had bought the extended warranty on these body parts!”

- This year brought unseasonably warm weather on Friday, and I have never seen so many runners walking. But not Craig Heinly. He had a particularly tough leg in the heat of the day, and ran fast, absolutely ignoring his heart rate monitor. Despite the heat, we were still in the mountains on and near the Blue Ridge. The views are spectacular, and worthy of pause. It is worth noting just

how lucky we were to take part in such a neat experience with spectacular surroundings.

- Tim Meigs has captained the Godiva BRR team for a couple of years now, and his leadership, attention to detail, and encyclopedic knowledge of the course once again prevented any tactical mishaps.

- Speaking of leadership, Dave Schwerbrock helped Tim assign the legs, and volunteered for the final leg. Always a grueling assignment, it was compounded this year by the course being re-routed twice, extending it about two miles. Throw in the heat, and a decision to forgo his shirt on his first leg, coupled with the requirement that runners on the Blue Ridge wear reflective vests, even during the daytime, and Dave was certainly grateful for the ancient, rubber, sticky band-aids in the Godiva first aid kit. Be careful what you wish for, Dave!

- I’ll keep with me the memory of Bart Bechard, trail runner extraordinaire, bouncing along with a huge smile on his face, always.

I often wonder what the “locals” think of the BRR. I remember running through a vineyard last year and seeing a farmer and his sons working the fields, stopping to watch me. I imagine they had never—not once—run the road I was on. Though they travelled it daily, it was probably a foreign sight to see a person on that road, not sitting in a car or on a tractor. I don’t know where the volunteers come from who support this race, but I assume they are locals. They have embraced the BRR and all its craziness, and they handle everything that comes at them with grace and humor. The volunteers at this race—all 210 miles of it—treated us as guests in their “home.” Even after the race, off the course, the Asheville YMCA opened its doors to all runners for a hot, much needed and anticipated shower.

There was a time when I thought a relay race like this would be a neat experience, but not one I’d repeat. Well, I’m two years in, and already hoping I’ll secure a spot on next year’s team. I don’t think I’m the only one.

—Allen Baddour

Want to share a story about a race?  
Send your race report to:  
[newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org)

## WARRIOR ROAD RACE

The Webb High School Cross Country Team will host the Second Annual Warrior 4 Mile and 2 Mile Fun Run Walk on December 15. Start and finish will be located at Webb High School Oxford, NC. The event benefits the Cross Country program at Webb. In conjunction, a non-perishable food drive will be held to benefit the ACIM Food Pantry. Participants and volunteers are urged to bring canned and boxed goods for donation. Portions of the proceeds acquired from the production of the Warrior 4 and 2 Mile will be used to purchase uniforms for the Northern Granville Middle School team. Northern Granville will attempt to field a cross country team for fall of 2013 season. Additionally, a portion of the event's proceeds will be donated to the Masonic Home for Children in Oxford.

Pre-registration is available until December 10. Entry fee for those 18 and under is only \$10 for either the 4 or 2 mile event. Adult pre-registration entry fees are \$25 for the 4 mile run and \$15 for the 2 Mile run/walk. Pre-registered entrants are guaranteed a long-sleeve T-shirt. Day of event entry fees increase by \$5 for adults. Pre-registration is also available online by using [active.com](http://active.com) or [sportoften.com](http://sportoften.com).

Registration will begin at 7:30 AM December 15 inside the Webb gym. The 4 Mile run starts at 9:00 AM and the 2 Mile run will start at 10:00 AM. The 4 Mile course is certified for accuracy in distance by USATF. Both the the 4 and 2 mile events are sanctioned by USATF. The Warrior 4 and 2 mile are part of the Granville Road Race Series.

Several local businesses have already contributed to the production of the race including: Steve's Lawn and Garden, Shearin's Tire Service, A&A Cleaning SVC, Granville Insurance, Granville Recycling Center, **Carolina Godiva Track Club**, Bryan's Soil&Stone, Black Belt World and Goose River Graphics and Book Design. The Granville County Sheriff's Department will provide traffic control.

For more information on registration, volunteering or on becoming a sponsor, please contact race director Kevin Rumsey at 919-702-6189 or [rumminator@aol.com](mailto:rumminator@aol.com) or Chris Crowder at 919-603-4974 or [chriscrowder2007@yahoo.com](mailto:chriscrowder2007@yahoo.com).

— Chris Crowder

## RACE CALENDAR

### December 8th

Table Rock Ultras—Nebo  
Jolly Elf Trail Run—Cary  
Reindeer Run 5K—Pittsboro  
Jingle Bell LEAP 5K—Durham

### December 15th

Reindeer Romp 5K—Cary  
RTP Race in the Park Holiday 5K—Durham  
Triad Jingle Bell Run—Jamestown  
Ryan's Reindeer 5K—Fayetteville

### December 22nd

Naughty or Nice 10K & 5K—Wilmington

### December 31st

R.I.T.N.Y. 5K—Cary  
Freedom Park New Year's Ultra 24Hour—Morganton

### January 1st

Commitment Day 5K—Raleigh

### January 5th

Salem Lakeshore Frosty 50K Trail Race—Winston-Salem  
Neusiok Trail Run (110K, 43M, &21.5M)—Havelock  
Ocean Isle Half-Marathon & 5K—Ocean Isle

### January 12th

Lakeside 15M & 8M Trail Race—Greensboro

### January 13th

Run for Young 5K—Raleigh

### January 19th

Weymouth Woods 100K Trail Run—Southern Pines  
Little River 10M and 7K Trail Runs—Hillsborough

## Second Annual Warrior 4 Mile and 2 Mile Fun Run/Walk

**December 15, 2012      Webb High School Oxford, N.C.**

**Sanctioned by USATF, 4 Mile USATF Certification NC-11115-PH**

**7:30 A.M.      Late Registration Begins in Main Gym**

**9:00 A.M.      4 Mile Run      Entry Fee \$25 (\$30 on race day)**

**10:00 A.M.      2 Mile Run/Walk      Entry Fee \$15 (\$20 on race day)**

**(18 year old and younger fee for individual events only \$10 through race day)**

Proceeds will benefit the Webb Cross Country Team, ACIM Food Pantry,  
and the Masonic Home for Children.

Food Drive: Please bring non-perishable food items to event for donation.

*Sponsors include: A&A Cleaning SVC, ACIM Food Pantry, Black Belt World, Bryan's*

*Soil and Stone, Carolina Godiva Track Club, Goose River Graphics and Book*

*Design, Granville Insurance, Granville Recycling Center, Shearin's Tire*

*Service, Steve's Lawn and Garden, and WISZ-1450 AM.*

*The Granville County Sheriff's Department will provide traffic control.*

*For more information, please contact Chris Crowder, 919-603-4974,*

*chriscrowder2007@yahoo.com, or Kevin Rumsey 919-702-6189, rumminator@aol.com*



### Awards

**Warrior 4 Mile:** Top three overall male and female finishers will receive trophies. The top three male and female finishers in the following age groups will receive medals: 12 and under, 13-14, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+

**Warrior 2 Mile:** Although everyone is invited to participate in the Warrior 2 Mile Fun Run and Walk, awards will be given to the top three male and female finishers in the following age divisions only: 10 and under, 11-12, 13-14.

**Registration Available at [active.com](http://active.com) and [sportoften.com](http://sportoften.com) or Use this Form.**

Make checks payable to Webb High School Cross Country. Send form and check to Kevin Rumsey, Webb High School,  
3200 Webb School Road, Oxford, NC 27565

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email address \_\_\_\_\_ Phone number \_\_\_\_\_

Sex (circle)    Male    Female    Age on 12-15-12 \_\_\_\_\_ T-Shirt Size (circle)    S    M    L    XL

Entry fee: (Check beside event)

4 Mile: 18 and under \$10 \_\_\_\_\_      4 Mile postmarked by 12-10-12 \$25 \_\_\_\_\_ day of \$30 \_\_\_\_\_

2 Mile: 18 and under \$10 \_\_\_\_\_      2 Mile postmarked by 12-10-12 \$15 \_\_\_\_\_ day of \$20 \_\_\_\_\_

I realize that road races can be a hazardous activity and I and my heirs, executors, administrators, and assigns do hereby release the organizers of The Warrior 4 Mile and 2 Mile Run/Walk, Webb High School, the Granville County Sheriff's Department, the sponsors, and all who are associated with the Warrior 4 Mile and 2 Mile Run/Walk from responsibility for any damages suffered by me as a result of my participation in the above event. By signing I attest that I am in sufficient physical condition to safely participate in the event on December 15, 2012 and that I take full responsibility for my own safety during the event. I also attest that I have read and understand all details of waiver and agree to obey law enforcement officers and abide by the restrictions listed above. No animals (except seeing-eye dogs), skates, or bicycles are allowed in the event area in the interest of safety. Portable music players are discouraged. No refunds.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian signature if less than age 18: \_\_\_\_\_ Date: \_\_\_\_\_

## NOVEMBER BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on November 13, 2012. Attendees included President Halle Amick, Jim Clabuesch, Jamie Lewis, Aline Lloyd, Jenn Renn, Doug Hensel, Barbara Hindenach, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

In the absence of our treasurer, haberdasher, and newsletter editor, there were no reports on those subjects. Jim reported that membership is “percolating along.”

Doug gave us an update on the Winter Series. The first two races were “awesome successes.” For the next race, Couch Mountain, we have the medical support personnel in place as required by Duke Forest.

Doug also led a brief discussion on recruitment of an incoming Vice President for next year. Several potential candidates have been identified. Look for an announcement at the December holiday pizza party.

In absentia, Kevin Nickodem reminded us of the USA Track & Field, Inc. requirement for Board members to be individual USATF members. Gary clarified that the requirement applies only to our elected Board members—President, Vice-President and Treasurer. As in the past, the Club will reimburse those officers for the membership cost.

We learned that Gordon Keeler has located a new and less costly paper supplier for the Club's race timing machine. It is *Not Just Paper*, located on Main Street in Durham near Brightleaf Square.

Halle went through the procedures to be followed for the upcoming selection process for Runners of the Year and Volunteer of the Year. There will be an announcement with some details at the December holiday pizza party. Nominations will com-

mence thereafter.

We discussed a setback in the ongoing efforts to resurrect the race formerly known as Coach Bubba. Although we have several volunteers offering to assist, we have not been successful in finding a race director. In view of this fact and the relatively late date, the consensus of the group was that it was not feasible to put together a race of this magnitude for February 2013. Efforts will continue to resurrect the race in the future.

Halle asked for input in how to “energize our base.” This resulted in an extended and thoughtful discussion on how to get more Club members to be willing to step into leadership roles or, at least, offer to participate as volunteers at Club events and activities. Several ideas were raised, such as a volunteer mentoring program to teach the ropes of how to, for example, serve as a race director or event leader. We also considered holding a social event for Club members, where a variety of volun-

teering opportunities could be presented and explained to the attendees. Halle offered to take the lead

on this following the expiration of her term as President in December. Please consider helping out your Club in the coming year.

The meeting adjourned at 7:59pm.

— Henry Blinder

## THANKS TO OUR NOVEMBER CONTRIBUTORS

This newsletter wouldn't exist without contributions from:

Halle Amick, Henry Blinder, Jim Clabuesch, Walter Fowler, Doug Hensel, Gary Schultz, and everyone who submitted race results!

## MISERY RUN 2012 RECAP

Well, drat. We had a warm sunny day for the cross-country trail race this year. This was our 17th year at Luke's Pepper Hill Farm. The number of finishers has been trending down the last couple years, from a high of 88 in 2010, to 75 last year, to 48 this year. I am not sure why that is, maybe folks are as tired of the un-miserable weather as Luke and I are. Maybe the hay bales, cow manure, downed trees, and nearly six miles of strength sapping race course is just becoming too much for the current crop of area runners. Who's to say? We'll likely try putting on the race again next year, pending club decisions on insurance related matters.

Thank you, thank you, thank you to our helpful and happy volunteers. They include, but are not limited to (since I lost track of some of them): Cara Grout, Denise Larson, John Jewell, Richard Wolfe, Alan Schumacher, Jim Reagan, Randy

Kauftheil, Alison Gracey, Ronnie Weed, Jen Howard, Owen Howard, Avery Howard, Aline Loyd, Karla Henderson, Laura Heyneman, and Mike Kelley. Shannon Johnstone took some fabulous pictures. The super number one brains-behind-the-scenes volunteer was and is Carolyn Huettel. Thanks especially also to Luke Lucas for the use of his home and the hard work on clearing and devising the race course.

— Jim Clabuesch



## MISERY RUN 2012 RESULTS

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)	
				Hr.	Min.	Sec.	Hr.	Min.	Sec.		
1	George Linney	37	M	0	39	0	0	38	37	23	1st O/M
2	Dave Mabe	37	M	0	41	0	0	39	38	82	
3	Ronnie Weed	37	M	0	44	9	0	39	58	251	
4	John Powers	19	M	0	50	0	0	40	16	584	
5	Anthony Corriveau	42	M	0	42	0	0	41	45	15	1st M/M
6	Barton Bechard	48	M	0	41	50	0	41	50	0	1st Best Predictor
7	Joan Mabe	50	F	0	42	1	0	45	22	-201	1st Overall Female
8	Nancy Kaiser	41	F	0	44	0	0	45	47	-107	1st Master Female
9	Alexander Kenan	20	M	0	48	30	0	46	38	112	
10	Kurt Rosenkrantz	40	M	0	48	0	0	47	51	9	3rd Best Predictor
11	Owen Astrachan	56	M	0	48	3	0	48	22	-19	
12	Jordan Baker	18	M	0	36	0	0	48	55	-775	
13	Kevin Gauger	38	M	0	55	0	0	51	38	202	
14	Kim Chapman-Page	34	F	0	58	23	0	51	57	386	

*(Misery Run Results are continued on page 14)*

## MISERY RUN 2012 RESULTS

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)	
				Hr.	Min.	Sec.	Hr.	Min.	Sec.		
15	Paul Wormsbecher	51	M	0	53	0	0	53	3	-3	2nd Best Predictor
16	Mario Bonk	49	M	1	0	0	0	53	19	401	
17	John Haws	43	M	0	53	7	0	53	22	-15	
18	Rietta Couper	54	F	0	38	2	0	53	24	-922	
19	Alicia Morelli	30	F	1	0	0	0	53	27	393	
20	Tom Hoerger	53	M	0	52	0	0	53	47	-107	
21	Brent Baker	40	M	0	55	48	0	53	53	115	
22	Richard Smith	59	M	0	58	0	0	54	24	216	
23	Karen Murphy	33	F	0	56	4	0	55	4	60	
24	Dorit Hammerling	38	M	1	1	27	0	55	24	363	Middle Finisher
27	Chris Gould	68	M	0	59	59	0	57	28	151	Oldest Finisher
28	Becky Trumbull	52	F	0	55	0	0	58	37	-157	
29	Hernan Silva	48	M	1	0	0	0	59	51	69	
30	Melissa Lee	34	F	1	10	10	0	1	50	620	
31	Sara Sousa	41	F	1	3	12	1	1	21	111	
32	Greg Sousa	43	M	1	3	0	1	1	22	98	
33	Tom Kirby	59	M	0	57	8	1	1	29	-261	
34	Jim Hotelling	65	M	0	51	5	1	1	39	-634	
35	Frank Rexford	53	M	0	58	0	1	1	50	-230	
36	George Retsch-Bogart	60	M	1	5	0	1	2	29	151	
37	Leo Kaiser-Potter	10	M	1	6	0	1	3	15	165	
38	Aline Loyd	41	F	1	20	0	1	5	14	886	
39	Mickey Lackey	67	M	0	59	59	1	5	35	-336	
40	Ryan Lynch	8	M	1	0	0	1	6	12	-372	Youngest Finisher
41	Scott Lynch	44	M	1	0	0	1	6	16	-376	
42	Halle Amick	35	F	1	9	59	1	6	17	222	
43	Steve Munsat	47	M	1	2	0	1	6	51	-291	
44	Barbara Hindenach	61	F	1	10	10	1	17	9	-419	
45	Chris Selvaggi	44	M	1	7	0	1	17	13	-613	
46	Richard Wolfe	74	M	1	54	30	1	22	4	1946	2.5 loops
47	Susan Slade	56	F	1	15	2	1	22	20	-438	
48	Alexandra Garcia-Granados	49	F	1	15	0	1	28	4	-784	

# 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!

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!