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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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**DEADLINE FOR
MARCH
NEWSLETTER:
FEBRUARY 15TH**

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CAROLINAGODIVA.ORG**

EXTREME WEATHER

When I signed up for the Frosty Foot 30K this year, I didn't expect to be wearing only shorts and a t-shirt with the desire to lose my shirt halfway through the race. It has been a very unusual winter in Durham, as the cold weather that is supposed to occur at this time of year has yet to show itself. Sure there have been some cold days, but nothing too severe. Not that I'm complaining. I've had my fair share of crappy weather in the past, so I welcome the mild winter so far.

In 2007, I had a friend who was living in Boston. I convinced him to drive me to Derry, New Hampshire so that I could run the Boston Prep 16-miler in January. It was cold. No, it was extremely cold. I had never run in temperatures like this. I waffled on how many layers to wear, settled on three shirts, and headed out of the warm school to the starting line. There, I was surprised to see so many people wearing ski masks and covers over their faces.

I was surprised to see so many people wearing ski masks and covers over their faces.

To start with, the race was going well. I chuckled as ice formed in the little cups of water at the aid stations. But it wasn't so funny when I reached for one of the water bottles tucked into my fuel belt. The top was frozen shut. I panicked, and made the error of unscrewing the top while in motion. This resulted in freezing water pouring over my already frigid gloved hand. And it took me about ten miles to learn why you cover your face in the winter: my face was numb and tingly from the conditions. It would take a long time after finishing the race until I could feel all of my body parts again.

(On a side note, I have yet to understand the foolhardy types who dress in shorts and a t-shirt and a pair of cotton gloves in winter. Perhaps this is a technique used to intimidate the competition at

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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 10% 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

SEEKING NOMINATIONS FOR... GODIVA RUNNER OF THE YEAR

Godiva runners! There's still time to submit your nominations for the club's 2012 Runners of the Year. As usual, there will be one male and one female runner of the year, so if there are people you think deserve the accolades, make sure to go to <http://www.carolinagodiva.org> and click on the link on the left to submit your nominations.

THANKS TO OUR FEBRUARY CONTRIBUTORS

In no particular order, thanks for February contributions go to: Doug Hensel, Tom Kirby, Aline Lloyd, Patrick Bruer, Richard Smith, Halle Amick, and Gary Schultz.

WINTER SERIES STANDINGS

Curious about your standings in the Winter Series? You can find that information at the CGTC website: go to <http://www.carolinagodiva.org> and click on the big red Winter Series Standings button!

LOOKING FOR PACERS... GODIVA RUNNING START 2013

Seven years ago my daughter Gwendolyn had a great idea: join Running Start. I was unaware of the program even though my husband John was an active Godiva member. Strangely enough, I had gone to the Winter Series events to support John, but it didn't dawn on me that the Carolina Godiva Track Club had many other things to offer...like Running Start.

This year, Aline Lloyd and Halle Amick will direct the Running Start program. We will kick off during the last week of March and will end with a final timed Saturday 5K race at the Duke Al Buehler Cross Country Trail.

We are seeking pacers of all levels to mentor the trainees during the eleven-week program. Not much is required: a watch, commitment, and patience because from experience, it is difficult to run for one minute if you have never run that far before.

Training locations will be at Duke Al Buehler Cross Country Trail, American Tobacco Trail, RTP and Chapel Hill. We will be training three days a week: either Monday and Wednesday evenings or Tuesday and Thursday

GODIVA RUNNING START 2013

Has a running moment ever inspired you? An event that changed your perspective? An athletic challenge or accomplishment that stands out in your memory? If so, don't keep it in—share it with your fellow Godivans! We're always looking for member contributions to the newsletter, be they race reports, running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain us.

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

- ◆ What was your proudest moment as a runner?
- ◆ What was the lowest moment you've experienced as a runner—and how did you overcome it?
- ◆ What's your "bucket list" event—the one you hope to do before you're no longer running?
- ◆ Why did you start running in the first place?

Send your stories to newsletter@carolinagodiva.org, and we'll do our best to print them!

evenings, with everyone running Saturday mornings at Duke Al Buehler Cross Country Trail.

I am thankful of my pacer/mentor, Kathy Boon, who guided me through my program. Without her I would have never been able to run and without CGTC, I wouldn't have continued running. Halle and I are also grateful to Gary Schultz for his many years of dedication to the program and his guidance during this transition.

Please contact me at alinekj@yahoo.com and let me know which location(s) and evenings you prefer! Spread the word about the program to your friends, family, co-workers, church members, and everyone else! More details about the program for trainees will appear in next month's newsletter.

—Aline Lloyd



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

CALLING ALL UMSTEAD VOLUNTEERS!

We here in marathon land are gearing up for another great day in the park this March and are looking forward to again having our fabulous Godiva members back as volunteers!

This year's race is Saturday, March 2, 2013, and we're looking for folks for all sorts of duties from parking in the early morning to course monitors and aid stations during the day to finish line workers and clean up crew, so there's a job for every schedule/sleep pattern!

If you're available and willing to help out, please visit our sign up page at <http://www.umsteadmarathon.com/index.php?page=volunteer> and let us know your details.

As usual, volunteers will receive our super awesome technical shirts with this year's mystery critter on front.

Thanks, in advance, for your help!!

— Karen Murphy

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)	8:00 a.m.	Duke Forest, at Gate 3, just north of the 751/Erwin Rd. roundabout intersection	Duke Forest trails and roads, the same routes used by the MTP program. Mileages of 7+ available.	Gordon Keeler, 479-4965
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)

(Continued from page 1)

races. Or perhaps if they can't feel the cold chilling their bones after an hour, maybe they can't feel muscle soreness set in. Or, maybe they're moving so quickly that the thought doesn't cross their mind. The closest I've come is to go without long tights. Some day I'll need to be brave and try it on a 5K course and see if my time improves, or if I only get some odd looks.)

On the other hand, in the summer of 2005, I convinced a number of individuals to sign up for what appeared to be a strenuous half marathon in Western Pennsylvania. I did not know how hot and humid the summers could be in the area. The race start was 9:00am, and a bank clock was reporting temperatures of around 95 degrees by 8:30. The course was a grinder with steep hills, steps, and a very heavy 13 miles. I felt like I'd melt making my way through the woods. I hydrated the best I could at the aid stations, but it did little to cool my body down, or energize my legs. By the time I reached the finish line I had recorded my slowest half marathon time to date. Several things contributed to it, but the high temperatures were a leading factor. I would do the race again though, and be disappointed if it were not crazy hot.

If you ask a runner his or her favorite weather to run in, you'll normally get a very straightforward response. It comes down to two camps: hot or cold. It probably has a lot to do with where you were raised. I am from the Ohio Valley, which experiences all four seasons, but none of them too extreme. Nothing like the Midwest folks with

It comes down to two camps: hot or cold.

their sub-zero wind chills, or the Florida natives who could fry an egg on a black-surfaced running track. I'm proba-

bly getting soft in my old age, but my ideal conditions are mid 50's with overcast skies. Since around the Triangle the summers are more extreme than the winters, summers are probably the hardest to acclimate to for people who move to the area. It is not unusual to see runners disappear for

a few months and then reappear out of nowhere. All you can do is reassure them that they will get used to it next year.

While I'm not a fan of running in really hot weather or really cold weather, I know it won't kill me. It is not always

Sure it isn't safe to leave my dog outside for more than ten minutes, but I'm happy to spend a couple of hours doing physical activity in the sweltering heat.

pleasant, but I think runners are cut from a tougher cloth than most. My coworkers know that I'm an avid runner, and when the temperature changes I get the same question in the break room: Are you still running? I smile a little, and answer confidently that I am. It would seem odd at this stage of my running pursuits to not run in the hot, cold, dark, etc. I don't even flinch when the news stations post the summer heat advisories. Sure it isn't safe to leave my dog outside for more than ten minutes, but I'm happy to spend a couple of hours doing physical activity in the sweltering heat.

You don't have to leave the area to experience the joys of running in the summer or winter. The CGTC provides ample opportunity thru the summer track meets and Winter Series races. Each series of events is unique and inviting enough to get you outside and into the weather that you would most like to avoid. The Winter Series still has two more races before the season ends, and May (and summer track) will be here before you know it. Don't sit at home in a climate-controlled environment—come out and spend time with others among the elements. You won't regret it, and you'll probably come to enjoy it. At least you won't be suffering alone.

— Doug Hensel

NEW YEAR'S DAY 8K RUN 2013

We had 103 finishers on a damp, blustery New Year's Day, better for running than volunteering. Many thanks to the hearty souls who helped out: Daniel Archibald, Owen Astrachan, Jane Bruer, Jim Clabuesch, Chris Crowder, Gordon Keeler, Daniel Kenan, Jamie Lewis, Emil Malizia, Kevin Nickodem, Jim Reagan, Jennifer Renn, Charlie Schaefer, Gary Schultz, Sara Sousa, Jerry Suhr, Cathy Wides, and Richard Wolfe.

—Patrick Bruer



1	Carl Ward	M	20	31:40	53	Marten Warters	M	33	43:37
2	Luke Paulson	M	20	31:40	54	Sandra Cooke	F	33	43:45
3	Michael Cunningham	M	19	31:40	55	Brent Baker	M	40	44:29
4	Fred Ward	M	20	31:40	56	Alan Schumacher	M	55	44:34
5	Craig Heinly	M	44	32:00	57	Jim Hotelling	M	65	44:49
6	Ronnie Weed	M	37	32:28	58	Kathy Merritt	F	58	44:54
7	Mike Kelley	M	53	33:12	59	Gordon Keeler	M	57	45:25
8	Roderick Rose	M	38	33:20	60	Maria Archibald	F	19	45:37
9	Jim Clabuesch	M	47	33:43	61	Zan Lowe-Skillern	M	20	45:37
10	Barton Bechard	M	48	33:46	62	Dana Hornkohl	F	44	46:03
11	Kyle Nickodem	M	24	33:48	63	Vickie Schudel	F	38	46:34
12	Brett Kirby	M	32	33:52	64	Greg Sousa	M	43	46:34
13	Steve Mele	M	47	34:13	65	Laurin Easthom	F	48	46:35
14	Jeff Hall	M	48	34:26	66	Anthony Landauer	M	49	46:37
15	Ethan Caldwell	M	39	34:43	67	Jerry Harris	M	72	46:50
16	Shannon Capps	F	27	35:12	68	Gary Pohl	M	64	47:14
17	Steve Thomson	M	53	36:21	69	Claire Thomson	F	25	47:20
18	Brian Tajlili	M	30	36:23	70	Frank Rexford	M	53	47:32
19	Douglas Hensel	M	39	36:29	71	Michele Rivera	F	42	47:51
20	Alexander Kenan	M	20	36:53	72	Brandy Burns	F	37	48:07
21	Joe Drommer	M	42	37:01	73	George Retsch-Bogart	M	60	48:18
22	David Kaminski	M	43	37:14	74	Carolyn Huettel	F	48	49:06
23	Dale Fleck	M	48	37:14	75	Allan Brunner	M	49	49:12
24	Chris Lowden	M	43	37:21	76	Halle Amick	F	35	49:18
25	Rietta Couper	F	53	38:05	77	Katya Prince	F	47	49:39
26	Dean Forbes	M	30	38:20	78	Mickey Lackey	M	68	49:44
27	Hernan Silva	M	49	39:15	79	Steve Munsat	M	48	50:02
28	Ken Gauger	M	35	39:20	80	Carol Scheible	F	49	50:02
29	Mark Dessauer	M	45	39:27	81	Ellie Breitfeld	F	14	50:10
30	Eric Teagarden	M	60	39:41	82	Julie Messina	F	35	50:42
31	Candy Herrick	F	42	39:53	83	Collie Fulford	F	46	51:25
32	Paul Wormsbecher	M	51	39:54	84	Robin Lowe-Skillern	F	16	52:32
33	Ken Soo	M	54	40:01	85	Charles Alden	M	66	53:15
34	Robert Moody	M	49	40:19	86	Thea Lance	F	15	53:16
35	Richard Smith	M	59	40:26	87	John Jewell	M	56	53:21
36	James Easthom	M	49	40:41	88	Alfred Kleinhammes	M	61	54:06
37	Kim Chapman Page	F	34	40:52	89	Susan Slade	F	56	54:10
38	Laura Heyneman	F	49	41:06	90	Peter Klein	M	50	54:10
39	John Northen	M	62	41:35	91	Jeannie Shotwell	F	37	54:11
40	Anna Kenan	F	16	41:36	92	Barbara Hindenach	M	61	54:43
41	Ray Dooley	M	60	41:45	93	Tom Kirby	M	59	54:45
42	J. Brad Shotwell	M	36	41:59	94	Chris Selvaggi	M	44	54:47
43	Michael Fiocco	M	50	42:31	95	Peter Skillern	M	49	55:41
44	Eric Ward	M	52	42:47	96	Leah Harkness	F	39	56:06
45	Karen Murphy	F	34	42:57	97	Jenny Boyce	F	34	56:06
46	Alison Gracey	F	52	42:57	98	Erin McIntee	F	32	56:28
47	Tom Hughes	M	47	43:14	99	Hona Lee Harrington	F	49	56:37
48	Christopher Boyce	M	38	43:20	100	Gerty Ward	F	52	58:10
49	Becky Trumbull	F	52	43:22	101	Louise Guardino	F	72	58:33
50	Hendrik Joubert	M	56	43:31	102	Katie Biasi	F	38	58:33
51	Andrew Harris	M	12	43:31	103	Alexandra Garcia-Granados	F	50	65:18
52	Randy Kauftheil	M	54	43:36					

ENO EQUALIZER 2013

January 20th—Eno River State Park

Race Conditions: Clear and sunny, muddy underfoot, temperature about 50

Friday before the race, the Triangle was under an inch of snow with many icy roads, but by the weekend the weather had warmed up significantly and the only aftermath of the snow was a lot of mud on the course.

By the now-established rules of this race, each runner was assigned an individual handicap by the race director, but the members of each team were allowed to trade their handicap times so long as the total handicap of the team remained the same. The team consisting of Vickie Schudel, Dean Forbes and Hernan Silva chose to leave well enough alone and were rewarded by being the first team overall. Several teams did choose to adjust their handicaps, and not all of them did better as a result. Congratulations to all the finishers and many thanks to the volunteers: Chris Crowder, Kevin Gauger, Chris Gould, Daniel Kenan, Hanan Moussa, Jim Reagan, Sara Sousa, Gary Schultz, and Richard Wolfe (photographer).

—Richard Smith, Race Director

Team Place	Name	Assigned Handicap	Actual Handicap	Finish Time	Net Time	Team Time
1	Vickie Schudel	15:00	15:00	24:18	39:18	25:29
	Dean Forbes	08:30	08:30	24:26	32:56	
	Hernan Silva	09:00	09:00	25:29	34:29	
2	Denise Larson	12:30	12:30	24:46	37:16	26:14
	Steve Munsat	16:30	16:30	25:35	42:05	
	Brian Tajlili	05:00	05:00	26:14	31:14	
3	Kim Chapman-Page	08:30	08:00	26:34	34:34	26:47
	Thomas Maunz	08:30	08:00	26:43	34:43	
	Barbara Hindenach	21:30	22:30	26:47	49:17	
4	Bart Bechard	02:00	05:00	24:49	29:49	27:02
	Mike Broome	08:30	07:30	24:50	32:10	
	Carolyn Huettel	14:00	12:00	27:02	39:02	
5	Alison Gracey	10:30	12:30	23:03	35:33	27:03
	Ethan Caldwell	05:00	05:00	23:17	28:17	
	John Jewell	18:30	16:30	27:03	43:33	
6	Tony Landauer	14:00	14:00	24:22	38:22	27:55
	Paul Wormsbecher	09:00	09:00	25:32	34:32	
	Mike Kelley	02:30	02:30	27:55	30:25	
7	Alexander Kenan	06:00	06:00	23:06	29:06	28:18
	Louise Guardino	22:30	22:30	26:18	48:48	
	Christopher Boyce	10:00	10:00	28:18	38:18	
8	Doug Hensel	05:00	03:40	27:30	31:10	28:31
	Karla Henderson	20:30	21:40	28:30	50:10	
	Tom Kirby	10:30	10:40	28:31	39:11	
9	Chris Selvaggi	22:30	22:30	19:42	42:12	30:09
	Martin Warters	10:30	10:30	24:52	35:22	
	Lewis Hendricks	04:00	04:00	30:09	34:09	
10	Chris Gould	11:00	11:30	24:05	35:35	31:07
	Gabi Huiber	13:00	11:30	28:28	39:58	
	Eric Boyer	04:00	05:00	31:07	36:07	
11	Cara Grant	11:30	11:30	25:20	36:50	31:07
	Susan Carl	20:00	20:00	30:47	50:47	
	Justin Meehan	05:00	05:00	31:07	36:07	
12	Julie Messina	17:00	17:00	24:25	41:25	34:46
	Ronald Garcia-Fogerty	05:00	05:00	28:44	33:44	
	Lisa Varona	11:00	11:00	34:46	45:46	

PREVIEW: GEEZER PLEEZER 4-MILE RUN

Time: Sunday, Feb. 10th, 10:00 a.m.
Place: Friends School (main campus),
 4809 Friends School Rd., Durham
 (off Mt. Sinai Rd)
Registration: Day of race, 9 – 9:50 am
Co-Directors: Gary Schultz and Peter Klopfer

ages 10 and 59, and female runners, ages 13 and 45, all have the same lead start-time: 5:30.

Every 15 seconds from the highest lead time downward, the successive runners set out until the count-down clock reaches 0:00, at which point the remaining males, 21-31, depart and the clock starts its upward count. Your finish time from that zero-transition point is recorded as you cross the finish line. The first runner to cross the line wins.

How It Works:

The event uses a so-called *Portsmouth Start*. All runners get a starting-time offset, based on published World Masters Athletics (WMA) performance standards for age and sex. At the start of the race, we'll begin counting *down*, from the highest offset time represented among the registered runners, to *zero*. For example, as shown in the *Start-Time Offsets* table below, male runners,

The day's top ten get chocolate prizes. Refreshments for all.

Contact gary.schultz@frontier.com if you'd like to *volunteer*. We always need help.
 —Gary Schultz

GEEZER PLEEZER START-TIME OFFSETS*

Offset (minutes)	20 ¾	20 ½	20 ¼	20	19 ¾	19 ½	19 ¼	19	18 ¾	18 ½	18 ¼	18	17 ¾	17 ½	17 ¼	17	16 ¾	16 ½	16 ¼	16	15 ¾	15 ½	15 ¼	15	14 ¾	14 ½	14 ¼	14	
Males (age)	84	83	82	81	80	79	...	
Females (age)	74	73	72	71	70	69	...	68	67	...	66	65	...	64	
Offset (minutes)	13 ¾	13 ½	13 ¼	13	12 ¾	12 ½	12 ¼	12	11 ¾	11 ½	11 ¼	11	10 ¾	10 ½	10 ¼	10	9 ¾	9 ½	9 ¼	9	8 ¾	8 ½	8 ¼	8	7 ¾	7 ½	7 ¼	7	
Males (age)	...	78	5 77	76	75	...	6 74	...	73	...	72	...	7	71	...	70	69	...	68	8 67	66	65	64
Females (age)	5	63	62	...	6 61	...	60	...	59	...	7 58	...	57	56	...	8 55	...	54	...	9 53	52	...	51	10	50	49	
Offset (minutes)	6 ¾	6 ½	6 ¼	6	5 ¾	5 ½	5 ¼	5	4 ¾	4 ½	4 ¼	4	3 ¾	3 ½	3 ¼	3	2 ¾	2 ½	2 ¼	2	1 ¾	1 ½	1 ¼	1	0 ¾	0 ½	0 ¼	0	
Males (age)	63	9 62	...	61	60	10 59	58	57	56	11 55	53 54	52	12 51	50	49	13 48	47	14 45	44	15 43	42	16 40	17 39	38	18 36	19 34	20 32	21 31	
Females (age)	11	48	12 47	46	...	13 45	44	14 43	15 42	16 41	17 39	17 37	18 35	19 34	

* Additional offsets up to age 100 available if needed.

GEEZER PLEEZER ALL-TIME TOP TEN (2001-2012)*

Name	Sex-Age	Actual Time	Age Grade	Year	Name	Sex-Age	Actual Time	Age Grade	Year
1 Cathy Wides	F62	28:48	89.77%	2012	6 Henry Blinder	M57	25:42	79.43%	2009
2 Kevin Nickodem	M48	23:02	82.31%	2005	7 Jim Clabuesch	M42	22:49	79.32%	2007
3 Abie Harris	M75	30:25	81.37%	2009	8 Barb Mathewson	F51	28:10	79.05%	2001
4 David Couper	M51	24:15	80.09%	2006	9 Louise Guardino	F71	37:58	78.44%	2012
5 Glenn Dennis	M57	25:37	79.69%	2007	10 Jerry Harris	M64	28:04	77.36%	2004

* Revised to conform to the current WMA age-grading standard.

JANUARY 2013 MEETING MINUTES

The regular monthly business meeting was called to order around 7:04pm on January 8, 2013. Attendees included President Doug Hensel, Jeff Hall, Brandy Burns, Tom Kirby, Barbara Hindenach, Carolyn Huettel, Jim Clabuesch, Patrick Bruer, Kevin Nickodem, and your substitute scribe, Halle Amick.

Membership is, as usual, holding steady. Also as usual, the Club is in good financial shape. Treasurer Kevin Nickodem highlighted a few items on his 6-month report: spending on the monthly print newsletter is down about a third, owing largely to members exercising the “green option” of receiving the newsletter in electronic format rather than print. We do still qualify for the bulk mail rate, as we still send out at least 200 pieces each month. Our income is up at the moment, due mainly to the Umstead Marathon registrations, though no Umstead-related expenses have been reported yet. There was neither income nor revenue expense for MTP in 2012. Overall, we are in good shape and are “up” \$1,400 from where we were at this time last year.

Having pointed out that we’d neglected to do so last year, Carolyn made a motion to donate \$1,500 of the 2012 Umstead Marathon proceeds to the Umstead Coalition. The motion was seconded and unanimously approved.

Haberdasher Jeff Hall reported that our last hat order was in 2006 and that we might consider placing another sometime soon. The same hats as last ordered are still being offered at a cost of \$8 each, but we will need to pay the setup fee again for the artwork, as it has been long enough that the company no longer has it on file. That fee would bring the total cost to the Club to \$10-12 per hat. Jeff plans to order a sample and will look into any potential cost savings based on quantity. He asked if we should order more socks, to which Carolyn gave an emphatic, “No.” Apparently, we have lots of socks. It was mentioned that some runners prefer lower-cut socks, but until our current supply is diminished, we won’t be ordering more. Other items into which Jeff is looking include muscle shirts, hoodies, and short-

sleeve tech shirts.

Patrick reported that we have now completed a full one-year cycle of the electronic newsletter distribution option. The average number of clicks per month that come from the e-mailed link is 128. In April, in honor of Earth Day, we will once again open up the “green option” to membership.

Supply-wise, Barbara has replaced the large tarp with a shiny, new one. Thanks, Barbara!

The “Running Start” program will continue to be offered, now under the leadership of Halle Amick and Aline Lloyd. The program will kick off in late March, and they will be sending out announcements and requests for pacers/mentors in the coming month.

The Umstead Marathon needs more volunteers; an e-mail blast will go out to membership. We also discussed the purchase of pop-up tents for use during the marathon and at other Club activities. While we often borrow several tents, it was put forth that we might want to invest in some of our own, along with the necessary accessories (specifically, weights). After some discussion, we agreed that Carolyn would research the options, and we authorized her to purchase 2 tents and a dolly at a cost not to exceed \$300.

There have been only 2 nominations for Runners of the Year, so we must continue to promote nominations online and in the newsletter.

Patrick reported that the Club was given custody of a key that opens the numbered Duke Forest gates so we have access for events. It was agreed that Paul Naylor would be the keeper of the key except during times when other Winter Series Race Directors need it.

With no other business, the meeting was adjourned at 7:39pm. Well run, President Hensel!

—Halle Amick

AT THE RACES

Jingle Bell 5K (12/1/2012)

Hanan Moussa 28:19

Jolly Elf Trail Run 5K (12/8/2012)

Hanan Moussa 29:58

RTP Race in the Park Holiday 5K (1/1/2013)

Andrew Scribner 19:49 1st M40-44

R.I.T.N.Y 5K (12/15/2012)

Andrew Scribner 18:52 3rd O/M

Lakeside 15-Mile Trail Race (1/12/2013)

Hanan Moussa 3:45:07 2nd F50-54

Run for Young 5K (1/13/2013)

Andrew Scribner 19:10

Steve Mele 19:28 4th M45-49

Hanan Moussa 31:36

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

Submit Your Results Online:

 Go to www.carolinagodiva.org and click the @ *The Races* tab.

RACE CALENDAR

February 2nd

 Uwharrie Mountain Run 40M, 20M, & 8M—
Uwharrie National Forest

February 9th

 Krispy Kreme Challenge 5M—Raleigh
Phi Sigma PiK (5K)—Chapel Hill

February 10th

 Geezer Pleezer 4M—Durham
Run for the Roses 5K—Raleigh

February 16th

President's Day Freedom Run 5K—Sanford

February 23rd

 Black Mountain Marathon and Mt. Mitchell Challenge
(40M and 26.2 trail runs)—Black Mountain
Crystal Coast Half Marathon & 5K—Morehead City
Green Hope 5K—Cary
Irondog 5K—Raleigh
Kappa Delta Shamrock 'n' Run 5K—Chapel Hill
Miles for Missions 5k—Raleigh
Panther 8K—Stem
Run for Ray Trail Run (13M, 6M, & 3M)—Wilmington
Torch Run 5K for Special Olympics—Raleigh

March 2nd

 Florence Forth 10M/5K—Durham
Get Your Rear in Gear 5k—Raleigh
Kings Mountain Gateway Trail 5K/19K—Kings
Mountain
LJ's 5K—High Point
St. Paddy's Run Green 8K—Raleigh
Umstead Trail Marathon—Raleigh
ZTA Franklin 5K—Chapel Hill

March 9th

 Anna's Angels 10M & 5K—RTP
Cary Long and Short Course Duathlon—Cary
Dog Day Fun Run 5K—Raleigh
Graveyard 100M/100K—Kitty Hawk
Green Legs & Hamstrings Half Marathon, 10K, &
5K—Danville, VA
Roanoke Canal Half Marathon—Roanoke Rapids
Rockin' Marathon Relay—Cary
Run for the Oaks 5K—Raleigh

March 10th

Hard Climb Hill 3M, 7M, & 10M—Duke Forest

March 17th

Tobacco Road Marathon & Half Marathon—Cary

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!



Second Annual Panther 8 km and 2 Mile Fun Run/Walk Granville Central High School, Butner-Stem, N.C.

Race Day Schedule

February 23, 2013

- 7:30 A.M. Late Registration Begins
 - 9:00 A.M. 8 km Run Entry Fee \$25 (\$30 on race day)
 - 10:00 A.M. 2 Mile Run/Walk Entry Fee \$15 (\$20 on race day)
- Age 18 and under fee for individual events only \$10 through race day!

Proceeds will benefit the Granville Central High School Cross Country team and the Area Congregations In Ministry (ACIM) Food Pantry of Oxford. Please bring non-perishable food items to event for donation to food drive.



Sponsors include: ACIM Food Pantry, Black Belt World, Bob's Barbeque, Carolina Godiva Track Club, Good Samaritan Thrift, Goose River Books, Granville Recycling Center, Steve's Lawn and Garden, Shearin's Tire Service, The Road to Fitness, The Trading Post and WIZS Radio 1450-AM. For more information, please contact Otis Lyons, eclipselee@aim.com, 919-575-9380; or Chris Crowder, chriscrowder2007@yahoo.com, 919-603-4974

Awards

Panther 8 km: 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+

Panther 2 Mile: Although anyone and everyone is invited to participate in the Panther 8 km and 2 Mile Fun Run/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.

Use this form to register or register online at www.sportoften.com

Registration Form and Waiver

Make checks payable to GCHS Cross Country. Send form and check to Otis Lyons, 613 24th St., Butner, N.C. 27509

Last Name _____ First Name _____

Address _____ City, State, Zip _____

Email address _____ Phone number _____

Sex (circle) Male Female Age on 2/23/2013 _____ T-Shirt Size (circle) S M L XL

Entry fee: (Check beside event)

4 Mile: 18 and under \$10 _____ 4 Mile postmarked by 2/18/13 \$25 _____ day of \$30 _____

2 Mile: 18 and under \$10 _____ 2 Mile postmarked by 2/18/13 \$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 Panther 8 km and 2 Mile Fun Run/Walk, Granville Central High School, the Granville County Sheriff's Department, the sponsors, and all who are associated with the Panther 8 km and 2 Mile Fun 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 February 23, 2013 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. No baby joggers or strollers.

Signature: _____ Date _____

Parent or Guardian signature if under age 18: _____ Date: _____

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!