

VOLUME XXXVIII
NUMBER 6

MARCH
2013



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

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BEHIND THE UMSTEAD MARATHON

It's March, and that means that it's time for the annual CGTC Umstead Marathon. A field of 200 participants registers in November to run 26.2 miles along the challenging trails of beautiful Umstead Park. A small team of dedicated individuals come together as one to put on this amazing event, and while there's been a steady rotation of committee members since its inception in 2004, the current team has been planning the race every year since 2007. Each member of the committee has a dedicated role to ensure that the race is executed with little to no complications, and the committee meets several months in advance in a quiet suburban neighborhood to plan every angle. This race, which is put on by runners, for runners, also happens to be in one of the most popular recreation spots in the Triangle.

The course is advertised as Hilly; Some rocky, rooty single-track; Hilly; Mostly wide sand and dirt bridle trails; Hilly. That is putting it lightly. The beginning lures you in with an easy out and back to Airport Overlook in the first couple of miles. After that, the course goes downhill, followed by plenty of uphill. Rinse and repeat for 24 miles. A mountain bike gang is dispatched the day before armed with hammers, staple guns, duct tape, wooden stakes, and signs to mark the course. I had the pleasure of assisting this group one year. The course designer marks the course strictly by memory and landmarks. If a particular tree doesn't make it through the winter, there is a distinct possibility that the marathon could wind up being 28 miles, or more.

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Packet stuffing, held the Tuesday before the marathon, is a fun event. Two hundred-plus bags are assembled by the race committee with bib numbers, safety pins, and any giveaways available. Just imagine the sounds of 200 bags unfolding, staplers rapidly firing, and papers shuffling. It's an efficient assembly line that makes the work go quickly. Packet pick-up is available Friday evening and Saturday morning; Great Outdoor Provision is kind enough to lend us space in their Raleigh store

(Continued on page 5)

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

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**



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

| | | |
|----------------------------------|--------------------------------|--|
| President | Doug Hensel | president@carolinagodiva.org |
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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! Until March 11th, 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 MARCH CONTRIBUTORS

In no particular order, thanks for March contributions go to: Doug Hensel, Tom Kirby, Aline Lloyd, Henry Blinder, Gordon Keeler, Greg Sousa, Patrick Bruer, Lauren Figge, Gary Schultz, and Jerry Surh.

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!

SEEKING RUNNERS FOR RUNNING START

Do you remember your first run? What about your first race? Whether it's been months or decades since you first laced up your running shoes, there was a point at which you declared yourself a runner and embraced the joys of our sport. What better way to give back than to pass that feeling along to others?

Our Club's Running Start program is the perfect introduction to the sport—a non-competitive 11-week program that culminates in a graduation 5K event. It's a program that accommodates all paces and is designed to educate, motivate, and guide runners toward their goals. To succeed, we need your help recruiting trainees who might need a little nudge toward the starting line!

So, help spread the word that registration for Running Start 2013 is open! You can download a program flyer at <http://www.carolinagodiva.org/files/rs2013.pdf> (or use the one on p. 8) and find all the details at <http://www.carolinagodiva.org/runningstart>. Please consider posting flyers at your places of work, play, and worship; perhaps an e-mail to your neighborhood listserv? Let's reach out to as many potential runners as possible. After all, we all know first-hand what can come from taking that very first step.

20TH ANNIVERSARY OF ANGELS AMONG US 5K

For the 19th year in a row, Godiva will be an integral part of the Angels 5K, raising awareness and research dollars (\$10 million so far) for the Tisch Brain Tumor Center at Duke. Started as a fun run around the Duke golf course, the event has grown into a celebration and remembrance for those affected by the disease, and hosts over 5,000 people (2,000 runners). Last year, 94% of the money collected went directly to fund equipment, personnel, and training at the center. The rest went to race-day expenses. The support from the race allows the Duke Center to lead the world in the development of new therapies.

There are many ways you can be involved:

Volunteer (30 needed) and get a t-shirt and free race entry. Packet pick up:

- Thursday, April 18th (5-7pm) at Omega Sports North Hills Raleigh
- Friday, April 19th (4-8pm) at ActivEdge Fitness Durham
- Race day: Duke Campus Trent Drive
- Saturday, April 20th (6:30-8am) at packet pick up or registration

Join our team. As usual, Godiva runners make a great showing in the 5K. This year, instead of running for Godiva, I urge you to join me in support behind one of our

own, Greg Sousa and his team "BADOUSA BRAIN" by signing up for the 5K or donating to his team. See Greg's note below.

For more information: www.angelsamongus.org.

Contact me at gkeeler@psych.duhs.duke.edu.

— **Gordon Keeler**

There are many parts of CGTC that I really like and have been humbled by. One of them is the newsletter; I read it every month including meeting minutes. I believe I first learned about the Angels Among Us 5K from the newsletter, but it could have been from the listserv. I knew Gordon Keeler was the advocate. It caught my attention as do most race announcements; I am a junkie. I did not enter or volunteer though. Little did I know that later, in the summer of 2012, I would become far more aware of Angels Among Us. I have brain cancer. I am a survivor. Approximately six weeks after surgery I was granted permission to resume exercise. Running and other athletics have been instrumental in my continued recovery and fight. I have created a team on the Angels Among Us website (<http://angelsamongus.org/>) called BADOUSA BRAIN. Please consider running or volunteering; you can read my blurb by going to the website and finding my team.

— **Greg Sousa**

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 during Winter Series events yields points 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.

— Doug Hensel

HARD CLIMB HILL SUNDAY, MARCH 10TH

Runners and volunteers are invited to the Hard Climb Hill Race at 10:00 am on Sunday, March 10th!

It's the last chance of the season to earn points toward the legendary, beautiful Winter Series shirt. Run three, seven, or ten miles on a tough and hilly course in Duke Forest; double points are awarded to the ten-milers. There's no highway running; it's all wide forest trail, packed gravel, and sand: good footing even in the rain.

Directions from either Durham or Chapel Hill: take Erwin Road, turn onto Mt. Sinai Road, drive .3 miles past Friends School Road, and look for a porta-potty on the left. Park along the road.



Volunteers are needed. Two for registration from 9:00 am; start/finish assistance from 9:30. Call or email Jerry Surh at surh@ncsu.edu, (919) 967-0272, or (919) 880-9577.

— Jerry Surh

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)

to host packet pick-up on Friday evening, but if you miss out, you have to get to the race site extra early on Saturday morning. Luckily, there is a friendly group to assist you either day.

Race HQ is at the lodge at Camp Lapihio inside the park. This wooden structure is turned into a living entity for 24 hours. Furniture is rearranged to accommodate packet pick-up, food and drink, miscellaneous supplies, and an area for runners. On race day, there is a warm fire going in the fireplace to keep the chill off the runners before and after the race. The race start and finish is right outside the door. Parking for the runners is among the trees and in surrounding fields within walking distance to the lodge.

One of the main highlights on the course for the runners is the aid stations. Contrary to popular belief, happy pills are not dispensed to the volunteers on race day. They are just that excited to be on the course, providing support and cheering on the runners. The aid stations are well stocked with more than just energy drinks, water, and gels. All food items are carefully selected to make sure that the runners have what they need to get through the race in the most pleasant way possible. To keep logistics down, one aid station is moved about a hundred yards by the volunteers *during the race* to accommodate the runners. Course monitors are out to ensure that no one strays from the course and to provide safety for the runners and visitors to the park.

A very skilled craftsman turns out 30 identical wooden critters given as awards to the top 15 male and top 15 females finishers. These are all hand-made, even though it might be helpful to recruit Santa's elves since they have a lot of downtime following Christmas. There is always a certain mystique around the critter on the shirt, finishers' glass, and award. It is not revealed until packet pick-up on Friday evening. Before the unveiling, lengthy discussions are held by registered entrants to guess the critter. Sometimes they get it right, sometimes they don't.

After the runners finish, there is a well organized group at the finish line to record finishers' times, assist exhausted runners, and hand out finishers' pint glasses. Most runners have scads of medals, but try to drink from one and see if you don't end up with a wet

lap. Door prizes are another unique item to this race. Not all runners will receive a coveted wooden critter, but you might win a great door prize just for crossing the finish line and plucking the right piece of paper out of a basket. After crossing the finish line and collecting yourself, plenty of food and beverages await inside. As the runners stream back to the finish, the lodge comes alive again. The runners enjoy post-race burritos while sharing their personal anecdotes of the day.

As the runners stream back to the finish, the lodge comes alive again.

It will be six months before the race committee meets again to start planning the 11th Umstead Marathon. And another six months before that familiar question is asked...Is Ennis coming this year?

— Doug Hensel

UMSTEAD STATE PARK: THE HISTORY

Long before the first settlers, the area known as Umstead State Park was an untamed land. American bison, elk, bobcats and wolves roamed majestic forests of oak, hickory, and beech. Native Americans later inhabited the land and avenues of trade were developed nearby. Such avenues included the Occoneechee trail to the north and the Pee Dee trail to the south. In 1774, land grants opened the area of settlement.

In 1934, under the Resettlement Administration, federal and state agencies united to buy 5,000 acres of this sub-marginal land to develop a recreation area. The Civilian Conservation Corps, as well as the Works Progress Administration, helped construct the site while providing much needed jobs. Four camps along with day-use and picnic facilities were built and the park opened to the public in 1937.

The state purchased this area, known as Crabtree Creek Recreation Area, for \$1, and more facilities were built as the General Assembly made its first state parks division appropriation in the 1940s. In 1950, more than 1,000 acres of the park were established as a separate park for African-Americans. This area was named Reedy Creek State Park. Crabtree Creek recreation Area was renamed a few years later after former Governor William Bradley Umstead because of his conservation efforts. In 1966, the Crabtree Creek and Reedy Creek areas were united under the same name; William B. Umstead State Park was open to everyone.

—taken from ncparks.gov

GEEZER PLEEZER 2013 RECAP

With good running weather on race-day Sunday morning, the turnout at Friends School for this year's Geezer Pleezer was near last year's. Though outnumbered 2:1 by males, the women matched them in representation in the annual top ten—in fact, the top twelve!—their best result ever under the familiar World Masters Athletics rules defining the staggered head starts by age and gender we use in this event. Had this been a cross-country event, with 5 scorers representing each sex, the scoring women—**Louise, Riëtta, Shelly, Alison, and Becky**—would have bettered. the scoring men—**David, Chris, Craig, Matt, and Jeff**—by 23 to 32!

Speaking of this *annual* top-ten cohort, I need to amend my earlier declaration on the listserv, in posting a link to the results, that no one affected the *all-time* top ten this year. In fact, although Riëtta Couper tardily delayed her start time by 20-30 seconds or so, she actually did break into the all-time list by edging Jerry Harris off the list to take over the 10th slot in that pantheon of enshrined achievers.

Aside: This year we tried a new wrinkle—*gait* offsetting. The *Southport start* we use, first described by WMA (then WAVA) in 1989, can readily adapt to this addition of race walking into our mix. We plan more research to add rigor to this venture.

4-MILE RESULTS ORDERED BY FINISH TIME

| | <u>Name</u> | <u>Sex-Age</u> | <u>Offset</u> | <u>Finish</u> |
|----|------------------|----------------|---------------|---------------|
| 1 | Louise Guardino | F 72 | 19:15 | 20:22 |
| 2 | David Couper | M 58 | 5:15 | 20:45 |
| 3 | Rietta Couper | F 54 | 9:00 | 20:50 |
| 4 | Shelly Bloom | F 59 | 11:15 | 20:58 |
| 5 | Chris Gould | M 68 | 8:00 | 22:07 |
| 6 | Alison Gracey | F 50 | 7:15 | 22:08 |
| 7 | Craig Heinly | M 44 | 2:15 | 22:13 |
| 8 | Matt Hirschey | M 33 | 0:15 | 22:17 |
| 9 | Becky Trumbull | F 52 | 8:15 | 22:42 |
| 10 | Jeff Hall | M 48 | 3:00 | 22:45 |
| 11 | Patrick Bruer | M 54 | 4:15 | 23:04 |
| 12 | Martha Klopfer | F 77 | 23:45 | 23:09 |
| 13 | Deborah Springer | F 39 | 20:45* | 23:17 |
| 14 | David Covington | M 62 | 6:30 | 23:25 |
| 15 | Paul Bloom | M 65 | 7:15 | 23:39 |
| 16 | Chris Selvaggi | M 44 | 18:45* | 23:41 |
| 17 | John Gotelli | M 43 | 2:00 | 23:58 |
| 18 | Jerry Harris | M 73 | 10:15 | 23:58 |

* indicates race walkers (who are given an extra "gait" offset)

| | <u>Name</u> | <u>Sex-Age</u> | <u>Offset</u> | <u>Finish</u> |
|----|--------------------|----------------|---------------|---------------|
| 19 | Denise Larson | F 52 | 8:15 | 24:30 |
| 20 | Jeff Branin | M 65 | 7:15 | 24:57 |
| 21 | Ethan Caldwell | M 39 | 1:15 | 25:04 |
| 22 | John Haws | M 44 | 2:15 | 25:31 |
| 23 | Jerry Surh | M 73 | 10:15 | 25:34 |
| 24 | Barbara Hindenach | F 61 | 12:15 | 25:38 |
| 25 | Heiko Rath | M 43 | 2:00 | 25:51 |
| 26 | Peter Klopfer | M 82 | 18:00 | 26:02 |
| 27 | Joe Drommer | M 42 | 1:45 | 26:04 |
| 28 | Paul Wormsbecher | M 51 | 3:45 | 26:04 |
| 29 | Jim Clabuesch | M 47 | 2:45 | 26:07 |
| 30 | Dick Hails | M 61 | 6:00 | 26:38 |
| 31 | Kevin Gauger | M 39 | 1:15 | 26:51 |
| 32 | Alexander Kenan | M 20 | 0:15 | 26:56 |
| 33 | Ronnie Weed | M 38 | 1:00 | 27:12 |
| 34 | Lisa Anderson | F 37 | 4:00 | 27:25 |
| 35 | Michael Fiocco | M 50 | 3:30 | 27:36 |
| 36 | Jim Hotelling | M 65 | 7:15 | 27:54 |
| 37 | Cara Grout | F 36 | 3:45 | 27:58 |
| 38 | Karen Murphy | F 34 | 3:30 | 28:01 |
| 39 | Kim Page | F 34 | 3:30 | 28:02 |
| 40 | Emil Malizia | M 69 | 8:30 | 28:05 |
| 41 | Andrew Harris | M 12 | 3:45 | 28:16 |
| 42 | Roy Garcia-Fogarty | M 38 | 1:00 | 28:20 |
| 43 | Tom Maunz | M 32 | 0:15 | 28:25 |
| 44 | Tom Hughes | M 47 | 2:45 | 28:35 |
| 45 | Carolyn Huettel | F 48 | 6:30 | 28:48 |
| 46 | Dean Forbes | M 30 | 0:00 | 29:10 |
| 47 | Michael Morrissey | M 58 | 5:15 | 29:13 |
| 48 | Hanan Moussa | F 54 | 9:00 | 29:30 |
| 49 | Chris Roessler | M 44 | 2:15 | 29:56 |
| 50 | Frank Rexford | M 53 | 4:15 | 30:12 |
| 51 | Greg Sousa | M 43 | 2:00 | 30:19 |
| 52 | Martin Warters | M 33 | 0:15 | 30:34 |
| 53 | Susan Slade | F 56 | 10:00 | 30:45 |
| 54 | Collie Fulford | F 47 | 6:15 | 30:52 |
| 55 | Evan Milledge | M 8 | 7:45 | 30:55 |
| 56 | Jennifer Boyce | F 39 | 4:15 | 31:03 |
| 57 | Brandy Burns | F 37 | 4:00 | 31:22 |
| 58 | Steve Munsat | M 48 | 3:00 | 31:36 |
| 59 | Pete Klein | M 50 | 3:30 | 32:16 |
| 60 | Alfred Kleinhammes | M 61 | 6:00 | 32:40 |
| 61 | Erin McIntee | F 32 | 3:30 | 33:00 |
| 62 | Douglas Hensel | M 39 | 1:15 | 33:00 |
| 63 | Kelley Grogan | F 47 | 6:15 | 35:33 |

Kudos to: *co-director* **Peter Klopfer** and these dedicated *volunteers:* **Chris Crowder, Karla Henderson, Laura Heyneman, Barbara Hindenach, Dan Kenan, Conrad Kirby, Tom Kirby** (earning *extra thanks* for his notable improvements in the efficiency of our start and results processing), **Julie Messina, Jim Reagan**, and photographer **Richard Wolfe**.

— Gary Schultz

KIDNEY KARE 5K

Dear Godiva friends,

A race that's very close to my heart (and kidney) is coming up again this March and I'd like to invite all my fellow Godivans to join me in Carrboro to make it the biggest and best 5K the UNC Kidney Center has seen. Nine years ago I was given the opportunity to donate a kidney to my mother at UNC Hospital. That surgery gave us six more years together. She was able to witness both her children marry and she enjoyed two of her three grandchildren before she passed away in February 2010. She was honored that I first ran this race in 2006 and have continued to do so every year since. I now invite you to join me for the next race on March 16, 2013 in her spirit and with hopes that we can help other families struggling with similar situations.

Runners and walkers of all abilities are welcome to join the 8th Annual Kidney Kare 5K Run/Walk starting at 8:30 AM. There is a Kids Fun Run too! It's a ½ mile run/shuffle/walk that starts at 9:15AM. All events begin and end at McDougle Middle School, 900 Old Fayetteville Rd Chapel Hill, NC.

Entry fees 5K: \$25 pre-registered; increases to \$30 for race day registration

KidsKare: \$12, increases to \$15 on race day
Additional donations are greatly appreciated and can be designated as UNC Gift Fund or UNC Kidney Kids.

Packet Pickup is Friday, March 15th (my birthday, so come see me!) at Fleet Feet in Carrboro

Four ways to register:

Sign up on-line at active.com

Print out and mail registration form (<http://tinyurl.com/kidneyKare12>)

Register at Fleet Feet in Carrboro

Register on Race Day from 7:15-8:15 AM

Kids Kare 1/2 mile event

This feature is back this year for the second time and open to children aged 11 and under. The event will begin at 9:15 AM on the track. The entire 1/2 mile course is contained within school grounds. All partici-

pants will receive finisher ribbons as well as t-shirts with the Kids Kare logo.

Race Info: www.unckidneycenter.org

Course Info: USATF certified NC08005PH

Race timing: Event will be scored based on gun-start time, according to USATF rules. You will also be provided with a chip-start result for your personal record-keeping. Only registrants in the run will be timed.

5K Awards: Overall Male & Female win \$100*, Overall Masters (40+years old)*

3 Awards in the following Age Groups: 9 & under, 10-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

*Overall & Masters winners are not eligible for age group prizes.

What is the course like? The Kidney Kare 5K Run/Walk will wind its way through the streets of Carrboro. Course is flat to rolling. View the course online here: <http://www.usatf.org/routes/view.asp?rID=81973>

Kids Kare run will start on the track and the entire course is contained within the school grounds.

The sponsors are always great for this run and we come home with great prizes—door prizes and some earned by speedy running!

Please come out and join me! I look forward to seeing lots of familiar faces out there! Feel free to contact me if you have any questions.

Thanks and take care of those kidneys!

— Lauren Figge



Godivans: please consider printing out (or, if you're getting the print version, ripping out) this page and hanging it somewhere visible — your work, your favorite coffee shop, your library. Spread the word!

Do you want to start running but don't know how?

Do you want to get back into running after taking time off?

Are you worried about being “too slow” to train with others?



**Join Carolina Godiva
Track Club's RUNNING
START Program!**

Carolina Godiva Track Club (the oldest running club in the Triangle) is offering its annual training program to those who've never run before and to the “lapsed” athlete who wants to resume running.

In 11 weeks, Running Start will get you from whatever shape you're in now to being able to complete a 5K race.

Running Start is a non-competitive program dedicated to sharing with you the joy of running and the satisfaction of reaching your running and fitness goals. Those who complete the program will be awarded a technical t-shirt.

The program is a weekly series of runs—available in Durham, Chapel Hill, and RTP—during which you will receive guidance and encouragement from Godiva runners. The program also includes basic instruction on shoe selection, core strengthening, injury prevention, and general running topics.

The program begins Saturday, April 6th.

Learn more at an informational session on Monday, April 1st at 5:30 pm at the South Durham Regional Library (Alston Avenue and Hwy 55 West).

For more details and to sign up to receive important program information, visit www.carolinagodiva.org or email RunningStart@carolinagodiva.org.

FEBRUARY 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on February 12, 2013. Attendees included President Doug Hensel, Patrick Bruer, Brandy Burns, Jim Clabuesch, Jeff Hall, Carolyn Huetzel, Aline Lloyd, Julie Messina, Barbara Hindenach, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

In the absence of our treasurer and newsletter editor, there were no reports on those subjects. Jim reported that he was out of paper membership forms and asked whether the Club still needed to be using them. We concluded that it was not yet time to migrate to e-membership exclusively, so Jim will be obtaining additional paper forms.

Next up was Jeff's haberdasher report. He is ready to order "hoodie" sweatshirts. They will be offered for sale at \$20, which is close to the Club's cost. He presented several options to us for the color and design/logo on the hoodies. We picked our favorites and authorized him to place an initial order of 24 hoodies, with 12 black and 12 red. They should be ready for distribution and sale in time for the final race of the Winter Series, Hard Climb Hill. Check them out!

Patrick gave us a report on recent website developments. He has "beefed up" the race calendar on the Club website, to make it more comprehensive and easier to update. He will also be establishing a Club Gmail account for email.

Moving onto new business, Julie made a detailed presentation about the "parkrun" program. The purpose of the program is to encourage running and socializing. Under the program, there is a free, weekly timed 5K run, open to all ages and abilities. The races take place on paved paths within the boundaries of a park, where no roads are crossed during the event. Typically, the races are held at 9am on Saturday. Founded in London in 2004 with 13 runners, the program has spread to many countries and has more than 15,000 runners participating in weekly races. Runners must pre-register by Friday evening each week, and receive a bar code used to track times. Results are uploaded to a website, so each finisher's time is tracked from week to week. Sponsors provide free t-shirts to participants who complete a certain number of races. The program is self-sustaining, and run by volunteers.

Currently, there is only one parkrun program in the United States, but the nonprofit organization that runs the program is interested in expansion, including in Durham. Julie has identified a potential site locally, by the American Tobacco trail in C.M. Herndon Park. She is looking for support from Godiva, in terms of assistance with insurance liability coverage, publicity in the newsletter, and use of Club equipment. Gary noted that it would be necessary for parkrun or a local parkrun affiliate to become an RRCA member in order to obtain insurance through RRCA, similar to how the Club's insurance is structured. Julie will contact Lena Hollmann for more information on RRCA insurance coverage, and also explore other insurance options. Julie will have further discussion offline with Club officers regarding the proposed program generally.

Aline reported on the upcoming Running Start program. Aline and our immediate past-President, Halle Amick, are jointly in charge of the program this year. There will be an information session for potential participants on April 1 at South Durham Regional Library. The first training session will be on Saturday, April 6, at Duke. She anticipates having four weekday training venues this year, including a new location at Meadowmont. She has been recruiting volunteer pacers, and has a good number of them lined up so far. The goal is to have 4-5 pacers for each venue. She has also started recruiting participants. It will be an 11-week program, ending on the final Saturday with a hand-timed 5K run at Duke's Al Buehler Trail. Following a discussion on whether the Club should raise the \$25 fee charged in recent years to participants, the consensus of the group was to keep it at that level. However, there may be future consideration of an appropriation from the Club to assist in funding the cost of an appreciation luncheon at the end of the program for the pacers. Look for future details regarding the kickoff meeting elsewhere in the newsletter.

We thanked Gary for his work as race director for another successful and well-attended Geezer Pleezer.

Brandy reported that Jim and Carolyn have once again agreed to allow their home and backyard to be used this year as the site of the Annual Banquet. She'll be coordinating with them on setting a date. Thanks to Jim and Carolyn.

The meeting adjourned at 8:23pm. — **Henry Blinder**

AT THE RACES

HMRRC Hangover Half Marathon (1/1/2013)

Heiko Rath 1:45:46

Little River 10 Mile Trail Run (1/19/2013)

Paul Wormsbecher 1:35:53
 Becky Trumbull 1:44:48 5th F50-59
 Rusty Barnett 1:46:02
 Halle Amick 1:47:07
 Peter Hessling 1:51:25 4th M60+

Winter Classic 8K (1/26/2013)

Chris Capps 26:46 1st M20-24

Uwharrie Mountain 20 Mile Run (2/2/2013)

Halle Amick 4:37:59

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male

* denotes personal record

Uwharrie Mountain 40 Mile Run (2/22/2013)

Heiko Rath 9:51:08

USA Masters Half Marathon Championship (2/3/2013)

Tim Meigs 1:13:22* 7th O/M & M/M

Virginia is for Lovers 14K (2/9/2013)

Chris Capps 47:41 1st M20-24

Run for the Roses 5K (2/10/2013)

Andrew Scribner 19:57 3rd M40-44

Submit Your Results Online:
 Go to www.carolinagodiva.org and click the @ *The Races* tab.

GOT CONTENT FOR... THE GODIVA NEWSLETTER?

Has a running moment ever inspired you? Has an event changed your perspective on things? Is there 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, fond running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain your fellow CGTC members.

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

- ◆ Which runners (elite and not) have inspired you, and how so?
- ◆ 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?
- ◆ How do you select the events in which you'll run, and why do you choose one race over another?

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







RACE CALENDAR

- Mar 9 (Sat)** Get Your Rear In Gear 5K Run/Walk and Kids Fun Run, Charlotte
Green Legs & Hamstrings Half Marathon & 5/10k, Danville, VA
Graveyard 100, Outer Banks
Prison Break Run, Raleigh
Run for the Oaks 5k, Raleigh
Roanoke Canal Half Marathon & 8k, Roanoke Rapids
- Mar 15 (Fri)** Glow in the Night 5K, Cary
- Mar 16 (Sat)** 7th Annual Shamrock Run, Asheville
Jog Your Mind 5K, Cary
Kidney Kare 5K Run/Walk, Chapel Hill
Mission Outreach 5K, Raleigh
Wake Tech Road Scholars 5K, Raleigh
San-Lee Trail Half Marathon, Sanford
- Mar 17 (Sun)** Tobacco Road Full/Half, Cary
Top of the Mountain To Ya, Danbury
Wrightsville Beach Full/Half, Wrightsville Beach
- Mar 23 (Sat)** Coach Daniels Memorial Scholarship 5K, Cary
Heels for Healing 5K, Chapel Hill
Run for Recess 5K, Durham
The Equinoxalizer 4 Miler, Durham
Ellerbe Marathon, Ellerbe
Run for the River 8K, Kinston
Gator Trail Run 50K, Lake Waccamaw
Ella's Race, Raleigh
- Mar 24 (Sun)** NC Half Marathon (Twilight 5k on 3/23), Concord
Second Empire 5K Classic, Raleigh
- Mar 30 (Sat)** Dupont Forest 12K Trail Race, Brevard
- Apr 6 (Sat)** River Bound Race Series 5K/10K, Asheville
Color Mania 5K walk/run, Cary
Cooper River Bridge Run 10K, Charleston, SC
Great Human Race, Durham
Gate City Half/8K, Greensboro
St. Timothy's Spring Sprint, Raleigh
Umstead 100 Mile Endurance Run, Raleigh
- Apr 7 (Sun)** Mountains-to-Sea 12M and 50K, Raleigh
Raleigh Rocks Half/5K, Raleigh
- Apr 12 (Fri)** Palmetto 200 Mile Relay, Columbia, SC to Charleston, SC
- Apr 13 (Sat)** Cary Road Race 10K/5K, Cary
Palmetto70 Relay - 70 Mile Relay, Cordesville, SC to Charleston, SC
Run for Wildlife Half, Sugar Mountain
Eastern Run/Walk for Autism, Greenville
- Apr 14 (Sun)** Flying Pirate Half, Outer Banks
Too Slow for Boston Marathon, Raleigh
RunRaleigh Half-Marathon and 5K, Raleigh
- Apr 20 (Sat)** Tar Heel 10 Miler and Fleet Feet Sports 4 Mile Run, Chapel Hill
Owl's Roost Rumble Trail Half, Greensboro
Morris Broadband Half, Dupont State Forest
Angels Among Us 5K, Durham
Medoc Spring Races 7Mi, Hollister

Check out CGTC's online race calendar for a more up-to-date and extensive list:

www.carolinagodiva.org/race-calendar

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 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!