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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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VINCIT QUI SE VINCIT

One of the duties of the Godiva President is to embody the Godiva Club motto, *vincit qui se vincit*. For those who did not take Latin in high school, the loose translation is "he conquers who conquers himself." When I was in college I had a Calculus professor who said if you can visualize yourself doing well on a test, then you will do well on a test. This was not meant to be a substitute for actually studying, however. Running a race is the same thing.

At the end of March, I ran the Virginia Creeper Trail Race. I had not looked closely at the course map before registering. It's 26.2 miles, what more do I need to know? Upon closer examination, the course was a series of out and backs with one section repeated twice. The kicker is passing the Start/Finish line four times before crossing the finishing line. Generally, courses that are multiple loops annoy me. Trying to turn this into a positive, I determined that knowing where I was on the course would benefit me when I grew tired.

Trying to simulate this type of course was relatively easy in Umstead Park. Instead of working from one side of the park to the other, I broke the park into different sections, and each long run was run in a different section. This was an ideal way to get the miles in, and get my mind into the monotony of what I would experience on race day. It also prevented me from doing the same long run multiple times.

The time of year seemed ideal. I envisioned a race in the mid 50's with a gentle breeze at my back. It's spring, after all. What I ended up with was unexpected. Tracking the weather forecast earlier in the week displeased me. Cold temperatures with a very high probability of rain. I arrived in town to sunny skies and comfortable temperatures. Much ado about nothing, but it was wishful thinking. When I woke up the next morning, it was cold with a steady rain falling. This would persist for the entire day. I had done a long run a few weeks before in similar conditions, so while my spirits were dampened, I was not deterred.

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**DEADLINE FOR
JUNE
NEWSLETTER:
MAY 15TH**

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

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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 Men		
Master Men	Tim Meigs	tim_meigs@yahoo.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

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

MASTERS TEAMS

Masters teams forming for the 2013 USA Masters 8K Championship in Williamsburg, VA. On Saturday, June 1, Godiva Masters runners will toe the line with some of the country's fastest runners. Want to be a part of this exciting and competitive event? Check out the details and register at <http://www.usatf.org/Events---Calendar/2013/USA-Masters-8-km-Championship.aspx>. Teams in each age group (40+, 50+, etc.) need at least 3 runners to score. You also need to be a 2013 USATF member to enter, so if your membership lapsed at the end of last year, now is a good time to renew. When you register, be sure to list Carolina Godiva as your club affiliation and select the "A" team in the pulldown. E-mail Tim Meigs (tim_meigs@yahoo.com) with any questions about men's teams and Cathy Wides (cadw09@gmail.com) with any questions about women's teams.

— Tim Meigs

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)

FROM THE ARCHIVES: KLOPFER ON RUNNING: STAY SMART BY RUNNING

This column first appeared in the April 2003 issue of the CGTC newsletter, but we think the points are still valid. What do you think?

As we pass into our thirties and beyond, we are reminded that our brains are shrinking and that we must accommodate ourselves to being dumber, slower, and less imaginative. Not surprisingly, this is often true, another case of the self-fulfilling prophecy sustained. In the last several years, however, gerontologists and comparative psychologists have demonstrated that zealously exercising the brain, through contrived learning of various tasks, could slow the decline in cognitive ability, and, in some cases, perhaps even reverse the loss of some cognitive function. This has been demonstrated in animal models as well as in human subjects.

Now, the really good news: running (along with other forms of aerobic exercise, and perhaps weight training, too) may also accomplish this. If, in the past, you have tried to defend the hours you spend on trails and tracks as "my best time to think," you now have support from gerontologists as well as from animal studies. Not merely rodents, but also seniors aged 56-79

years (as reported in the *J. of Gerontology* for Feb. '03) showed significantly less decline in the density of their gray and white matter, brain cells and cortical nerve fibers, respectively, if they engaged in moderate exercise. The effect increased with age, and if the proposed mechanism for the effect obtains, it should also increase with the intensity of exercise.

The explanation lies in two consequences of exercise: an increase in blood circulation generally, which applies as well to the brain. The enhanced oxygen delivery, waste removal, and nutrient delivery that is the result, favors the survival of brain tissue. The second mechanism is the release of neurotrophins during exercise. These proteins stimulate neural growth, not a bad thing for cognitive ability.

What about physical and mental exercise in tandem? These are studies that remain to be done. The two could summate, complement, or even synergize one another. Perhaps we ought to work on mathematical puzzles while we run and see how that influences our intellectual abilities.

— Peter Klopfer

MASTER AMONG USATF MASTERS M70-74: MAURICE McDONALD

Maurice is at it again. At the 2013 USATF Masters Indoor Championships in Landover, MD, he ran the 400m in 1:10.34 for 3rd place and the 800m in 2:45.9 for 1st place. Currently, his national indoor USATF Masters ranking is 3rd in the 400m and 1st in the 800m.

USATF Masters Rankings for 2011: Indoor 400m ranked 2nd at 1:07.6, 800m ranked 1st at 2:43.38. Outdoor 400m ranked 3rd at 1:05.46, 800m ranked 1st at 2:34.37.

2012: Indoor 400m ranked 1st at 1:06.89. 800m ranked 1st at 2:39.98. Outdoor: 400m ranked 14th at 1:12.26. 800m ranked 5th at 2:43.06.

Maurice is also a highly accomplished NC State Senior Games Champion. At the 2012 State Finals 200m he took 1st place in 32:58; at the 400m he took 3rd

place in 1:26.74; for the 800m 1st place in 2:49.34; and in the 1500m 2nd place in 7:08.64.

World Masters rankings: In 2012 Maurice was ranked 11th in the world in the 400m and 11th in the 800m. 2011 Rankings: 400m ranked 5th with a time of 1:05.46 and 800m ranked 2nd with a time of 2:34.37 (top outdoor time).

Many runners from local level to world-class inspire me to find a way to reach higher. What I like most about Maurice is the confidence he has helped build in me by speaking in a positive manner about my future as a runner. His attitude mentally charges me to move forward and excel. Hats off to a champion on the track and in life.

— Bobbie Perry

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The race director stood in the rain on the back of a pick-up truck giving the race briefing while 74 runners huddled under pop-up tents. Quickly underway, I tried to dial-in my expected race pace. The first two miles felt harder than they should have. The course had some minor hills, so I shrugged it off. The first out and back was good, for a good pace by mile nine. By the time I turned around at the second out and back (around mile 14), I could feel the heaviness in my legs. Only one guy was close to me and we ran for a little ways before hitting an aid station at the top of a short steep hill. After that, he moved ahead of me by a couple of minutes. I was growing weary from the rain, broad mud puddles, and the course's steady grade.

On the last major out and back, I forgot what mile I was at. For a few minutes, I thought I was doing great, and would at least reach my stretch goal. Passing the

mile 19 marker brought me back to reality: I had not magically jumped ahead a mile. Ugh! I tried to change my stride from the plodding pace I seemed to be stuck in, but to no avail. The only thing left to do was keep putting one foot in front of the other and encourage the runners headed out to the turn around. They were going to have a longer day than me.

Passing the finish line for the 4th time at mile 25, I started on the last out and back section of the race. Knowing there was only 1.2 miles left to go was great motivation. It wasn't a pretty finish, but I crossed the finish line in a respectable time. I was 3rd in my age group, and 9th overall. Though I went into the race feeling very prepared, the end result didn't seem to reflect that. However, regardless of my finishing time, I would run this marathon again.

— Doug Hensel

SUMMER TRACK...OPENS MAY 15TH

The 2013 edition of Godiva's popular Summer Track Series offers 13 weeks of all-comers meets at the UNC-Chapel Hill track facility. The season begins on May 15th and continues each Wednesday at 7:00pm through August 7th. Those who complete 39 events over the 13-week series (counting a maximum of four events per meet) earn the prestigious Godiva Ironman award.

All meets begin at 7:00pm sharp, rain or shine. Belk Track is on the UNC Campus near the intersection of South Rd and Country Club Rd. Free public parking is available in the Knapp/Saunders School of Government Parking Deck accessible from South Rd., in the Navy Field Lot accessible from Ridge Rd., and along Ridge Rd adjacent to the Law School. Note that the metered parking on South Rd. is enforced until 9 pm.

\$1 Donation appreciated.

Long Nights:

- Mile run (usually 3 heats)
- 200m (in lanes)
- One mile racewalk
- 800m (usually three heats)
- 5000m

Short Nights:

- 1500m run (usually three heats)
- 100m (in lanes)
- 1500m racewalk

- 400m dash (in lanes)
- 3000m (7 1/2 laps)

Midsummer Madness - A League of Your Own:

- 1000 meter run (2 1/2 laps)
- 48 yard dash (1/100th League)
- One-Fifth League Walk (12 minutes)
- 4X400 meter relay
- League of Extraordinary Runners- One League (Three Miles)

Schedule:

May 15—Long
 May 22—Short
 May 29—Long
 June 5—Short
 June 12—Long
 June 19—Short
 June 26—Long
 July 3—Short
 July 10—Long
 July 17—Short
 July 24—Midsummer Madness
 July 31—Long
 Aug 7—Short

For more information, check out the CGTC website: <http://www.carolinagodiva.org>

INDOOR ULTIMATE RUNNER RACE REPORT

So, having wobbled out of the blocks in early March, I took note when I received an email stating that JDL Fast Track's planned 3/30/13 Indoor Ultimate Runner event had dropped the 3000m distance and replaced it with a 200m. I had not originally considered entering this seemingly grueling event, in which one has to run, consecutively, varying distances on the track from 3000m to 60m. Runners' times would be WAVA scored over all the events to determine overall and age group winners. (A runner's WAVA result is the "performance level percentage" of their time to their age group's world record time.) I don't like distances beyond 200m when it comes to track, though on occasion I have attempted the 400m. The email indicated that there is a general reluctance by many to run the

But that mile was forbidding, never mind the 800m.

3000m. So, not only had the impossible 3000m been dropped, but so had the price. Well! Now the order of distances to be run consecutively was: the mile, 400m, 200m, 800m, and the 60m. I pondered whether I could survive the ones I disliked just to get to the two I did like. Enticing. But that mile was forbidding, never mind the 800m. There was also the fact that I might feel out of place being so much older than the others. I worried. But I wanted to do the 200m and 60m. Finally, I emailed JDL Fast Track asking what the slowest mile time was that would not impede the progress of the event. Ten minutes was the response. I had run 8:47 in the Magnificent Mile road race, so it was possible. But, still—there were all the subsequent races, including the dreaded 800.

I signed up, but began losing sleep thinking about the eight times around the 200m track and if I would run out of steam and end up walking. Then what about the subsequent distances? With only two weeks left before the event, I downloaded an eight-week training program for the mile. During the two weeks, I also ran some road races, building the slow twitch muscles but not my fast twitch (if any existed!) I did "strides" on the road and at the track. The week of the event, I went to the track, and failed miserably, not even able to complete the 400m without walking. Depressing!

Because it was Easter weekend, and one week after

the Indoor National Masters competition in Landover, MD, the turnout for "Ultimate" was far less than hoped for. JDL Fast Track, a premiere facility, had planned for 120 competitors, but only 32 signed up. (Lesley Chaplin, who had competed in Landover, nonetheless drove 5.5 hours that morning to compete. She eventually won Indoor Ultimate Runner First Overall WAVA Female.) It was a friendly group of runners who showed up. Godivans Owen Astrachan and Mike Carpenter and his daughters Katie and Amy competed. The number of heats had been reduced to four per distance (except for the 200m), faster folk first. I was in the last heat, with four other women and three men, which allowed us to watch earlier heats. Twenty-nine-year-old Jack Brunecz ran the fastest mile: 4:36.65. As for myself, I had determined that I needed to do between 1.05 and 1.10 per 200m lap to stay within the mile limit. I checked the clock at the end of the first lap—it was about 57 seconds. With a bit to spare I could back off if I had to. After that, I just tried to maintain pace and count laps, not noticing the clock. The race officials were terrific, letting all runners know how many laps remained. Piper Chamel's fans were out in force, chanting her name as she passed, adding zest to the event. My fear lingered but I felt okay and finished the mile in time enough. We had about ten minutes between each distance event, allowing time to change to the appropriate shoes for the distance. Next up was the 400m. Twice around. I would have to do a faster pace than the mile. Ugh. On the first lap, I came up behind one of the other females. I had stamina to pass but realized how foolish that would be.

There were three more distances to go, including the 800m. I backed off. She increased the gap. In the final straight-away I sped up. However, it was too late. I finished 5/10 of a second behind her.

I had stamina to pass but realized how foolish that would be. There were three more distances to go, including the 800m.

Next up was the 200m. Finally I could compare a standing start with the awful half block start of March

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INDOOR ULTIMATE RUNNER RACE REPORT CONT...

(Continued from page 6)

3rd. I got into my new standing start stance (right foot forward, right arm back and left arm forward and up) I over anticipated the gun, almost leaning too far forward, and was leaning back just as the gun went off. Guess I can't get the start right no matter what! I conserved a little until the final 100m when I went as fast as I could. Result: 17/100 slower than the 3/3/13 block start. Next up the 800m, four times around. By now my legs felt the strain. I struggled on. I almost wanted to add to the "Piper" chants (except then I'd run out of air). She was doing fine. Surviving the 800m, I had finally gotten to my favorite distance, the 60m. It seemed I barely had time to put my spikes back on. Although in this one event, blocks were allowed, no one used them. One fellow who sort of false started barely made it to the Finish before pulling his hamstring, but he finished. This time, when the gun went off I did not lurch or stutter step. Everyone was far down the track but I focused on the nearest runner, trying to get closer. End result: 3/100 of a second faster than on 3/3/13 During the entire event, it was noticeable that those who were strong in the longer

distance and those who lagged swapped finish places when it came to the shorter distances. So this was a good event in that all had to run some distances they were not comfortable with. Carolina Godiva gave a good showing: Mike Carpenter was First Overall WAVA male and Owen Astrachan was Second Overall WAVA male. Oh, and they fed us great barbecue pork afterwards.

When I looked at the final results days later, I was surprised to see that I wasn't last in all of the distances, only two—the 400m and 60m. So, even in the dreaded mile there was someone behind me. And to block or not to block? Not!



— Louise Guardino

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.

APRIL 2013 MEETING MINUTES

The monthly business meeting came to order around 7:08pm on April 9, 2013. Attendees included Doug Hensel, Jeff Hall, Carolyn Huettel, Jim Clabuesch, Aline Lloyd, Patrick Bruer, and Tom Griffin.

Membership continues to hold steady. An influx of new members has joined thanks to the Running Start program.

Patrick has been busy with the CGTC website. He has added information for Running Start and the Spring Banquet.

Haberdasher Jeff Hall reported that the new sweat-shirts seemed to be a good seller, but with the warmer weather expected in the Triangle, the opportunities to sell more are dwindling. Hopefully the Spring Banquet brings cold rain and winds. Why should this year be any different?

Plans for the Spring Banquet are underway. Registration is open, the caterer has been lined up, and the rental equipment order has been placed. Jim C. and Carolyn H. have graciously offered to host again at their residence in southwest Durham.

Aline Lloyd reported on happenings with Running Start program. Halle Amick gave the presentation at the interest meeting. The kick-off meeting was a success. Fifty brave individuals have paid for the program. Aline and Halle have ideas for giveaways for participants who reach milestones in the program. One giveaway was discussed and approved by the Board. Other giveaways will be discussed in the future.

Charles Alden rolled out the Summer Track schedule. It looks to be a very full 13-week season this year. The plan is to continue using Belk Track on UNC's campus. The Midsummer Madness theme this year is A League of Their Own. Details will be posted the CGTC website. Doug Hensel will put the events on the RRCA calendar.

The Hour Run was also discussed. Doug Hensel is in negotiations with Robert Nelson to hold the event again this year. It looks like it will be in late August,

after Summer Track ends. More details to come once a date has been finalized.

The Winter Series has come to an end. Jim is getting the final tally for the order so that t-shirts will be ready by the Spring Banquet.

Tom Griffin, who is new to the area and to CGTC, was in attendance. He brought up two good points for discussion. The first point concerned the timing equipment, and what the club policy is for its use. We reviewed the policy that the Club does not typically loan out the timing equipment. There are a couple of races for which Club does make an exception: the equipment is used at these races when a member is available to accompany said gear and operate it. The second topic is the Club equipment and its storage location. In the future, the current site will probably not be available. Doug Hensel will begin investigating alternative storage solutions.

With no other business, the meeting was adjourned at 8:00PM.

— Doug Hensel and Patrick Bruer



THANKS TO OUR APRIL CONTRIBUTORS

In no particular order, thanks for April contributions go to: Doug Hensel, Patrick Bruer, Louise Guardino, Bobbie Perry, and Tim Meigs.

@ THE RACES

St. Paul AME 5K (3/2/2013)

Allen Baddour 14:40 1st O/M

Run for the Oaks 5K (3/10/2013)

Hanan Moussa 29:15

Kidney Kare 5K (3/16/2013)

Barton Bechard 18:28 2nd O/M

Tobacco Road Marathon (3/17/2013)

Hanan Moussa 5:03:27

Tobacco Road Half Marathon (3/17/2013)

Tim Meigs 1:17:24 1st O/M

Robert Moody 1:41:23

USA Masters Indoor Track & Field**Championships (3/22)**

800m: Jay Smith 2:39.87 6th M60-64

Mile: Jay Smith 5:56.98 9th M60-64

3,000m: Jay Smith 12:11.00 7th M60-64

Second Empire 5K Classic (3/24/2013)

Andrew Scribner 19:52 1st M40-44

Hanan Moussa 29:28 2nd F50-54

Louise Guardino 31:40 2nd F70-74

NC Half Marathon (3/24/2013)

Chris Capps 1:17:04 2nd O/M

Indoor Ultimate Runner (3/30/2013)

60m: Louise Guardino 11.54

200m: Louise Guardino 41.99

400m: Louise Guardino 1:42.75

800m: Louise Guardino 4:01.95

Mile: Louise Guardino 8:32.59

BB&T Gate City 8K (4/6/2013)

Chris Capps 27:45 4th O/M

St. Timothy's Sprint 5K (4/6/2013)

Andrew Scribner 20:13 1st M40-44

Mountains-to-Sea 12M Trail (4/7/2013)

Charles Fiore 1:52:51

Raleigh Rocks Half Marathon (4/7/2013)

Chris Gould 1:43:24 1st M65-69

Cary Road Race 5K (4/13/2013)

Kevin Nickodem 18:16 2nd O/M, 1st M/M

Charlotte RaceFest Half Marathon (4/13/2013)

Patrick Bruer 1:35:09 4th M50-54

Mile Run UNC Joe Hilton Invitational (4/13/2013)

Jay Smith 5:51.28 3rd O/M

Flying Pirate Half Marathon (4/14/2013)

Chris Capps 1:19:32 6th O/M

Boston Marathon (4/15/2013)

Tim Meigs 2:35:36 4th M45-49

Barton Bechard 2:57:20

CGTC Masters Team 8:12:28 cumulative top three runners; 5th M/M

Angels Among Us 5K (4/20/2013)

Greg Sousa 20:48 2nd M40-44

Fleet Feet 4-Miler (4/20/2013)

Jay Smith 29:18 3rd M/M

Tar Heel 10-Miler (4/20/2013)

Chris Capps 1:00:14 5th M20-24

Rusty Barnett 1:25:37

M/F = Master Female

O/F = Overall Female

GM/F = Grandmaster Female

M/M = Master Male

O/M = Overall Male

GM/M = Grandmaster Male

* denotes personal record

RACE CALENDAR

- May 4 (Sat)** Guardians of the Hill 5K, Chapel Hill
New River Marathon, Half Marathon, and 5K, Todd
Purple Cloth 5K, Cary
Rockin' Marathon Relay, RTP
WakeMed Cary Distance Festival 5K & 10K, Cary
Philosopher's Way 7K & 15K, Chapel Hill
- May 11 (Sat)** Capital City Classic 10K, Raleigh
Got Grit 5K, Hillsborough
Triangle Great Glow Run, Raleigh
Nags Head Woods 5K, Nags Head
- May 12 (Sun)** Run Like a Mother 5K, Raleigh
- May 18 (Sat)** North Carolina DNA Day 5K, Chapel Hill
Run at the Ridge 5K, Hillsborough
- May 19 (Sun)** 15th Annual NCRC Invitational 10K and Half Marathon, Cary
Raptor Run 5K, Chapel Hill
Zombie Run 5K, Charlotte
- May 24 (Fri)** Glow in the Park 5K, Greensboro (at sunset)
- May 25 (Sat)** White Squirrel 5K, 10K, and 1M Fun Run, Brevard
2nd Annual Someone Special Like Me 5K, Cary
Charlotte Run for Peace at Home 5K, Charlotte
Dog Jog 5K, Lillington
- May 26 (Sun)** Memorial Day Festival Trail Race, 5M & 8M, Charlotte
- June 1 (Sat)** Black Mountain Monster 5K and 6/12/24-Hour Runs, Black Mountain
Running of the Bulls 8K, Durham
Midtown Race Series Half/10K/5K, Raleigh
- June 2 (Sun)** Lerner School 5K, Durham
Run for the Dream Half-Marathon, Williamsburg, VA
Indoor Insanity Marathon Relay/5K, Winston-Salem
- June 8 (Sat)** Triangle Race for the Cure 5K, Raleigh
- June 15 (Sat)** Guardians of the Hill 5K, Chapel Hill
Brew Dash 6K Trail Race, Charlotte
- June 16 (Sun)** Maggiano's Make-a-Wish 5K, Durham
Queen City Race to Sunset Beach, Charlotte
- July 4 (Thu)** Firecracker Run: 5K, 10K, and 1 Mile Fun Run, Brevard
Four on the Fourth, Carrboro
July 4th Spectacular 4-Miler, Charlotte
- July 6 (Sat)** Run for Liberty 5K, Cary
- July 13 (Sat)** Grandfather Mountain Marathon, Boone
- July 27 (Sat)** Race to Sustainability 6K Trail Run, Chapel Hill
Habitat Bull Moon Ride and Inaugural 5K Run, Durham

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

www.carolinagodiva.org/race-calendar

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!