

VOLUME XXXVIII
NUMBER 9

JUNE
2013



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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EASY RUNNER

One of the hardest things for a runner is knowing when to properly rest. Most runners who have a few years behind them have some type of ongoing injury that they're ignoring. A quick internet search of symptoms reveals a wide range of potential problems from tendonitis to a compound fracture. The suggestion of cross-training brings sneers and rumored tales of horrific bicycle accidents. Cycling is for triathletes anyways, and everyone knows what a slippery slope that can become.

Even though you may not be thrilled with resting, your friends and family might be. No longer are you running at all hours of the day, potentially disrupting family schedules; friends who have been neglected finally get a chance to see you, instead of reading odd Facebook posts about how well you did on your Fartleks six hours ago. Take full advantage of these personal interactions with non-runners, and avoid the gory details of your training. Chafing stories are usually not polite dinner conversation. Feel free to brag though — you've certainly earned that. You might even motivate someone to start running, or at the very least shame them into walking a couple times a week.

I have taken full advantage of my downtime since the Virginia Creeper. My body definitely needed the rest. Non-stop training and racing has filled my calendar, but it has left me out of sorts. Knock on wood, I am injury-free, and that is a good thing, since the opportunity to run is still there. The impending desire to train 5-6 days a week has waned though.

Earlier in the year, the 7-mile Medoc Spring Race in April caught my eye. The race rules are similar to the famous Dipsea race, or the local CGTC Geezer Pleezer. Your starting position is based on your age and gender. Running this type of race seemed stress-free, with the added bonus of it being all trail.

I had some very attainable goals for this race. First, do not get hurt. This was a trail race after all, with the usual impediments found off-road. Second, have fun. Sometimes you need to leave the stress of a race behind you and get back to the basics of one foot in front of the other. Third, finish in the top 50, and win a cool Finishers' position hat. With the nature of the course, time was not as critical as finishing position.

(Continued on page 4)

**DEADLINE FOR
JULY
NEWSLETTER:
JUNE 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

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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

2013 WALK/RUN/BIKE FOR UMSTEAD

Carolina Godiva Track Club performed finish line duties for the walk/run for Umstead Saturday, April 20. This event benefits The Umstead Coalition, an organization that is dedicated to the appreciation, use, and preservation of the William B. Umstead State Park and the Richland Creek natural area. In spite of eight other running races taking place in the area that day, along with our Running Start run, 14 of us volunteered to work the finish line for the 4-miler in which 106 run/walkers finished in under one hour. Four of our volunteers did another event prior to helping with this finish line: Aline Lloyd led the Running Start group; Heiko Rath raced in the Angels Among Us 5k; Jeff Hall and Paul Eppers ran the race. Mike Dacar, Jenni Rubatt, Callie Hall, Lisa Feutz, Lani Rogers, Laura Hall, Paul Wormsbecher, Jim Clabuesch, and Brandy Burns rounded out the rest of the volunteer team. A big thanks goes out to all of you.

— Carolyn Huettel

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)

Having not quite reached my 40th birthday, I had a start time of 28 minutes past the initial gun time. By my rough estimate I had to pass 120 people to be in the top 50.

Every runner was assigned a letter in alphabetical order depending on their age and sex. As a 39-year-old male, my right leg carried an X. The runners who left the starting line before me had a letter preceding X in the alphabet. As I came upon runners on the course, I could check their letter and gauge my progress and placement.

As the race turned into the last half-mile, the course made its way across an open field and down the paved

road. It was an exciting finish for me. I had an opportunity to make a rarely seen kick at the finish to pass someone I had been running with for over a mile. My finish placed me 35th overall, good enough for a coveted hat and a unique prize.

Running, like most things in life, has plenty of ups and downs. When it is not going well, I do not recommend keeping up the intensity. Instead, step back and find a way to enjoy it. The desire to get back to higher mileage weeks will return. It is June, and Fall race registrations will be opening very soon...

— Doug Hensel

SUMMER TRACK

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 began on May 15th and will continue 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; complete
 May 22—Short; complete
 May 29—Long; complete
 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>

2013 ANNUAL AWARDS BANQUET

Once again, the CGTC Spring banquet was hosted at the home of Jim Clabuesch and Carolyn Huettel. The weather, although a bit cloudy, seemed like it would stay rain-free for the evening. In fact, Jim was so sure that it was not going to rain that he refused to pick up the tents to cover the food! Lucky for Jim, and for the rest of us who prefer not to eat soggy food, for the first time in many years the banquet was a rain-free event (with the exception of a few sprinkles towards the very end of the evening).

Callie Hall stepped up to help at the check-in table, checking in and making name tags for the nearly 100 people in attendance. Spartacus restaurant catered the event, providing a delicious spread of Greek food. For dessert, everyone had the opportunity to try a wide variety of options from many different kitchens of Godiva members. Anthony Corriveau and Shannon Johnstone provided pictures from the previous year and past years for everyone to view throughout the evening. Kevin Nickodem once again offered his services, humor, and song-writing abilities, as Master of Ceremonies.

As the recipient of last year's Volunteer of the Year award, Kevin had the privilege to present this year's award to Aline Lloyd. Although Aline was not able to be present to receive the award, Kevin had the opportunity to share with the group the many things that Aline has done over the past year that made her the best candidate for this year's award, "As a past president of the club, a volunteer at numerous events, and the current co-director of Running Start, she has definitely spent lots of time and energy giving back to Godiva. I can't think of anyone who is more deserving than her."

Tim Meigs presented the 2013 Male Runner of the year, Bart Bechard. Bart has had many accomplishments over the past year in all kinds of events from shorter distances to ultras. He consistently finishes among the top masters. Tim reflected not only on what an accomplished runner Bart is, but what an excellent representation he is of what we stand for as a club, positive and generous with praise and encouragement for others.

Shannon Johnstone was kind to step up and present this year's female Runner of the Year as last year's Female Runner of the Year, Cathy Wides, was unable to attend the banquet. This year's award was presented to Riëtta Couper. Riëtta is an accomplished runner who consistently finishes top in her age group and has had several amazing performances throughout the winter series. She is a great encouragement to other runners. Riëtta looked surprisingly surprised to receive the award (as nobody else was).

Charles Alden once again presented the awards for Summer Track and a special ironman award (or would it be ironwoman?) went to Katie Biasi for not only completing enough events to receive the ironman award (33) but doing it while carrying her second child. We all had the opportunity to meet this new addition to their family at the banquet.

Jim Clabuesch presented the coveted winter series shirts. Although there was a new designer for the shirts this year, Lou Hendricks, that did not impact the beauty or desirability of the shirts.

On a personal note, I want to thank everyone who provided that little bit of extra help to get me through the planning of this banquet, including Doug Hensel, Patrick Bruer, Carolyn Huettel, and Halle Amick. Without all of your input, reminders, and feedback I would not have been able to pull off the organization of this event. And a big thank you again to Jim Clabuesch and Carolyn Huettel for hosting the event this year. Thank you!

— Brandy Burns

THANKS TO OUR JUNE CONTRIBUTORS

In no particular order, thanks for June contributions go to: Doug Hensel, Henry Blinder, Brandy Burns, Carolyn Huettel, Riëtta Couper, and David Couper.

PROUD MOMENTS IN RUNNING

I mentioned on Facebook still being speechless and on cloud nine — the day after receiving the Godiva Female Runner of the Year award. Only at the very end of Shannon's speech when she mentioned Austin (TX) did I realize that she was talking about me. Never in a million years did I think I kick ass!

I've been running since first grade, elementary school, doing the dashes — 100 yards, later the 100m. That changed around 8th grade when all the girls had to run the 800 and 1500. A teacher told me I could have run a much faster time in the 1500 if I hadn't walked. (Well, just a bit on the 2nd to last lap).

Then I trained and broke the school records in the 800 and 1500 each year in High School. Those were really proud moments. At University (first Pretoria, then Cape Town) I ran mostly cross-country and that's how I met David, on a bus. We were on our province's team going to run some cross-country championships in another province.

The best I could ever do in cross-country was 9th place in the South African women's cross country championships. I must add that the elements were in my favor that day — it rained hard for many days and there was an incident where one guy lost his shorts during the race and nobody noticed because it was that kind of a mud race.

Then all that cross country "glory" went to my head and I told people that I would run a marathon. This was circa 1979. Finishing my 1st marathon (Jakaranda Marathon in Pretoria) was definitely one of my proudest moments in running.

I remember looking at the map of the course the night before, noticing water points every 4kms and thinking, "sweet, I'll just run from water point to water point!" That idea worked marvelously until I hit the wall around 35kms — that was when an angel appeared — she stood next to the road with her motorbike, dressed in leather, twice my age and drinking beer from the bottle. So when she saw me staggering by, this blond-dyed woman held the bottle out for me and said, "Take a sip." And I did — just a small sip, because it was kind of early to drink beer and on an empty stom-

ach, but she gave me the bottle back and ordered to take more and I did and so I finished my first marathon slightly drunk.

I went on to run a few more marathons for which I trained and got 1st place medals for, but none made me more proud than one of the marathons I ran in Tasmania. We were only 11 runners in the Richmond Marathon that year (the race starts in the middle of nowhere and one stays on the road until it ends in a town called Richmond).

Sounds easy; no one can get lost.

That day we were soon spread out and by mile 6 (10kms) I was all by myself. Well, not totally by myself, because there in the middle of the road was a young bull. We stood there eyeing each other for a while and then I thought it best to climb the barbwire fence next to the road and ran a wide detour through someone's farm, over the fence again and back on the road to Richmond.

Luckily it wasn't hot that day because someone had put out water in little paper cups on the ground the night before and by the time I got to the cups, they had been blown over or away; those that still had water were full of sand. I had sand between my teeth all the way to Richmond, where I was the 1st woman to finish (also the only woman, as the other woman was a dnf).

What keeps me humble (apart from chronic Achilles tendonitis) is that my family in South Africa doesn't think much of me as a runner. See, I have never done that big fun run — my dad did it 11 times (a real runner!), my cousins have done it — they're also real runners, but Rietta — ah well she tries... It's the Comrades Marathon and no amount of beer will get me to finish that one. I'm also quite okay for not living up to family's standards, as I'm very proud of being the Godiva female runner of the year — thank y'all for this honor!



— Rietta Couper

RIËTTA COUPER, FROM A FAN

Riëtta's husband David posted this note to Facebook, not knowing Riëtta was writing something for the newsletter. We thought we'd post both.

Wanna know Riëtta's secret to winning Runner of the Year awards? That's easy (the secret, not the winning). Be born with the talent and train like an animal, in this case a mountain goat. I, on the other hand, in recent years have been more akin to a sloth.

About a mile and a quarter up the road (well, strictly, down and then up, but mostly up), there's a service road; behind a locked gate and up a hill there's a water tower. Hill? If it was a person it would be named Clifford Hill, or Cliff for short. Sherpas use it to prepare for climbing in the Himalayas. It isn't long — probably at most 200 meters — but what it lacks in length it makes up for in height. The water tower at the top may be on the highest spot in Chapel Hill. Certainly higher than the hill of the town's name.

When Riëtta trains on this hill, which she does with some regularity, she runs up at least 13 times. She has done as many as 21 reps. Did I mention that it's steep? I've run it occasionally, mostly starting about a third of the way up rather than doing the whole thing. Maybe

the radioactivity inside the fence around the water tower gives Riëtta her super powers. At least I think those signs warn of radioactivity.*

A few days ago I decided that maybe the reason my knees have been bothering me is because my legs have become weak because I haven't been spending enough time running hills. Steep hills, not the wimpy little one I've been using for 5-6 repeats recently. So today I went to the water-tower hill with the intention of trying to do the same 5-6 reps that I'd been doing on the wimp hill. (Remember that Riëtta does at least 13.) Five or six? I should be so lucky. Had to stop at the top and rest after the first one. And after the second. By the third one my legs were mush well before the top and I crawled to the upper gate before again stopping and resting. From there this sloth made his way back down the hills and home with his tail between his legs.

*Actually the signs warn of radio frequency waves - being so high it is an ideal place for a cell phone tower. The water tower is at the top of Nunn Mountain (at least that's what it is called on a topo map).

— David Couper

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?

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

MAY 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:07pm on May 14, 2013. Attendees included Vice President Brandy Burns, Patrick Bruer, Jim Clabuesch, Tom Griffin, Jeff Hall, Carolyn Huettel, Gordon Keeler and your scribe, Henry Blinder.

Although Kevin was not in attendance, he provided his Treasurer's report by e-mail prior to the meeting. The Club remains on a sound financial footing. Expenses and revenues from the recent Annual Banquet will be shown on next month's report.

Jim led off the meeting with the Membership report: "Everything's fine." Including family memberships, the Club has a total of more than 600 members.

On Haberdashery, Jeff has been working on obtaining the shirts and water bottles for trainers and participants in the Running Start program. He has ordered 90 water bottles, at a unit cost of slightly less than \$5 per bottle. The Club's pre-existing supply of socks has been "wiped out" by the Running Start program participants, so he's looking into replacements. He distributed several samples to the group to test out in the coming weeks. The previously ordered "hoodie" sweatshirts with the Club's logo have all been sold, and he will be ordering more. Patrick will look into the feasibility of including a "Haberdashery" page on the Club's website — stay tuned.

Brandy raised the question of whether the Club wants to make a donation to the Boston One Fund foundation. The foundation has been established to provide a source of funds for victims of the Boston Marathon bombing in April. Following discussion, the Board approved a donation of \$500.

Gordon inquired as to whether there was interest in revitalizing the Marathon Training program. Last year, the program "fizzled out." To revitalize the program, volunteers would be needed to organize and coordinate the program, serve as pacers, and other tasks. He will put out an e-mail to Club members to gauge the level of interest in volunteering to provide the necessary support for the program.

By e-mail, Halle gave us an update on the Running Start program. There are currently 57 participants. "Morale is high," and there has been virtually no attrition since this year's program began. The target 5K races are on June 15 and 22, and the program's graduation 5K is June 15 on the Al Buehler cross country trail.

We next discussed the Winter Series. On the Misery Run, Jim reminded us that the Club's RRCA insurance policy no longer covers the event due to the obstacles on the course such as the mud pit and hay bales. Last year, the race attracted around 90 runners, and cost the Club an extra \$400 for special insurance just for this one event. There was discussion on whether the Club should just "eat" this additional expense or raise the race fees either for this event or the Winter Series as a whole. We considered some pricing options and will come back to this issue in the coming months. However, there was a consensus to not change the character of the race by eliminating the mud pit or hay bales, even if that would make the race then eligible for coverage under the Club's regular insurance policy.

Patrick informed us that the opening, ribbon-cutting ceremony for the American Tobacco trail expansion across Interstate 40 is currently scheduled for August 10. He asked if the Club wanted to hold some kind of special ceremony to mark the opening. Before further consideration of this question, Patrick and Jim will check as to whether anything is already planned for the occasion by City Parks and Recreation or others.

Brandy gave us a final update on the Annual Banquet. There were close to 100 attendees. Thanks again to Brandy for her work in making the arrangements for the event and to Jim and Carolyn for hosting.

We briefly considered inquiries from a Club member not in attendance at the meeting as to whether to move up the starting time of one or more of the Winter Series races to 9am, and whether to invite a physical therapist to attend the Club's Annual Banquet in May and Holiday Party in December as a "freebie" resource for Club members. The consensus was not to make either change at this time.

On the Summer Track, we heard through Brandy that Charles Alden has indicated that "he has what he needs and is all set." The first night is Wednesday, May 15. Look for details on the Club's website.

As the final item, Jim reported that the handle on the Club's "relatively new" measuring wheel is broken. It's been "duct-taped" back together and is usable, but needs further repairs.

The meeting adjourned at 7:59pm.

— Henry Blinder

@ THE RACES**Stead Tread 5K (3/28/2013)**

Barton Bechard 18:35 2nd O/M

Run Raleigh Half Marathon (4/14/2013)

Louise Guardino 2:27:33 1st F70-74

Boston Marathon (4/15/2013)

Allen Baddour 2:58:07

Frank DeRuyter 3:52:30

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

Frank DeRuyter 22:39 2nd M60-64

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

Gary Moss 1:09:26 1st M60-64

Robert Moody 1:21:21

Medoc Spring Race 7.5 Miles (4/20/2013)

Louise Guardino 1:31:22

Run for Our Heroes 5K (4/27/2013)

Andrew Scribner 18:57 3rd M40-49

Louise Guardino 31:01 2nd F70-79

Kentucky Derby Festival Marathon (4/27/2013)

Peter Hessling 4:34:46

WakeMed Cary Distance Festival 5K (5/4/2013)

Andrew Scribner 19:41 1st M40-44

New River Half Marathon (5/4/2013)

Richard Wolfe 4:55:44 2nd M70-98

Dicks Sporting Goods Pittsburgh Marathon (5/5/2013)

Chris Capps 2:54:10

Southeastern US Masters T&F Championships (5/17/2013-5/18/2013)

5K: Gary Moss 19:34 1st Master Age-Group

3000M: Jay Smith 12:24.24 1st M60-64

1500M: Jay Smith 5:27.72 1st M60-64

800M: Jay Smith 2:39.34 1st M60-64

Southeastern US Masters Bob Boal Meet

(5/18/2013)

100M: Louise Guardino 18.62 1st F70-74

200M: Louise Guardino 40.16 1st F70-74

400M: Louise Guardino 1:37.12 1st F70-74

Marine Corps Historic Half Marathon (5/19/2013)

Greg Sousa 1:56:01

NCRC Invitational Half Marathon (5/19/2013)

Louise Guardino 2:38:34 1st F70-74

Run for the HAW! 10K (5/25/2013)

William Schmitz 42:46 1st M40-44

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

Want to see your name in the newsletter? If you're not ready to write a race recap or submit your reflections on running, the simplest way is to enter your race results at the Carolina Godiva website. Just go to <http://www.carolinagodiva.org> and click on the big red @The Races button near the top left of the home page

RACE CALENDAR

- 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
Run Wild 5K, Asheboro
River Bound Race Series 5K & 15K, Asheville
Blue 5K/10K on the Runwas at PTI, Greensboro
- June 13 (Thu)** NewBridge Bank Bridge to Bridge Run, 4M Run and 1M Walk, Wilmington
- June 15 (Sat)** Guardians of the Hill 5K, Chapel Hill
Brew Dash 6K Trail Race, Charlotte
NC Prostate Cancer Society 5K, Asheboro
Sappony 5K T
- June 16 (Sun)** Maggiano's Make-a-Wish 5K, Durham
- June 21 (Fri)** Queen City Race to Sunset Beach, Charlotte
- June 22 (Sat)** Beech Mountain ClimbMAX 10K, Beech Mountain
Skirt Chaser 5K, Charlotte
- June 29 (Sat)** Race for the World 5K, Fletcher
Fun 4th Freedom Run 10K/2M, Greensboro
Keystone Cops for the Arts, Reidsville
Ultimate Runner, Winston-Salem
- 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
Fire on the Track 5,000 Meters, Greensboro
Hot Top 10K, Kings Mountain
Lake Norman 5K, Mooresville
31st Annual Tri-Span 10K & 5K, Wilmington
- July 20 (Sat)** The Sleigh Ride & Run 5K, Asheboro
Historic Beaufort Road Race, Beaufort
Run with a Hero Half Marathon, 5K, 1M, Fayetteville
Beat the Heat 5K, Winston-Salem
- July 27 (Sat)** Race to Sustainability 6K Trail Run, Chapel Hill
Habitat Bull Moon Ride and Inaugural 5K Run, Durham
Bele Chere 5K, Asheville

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!