



**NEWSLETTER
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BLISTER IN THE SUN

It sounded simple enough. Run, er...*hike* from the South Rim of the Grand Canyon to the North Rim, and back to the South Rim, all in one day. During the planning stages, the total distance was in the neighborhood of 42 miles. Since I was taking a holiday from formal race training, this seemed like an appropriate way to stay active, and provide a formidable goal. Very few people accomplish this feat, and I was about to discover why.

Since I had run a marathon just a few months before, I still considered myself in marathon shape. The training had fallen off, but not too significantly. Running 26.2 at a steady pace would surely translate into running/hiking 43 miles. My biggest worry was the elevation gain. Previous experience with elevation seemed to indicate I would be challenged, but not suffer too badly. The game plan was to move swiftly on the downhills, run as much of the flat sections as possible, and work the uphill at a steady pace.

Nutrition and hydration were cornerstones in this endeavor. A 100oz. hydration pack with plenty of room for food was purchased. At first, the pack felt a little awkward. After a few practice runs, I settled into the feeling of the weight. With the 100oz and a handheld bottle, hydration was not going to be a problem. Nutrition was going to be tricky though, since my previous efforts had yielded poor results on game day. I came up with a plan, including some things I never tried during training.

A word of caution. Do not experiment "the day of" with any new nutrition. It will most likely produce negative affects on your body. Also, do not take advice from your running mates about nutrition during your planned event. What works for them will not necessarily work for you.

It was going to be very warm at the Grand Canyon during our run, with temperatures reaching into the 90's on the Canyon floor. Why not plan this trip earlier in the year? The water along the trail system in the Grand Canyon does not get turned on until mid-May, and the North Rim does not open to vehicular traffic either. Having support on the North Rim is critical in case you need supplies, or have to drop out of the adventure for any reason.

We had to be on the trail at 5:00AM with the idea of starting before the mule train. Unfortunately the mule train started earlier than expected. Luckily, we were able to safely pass them a few miles down the trail. The early start provided cool temperatures and panoramic views as we headed down the South Kaibab Trail.

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**DEADLINE FOR
AUGUST
NEWSLETTER:
JULY 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
Vice President	Brandy Burns	bburns1786@yahoo.com
Treasurer	Kevin Nickodem	kevin.nickodem@firstcitizens.com
Meeting Secretary	Henry Blinder	ncjog@nc.rr.com
Membership Chair	Jim Clabuesch	jwcvh@mindspring.com
Haberdasher	Jeff Hall	haberdasher@carolinagodiva.org
Race Calendar Editor	Don Anthony	donanthony2@gmail.com
Highway Clean Up	Gordon Keeler	gordon.keeler@duke.edu
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor Copy Editor	Shauna Griffin	newsletter@carolinagodiva.org
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

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

COACH BUBBA

The Carolina Godiva Track Club is requesting assistance with organizing the Coach Bubba race. Coach Bubba has historically offered two distances, a 4mile and a 20K, both run on the road in the Forest Hills area and along the American Tobacco Trail in Durham. We are considering bringing this race back, but it cannot happen without a group of highly motivated, and dedicated members to serve on the Coach Bubba Racing Committee.

If you have an interest in seeing this race return to the running community, please consider serving on the race committee. The time commitment is over several months, starting in August 2013. The race date is projected to be in February of 2014. Even if you have never been part of a race committee, that is not a problem. If you would like to participate, or have further questions, please contact: president@carolinagodiva.org.

— Doug Hensel

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)

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When we hit Phantom Ranch everything seemed OK. We took a healthy break, filled water bottles, and ate some food. The sun was out, and the temperatures were rising, but I felt alright, all things considered. We noticed a few unfriendly signs imploring runners and hikers to not leave supplies in the campsites.

When we took the next major break at Cottonwood Campground, I was starting to feel tired. I had been drinking water, and ingesting gels, but apparently not enough. With seven miles to go, I was evaluating if I could make it up to the North Rim and then return to the South Rim. As I moved closer to the North Rim, it was becoming apparent that I was wearing out. This part of the trail is in full sun and requires about three thousand feet of climbing in

just a few miles. Shade is available only in tiny increments. It was very slow going, and I seemed to be stopping every 100 yards or so to rest. All I will say about it is that Ronnie Weed is a very patient person.

It took several hours of stop and go but we finally made it to the North Rim. But there would be no turning around for me, at least by foot. Luckily, the person waiting for us on the North Rim was there, and happy to take me back in his car. I had gone roughly 22 miles with a net elevation change of about ten thousand feet in eight hours.

Would I do it again? In a heart beat. Well, maybe I'd come up with a better nutrition plan next time.

— Doug Hensel

SOUTHEASTERN U.S. MASTER'S BOB BOAL 43RD MEET

Friday May 17th was a bright, hot day. I went to the NCSU Derr track to watch some Godivans run the 3000m. Except for the tents brought by the Atlanta Track Club and a Piedmont club, there was no shade. Not to complain—I had my hat! I watched Jay Smith run the 3000m in 12:24.24, as well as Mary Szymkowski (13:34.24), her Canadian friend Katharine Willis (not at 100% physically; 16:51.84), and Zeph Putnam (recovering from a calf issue; 14:21.41). Margie Stoll (71) also ran the 3000m, setting a new event record with a time of 15:22.86. This after having seemingly run warm-ups around the track umpteen times (she said it was only a few!).

The next day the weather was quite different. I was there for the sprints (100m, 200m, 400m). It was cloudy when I first arrived. During my warm up, it began raining. Some deserted the track to wait it out. I decided to continue (I needed some practice!). It had stopped raining by the time the 100m began, but unfortunately, my competitor Ann Carter, not having warmed up, had decided not to chance pulling a muscle and scratched. The weather behaved for the rest of the meet. I had signed up to run the 400m only so I could chase Jeanne Daprano (76), who once again ran away with it, setting another meet record of 1:26.28. This was not the only meet record she set: shaming me again in the 200m, she ran a 38.48 time!

There were two other double-dippers in terms of meet records. One was Oscar Peyton (M60) with a meet record in the 100m (11.90) and an American record in the 200m (24.23). The other was Charles Allie (M65), who followed right along setting age group meet records in the same events: 100m (12.65) and 200m (25.46).

As you may have read in the *News & Observer*, 90-year-old Charles Ross with the Atlanta Track Club (a massive group—absorbing people like the Hive!) ran the 2000m steeplechase. He trotted most of it, lifting one leg over a hurdle, then the other, and, yikes, climbing over the water hurdle to drop in almost waist deep. He finished in 18:54.10 and since he is, so far, the only 90-year-old to do this event, he set both a meet and an *American* record!

Jay Smith set a record in the 1500m, running a 5:27.72. I had to chuckle while watching him both days: a lady (his wife?) nagged/coached him on when he ran near the spectator area, urging him to push harder, someone was coming up on him. She was intense! And it worked. Mary Szymkowski also ran the 800m on the second day in 3:01.56. (I bet she was up late socializing the night before!)

The highlight for me was watching the 4x100 women's relay race. Carolinas Track and Field fielded a team that burned up the track! Trees blocked my sight of the first two (Anne Sluder (40) and Kris Kazebee (46)) on the relay but I saw Melanie Walker (44) come around and pass off to Toccata Murphy (43) who ripped up the last 100m to the finish. It was beautiful—great baton passing and running. They set a meet record (52.84) and now have the second fastest American time.

You can always count on runners at the Southeastern U.S. Masters Bob Boal Meet to set records!

— Louise Guardino

CGTC RUNNING START 2013 WRAP-UP

Carolina Godiva Track Club has graduated another set of new runners! Running Start 2013 came to a close on June 15th with a graduation 5K that celebrated the fitness achievements of its trainees.

Twenty-eight of over 45 RS graduates ran in our timed 5K on the Al Buehler Cross Country Trail, while others participated in different events or completed untimed 5Ks to celebrate their completion of the program. Thanks go to our graduation 5K finish-line volunteers Doug Hensel, Ronnie Weed, and Gary Schultz.

We received more praise for the program than can be written in this space; our trainees had so many wonderful things to say about the program’s structure and volunteers. We are all grateful to the CGTC board for embracing the new mid-program incentive system—

the socks and water bottles were huge hits!

Major thanks go out to our dedicated volunteer pacers, without whom the program would not be possible: April Henry, Beck Tench, Becky Trumbull, Bill Schroeder, Charlene Spells, Crystal Dreisbach, Debbie McGill, Eileen Philips, Elvis Borders, Erin McIntee, Frank Weber, Gordon Caviness, John Wood, Gabe Argao, Jason McMains, Jenny Boyce, Julie Horton, Karishma Fernandes, LaToya Webb, Marni Schribman, Meg Beal, Meghan Morris, Patti Paine, Shauna Griffin, Tom Hoerger, Victoria Caplinger, Bill Hansley, Jamie Lewis, Peter Hessling, and Jason Whitley.

We are so proud of our graduates and look forward to their continued success as runners.

— **Halle Amick & Aline Lloyd**
Running Start 2013 Co-Directors

CGTC RUNNING START 2013 5K RESULTS

Place	Name	Finish Time	Place	Name	Finish Time
1	Michelle Conner	25:09	18	Kelly Bennett	44:54
2	Joao Correia	28:40	19	Robbyn Lewis	46:00
3	Junior Simmonds	30:50	20	Michelle Munoz	46:43
4	Benedicte Mulliken	31:20	21	Katoya Wallace	47:05
5	Melinda Squires-Nelson	35:26	22	Kendra Powell	47:10
6	Kim Butler	35:38	23	Ann Burke	48:09
7	Lindsey Trogdon	37:41	24	Susie Hansley	48:14
8	Kevin Cox	37:44	25	Lisa Henty	48:38
9	Sandra Garcia	39:17	26	Meri Rega	48:41
10	Elena Popowitch	39:44	27	Elizabeth Heise	51:39
11	Beth Gerall	39:53	28	Cassandra Johnson	54:33
12	Angela King-Herbert	40:42	Sappony 5K Trail Race		
13	Jen Hoffman	41:19	Molly Adams 34:48		
14	Leigh Anne Bianchi	41:27			
15	Wanda Nicholson	41:34			
16	Lauren Felder	42:01			
17	Sylvia Black	44:50			

Check out CGTC’s online race calendar for an extensive, up-to-date list of local races:
www.carolinagodiva.org/race-calendar

SUMMER TRACK RESULTS

15 May

Mile run

David Bellard	M	24	5:13
Evan Galloway	M	30	5:18
Malcolm White	M	28	5:18
Andrew Ehlert	M	24	5:18
Keith Volmer	M	42	5:21
Bart Bechard	M	48	5:21
Alison Kleitman	F	40	5:38
Steve Mele	M	48	5:38
Stephen Toomy	M	26	5:39
Mike Kelley	M	53	5:39
Jason Figge	M	40	5:41
Owen Astrachan	M	57	5:43
Melissa Cunningham	F	34	5:51
Anthony Angelini	M	39	5:52
Eric Olson-Gefry	M	33	5:53
Ed Billings	M	51	5:53
Danielle Baker	F	36	5:56
Lewis Hendricks	M	40	5:56
Katherine Guilfoyle	F	27	5:57
Ted Richardson	M	43	6:02
Christen Campbell	F	28	6:08
David Couper	M	58	6:11
Eric Ward	M	52	6:16
William Schmitz	M	41	6:16
Eric Brown	M	37	6:19
Maggie Kovach	F	26	6:20
Kevin Kay	M	36	6:39
Mike Carpenter	M	45	6:41
Karl Murphy	M	45	6:43
Lindsey Puryear	M	52	6:44
Lisa Anderson	F	37	6:46
Ray Dooley	M	60	6:49
Katie Carpenter	F	12	6:52
Lauren Wooten	F	22	6:53
Hernan Silva	M	49	6:57
Chris Gould	M	69	7:02
Riëtta Couper	F	54	7:02
Mark Rotenberry	M	53	7:08
Mary Szymkowski	F	50	7:10
Gene Casale	M	56	7:11
Dan Woodlief	M	50	7:15
Ben Barker	M	43	7:19
Bobbie Perry	M	67	7:20
Ed Davis	M	68	7:24
Lena Hollmann	F	61	7:26
Zeph Putnam	M	59	7:31
Jennifer Browndorf	F	43	7:39
Tom Griffin	M	67	7:43
Rob McCauley	M	41	7:43
Richard Smith	M	60	7:44
Adina Mele	F	52	7:49
Tommy McCauley	M	12	8:02
Julie Messina	F	35	8:02
Sydney Barker	F	12	8:10
Barbara Hindenach	F	62	8:11
Tom Kirby	M	60	8:11
Ken Larsen	M	65	8:15
Carolyn Huettel	F	49	8:17
Tom Arnell	M	50	8:38
Katie Biasi	F	39	8:53
Makaila Mele	F	9	8:55
Lauren Braun	F	24	8:57
Carrie Dundas-Lucca	F	32	9:02
Laura Ramsdell	F	23	9:03
Jacob Sternfeld	M	54	9:12
Aimee Bazin	F	30	9:36
Mike Biasi	M	40	9:40
Eddie McCauley	M	12	11:18

Julia Rotenberry	F	42	11:30
Jim Regan	M	71	11:33
Jacob McCauley	M	11	11:47

200m Dash

Ryan Robinson	M	21	22.6
Jemaine Wade	M	29	22.6
Colin Jacobs	M	20	23.9
Harrison Young	M	15	24.1
Mike Carpenter	M	45	25.6
Lauren Alpert	F	23	25.8
Brian Gilligan	M	14	26.0
Stephen Toomy	M	26	26.1
Eric Olson-Gefry	M	33	27.4
Eric Brown	M	37	28.3
Jason Figge	M	40	28.3
Jessica Szymczak	F	14	28.6
Isabel Bravo	F	14	30.0
William Schmitz	M	41	30.4
Hernan Silva	M	49	30.7
Melissa Cunningham	F	34	30.9
Mike Kelley	M	53	31.4
Bart Bechard	M	48	31.6
Laura Ramsdell	F	23	32.0
Katie Carpenter	F	12	32.1
Katherine Guilfoyle	F	27	32.5
Kevin Kay	M	36	32.5
Mark Rotenberry	M	53	32.6
Elizabeth Zader	F	28	33.0
Christen Campbell	F	28	33.9
Brian Tajlili	M	31	34.5
Ben Barker	M	43	35.0
Dan Woodlief	M	50	36.8
Eddie McCauley	M	12	37.0
Rob McCauley	M	41	37.0
Tommy McCauley	M	12	37.0
Tom Hoerger	M	54	37.1
Julie Messina	F	35	38.1
Maggie Kovach	F	26	38.4
Jacob Sternfeld	M	54	39.0
Ray Dooley	M	60	39.2
Mary Szymkowski	F	50	39.4
Tom Kirby	M	60	39.5
Sydney Barker	F	12	40.0
Anne Rotenberry	F	12	40.0
Lisa Anderson	F	37	40.0
Ken Larsen	M	65	40.5
Jennifer Browndorf	F	43	41.0
Lena Hollmann	F	61	41.7
Louise Guardino	F	72	41.8
Jacob McCauley	M	11	42.8
Riëtta Couper	F	54	42.8
Tom Griffin	M	67	43.4
Tom Arnell	M	50	44.8
Gene Casale	M	56	45.0
Erik Rotenberry	M	13	46.0
Aimee Bazin	F	30	47.0
Mike Biasi	M	40	47.2
Barbara Hindenach	F	62	50.9
Katie Biasi	F	39	51.9
Jake Smith	M	7	53.0
Alexandra Garcia-Granados	F	50	53.5
Coen Figge	M	5	60.0
Jim Regan	M	71	62.0
Daniel Smith	M	5	78.0
Anneka Figge	F	3	87.0

Mile Racewalk

Deb Springer	F	39	8:34
Ray Dooley	M	60	9:06
Mike Kelley	M	53	9:47
Jason Figge	M	40	10:01

Barbara Hindenach	F	62	10:29
Karen Terry	F	44	10:43
Hernan Silva	M	49	11:07
Tom Hoerger	M	54	11:24
Carolyn Huettel	F	49	11:24
Adina Mele	F	52	11:29
Lena Hollmann	F	61	11:29
Peter Gilligan	M	61	11:42
Chris Gould	M	69	11:47
Evan Galloway	M	30	12:00
Elizabeth Zader	F	28	12:00
Laura Cloak	F	26	12:00
Andrew Ehlert	M	24	12:00
Alexandra Garcia-Granados	F	50	12:06
Jacob Sternfeld	M	54	12:12
Makaila Mele	F	9	12:29
Jim Regan	M	71	12:45
Ken Larsen	M	65	12:50
Tom Arnell	M	50	12:50
Aimee Bazin	F	30	12:59
Sydney Barker	F	12	13:13
Ben Barker	M	43	13:17
Julia Rotenberry	F	42	13:45
Stephen Toomy	M	26	13:57
Mike Biasi	M	40	14:20
Katie Biasi	F	39	14:20

800m Run

Colin Jacobs	M	20	2:10
Owen Astrachan	M	57	2:24
Stephen Toomy	M	26	2:25
Evan Galloway	M	30	2:26
Brian Tajlili	M	31	2:30
Andrew Ehlert	M	24	2:30
Eric Olson-Gefry	M	33	2:34
Mike Kelley	M	53	2:36
Alison Kleitman	F	40	2:38
Anthony Angelini	M	39	2:40
Malcolm White	M	28	2:46
Danielle Baker	F	36	2:48
Eric Brown	M	37	2:50
Maggie Kovach	F	26	2:51
Tom Hoerger	M	54	2:54
Laura Ramsdell	F	23	2:54
William Schmitz	M	41	2:55
Katherine Guilfoyle	F	27	2:59
Lisa Anderson	F	37	3:04
Lewis Hendricks	M	40	3:05
Gene Casale	M	56	3:07
Hernan Silva	M	49	3:07
Steve Mele	M	48	3:08
Chris Gould	M	69	3:09
Ray Dooley	M	60	3:13
Riëtta Couper	F	54	3:15
Mary Szymkowski	F	50	3:15
Dan Woodlief	M	50	3:22
Jason Figge	M	40	3:24
Ed Davis	M	68	3:27
Zeph Putnam	M	59	3:30
Ben Barker	M	43	3:31
Sydney Barker	F	12	3:31
Vance Holloman	M	55	3:31
Lena Hollmann	F	61	3:33
Mark Rotenberry	M	53	3:34
Rob McCauley	M	41	3:36
Adina Mele	F	52	3:38
Tom Griffin	M	67	3:38
Tommy McCauley	M	12	3:38
Jacob Sternfeld	M	54	3:40
Jennifer Browndorf	F	43	3:46

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Tom Kirby	M	60	3:49	Mike Stella	M	29	5:43	John Alaka	M	55	15.5
Katie Carpenter	F	12	3:51	Abby Offenbaker	F	37	5:45	Rob McCauley	M	41	16.4
Carolyn Huettel	F	49	3:52	Eric Brown	M	37	5:51	Ethan Mathis	M	10	16.4
Tom Arnell	M	50	3:55	Maggie Kovach	F	26	5:58	Lauren Wooten	F	22	16.6
Julie Messina	F	35	3:56	Tina Weil	F	40	6:03	Mike Walsh	M	45	16.7
Ken Larsen	M	65	4:04	John Alaka	M	55	6:05	Dan Woodlief	M	50	16.8
Carrie Dundas-Lucca	F	32	4:06	Lauren Wooten	F	22	6:10	Roxanne Springer	F	49	17.5
Anne Rotenberry	F	12	4:12	Lisa Anderson	F	37	6:13	Jacob Sternfeld	M	54	17.7
Aimee Bazin	F	30	4:16	Hernan Silva	M	49	6:19	Sydney Barker	F	12	17.8
Barbara Hindenach	F	62	4:16	Chris Gould	M	69	6:22	Evan Milledge	M	8	18.1
Katie Biasi	F	39	4:26	Rietta Couper	F	54	6:23	Tom Hoerger	M	54	18.2
Mike Biasi	M	40	4:28	Mike Walsh	M	45	6:25	Tom Kirby	M	60	18.3
Alexandra Garcia-Granados	F	50	4:50	Mary Szymkowski	F	50	6:31	Jacob McCauley	M	11	18.8
Erik Rotenberry	M	13	5:30	Richard Smith	M	60	6:32	Jennifer Browndorf	F	43	18.9
Jim Regan	M	71	5:33	Mark Rotenberry	M	53	6:34	David Yeowell	M	76	19.0

5000m Run

Malcolm White	M	28	17:27	Zeph Putnam	M	59	6:40	Louise Guardino	F	72	19.2
Lewis Hendricks	M	40	19:13	Gene Casale	M	56	6:44	Anna Rotenberry	F	11	19.4
Mike Kelley	M	53	19:48	Dan Woodlief	M	50	6:45	Ben Walsh	M	10	19.6
David Couper	M	58	20:09	Ed Davis	M	68	6:47	Aimee Bazin	F	30	19.8
Brian Tajjili	M	31	20:10	Ben Barker	M	43	6:53	Barbara Hindenach	F	62	19.9
Danielle Baker	F	36	20:12	Lena Hollmann	F	62	6:53	Maggie Kovach	F	26	20.0
Stephen Toomy	M	26	20:43	Rob McCauley	M	41	6:53	Mary Szymkowski	F	50	20.1
Patrick Bruer	M	54	20:45	Bob Wallace	M	56	7:02	Lisa Anderson	F	37	20.4
Laura Cloak	F	26	22:12	Jennifer Browndorf	F	43	7:05	Tom Arnell	M	50	20.4
Andrew Ehlert	M	24	22:12	Heiko Rath	M	43	7:08	Lena Hollmann	F	62	20.7
Maggie Kovach	F	26	22:21	Junior Simmonds	M	45	7:10	Alexandra Garcia-Granados	F	50	21.0
William Schmitz	M	41	22:27	Jacob Sternfeld	M	54	7:12	Gerty Ward	F	52	21.0
Jason Figge	M	40	22:31	Sydney Barker	F	12	7:15	Rietta Couper	F	54	21.1
Rietta Couper	F	54	22:37	Evan Milledge	M	8	7:16	Gene Casale	M	56	21.2
Tom Hoerger	M	54	22:43	Tim O'Brien Sr.	M	62	7:22	Ken Larsen	M	65	21.3
Lindsey Puryear	M	52	22:50	Joao Correia	M	45	7:24	Julie Messina	F	35	23.8
Chris Gould	M	69	23:05	Tom Kirby	M	60	7:35	Xavier Hasan	M	3	24.0
Ray Dooley	M	60	23:46	Barbara Hindenach	F	62	7:36	Jake Smith	M	7	24.9
Gene Casale	M	56	24:28	Vance Holloman	M	55	7:37	E. Page	F	5	26.0
Lisa Anderson	F	37	24:35	Tom Arnell	M	50	7:45	Julia Rotenberry	F	42	26.2
Tim O'Brien Sr.	M	62	25:07	Julie Messina	F	35	7:45	Coen Figge	M	5	30.0
Mary Szymkowski	F	50	25:57	Carolyn Huettel	F	49	7:48	Daniel Smith	M	5	31.0
Jennifer Browndorf	F	43	26:04	Ben Walsh	M	10	7:52	Anneka Figge	F	3	42.0
Carolyn Huettel	F	49	26:43	Jim Hotelling	M	66	7:59	Collum Page	M	2	42.0
Tom Kirby	M	60	26:55	George Hotelling	M	12	7:59				
Rob McCauley	M	41	27:29	Carrie Dundas-Lucca	F	32	8:00				
Tommy McCauley	M	12	27:57	Gerty Ward	F	52	8:14				
Julie Messina	F	35	27:57	Ken Larsen	M	65	8:47				
Dan Woodlief	M	50	28:00	Aimee Bazin	F	30	8:58				
Barbara Hindenach	F	62	30:49	David Yeowell	M	76	9:49				

22 May**1500m Run**

Niall Donnelly	M	39	4:33	Julia Rotenberry	F	42	11:22				
Bryan Brander	M	33	4:36	Ryan Robinson	M	21	11.2				
Malcolm White	M	28	4:41	Jemaine Wade	M	29	11.4				
George Linney	M	37	4:44	Mike Carpenter	M	45	12.4				
Jack Mignosa	M	42	4:45	Muhammad Hasan	M	41	13.3				
Evan Galloway	M	30	4:51	Evan Galloway	M	30	13.4				
Keith Volmer	M	42	4:52	Eric Olson-Getty	M	33	13.4				
Ulf Andre	M	46	4:59	Eric Brown	M	37	13.5				
Andrew Ehlert	M	23	5:03	Andrew Ehlert	M	23	13.6				
Jason Figge	M	40	5:03	George Linney	M	37	13.9				
Lewis Hendricks	M	40	5:06	Bryan Brander	M	33	14.2				
Agustin Fiolito	M	13	5:10	Jason Figge	M	40	14.3				
Eric Olson-Getty	M	33	5:11	Agustin Fiolito	M	13	14.4				
Mike Carpenter	M	45	5:17	George Carpenter	M	17	14.4				
Anthony Angelini	M	39	5:20	Jane Barnes	F	61	14.5				
Alison Kleitman	F	40	5:20	George Hotelling	M	12	14.6				
Katherine Guilfoyle	F	27	5:31	William Schmitz	M	41	14.7				
George Carpenter	M	17	5:31	Junior Simmonds	M	45	14.8				
Tom Hoerger	M	54	5:33	Lewis Hendricks	M	40	14.9				
Bob Callanan	M	48	5:35	Hernan Silva	M	49	14.9				
Lauren Alpert	F	23	5:38	Mike Stella	M	29	14.9				
Eric Ward	M	52	5:41	Joao Correia	M	45	15.1				
William Schmitz	M	41	5:42	Becky Simers	F	55	15.1				
				Ben Barker	M	43	15.2				
				Katherine Guilfoyle	F	27	15.3				

1500m Racewalk

Jason Figge	M	40	8:47
Roxanne Springer	F	49	9:28
Barbara Hindenach	F	62	9:33
Andrew Ehlert	M	23	9:45
Evan Galloway	M	30	9:51
Joao Correia	M	45	10:13
Hernan Silva	M	49	10:26
Jacob Sternfeld	M	54	10:32
Ben Barker	M	43	10:33
Laura Cloak	F	26	10:33
Elizabeth Zander	F	28	10:33
Carolyn Huettel	F	49	10:35
Lena Hollmann	F	62	10:51
Ken Larsen	M	65	11:02
Chris Gould	M	69	11:03
Sydney Barker	F	12	11:17
Alexandra Garcia-Granados	F	50	11:19
Tom Arnell	M	50	11:57
Junior Simmonds	M	45	11:57
Anna Rotenberry	F	11	12:03
Ben Walsh	M	10	12:17
Mike Walsh	M	45	12:20
Dan Woodlief	M	50	12:24
George Carpenter	M	17	13:15
Mike Carpenter	M	45	13:17
Julia Rotenberry	F	42	13:17
Evan Milledge	M	8	13:34
Julie Messina	F	35	14:04
Tom Hoerger	M	54	14:29
Jacob McCauley	M	11	15:05

(Continued on page 8)

*(Continued from page 7)***400m Dash**

Jemaine Wade	M	29	51.4
Ryan Robinson	M	21	52.0
Mike Carpenter	M	45	56.0
Niall Donnelly	M	39	59.9
Andrew Ehlert	M	23	60.3
Bryan Brander	M	33	61.1
Eric Olson-Getty	M	33	61.9
Jason Figge	M	40	62.0
George Linney	M	37	62.9
Eric Brown	M	37	65.2
Agustin Fiolito	M	13	67.0
George Carpenter	M	17	67.7
Bob Callanan	M	48	70.0
Lewis Hendricks	M	40	70.2
Katherine Guilfoyle	F	27	70.3
Anthony Angelini	M	39	71.7
Mike Stella	M	29	71.7
Abby Offenbaker	F	37	73.0
Mark Rotenberry	M	53	74.0
William Schmitz	M	41	74.0
George Hotelling	M	12	76.5
Junior Simmonds	M	45	77.0
Tom Hoerger	M	54	81.0
Tina Weil	F	40	81.0
Ben Barker	M	43	82.0
Dan Woodlief	M	50	82.0
Roxanne Springer	F	49	82.0
Chris Gould	M	69	83.0
Joao Correia	M	45	83.1
Mike Walsh	M	45	83.5
Lisa Anderson	F	37	85.6
Gene Casale	M	56	86.0
Jim Hotelling	M	66	86.4
Rob McCauley	M	41	87.0
Ethan Mathis	M	10	87.0
Mary Szymkowski	F	50	88.0
Rietta Couper	F	54	88.8
Sydney Barker	F	12	89.0
John Alaka	M	55	90.0
Heiko Rath	M	43	92.0
Carrie Dundas-Lucca	F	32	93.0
Vance Holloman	M	55	94.5
Jennifer Browndorf	F	43	95.0
Tom Kirby	M	60	96.0
Jacob Sternfeld	M	54	96.3
Becky Simers	F	55	98.0
Ken Larsen	M	65	98.6
Ben Walsh	M	10	100.7
Anna Rotenberry	F	11	101.0
Evan Milledge	M	8	101.1
Tom Arnel	M	50	101.2
Louise Guardino	F	72	106.7
Aimee Bazin	F	30	108.0
Jacob McCauley	M	11	113.0
David Yeowell	M	76	115.0
Barbara Hindenach	F	62	115.1
Jake Smith	M	7	124.0
Coen Figge	M	5	140.0
Alexandra Garcia-Granados	F	50	141.0

3000m Run

Malcolm White	M	28	9:55
Matthew Wallace	M	24	10:15
Bryan Brander	M	33	10:15
Jack Mignosa	M	42	10:18
George Linney	M	37	10:39
Ulf Andre	M	46	10:47
Brian Tajilli	M	31	10:54
Keith Volmer	M	42	10:55
Eric Olson-Getty	M	33	12:02
Bob Callanan	M	48	12:18

Andrew Ehlert	M	23	12:26
Laura Cloak	F	26	12:36
Tom Hoerger	M	54	12:43
William Schmitz	M	41	12:45
Tina Weil	F	40	13:00
Rietta Couper	F	54	13:05
Gene Casale	M	56	13:07
Maggie Kovach	F	26	13:10
Chris Gould	M	69	13:11
Abby Offenbaker	F	37	13:25
Mike Stella	M	29	13:35
John Alaka	M	55	13:35
Lisa Anderson	F	37	13:44
Bob Wallace	M	56	14:08
Zeph Putnam	M	59	14:09
Mary Szymkowski	F	50	14:33
Katherine Guilfoyle	F	27	14:35
Roxanne Springer	F	49	14:42
Ed Davis	M	68	14:47
Tom Kirby	M	60	14:55
Carolyn Huettel	F	49	14:57
Jennifer Browndorf	F	43	14:58
Jacob Sternfeld	M	54	15:19
Dan Woodlief	M	50	15:45
Eric Brown	M	37	16:01
Jason Figge	M	40	16:10
Joao Correia	M	45	16:10
Barbara Hindenach	F	62	16:37
Aimee Bazin	F	30	19:01
Heather Yeowell	F	73	20:47
David Yeowell	M	76	20:54

29 May**Mile Run**

Malcolm White	M	28	4:56
Jack Mignosa	M	42	5:08
Jason Figge	M	40	5:10
Keith Volmer	M	42	5:12
Matt Schumacher	M	18	5:12
Stephen Toomy	M	26	5:18
Mark Manz	M	27	5:18
Adrian Cooper	M	35	5:20
Eric Olson-Getty	M	33	5:31
Merrick Castillo	M	17	5:32
Nick Tuminski	M	17	5:34
Steve Mele	M	48	5:35
Lewis Hendricks	M	40	5:42
Steven Roberts	M	32	5:51
Owen Astrachan	M	57	5:52
George Carpenter	M	17	5:54
Ted Richardson	M	43	5:55
Eric Ward	M	52	5:55
Tom Hoerger	M	54	5:56
Mike Carpenter	M	45	5:57
Katherine Guilfoyle	F	27	6:03
Eric Brown	M	37	6:10
David Couper	M	58	6:12
William Schmitz	M	41	6:20
Maggie Kovach	F	26	6:25
Danielle Baker	F	36	6:30
Lauren Wooten	F	22	6:36
Lisa Anderson	F	37	6:39
Sarah Roberts	F	33	6:43
Richard Smith	M	60	6:46
John Blake	M	55	6:53
Mark Rotenberry	M	53	6:54
Rietta Couper	F	54	6:55
Mary Szymkowski	F	50	6:56
Lindsey Puryear	M	52	6:57
Ray Dooley	M	60	7:03
Chris Gould	M	69	7:12
Roxanne Springer	F	49	7:12
Zeph Putnam	M	59	7:14
Dan Woodlief	M	50	7:17

Ed Davis	M	68	7:19
Richard Kohrman	M	65	7:22
Lena Hollmann	F	62	7:26
Jennifer Browndorf	F	43	7:37
Jacob Sternfeld	M	54	7:41
Kelly Lamb	F	24	7:42
Muhammad Hasan	M	41	7:52
Ken Larsen	M	65	7:52
Carolyn Huettel	F	49	7:54
Lauren McGaher	F	23	7:54
Joao Correia	M	45	7:59
Junior Simmonds	M	45	7:59
Julie Messina	F	35	8:00
Thomas _	M	12	8:12
Tom Arnel	M	50	8:13
Tom Kirby	M	60	8:15
Lauren Braun	F	24	8:16
Rob McCauley	M	41	8:18
Lloyd Brown	M	56	8:25
Barbara Hindenach	F	62	8:34
Carrie Dundas-Lucca	F	32	8:38
Evan Milledge	M	8	8:53
Aimee Bazin	F	30	9:17
Hernan Silva	M	49	9:17
Ben Barker	M	43	9:46
Alexandra Garcia-Granados	F	50	9:48
Erin McIntee	F	33	10:00
Lisa Hasan	F	40	10:05

200m Dash

Jemaine Wade	M	29	23.2
Colin Jacobs	M	20	24.0
Nick Tuminski	M	17	25.1
Mike Carpenter	M	45	25.2
Stephen Toomy	M	26	26.3
Tyler Tuminski	M	18	26.8
Eric Brown	M	37	27.2
Matt Schumacher	M	18	28.5
Muhammad Hasan	M	41	28.6
Justine Nunley	F	17	28.7
Jessica Szymczak	F	14	29.0
Mark Manz	M	27	30.0
George Carpenter	M	17	30.1
Hernan Silva	M	49	30.1
Adrian Cooper	M	35	30.2
Keith Volmer	M	42	30.6
Eric Olson-Getty	M	33	30.9
William Schmitz	M	41	31.1
Ethan Mathis	M	10	31.3
Alex Nunley	M	9	31.3
Mark Rotenberry	M	53	32.0
Katherine Guilfoyle	F	27	32.1
Malcolm White	M	28	32.8
Becky Simers	F	55	33.9
Joao Correia	M	45	34.9
Dan Woodlief	M	50	34.9
Junior Simmonds	M	45	35.1
Ben Barker	M	43	35.2
Tom Hoerger	M	54	36.1
Roxanne Springer	F	49	36.2
Lisa Hasan	F	40	36.2
Jacob Sternfeld	M	54	37.2
Lauren McGaher	F	23	37.8
Chris Gould	M	69	38.5
Rob McCauley	M	41	38.5
Lloyd Brown	M	56	38.9
Jason Figge	M	40	39.0
Thomas _	M	12	39.0
Louise Guardino	F	72	39.7
Richard Kohrman	M	65	39.9
Ken Larsen	M	65	40.0
Lisa Anderson	F	37	40.2
Anna Rotenberry	F	11	40.8

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Mary Szymkowski	F	50	40.8
Tom Arnel	M	50	41.3
Ray Dooley	M	60	41.4
Rietta Couper	F	54	41.6
Maggie Kovach	F	26	42.0
Lena Hollmann	F	62	43.2
Aimee Bazin	F	30	44.7
Jennifer Brownndorf	F	43	44.9
Evan Milledge	M	8	45.6
Barbara Hindenach	F	62	48.4
Katie Biasi	F	39	50.1
Alexandra Garcia-Granados	F	50	52.0
Jake Smith	M	7	52.0
Coen Figge	M	5	54.0
Erik Rotenberry	M	13	56.1
Julia Rotenberry	F	42	58.8
Daniel Smith	M	5	71.0
Anneka Figge	F	3	81.0

Mile Racewalk

Ray Dooley	M	60	9:05
Jason Figge	M	40	9:42
Roxanne Springer	F	49	9:54
Barbara Hindenach	F	62	10:36
Jacob Sternfeld	M	54	11:07
Tom Kirby	M	60	11:20
Hernan Silva	M	49	11:30
Lena Hollmann	F	62	11:34
Ben Barker	M	43	11:50
Chris Gould	M	69	11:52
Alexandra Garcia-Granados	F	50	11:55
Carolyn Huettel	F	49	11:55
Tom Arnel	M	50	12:22
Joao Correia	M	45	12:27
Mary Szymkowski	F	50	12:41
Anna Rotenberry	F	11	13:14
George Carpenter	M	17	13:17
Tom Hoerger	M	54	13:17
Ken Larsen	M	65	13:42
Julie Messina	F	35	13:42
Lisa Anderson	F	37	13:46
Eric Brown	M	37	13:51
Rietta Couper	F	54	13:51
Aimee Bazin	F	30	13:55
Katherine Guilfoyle	F	27	13:56
John Blake	M	55	14:21
Mary Blake	F	54	14:21
Evan Milledge	M	8	14:34
Julia Rotenberry	F	42	14:41
Erik Rotenberry	M	13	15:20
Kelly Lamb	F	24	15:32

800m Run

Jemaine Wade	M	29	2:09
Colin Jacobs	M	20	2:11
Tyle Stelzig	M	24	2:18
Nick Tuminski	M	17	2:20
Matt Schumacher	M	18	2:20
Lauren Alpert	F	23	2:22
Keith Volmer	M	42	2:24
Mike Carpenter	M	45	2:25
Stephen Toomy	M	26	2:25
Owen Astrachan	M	57	2:27
Steve Mele	M	48	2:29
Ted Richardson	M	43	2:32
Katherine Guilfoyle	F	27	2:42
Eric Brown	M	37	2:43
Jessica Szymczak	F	14	2:44
George Carpenter	M	17	2:47
Eric Olson-Getty	M	33	2:47
Danielle Baker	F	36	2:48
Tom Hoerger	M	54	2:49
William Schmitz	M	41	2:51

Maggie Kovach	F	26	2:54
Hernan Silva	M	49	2:55
Lisa Anderson	F	37	2:56
Chris Gould	M	69	2:57
Lauren Wooten	F	22	2:59
Justine Nunley	F	17	2:59
Kelly Lamb	F	24	3:02
Sarah Roberts	F	33	3:03
Lia Weiner	F	24	3:03
Ethan Mathis	M	10	3:05
Rietta Couper	F	54	3:07
Mark Rotenberry	M	53	3:10
Roxanne Springer	F	49	3:10
John Blake	M	55	3:12
Dan Woodlief	M	50	3:16
Alex Nunley	M	9	3:16
Booker Nunley	M	44	3:17
Mary Szymkowski	F	50	3:18
Richard Kohrman	M	65	3:20
Ray Dooley	M	60	3:21
Ed Davis	M	68	3:24
Vance Holloman	M	55	3:28
Lena Hollmann	F	62	3:30
Jason Figge	M	40	3:32
Julie Messina	F	35	3:38
Rob McCauley	M	41	3:41
Thomas _	M	12	3:41
Jacob Sternfeld	M	54	3:43
Ken Larsen	M	65	3:49
Katie Biasi	F	39	3:50
Joao Correia	M	45	3:52
Tom Arnel	M	50	3:54
Muhammad Hasan	M	41	3:55
Carolyn Huettel	F	49	3:56
Carrie Dundas-Lucca	F	32	3:58
Evan Milledge	M	8	3:58
Anna Rotenberry	F	11	4:01
Ben Barker	M	43	4:03
Lloyd Brown	M	56	4:03
Aimee Bazin	F	30	4:10
Barbara Hindenach	F	62	4:10
Tom Kirby	M	60	4:10
Lisa Hasan	F	40	4:20
Alexandra Garcia-Granados	F	50	4:44
Erin McIntee	F	33	4:45

5000m Run

Malcolm White	M	28	16:58
Matthew Wallace	M	24	17:27
Mark Manz	M	27	18:01
Jack Mignosa	M	42	18:10
Jason Figge	M	40	19:36
Patrick Bruer	M	54	20:28
Owen Astrachan	M	57	21:44
William Schmitz	M	41	21:45
Lindsey Puryear	M	52	22:15
Sarah Roberts	F	33	23:10
Lia Weiner	F	24	23:10
Tyle Stelzig	M	24	23:10
Maggie Kovach	F	26	23:19
Chris Gould	M	69	23:59
Richard Kohrman	M	65	24:05
Roxanne Springer	F	49	24:45
Ray Dooley	M	60	24:50
Tim O'Brien Sr.	M	62	25:06
Ed Davis	M	68	25:36
Jennifer Brownndorf	F	43	25:39
Jacob Sternfeld	M	54	26:19
Carolyn Huettel	F	49	26:58
Julie Messina	F	35	27:26
Rob McCauley	M	41	27:58
Dan Woodlief	M	50	28:03
Tom Kirby	M	60	28:20
Lauren Braun	F	24	29:35

Lauren McGaher	F	23	29:35
Barbara Hindenach	F	62	30:55

5 June**1500m Run**

Tyle Stelzig	M	24	4:37
Keith Volmer	M	42	4:42
Andrew Ehler	M	23	4:46
Matt Schumacher	M	18	4:51
Leon Bullard	M	39	4:51
Evan Galloway	M	30	4:52
Steve Mele	M	48	4:52
Bart Bechard	M	48	5:02
Merrick Castillo	M	17	5:10
George Carpenter	M	17	5:11
Alison Kleitman	F	40	5:11
Jason Figge	M	40	5:17
Anthony Angelini	M	39	5:21
Lewis Hendricks	M	40	5:22
Rebecca Hynes	F	32	5:24
Chris Sarsony	M	45	5:24
Katherine Guilfoyle	F	27	5:25
Lauren Alpert	F	23	5:27
Eric Olson-Getty	M	33	5:27
Tom Hoerger	M	54	5:32
Tim Haughton	M	11	5:47
Lindsey Puryear	M	52	5:52
Chris Gould	M	69	5:55
Lia Weiner	F	24	5:56
Lisa Anderson	F	37	5:58
Laura Cloak	F	26	6:00
Booker Nunley	M	44	6:00
Lauren Wooten	F	22	6:06
Hernan Silva	M	49	6:15
Mike Walsh	M	45	6:18
Richard Smith	M	60	6:22
Sarah Kiviniemi	F	20	6:30
Caris Hill	F	15	6:31
Rietta Couper	F	54	6:33
Richard Kohrman	M	65	6:34
Mary Szymkowski	F	50	6:34
Mark Rotenberry	M	54	6:34
Bob Wallace	M	56	6:35
Ray Dooley	M	60	6:36
Roxanne Springer	F	49	6:36
Andy Capps	M	51	6:36
Rob McCauley	M	41	6:39
Jim Hotelling	M	66	6:40
Lena Hollmann	F	62	6:43
Ed Davis	M	68	6:47
Adina Mele	F	52	6:59
Anna Sandelli	F	26	7:10
Amy Carpenter	F	14	7:20
Jon Sasser	M	57	7:20
Carolyn Huettel	F	49	7:24
Tom Kirby	M	60	7:25
Tom Arnel	M	50	7:29
Vance Holloman	M	55	7:33
Makaila Mele	F	9	7:34
Ken Larsen	M	65	7:35
Julia Tarasova	F	38	7:37
Sydney Barker	F	12	7:41
Junior Simmonds	M	45	7:45
Evan Milledge	M	8	7:50
Ben Barker	M	43	7:53
Carrie Dundas-Lucca	F	32	7:56
Barbara Hindenach	F	62	7:58
Alfred Kleinhammes	M	62	8:16
Aimee Bazin	F	30	8:30
Alexandra Garcia-Granados	F	50	8:43
Billy Williams	M	43	8:43
David Yeowell	M	76	9:34

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Julia Rotenberry F 42 11:02

100m Dash

Elliott Palmer M 32 11.3
 Nick Tuminski M 17 11.9
 Tyler Tuminski M 18 12.8
 Eric Olson-Getty M 33 12.9
 Jason Figge M 40 13.1
 Muhammad Hasan M 41 13.1
 Andrew Ehlert M 23 13.3
 Amy Carpenter F 14 13.3
 Evan Galloway M 30 13.5
 Justine Nunley F 17 13.5
 George Carpenter M 17 13.6
 Matt Schumacher M 18 13.7
 Andrew Gatt M 44 13.7
 Colin Jacobs M 20 14.5
 Hernan Silva M 49 14.6
 Jordan Reece M 9 14.9
 Ethan Mathis M 10 15.3
 Alex Nunley M 9 15.4
 Katherine Guilfoyle F 27 15.5
 Elizabeth Zander F 28 15.6
 William Rhoad M 71 15.6
 Josh Haughton M 11 15.6
 Rob McCauley M 41 16.1
 Jaden Reece M 7 16.3
 Lauren Wooten F 22 16.4
 Lewis Hendricks M 40 16.5
 Daniel Gatt M 10 17.0
 Tim Haughton M 11 17.2
 Mark Rotenberry M 54 17.5
 Roxanne Springer F 49 17.6
 Mike Valle M 72 17.7
 Sydney Barker F 12 17.8
 Evan Milledge M 8 17.8
 Teresa Black F 27 17.8
 Tom Hoerger M 54 17.8
 Sarah Kiviniemi F 20 18.1
 David Yeowell M 76 18.3
 Lisa Anderson F 37 18.4
 Tom Arnel M 50 18.5
 Richard Kohrman M 65 18.5
 Jon Sasser M 57 18.5
 Aimee Bazin F 30 18.6
 Alfred Kleinhammes M 62 18.6
 Louise Guardino F 72 18.8
 Anna Rotenberry F 11 18.8
 Mary Szymkowski F 50 19.1
 Rietta Couper F 54 19.4
 Billy Williams M 43 20.1
 Lena Hollmann F 62 20.4
 Ben Barker M 43 20.6
 Liliana Barker F 9 20.6
 Barbara Hindenach F 62 21.4
 Alexandra Garcia-Granados F 50 22.6
 Jake Smith M 7 23.0
 Gregory Gatt M 4 23.6
 Xavier Hasan M 3 24.1
 Abby Kleitman F 6 24.5
 Julia Rotenberry F 42 25.4
 E. Page F 5 26.9
 Eliza Kleitman F 5 26.9
 Collum Page M 2 31.5
 Daniel Smith M 5 34.0

1500m Racewalk

Ray Dooley M 60 8:31
 Jason Figge M 40 8:31
 Andrew Ehlert M 23 9:00
 Evan Galloway M 30 9:03
 Roxanne Springer F 49 9:26
 Barbara Hindenach F 62 9:39
 Tom Hoerger M 54 9:39

Tom Kirby M 60 9:54
 Hernan Silva M 49 10:26
 Carolyn Huettel F 49 10:29
 Adina Mele F 52 10:29
 Peter Gilligan M 61 10:42
 Lena Hollmann F 62 10:43
 Alexandra Garcia-Granados F 50 10:44
 Ben Barker M 43 10:50
 George Carpenter M 17 10:58
 Chris Gould M 69 10:58
 Tom Arnel M 50 11:16
 Alfred Kleinhammes M 62 11:16
 Junior Simmonds M 45 11:20
 Sydney Barker F 12 11:34
 Makaila Mele F 9 11:34
 Anna Rotenberry F 11 11:44
 Aimee Bazin F 30 11:53
 Katherine Guilfoyle F 27 12:03
 Evan Milledge M 8 13:00
 Julia Rotenberry F 42 13:13

400m Dash

Jermaine Wade M 29 51.7
 Colin Jacobs M 20 52.8
 Nick Tuminski M 17 55.0
 Lauren Alpert F 23 58.7
 George Linney III M 37 59.0
 Andrew Ehlert M 23 60.0
 Eric Olson-Getty M 33 60.0
 Matt Schumacher M 18 61.0
 Jason Figge M 40 62.0
 Tyle Stelzig M 24 62.9
 Keith Volmer M 42 63.0
 Amy Carpenter F 14 64.4
 George Carpenter M 17 64.6
 Andrew Gatt M 44 65.0
 Justine Nunley F 17 65.2
 Jessica Szymczak F 14 65.2
 Adina Mele F 52 71.0
 Katherine Guilfoyle F 27 71.1
 Anthony Angelini M 39 72.0
 Alison Kleitman F 40 72.0
 Jordan Reece M 9 72.6
 Hernan Silva M 49 72.7
 Mark Rotenberry M 54 73.0
 Ethan Mathis M 10 75.0
 Rebecca Hynes F 32 75.0
 Alex Nunley M 9 75.3
 Lewis Hendricks M 40 77.0
 Tim Haughton M 11 77.5
 Tom Hoerger M 54 77.6
 Lisa Anderson F 37 78.4
 Lia Weiner F 24 80.8
 Chris Gould M 69 81.1
 Josh Haughton M 11 81.5
 Roxanne Springer F 49 82.1
 Lauren Wooten F 22 82.1
 George Linney IV M 9 83.0
 Daniel Gatt M 10 83.5
 William Rhoad M 71 83.6
 Sarah Kiviniemi F 20 84.0
 Rob McCauley M 41 86.0
 Jaden Reece M 7 86.4
 Rietta Couper F 54 87.0
 Bob Wallace M 56 87.0
 Lisa Hasan F 40 89.0
 Jon Sasser M 57 89.0
 Richard Kohrman M 65 89.2
 Mary Szymkowski F 50 90.0
 Carrie Dundas-Lucca F 32 92.0
 Ray Dooley M 60 92.3
 Lena Hollmann F 62 92.3
 Vance Holloman M 55 94.0
 Sydney Barker F 12 96.0
 Evan Milledge M 8 96.0

Alfred Kleinhammes M 62 97.0
 Junior Simmonds M 45 99.0
 Anna Rotenberry F 11 99.7
 Louise Guardino F 72 103.0
 Tom Arnel M 50 104.5
 Aimee Bazin F 30 104.6
 Ben Barker M 43 112.0
 Liliana Barker F 9 112.0
 David Yeowell M 76 115.0
 Erik Rotenberry M 13 115.2
 Barbara Hindenach F 62 115.6
 Jake Smith M 7 119.0
 Alexandra Garcia-Granados F 50 128.0
 E. Page F 5 131.0
 Abby Kleitman F 6 131.0
 Eliza Kleitman F 5 150.0
 Daniel Smith M 5 159.0
 Collum Page M 2 186.0

3000m Run

Brian Tajilli M 31 10:50
 George Linney III M 37 11:06
 Jason Figge M 40 11:32
 Lewis Hendricks M 40 11:34
 Patrick Bruer M 54 11:43
 Andrew Ehlert M 23 11:54
 Merrick Castillo M 17 11:57
 Matt Schumacher M 18 12:09
 Steve Mele M 48 12:24
 George Carpenter M 17 12:25
 Tyle Stelzig M 24 12:30
 Lindsey Puryear M 52 12:45
 Laura Cloak F 26 12:53
 Tim Haughton M 11 12:53
 Rietta Couper F 54 13:01
 Chris Gould M 69 13:07
 Sarah Kiviniemi F 20 13:15
 Lisa Anderson F 37 13:26
 Andy Capps M 51 13:48
 Zeph Putnam M 59 13:51
 Mary Szymkowski F 50 13:54
 Rebecca Hynes F 32 13:59
 Roxanne Springer F 49 14:06
 Caris Hill F 15 14:09
 Mike Walsh M 45 14:17
 Richard Kohrman M 65 14:27
 Ed Davis M 68 14:28
 Ray Dooley M 60 14:31
 Tim O'Brien Sr. M 62 14:31
 Bob Wallace M 56 14:59
 Anna Sandelli F 26 15:01
 Tom Kirby M 60 15:05
 Carolyn Huettel F 49 15:26
 Barbara Hindenach F 62 16:23
 Rob McCauley M 41 16:47
 Adina Mele F 52 17:26
 Alfred Kleinhammes M 62 17:41

Summer Track continues Wednesdays through August 7th. See the CGTC website for more details:

<http://www.carolinagodiva.org>

THANKS TO OUR JULY CONTRIBUTORS

In no particular order, thanks for July contributions go to: Doug Hensel, Henry Blinder, Halle Amick and Aline Lloyd, Tom Kirby, and Louise Guardino.

JUNE 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:05pm on June 11, 2013. Attendees included President Doug Hensel, Jim Clabuesch, Shauna Griffin, Tom Griffin, Barbara Hindenach, Carolyn Huettel, Julie Messina, Tom Kirby, Gary Schultz and your scribe, Henry Blinder.

The meeting led off with a Haberdashery report from Jeff Hall, delivered in absentia. He has placed an order with Swiftwick for 240 pairs of socks, 120 red and 120 grey. The Club will be offering them for sale at \$10 per pair, or 3 pairs for \$25. Jeff also indicated that he has ordered and received 33 additional pacer shirts for the Running Start program.

Like Jeff, Kevin was unable to attend the meeting, but provided his Treasurer's report in advance of the meeting. The Club's expenses for the Annual Banquet were \$200 less than last year. Membership is up 4% from last year, although the additional revenue from membership was offset by a drop in participation at the Winter Series.

Jim reported that there was no news to report on Membership.

We heard from Doug that he and several other Godivans had explored whether to continue to put Summer Track race results in the newsletter. In addition to that issue, we considered whether to go from a monthly to bi-monthly newsletter, in view of the challenges faced by the Club in having sufficient content of interest to put in the paper each month. The general consensus of the group was to continue the longstanding practice of including the race results and keeping the newsletter on a monthly publication schedule.

The first item of new business was to consider replacement of the Club's ancient, "20th century" laptop computer. Following brief discussion, we authorized Doug to purchase a new laptop. He expects the cost to be under \$400.

Next up was the continuing discussion on whether to resurrect the Coach Bubba race. Doug noted that to put the race back on track, a race committee would need to be in place by August. Several potential committee members were identified, and will be contacted. We noted the proliferation of races in recent years in Durham, and the substantial amount of work and numbers of volunteers necessary to put on the race. There may be an invitation in the July newsletter for Club members to step up and get involved. In the absence of sufficient interest up front, it is not likely that the race will take place, so please consider volunteering.

We heard from Doug that several Club members have expressed interest in the Club bridging the gap between Summer Track and the Winter Series by having a fall "mini-race" series on a week-day evening over 3-4 weeks. Tom, Barbara, and Jim reminded us that in the past, the Club has had an informal, "cross-country" series of weekly races in the fall on the Buhler trail. The participating runners could choose to race at 5K, 8K or 10K distances.

Doug will do additional research on the concept, and report back next month.

Doug reported that he had received an update from Halle Amick on the Running Start program: "The...program will graduate its trainees on...June 15 with a celebratory 5K at the Al Buehler trail at Duke. By all accounts, the program has been a great success. Of the roughly 60 paid participants, only a small handful stopped training, due to injury or to non-running issues. The mid-program incentives—socks and water bottles—were big hits with both trainees and pacers.

Several trainees have registered for 5Ks, and many have expressed their intentions to continue training together after Running Start is over. Aline and Halle will submit an official 'wrap-up' item to the newsletter." Thanks to Aline and Halle for their work on the program.

Jim demonstrated for us the sad shape of the Club's broken measuring wheel. We authorized him to purchase a new wheel, at an expected cost of less than \$150. However, following the meeting, we later heard from Jim that there was a mix-up between what was a "hand-me-down" wheel donated to the Club with the Club's own "sturdy new...wheel" purchased in the last few years. Since the Club's wheel was "safe and sound," it looks like there's no need to purchase another one.

Gary informed us that he is ready to officially close out the Marathon Training program. He has 82 leftover MTP tee shirts accumulated over the years. In the absence of any concerns, of which none were expressed at the meeting, he plans to give them to Gordon Keeler. Gordon is running an informal, long-distance training program at no cost to participants, and the thought was that he could use the shirts in his program.

Julie updated us on the "Park Run" program she had brought up at a prior meeting. Durham's Park Run will be the third such program in the United States. As a reminder, Park Run is a free series of weekly, timed 5K runs put on by volunteers and conducted entirely within the bounds of a local park. The Durham program will be at Southern Boundary Park alongside the Third Fork trail. She will be doing a pilot run this coming Saturday, with the official start on June 29.

Runners must register online on a one-time basis prior to participating. Races are at 8:00am, and will continue each week until September. There may be a short announcement elsewhere in the newsletter, and there is also information available at www.parkrun.us and www.parkrun.com. Check it out.

The meeting adjourned at 7:59pm.

— Henry Blinder

@ THE RACES**Southeastern US Masters T&F Championships**

(5/17/2013-5/18/2013)

5K: Tim Meigs 16:50 1st O/M
 5K R/W: Deborah Springer 29:35 1st O/F
 10K: Tim Meigs 35:30 1st O/M

The Doughman (5/25/2013)

Craig Heinly 1:20:56 1st (4-man team)

Running of the Bulls (6/1/2013)

Craig Heinly 29:54 1st M/M
 Steve Mele 32:48 3rd M45-49
 Andrew Scribner 33:23
 Peter Hessling 42:18 4th M60-65
 Carol Walton 54:20

Midtown Races Lookout Half Marathon (6/1/2013)

Louise Guardino 2:36:17 1st F70-74

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

Blue 5K on the Runway at PTI (6/8/2013)

William Schmitz 20:36 2nd M40-44

NC State Games (6/9/2013)

100m: Louise Guardino 18.53
 200m: Louise Guardino 40.06

Sappony 5K Trail Run (6/15/2013)

Peter Hessling 28:07 2nd M60-69
 Molly Adams 34:48

Guardians of the Hill 5K (6/15/2013)

Rietta Couper 21:32 1st O/F

5K (6/15/2013)

William Schmitz 20:38 1st O/M

Want to see your name in the newsletter? 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

RACE CALENDAR

- 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

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**

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A circled renewal date on your mailing label means it is time to pay your dues!