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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

PRESIDENT'S COLUMN	1
CLUB INFO	2
GODIVA WEEKLY RUNS	3
ANNOUNCEMENTS	3
CRADLE TO GRAVE 30K RACE RECAP	8
DUKE FOREST CLOSURES	9
SUMMER TRACK RESULTS	10
AUGUST MEETING MINUTES	15
WINTER SERIES SCHEDULE	16
WINTER SERIES SIGN-UP	17
@ THE RACES	18
MEMBERSHIP / RENEWAL FORM	19

**DEADLINE FOR
OCTOBER
NEWSLETTER:
SEPTEMBER 15TH**

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

SINGLE TRACK MIND

She was screaming at me as I ran towards her. "Down the hill, down the hill!" The girl I had been chasing for three miles had missed a turn and was having to backtrack to get on course again. This type of mistake during trail races is common, even to the most seasoned of trail runners. One missed turn, and you are playing catch up. This was my second go at the Race to Sustainability 6K, and it was just as fun as I remembered for a race in August. Hot, sweaty, and dirty, with a side of breakfast.

There is an old adage that goes something like, if it were easy, everybody would do it. I think this is true, especially for trail running. Running in general has enjoyed a great influx of participation in the last few years. The number of races in the Triangle area alone has grown dramatically. August, which used to be considered a dead zone for races, has multiple events throughout the month. If you've been running, and looking for a new challenge, trail running might be your thing. The best part is that you get to go slow and steady while you learn the ropes.

What designates a trail rather than a road? I surmise it to be any non-paved surface, and there are two great examples of trail types in Umstead Park. One is crushed gravel and dirt. It tends to be less technical, except for some uneven surfaces. You can usually still run at least 2-3 abreast just like on roads. This is easier for the converts moving from road to trail. The other type is single track. Depending on what area of the country you happen to be in, single track can be just about anything. In the Piedmont of North Carolina, this means a rooty, rocky, one-person-wide dirt trail. You can try to run two people wide, but one of you will eventually run through poison ivy.

It is inevitable that you are going to fall while trail running. Between the roots and the rocks, something is bound to reach up and drag you down. You will limp back to the trail head with blood running down your leg. The first reaction is to curse the trail, and vow never to return. But that is the wrong response. Trail running takes lots of practice and patience. Even the most seasoned trail runner bites the dust occasionally. Even if you manage to stay upright, there is a chance you will not escape without at least one black toenail.

Trail running does not require a lot of extra gear. Maybe a hydration bottle and taller socks, but that's about it. I've managed to run ultra trail races wearing broken-in trainers. But leave the ankle-cut socks at home. There's nothing worse than getting sand and dirt between your bare foot and your sock, unless you regularly run sandpaper between your toes. Shoes can be slipped off

(Continued on page 3)



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

PRESIDENT'S COLUMN, CONT.

(Continued from page 1)

quickly and relieved of foreign objects. Removing shoes *and* socks usually means your run is complete. Putting them back on in the middle of the woods is inhumane.

Trail racing has grown by leaps and bounds in the past few years. There used to be only two big trail races in North Carolina that I recall runners wanting to participate in. Now that list seems to have grown to 10 or 12 throughout the year. You don't even have to drive to Asheville or Troy to enjoy a great trail race. Some fine gems have sprung up right here in the Triangle.

In September, Carolina Godiva Track Club is bringing back the Cross Country series. Four weeks of Cross Country split across two local venues. The venue at Duke features a 5K, 8K, and 10K course. The venue at Carolina features a 5K and an 8K course. I have run in both locations, and these events will challenge first-timers as well as seasoned runners. Please consider joining us Wednesday nights at 6:00pm. Please see the Carolina Godiva Track Club website for more details.

— Doug Hensel

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	10 Park Dr, Durham, NC 27709. Behind RTP Federal Credit Union; to the right of Research Triangle High School.	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.	202 NC-54, Durham, NC 27713. Kroger grocery store at South Point Crossing shopping center.	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 (UMSTEAD)	8:30 a.m.	Umstead State Park, Cary 27513. Harrison Avenue entrance	Mostly single-track trails. Very hilly. On single track, 10.5-11 minute mile pace. On bridle trails, 8:45-9:15 minute miles.	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)

WEDNESDAY NIGHT CROSS COUNTRY

Wednesday, September 4th will be the kickoff to the Godiva Cross Country Series. That evening and again on September 18th, we'll offer 5, 8, and 10K options on Duke's Al Buehler Trail starting at 6 pm. On September 11th and 25th, we'll have 5 and 8K runs on UNC's Finley cross-country trails, starting and finishing behind Chapel Hill's Glenwood Elementary School. Come to the races to get in a good midweek workout and "earn your letter" in cross country this season.

More details can be found at www.carolinagodiva.org (or see page 5 for the full announcement).

TUNA RUN 200: RUNNERS NEEDED

We are in need of a few more runners for our tuna-run200.com team. It is a 204 mile, overnight relay from Raleigh to Atlantic Beach on Oct 18-19 (Check out the race site for more details). If you're interested, or better yet, you and a friend are interested, let me know. We have a mix of men and women on the team, so any gender is welcome. We are not picky about pace (varies between 7—10 min/mile for the current runners). My wife and I have been on four relay teams in the past (including last year's Tuna Run), so we have some experience with the race. I'm happy to provide more details or answer any questions, just contact me at ukcsgrad@mac.com.

— John Turner

ANNUAL CAROLINA GODIVA PICNIC

Soon, temperatures will subside and the dew point will drop. That means only one thing...time for the annual picnic! Here are the particulars:

4th Annual Carolina Godiva Track Club Picnic

Date: Sunday, September 29

Time: 3:00 pm

Location: Duke Forest, Picnic Shelter at Gate F (same as in previous years)

Directions: Follow NC751 north towards U.S. 70, pass Kerley Road. Gate F will be on the left immediately after Gate 12 (under the power lines). If you cross the railroad bridge you went too far!

Activities: Volleyball, corn hole for sure, and whatever else you bring along. Maybe we'll have some fun organized fun events! (hint hint)

Cost: \$0 (can't beat that) but we ask you to bring along an item to share. So as not to get too much of one thing, if your last name begins with A through I, please bring an dessert item. Surnames that start with J through R should bring an appetizer-type item and last names S through Z should bring a side dish. The club will provide fried chicken as a main dish but we will have charcoal, lighter fluid and matches available if you choose to cook up hamburgers, hot dogs, brats, corn on the cob, etc. The club will also provide water, Gatorade and soda, plates, cups, and napkins.

Registration: Please sign up at our website or email Kevin Nickodem at kjnrun@aol.com and let him know how many are coming so we can have enough of the other things on hand. And yes, kids are welcome and encouraged.



Cross Country Series

Wednesdays in September

Sept. 4th & 18th

Duke: Buehler Trail 5, 8, or 10K

Sept. 11th & 25th

Carolina: Finley 5 or 8K

Get in a good midweek workout in this series of informal XC races.

The Duke events start and finish near the gravel lot off of 751/Cameron Boulevard, just east of the Science Dr. intersection. The Carolina runs will start and finish on the trail behind Chapel Hill's Glenwood Elementary School.

All races will begin at 6 pm, and will take place rain or shine.

Signup and timing will follow the summer track series procedure. Sign in on the roster/waiver form before running, then record your time at the end. We'll have a donation bucket, and suggest that you drop in \$1 per event.

Runners who complete a race in all four meets will earn a "letter" in XC— a yet to be determined "G" shaped object—for the season.



Course maps and directions are online at www.carolinagodiva.org

Questions? Email xc@carolinagodiva.org

— Patrick Bruer and Aline Lloyd, co-directors

AMBERLY 5K

Looking for a 5K? Try the Amberley Search for a Cure 5K, which supports the search for a cure for childhood cancer. September 21st in Cary — contact Tom Griffin at tjgriffin2@earthlink.net for more information, or check out the race website at www.amberly5K.com

— Tom Griffin

CGTC GEAR!

Cooler weather is just around the corner, so make sure to keep warm with a stylish CGTC hooded sweatshirt. The sweatshirts come in either black or red. The cost is \$20.00.

Or, show your Club spirit with a new pair of embroidered CGTC socks available in grey or red. The cost is \$10.00 a pair, or three for \$25.00.

To properly hydrate pre- or post-run, there are also stylish metal water bottles for sale. These are \$5.00.

Everything should be available for sale at the Cross Country races in September, the Saturday weekly run, and the upcoming Winter Series races. Contact haberdasher@carolinagodiva.org for more information.

— Jeff Hall

CALL FOR CONTENT

If running has ever inspired you, please consider writing something up to share with your fellow Godivans, be they race reports, running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain us; we'd love to have more content for the newsletter.

Send your stories, poetry, or race reports to newsletter@carolinagodiva.org, and we'll be delighted to print them!

CONTINENTAL DIVIDE

**Women of all ages
Women of all paces**

Continental Divide Trail Race
10km Trail Championship Race
Laurel Ridge Camp in Laurel Springs, NC.
Oct. 5, 2013

\$35 through Sept. 9th
\$40 Sept. 10th-Sept. 25th
\$45 Sept. 26th to Race Day

Course Description by race director:

The course will consist of open grass fields, wide trails/fire-roads, and about half will be tight single track. The grass looks and feels like grass. The wide trails/fire-roads are wide and easy. The single track is, well... tough. This is a trail national championship, not a run through another park trail race. Those races are great, but sometimes you want to push yourself on tougher endeavors. Most of the descents are fairly gradual but have a lot of turns, like on a trail going down a mountain. The climbs are steep; the race is in the mountains. You may be hiking some of the climbs but are free to run up if you like. There are plenty of rocks and roots to enjoy.

Rules for competing:

1. Be a CGTC member
2. Be a USATF member www.usatf.org.
3. Register online for the race at www.ultrasignup.com

Directions to navigate USATF Website: Go to products/services. Scroll down to Individual member. Fill out form. The USATF-Registered Club number for CGTC is 606. Adult annual USATF membership is \$30. Under 18 is \$20.

You can also race individually and without USATF membership. Some of us have driven to the race, run, and driven back on the same day. Some have stayed the night before at a lodge or at the race site. Some have made it a family weekend trip. You decide, and we can work together.

Sign up soon.

Please Contact Aline Lloyd 919-699-0705
alinekj@yahoo.com

More information visit www.mountangoatracing.com

THIRD ANNUAL WARRIOR 4 MILE AND 2 MILE FUN RUN/WALK

December 14, 2013 Webb High School Oxford, N.C.

7:30am Late Registration Begins in Main Gym
9:00am 4 Mile Run Entry Fee \$25 (\$30 on race day)
10:00am 2 Mile Run/Walk Entry Fee \$15 (\$20 on race day)
(18 year old and younger fee for individual events only \$10 through race day)

Sanctioned by USATF, 4 Mile USATF Certification NC-11115-PH. Proceeds will benefit the Webb Cross Country Team and ACIM Food Pantry Food Drive: Please bring non-perishable food items to event for donation.

Sponsors include: ACIM Food Pantry, Black Belt World, Carolina Godiva Track Club, Goose River Books, and Tar River Athletic Club. Long sleeve t-shirts are guaranteed to pre-registered entrants. The Granville County Sheriff's Department will provide traffic control.

For more information, please contact Chris Crowder, 919-603-4974, chriscrowder2007@yahoo.com, or Kevin Rumsey 919-702-6189, rumminator@aol.com.

Awards

Warrior 4 Mile: Top three overall male and female finishers will receive trophies. The top three male and female finishers in the following age groups will receive medals: 12 and under, 13-14, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+

Warrior 2 Mile: Although everyone is invited to participate in the Warrior 2 Mile Fun Run and Walk, awards will be given to the top three male and female finishers in the following age divisions only: 10 and under, 11-12, 13-14.

Registration Available at sportoften.com or use this form.

Make checks payable to Webb High School Cross Country. Send form and check to Kevin Rumsey, Webb High School, 3200 Webb School Road, Oxford, NC 27565.

Last Name _____ First Name _____
Address _____ City, State, Zip _____
Email address _____ Phone number _____

Sex (circle) Male Female Age on 12-14-13 _____ T-Shirt Size (circle) S M L XL XXL

Entry fee: (Check beside event)

4 Mile: 18 and under \$10 _____ 4 Mile postmarked by 12-9-13 \$25 _____ day of \$30 _____
2 Mile: 18 and under \$10 _____ 2 Mile postmarked by 12-9-13 \$15 _____ day of \$20 _____

I realize that road races can be a hazardous activity and I and my heirs, executors, administrators, and assigns do hereby release the organizers of The Warrior 4 Mile and 2 Mile Run/Walk, Webb High School, the Granville County Sheriff's Department, the sponsors, and all who are associated with the Warrior 4 Mile and 2 Mile Run/Walk from responsibility for any damages suffered by me as a result of my participation in the above event. By signing I attest that I am in sufficient physical condition to safely participate in the event on December 14, 2013 and that I take full responsibility for my own safety during the event. I also attest that I have read and understand all details of waiver and agree to obey law enforcement officers and abide by the restrictions listed above. No animals (except seeing-eye dogs), skates, or bicycles are allowed in the event area in the interest of safety. Portable music players are discouraged. No refunds.

Signature: _____ Date _____

Parent or Guardian signature if less than age 18: _____ Date: _____

DASH FOR THE 'STACHE RACE RECAP: CRADLE TO THE GRAVE 30K

On the weekend of May 18–19, 2013, Jamie Lewis ran both the Cradle to the Grave 30K trail race and the Biltmore Kiwanis 15K road race to help raise funds for a documentary film about the Biltmore Forest School's role in forest conservation history. The following is adapted from his blog post on www.PeelingBackTheBark.org, where you can read the entire post. The original post recaps both races and has photos and information about how you can support the film.

As I approached the car, it was light enough that I could just barely make out Jason sleeping in his car. New to trail running but not to camping, he had taken the forecast seriously and decided not to risk using a worn-out rain fly and had instead opted to spend the night in his car. He was looking like a genius. Then I heard POP POP POP POP. Gunshots? At 5:30 in the morning? Who'd be hunting in this weather? *Get a life*, I thought. And *Get in the car*. Wearing a green raincoat in this low light, I might be mistaken for a deer or Sasquatch's shorter brother. And then I heard what sounded like a large creaking door followed by WHOMP. That got my attention. It wasn't gunshots I had heard—it was a tree snapping and then falling over. *Oh, crap*, I thought. *I hope that tree didn't just block the road*. We'd never make the race...

Close to 400 runners and their stalwart supporters piled into the Cradle of Forestry Forest Discovery Center to avoid standing around in the rain. It was 60 degrees, and the rain didn't appear inclined to give way. Perfect weather for a trail run—60 is an ideal temperature and clouds meant no overheating from the sun. The rain would keep me cool but not chilled. But no one wanted to wait around to hear the pre-race announcements, even though that meant getting to stay inside a bit longer. We just wanted to run. The morning was going to be long enough as it was. Some runners headed out mid-announcement, and word was relayed to the race organizers that the race was going to start with or without their blessing. We gathered outside, anxious to get moving. We didn't want to stand in the rain; we wanted to run in it. The grumbling grew louder, ended only by the starting gun and the cheer it elicited. The Cradle to the Grave 30K was finally

underway.

We started by going around the visitor center on the paved Forest Festival Trail, including past the restored railroad locomotive, which allowed me to share what little knowledge I have about them with Halle Amick, my race partner. After a mile of looping around and jockeying for position, we headed out into the Pink Beds. I've never been lucky enough to visit the Pink Beds when they are in full bloom, and today was no different. Even if they had been, the trail would take all my attention and concentration. Every effort would be needed to avoid turning an ankle.

The course was a mix of pavement, single track, double track, and Forest Service road. Along the way, we stepped in water-filled holes that were knee-deep and ran stretches of trail covered in shoe-swallowing mud. Being in the second half of the pack meant that those stretches were pretty well trashed by the time we came through, making footing especially treacherous. The stream crossings were more like fording small rivers. It'd been raining for the last week or longer and the water was fast. Good thing they'd strung rope across the streams to cling to while crossing. The water was bracing, but it cleaned the mud off my shoes and made them lighter once the water had squished out.

As we trekked along, I occasionally lifted my gaze long enough to note the scenery changing from heavily wooded areas to park-like settings with open views across fields of ferns. We picked our way over three miles of trail before finding the first aid station and getting onto the Forest Service road. On our way to the second aid station, probably at around mile 7, the leaders passed us going the other way. I figured that the climb up to Slate Rock must not be too tough if they were making that kind of time. Cue the ominous music.

At the second aid station, we turned off the road and started the long climb to Slate Rock. The race's elevation chart is misleading, in part because it's so small on the web. It shows the rise in elevation, but not what the terrain is really like or how quickly you are climbing about 600 feet. Several times we slowed to a walk.

(Continued on page 9)

DASH FOR THE 'STACHE RACE RECAP: CRADLE TO THE GRAVE 30K CONT.

(Continued from page 8)

As we ascended, we climbed up into the clouds.

We hadn't seen anyone since the aid station. It was quiet. I wondered if we'd somehow gone off the trail. I joked that we must have died and were actually climbing to runner's heaven. Then we heard other runners ahead of us. We weren't lost after all. We took the turn out to Slate Rock, where the race organizers had stationed someone to photograph runners on the ledge.

After having our pictures taken, we refueled while gazing at the beautiful fog-enshrouded valley below us, and then we were off again. More climbing took us up and over the ridgetop. We walked a bit more because of the rocky trail before resuming the run. Halle loves the downhill portions of a trail run, and it was easy to see why. At just over five feet tall, from a distance she appears to be not much bigger than the bunny she resembles as she bounds downward, hopping sprightly from rock to rock and around trees and less confident runners. I lumbered down behind her,

moving more like the Sasquatch of earlier that morning.

The course eventually brought us back down to the third aid station and onto the road. Four miles later, we found ourselves back at the first aid station and returning to the trail. Instead of doubling back all the way, we went about half a mile before taking a different path that sent us out over wooden walkways that traverse bogs and swampy areas. It was nice not to be running through the muck anymore. Fatigue had set in a few miles back and I was ready to be done. The sadist who had laid out the course had one more surprise for us though. We had about two miles of trail to run before arriving back at the visitor center. When your legs are already dead, lifting them just a little more to safely clear tree roots is more challenging than it ought to be. This is often the most dangerous part of the race. When you're already too tired to keep running, it's so easy to trip and fall while scuffling to the finish line. But neither of us did. I finished upright, the goal I have for every race.

— **Jamie Lewis**

DUKE FOREST: 2013 DEER MANAGEMENT CLOSURES

The Office of the Duke Forest is preparing for its sixth hunting season through the NC Wildlife Resources Commission Deer Management Assistance Program. While results from the 2013 deer population survey show that numbers are still down from 2010, they are up from 2011 and 2012. The Office will continue to monitor this trend but is confident that hunting remains an important and necessary tool for reducing the negative impacts of overabundant deer on the Forest.

The 2013 season will begin on September 23rd and continue through December 13th. During this time, the Durham, Korstian, and Blackwood Divisions of the Forest will be closed to all public access Monday through Friday. All divisions of the Forest will be open on Saturdays and Sundays and on November 28th and 29th in observance of Thanksgiving.

Hunting will again be conducted by two pre-selected groups; it is not open to the general public. The Durham

and Korstian Divisions will be hunted with bow and arrow only while the Blackwood Division will have both bow and gun hunting. For safety reasons, please observe all posted signs and seek alternate locations for recreation.

Researchers, teachers, and students with upcoming or ongoing work in the Forest should contact the Office as soon as possible to discuss arrangements.

The Office of the Duke Forest appreciates your support and cooperation throughout the program. If you have any questions or concerns, please contact the Office at (919) 613-8013, or via email at dukeforest@duke.edu. You may also check our web site (www.dukeforest.duke.edu) for updates on the program.

Signs will be posted at all gated entrances to the Duke Forest. Staff will be issuing citations to any unauthorized users found in the Forest during the hunt.

SUMMER TRACK RESULTS

17 July

1500m Run

Daniel Lane	M	23	4:27
Tyle Stelzig	M	24	4:39
Keith Volmar	M	42	4:51
Bart Bechard	M	48	4:58
Ulf Andre	M	46	5:01
Steve Mele	M	48	5:18
Lewis Hendricks	M	40	5:22
Katherine Guilfoyle	F	27	5:23
Tom Hoerger	M	54	5:26
David Clapp	M	25	5:28
Jason McMains	M	25	5:29
Lauren Alpert	F	23	5:43
David Couper	M	58	5:46
Eric Brown	M	37	5:50
Doug Hensel	M	40	5:53
Eric Olson-Getty	M	33	5:54
Jenn Haines	F	17	5:56
Jeff Baker	M	41	5:58
William Schmitz	M	41	6:00
Ronnie Weed	M	38	6:00
Martin Warters	M	41	6:03
Lia Weiner	F	24	6:06
Roger Halchin	M	60	6:09
Ed Horlick	M	47	6:10
Mark Rotenberry	M	54	6:20
John Blake	M	55	6:21
Tom Kirby	M	60	6:22
Hernan Silva	M	49	6:24
Fred Wu	M	26	6:24
Jim Walter	M	39	6:25
Kevin McCabe	M	32	6:25
Gordon Caviness	M	52	6:26
Craig Richardson	M	29	6:26
Dan Woodlief	M	50	6:29
Ben Barker	M	43	6:31
Chris Gould	M	69	6:32
Roxanne Springer	F	49	6:36
Ed Davis	M	68	6:38
Ray Dooley	M	60	6:41
Tim O'Brien Sr.	M	62	6:44
Lena Hollmann	F	62	6:51
Caris Hill	F	15	6:53
Sandy Su	F	33	6:55
Howard Cheatham	M	59	6:56
Jason Figge	M	40	7:00
Tom Griffin	M	68	7:00
Kwame Alston	M	23	7:01
Bob Wallace	M	56	7:06
Shawn Tucker	M	46	7:14
Mary Szymkowski	F	50	7:16
Carolyn Huettel	F	49	7:18
Olly Hall	M	30	7:19
Barbara Hindenach	F	61	7:21
Sydney Barker	F	13	7:24
Jennifer Browndorf	F	43	7:25
Jacob Sternfeld	M	55	7:33
Tom Arnel	M	50	7:36
Amanda Lee	F	13	7:37
Rob McCauley	M	42	7:46
Mark Lee	M	44	7:53
Ken Larsen	M	65	7:55
Joao Correia	M	45	7:56
Carolyn Crutchfield	F	29	7:56
Tommy McCauley	M	12	7:56
Julie Messina	F	35	7:56
Junior Simmonds	M	45	7:56
Summer Ibrahim	F	32	8:12
Aimee Bazin	F	30	8:18

Alfred Kleinhammes	M	62	8:29
Jerry Surh	M	74	8:45
Rosy Hall	F	29	8:46
Alexandra Garcia-Granados	F	50	9:00

100m Dash

Jemaine Wade	M	29	11.2
Ryan Robinson	M	21	11.7
Kwame Alston	M	23	11.7
Rayjon Mauve	M	20	11.9
Rick Pack	M	32	12.6
Eric Brown	M	37	12.8
Jason Figge	M	40	12.9
Eric Olson-Getty	M	33	13.0
Nate Horlick	M	19	13.2
Kevin McCabe	M	32	13.4
Evan Galloway	M	30	13.6
Jim Walter	M	39	14.0
Gordon Caviness	M	52	14.1
Hernan Silva	M	49	14.4
Craig Richardson	M	29	14.4
Jenn Haines	F	17	14.5
Joao Correia	M	45	14.8
Olly Hall	M	30	14.8
Alex Nunley	M	9	14.9
Ben Barker	M	43	15.0
Roger Halchin	M	60	15.0
Martin Warters	M	41	15.0
Mark Lee	M	44	15.1
Fred Wu	M	26	15.3
Lewis Hendricks	M	40	15.6
William Rhoad	M	71	15.6
Josh Horlick	M	13	15.8
Ryan Pack	F	28	15.8
Haley Carstens	F	17	16.2
Katherine Guilfoyle	F	27	16.3
Justin Tucker	M	13	16.4
Jason McMains	M	25	16.6
William Schmitz	M	41	16.8
Sandy Su	F	33	16.8
Tom Hoerger	M	54	16.9
Rosy Hall	F	29	17.0
Jacob Sternfeld	M	55	17.4
Amanda Lee	F	13	17.4
Tommy McCauley	M	12	17.5
Makaila Mele	F	10	17.5
Sydney Barker	F	13	17.6
Roxanne Springer	F	49	17.7
Jerry Surh	M	74	17.8
Tom Arnel	M	50	18.5
Tom Kirby	M	60	18.6
Shawn Tucker	M	46	18.6
Carolyn Crutchfield	F	29	18.7
Jennifer Browndorf	F	43	18.8
Louise Guardino	F	72	18.8
Ken Larsen	M	65	18.8
Alfred Kleinhammes	M	62	19.0
Anna Rotenberry	F	11	19.0
Jacob McCauley	M	11	19.2
Aimee Bazin	F	30	19.4
Tom Griffin	M	68	19.8
Dan Woodlief	M	50	20.5
Mary Szymkowski	F	50	20.8
Lena Hollmann	F	62	21.0
Barbara Hindenach	F	61	21.3
Alexandra Garcia-Granados	F	50	22.3
Alexandre	M	5	24.7
Alex Tucker	M	9	30.0
Erik Rotenberry	M	13	33.1
Jacob Andre	M	4	36.9

1500m Racewalk

Ray Dooley	M	60	8:15
Jason Figge	M	40	8:21
Roxanne Springer	F	49	9:11
Tom Hoerger	M	54	9:19
Barbara Hindenach	F	61	9:27
Junior Simmonds	M	45	10:15
Gordon Caviness	M	52	10:20
Hernan Silva	M	49	10:32
Carolyn Huettel	F	49	10:38
Lena Hollmann	F	62	10:43
William Schmitz	M	41	11:05
Makaila Mele	F	10	11:06
Jacob Sternfeld	M	55	11:07
Joao Correia	M	45	11:08
Alexandra Garcia-Granados	F	50	11:08
Tim O'Brien Sr.	M	62	11:19
Chris Gould	M	69	11:26
Tom Arnel	M	50	11:39
Alfred Kleinhammes	M	62	11:46
Julie Messina	F	35	11:56
Anna Rotenberry	F	11	12:23
Ben Barker	M	43	12:43
Aimee Bazin	F	30	12:43
Ken Larsen	M	65	12:47
Mark Lee	M	44	13:05
Katherine Guilfoyle	F	27	13:12
Martin Warters	M	41	13:12
Fred Wu	M	26	13:50
Eric Olson-Getty	M	33	14:00
Rob McCauley	M	42	14:03
Dan Woodlief	M	50	15:00
Sydney Barker	F	13	15:37

400m Dash

Daniel Lane	M	23	56.4
Eric Brown	M	37	59.6
Eric Olson-Getty	M	33	60.0
Jason Figge	M	40	60.8
Tyle Stelzig	M	24	65.0
Ronnie Weed	M	38	67.0
Jeff Baker	M	41	68.0
David Clapp	M	25	68.0
Maurice McDonald	M	72	68.0
Adina Mele	F	52	68.2
Hernan Silva	M	49	69.0
Katherine Guilfoyle	F	27	70.0
Steve Mele	M	48	70.0
Jim Walter	M	39	70.0
Craig Richardson	M	29	70.0
Kevin McCabe	M	32	70.6
Mark Rotenberry	M	54	72.0
Gordon Caviness	M	52	73.0
Martin Warters	M	41	73.0
Rebecca Hughes	F	32	74.0
Fred Wu	M	26	74.0
Roger Halchin	M	60	74.9
Jenn Haines	F	17	76.0
Tom Hoerger	M	54	76.6
Doug Hensel	M	40	78.0
Sandy Su	F	33	78.0
Ben Barker	M	43	80.0
Haley Carstens	F	17	80.0
Roxanne Springer	F	49	81.0
William Schmitz	M	41	81.2
Lia Weiner	F	24	83.0
William Rhoad	M	71	84.3

(Continued on page 11)

SUMMER TRACK RESULTS, CONT.

(Continued from page 10)

Chris Gould	M	69	85.0
Olly Hall	M	30	85.0
Lewis Hendricks	M	40	85.2
Joao Correia	M	45	87.0
Mark Lee	M	44	89.0
Jennifer Browndorf	F	43	89.1
Jerry Surh	M	74	90.0
Mary Szymkowski	F	50	90.0
Ray Dooley	M	60	90.1
Tom Griffin	M	68	92.3
Ken Larsen	M	65	92.5
Julie Messina	F	35	93.0
Lena Hollmann	F	62	94.0
Jacob Sternfeld	M	55	94.4
Carolyn Crutchfield	F	29	95.0
Rob McCauley	M	42	96.0
Tom Kirby	M	60	96.6
Alfred Kleinhammes	M	62	97.0
Sydney Barker	F	13	101.0
Anna Rotenberry	F	11	101.0
Louise Guardino	F	72	101.8
Rosy Hall	F	29	104.0
Summer Ibrahim	F	32	105.0
Tom Arnel	M	50	107.0
Tommy McCauley	M	12	108.0
Aimee Bazin	F	30	109.5
Alex Tucker	M	9	114.0
Barbara Hindenach	F	61	115.0
Alex Andre	M	5	124.4
Erik Rotenberry	M	13	142.0
Jacob Andre	M	4	145.0
Elodie Page	F	5	156.0
Collum Page	M	2	180.0

3000m Run

Ronnie Weed	M	38	11:07
Ulf Andre	M	46	11:11
Lewis Hendricks	M	40	11:43
David Couper	M	58	11:47
Keith Volmar	M	42	11:48
Patrick Bruer	M	54	11:59
Rebecca Hughes	F	32	12:13
Jason McMains	M	25	12:15
Jason Figge	M	40	12:27
William Schmitz	M	41	12:49
Roger Halchin	M	60	13:01
Chris Gould	M	69	13:02
Doug Hensel	M	40	13:11
Steve Mele	M	48	13:18
Bob Wallace	M	56	13:33
Tyle Stelzig	M	24	13:49
Kevin McCabe	M	32	13:54
David Clapp	M	25	13:56
Tim O'Brien Sr.	M	62	14:06
Tom Kirby	M	60	14:08
Roxanne Springer	F	49	14:08
Gordon Caviness	M	52	14:23
Ed Davis	M	68	14:27
Lia Weiner	F	24	14:38
Ray Dooley	M	60	14:51
Mary Szymkowski	F	50	14:53
Tom Griffin	M	68	15:01
Martin Warters	M	41	15:07
Carolyn Huettel	F	49	15:08
Sandy Su	F	33	15:08
Jennifer Browndorf	F	43	15:28

Joao Correia	M	45	15:42
Rob McCauley	M	42	15:56
Eric Brown	M	37	16:02
Jacob Sternfeld	M	55	16:02
Dan Woodlief	M	50	16:05
Barbara Hindenach	F	61	16:10
Julie Messina	F	35	17:32
Alfred Kleinhammes	M	62	17:39
Summer Ibrahim	F	32	18:03
Fred Wu	M	26	18:14

24 July

1000m Run

Dan Shears	M	23	2:43
Paul Springer	M	25	2:47
George Linney III	M	38	2:50
Bryan Brander	M	33	2:51
Humberto Rodriguez	M	26	2:58
Brian Tajilli	M	31	2:58
Billy Askew	M	30	3:02
Bart Bechard	M	48	3:12
Stephen Toomy	M	26	3:17
Mike Carpenter	M	45	3:18
Lauren Alpert	F	23	3:19
David Clapp	M	25	3:20
Kari Johnson	F	23	3:20
Ted Richardson	M	43	3:22
Katherine Guilfoyle	F	27	3:25
Tom Hoerger	M	54	3:27
Jason Figge	M	40	3:28
Jennifer Woods	F	37	3:30
Eric Olson-Getty	M	33	3:31
Doug Hensel	M	40	3:34
Jason McMains	M	25	3:35
Lewis Hendricks	M	40	3:36
Eric Brown	M	37	3:41
William Schmitz	M	41	3:44
Martin Warters	M	41	3:44
Roger Halchin	M	60	3:47
George Linney IV	M	9	3:47
Heiko Rath	M	43	3:58
Eric Ward	M	52	4:02
Mark Rotenberry	M	54	4:04
Callie Barow	F	25	4:04
Gordon Caviness	M	52	4:07
Ray Dooley	M	60	4:08
Roxanne Springer	F	49	4:08
Tim O'Brien Sr.	M	62	4:16
Ed Davis	M	68	4:20
Dan Woodlief	M	50	4:21
Lena Hollmann	F	62	4:25
Junior Simmonds	M	45	4:27
Howard Cheetham	M	59	4:28
Sania Tong Argao	F	35	4:32
Rob McCauley	M	42	4:34
Hernan Silva	M	49	4:34
Barbara Hindenach	F	62	4:42
Olly Hall	M	30	4:43
Tom Kirby	M	60	4:43
Mary Szymkowski	F	50	4:43
Ken Larsen	M	65	4:44
Tom Griffin	M	68	4:46
Ben Barker	M	43	4:47
Bob Wallace	M	56	4:48
Jerry Surh	M	74	4:52
Tom Arnel	M	50	4:54
Julie Messina	F	35	4:55
Anna Rotenberry	F	12	5:02

Jacob Sternfeld	M	55	5:02
Chris Gould	M	69	5:06
Louise Guardino	F	72	5:10
Gerty Ward	F	52	5:13
Aimee Bazin	F	30	5:15
Alfred Kleinhammes	M	62	5:17
Tommy McCauley	M	12	5:35
Erin McIntee	F	33	5:43
Alexandra Garcia-Granados	F	50	5:52
Julia Rotenberry	F	42	7:41

52.8 yard Dash

Ryan Robinson	M	21	6.3
Stephen Toomy	M	26	6.5
Isaac Robinson	M	17	6.6
Eric Brown	M	37	6.8
Gordon Caviness	M	52	6.9
Eric Olson-Getty	M	33	7.0
Denae Ford	F	20	7.0
David Clapp	M	25	7.1
Olly Hall	M	30	7.1
George Linney III	M	38	7.1
Junior Simmonds	M	45	7.2
Martin Warters	M	41	7.2
Gabe Argao	M	34	7.2
Roger Halchin	M	60	7.4
Ben Barker	M	43	7.5
Jason Figge	M	40	7.5
Hernan Silva	M	49	7.5
Katherine Guilfoyle	F	27	7.7
Mike Kelley	M	53	7.8
Lewis Hendricks	M	40	7.9
Brian Gilligan	M	14	8.0
Rob McCauley	M	42	8.2
George Linney IV	M	9	8.3
Sania Tong Argao	F	35	8.3
Bart Bechard	M	48	8.4
Tom Hoerger	M	54	8.5
Howard Cheetham	M	59	8.6
Roxanne Springer	F	49	8.6
Jacob Sternfeld	M	55	8.9
Jerry Surh	M	74	8.9
Aimee Bazin	F	30	9.0
Louise Guardino	F	72	9.1
Heiko Rath	M	43	9.1
Alfred Kleinhammes	M	62	9.2
Tommy McCauley	M	12	9.4
Anna Rotenberry	F	12	9.6
Peter Gilligan	M	61	9.8
Ken Larsen	M	65	9.8
Tom Kirby	M	60	9.9
Alex McCauley	M	13	9.9
Tom Griffin	M	68	10.0
William Linney	M	6	10.0
Erik Rotenberry	M	13	10.2
Lena Hollmann	F	62	10.3
Alexandra Garcia-Granados	F	50	10.5
Barbara Hindenach	F	62	10.6
Mary Szymkowski	F	50	10.6
Julia Rotenberry	F	42	11.8
Ella Argao	F	5	12.9
Tom Arnel	M	50	15.0
Rafi Argao	M	2	16.2
Owen Howard	M	9	18.3
Avery Howard	F	6	19.9

(Continued on page 12)

SUMMER TRACK RESULTS, CONT.

(Continued from page 11)

12-minute walk

			<i>meters</i>
Mike Kelley	M	53	2210
Ray Dooley	M	60	2104
Jason Figge	M	40	2034
Roxanne Springer	F	49	1879
Ben Barker	M	43	1841
Barbara Hindenach	F	62	1834
William Schmitz	M	41	1814
Hernan Silva	M	49	1769
Martin Warters	M	41	1696
Gordon Caviness	M	52	1684
Peter Gilligan	M	61	1647
Alfred Kleinhammes	M	62	1646
Junior Simmonds	M	45	1646
Lena Hollmann	F	62	1640
Alexandra Garcia-Granados	F	50	1540
Howard Cheetham	M	59	1519
Dan Woodlief	M	50	1456
Julie Messina	F	35	1444
Chris Gould	M	69	1434
Aimee Bazin	F	30	1395
Katherine Guilfoyle	F	27	1395
Rob McCauley	M	42	1379
Gerty Ward	F	52	1296
Anna Rotenberry	F	12	1287
Jacob Sternfeld	M	55	1221
Tom Hoerger	M	54	1014
Julia Rotenberry	F	42	899
Tom Arnel	M	50	891
Jen Howard	F	39	874
Avery Howard	F	6	874
Gabe Argao	M	34	778
Sania Tong Argao	F	35	778
Ella Argao	F	5	778
Rafi Argao	M	2	778

4 X 400m Relay

Team 2	3:39
Eric Olson-Getty	
Lauren Alpert	
Dan Shears	
Jermaine Wade	

Team 8	3:56
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Rayvon Moore
Isaac Robinson
Denae Ford
Ryan Robinson

Team 14	4:12
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Humberto Rodriguez
Bryan Brander
Mark Manz
Duncan Hoge

Team 10	4:20
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Billy Askew
Paul Springer
Keri Johnson
Jennifer Woods

Team 19	4:27
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Jason Figge
"Dan"
Brian Tajjili
Mike Kelley

Team Carpenter	4:31
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Katie Carpenter
George Carpenter
Amy Carpenter
Mike Carpenter

Team 11	4:33
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Brian Gilligan
David Clapp
Dan Woodlief
Eric Brown

Team 4	4:42
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Bart Bechard
Lewis Hendricks
Doug Hensel
Roger Halchin

Team 6	4:51
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Julie Messina
Olly Hall
Martin Warters
Michael Jones

Team 12	4:57
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William Schmitz
Ted Richardson
Tom Hoerger
Robin Richardson

NC Pacers	5:19
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Jacob Sternfeld
Gordon Caviness
Ray Dooley
Lindsey Puryear

Team 17	5:27
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Chris Gould
Jerry Surh
Tim O'Brien
Roxanne Springer

The Godeezers	5:27
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Steve Toomy
Ken Larsen
Howard Cheetham
Ed Davis

Team Linney	5:32
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William Linney
George III Linney
Kristen Linney
George IV Linney

Team 13	6:06
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Heiko Rath
Howie Kashefsky
Lilly Gayton
Emma Kashefsky

Boomer girls	6:17
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Mary Szymkowski
Barbara Hindenach
Lena Hollmann
Louise Guardino

Team 7	6:18
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Aimee Bazin
Katherine Guilfoyle
Alexandra Garcia-Granados

Sania Argao

Rockin Rotenberrys	8:07
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Anna Rotenberry
Erik Rotenberry
Mark Rotenberry
Julia Rotenberry

Team 18	9:10
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Jen Howard
Avery Howard
Owen Howard
Tim Gingerich

3 mile Run

Billy Askew	M	30	17:02
Lewis Hendricks	M	40	18:49
Mike Kelley	M	53	19:34
Brian Tajjili	M	31	19:44
Jason Figge	M	40	19:48
Jennifer Woods	F	37	19:54
Rebecca Hughes	F	32	19:55
Patrick Bruer	M	54	20:13
William Schmitz	M	41	21:33
Chris Gould	M	69	21:42
Roger Halchin	M	60	21:42
Doug Hensel	M	40	21:56
Eric Olson-Getty	M	33	22:04
Tom Kirby	M	60	23:14
David Clapp	M	25	23:34
Bob Wallace	M	56	23:38
Tim O'Brien Sr.	M	62	23:46
Lindsey Puryear	M	52	24:09
Ed Davis	M	68	24:32
Sandy Su	F	33	24:40
Mary Szymkowski	F	50	24:44
Martin Warters	M	41	24:46
Gordon Caviness	M	52	24:50
Tom Griffin	M	68	24:58
Dan Woodlief	M	50	27:05
Barbara Hindenach	F	62	27:09
Alfred Kleinhammes	M	62	29:43
Jacob Sternfeld	M	55	29:43

31 July Mile Run

Tyle Stelzig	M	24	4:37
Bryan Brander	M	33	4:41
Tom Kreger	M	32	4:51
David Bellard	M	24	5:06
Stephen Toomy	M	26	5:08
Mark Manz	M	27	5:17
David Clapp	M	25	5:28
Owen Astrachan	M	57	5:29
Ted Richardson	M	43	5:36
Rod Rose	M	39	5:41
Katherine Guilfoyle	F	27	5:48
Neil Amato	M	42	5:57
Lewis Hendricks	M	40	5:59
Rebecca Hughes	F	32	6:02
Jim Clabuesch	M	48	6:03
David Couper	M	58	6:04
Eric Brown	M	37	6:10
Callie Barrow	F	25	6:19
Chris Gould	M	69	6:19

(Continued on page 13)

SUMMER TRACK RESULTS, CONT.

(Continued from page 12)

Eric Olson-Getty	M	33	6:21
Lia Weiner	F	24	6:24
Caris Hill	F	15	6:33
John Blake	M	55	6:34
Ben Barker	M	43	6:35
Rick Pack	M	32	6:36
Mark Rotenberry	M	54	6:40
Lindsey Puryear	M	52	6:42
Lauren Wooten	F	22	6:43
Gordon Caviness	M	52	6:46
Ed Horlick	M	47	6:46
Mary Szymkowski	F	50	6:46
Tom Kirby	M	60	6:52
Rob McCauley	M	42	6:54
Roxanne Springer	F	49	6:56
Ray Dooley	M	60	7:06
Richard Smith	M	60	7:09
Ed Davis	M	68	7:13
Tom Griffin	M	68	7:21
Lena Hollmann	F	62	7:23
Dan Woodlief	M	50	7:25
Sandy Su	F	33	7:36
Sydney Barker	F	13	7:43
Barbara Hindenach	F	62	7:52
Bob Wallace	M	56	7:53
Sania Tong Argao	F	35	7:54
Julie Messina	F	35	8:01
Josh Horlick	M	13	8:03
William Schmitz	M	41	8:03
Jerry Surh	M	74	8:20
Sadie Amato	F	11	8:27
Ryan Pack	F	28	8:30
Louise Guardino	F	72	8:44
Carolyn Huettel	F	49	8:44
Aimee Bazin	F	30	8:55
Billy Williams	M	43	9:16
Jacob Sternfeld	M	55	10:09
Gabe Argao	M	34	10:10
Alex Andre	M	5	10:55

200m Dash

Jermaine Wade	M	29	22.7
Nick Tuminski	M	17	24.3
Mike Carpenter	M	45	24.9
Rick Pack	M	32	25.2
Lauren Alpert	F	23	25.4
Eric Brown	M	37	26.0
Stephen Toomy	M	26	26.1
Chris Sarsony	M	45	26.8
Brian Gilligan	M	14	26.9
Amy Carpenter	F	14	27.2
Eric Olson-Getty	M	33	27.4
Katie Carpenter	F	13	28.0
Steven Hoberman	M	33	29.1
David Bellard	M	24	29.3
Lia Weiner	F	24	32.5
Lewis Hendricks	M	40	32.7
Katherine Guilfoyle	F	27	32.8
Gabe Argao	M	34	33.0
Tim O'Brien Sr.	M	62	33.9
Ben Barker	M	43	34.3
Sandy Su	F	33	34.4
Ryan Pack	F	28	35.0
Dan Woodlief	M	50	35.9
Jerry Surh	M	74	36.2
Roxanne Springer	F	49	36.5

Ray Dooley	M	60	38.6
Emma Kashefsky	F	10	39.2
Tom Griffin	M	68	40.1
Sydney Barker	F	13	40.2
Anna Rotenberry	F	12	40.5
Louise Guardino	F	72	40.9
Mary Szymkowski	F	50	41.0
William Schmitz	M	41	41.2
Billy Williams	M	43	42.6
Aimee Bazin	F	30	45.0
Barbara Hindenach	F	62	49.5
Alex Andre	M	5	54.2
Erik Rotenberry	M	13	55.0
Jake Smith	M	7	56.6
Ella Argao	F	5	59.0
Jacob Andre	M	4	69.2
Daniel Smith	M	5	70.0
Anya Brander	F	3	99.0

Mile Racewalk

Ray Dooley	M	60	9:23
Roxanne Springer	F	49	10:05
Barbara Hindenach	F	62	10:08
William Schmitz	M	41	10:21
Peter Gilligan	M	61	11:23
Jacob Sternfeld	M	55	11:34
Carolyn Huettel	F	49	11:36
Anna Rotenberry	F	12	12:05
Tim O'Brien Sr.	M	62	12:19
Jerry Surh	M	74	12:19
Chris Gould	M	69	12:22
Eric Brown	M	37	14:20
Dan Woodlief	M	50	14:20
Aimee Bazin	F	30	14:22
Julie Messina	F	35	14:43
Rob McCauley	M	42	15:03
Ross Keyser	M	15	15:50

800m Run

Paul Sexton	M	45	2:06
Tyle Stelzig	M	24	2:10
Owen Astrachan	M	57	2:23
Mike Carpenter	M	45	2:23
Eric Olson-Getty	M	33	2:23
David Bellard	M	24	2:31
Eric Brown	M	37	2:35
Neil Amato	M	42	2:39
Steven Hoberman	M	33	2:39
Katherine Guilfoyle	F	27	2:41
Forrest McElroy	M	15	2:44
David Clapp	M	25	2:48
Gordon Caviness	M	52	2:57
Chris Gould	M	69	2:57
Bob Wallace	M	56	2:58
Brian Gilligan	M	14	3:00
John Blake	M	55	3:01
Amy Carpenter	F	14	3:01
Lewis Hendricks	M	40	3:02
Roxanne Springer	F	49	3:03
Drew Hendricks	F	18	3:05
Katie Carpenter	F	13	3:09
Sandy Su	F	33	3:12
Ed Davis	M	68	3:13
Dan Woodlief	M	50	3:14
Ray Dooley	M	60	3:18
Mary Szymkowski	F	50	3:24
Tom Griffin	M	68	3:27

Lena Hollmann	F	62	3:32
Sadie Amato	F	11	3:33
Jerry Surh	M	74	3:39
Julie Messina	F	35	3:40
Lia Weiner	F	24	3:44
Lauren Wooten	F	22	3:44
Carolyn Huettel	F	49	3:55
Aimee Bazin	F	30	3:58
Barbara Hindenach	F	62	4:03
Tom Kirby	M	60	4:04
Louise Guardino	F	72	4:10
Billy Williams	M	43	4:32
Jacob Sternfeld	M	55	5:00

5000m Run

Tyle Stelzig	M	24	17:38
Mark Manz	M	27	18:16
Lewis Hendricks	M	40	19:18
David Couper	M	58	20:08
Patrick Bruer	M	54	20:54
David Clapp	M	25	21:19
Jim Clabuesch	M	48	21:25
Joe Clancy	M	40	21:29
Lindsey Puryear	M	52	21:29
Sandy Su	F	33	22:24
Lia Weiner	F	24	23:31
Tom Kirby	M	60	23:52
Tim O'Brien Sr.	M	62	24:09
Mary Szymkowski	F	50	24:48
Ed Davis	M	68	25:06
Gordon Caviness	M	52	25:22
Tom Griffin	M	68	25:24
Carolyn Huettel	F	49	26:21
Dan Woodlief	M	50	26:37
Bob Wallace	M	56	27:45
Barbara Hindenach	F	62	27:53
Julie Messina	F	35	28:48
Jacob Sternfeld	M	55	34:32

7 August

1500m Run

Paul Springer	M	25	4:25
Billy Askey	M	30	4:32
Dan Shears	M	23	4:38
Bart Bechard	M	48	4:53
Cole Whitaker	M	21	4:55
Kari Johnson	F	23	4:58
Nic Pillinger	M	35	5:03
Lauren Alpert	F	23	5:25
Jason Gayton	M	37	5:26
Kevin McCabe	M	32	5:27
Jim Clabuesch	M	48	5:30
Tom Hoerger	M	54	5:30
Doug Hensel	M	40	5:31
Bryan Hassion	M	34	5:31
Ronnie Weed	M	38	5:32
Ed Billings	M	51	5:38
Betsy Kempter	F	46	5:38
Eric Olson-Getty	M	33	5:41
Rebecca Hughes	F	32	5:42
Martin Warters	M	41	5:45
William Schmitz	M	41	5:46
Lia Weiner	F	24	5:48
Lewis Hendricks	M	40	5:58
Lindsey Puryear	M	52	6:07

(Continued on page 14)

AUGUST 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:07pm on August 13, 2013. Attendees included President Doug Hensel, Patrick Bruer, Jim Clabuesch, Carolyn Huettel and your scribe, Henry Blinder.

Jim led off with a Membership report: "I don't have anything." Jim and Patrick will be getting together to make some improvements to the Club's paper membership brochure.

On Haberdashery, we learned that the new socks are now in stock. The sizing is apparently a little "funky," but functional. The three pairs for \$25 deal has apparently been a hit. Doug will alert Jeff Hall that the Club's supply of sweatshirts is low, so a new order should be forthcoming.

We had a brief Newsletter report. Look for a bit more detail on the meeting locations for the Club's weekly runs.

Subsequent to the meeting, Kevin submitted a financial report by e-mail on the Winter Series. Total revenues this year of \$2185 closely matched our expenses of \$2004. Kevin also included historical information on the prior three years of Winter Series revenues and expenses.

Next up was a discussion on once again having a fall picnic in Duke Forest, similar to the last few years. There was general consensus that the Club should continue to hold the event. It has been scheduled for Sunday, September 29, at 3pm. Look for additional details elsewhere in the newsletter and on the Club's website.

Patrick updated us on plans for this September's Cross-Country Series: "Everything is set to go." The four weekly Wednesday meets will be at 6pm. The meets will be self-timed and reported, similar to Summer Track. As previously mentioned in prior newsletters, two of the meets will be on the Al Buehler trail around the Duke golf course, and the other two meets will be in Chapel Hill on the cross-country trail by Finley Golf Course. Distances will include 5K, 8K and 10K.

Prior to the meeting, we received an e-mail from Brandy Burns with a Winter Series update. All race directors from last year are again on board, and dates appear to have been finalized. Look for details elsewhere in the newsletter. Following discussion, we all concurred that participants and others should be discouraged from bringing dogs to any of the races, given the possibility of interference with runners. Also, notwithstanding the additional insurance expense associated with the Misery Run, we decided against raising the fees either for that race or the Winter Series as a whole.

We heard from Doug that the "One Hour" race is set for August 28. Doug also informed us that because there was a lack of interest from volunteers willing to assist with the Coach Bubba event, it will not be resurrected. RIP.

The meeting adjourned at 7:37pm.

— **Henry Blinder**

THANKS TO OUR SEPTEMBER CONTRIBUTORS

In no particular order, thanks for August contributions go to: Doug Hensel, Henry Blinder, Jamie Lewis, Jeff Hall, Patrick Bruer, Aline Lloyd, and Tom Kirby.

THE 30TH ANNUAL GODIVA WINTER SERIES

- Run for the Donuts** **Durham Academy, Upper School, 3601 Ridge Rd.** **Sun, Oct. 13th**
 X-Country team relay based on the patented Donuts Index™
 Race Director: Ronnie Weed, 919 225-1407 diecorn@gmail.com
- Misery Run** **The Lucas Farm, Old Fayetteville Rd. Carrboro** **Sun, Nov. 10th**
 5 mile X-Country run with challenges to overcome and plenty of mud and muck.
 Race Director: Jim Clabuesch, 919 401-9589 jwcvh@mindspring.com
- Couch Mountain** **Duke Forest, South US 70 & NC 751** **Sun, Dec. 8th**
 X-Country race up the famous Couch Mountain followed by a cookout!
 Race Director: Paul Naylor, 919 493-3702 naylorpaul@msn.com
- New Year's Day Run** **Duke School for Children, 3716 Erwin Rd.** **Wed, Jan. 1st**
 5 miles of X-Country to ring in the new year!
 Race Director: Patrick Bruer, 919 929-8582 pjbruer@gmail.com
- Eno Equalizer** **Eno State Park, End of Cole Mill Rd.** **Sun, Jan. 12th**
 4 miles of X-Country team handicap race.
 Race Director: Richard Smith, 919 408-8126 rls@email.unc.edu
- Geezer Pleezer** **Carolina Friends School, 4809 Friends School Rd.** **Sun, Feb. 9th**
 Start time based on age and gender. Run starts and ends on school campus.
 Race Director: Gary Schultz, 489-7803 gary.schultz@frontier.com
- Hard Climb Hill** **Duke Forest, Gate 23 at Mt. Sinai Rd.** **Sun, Mar. 9th**
 3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.
 Race Director: Jerry Surh, 919 967-0272 surh@ncsu.edu

There are lots of volunteer opportunities available (hint hint...)!! Contact the race directors to find out more. If you have questions about a specific race, need clarification on directions, or anything else related to a specific race, please don't hesitate to contact the race director.

Carolina Godiva Track Club **members only** may sign up for **all seven Winter Series races** for only \$25. You can sign up online (the super easy way to register!) at carolinagodiva.org or by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (30 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under, so bring the whole family!

Earn points for the Incredibly Beautiful Winter Series T-Shirt! To receive the 2013-2014 30th Annual Winter Series shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler will count as two events if you run it.

If you want your name to show up in the Winter Series Standings that are published in the newsletter, please register online or fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information, contact Brandy Burns (bburns1786@yahoo.com)

Winter Series

Carolina Godiva Track Club Winter Series

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.



Signature (Parent's, if under age 18)

Date

Return Completed Form To:

JIM CLABUESCH
9 LITCHFIELD COURT
DURHAM, NC 27707-5367

@ THE RACES**Four on the Fourth (7/4/2013)**

Gordon Caviness 31:17
 Joao Correia 36:41
 Erin McIntee 38:27
 Junior Simmonds 41:57
 Molly Adams 42:55
 Aline Loyd 42:56

The Bear 5 Mile Run (7/11/2013)

Tim Meigs 35:21

8th Race for the Ribbon 5K (7/20/2013)

Michelle Conner 24:22 5th F35-39

Beat the Heat Family 5K (7/20/2013)

Steve Mele 19:22

Care for Kids 5K (7/28/2013)

Steve Mele 19:09 1st M45-49
 Adina Mele 26:46 1st F50-54

Dog Days of Summer 5K (8/3/2013)

Louise Guardino 30:34 1st F65-69

Bridger Ridge Run 20 Mile (8/10/2013)

Greg Sousa 7:05:48 41st M40-49

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? 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

Sept. 6 (Fri) Blue Ridge Relay, Asheville
Sept. 7 (Sat) Caring Place 5K, Cary
 Run for a Change! 5K, Durham
 Run 4 the Greenway 8K & 1 Mile, Greensboro
 Trooper Challenge Mud Run, Saxapahaw
 Big Muddy Challenge, Youngsville
Sept. 14 (Sat) River Bound Race Series 5K/Half, Asheville
 Get Heeled 5K
 Gail Perkins Memorial Ovarian Cancer Walk & 5K Run, Raleigh
Sept. 21 (Sat) Run for Green Half Marathon, 10K, & 5K, Davidson
 Tunnel to Towers Triangle, Raleigh
 Amberly Search for a Cure 5K, Cary
Sept. 27 (Fri) Asheville City Marathon, Half Marathon, & 5K, Asheville
Sept. 28 (Sat) NC Pride Run, Durham
 Triad 10 Miler & 8K, Greensboro
 Fit to Lead 5K, Cary
 The Patrol Stroll 5K, Raleigh
 The Color Run 5K, Raleigh
 Salem Lake 30K/7 Mile, Winston-Salem

Check out CGTC's online race calendar for an extensive, up-to-date list of local races:

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!