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**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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**DEADLINE FOR  
NOVEMBER  
NEWSLETTER:  
OCTOBER 15TH  
SEND SUBMISSIONS TO:**

**NEWSLETTER  
@  
CAROLINAGODIVA.ORG**

## HUNGRY LIKE THE WOLF

Any race that starts next to a wolf den enclosure is going to be daunting. There had been no mention of being chased by hungry wolves in the race description. Just be faster than the slowest runner, and I might make it to the finish line in one piece...but I hadn't expected this excitement when I mailed my application for the Bays Mountain 15-mile trail race.

Bays Mountain is nestled in the hills near Kingsport, TN. A friend had put this on my radar a few years ago, but I had never managed to fit it onto my race calendar. This year would be different. I printed the race form weeks in advance, but waited until almost the last minute to get the application in the mail. I contacted the race director to let him know my race form was coming, and he reminded me that dinner was provided, and that there would be a special guest speaker.

Dinner was followed by the guest speaker, Michael Wardian. For those not in the know, he is a running stud, and has accomplished much in his running career. It is encouraging that he has both a day job and a family, so he needs to balance his running, family, and career. The big takeaway from the talk was to get out of your running comfort zone. Words to live by from someone who holds the record for the fastest marathon as a super hero (Spiderman).

The race started at a reasonable time of 8:00am. Being a smaller race, the runners seemed to know each other and were chatting away the race day jitters. Even though I was a visitor, it made for a good running vibe. Everyone listened patiently to the race briefing and then edged closer to the start line, waiting for the starting call. I went into this event with the attitude of it being a strong training run, not a race, with a very attainable goal of 2:30.

A kind gentleman had walked me through the course the night before on a paper map. This is unusual for me, since I usually do not bother to learn the course beforehand. I paid close attention to the aid station locations since there were only two of them. Putting my ego aside, a full water bottle with two energy gels was strapped to my hand.

The first couple miles started out easy enough. A wide crushed gravel path spread the pack out before the serious climbing began. I recognized a

*(Continued on page 4)*



[www.usatf.org](http://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](mailto:cgtc-join@carolinagodiva.org)

To post to the list, send messages to: [cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org)

### GODIVA CLUB CONTACTS

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### CLUB DISCOUNTS

<b>Bull City Running Company</b> 15% off all non-sale items <a href="http://www.bullcityrunning.com">www.bullcityrunning.com</a> Southpoint Crossings, Durham	265-3904
<b>Omega Sports</b> 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
<b>Inside-Out Sports</b> 10% on all regular priced items. Preston Walk Shopping Ctr, Cary <a href="http://www.insideoutsports.com">www.insideoutsports.com</a> Online Discount code: DV2007	466-0101
<b>Capital RunWalk</b> (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
<b>Raleigh Running Outfitters</b> 15% discount Raleigh & Cary	870-8998 362-8282
<b>Athletic Edge Sports Massage</b> \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
<b>New Balance Durham</b> 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
<b>Xpert Nutrition</b> 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
<b>Duke Sports Performance</b> 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	<a href="mailto:tim_meigs@yahoo.com">tim_meigs@yahoo.com</a>
Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
Master Women	Cathy Wides	<a href="mailto:cadw09@gmail.com">cadw09@gmail.com</a>

### 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](mailto:douglashenseljr@gmail.com). You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Doug Hensel

## 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 (heck, we'll even publish poetry!). Contribute 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](mailto:newsletter@carolinagodiva.org), and we'll be delighted to print them!

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

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	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
<b>TUESDAY</b>	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)
<b>THURSDAY (P.M.)</b>	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
<b>SATURDAY (UMSTEAD)</b>	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
<b>SUNDAY</b>	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](http://www.carolinagodiva.org))

## PRESIDENT'S COLUMN, CONT.

*(Continued from page 1)*

familiar face in the crowd on my slow ascent to the 4-mile mark. We attempted to chat, but his pace was too fast. My decision was to keep a steady pace heading up the ascent to the 4-mile mark.

After a swift descent the course changed to very manageable single track. It was probably the cooler temperatures, but my pace felt swift and easy. There was a short incline, but I did as the people around me were doing and changed to a power walk. Once at the top, it was easy to move back to a running pace.

Friendly faces and well-marked trails greeted me at most intersections. By the time I reached the 10-mile mark and the second aid station, I was feeling fantastic. No fatigue, dehydration, or disgust yet. I was warned about the last 5 miles being nasty single track around the lake. After running single track trails in Umstead Park, I was anxious to see what all the fuss was about. The daunting task for me would be running around the fingers of the lake to the finish without a desire to jump in the lake.

As I suspected, the single track was not too bad. I used my single track strength to put some distance between some other runners and me. Eventually, the course moved away from the lake and up to the dam. The end was near, and I was tired but not out of gas. I hit the pavement and kept following the signs and listening for the finish line. Like a beacon in the night, the timing clock revealed the end.

For the first time in a long time, I finished a race and did not feel disappointed with my efforts. My place was 28th overall, but good enough for 2nd place in my age group. Not too bad for a training run.

The middle of the summer was a tough time for me. The running was slow due to tired legs and low motivation. Taking selective time off was healthy and apparently not harmful to my overall fitness. Heading into the fall, I'm feeling confident again in my running abilities.

— Doug Hensel

## 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](mailto:dukeforest@duke.edu). You may also check our web site ([www.dukeforest.duke.edu](http://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.*

## 2013 CROSS COUNTRY RESULTS

Here are the results at the halfway mark of the 2013 Godiva Cross Country Series. The A.G. scores are age and gender graded performance rankings computed by the Runners World Age Graded Calculator. A score of 100 would be the equivalent of a world record for the runner's age and gender division.

<b>Sept. 4 - Duke - Al Buehler Trail</b>				
Name	Sex/Age	Dist. (k)	Time	A.G. Score
Steve Mele	M 48	5	21:53	66.3
Jen Holloway	F 44	5	31:14	50.6
Robert Moody	M 50	5	35:38	41.4
Thomas McCauley	M 41	5	38:30	38.6
Rob McCauley	M 12	5	38:30	35.7
William Schmitz	M 41	5	41:02	33.5
Brian Tajlili	M 31	8	32:43	65.1
Denise Larson	F 53	8	45:55	62.3
Barbara Hindenach	F 62	8	56:01	57.8
Tom Kirby	M 60	8	56:03	47.0
Aimee Bazin	F 30	8	61:06	39.4
Craig Heinly	M 44	10	42:56	68.2
Jim Clabuesch	M 48	10	47:07	64.2
Doug Hensel	M 40	10	47:14	60.2
Jess Broglie	F 29	10	50:53	59.6
Chris Gould	M 69	10	54:48	66.2
Carolyn Huettel	F 49	10	61:12	56.0
Don Anthony	M 46	10	61:47	48.4
Joao Correia	M 45	10	62:42	47.0
<b>Age Graded Combined Results</b>				
Craig Heinly	M 44	10	42:56	68.2
Steve Mele	M 48	5	21:53	66.3
Chris Gould	M 69	10	54:48	66.2
Brian Tajlili	M 31	8	32:43	65.1
Jim Clabuesch	M 48	10	47:07	64.2
Denise Larson	F 53	8	45:55	62.3
Doug Hensel	M 40	10	47:14	60.2
Jess Broglie	F 29	10	50:53	59.6
Barbara Hindenach	F 62	8	56:01	57.8
Carolyn Huettel	F 49	10	61:12	56.0
Jen Holloway	F 44	5	31:14	50.6
Don Anthony	M 46	10	61:47	48.4
Tom Kirby	M 60	8	56:03	47.0
Joao Correia	M 45	10	62:42	47.0
Robert Moody	M 50	5	35:38	41.4
Aimee Bazin	F 30	8	61:06	39.4
Thomas McCauley	M 41	5	38:30	38.6
Rob McCauley	M 12	5	38:30	35.7
William Schmitz	M 41	5	41:02	33.5

<b>Sept. 11 - Carolina - Finley XC Trail</b>				
Name	Sex/Age	Dist. (k)	Time	A.G. Score
Tom Hoerger	M 54	5	22:59	66.3
Jen Holloway	F 44	5	29:13	54.2
Erin McIntee	F 33	5	33:27	44.5
Ken Larson	M 65	5	33:37	49.9
Thomas McCauley	M 12	5	35:30	41.9
Brian Tajlili	M 31	8	33:33	60.1
Lewis Hendricks	M 40	8	35:31	63.2
Jim Clabuesch	M 48	8	36:11	65.9
David Couper	M 59	8	36:35	71.4
Doug Hensel	M 40	8	38:50	57.8
Caitlin Nakayam	F 29	8	40:34	59.4
Jess Broglie	F 29	8	42:30	56.7
April Fay	F 28	8	43:22	55.5
Chris Gould	M 69	8	43:22	66.0
Tim O'Brien	M 62	8	44:55	59.7
Paul Wormsbecher	M 52	8	45:47	53.8
Ed Davis	M 68	8	46:30	61.0
Tom Griffin	M 68	8	46:52	60.5
Don Anthony	M 46	8	48:21	48.6
Joao Correia	M 45	8	48:37	47.9
William Schmitz	M 41	8	49:36	45.6
Carolyn Huettel	F 49	8	50:35	53.8
Rob McCauley	M 41	8	56:47	41.3
Aimee Bazin	F 30	8	62:33	38.5
<b>Age Graded Combined Results</b>				
David Couper	M 59	8	36:35	71.4
Tom Hoerger	M 54	5	22:59	66.3
Chris Gould	M 69	8	43:22	66.0
Jim Clabuesch	M 48	8	36:11	65.9
Lewis Hendricks	M 40	8	35:31	63.2
Ed Davis	M 68	8	46:30	61.0
Tom Griffin	M 68	8	46:52	60.5
Brian Tajlili	M 31	8	33:33	60.1
Tim O'Brien	M 62	8	44:55	59.7
Caitlin Nakayam	F 29	8	40:34	59.4
Doug Hensel	M 40	8	38:50	57.8

(continued on page 6)



## CROSS COUNTRY RESULTS, CONT.

## Sept. 11 - Carolina - Finley XC Trail

Name	Age	Dist. (k)	Time	A.G. Score
<b>Age Graded Combined Results</b>				
Jess Broglie	F 29	8	42:30	56.7
April Fay	F 28	8	43:22	55.5
Jen Holloway	F 44	5	29:13	54.2
Paul Wormsbecher	M 52	8	45:47	53.8
Carolyn Huettel	F 49	8	50:35	53.8
Ken Larson	M 65	5	33:37	49.9
Don Anthony	M 46	8	48:21	48.6
Joao Correia	M 45	8	48:37	47.9
William Schmitz	M 41	8	49:36	45.6
Erin McIntee	F 33	5	33:27	44.5
Thomas McCauley	M 12	5	35:30	41.9
Rob McCauley	M 41	8	56:47	41.3
Aimee Bazin	F 30	8	62:33	38.5

## 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](mailto:haberdasher@carolinagodiva.org) for more information.

— Jeff Hall

## MY NEW FRIEND THE "ELLIPTIGO"!

I broke my own rule—I don't do long distance running. My distance has always been 5K-10K races or Sprint triathlons. Yet 2 years ago, after returning from World Championships Duathlon (2.5K run/40k bike/2.5K run) with a silver medal, I was feeling really good.

The Ramblin' Rose ½ marathon was in Durham, so I decided to give it a try. I had a great race, placing 1st. But over the next few months, my left foot had an ache that wouldn't go away. After several months I finally got a diagnosis—it was a torn anterior tibialis tendon, and I would need surgery. On top of that, I also had sesamoiditis," an inflammation of the small bone on the ball of the foot. Apparently, running hard for 13 miles on pavement (I usually only run on dirt) wasn't such a good idea for me!

To make a long story short, I declined the surgery and eventually stopped running for 4 months. I was pretty sad—that's the longest that I've not run. But then I saw my savior! It was a story about the "Elliptigo," an elliptical bicycle, made in California. It is a fantastic cross-training "bike" on which one stands on platforms to simulate running. The platforms move to give you more of a natural

running stride than the circular stride on an elliptical machine at a gym. It feels like running on clouds, and is no-impact. It is the perfect alternative for an injured runner who wants to keep running.

Some of you may have seen me out on the road on my Elliptigo (it's bright neon green!). I can average about 14 mph on it, and a 1-hour workout uses about 30% more energy than running. The best part of the story is that about six weeks ago, I started running again, to prepare for this year's National Championships in the sprint triathlon. In only three weeks of running, I was doing 400 meter intervals on the track that were as fast as my intervals from four years ago. I lost no running speed after not running for four months! And at Nationals, my run was about what it would have been had I not been injured (placed 4th!!). I've learned my lesson, though, and I will stick to 5Ks and have fun with the short stuff. So, if you are injured, or a baby-boomer like me with arthritis threatening to end your running forever, think about this alternative. It is loads of fun and still lets you "run" without the impact. You can learn more about it at [elliptigo.com](http://elliptigo.com).

— Shelly Bloom

## BLUE RIDGE RELAY RACE RECAP

The Bronx Bombers of '20's. The Notre Dame Fighting Irish teams of the '40's. The Vince Lombardi Packers of the '60's. The Edmonton Oilers in the '80's. To this illustrious list of decade-dominating teams you can now add the Carolina Godiva Masters of the 2000's, especially when it comes to the Blue Ridge Relay. On September 6-7, the CGTC Masters captured their 6th straight Masters' crown (placing 4th overall) in this grueling 208 mile race from Grayson Highland Park in southeast Virginia to the finish line in Asheville, NC. Unlike the previous five years, however, this year's race was not without its challenges.

The challenge did not come from other teams, though, as we were victorious by over an hour. The challenge came from the injury bug stinging several runners during the night runs. This resulted in everyone having to run their third and final leg in unanticipated territory and required Derek Fenton to run an additional fourth leg, which he accomplished in stellar fashion. For several members, this meant much longer or tougher third legs than planned. Special mention needs to go out to Colin Jones for taking on the goat mountain hard leg (yes, it is that hard), Craig Heinly for not only tackling the nipple mountain leg (think about it) but doing so in record pace, and Allen Baddour for setting a record on the brutal penultimate leg. The one positive of the leg switch was that three of the injured runners actually got shorter final legs. All in all, everyone toughened up and the team still ran the event in less than 23 hours with an overall average pace of 6:37 per mile. Not bad for a bunch of old coots.

We had a record tying nine returning runners from last years' team. Obviously, we haven't learned any better. The three replacements were no spring chickens either as Derek Fenton, Guy Potter, and I had seven BRR's between us. This august group was led by Captain Tim Meigs. The other return-

ees included Wayne Crews, Bart Bechard, Ulf Andre, Marty Tomasi, Dan Gardiner, Colin, Craig, and Allen. Tim, Marty, and Guy also set leg records.

For those of you not familiar with the event, this is the 9th year of the Blue Ridge Relay. A team consists of 12 runners—each doing three legs. The length of each running leg can vary from 2+ to as long as 10 miles. Some teams compete in the Ultra division—teams of only six runners with each person doing six legs. (If you saw the steepness of the inclines and declines in this race you would quickly realize how crazy it is to attempt this Ultra-style. That's why we leave it up to the young folk to tackle.) Unlike some other relay events, your team **MUST** stay in order. Thus, if someone gets hurt everyone must move up a spot. This is what happened with us. Instead of doing legs #6, #18 and #30 I had to run leg #29 instead. The same was true with everyone else on the Godiva team.

The event has grown to 150 teams. Marty Tomasi and I can still recall the inaugural BRR with only ten teams. The starting time for the teams on Friday morning is spread out over a 7+ hour period to allow for the greatest concentration of runners to occur between the late evening and early morning hours. Although having more teams means more scalps (Godiva-speak for passing other teams), it isn't without its problems. All those teams mean a lot more vehicles trying to get in and out of the transition zones. Keep in mind this race is run on back country roads. Trying to find a church or school to allow for the parking of 300 vans is quite difficult. It also means runners dodging vans in addition to dodging stray dogs, bears, foxes, and possums during the night.

Although the Masters race was uneventful from a competitive standpoint, the Open division was just

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## BLUE RIDGE RELAY RACE RECAP, CONT.

*(Continued from page 7)*

the opposite. The two-time defending Asheville team was unable to make it three in a row as it lost to a powerful Charlotte group who set the course record by becoming the first team to break 20 hours. Their winning time of 19:58 was less than 10 minutes over a Knoxville team. That's less than 2 seconds per mile. Asheville finished 3rd after missing a couple turns. How does the home team miss a couple turns? Course records were also set in the Ultra Women's and Ultra Mixed divisions. Of course, the men and women on these teams were all under 28 years old—I hope. I need to give a shout out to our friends from the south, as a team of Chapel Hill masters women set the course record as well. Now both the men and women masters division records reside in the Triangle area.

Up to this point, this article has been mostly factual in nature. I'd be remiss in not discussing how different but fun this type of running event can be. If you are a serious runner, regardless of your pace, and like to have fun, you need to put a relay on your bucket list. They are growing in popularity and finding one besides the challenging BRR is not hard. There is nothing like living 24 hours with five other sweating, stinking guys in your van, trading barbs with your teammates in the other van, cheering on all your team members, commiserating together and then hoisting a few beers afterwards in celebration. In an event this long there are usually stories to embellish that generate laughs and memories.

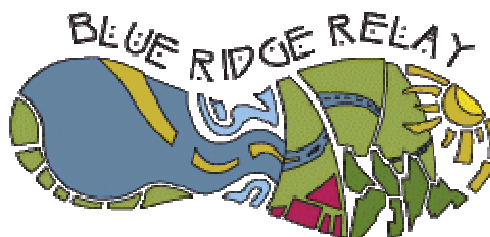
With 36 exchange zones, invariably someone always gets left behind in one. We had a perfect record going, not skipping anyone, until the drive home when, at a gas break, Marty was left wondering where the h-e-double-hockey-sticks did everyone go? Ten miles down I-40, Colin's cell rings and he asks his van-mates, "Ah, Marty isn't still sleeping on the last bench is he?" I was the

senior member of the team—the only one over 50 and oldest by about nine years. I loved watching the younger versions of myself race and was holding my own but I was getting annoyed at several of the exchange zones when my van mates were looking to trade me for the next pretty young thing they saw.

The best part of the BRR happens at night. You can feel the quietness of 3am, stare into a sky spotted by millions of stars all visible due to the lack ambient light, the only sound the slap of your feet on the road or the gurgling of a nearby stream/waterfall. It is lonely, eerie, but wonderfully peaceful as you cut through the developing ground fog not knowing or seeing the next bend in the road. Then friendly voices shout out encouragement as you come up to your teammates who have pulled over to the side. It is an experience you won't feel at your typical 5K or marathon.

The Blue Ridge Relay is a great event put on by a dedicated group led by Ken Sevensky's outfit. There are hundreds of volunteers, grouped in threes and fours manning all 36 exchange zones and making sure everyone checks in and out properly. A good number of the volunteers appear to be teenagers, especially those who appear in the middle of the night. Go figure! BRR is a race worth participating in regardless of your pace or experience with relays. Be assured your CGTC Masters will return in 2014 in an attempt to keep the streak alive.

— Kevin Nickodem





## SEPTEMBER 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on September 10, 2013. Attendees included President Doug Hensel, Patrick Bruer, Brandy Burns, Jim Cla-buesch, Jeff Hall, Carolyn Huettel, Tom Griffin and your scribe, Henry Blinder.

Doug led off with some details on the upcoming fall picnic. Everything is lined up and the Duke Forest shelter has been reserved. There will be a publicity “blast” to the membership.

The fall Cross-Country Series is in full swing. Patrick updated us on the first meet: “the turnout was better than I feared,” with 19 runners at the inaugural event on the Al Buehler trail. Tomorrow is the first cross-country meet in Chapel Hill.

Brandy reported that all race directors and race locations are confirmed for the Winter Series. We discussed several insurance and logistical matters pertaining to the series.

We then heard about the One Hour race held in late-August. The consensus was that it was a success, with “lots of (lap) counters” who “didn’t miss too many laps.” (!!)

The American Tobacco Trail bridge-opening ceremony is scheduled on October 12 from 9 to 11am, in the Southpoint Mall parking lot. Doug did not receive any information regarding his inquiry to the City about the Club’s plans to have a table at the ceremony to publicize the Club to the community, so he will follow up with the City. He also received an e-mail from a representative of the U.S. Department of Health and Human Services, indicating that DHHS is planning to hold a walk on

the trail on the bridge-opening date.

Moving on to usual business items, we heard from Jim on Membership. He agreed to do a “year over year” report, noting changes during this period.

Jeff had no new Haberdashery news, but reported that “we have socks and sweatshirts.” Carolyn mentioned that we could use some additional technical, short-sleeved shirts. We also discussed several versions of the Club’s logo.

Patrick flagged an issue about including non-Club race application forms in the newsletter. While the Club has sometimes done so on an ad hoc basis in the past, we recognized the widespread use of online race applications rather than paper application forms in recent years. Following discussion, we decided on a policy to not generally include race application forms in the newsletter in the future.

The meeting adjourned at 7:54pm.

— Henry Blinder



### THANKS TO OUR OCTOBER CONTRIBUTORS

In no particular order, thanks for October contributions go to: Doug Hensel, Henry Blinder, Jeff Hall, Kevin Nickodem, Patrick Bruer, and Shelly Bloom.

**@ THE RACES****Cougar Mountain Trail Run (8/10/2013)**

Roxanne Springer 2:51:39 4th F40-49

**USA Triathlon Championships (Sprint) (8/10/2013)**

Shelly Bloom 1:25:37 4th F60-64

**ET Full Moon Midnight 51K (8/18/2013)**

Halle Amick 6:47:05 5th F30-39

**Raleigh 8000 (8K) (8/24/2013)**

Colin Jones 28:49 1st M/M

Louise Guardino 50:13 1st F70-99

**Maggie Valley Moonlight Run 8K (8/24/2013)**

Tim Meigs 26:50\* 3rd O/M

**Kellie's Krew ACCRF Run for a Cure 5K(8/24/2013)**

Allen Baddour 17:46 2nd O/M

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

\* denotes personal record

**Last Chance for Beantown 10K (8/24/2013)**

Jim Clabuesch 40:37 1st M40-49

**Blue Ridge Relay (9/6/2013)**

CGTC Masters 22:55:55 1st M/M

**Magnificent Mile (9/15/2013)**

Colin Jones 4:44 2nd M40-44

Brian Tajlili 4:58 2nd M30-34

Bart Bechard 5:12 1st M45-49

Kevin Nickodem 5:20 1st GM/M

Jay Smith 5:51 1st M 60-64

Louise Guardino 8:37 1st F70-74

**Carolina Brewery Oktoberfest 5K (9/21/2013)**

William Schmitz 21:14 1st M40-49

**5K (9/21/2013)**

Bart Bechard 17:44 1st O/M

GM/F = Grandmaster Female

GM/M= Grandmaster Male

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**

- Oct. 5 (Sat)** Carrboro 10K, Carrboro  
Triple Lakes Trail Races Half/Full/40M, Greensboro
- Oct. 6 (Sun)** RunRaleigh Half/5K, Raleigh
- Oct. 12 (Sat)** Autumn Steppers 5K, Durham  
Triangle Run/Walk for Autism, Raleigh
- Oct. 19 (Sat)** The Race Home 5K, Durham  
Medoc Trail Races Marathon/10M, Hollister  
Monster Dash 5K, Pittsboro  
Tap n Run 4K, Raleigh  
Salem 5K on the Greenway, Winston-Salem
- Oct. 20 (Sun)** Bull City Race Fest. Durham
- Oct. 26 (Sat)** Futures for Kids 5K, Cary  
Pumpkin Trail Run, Chapel Hill
- Dec. 14 (Sat)** Warrior 4 Mile and 2 Mile Fun Run, Oxford

Check out CGTC's online race calendar for an extensive, up-to-date list of local races:  
[www.carolinagodiva.org/race-calendar](http://www.carolinagodiva.org/race-calendar)

# 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™      10am  
 Race Director: Ronnie Weed, 919 225-1407 [diecorn@gmail.com](mailto: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. 10am  
 Race Director: Jim Clabuesch, 919 401-9589 [jwcvh@mindspring.com](mailto: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!      10am  
 Race Director: Paul Naylor, 919 493-3702 [naylorpaul@msn.com](mailto: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!      1pm  
 Race Director: Patrick Bruer, 919 929-8582 [pjbruer@gmail.com](mailto:pjbruer@gmail.com)
- Eno Equalizer**      **Eno State Park, End of Cole Mill Rd.**      **Sun, Jan. 12th**  
 4 miles of X-Country team handicap race.      10am  
 Race Director: Richard Smith, 919 408-8126 [rls@email.unc.edu](mailto: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.      10am  
 Race Director: Gary Schultz, 489-7803 [gary.schultz@frontier.com](mailto:gary.schultz@frontier.com)
- Hard Climb Hill**      **Duke Forest, Gate 23 at Mt. Sinai Rd.**      **Sun, Mar. 9th**  
 3, 7, & 10 mile race options. Challenging final race. 10 miles is worth 2 pts.      10am  
 Race Director: Jerry Surh, 919 967-0272 [surh@ncsu.edu](mailto: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](http://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](mailto:bburns1786@yahoo.com))

# Winter Series

## Carolina Godiva Track Club Winter Series 2012-2013 Entry Form

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

# 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!