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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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DECEMBER
NEWSLETTER:
NOVEMBER 15TH**

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LONG TRAIN RUNNING

The first time I came across the American Tobacco Trail (the ATT in local parlance), I was out for a bicycle ride and I stumbled across it. I do not even believe it was finished, or open to the public yet. The New Hill parking lot was still under construction. Some woman whom I met nearby explained what was being built, and since the trail was less than five miles from my house, I was very excited to hear the news. Little did I know that the segment in Durham was already complete and in use.

Once the New Hill parking lot was complete, this area became one of my favorite running destinations. It was a quiet respite from the bustling streets of Apex. The soft crushed granite surface and expansive green space were inviting to me. The only time I encountered a car was at the occasional road crossing. This trail had everything a runner could want, except for an available water fountain. No problem...there was plenty of water to drink in the surrounding swamps and puddles.

In the early days of the ATT, the Chatham County section was pristine. Of course, it was deemed unsafe for human traffic, so signs were posted warning people of the dangers of exercising on uneven footing. To make matters worse, two rail bridges were in severe disrepair and impassable. To add even less incentive to visit the area, the trail had been used as a trash dump at one time, and rusting metal protruded from the ground. None of this deterred me from using the trail though. Besides, someone had taken the time to place mile markers in the ground, so the powers that be wanted them to be seen.

It seemed to take awhile, but Chatham County finished their section of the trail too. The surface material used was different than the crushed granite used in Wake County. Roughly 2/3 of the trail was paved, and 1/3 was crushed stone. While I was disappointed in this decision, it probably made the most sense to accommodate a variety of users. The dilapidated railroad bridges were also restored with new

This trail had everything a runner could want, except for an available water fountain. No problem...there was plenty of water to drink in the surrounding swamps and puddles.

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www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva—use it to share information and stay up to date on club goings-on.

To subscribe to the list, just send an email to cgtc-join@carolinagodiva.org

To post to the list, send messages to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

President	Doug Hensel	president@carolinagodiva.org
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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

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, 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.

— Newsletter Editor

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)

PRESIDENT'S COLUMN, CONT.

(Continued from page 1)

decking. Now all that is left is the Durham section north of Chatham County and south of Highway 54. Oh, and getting across I-40.

The oldest section of the ATT runs through Durham. It starts just south of the Durham Athletic Park and winds down to Highway 54. It is all paved, with a slight shoulder of gravel. Looking at the trail, you wouldn't guess its age. It was repaved in the last couple of years, and is well maintained. This section is home to the CGTC Thursday night run, at least in the summer time.

It has truly progressed since I started using it several years ago. Water fountains, expansive parking, and well-marked crosswalks welcome visitors.

The missing link in the 22-mile stretch of the ATT is a bridge over I-40. Fortunately, it is under construction, and set to open in the next month or so. This bridge will be for foot and bike traffic only. It has been painful to watch the slow progress, but it will be well worth it when it finally opens. Being less than two miles from my house on foot will enhance my opportunity to access the ATT. No more driving south of I-40 to access the non-paved sections.

The pedestrian bridge spanning I-40 is not the only hurdle for users of the ATT. Robberies have plagued a particular area of the ATT in Durham. While some smug people will chide the Bull City for this, please be aware that incidents have happened along sections of the ATT in Wake County, and along the Neuse River Greenway in Raleigh. No community is immune. Hopefully, positive steps are being taken to curb the problem.

About a week ago I had a chance to run from Durham County, thru Chatham County, and into Wake County on the ATT. It has truly progressed since I started using it several years ago. Water fountains, expansive parking, and well-marked crosswalks welcome visitors. In the early days, I wondered if anyone would ever find this treasure. They apparently have. I'm happy the community has come together to invest and support this amazing resource.

— Doug Hensel

UMSTEAD TRAIL MARATHON MARCH 1ST, 2014

The planning of the 11th annual Umstead Park Trail Marathon is under way! The race will be held Saturday, March 1, 2014. Registration will open Monday, December 2, 2013 at 8am. Please refer to the website www.umsteadmarathon.com for details on registration as we get closer to the sign-up date. If you're interested, you'll want to sign up on December 2, because the race will fill quickly.

The marathon is held entirely inside Umstead State Park, and covers all of the hills in the park twice (more or less)! There is a section of single track which totals approximately six miles. The rest of the race is on the bridle trails. Lots of Godiva members are participants or volunteers for the race.

The committee that organizes the race has already met and is gearing up for another good race. We have most of our usual committee members, plus a few more. We've already discussed some new ideas for the 2014 race, so look for some changes that we're sure you'll love! The Umstead Marathon has a Facebook page, so if you're an FB person be sure to check it out.

See you in March!

— **The Umstead Trail Marathon Planning Committee** (Lisa Beck, Jim Clabuesch, Mike Dacar, Dennis Geiser, Jeff Hall, Doug Hensel, Carolyn Huettel, Denise Larson, Aline Lloyd, Karen Murphy, and Brian Tajlili)

THE MISERY RUN 2013

The Misery Run 2013...Just sayin'

What? 5.75ish miles of grassy pastures, rooty, rocky, and slippery-when-wet-or-muddy single-track hiking-type foot trails, downed trees, hay bales, and actual cow excrement. This is a time prediction race: you will predict your finishing time when you register on-site prior to the race, and then you will run & sweat & hop & climb & curse & slip & slide & fall down. If you have good knowledge of your running ability on the above mentioned difficulties, you may win some chocolate. Or not. Beware if hay bales make you itchy on contact! The shoes you complete the Misery Run in won't be the same when you're finished. Luke, our host, has a territorial dog on his farm, so please do not bring yours. It'll make life easier on us all.

When? Sunday, November 10, 2013 at 10:00 a.m.

How? You can register for the race on-site from 9:00 a.m. to 9:50 a.m. Cost is \$5.00 for this race. Please note you can't show up at 9:55 a.m. and expect to run or work the race this year. You can sign up for the entire remaining Winter Series for \$25.00 if you are a CGTC member. There are still five races to follow after the Misery Run.

Why? Water and energy drink before, during (if warm/sunny) & after; pretzels, bagels, bananas and apples also. Chocolate prizes for 1st overall male/female, 1st male/female masters, top three closest time predictors, youngest, oldest, and median finisher, stick-to-it award to final finisher. Finishing or volunteering for the Misery Run gets you a point closer to your Incredibly Beautiful 2013-2014 Winter Series shirt. It will be short sleeved cotton this year. If you want to help put on the 2013 version of the Misery Run, please call me prior to race day at 919-401-9589 or email me at jwcvh@mindspring.com. Questions or concerns about the race will also be handled via either of those formats.

Where? We've included the full address, so you can use a mapping tool to get your own directions if you wish.

Pepper Hill Farm, 323 Old Fayetteville Rd. Chapel Hill, NC 27516

Take the 54 bypass out towards Carrboro. Exit at the Jones Ferry Rd exit. Turn left (south) onto Jones Ferry and drive about ½ of a mile to the traffic signal at Old Fayetteville Rd. Turn right and drive another ½ of a mile to Luke's Pepper Hill Farm on the left. Parking attendants will direct you to a grass field to park in. Please car pool if possible.

— Jim Clabuesch

DUKE FOREST: 2013 DEER MANAGEMENT CLOSURES

The 2013 hunting season began in Duke Forest on September 23rd and will 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.

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.

2013 CROSS COUNTRY RESULTS

SEPT. 18 - UNC @ FINLEY

Name	Sex/Age	Race k	Time	A.G. Score
Owen Astrachan	M 57	5	22:33	69.3
Tom Hoerger	M 54	5	23:02	66.2
Katherine Guilfoyle	F 27	5	23:18	63.5
Heiko Rath	M 44	5	24:27	57.5
Deb Springer	F 40	5	26:31	57.8
Julie Messina	F 36	5	28:55	51.9
Jen Holloway	F 44	5	29:23	54.4
Ken Larson	M 65	5	34:22	48.8
Don Anthony	M 46	8	49:01	47.9
Barbara Hindenach	F 62	8	53:52	60.1
Tom Kirby	M 60	8	53:53	48.9
Aimee Bazin	F 30	8	57:08	42.2
Brian Tajlili	M 31	10	40:16	67
Neil Rowley	M 35	10	41:31	66.1
Jim Clabuesch	M 48	10	45:05	67.0
Jess Broglie	F 29	10	48:54	62.0
Chris Gould	M 69	10	51:30	70.4
William Schmitz	M 41	10	53:06	53.9
Denise Larson	F 53	10	57:01	63.2
Carolyn Huettel	F 49	10	57:02	60.1
Joao Correia	M 45	10	58:34	50.4
Rob McCauley	M 41	10	61:02	46.9
Age Graded Combined Results				
Chris Gould	M 69	10	51:30	70.4
Owen Astrachan	M 57	5	22:33	69.3
Jim Clabuesch	M 48	10	45:05	67.0
Brian Tajlili	M 31	10	40:16	67.0
Tom Hoerger	M 54	5	23:02	66.2
Neil Rowley	M 35	10	41:31	66.1
Katherine Guilfoyle	F 27	5	23:18	63.5
Denise Larson	F 53	10	57:01	63.2
Jess Broglie	F 29	10	48:54	62.0
Carolyn Huettel	F 49	10	57:02	60.1
Barbara Hindenach	F 62	8	53:52	60.1
Deb Springer	F 40	5	26:31	57.8
Heiko Rath	M 44	5	24:27	57.5
Jen Holloway	F 44	5	29:23	54.4
William Schmitz	M 41	10	53:06	53.9
Julie Messina	F 36	5	28:55	51.9
Joao Correia	M 45	10	58:34	50.4
Tom Kirby	M 60	8	53:53	48.9
Ken Larson	M 65	5	34:22	48.8
Don Anthony	M 46	8	49:01	47.9
Rob McCauley	M 41	10	61:02	46.9
Aimee Bazin	F 30	8	57:08	42.2

SEPT. 25 - DUKE @ BUEHLER

Name	Sex/Age	Race k	Time	A.G. Score
Lewis Hendricks	M 40	5	23:22	58.4
Jen Holloway	F 44	5	28:08	56.2
Lena Hollmann	F 62	5	28:49	69.0
Ken Larson	M 65	5	32:55	51.0
Brian Tajlili	M 31	8	32:31	65.5
Bart Bechard	M 48	8	33:05	72.1
Jim Clabuesch	M 48	8	35:32	67.1
David Couper	M 59	8	35:46	73.1
Caitlin Nakayam	F 29	8	38:11	63.1
William Schmitz	M 41	8	38:52	58.2
Jess Broglie	F 29	8	40:20	59.7
April Fay	F 28	8	40:30	59.5
Chris Gould	M 69	8	40:38	70.5
Tim O'Brien	M 62	8	42:38	62.9
Paul Wormsbecher	M 52	8	42:45	57.6
Frank Rexford	M 54	8	45:38	54.9
Carolyn Huettel	F 49	8	46:27	58.6
Don Anthony	M 46	8	46:30	50.5
Julie Messina	F 36	8	47:16	51.7
Tom Griffin	M 68	8	48:43	58.2
Rob McCauley	M 41	8	51:38	43.7
Aimee Bazin	F 30	8	59:27	40.5
Joao Correia	M 45	0	Volunteer	
Age Graded Combined Results				
David Couper	M 59	8	35:46	73.1
Bart Bechard	M 48	8	33:05	72.1
Chris Gould	M 69	8	40:38	70.5
Lena Hollmann	F 62	5	28:49	69.0
Jim Clabuesch	M 48	8	35:32	67.1
Brian Tajlili	M 31	8	32:31	65.5
Caitlin Nakayam	F 29	8	38:11	63.1
Tim O'Brien	M 62	8	42:38	62.9
Jess Broglie	F 29	8	40:20	59.7
April Fay	F 28	8	40:30	59.5
Carolyn Huettel	F 49	8	46:27	58.6
Lewis Hendricks	M 40	5	23:22	58.4
William Schmitz	M 41	8	38:52	58.2
Tom Griffin	M 68	8	48:43	58.2
Paul Wormsbecher	M 52	8	42:45	57.6
Jen Holloway	F 44	5	28:08	56.2
Frank Rexford	M 54	8	45:38	54.9
Julie Messina	F 36	8	47:16	51.7
Ken Larson	M 65	5	32:55	51.0
Don Anthony	M 46	8	46:30	50.5
Rob McCauley	M 41	8	51:38	43.7
Aimee Bazin	F 30	8	59:27	40.5

CROSS COUNTRY WRAP-UP

Godiva's Fall Cross Country Series returned in September for the first time since, as best we can remember, 1999. We had 41 participants who turned in a total of 88 performances. Eleven runners competed at each of the four Wednesday evening meets, and will receive their "letter in cross country" at the spring awards banquet:

Don Anthony
Aimee Bazin
Jess Broglie
Jim Clabuesch
Joao Correia
Chris Gould
Jen Holloway
Carolyn Huettel
Rob McCauley
William Schmitz
Brian Tajlili



We used the [Runners World Age Graded Calculator](#) to rate performances across distance, age, and gender, where a score of 100 would correspond with a world record age/gender group time for the distance run. Here's the combined top ten list, based on their best overall age-graded performance of the season:

Dream Team	Gen/Age	k	Time	A.G.	Date
David Couper	M 59	8	35:46	73.1	09/25/13
Bart Bechard	M 48	8	33:05	72.1	09/25/13
Chris Gould	M 69	8	40:38	70.5	09/25/13
Owen Astrachan	M 57	5	22:33	69.3	09/18/13
Lena Hollmann	F 62	5	28:49	69.0	09/25/13
Craig Heinly	M 44	10	42:56	68.2	09/04/13
Jim Clabuesch	M 48	8	35:32	67.1	09/25/13
Brian Tajlili	M 31	10	40:16	67.0	09/18/13
Steve Mele	M 48	5	21:53	66.3	09/04/13
Tom Hoerger	M 54	5	22:59	66.3	09/11/13

Special mention should go to Brian Tajlili, who not only landed in the A.G. top ten, but turned in the overall fastest time in each of the four races he ran this year.

Thanks to [Bull City Running](#) for supplying packages of Nuun, an electrolyte drink supplement, which served as our door prizes.

— Patrick Bruer and Aline Lloyd, co-directors

FALL PICNIC

Summers can be brutal in North Carolina but we live for the beautiful spring and fall weather here in the Triangle, and the weather for the annual Godiva picnic on September 29 could not have been better—golden sunshine and mid to upper 70's with little to no humidity. Fifty-plus hearty soles (including families) enjoyed low-key festivities and fellowship in the Duke Forest. Oh, can't forget our four legged friends who romped about either. Wait, one was three legged but you would never tell by the way he or she moved. Food was plentiful as everyone brought either a side salad or a dessert to share on top of the fried or baked chicken the club provided. No one went home hungry.

Given the size of our club we would like to see a larger turnout. Unlike our dysfunctional government, liberals and conservatives (yes, we do have a few) in our club are collaborating how to make it a bigger and better event. Your input is greatly appreciated. Please contact any of our officers listed on the front page of the newsletter with your suggestions. So far we are considering moving it back 60-90 minutes to coincide more with the dinner hour, and having very organized games or competitions. What do you think? Let us know! The picnic is for you!

— Kevin Nickodem

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 weekly Saturday run and at the Winter Series races. Contact haberdasher@carolinagodiva.org for more information.

— Jeff Hall

Run for the Donuts 2013

Place	Team Members (Age+bonus)	Team Age	End Lap 1	End Lap 2	End Lap 3	End Lap 4	Finish Time	Donut Index
1	1. Louise Guardino (72) 2. John Jewel (57) 3. Patrick Bruer (55)	184	11:05	23:48	33:37	41:11	51:40	16.85
2	1. Susan Haws (42) 2. Chris Gould (69) 3. Martin Warters (34)	145	8:01	16:30	24:55	33:06	40:59	16.96
3	1. Tom Griffin (68) 2. Shannon Johnstone (40) 3. John Haws (44)	152	8:04	17:36	25:59	33:59	43:03	16.99
4	1. Doug Hensel (40) 2. Jim Hotelling (66) 3. Jim Clabuesch (48)	154	8:51	19:16	29:59	37:15	44:35	17.37
5	1. Greg Sousa (44) 2. Mike Walsh (46) 3. Kevin Gauger (39)	129	8:03	16:49	25:06	33:19	40:41	18.92
6	1. Hanan Moussa (54) 2. Ray Dooley (60) 3. Chris Selvaggi (44)	158	10:23	23:08	32:20	40:40	51:56	19.72
7	1. Joao Correia (46) 2. Paul Wormsbecher (52) 3. Chris Boyce (39)	137	9:09	19:38	28:24	36:48	46:14	20.25
8	1. Brandy Burns (38) 2. Carolyn Huettel (49) 3. Alison Gracey (51)	138	8:55	19:21	28:42	37:55	47:15	20.54
9	1. Anthony Corriveau (43) 2. Junior Simmonds (46) 3. Dawn Bardon (44)	133	9:09	19:42	30:35	40:49	47:43	21.53
10	1. Sara Sousa (42) 2. Tony Landauer (50) 3. Julie Messina (36)	128	9:02	19:29	29:31	39:26	49:19	23.12
11	1. William Schmitz (41) 2. Megan Sullivan (37) 3. Jess Broglie (29)	107	8:05	17:02	25:49	33:56	41:18	23.16
12	1. Thomas Walsh (13+7) 2. Michael Formy-Duval (37) 3. Owen Astrachan (57)	114	8:02	18:08	27:04	34:36	45:12	23.79
13	1. Jim van Wetzen (42) 2. Dean Forbes (31) 3. Tom Maunz (33)	106	7:41	16:31	25:21	34:07	42:13	23.90

Notes: Runner 1 ran laps 1, 2, 5; runner 2 ran laps 1, 2, 3; runner 3 ran laps 1, 2, 3, 4.

CRYING AND RUNNING

Let the record show that I haven't ever cried before, during, or after a run. Yet. After all, it's bound to happen sooner or later, considering that I didn't earn the nickname of "Town Crier" from my friends in college for nothing. But so far, no tears.

That's not to say that I haven't come close. Several years ago, as a new runner just starting out with run/walk intervals, I was nearly reduced to tears by my then-boyfriend, now-husband, Martin. I was struggling to breathe and moving my legs as fast as I could until those horrible three minutes finished and I could finally walk again. In a show of support, served with lashings of sarcasm, Martin started fast-walking next to me, telling me I could do it. I may have accidentally tripped him, but my eyes were dry.

Another near-miss happened last winter when my toe met an awkward patch of sidewalk, resulting in an asphalt kiss to my knee and elbow. The surprise, pain, and embarrassment (of course there were plenty of witnesses) nearly drove me to tears. But I consoled myself with the thought that the ruined tights were my least favorite, and got up gingerly to make my way home. Soon, the hysterical glee of my first, real running injury set in (it was just a flesh wound, after all) and the would-be tears replaced with smiles for the camera as I posed my knee for Facebook-bound photos.

Nearly all of the other occasions when I nearly cried while running were caused by frustration. Sometimes, a series of poor runs will leave me feeling angry with myself, wondering why I can't manage to squeeze out eight miles when I know that there's a half-marathon looming in my future. Or perhaps a hill that I can normally conquer gets the better of me. But instead of crying, I just stomped my feet, forced myself to take some deep breaths, or called it a day.

Running once managed to dry my tears. I was distraught for days after hearing bad news from an old friend. Nothing could guarantee my eyes would stay dry, not work or ice cream or comedy or talking it out. Nothing until I went for a run with Martin. That run is in my all-time top 10 runs for the way it cleared away the blues and helped me to deal with what was happening. It was also the first run I had with Martin when I heard his breathing become labored, and I knew he'd never fast-walk next to me while I ran again.

The closest I've come to a proper running-induced cry was just a couple months ago, but it wasn't down to frustration or pain. They would have been tears of pure joy and pride.

Having left England nearly two years ago and my local parkrun event (it's a free 5k and we have one in Durham; check it out), I was excited to return there for a visit and a run. I was confident I could improve on my previous PR there, and the day proved me right. The first mile turned out to be easier and faster than it had ever felt on this course. With 800 meters remaining, there was no doubt in my mind that it would be a PR. What shocked me when I finished and looked at my time was the size of the improvement: a full 81 seconds faster than the PR I set my last time round that course.

It wasn't just the improvement itself that moved me. It was a combination of factors, namely returning to the event that had helped me to become a runner, and knowing that all those miles logged in the hot, humid Triangle, that the frustration and Track Series sweats in the pursuit of my first Ironman and pushing myself out of my comfort zone by showing up for Winter Series runs and not minding finishing near the back of just about any pack that I run with, it all added up to something. All of it came together in one 5k time that I had not yet even dreamed was possible for me to achieve; and it told me so very much about the runner I had become when I was just trying to keep from crying.

Now, if you'll just excuse me, I think there's something in my eye...

— Julie Messina

DURHAM PARKRUN

With the reopening of Third Fork Creek Trail after recent storm damage, Durham's parkrun has gone to a new, two-loop route, still beginning and ending at Southern Boundaries Park. The layout now takes in more of the trail and takes out a hillier section of the prior course. Since its debut June 26th, Durham parkrun has offered free, timed 5K runs to all comers each Saturday morning at 8 am, and the event will continue with that start time year-round. If you're thinking of checking it out or even volunteering, it is important to visit www.parkrun.us/durhamnc/ ahead of time to register and get the barcode needed to participate. You can identify as a Godiva member when you register, allowing parkrun to share lists of member times with the club.

OCTOBER 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:06pm on October 8, 2013. Attendees included President Doug Hensel, Patrick Bruer, Brandy Burns, Jim Clabuesch, Shauna Griffin, Jeff Hall, Carolyn Huettel, Jamie Lewis, Kevin Nickodem and your scribe, Henry Blinder.

We heard first from Jim and Patrick on Membership. The membership print brochure has recently been updated and, following a brief discussion, we authorized the printing of 500 new brochures.

Jeff reported that there was no new news on Haberdashery. Ditto from Shauna on the Newsletter. Carolyn informed us that the Club's new socks sold well at the fall picnic.

Kevin handed out an initial Treasurer's report for the first quarter of the fiscal year commencing in July. Revenues were comparatively low for the quarter. Due to a glitch in accounting for haberdashery expenses, the report shows unusually high costs in that line item, but this will be corrected in subsequent reports. Overall, Kevin is projecting a net loss of around \$500 for the quarter. This is due in part to the purchase of a large slug of new haberdashery inventory, as well as a relatively low level of membership income.

Kevin also gave us a wrap-up on the fall picnic. There were around 50 attendees, and it was a "good time." We talked about having more games at the next picnic, as well as moving the start time to a little later in the afternoon to more closely correspond to an early dinner hour.

Patrick provided some details on the fall Cross-Country Series. There were 41 participants overall, with 88 race performances during the four weeks of the series. Eleven hardy racers ran all four weeks. Both venues were equally popular. He received positive feedback from the runners, and was "pretty satisfied with how it all turned out." Next year, there may be a post-race cookout after one of the events.

On the Winter Series, Brandy reported that the advance registrations "looked good." She's been in touch with the race directors for the first few events.

Doug informed us that he has taken steps to get the races all listed on the Road Runners Club of America (RRCA) calendar.

We were reminded that the American Tobacco Trail ribbon-cutting ceremony is this coming Saturday, even though the bridge over Interstate 40 linking the segments of the trail together still isn't quite ready. The poles holding the protective netting over the bridge apparently weren't fabricated properly, and correcting this will delay the actual opening of the bridge until December. Doug and others will be staffing a Club booth at the opening festivities on Saturday.

Doug also reported that he and Patrick are in discussion with Bull City Running to see about having a "disorganized" group run across the bridge sometime soon after it opens.

The meeting adjourned at 7:41pm.

— Henry Blinder

THANKS TO OUR NOVEMBER CONTRIBUTORS

In no particular order, thanks for October contributions go to: Doug Hensel, Jeff Hall, Henry Blinder, Patrick Bruer and Aline Lloyd, Kevin Nickodem, Julie Messina, Jim Clabuesch, and the Umstead Race Committee.

@ THE RACES**Ales for Rail Trails (8/13/2013)**

Bart Bechard 18:07 1st O/M

Magnificent Mile (9/15/2013)

Steve Mele 5:18 2nd M45-49

NC Pride Run 5K (9/28/2013)

Andrew Scribner 20:56 1st M/M

NC Senior Games State Finals (9/26 & 9/27)

Louise Guardino:

100m: 18.05 1st F70-74

200m: 40.09 1st F70-74

400m: 97.69 1st F70-74

Salem Lake 30K (9/28/2013)

Chris Gould 2:33:41 3rd 60-69

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

Cleft Palate Gallop 5K (10/5/2013)

Allen Baddour 17:40 2nd O/M

Triangle Run/Walk for Autism 5K (10/12/2013)

Andrew Scribner 19:49 2nd M45-49

Bank of America Chicago Marathon (10/13/2013)

Dan Woodlief 4:40:26

Jacob Sternfeld 4:49:38

Medoc Trail 10 Miler (10/19/2013)

Paul Wormsbecher 1:29:11 2nd M50-59

Octoberfest Run 8K (10/19/2013)

Louise Guardino 50:23 1st F65-99

Bull City Race Fest Half-Marathon (10/20/2013)

Andrew Scribner 1:34:18

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 page.

RACE CALENDAR**Nov. 9 (Sat)**

Croatan 24, Cedar Point
 New Hope Turkey Run 4-Miler, Durham
 Outer Banks Race Weekend (Sat & Sun), Outer Banks
 Mayberry 10K & Half Marathon, Mount Airy
 Run to Reclaim 5K, Raleigh

Nov. 10 (Sun)

Veterans 5K, Raleigh

Nov. 16 (Sat)

Eve Carson Memorial 5K
 National MPS Society 5K, Cary
 Run for Their Lives, Raleigh

Nov. 17 (Sun)

Southern Village 5K, Chapel Hill

Nov. 28 (Thu)

Gallop & Gorge 8K, Carrboro
 Turkey Trots in Durham, Raleigh, and Cary
 Skinny Turkey Half-Marathon & 5K, Raleigh
 Greensboro Gobbler, Greensboro


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

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
- 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
- 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
- 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
- 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
- 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
- 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

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 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

Online registration and payment is also available at www.carolinagodiva.org

MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s): (H) _____ (W) _____ (C) _____		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Newsletter Delivery Preference: <input type="checkbox"/> Electronic only <input type="checkbox"/> Print and Electronic	

TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student (elementary to graduate)	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	(Make checks payable to CGTC)
<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
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Durham, NC
Permit No. 1084**

ADDRESS SERVICE REQUESTED



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