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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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**DEADLINE FOR
JANUARY
NEWSLETTER:
DECEMBER 15TH**
SEND SUBMISSIONS TO:

NEWSLETTER
@
CAROLINAGODIVA.ORG

HAPPY TRAILS

There are two major challenges to being the Club President. First, you must lead the monthly CGTC Board meetings. Reading through the monthly agenda is not too challenging, but I am not a fan of public speaking. The second challenge is writing a monthly President's column. More than one person turned me down when I asked them to be the Club Vice President because they claimed they could not write a monthly column. It does seem daunting at first, but it gets progressively easier with each passing column.

With 11 articles already in print, it is time for my swan song. But what to write about? I've already covered numerous running topics that were generally well received. The only consistently negative feedback was on the July President's column. Apparently, people had been hoping to read the gory details of what really happened in the Grand Canyon on my Rim to Rim to Rim run. After much deliberation, I've decided that it's time to tell my story. Enough time has passed that I can finally revisit that horrific day with my steadfast companion.

For the purpose of this article, I will pick up in the middle of my story. Please refer to the July President's column for a full accounting of how I came to be dehydrated and calorie deficient at the bottom of the Grand Canyon.

Standing on the trail overlooking the Pump House Ranger Station, I was feeling wobbly. Five hours had passed since we had set out. My legs were already tired, and the North Rim was still 5-6 miles away with a 4000' climb. The goal of making it to the North Rim and returning to the South Rim on foot was fading quickly. There were only two ways out, either by foot or on a \$15K helicopter ride. Since I did not have a credit card with me, my only option was to walk out.

It was hard going. The Canyon is an unforgiving place in full sun. We would walk for long stretches, but not really make any progress. Thanks to fancy technology, my suspicions were confirmed that a turtle could have been moving faster. The routine became walk, squat, and sip. We would get there eventually.

(Continued on page 5)



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

RACE DIRECTOR NEEDED!

The 2014 running of the Geezer Pleezer will likely be the last one directed by long-time race director Gary Schultz.

The CGTC is therefore looking for volunteers interesting in taking over as race director for the Geezer Pleezer. Gary has offered to mentor during the next running of the Geezer Pleezer; interested parties should contact the Club President at president@carolinagodiva.org

COUCH MOUNTAIN

Looking for something to do on Sunday, December 8th? How about coming out to run the famous Couch Mountain during the 3rd Winter Series race of the season! It starts at 10am, and is followed by a cook-out. Hope to see you out at Duke Forest; contact race director Paul Naylor at naylorpaul@msn.com with any questions.

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)

ANNUAL PIZZA PARTY

All Carolina Godiva Track Club members are cordially invited to attend the CGTC annual membership meeting, which masquerades as a pizza feast at Satisfaction Restaurant (located in Brightleaf Square in Durham).

This year's meeting falls on Tuesday, December 10th, and will commence at 7:00 p.m. The main order of business will be the devouring of pizza, and sharing war stories of your latest race. The pizza is free (well, the Club picks up the cost), but drinks are paid for by you.

Other agenda items will include the ceremonial passing of the baton from our outgoing president Douglas Hensel to 2014 president Brandy Burns, the election of the new Vice President, and the (re-)election of Treasurer for Life Kevin Nickodem.

Don't miss it! 7 p.m. on Tuesday December 10th, at Satisfaction.

— CGTC Board

CGTC GEAR!

Christmas is coming, and whether you're buying for yourself or a loved one (or they're thinking of you), you can't go wrong with some nice Carolina Godiva merchandise!

What are your options, you ask? Keep warm with a stylish CGTC hooded sweatshirt in black or red, for the very reasonable price of only \$20.00.

Or, show your Club spirit with a new pair of CGTC-imprinted 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 is usually available for sale at the Saturday runs and at the Winter Series races. Contact haberdasher@carolinagodiva.org for more information.

— Jeff Hall

CGTC POETRY CORNER

“The Last Photograph”

My father is weak with heart disease.
 We talk of a few things now forgotten.
 We are present. My eyes are moist with tears.
 He is in bed lying down.
 When he is outside a walker keeps him upright.
 But now he can't do even that without pain.
 Pain registers briefly when he moves with effort.
 But he is not one to complain, to put this pain into words.
 I do not ask where it hurts. I know now.
 I follow in his footsteps of heart disease, slowly.
 I request a photograph of him in his new “home.”
 It is a home with maybe one other person in need of health care.
 It is a home rather than a “nursing home”.
 A house in the home town, a small town. Pleasantville.
 It is pleasant.
 With slow effort he gently raises himself up.
 He rises up with the dignity of living.
 Not yet laid low completely, he chooses to make the effort.
 I frame the picture when he is sitting upright.
 The shutter opens briefly, in this light, a few milliseconds of life.
 It is the last photograph of my father alive.
 The casket is the symbol of death.
 My father in his casket was the last photograph.

— Richard Neff Wolfe

“Dr. Wolfe's Epitaph”

This epistrophic epigram by this epigean takes epicure with this episode of epistemology for your possible epiphany.

Epitaph has two meanings: a brief statement of a deceased person, OR, the writings on a tombstone. Since I, that person called Richard Wolfe, am not deceased, this will be on the front of my tombstone along with name and dates.

However, the above poem also refers to what will be detailed on the back. Take the challenge of providing your own translation to see if you get my meaning. My translation will be provided by Jan. 1st, individually, after you have taken the challenge. Use of a dictionary is permitted, even encouraged. Please write out your translation—you may either give it to me at a Winter Series race, or email it to the newsletter editor, who will forward it on to me.

— Richard Neff Wolfe

PRESIDENT'S COLUMN, CONT.

(Continued from page 1)

As we ascended, we encountered people coming down the trail. Trying to find encouragement, I inquired about the distance to the Supai Tunnel. From there, it was a mere 1.7 miles to the top of the North Rim and the end of the trail. The responses I received were either disheartened faces or mocking laughter. Either way, it was unwelcome. Distance is hard to gauge anyway, and if you don't believe me, ask a person cheering at a road race how far away the finish line is.

Once we reached the Supai Tunnel, I decided to take an extended rest. The water happened to be on, so I filled up my water bottle and put a wet bandana on my neck. We arrived about the same time as a family. They were coming from the North Rim and doing a sane out and back hike. I looked in pretty sad shape by this time. The young boy in the family noticed my predicament and asked his father if I was going to be ok. Oy vey!

I managed to get to my feet and started heading up the trail. I guess I consumed too much water at once. After moving about 50 yards, I proceeded to evacuate the contents of my stomach, which looked to be nothing more than a banana and water. A banana is not always a silver bullet for energy, no matter what your friends tell you.

On the other side of the Supai Tunnel is the turnaround point for the mule train. Their weight churns the trail into nice deep, soft dirt. It's not as bad as walking in sand, but the footing is not as ideal as hard-packed dirt. Combined with sweat it turns the ankles nice and brown. The most annoying thing about meeting the mule trains is having to maneuver around them, which usually mean standing off-trail while they pass. Another chance to rest though.

One group of backpackers was seated in a row resting in the comfort of the shade. I stopped and squatted inches in front of them. A murmur began that I looked ill, and they inquired about my state. A kind soul offered me food, but Ronnie was quick to turn it down. I was not a dangerous animal, but apparently I was not to be fed. Another one pulled out a bottle of Gatorade and offered it to me. It was very kind of her consider-

ing that she had just started out on what appeared to be a multi-day backpacking trip. That sugary beverage really perked me up.

Nearly three hours after leaving Pump House Ranger Station, the trees began to grow denser. This was a sure sign that we were close to the top. Somehow, I found the energy to run in the last half-mile or so. The trail flattened out, and the number of people on the trail had increased significantly in both directions. The party meeting us on the North Rim had walked about a quarter mile down the trail to greet us. I passed them in a rush, my only goal to reach the top of the trail and be done. They seemed confused that I did not stop to chat.

Ronnie did his best to keep me motivated—and from walking off the edge many times. He stopped in a few spots and encouraged me to look out over the Canyon and admire the awe-inspiring views. I tried my best, but I could not seem to appreciate it at the time. His most important role was keeping me from strangling the heckling youth that we encountered multiple times on the trail. Between my poor effort and my belly-aching, I'm surprised Ronnie did not push me off the edge himself.

Eight hours after leaving the South Rim, I was standing at the North Rim trail head. A little worse for wear, but nothing that a little sugary soda couldn't solve. The total distance from Rim to Rim was about 22 miles, with a 10K feet net elevation change. After contemplating my water intake, I had only consumed about 50 oz. of water after being in the Canyon for 5 hours. A train wreck in the making if you are attempting to run in a place like the Grand Canyon.

On each side of the Grand Canyon is a dire sign warning that a highly respected Boston Marathon runner died attempting to cross the Canyon on foot in one day. A cautionary tale that even the fittest can lose their lives against the elements of nature. Be smart in all of your running endeavors

In the immortal words of Porky Pig, Th-Th-Th-Th-Th... That's all, folks

— Doug Hensel

NOVEMBER MARATHONING IN THE CAROLINAS

If it's November, it's marathon time in North Carolina. Plenty of options, but I'm thinking for most people we've got four main local choices: Richmond, Outer Banks, Charlotte Thunder Road, and Raleigh City of Oaks. How do they compare? I've run three and cheered fellow Godivans on in the rain in the fourth.

It's been a while since I ran Richmond, but it's impressive to see how the race has grown; it's great for a first race. I have a soft spot for this race as it's the first race I got under a four-hour time. It's flat and fast apart from coming back up over the bridge, and a really pretty run by the river. The one disconcerting feature for me (which it shares with Charlotte) is that you come very close to the finish line at the half way point, and then you run off out into the middle of nowhere before turning back in. At least that's what it seemed like to me the first time. Downhill all the way on the last stretch to the finish line is a great feeling though!

Thunder Road used to be in December. Not sure why they moved to be on the same day as Richmond, because the later date made it a good back up. If you had a bad cold in November, you could recover by Charlotte. Or, if you had a bad run in November, you could bank all that training and try again later. I've done both. Charlotte is great for being able to hang out in the warmth of the convention center (as opposed to shivering in your garbage bag in the corrals at Richmond), and then dash out for the start. The run goes through some very upscale neighborhoods and parks, and there's a fun "don't hit the wall" wall set up at about mile 20 in the No-Da section—there's beer there too.

OBX is a great tourist destination. I haven't run the

course myself—I had bad chest cold on race day but I stayed to cheer. I'm not a fan of beach runs, with their long straight stretches, endless telephone poles, and water towers shimmering in the distance. Myrtle Beach has the same issue. And the bridge crossing back on to the mainland is bad news if the wind is blowing against you. But the race seems to be holding steady and drawing a good crowd each year. Somebody should write and tell us what the party is like afterwards.

Finally to my favorite, City of Oaks. And not just because I have both my PR and my age grade PR there. I've run it three times, twice on the old course through Umstead, and now just two weeks ago on the new course along the greenway. The first big plus of course is that you can sleep in your own bed and get up in the morning to go over for the race. The weather for this year was perfect—cool and sunny. And the start coincided with the partial solar eclipse at dawn; I half-way convinced myself that I could see it through a fake "pinhole shadow" cast on a telephone pole. Bruegger's was open and warm, and a great pre-race hang out. The course has ups and downs—no doubt the hilliest of the four, and especially coming back up to the museum at mile 22. Not sure it's any faster than the old course. But the twists and turns make for variety—always something new around the corner—and the run along the greenway is spectacular in the late fall with the trees turning in color. Plus you get to see everyone else on an out and back course—fun to cheer on your fellow Godivans. Downhill to the Bell Tower makes for a fast finish, and then sitting in the beer garden in the sun afterwards: hard to beat! I'll be back next year.

— Chris Gould

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.

MISERY RUN 2013

Well, it happened again. We had beautiful sunny weather for the run this year. Allowing for a few snafus, the race went off without too much difficulty thanks to an assortment of awesome volunteers lead by the especially capable and durable Carolyn Huettel.

Thanks to Carolyn. I also appreciated the help of Denise Larson, Vickie Schudel, Abigail Schudel, Alan Schumacher, John Jewell, Ethan Caldwell, Tom Griffin, Louise Guardino, Laura Heyneman, Cara Grout, Alison Gracey, Jen & Owen & Avery Howard, Karen Murphy, Aline Lloyd, and Karla Henderson. Hopefully I haven't forgotten anyone, sorry if so. Jonathan Drake also took some nice photos. Thanks to all.

We did have a couple DNFs due to minor injuries, but I think both runners have recovered pretty well. A rib injury due to a hard fall on the last loop and a case of sensitive smell-induced vomiting. Yeah misery!

If the Misery Run had its own race shirt, the line of the day this year would surely be figured prominently on all future shirts. Twelve-year-old Roxane Bolon was heard after the race saying, "I have poop in my

butt that isn't my own." That aptly sums up the recent "dung volcano" years of the Misery Run.

George Linney III was first across the line and also tied for first in closest time prediction, capping a magical day that just may trump his record-setting Jan 1st trio of race victories a couple of years ago. The rest of the fastest finishers were Joan Mabe, Bart Bechard, and Betsy Kempter. The three other top predictors were Tom Kirby, Adrien Cooper, and Karen Murphy. Prizes for oldest and youngest went to Chris Gould and George Linney IV. Middle of the pack and stick-to-it awards have yet to be given out. I'll get Greg his prize at a future Winter Series run, but if anyone knows how to get in touch with Annie Altschul, please let her know she has a chocolate bar coming and have her contact me at jwcvh@mindspring.com.

Special thanks to Luke Lucas for the use of his lovely land. He and his helpers really spruced up the trail this year and even though we ran the run in the fraught with difficulty reverse direction from most years, we didn't lose anyone for too long. See you next year.

— Jim Clabuesch

CGTC FINANCIAL RECORDS

Our club has a fiscal year end of June 30 and is required to file a Form 990 with the IRS. Once again, club member Kim Anglin has produced all the required IRS documents gratis for Carolina Godiva. His firm, Minor, Anglin & Associates, P.A., has done this for several years now and the club owes him a big thanks and its gratitude. Next time you see Kim at one of our events please be sure to thank him. Better yet, if you have any accounting needs hire him!

As always, the financial records, including the tax return, are available for viewing to dues paying members. If you wish to review either the tax return or any of the monthly reports please do not hesitate to email our club treasurer at kevin.nickodem@firstcitizens.com or kjnrun@aol.com.

— Kevin Nickodem

New Year's Day Run 2014
8 kilometers
on Duke Forest Trail



1 PM Start
Duke School
3716 Erwin Rd, Durham

MISERY RUN 2013 RESULTS

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)	
				Hr.	Min.	Sec.	Hr.	Min.	Sec.		
1	George Linney III	38	M	0	39		0	38	56	4	1st Overall & tied for best predictor
2	Dave Mabe	38	M	0	50		0	40	19	581	
3	John Powers	20	M	0	45		0	41	32	208	
4	Adrien Cooper	36	M	0	42	0	0	42	6	-6	Tied for 2nd-best predictor
5	Bart Bechard	49	M	0	41	50	0	44	28	-158	1st Male Master
6	Joan Mabe	51	F	0	52	32	0	44	46	466	1st Female
7	Alexander Kenan	21	M	0	46		0	44	53	67	
8	Kevin Nickodem	57	M	0	42		0	45	47	-227	
9	Jeff Hall	48	M	0	54		0	48	25	335	
10	Corey Buhay	20	F	0	50		0	49	13	47	
11	Owen Astrachan	57	M	0	47	47	0	49	22	-95	
12	Grace Tate	13	F	1			0	50	26	574	
13	George Linney IV	10	M	0	50		0	50	28	-28	
14	Lewis Hendricks	40	M	0	38	30	0	50	56	-746	
15	Betsy Kempter	46	F	0	59	27	0	51	7	500	1st Female Master
16	Joy Turkal	30	F	0	50		0	52	5	-125	
17	Andrew Tate	47	M	0	59	59	0	52	9	470	
18	Caren Mangarelli	43	F	1	1	22	0	52	16	546	
19	Kevin Gauger	39	M	0	54		0	52	24	96	
20	Tom Hoerger	54	M	0	53	47	0	52	40	67	
21	Jim van Welzen	42	M	1			0	53	6	414	
22	Emily Braaten	22	F	1	3	29	0	53	9	620	
23	Talal Radi	34	M	0	38		0	53	11	-911	
24	Mike Walsh	46	M	0	57		0	53	13	227	
25	Tom Maunz	33	M	0	52	24	0	53	22	-58	
26	Paul Wormsbecher	52	M	0	55		0	53	37	83	
27	Melissa Bishop	46	F	1	2	15	0	55	8	427	
28	Karen Murphy	34	F	0	55	4	0	55	10	-6	Tied for 2nd-best predictor
29	Jeb Sturmer	53	M	1	15		0	55	15	1185	
30	Ray Dooley	60	M	0	55	58	0	55	31	27	
31	Chris Gould	69	M	59			0	56	2	178	
32	Mike Bishop	48	M	1	2	1	0	56	16	345	

Place	Name	Age	Sex	Predicted Time			Actual Time			Difference (seconds)	
				Hr.	Min.	Sec.	Hr.	Min.	Sec.		
33	Annie Altschul	22	F	1	3	29	0	57	19	370	Median
34	Heiko Rath	44	M	0	54		0	57	32	-212	
35	Melissa Lee	35	F	0	48		0	57	43	-583	
36	Scout Hayashi	13	F	1	10		0	57	50	730	
37	Tom Kirby	60	M	0	59	10	0	59	14	-4	Tied for best predictor
38	Michelle Conner	39	F	0	58		0	59	16	-76	
39	Joao Correia	46	M	0	55		0	59	57	-297	
40	Guy Potter	44	M	0	58	1	1	0	4	-123	
41	Leo Kaiser-Potter	11	M	0	58		1	0	20	-140	
42	Lizzie Mabe	12	F	1	8		1	0	27	453	
43	Roxane Bolon	12	F	1	15		1	0	27	873	
44	Frank Rexford	54	M	0	59	22	1	0	28	-66	
45	Meredith Bolon	48	F	1	15		1	0	28	872	
46	Laura Maile	43	F	0	55		1	1	17	-377	
47	Susan Pedersen	47	F	1			1	1	21	-81	
48	Allen Harris	54	M	1	10	10	1	1	41	509	
49	Christianna Williams	49	F	1			1	1	53	-113	
50	Aline Lloyd	42	F	0	56	2	1	2	34	-392	
51	Sara Sousa	42	F	1	2	34	1	2	48	-14	
52	Brandy Burns	38	F	1	3	22	1	4	6	-44	
53	Bryan Scherich	32	M	0	50		1	5	32	-932	
54	Lindsay Scherich	29	M	0	50			5	32	-932	
55	Andrew Pettigrew	66	M	1	5			5	59	-59	
56	Jim Hotelling	66	M	1	1	59		6	6	-247	
57	Edwin Farr	30	M	1	5			6	38	-98	
58	George Retsch-Bogart	61	M	1	1			6	39	-339	
59	Katie Ollendick	38	F	1	5			8	46	-226	
60	Mickey Lackey	68	M	1	9	59		9	8	51	
61	Chris Selvaggi	45	M	1	5	10		9	21	-251	
62	Barbara Hindenach	61	F	1	18			15	2	178	
63	Michael Formy-Duval	37	M	1	5			16	36	-696	
64	Susan Carl	51	F	1	6			18	27	-747	
65	Greg Sousa	44	M	1	15			22	11	-431	Stick to it

SANTA SCRAMBLED: DEBUNKING THE MYTHICAL PR

Warning, I need to start this one by getting sentimental.

It was fall, sometime in the '90s. Standing at six feet, I was an emaciated 140 pounds—an efficient racing machine. It was two weeks after the cross-country State Championships, but I kept my peak training going into the post-season. I signed up for a local 5K—an obscenely fast point-to-point, net downhill course. My goal was to crush a personal best, one last shot at a quick time before heading into the void of the indoor track season. I made the short road trip down I-85 from my hometown of Salisbury to Concord. Radiohead's *The Bends* was a permanent fixture in the compact disc player of my Volvo, but I was probably listening to a cassette tape of Smashing Pumpkins and Goo Goo Dolls songs on the ride down. Clinton was President. Lance Armstrong had yet to win a Tour de France. Running was a fringe sport—the race had maybe a few dozen participants, but all were semi-serious runners.

The "Santa Scramble" 5K was the opener of the town Christmas parade. Spectators lined the streets waiting to see gaudily decorated floats and local high school marching bands. They watched in silent curiosity as a group of gangly runners soared through the town center. Knowing the race would end fast, I hammered it from the start, held on through the second mile, and then coasted down a long hill over the final stretch. I knew I was running well, but imagine the shock that came over me when I rounded the last corner and saw a time that was nearly a minute faster than I had ever run a 5K before flashing on the timer...

A "normal" runner would find eternal satisfaction in eviscerating a PR. Not me. Sure, for the rest of that fall, I took pride in my time, but the glow wore off once I started the next season. The problem was that over the course of the next many years, no other race or time could compare. For eleven of those years, I barely raced at all. The McMillan calculator spit out times that were so obscene for a marathon that I figured I must have been a one-trick pony—a 5K guy. But 5Ks were so boring... it was perhaps my least favorite distance.

The only way I could justify any of it was that the Santa Scramble was short. A gimmick.

But there was only one way to find out. I'd have to re-run the Scramble itself. No marathons or ridiculous trail races for me this fall. I was going back to the short stuff...more than a few pounds heavier, but a good number of years wiser, and with a cadre of technological tools and websites in my arsenal to overanalyze my results. Was the course short? What was the elevation drop? Did it have a tailwind? My wife rightfully questioned my sanity.

I resurrected '90s iTunes playlists for my 2+ hour drive from

Durham to Concord. Anyone visiting this part of the state knows this is real "old-school" North Carolina, with vintage burger stands selling bottled Cheerwine and BBQ joints decorated with NASCAR posters. The Scramble had exploded in popularity—there must have been several hundred people running. All the middle school kids lined up in the front, per the usual. The start was pandemonium.

I went out too hard, and I crossed mile one in an absurd time. So much for being wiser. The second mile was more reasonable, but I was beyond hurting. I felt awkward in my racing flats and I ran alone as the tailwind shifted to a crosswind. To motivate myself, I thought about all the long training runs and races I had done in recent years and refused to let a simple 3.1 miler break me. I held on for the downhill section, which helped me at least maintain pace, but I must have forgotten over the years, the UP-hill finish. I crossed with my second-fastest time ever, 16 seconds off my best. I felt Santa Scrambled.

My new GPS watch read 3.07 miles. Ok, so the course was short, but not too short. Maybe worth 10-15 seconds.

The net elevation drop—only 70 feet. Downhill 200, but uphill 130. Anyone who runs knows the uphills take more out of you than the downs help. Overall, it was a wash compared to a flat course.

I stuck around to collect an age group award and ran into an old high school teammate whom I had not seen in over a decade, who decided to pick up running again just the week before and had signed up for the race on a whim. He was once a sub-17 guy, but was happy just to finish in under 24. I saw parents of old friends; everyone looked mostly the same, just with whiter or less hair on the top of their heads.

The irony of running is that as much as we try to admit to ourselves we "love" the sport—why do most of us spend so much time focusing on finishing our runs faster? Why would we want something to end that we are supposed to enjoy? The runners I envy the most are not the fast ones—the ones who obliterate courses like the Scramble at a sub-5 minute mile pace. No, I do not envy them, not any longer. The runner I want to be is the one who enjoys every minute of the act, every step on the path, who cares not for time or speed, but the whole process itself. It may take me many more years to get there yet, but it gives me a goal to shoot for. See you at the Scramble, sometime in the 2020s... I hope to be the one in the elf costume, slapping hands with spectators, smiling all the way.

— Brian Tajlili

NOVEMBER 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:04pm on November 12, 2013.

Attendees included President Doug Hensel, Patrick Bruer, Brandy Burns, Jim Clabuesch, Shauna Griffin, Tom Griffin, Jeff Hall, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Jamie Lewis, Hannan Moussa, Kevin Nickodem, and your scribe, Henry Blinder.

Jim led off the meeting with the Membership report. He is working on putting together an analysis of our members, to be presented at an upcoming Board meeting.

On Haberdashery, Jeff asked for input on the number and colors of short-sleeved, technical fabric Club running shirts for an upcoming order. He proposed a purchase of 36 shirts, half white and half red or gray. He will email the Board additional details on the options for further consideration.

Shauna had no new news on the Newsletter.

Kevin handed out a Treasurer's report with information both on the month of October and the first four months of the fiscal year commencing in July. Financially, the Club remains strong, with cash savings of \$41,750 and net income for the fiscal year to date of \$665. He also informed us that Kim Anglin has already completed the Club's tax returns for the most recent fiscal year.

We learned from Doug that Karla Henderson is retiring and moving (congratulations, Karla!) and that, therefore, we will need to find a new home for the Club's equipment other than her basement. Some options were identified: several Club members have offered their "damp crawl spaces," and rental of a self-storage unit is also under consideration. Doug will undertake a reconnaissance mission" on the crawl spaces with Kevin's participation. In the meantime, Barbara, Tom, Patrick and Carolyn will serve on a committee to inventory the Club's equipment by the beginning of December.

We unanimously approved a donation of \$2000 from the net proceeds of the Umstead Marathon. As in the past, the funds will go to the Umstead Coalition.

Doug identified as issue regarding some confusion as to the location of the Pepperville Farm, site of the Misery Run. Because the race is held on private property, the

Club hasn't publicized to the public at large the address of the property. However, directions to the race site are provided to Club members and on the Club's website, as well as in the October newsletter. Jim will discuss with the property owner if he is OK with the Club publishing the address more directly and broadly. Otherwise, we heard that everyone had a great time at the Misery Run.

The annual Holiday Party is set for Tuesday, December 10, at 7:00pm. Look for details elsewhere in the newsletter.

Brandy reported on the search for a new Vice President. While Jamie Lewis "did not appreciate being water-boarded," his wife has "signed the necessary waivers." We all applauded his willingness to serve.

We briefly discussed the Runner of the Year process. Currently, nominations are accepted from the date of the Holiday Party until the middle of the winter, and then the ROY committee proceeds from there. Patrick will draw up a suitable nomination form and it should be available at the Holiday Party.

Doug raised the question if the Club wanted to be a presence at the Merge Records/Bull City Running Store 25K race. The race is point-to-point from Chapel Hill to Durham, and is in honor of the 25th anniversary of Merge Records. The race is expected to generate donations for several charitable organizations. We concurred that having Club volunteers to support the race would be a good idea.

We heartily applauded Doug for his service this year as Club President.

The meeting adjourned at 7:54pm.

— **Henry Blinder**

THANKS TO OUR NOVEMBER CONTRIBUTORS

In no particular order, thanks for October contributions go to: Doug Hensel, Jeff Hall, Henry Blinder, Richard Wolfe, Jim Clabuesch, Chris Gould, Kevin Nickodem, and Brian Tajlili.

@ THE RACES

Salem Lake 30K (9/28/2013)

Heather Yeowell	3:47:07	1st F70-99
David Yeowell	3:59:24	3rd M70-99

Blue 5K at the SAS Championship (10/12/2013)

Brian Tajlili	18:04	3rd O/M
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Ales for Rail Trails 5K (10/13/2013)

Jim Clabuesch	18:48	1st M30-50
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Bank of America Chicago Marathon (10/13/2013)

Randy Kaufheil	3:53:49	
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Medoc Mountain Marathon (10/19/2013)

Allen Baddour	3:16:07	3rd O/M
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Chattanooga 7 Bridges Marathon (10/20/2013)

Peter Hessling	4:44:05	
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Bull City Race Fest Half-Marathon (10/20/2013)

Bart Bechard	1:24:19	1st M/M
Charles Fiore	1:43:05	

Fall River Half-Marathon (10/20/2013)

Heather Yeowell	2:27:23	1st F70-99
David Yeowell	2:42:58	3rd M70-99

American Tobacco Trail 10-Miler (10/26/2013)

Brian Tajlili	1:02:09	2nd M30-34
Randy Kaufheil	1:16:14	1st M55-59
Louise Guardino	1:46:18	1st F70-74

Eno River Run 6-Miler (10/26/2013)

Charles Fiore	57:02	
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Futures for Kids 5K (10/26/2013)

Dan Woodlief	23:45	3rd O/M
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Pumpkin Trail 4K Run (10/26/2013)

Jay Smith	17:33	M60-64
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Marine Corps Marathon (10/27/2013)

Joy Turkal	3:58:39	
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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

Octoberfest Half-Marathon (10/27/2013)

Neil Rowley	1:28:13	3rd M30-39
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Shut-In Ridge Trail Run (11/2/2013)

Jim Clabuesch	3:23:12	
Paul Wormsbecher	4:26:32	

Raleigh City of Oaks Half-Marathon (11/3/2013)

Colin Jones	1:18:46	3rd M/M
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Raleigh City of Oaks Marathon (11/3/2013)

Kevin Gauger	3:33:35	
Chris Gould	3:50:57	1st M65-69

ING New York City Marathon (11/3/2013)

Jacob Sternfeld	4:42:35	
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Mickey's Jingle Jungle 5K (11/9/2013)

Elena Popowitch	45:00	(includes pics with 6 characters!)
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New Hope Turkey Run 4-Miler (11/9/2013)

Jim Clabuesch	26:42	2nd O/M
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Outer Banks Marathon (11/19/2013)

Becky Trumbull	3:52:05	1st F50-54
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American Family Fitness Half-Marathon (11/16/2013)

Dan Woodlief	1:58:37	
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Eve Carson Memorial 5K (11/16/2013)

William Schmitz	20:23	1st M36-49
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JDL November All Comers (11/16/2013)

Louise Guardino 60m	11.66	
Louise Guardino 200m	41.31	

Richmond Marathon (11/16/2013)

Heather Yeowell	5:16:20	1st F70-74
David Yeowell	6:06:45	3rd M75-99

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.

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

10am

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!
Race Director: Paul Naylor, 919 493-3702 naylorpaul@msn.com

10am

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

1pm

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

10am

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

10am

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.
Race Director: Jerry Surh, 919 967-0272 surh@ncsu.edu

10am

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
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!