

VOLUME XXXIX  
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JANUARY  
2014



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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## HELLO MY NAME IS...

As I prepared to write my initial column, a phrase I read some time ago kept coming to mind: "To write requires an ego, a belief that what you say matters."

This statement kept lingering on the fringes of my mind as I made several attempts to start my first column. I could not imagine what I could write that would possibly be worth reading. Could anything I would say really even matter? As our previous president, Doug Hensel, mentioned in his last newsletter, many people have turned down the opportunity to be president because they felt they could not write the monthly column. If all these smart, funny, interesting people felt that they didn't have the ability to do this, what the heck did I think I was going to come up with? And then I realized... Well, it's just going to have to happen. So here I go...

(Let there be a brief pause in the dramatic expression of the anxiety and angst I encountered leading up to the writing of this column to give proper credit to the quote above. It is from the book *When Women Were Birds* by Terry Tempest Williams. Hopefully that is enough to keep me from getting in trouble for plagiarizing.)

As I go into my year as president of the Carolina Godiva Track Club, I recognize that many of you know very little about me. You might not even be able to recognize me if we passed each other on the street. Therefore, I would like to take this initial column to do two things (one of which will not be to provide you a picture of me).

First, I would like to thank our previous club president, Doug Hensel, for giving me all the knowledge I will need to be a competent and valuable president for the club. (At least that's what he told me. So if I mess it up, well...)

Second, I would like to share with the club a little bit about myself, how I got involved with Carolina Godiva, and why I chose to take on the responsibility of the role as president of the club.

My first experience with Carolina Godiva was through the Winter Series races. I had known some people from the club and I had often heard about Summer Track, the Winter Series, and Godiva in general. It always seemed like a lot of fun, but as the time approached for the Misery Run and I kept hearing how awesome it was, the temptation became too much for me to resist. I HAD to run Misery. So on a beautiful, sunny day, I ran my first Misery Run. The next

*(Continued on page 4)*

**DEADLINE FOR  
FEBRUARY  
NEWSLETTER:  
JANUARY 15TH**

**SEND SUBMISSIONS TO:**

**NEWSLETTER  
@  
CAROLINAGODIVA.ORG**



[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

President	Brandy Burns	<a href="mailto:president@carolinagodiva.org">president@carolinagodiva.org</a>
Vice President	James Lewis	
Treasurer	Kevin Nickodem	<a href="mailto:kevin.nickodem@firstcitizens.com">kevin.nickodem@firstcitizens.com</a>
Meeting Secretary	Henry Blinder	<a href="mailto:ncjog@nc.rr.com">ncjog@nc.rr.com</a>
Membership Chair	Jim Clabuesch	<a href="mailto:jwcvh@mindspring.com">jwcvh@mindspring.com</a>
Haberdasher	Jeff Hall	<a href="mailto:haberdasher@carolinagodiva.org">haberdasher@carolinagodiva.org</a>
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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

## 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](mailto:president@carolinagodiva.org)

## NEWSLETTER EDITOR NEEDED!

The current newsletter editor is looking for someone to take over responsibility for editing the monthly Carolina Godiva Track Club newsletter. If you're interested, please contact either the Club president at [president@carolinagodiva.org](mailto:president@carolinagodiva.org) or the newsletter editor at [newsletter@carolina godiva.org](mailto:newsletter@carolina godiva.org). Thanks!

## 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)*

in the series, Couch Mountain, was full of clouds and cold. I was hooked. Rain or shine, manure or snow, these folks were going to get out and run. And love every minute of it! These had to be the coolest people ever.

Although I didn't earn my shirt that first year, I heard so many great things about it that I decided I'd have to have one the following year. I even convinced my then 14-year-old daughter to come out and run the Winter Series races. I started by telling her how fun the Misery Run was ("It's JUST like cross country, with a couple things added in to make it extra fun!"). And to sweeten the deal, I let her know that when it was all over she would have herself an awesome t-shirt (for those who don't know, a teenager will do anything for an awesome t-shirt they can show off to their friends)!

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One of my favorite quotes is from Fred Rogers (yes, that would be Mr. Rogers):

*If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.*

It's amazing to me the little things that can change someone's perspective about running, whether it's for a moment or for forever. It might be those few moments you spend with someone on the trail that keeps them moving forward toward the finish, or the thing someone said to you that changes how you work through your difficult moments, or knowing that someone chose to modify their training plan

to help you with yours. So often we may not realize what we are giving to another person through a moment spent, a simple interaction.

Those who know me know that I am not (even close to) the fastest person around. And please know that I say that with no shame or embarrassment. One of the things that has always been amazing to me about the people in Godiva is that no matter when I finish, I get the same amount of cheering, encouragement, and support as the first person they saw or the person who crossed the finish line first.

The welcoming, encouraging, supportive environment that Godiva provides, and the way that the members of the club impact both each other and new people coming into the club is why the above quote makes me think of Godiva. It is because of the interactions I had that I felt so welcome and kept coming back. It was because of the people of Godiva that I wanted to be a part of the club. It is because of that environment that my daughter earned her first Winter Series t-shirt.

While our initial interests and desires are so often about us, our experiences in those things and what we do with them can so often lie within our encounters with others. The opportunity to provide to others what I was provided in the club, that is why I will be answering emails, facilitating monthly meetings (which you are all welcome to attend, by the way!), and writing the newsletter columns for the next year. I am proud to be part of this club, and I look forward to having the opportunity to contribute. So please bear with me through the next eleven newsletters. This may be a struggle for us both. :)

— Brandy Burns

## CGTC GEAR!

The holiday season might be over, but you still 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](mailto:haberdasher@carolinagodiva.org) for more information.

— Jeff Hall

## MERGE RECORDS 25K

Come on out and show your CGTC spirit: celebrating their 25th anniversary, the Merge Records music label will have a one-time running of a 25km race from Chapel Hill to Durham in March. Their migration mirrors the move of CGTC, which was founded in Chapel Hill, though the bulk of our members now reside in Durham.

There are only about ten of us signed up so far under the Godiva banner, with another ten who are either former members signed up with no affiliation or current/former members running for another group. Curiously, there are around 20 already signed up from the Brooklyn area of New York. Also a few from Newfoundland! This will surely be an eclectic mix of road runners looking for a novel distance and/or the uniqueness of this one-time-only event and music buffs who happen to do a little running and want a good challenge.

There are 237 runners signed up so far. The race fee goes up from \$65 to \$75 on 12/28. See more information at:

<http://www.bulldcityrunning.com/our-races/merge-25k/>

Godiva will also host an aid station, so if you don't want to run, you can help the club and race out that way.

— Jim Clabuesch

## UMSTEAD MARATHON

Although registration for the race itself is long over, the 11th annual Umstead Marathon is taking place on Saturday, March 1, 2014, and we will need volunteers. If you can help out, please sign up at <http://www.umsteadmarathon.com/index.php?page=volunteer>.

It's a great way to spend a day outside in beautiful Umstead Park—supporting your running family.

— Carolyn Huettel

## 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.

— Newsletter Editor

## MERGE RECORDS 25K— VOLUNTEERS NEEDED!

One of my last acts of power as CGTC President was to make the services of the Club available for a full aid station along the Merge Records 25K on March 22, 2014. This is going to require the services of eight to ten Club members. If you are interested in volunteering at this aid station, please contact me directly at [douglashenseljr@gmail.com](mailto:douglashenseljr@gmail.com) and I will add you to the list of volunteers. More details to come when I have more details. Thanks.

— Douglas Hensel

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)

Submit Your Race Results Online:  
Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and click the @ The Races tab.

# COUCH MOUNTAIN RUN 2013

Godiva 1, Severe Weather Warning 0

Nasty but not impossible day. Some 57 hearties showed up to challenge Couch Mountain and the US Weather Service.

The race was won by Erik Johnson, a visitor from Seward, Alaska (see results below). Needless to say, he was not cowed by the rain and near freezing temperatures.

Thanks to the efforts of our hardy volunteers, runners were registered, results were compiled, a great fire was built, and frostbite was avoided. Thanks again for all your work.

## Volunteers:

Chris Crowder  
 Odile Gould  
 Chris Gould  
 Jim Reagan  
 Michelle Conner  
 Laura Heyneman  
 Jen Howard (assisted by her children, Owen & Avery)  
 Susan Slade  
 Cara Grout (Burger Chef)  
 Jenni Rubatt (Medical Support)  
 Richard Wolfe (Photographer)

Name	Time	City	Name	Time	City
1 Eric Johnson	29:50	Anchorage AK	30 Aline Lloyd	43:05	Durham NC
2 George Linney	30:12	Durham NC	31 Ray Dooley	43:14	Chapel Hill NC
3 Mike Kelley	32:51	Chapel Hill NC	32 Tony Landauer	44:50	Cary NC
4 Craig Heinly	33:22	Chapel Hill NC	33 Thomas Griffin	44:53	Cary NC
5 John Powers	33:26	Sandy UT	34 Jeb Sturmer	45:03	Durham NC
6 Ronnie Weed	33:44	Durham NC	35 Allen Harry	45:27	Durham NC
7 Jeff Hall	35:41	Raleigh NC	36 Frank Rexford	45:34	Chapel Hill NC
8 Hope Concannon	35:46	Durham NC—1 <sup>st</sup> F	37 Christopher Boyce	46:02	Cary NC
9 William Schmitz	36:39	Chapel Hill NC	38 Joao Correia	46:28	Durham NC
10 Douglas Hensel	36:50	Durham NC	39 Julie Messina	46:33	Durham NC
11 Alexander Kenan	37:00	Chapel Hill NC	40 Brandy Burns	47:46	Raleigh NC
12 John Haws	37:03	Durham NC	41 Dawn Bedon	47:49	Durham NC
13 Owen Astrachan	38:27	Chapel Hill NC	42 George Retsch-Bogart	49:32	Chapel Hill NC
14 Martin Warters	38:31	Durham NC	43 Junior Simmonds	49:32	Durham NC
15 Jim Clabuesch	38:44	Durham NC	44 Carolyn Huettel	49:32	Durham NC
16 Kevin Gauger	39:04	Holly Springs NC	45 Jim Hotelling	50:01	Chapel Hill NC
17 Charles West	39:11	Cary NC	46 John Jewell	50:02	Durham NC
18 Betsy Kempter	39:34	Chapel Hill NC	47 Alfred Kleinhammes	50:13	Chapel Hill NC
19 Karen Murphy	39:36	Durham NC	48 Jerry Surh	52:40	Carrboro NC
20 Dean Forbes	40:14	Mebane NC	49 Rob McCauley	53:00	Durham NC
21 Chris Barquin	40:16	Raleigh NC	50 Barbara Hindenach	53:52	Durham NC
22 Jim Van Welsen	40:51	Durham NC	51 Tom Kirby	53:52	Durham NC
23 Chris Gould	40:54	Durham NC	52 Louise Guardino	54:26	Cary NC
24 Richard Smith	40:58	Chapel Hill NC	53 Chris Selvaggi	54:53	Cary NC
25 Joy Turkal	41:31	Durham NC	54 Sara Sousa	58:34	Durham NC
26 Michael Formy-Duval	41:56	Durham NC	55 Greg Sousa	58:36	Durham NC
27 Mike Walsh	42:09	Cary NC	56 Karla Henderson	59:56	Durham NC
28 Ronald Garcia-Fogarty	42:24	Chapel Hill NC	57 Jess Broglie	1:00:32	Raleigh NC
29 Heiko Rath	42:38	Durham NC	58 Bryan Kempter	DNF	Chapel Hill NC



## @ THE RACES

**New Hope Turkey Run 4 Miles (11/9/2013)**

Brian Tajlili	25:51	1st O/M
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**Santa Scramble 5K (11/23/2013)**

Brian Tajlili	17:08	2nd M30-34
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**Apex Turkey Trot 5K (11/23/2013)**

Chris Sarsony	21:42	3rd M45-49
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**Carrboro Gallop & Gorge 8K (11/28/2013)**

Allen Baddour	28:31	1st M/M
Kevin Nickodem	30:24	1st M55-59
Andrew Scribner	31:58	2nd M45-49
Dan Woodlief	42:10	

**Gobblers Run 5K (11/28/2013)**

Steve Mele	18:51	2nd M40-49
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**Ridgewood Turkey Trot 8K (11/28/2013)**

Colin Jones	28:20	3rd O/M
Louise Guardino	51:52	1st F70-99

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

GM/F = Grandmaster Female

GM/M = Grandmaster Male


\* denotes personal record

Want to see your name in the newsletter? Enter your race results at the Carolina Godiva website. Just go to <http://www.carolinagodiva.org> and click on the big red @The Races button near the top left of the home page.

## RACE CALENDAR

<b>Jan. 11 (Sat)</b>	Ring in the New Year 5K, Durham
<b>Jan. 12 (Sat)</b>	Run for Young 5k, Raleigh
<b>Jan. 18 (Sat)</b>	Little River Trail Runs, Rougemont Weymouth Woods 100K, Southern Pines
<b>Feb. 1 (Sat)</b>	Uwharrie Mountain Run, Uwharrie National Forest
<b>Feb. 8 (Sat)</b>	Krispy Kreme Challenge, Raleigh
<b>Feb. 9 (Sun)</b>	Run for the Roses 5K, Raleigh
<b>Feb 22 (Sat)</b>	Shamrock 'n' Run 5K, Chapel Hill Hope on Heels 5K, Raleigh Miles for Missions 5K, Raleigh
<b>Mar. 1 (Sat)</b>	St. Paul Village Community 5K, Chapel Hill Florence Forth 10K, Durham St. Paddy's Day Fun Green 8K, Raleigh 11th Annual Umstead Marathon, Raleigh
<b>Mar. 9 (Sun)</b>	NC Half Marathon, Charlotte
<b>Mar. 15 (Sat)</b>	Kidney Kare 5K, Chapel Hill Run for Hope 10K, 5K, & 1M, Fayetteville

## 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. Ten miles counts as two events for the series. 10am  
 Race Director: Jerry Surh, 919 967-0272 [surh@ncsu.edu](mailto:surh@ncsu.edu)

Registration opens 30 minutes prior to race start; entry fees are \$5 for each race (free for those 18 and under). Godiva members only may sign up for all 7 Winter Series races for \$25, either online at the Godiva website or by filling out the Winter Series race form, which is available at each race; additionally, running or volunteering for a minimum of 5 events earns series registrants an Incredibly Beautiful Winter Series T-Shirt.



# Carolina Godiva Track Club Membership Application and Renewal

Online registration and payment is also available at [www.carolinagodiva.org](http://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	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	(Make checks payable to CGTC)
<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!