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carolina Godiva

TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

PRESIDENT'S COLUMN	1
CLUB INFO	2
GODIVA WEEKLY RUNS	3
ANNOUNCEMENTS	3
GEEZER PLEEZER	5
ENO EQUALIZER RESULTS	6
30 YEARS OF RUNNING	7
NEW YEARS DAY RUN RESULTS	9
@ THE RACES	10
JANUARY MINUTES	11
WINTER SERIES SCHEDULE	12
MEMBERSHIP / RENEWAL FORM	13

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LITTLE VICTORIES

I thought I would write a love story for the February issue, a love story about one's relationship with running (because we all love running all the time, right?). However, when I presented this great (and I'm sure very unique) idea to others, it was met with a series of moans and groans and eye rolls. I even heard rumblings of an impeachment. My final determination was that if I even dared try that, there was a strong possibility I would never be allowed to write another column for the newsletter. And to be honest, as I thought through the story and how it would end, I realized that it would really just end up being a story about a dysfunctional relationship. So, much to my chagrin (and I'm sure many of yours), I'm going to write about something different this month.

As I mentioned in my previous column, I have always had a special affinity for the Winter Series races. In fact, I kind of get really excited about them and experience a ridiculous amount of fun running them. To help you understand a little better, if we were 12 and I was explaining to you how much I love the Winter Series, you would say to me, "Well why don't you marry it?" This year, I have a brand new reason for loving the Winter Series. I won one!

First, I want to stress the great respect I have for *all* runners, regardless of speed, distance, or anything else. We each come to the trail (or road, or track) for different reasons, and I think it's important to appreciate everyone's purpose. So as you read this, please know that this I am not diminishing a single effort that was made out there. But I had a new experience that day, and that is what I want to share.

I was the first person to cross the finish line at the Eno Equalizer this year. Okay, okay, I know there are a lot of "yes, buts" in this. Those of you who are familiar with this race and who know me will have already picked those out. For those not familiar with the Eno Equalizer, runners are split into teams and there is some complex calculation that occurs that provides you with a time on the clock that you should start running. Questions were asked, a calculator came out, numbers were written down, added, subtracted, and divided and each person was given a handicap.

I may have mentioned before that I'm not an exceptionally fast runner. Not only am I not a fast runner, I'm also not really competitive. I have

(Continued on page 4)



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 douglash-enseljr@gmail.com. You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Doug Hensel

NEWSLETTER EDITOR NEEDED!

Looking to find a way to get more involved in the Carolina Godiva Track Club? Want to feel productive while resting after your long runs? Or maybe you just like knowing what's going on with your favorite running club? Now's your chance: 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 or have any questions, please contact either the Club president at president@carolinagodiva.org or the newsletter editor at newsletter@carolina.godiva.org.

ENO EQUALIZER 2014

The Eno Equalizer took place on January 12, 2014 at the Eno River State Park. The weather was sunny and mild (about 50) but wet and muddy underfoot because of heavy storms the previous day.

Volunteers: Patrick Bruer, Chris Gould, Allen Harris, Laura Heyneman, Mike Kelley, Alfred Kleinhammes, Jamie Lewis, Julie Messina, Gary Schultz, Richard Wolfe (photographer), Paul Wormsbecher. Race Director: Richard Smith.

Please see full results on page six!

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)

certainly never won a race before, and the only time I ever placed was when I came in 3rd in my age group in a race in which there were four people in my age group. And all that's okay. I just like to move my feet and cover distance.

So, thanks to the amazing and accurate Eno Equalizer calculating skills of Tom Kirby, I was given a handicap of 18 minutes. This meant that I got to start running up to 18 minutes before some of the other runners. As I struggled to wrap my head around the whole concept of the Eno Equalizer, I was told that I just needed to start running when the clock said 18:00:00.

As the clock counted down, I began to panic. What if I hadn't eaten right? What if I get tired? What if I get thirsty!? *Oh no, I'm thirsty right now! I didn't even bring my water bottle!! How long is the race!? What if I get thirstier?? How long is the race?* 3.75 miles. I decide that even though I'll have no water for the entire distance, I probably will not die, which alleviates my anxiety some. At which point I realize that I have to go to the bathroom... But I digress...

One by one, runners take off down the trail, and I cheer each as they head out. When the clock shows 18:00:00, it's my turn. I immediately come across two squirrels eating the flour left to mark the trail. They were cute. After a fleeting thought of hoping they were not gluten intolerant, I proceeded on my way, feeling good.

As for the course, it is a fairly challenging 3.75 mile course, nice single track with a couple good climbs. This year was exceptionally enjoyable thanks to some rain that had come in the few days beforehand that turned some of the terrain into lovely muddiness.

As I moved forward I began to come upon people, exchanging a few words, and continuing on. As I came to another runner I had this thought that this just might be the last of the people who started before me. Maybe I'm in front? Now I start to feel, well, like I'm *fast*. A comment was made that the back of my legs were very muddy... Well, yeah... because that's what happens to *fast* runners, and today I am one of them.

I still wasn't quite sure I believed that I was in front,

and I was certainly waiting for some of those fast people to come flying by me at any time. But I was overcome by this strange feeling. I decided that I didn't want to let anyone pass me. Was this new feeling I was experiencing be... *competitiveness*?

As I speed-walked across the rickety old bridge (s-c-a-a-r-y) and started the climb up the final hill towards the finish, I glanced over my right shoulder. I saw a white shirt coming across the bridge. In this strange new feeling I decided I must stay in front, and I pushed up the hill.

As I ran up that hill, there were several people out hiking and they took a few moments to cheer me on. They obviously had no idea how the race is set up because they think I'm an *awesome* runner. Because I'm winning! Although I had a little guilt about this false impression I created, their encouragement fueled my motivation. If *they* thought I was awesome, I obviously couldn't disappoint them. And I didn't. I crossed the finish line, was handed a card that said "1" on it, and stepped to the side. To be honest, it was a little anticlimactic. But then I was reminded that it was because everyone else was still out on the course.

I have always joked that the reason I run so slow is because I love to see (and hear) my friends cheering as I cross the finish line. But for just this moment, I existed in a different place. A new experience that, just for a moment, I could understand someone else's motivation that had never been my own and how this feeling could drive someone to attain it again. It was exciting, and I didn't even *really* win a race.

Although it was exciting to cross the finish line first, I don't anticipate that I will be adding speed work to my training. I'm pretty comfortable in my place towards the back. So don't worry, folks, when you scan the participant list of future races to see who your challengers might be and you see my name there, there will be no need to worry that I will be the next person fighting for your place as your run towards the finish line.

And my pace when it was all said and done? A screaming fast 10:50. But this was my little victory, and I'll take it.

— Brandy Burns

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 and I will add you to the list of volunteers. More details to come when I have them. 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

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!).

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

GEEZER PLEEZER 4-MILE RUN

Time: Sunday, Feb 9th, 10:00 a.m.
Place: Friends School (main campus),
4809 Friends School Rd., Durham (off Mt. Sinai Rd)
Registration: Day of race, 9 – 9:50 am
Co-Directors: Gary Schultz and Peter Klopfer

How it Works:

The event uses a so-called Portsmouth Start. All runners get a starting-time offset, based on published World Masters Athletics (WMA) performance standards for age and sex. At the start of the race, we'll begin counting down, from the highest offset time represented among the registered runners, to zero. (For example, according to the existing standards, male runners of ages 10 and 59 and female runners of ages 13 and 45 would all be assigned the same lead start-time: 5:30.)

Every 15 seconds—from the highest lead time downward—the successive runners set out until the clock counts down to 0:00, at which point the remaining males, 21-31, depart en masse and the clock starts its upward count. Your finish time from that zero-transition point is recorded as you cross the finish line. The first runner to cross the line wins.

The day's top ten get chocolate prizes—with refreshments for all.

Contact gary.schultz@frontier.com if you'd like to volunteer. We invariably need help and are always grateful to receive it.

—Gary Schultz

ENO EQUALIZER 2014

Team Place	Name	Assigned Handicap	Actual Handicap	Finish Time	Running Time	Team Time
1	Brandy Burns	16:30	18:00	22:40	40:40	23:49
	Tom Kirby	19:30	15:00	23:30	38:30	
	Jess Broglie	09:00	10:45	23:49	34:34	
	Joe Drommer	09:30	10:45	23:47	34:32	
2	Jim Clabuesch	06:00	06:00	23:37	29:37	25:13
	Chris Gould	10:30	10:30	24:34	35:04	
	Susan Carl	26:00	26:00	25:13	51:13	
3	Michael Formy-Duval	11:00	11:00	25:43	36:43	25:48
	Bryan Schwick	09:00	09:00	25:48	34:48	
	Louise Guardino	22:00	22:00	25:11	47:11	
4	Scott Shamblin	22:00	22:00	25:54	47:54	25:54
	Chris Boyce	12:00	12:00	25:41	37:41	
	Bart Bechard	03:30	03:00	25:21	28:21	
5	Heiko Rath	09:30	09:00	26:02	35:02	26:22
	Sara Sousa	14:30	15:00	26:22	41:22	
	Dean Forbes	09:00	09:00	24:09	33:09	
6	Tom Maunz	09:00	08:30	26:33	35:03	26:53
	Jeb Sturmer	12:30	12:30	25:59	38:29	
	Jenny Boyce	19:00	19:30	26:53	46:23	
7	Denise Larson	13:00	14:15	27:01	41:16	27:03
	Carolyn Huettel	15:30	14:15	27:03	41:18	
	Greg Sousa	09:00	09:00	23:00	32:00	
8	Martin Warters	09:00	09:00	25:25	34:25	27:06
	Joe Shamblin	22:00	22:00	25:39	47:39	
	Frank Rexford	14:30	14:30	27:06	41:36	
9	William Schmitz	08:30	08:30	24:23	32:53	27:19
	Adam Shamblin	17:30	17:30	27:19	44:49	
	Ben Shamblin	15:00	15:00	24:00	39:00	
10	Jeff Hall	05:00	05:00	24:55	29:55	28:10
	William Harris	19:00	19:00	26:47	45:47	
	Vickie Schudel	14:30	14:30	28:10	42:40	
11	Doug Hensel	06:30	05:30	26:26	31:56	28:41
	Jim Hotelling	16:30	17:00	26:38	43:38	
	Leigh Wynne	17:00	17:30	28:41	46:11	
12	Karin Schudel	17:00	15:15	29:03	44:18	29:04
	Elizabeth Shamblin	13:30	15:15	29:00	44:15	
	Ronnie Weed	05:30	05:30	29:04	34:34	
13	Kevin Gauger	08:00	05:00	31:44	36:44	31:44
	Barbara Hindenach	21:00	27:00	30:23	57:23	
	William Shamblin	13:00	10:00	28:40	38:40	
14	Tony Landauer	13:30	13:30	25:35	39:05	35:02
	Ronald Garcia-Fogarty	09:30	09:30	25:45	35:15	
	Hanan Moussa	22:00	22:00	35:02	57:02	
No Team	Joy Turkal				38:40	

30 YEARS OF RUNNING, OR TOO MUCH INFORMATION

For Christmas in 1983, my sister-in-law gave me a running log, called Keeping Track, from the Metropolitan Museum of Art. It had spaces for distance, time, and comments each day, as well as totals for the week, end of week weight, and races. Since then, I have entered all of that information. In 2003, I wrote a piece for the newsletter about the kinds of things you know when you have 20 years of granular prospective data. Several people, at least two or three, told me they liked it. I now have 30 years of data, and so I want to consider again whether it is a good thing to do all this Keeping.

The basics: 6778 runs, for 43,619 miles, taking 7124 hours. Simple means are 1451 miles/year, 225 runs/year, 9:54 minutes/mile, 6.5 miles/run, 4.3 runs/week. That is nine months and 27 days of running, 4% of my waking life. It is around the world and then around again to Hawaii, or 20% of the way to the moon. Those means conceal trends—six runs/week in 1983, four now; 1700 or more miles a year then, 1200 or so now. I was never a stalker; there were several 11 day streaks, nothing longer. The longest break was seven months, following surgery for a torn tendon in 1999. I had three other breaks of about a month, for fractured toes, knee problems, and a torn hamstring. I began doing long runs with the club on Sunday in Duke Forest on April 7, 1989, and did (usually) ten or 13 miles there on 641 Sundays since then. I did my first Hash with the Tarheel Hash House Harriers on November 14, 1984, and have since done 234 hashes, including ones in Bangkok, Prague, and Kaohsiung (Taiwan), and six US cities.

Racing: I was never much of a racer, finishing 69 races between February 1984 and November 2002, and another 60 Godiva winter series events. I ran summer track for 16 years, and made Iron Man ten times, finishing 562 events at 151 meets. I never placed in any individual event, track or road. I did get 3rd in the open couples 70-80 total age group with Louise Horney at the 1984 Run for Heart 5K, and won the Run for Donuts with Peter Klopfer and Ray Dooley with a donut index only recently bettered. Both of these had more to do with talented teammates than to my performance. One way to measure age graded performance is the ratio of the best known time for a given

age-sex distance to yours. It scales like a test grade, where 100% is perfect. My best times—20:39 @ 5K, 41:56 @ 10K, 70:39 @ 10 miles—are all 64s, and put me in the middle of the pack in larger races. I could not run that well at distance—my best marathon, 4:28 at age 48, was a 51. My performance held thru my mid-40s, but my final road race, a 53:34 10K at 53, was a 57.

Travel: My job involves travel. I took 355 trips of at least one night and one run; 141 to different places. I ran on five continents (North America, Europe, Asia, Australia, Africa) and in 28 states and 20 foreign countries. North Carolina had 15 places visited overnight, and 47 trips total, accounted for mainly by 25 to Atlantic Beach. California had 13 places visited on 54 trips, 27 to the Bay Area. I lived in the Bay Area from 1971 to 1976, and took every opportunity to visit and run there. Pennsylvania had eight places and 45 trips; I stayed with my brother on 38. At the other end, 12 states got only one visit. Outside the US, Taiwan had 14 trips to four places, one of which, at 99 days, was the longest I was away from Chapel Hill since I moved here in 1976. Italy had 12 visits to 7 places. Thirteen countries had only one visit.

Extremes: Longest were the two marathons. Most time was Uwharrie, when the slight cold I thought I had at the start turned bad too late to get out of the 20 miler. I stumbled off the course at 5:52, and went home and fell asleep in the bathtub. Shortest that counted as a separate run was two miles, an attempt to run from a hotel at the Newark Airport. Most miles in a year was 2002 miles in 1984; fewest was 599 in the year 2000, after foot surgery.

Weather: June 8, 2008 was the hottest—I managed three miles at 100° on the Washington Duke loop. 2008 also had the coldest, three miles in the early AM December 31 dark in Ely, Minnesota at -25°. The Ely run was scary once I got into it. If I had gone down and could not readily get back up, I would have frozen pretty fast. Taiwan was so hot and humid that I never ran longer than about three miles there. In December 2007 in Quebec City, I put Trax on my running shoes and did six miles around the Plains of Abraham in the

(Continued on page 8)

30 YEARS OF RUNNING, CONT.

(Continued from page 7)

dark on the snow at 18°. And John Jewell and I ran the Washington Duke course in the Christmas Day snow in 2010. I didn't regularly keep track of wind, but I was in Vancouver on May 3, 2010, running along the water with sustained winds of 33 mph and gusts to 41. It was the only time I ever felt that lift plus thrust might be greater than weight plus drag.

Age, weight, pace, distance: Lowest weight and age, 146 and 34, are in the first week of records in 1983. I am now 160 and 64; the average US white guy gains twice that in those 30 years. I am a naturally fat guy, though, and was 210 in 2000 when I got out of the cast after surgery. The most time in running shoes was in 2003, when 1606 miles took 315 hours. The first few years I averaged sub-8 minute pace; I crossed 12 minutes two years ago. Distance for the year has held up a little better—at least 1200 miles a year since 2009 and at least 1300 the previous three.

Primers on how to run say you should keep a log if you race. I found that I didn't vary my strategy enough, or race enough at any specific distance, to learn much that I couldn't have known without a log: after about 5 years of running, you get slower as you

get older or fatter, and you have to do long runs to finish a marathon. Records are, however, useful in the eternal struggle against kidding yourself. I know how much I ran and how fast I did it, for better or worse.

What records are really good at is triggering recollection, often with vivid detail. A city's name can evoke the sunlight, the streetscape, the ice in my mustache. Mention of a single talisman—an owl, a fall, a companion—summons gear, weather, fatigue, or joy in 3D IMAX. I have, on the other hand, no memory of two runs labeled "Nassau," although they must represent a trip to the Bahamas, apparently via the Bermuda Triangle.

On the whole, I think my four books give me more access to all those runs than I would have using only my increasingly tattered recall. Such access can bring euphoria, sometimes of aching intensity. So while I can't claim that my records are better than a diary, or postcards to myself, or Facebook (at some future date), I am pretty sure that they are better than no records at all. Or any records with no running in them.

— Walter Rogan

RUNNING START PACERS NEEDED!

Running Start is looking for pacers of all levels to mentor trainees for a 12-week training program.

Requirements: a watch, dedication, and patience. It is difficult to run for one minute if you have never run. Your efforts to encourage trainees when the run gets tough are vital to their continued commitment in the program.

Training locations: Duke Al Buehler Cross Country Trail, ATT (near Bull City Running), and RTP.

Training days: Monday and Wednesday evenings and Saturday mornings or Tuesday and Thursday evenings and Saturday mornings. On Saturday mornings, everyone runs at Duke Al Buehler Cross Country Trail.

Training times: 6pm on weekdays and 8am on Saturdays.

Please contact Aline Lloyd at alinekj@yahoo.com or runningstart@carolinagodiva.org. Spread the word to your friends, family, co-workers, church members, everyone! More information at carolinagodiva.org.



NEW YEAR'S DAY 8K RUN 2014

The 2014 edition of the New Year's Day Run featured nearly ideal winter running conditions, with mild temperatures and partly cloudy skies. We had a good turnout, with 122 registrants—but were short of the 2012 record of 152.

Top finishers included Scott Tanis of Durham, whose race leading time of 28:40 is the fastest since the course was re-measured to 8k for the 2009 race. Master's male leader Colin Jones bested his 2012 race winning time of 31:36, finishing third overall this year in 30:12. Master's runner Nancy Kaiser led all females, with a tenth place overall time of 34:30. Jess Broglie topped the female open division in 39:49. Team Concannon dominated the youth division, with 14 year old Katie running 37:25 and big brother Ian clocking 33:57.

—Patrick Bruer

1	Scott Tanis	M	23	28:40	42	Rob Lamme	M	50	41:16
2	Matthew Waller	M	25	28:49	43	Richard Smith	M	60	41:18
3	Colin Jones	M	43	30:12	44	Kim Page	F	35	41:20
4	George Linney III	M	38	30:34	45	Megan Sullivan	F	38	41:23
5	Bryan Brander	M	33	31:06	46	Roxanne Springer	F	49	41:49
6	Sean Oswald	M	25	31:56	47	Greg Sousa	M	44	42:10
7	Jim Clabuesch	M	48	32:28	48	Ronald Garcia-Fogarty	M	39	42:18
8	Mike Kelley	M	54	32:41	49	Christine Whitley	F	20	42:20
9	Ian Concannon	M	17	33:57	50	Brent Robertson	M	38	42:27
10	Nancy Kaiser	F	43	34:30	51	Sandra Cooke	F	34	42:29
11	Jeff Hall	M	49	35:10	52	Eric Teagarden	M	61	42:34
12	Steve Mele	M	48	35:13	53	Ray Dooley	M	61	42:57
13	Nate Trebilcock	M	45	35:19	54	Sophia Bradley	F	14	43:05
14	Brian Reo	M	44	35:47	55	Michael Formy-Duval	M	37	43:07
15	Steve Thomson	M	54	36:37	56	Paul Wormsbecher	M	52	43:11
16	Matt Schumacher	M	18	36:41	57	John Lohnes	M	57	44:15
17	Douglas Hensel	M	40	36:45	58	Tom Hughes	M	48	44:20
18	Andrew Harris	M	13	36:49	59	Jeb Sturmer	M	53	44:22
19	John Haws	M	45	37:06	60	Bill Whitley	M	52	44:25
20	Katie Concannon	F	14	37:25	61	Joy Turkal	F	30	44:45
21	Caren Mangarelli	F	43	37:32	62	Will Shamblin	M	10	45:33
22	Owen Astrachan	M	57	37:45	63	Michelle Conner	F	39	45:43
23	Max Gordon	M	27	37:50	64	Frank Rexford	M	54	45:55
24	Betsy Kempter	F	49	37:54	65	Elizabeth Shamblin	F	43	45:58
25	Kevin Gauger	M	39	38:11	66	Tony Landauer	M	50	46:12
26	William Schmitz	M	41	38:23	67	Christina Ashton Drew	F	40	46:41
27	Craig Gilbert	M	54	38:41	68	James Lewis	M	48	47:16
28	Martin Warters	M	34	38:43	69	Ben Shamblin	M	12	47:26
29	Mark Dessauer	M	46	39:11	70	Vickie Schudel	F	37	47:29
30	Chris Lowden	M	44	39:12	71	Susan Smith	F	55	47:36
31	David Sargent	M	57	39:28	72	Alison Gracey	F	51	48:03
32	Thomas Maunz	M	33	39:35	73	Carolyn Huettel	F	49	48:04
33	Jessica Broglie	F	29	39:49	74	Amy Schmid	F	38	48:05
34	Tom Hoerger	M	54	39:52	75	Peter Skillern	M	50	48:06
35	Jackie Gibson	F	49	40:09	76	Mickey Lackey	M	69	48:16
36	John Northen	M	63	40:23	77	Lena Hollman	F	62	48:24
37	Brett Albers	M	27	40:39	78	Gordon Keeler	M	58	48:36
38	Heiko Rath	M	44	40:51	79	John Jewell	M	57	48:38
39	Christopher Boyce	M	39	40:53	80	Allen Harris	M	54	48:41
40	Dean Forbes	M	31	41:01	81	Jeff Branin	M	66	48:43
41	Mike Walsh	M	46	41:06					

(Continued on page 10)

NEW YEAR'S DAY 8K RUN 2014, CONT.

(Continued from page 9)

82	Jerry Harris	M	73	48:52	111	Joe Shamblin	M	46	56:14
83	Gabi Huiber	M	40	49:07	112	Scott Shamblin	M	7	56:16
84	Julie Messina	F	36	49:14	113	Siera Talbott	F	37	56:17
85	Adina Mele	F	52	49:16	114	Laura McDonald	F	40	56:19
86	Alan Schumacher	M	56	50:08	115	Jenny Boyce	F	40	56:27
87	Katie Biasi	F	39	50:23	116	Leah Harkness	F	40	56:28
88	Adam Shamblin	M	14	50:39	117	Rebecca Trumbull*	F	43	56:38
89	Brandy Burns	F	38	50:41	118	Hanan Moussa	F	55	58:24
90	Hannah Gilbert	F	19	50:44	119	Ruthie Lyle-Cannon	F	44	65:28
91	Gary Pohl	M	65	50:47	120	Collie Fulford*	F	47	70:22
92	Katya Prince	F	48	52:15	--	Susan Hoerger	F	52	No time
93	Dana Hornkohl	M	45	52:27	-	Harold Hill	M	44	No time
94	William Harris	M	38	52:34	*Started ~12 minutes late				
95	Alan Wiggs	M	48	53:13	Many thanks to the excellent volunteers:				
96	Carol Scheible	F	50	53:18	Alan Bradley				
97	David Johnson	M	54	53:22	Brandy Burns				
98	Emil Malizia	M	70	53:29	Jim Clabuesch				
99	Lauren Formy-Duval	F	36	53:51	Tom Griffin				
100	Ora Gelley	F	45	53:53	Laura Heyneman				
101	Barbara Hindenach	F	62	54:13	Gordon Keeler				
102	Tom Kirby	M	60	54:15	Aline Lloyd				
103	Ashley Robertson	F	36	54:32	Kevin Nickodem				
104	Vivian Li	F	56	54:33	Jim Reagan				
105	Susie Gilbert	F	51	54:34	Charlie Schaefer				
106	Elena Bradley	F	9	54:48	Sara Sousa				
107	Melinda Squires-Nelson	F	42	54:54	Richard Wolfe				
108	Alfred Kleinhammes	M	62	55:08					
109	Louise Guardino	F	73	55:23					
110	Chris Selvaggi	M	45	55:41					



Winter Series

@ THE RACES

Gallop & Gorge 8K (11/28/2013)

Brian Tajlili 29:15 1st M30-34

Jolly Elf Train Run 5K (12/17/2013)

Louise Guardino 31:23 2nd F70-74

R.I.T.N.Y 5K (12/31/2013)

Steve Mele 19:43 1st M45-49

Frosty 25K (1/4/2014)

Jim Clabuesch 1:47:01

Run for Young 5K (1/12/2014)

Chris Sarsony 21:23 4th M40-45
Louise Guardino 31:31 2nd F70-74

Charlotte Running Company 9 Mile Trail (1/18/2014)

Bart Bechard 1:08:35 3rd O/M

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

To 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.

JANUARY MINUTES

The regular monthly business meeting was called to order at 7:03pm on January 14, 2014. Attendees included President Brandy Burns, Patrick Bruer, Jim Clabuesch, Jeff Hall, Doug Hensel, Barbara Hindenach, Tom Kirby, Jamie Lewis, Kevin Nickodem and your scribe, Henry Blinder.

Jim led off the meeting with the Membership report: "We have members."

On Haberdashery, Jeff is waiting until he receives the order for Umstead Marathon items. He will then place an order for the new Club T-shirts, with a likely delivery in March.

In the absence of Shauna Griffin, we had no Newsletter report. Jamie informed us that Shauna is looking for a volunteer to take over the newsletter editor responsibilities. If interested, please contact Shauna.

Kevin handed out a Treasurer's report with information both on the month of December and the first six months of the fiscal year commencing last July. Revenue is down significantly from last year, but "there is no reason to panic." As of the end of December, the vendor handling race entries for the Umstead Marathon had not yet turned over the race receipts being collected. Once those funds are received, "we should be on a par with last year."

Brandy and Jim updated us on the Winter Series. Attendance is good; there are close to 60 runners who will likely qualify for the Winter Series T-shirts.

Returning to the topic of the Umstead Marathon, Jim and Doug informed us that the Club now has the needed number of volunteers. In the next 7-10 days, volunteers will be contacted about details. Also, we learned that around 20 race registrants have dropped out, with the vacant slots to be filled from the waiting list.

Patrick reported that the Club's equipment move went "very smoothly." It is now being stored in the home of a Club member in Chapel Hill, and is "a pretty big pile of stuff." Thanks to the work of the committee of Barbara, Tom, Patrick and Jane Bruer, Tom Griffin

and Carolyn Huettel to inventory the equipment prior to the move.

Brandy reminded us that the club will be providing race services at the Pinecone Pacer on April 12. The race is held on the Couch Mountain trail and serves as a fundraiser to help support Duke Forest. As in past years, the Club will also be making a \$500 donation for this purpose.

Tom Griffin has identified some potential discrepancies between the Club's practices and language contained in our adopted Articles of Incorporation and bylaws. Brandy will set up a committee to look into this and report back with recommendations at the March business meeting. Kevin volunteered to chair the committee. The goal is to have all issues resolved by the Spring Banquet.

We all concurred with Jim's suggestion to give Karla Henderson a lifetime Club membership in acknowledgment of her allowing the Club's equipment to be stored in her basement for so many years.

The meeting adjourned at 7:38pm.

— Henry Blinder

CGTC GEAR!

Interested in 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

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. Ten miles counts as two events for the series. 10am
 Race Director: Jerry Surh, 919 967-0272 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

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**

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