

VOLUME XXXIX
NUMBER 7

APRIL
2014



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

PRESIDENT'S COLUMN	1
CLUB INFO	2
GODIVA WEEKLY RUNS	3
ANNOUNCEMENTS	3
UMSTEAD MARATHON	4
HARD CLIMB HILL	5
@ THE RACES	7
MARCH MINUTES	8
MEMBERSHIP / RENEWAL FORM	9

WRITE IT DOWN!

I recently had a friend who had a baby. I usually try not to tell people what they should (or should not) do, but the one thing that I have told her is, "WRITE THINGS DOWN." If the baby does something cute, write it down. If she does something that makes you laugh, write it down. Write down her first word, write down the first time she laughs. I know it seems like you'll remember every amazing thing, but as time passes, you won't (and then, should you have a second child, and should you be lucky enough to remember something, and then want your children to know that you are, in fact, a good parent and can prove this by sharing a wonderful memory you have, your wonderful, loving children will make sure to let you know that they, in fact, were not the child that did the thing you remember). No matter how good your memory, there will be little things you won't remember, but will wish that you had.

I think the same applies to our experiences when we run. We have so many valuable moments that make up our journey in running. And these moments are what turn us into the runner that we are. (This may sound like it's going to be a column about the value of keeping a running journal, but it's actually not. Although after writing all that I'm starting to think that maybe I should keep one...and we did have someone submit in a recent newsletter a really great review of their running journal if you're interested in reading more about that).

One of the things I have enjoyed and appreciated so much about other runners is their blog posts. I am envious of the way that they will openly share their experiences and feelings. I truly believe that when we share our personal experiences about how running

has impacted our lives, it gives so much to others. And I would think that having that ability to be able to reflect back and see our experiences as runners has the ability to enrich not only the lives of others, but our own. Just think about being able to look back after time has passed and be reminded of a feeling we had, or a person we met at a race, or a lesson learned but then forgotten. Even the process of reflecting enough to write about the experience can make it more meaningful. Unfortunately, so often our brains get consumed with work instead of with ideas; and then when we do have ideas, we can't find the time to develop them. I am just as guilty as

We have so many valuable moments that make up our journey in running. And these moments are what turn us into the runner that we are.

**DEADLINE FOR
MAY
NEWSLETTER:
APRIL 15TH**

SEND SUBMISSIONS TO:

**NEWSLETTER
@
CAROLINAGODIVA.ORG**

(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

President	Brandy Burns	president@carolinagodiva.org
Vice President	Jamie Lewis	foresthistorian@yahoo.com
Treasurer	Kevin Nickodem	kevin.nickodem@firstcitizens.com
Meeting Secretary	Henry Blinder	ncjog@nc.rr.com
Membership Chair	Jim Clabuesch	jwcvh@mindspring.com
Haberdasher	Jeff Hall	haberdasher@carolinagodiva.org
Race Calendar Editor	Don Anthony	donanthony2@gmail.com
Highway Clean Up	Gordon Keeler	gordon.keeler@duke.edu
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor Copy Editor	Shauna Griffin	newsletter@carolinagodiva.org
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

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, 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 — bonus! — 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.

ANNUAL AWARDS BANQUET

Consider this your official invitation to the 2014 Carolina Godiva Track Club's Annual Awards Banquet.

This year, the party will be on Sunday, May 18th; the start time has yet to be determined.

Watch this space—or the CGTC website, Facebook page, or email listserv for more information in the coming months.

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)

many others in that I live my creativity and the depth of my experiences vicariously through other runner's blogs (does that mean the moral today is don't do as I do; do as I write in my column?).

When I read other's blogs, sometimes I laugh. Sometimes I cry (although that may not be saying much, as I did cry while watching *The Little Mermaid*). Sometimes I am re-energized and motivated after being in a tough spot. There are so many excellent and entertaining blogs out there. And we have some great talent right within our own club. If you have not yet done so, I encourage you to take a look around the website and read the different running blogs out there. A good place to start would be to look at the Umstead Marathon website. We have links

to several blogs right from there. You will find that once you get within a blog, you will often find links to other blogs.

You may just find the thing that motivates you, that makes you want to run that longer distance. You may find a new race to try (or find a race you realize you will never want to do!). Or you may find that everything you feel about running (the moments you wish your run didn't have to end, the moments you want to take your shoes off and throw them in the woods) are perfectly normal. Or you may even discover you have a desire to write your own blog!

— Brandy Burns

11TH ANNUAL UMSTEAD MARATHON

The 11th Annual Umstead Trail Marathon was once again a huge success! The Carolina Godiva Track Club teamed up with Great Outdoor Provision Company and several other sponsors to put together a marathon fondly called a favorite by many of the runners of the race. The course is challenging, the volunteers are outstanding, the sponsors are generous, and the race is well-organized.

The 2014 race was exciting, with our return female winner, Lorraine Young, leading for a good portion of the race. Wayne Crews, a Carolina Godiva Master runner, ended up winning the race in an impressive 3:01:16, while Michael Dwomoh came in a close second at 3:01:40. Lorraine came in third at 3:03:24, beating the female course record that she set in 2013! Congratulations to all of the racers on their fantastic finishes—we had 194 runners start the race this year, and 190 finished the race. Those are our best numbers in all 11 years of the race's history.

We'd like to thank our sponsors for their generous donations of time, money and/or discounts, door prizes, "swag," massages, and much more. The sponsors included Great Outdoor Provision Company, Carolina Godiva Track Club, The Umstead Coalition, Raleigh Running Outfitters, Omega Sports, Honey Stinger,

MoonDance Soaps, Ultra Spire, LeBleu, Brooks, Smartwool, Big Spoon Roasters, Moe's, Gigi Cupcakes and Stiner Massage.

The race raises money for Carolina Godiva Track Club and also for the Umstead Coalition. The Umstead Coalition is dedicated to the appreciation, use, and preservation of the William B. Umstead State Park. Due to the sale of Umstead Trail Marathon hats and shirts from previous years, the donation to the Coalition should be substantial.

We'd like to thank all of the volunteers who helped at the race. The volunteers are what really make the race. Their energy and enthusiasm keep the runners moving throughout the tough course. We apologize if we missed anyone, but the list includes:

Alan Schumacher, Amelia Vrabel, Ann Miller, Anna Leivers, Barbara Hindenach, Ben Syzek, Bill Medford, Bob Nelson, Bobbie Smythe, Brandy Burns, Brian Doherty, Cash Coyne, Catherine Rege, Catherine Wides, Chris Boyce, Chris Gould, Colin Jones, Dave Campbell, David Yeowell, Dhruv Patel, Doug Bradley, Elena Popowitch, Erin McIntee, Gordon Keeler, Harold Hill, Heather Yeowell,

(Continued on page 6)

HARD CLIMB HILL 2014, RESULTS AND THANKS

Thanks to all who ran and volunteered at the 2014 edition of the Hard Climb Hill race. My thanks especially to Patrick Bruer, who stood in for the missing race director, organized the volunteers, tabulated and reported the results, collected and returned race equipment, and followed up with Duke Forest Office, whose trust and cooperation make the race possible.

Big thanks as well to the following Godivans and friends who assisted with the near-record turn out (70 runners): Jane Bruer, Brandy Burns, Michelle Connor, who all registered runners with Tom Griffin, who also

manned the aid station; Jim Clabuesch and Jeff Hall, who bought and brought refreshments; Doug Hensel, who marked the course; Gordon Keeler, who helped set up; Aline Lloyd, our medical volunteer; the timing crew—Michelle Connor, Tom Kirby, Jamie Lewis, Gary Schultz, and Sara Sousa—for their accurate numbers; Chris Gould, Adam Shamblin, and Ronnie Weed for helping Godiva leave Duke Forest un-littered; and Richard Wolfe for his photos and verse.

— Jerry Surh

***** 10-Mile Results *****

1 George Linney	Durham NC	M	38	1:06:12
2 Brian Tajlili	Durham NC	M	32	1:06:35
3 Jim Clabuesch	Durham NC	M	49	1:11:47
4 John Powers	Alta UT	M	20	1:12:28
5 Mike Kelley	Chapel Hill NC	M	54	1:13:41
6 Ronnie Weed	Durham NC	M	39	1:14:27
7 Joe Shamblin	Bahama NC	M	47	1:19:18
8 John Haws	Durham NC	M	45	1:20:18
9 Kevin Gauger	Holly Springs NC	M	40	1:22:13
10 Corey Buhay	Chapel Hill NC	F	20	1:23:33
11 Dean Forbes	Mebane NC	M	31	1:23:38
12 Alison Gracey	Durham NC	F	51	1:25:22
13 Chris Barquin	Raleigh NC	M	25	1:25:48
14 Martin Warters	Durham NC	M	34	1:25:55
15 Christopher Boyce	Durham NC	M	39	1:26:24
16 Chris Gould	Durham NC	M	69	1:28:25
17 Mike Walsh	Cary NC	M	46	1:28:45
18 Karen Murphy	Durham NC	F	35	1:29:36
19 William Schmitz	Chapel Hill NC	M	41	1:31:53
20 Denise Larson	Durham NC	F	53	1:33:55
21 Paul Bloom	Durham NC	M	66	1:37:42
22 Vickie Schudel	Durham NC	F	39	1:42:03
23 Carolyn Huettel	Durham NC	F	49	1:43:56
24 Julie Messina	Durham NC	F	36	1:46:36
25 Alfred Kleinhammes	Chapel Hill NC	M	62	1:55:09
26 Chris Selvaggi	Cary NC	M	45	1:57:08
27 Barbara Hindenach	Durham NC	F	62	2:03:47

***** 7-Mile Results *****

1 Colin Jones	Raleigh NC	M	43	44:41
2 Jeff Hall	Raleigh NC	M	49	52:57
3 Bryan Scherich	Durham NC	M	32	55:07
4 Joe Drommer	Durham NC	M	43	55:32
5 Mike Fessler	Cary NC	M	43	56:48
6 Douglas Hensel	Durham NC	M	40	58:36
7 Charles West	Cary NC	M	45	1:01:54
8 Jessica Broglie	Raleigh NC	F	29	1:05:11
9 Tim O'Brien	Durham NC	M	62	1:06:05
10 Jeb Sturmer	Durham NC	M	54	1:08:30
11 Emil Malizia	Chapel Hill NC	M	70	1:10:39
12 John Jewell	Durham NC	M	57	1:11:25
13 Sandra Cooke	Haw River NC	F	35	1:13:43
14 Gordon Keeler	Durham NC	M	59	1:15:47
15 William Harris	Pittsboro NC	M	38	1:20:45

***** 3-Mile Results *****

1 Heiko Rath	Durham NC	M	44	25:20
2 Ron Garcia-Fogarty	Chapel Hill NC	M	39	25:38
3 Will Shamblin	Bahama NC	M	10	27:27
4 Allen Harris	Durham NC	M	54	27:40
5 Ben Shamblin	Bahama NC	M	13	27:50
6 Zach Osborne	Greensboro NC	M	63	28:10
7 Shelly Bloom	Durham NC	F	61	28:37
8 Joao Correia	Durham NC	M	46	28:44
9 Jim Hotelling	Chapel Hill NC	M	66	28:48
10 Junior Simmonds	Durham NC	M	46	28:56
11 Thomas Maunz	Durham NC	M	33	31:04
12 Lauren Formy-Duval	Durham NC	F	36	31:06
13 Adam Shamblin	Bahama NC	M	14	31:18
14 Louise Guardino	Cary NC	F	73	32:47
15 Brandy Burns	Raleigh NC	F	38	33:07
16 Erin McIntee	Durham NC	F	33	33:26
17 Karla Henderson	Durham NC	F	64	36:58
18 Scott Shamblin	Bahama NC	M	7	37:14
19 Elizabeth Shamblin	Bahama NC	F	45	37:15
20 Kyla Wormsbecher	Apex NC	F	6	48:29
21 Paul Wormsbecher	Apex NC	M	52	48:30
22 Abe Sousa	Durham NC	M	5	57:22
23 Belle Sousa	Durham NC	F	7	57:27
24 Greg Sousa	Durham NC	M	44	57:45
25 Michael Formy-Duval	Durham NC	M	37	57:53
26 Iona Turkal	Durham NC	F	9	1:00:54
27 Joy Turkal	Durham NC	F	30	1:01:17
28 Sadie Turkal	Durham NC	F	7	1:01:17

To check out pictures from the race, go to the CGTC website's photo page (<http://www.carolinagodiva.org/index.php?page=photos>) and click on the Hard Climb Hill gallery. Make sure to thank photographer Richard Wolfe when you see him!

UMSTEAD TRAIL MARATHON, CONT.

(Continued from page 4)

Hedrick Strickland, Helen Becker, Irene Rusnak, Izabela Annis, James Donaghy, Jarod Anderson, Jason LeDoyen, Jeff Tuson, Jen Arnold, Jenna Koenigshofer, Jennifer Rubatt, Jenny Boyce, Jessica Broglie, Jim Reagan, Joanna Pomilio, João Correia, Joe Drommer, Joy Turkal, Julie Messina, Karishma Fernandes, Kate Floyd, Kathleen Allden, Katie Biasi, Ken Browndorf, Kevin Goings, Kevin Nickodem, Kristine Pryzgoda, LaRee Johnson, Leah Harkness, Lilla Gutay, Linda Reid, Marie Duvall, Mark Greenhalgh, Martha McGee, Martin Leivers, Martin Warters, Mary Flood, Matthew Carmody, Melissa Crane, Melissa Lee, Mia Gerdts, Mike Broome, Mike Walsh, Mike Welker, Mo Percy, Patrick Bruer, Paul Naylor, Paul Wormsbecher, Pauline Baggarly, Peggy Taylor, Phil Bailey, Phil Lorang, Quinn McFall, Randy Dykes, Rayn Sakaguchi, Rhonda Hampton, Robin Bradley, Ronnie Weed, Sabrina Welker, Sameer Cheema, Sarah Negri, Scott Lynch, Scott Schoedler, Shauna Griffin, Shawn Harris, Shawna Barlette, Steph Jeffries, Steve Munsat, Susie Hansley, Sylvana Smith, Tam Butkiewicz, Tammie Massie, Tara Allden, Ted Tharp, Terry Casstevens, Thomas Hubscher, Tom Kirby, Tony Landauer, and Ying So.

The race is organized by a committee (or conclave as we are often called) that meets for several months prior to the race. We decide on the “critter” for the race and work out all the logistics for the 200+ runner event. That doesn’t seem like many people, but it is amazing how much work goes into organizing an event like this. One complication (which is also an advantage) is that the race takes place entirely inside of Umstead State Park. The start/finish line, all parking, all aid stations, and all trails are inside the park.

If you read (or re-read) the March 2013 Carolina Godiva newsletter, then-President Doug Hensel described all aspects of the Umstead Marathon: http://www.carolinagodiva.org/uploads/newsletters/2013_03_cgtc_newsletter.pdf Doug mentions the workings of the Umstead Marathon Planning Committee. As he says, we all do a little of everything, but in general, the roles for 2014 were somewhat as follows:

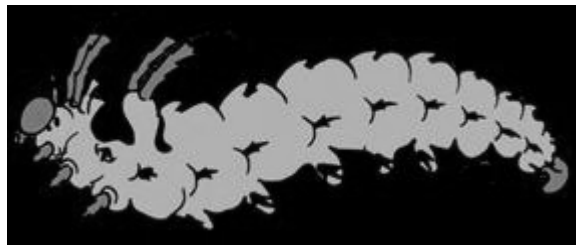
Aline Lloyd—Lodge
 Brian Tajlili—Budget, Umstead Park Liaison and Emergency (EMS, mountain bikers, etc.)
 Carolyn Huettel—Aid Station Volunteer coordinator
 Denise Larson—Registration/Package Pickup, Finish Line Timing and Committee Lead
 Dennis Geiser—Handmade Awards, Finish Line runner care
 Doug Hensel—Webmaster, runner communication
 Jeff Hall—Sponsors and Shirts
 Jim Clabuesch—Course
 Karen Murphy—Registration logistics and Runner communication
 Lisa Beck—Aid Station Setup and Tear Down
 Mike Dacar—Parking

Organizing this race is a very satisfying endeavor. It takes a lot of energy, but the reactions from the runners are what make it all worthwhile. If you’re a Facebook user, join the Umstead Marathon FB page and you’ll be able to take note of all the positive comments from this year’s race.

As Wayne Crews, male winner 2014, commented to Jim Clabuesch, “Once again this is one of the best-run marathons that really treats the runners well. The volunteers are tremendous and everything is always so well organized. You can tell the event is organized by runners for runners! Well done.”

The 2015 Umstead Trail Marathon will be Saturday, March 7th. Registration will open on the Monday after Thanksgiving 2014, at 8am. Mark your calendars and we’ll see you next year!

— **Denise Larson** (and the Umstead Trail Marathon Planning Committee)



@ THE RACES

Florence Forth 10K (3/1/2014) Andrew Scribner 40:27 3rd M/M	Yuengling Shamrock Marathon (3/16/2014) Dan Woodlief 4:19:49
St. Paddy's Run Green 8K (3/1/2014) Louise Guardino 52:00 1st F70-99	Ellerbe Marathon (3/22/2014) Aline Lloyd 4:30:37 3rd O/F Richard N. Wolfe 9:26:27 2nd M70+
Umstead Marathon (3/1/2014) Peter Hessling 5:34:03	Merge Records 25K (3/22/2014) Colin Jones 1:34:13 3rd O/M Brian Tajlili 1:38:53 Peter Hessling 2:30:09
That Dam Run 13.1 (3/2/2014) Neil Rowley 1:33:12	Track & Field Events: USATF SE Region Indoor T&F Championship (3/8/2014) 1 Mile Jay Smith 6:06.30 2nd M65-69 800m Jay Smith 2:39.61 2nd M65-69 200m Louise Guardino 42.04 1st F70-74 60m Louise Guardino 11.82 1st F70-74
Second Empire 5K (3/8/2014) Kevin Nickodem 18:39 1st GM/M	USATF National Masters T&F Championship (3/14/2014—3/16/2014) 3,000m Jay Smith 12:20.65 4th M65-69 1 Mile Jay Smith 6:12.17 8th M65-69 800m Jay Smith 2:40.77 3rd M65-69
Wrightsville Beach 5K (3/15/2014) Steve Mele 19:49 2nd O/M	
Quintiles Wrightsville Half Marathon (3/16/2014) Colin Jones 1:16:26 1st M/M	
Tobacco Road Half Marathon (3/16/2014) Kevin Nickodem 1:23:19 1st GM/M Richard N. Wolfe 4:12:22 2nd M75-79	

Submit Your Race Results Online:
Go to www.carolinagodiva.org and click the @ *The Races* tab.

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

RACE CALENDAR

Apr.12 (Sat)	Duke Forest Pine Cone Pacer 5K, Durham Walk/Run/Bike for Umstead, Raleigh Run for the Ridge, Holly Springs Rock'n Rebellion 13.1, Raleigh Waxhaw Town & Country Run, Waxhaw
Apr. 13 (Sun)	Rock 'n' Roll Raleigh Full/Half Marathon
Apr. 19 (Sat)	Rugged Maniac 5K, Asheboro 5K Bunny Run, Concord
Apr. 26 (Sat)	Tar Heel 10 Miler & Fleet Feet Sports 4 Mile Run, Chapel Hill Angels Among Us 5K, Durham Owl's Roost Rumble Trail Half Marathon & 3.5 Mile, Greensboro Run for Our Heroes 5K, Raleigh

MARCH MINUTES

The regular monthly business meeting was called to order at 7:01pm on March 11, 2014. Attendees included President Brandy Burns, Patrick Bruer, Shauna Griffin, Tom Griffin, Jeff Hall, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Denise Larsen, Kevin Nickodem and your scribe, Henry Blinder.

In Jim Clabuesch's absence, Brandy gave us the Membership report. She spoke with Jim, and he's received several proposals to take over for him as Membership chair.

On Haberdashery, Jeff is getting a price quote for new Club shirts. He expects to order a total of 48 shirts, with half in white and the rest in charcoal.

Kevin passed out the monthly Treasurer's report for February, covering eight months of the fiscal year. Other than the Umstead Marathon, last month was relatively quiet in terms of revenues and expenses. Approximately \$16,000 in revenue from Umstead will be coming in shortly and will be reflected in the March report. Membership revenue is lagging a bit, but he anticipates that it will pick up with new members from the Running Start Program.

Shauna updated us on the Newsletter editor replacement search. She's received an expression of interest from a new Godiva member with prior newsletter editor experience with another running club. Following some discussion, there will be follow-up on the item.

Denise filled us in on the Umstead Marathon. 194 runners started and 190 finished the race, "the best result ever." The Club "made a lot of money," in part due to a reduction this year in the cost of race shirts and the fact that we had a stash of hats to distribute that had been paid for in a prior year. The race committee had three new members this year, and the committee worked together very well. Financially, the Club's gross profits from the race were \$7900. As in the past, the Club will be making a donation from these profits to the Umstead Coalition, with the amount of the donation to be determined at a future Board meeting. The sponsors and volunteers "were wonderful, as usual." She's written up an article on the race with more details; look for it elsewhere in the newsletter.

Brandy raised the question of whether we were interested in adding a monthly running cartoon to the newsletter. The person creating the cartoon would charge the Club \$180/year. While we generally agreed that this would be a reasonable price for the feature, the consensus was to not start paying for newsletter content.

Brandy informed us that she attended the Running Start Program kickoff meeting last night. The first training run is this coming Saturday.

The date for the annual Spring Banquet has now been set. It is Sunday, May 18, with the start time to be determined.

We learned that Tom K. has agreed to take over as race director for the Winter Series Geezer Pleezer race. There may be one or more co-race directors as well. Tom asked if the Club could provide for online registration, in addition to the traditional registration in person immediately prior to the event. Patrick indicated that online registration was certainly a possibility, and he will look into it.

The meeting adjourned at 8:11pm.

— Henry Blinder

CALL FOR CONTENT!

Please consider writing something to share with your fellow Godivans, be they race reports, running recollections, or funny tales from the trails (we also publish poetry!).

Send your stories, poetry, or race reports to newsletter@carolinagodiva.org, and we'll be delighted to print them!

You can also 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

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!