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MAY  
2014



**carolina  
Godiva**  
TRACK • CLUB

**RUNNING SINCE 1975**

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

**SEND SUBMISSIONS TO:**

**NEWSLETTER@CAROLINAGODIVA.ORG**

## CHALLENGES IN RUNNING!

Nearly every person I know (including myself) reaches a challenge periodically with their running. It may be a lack of motivation, an unexpected or uncontrollable change in their schedule, an injury, or loss of passion for running. (What!? You mean we don't all love running all the time?) One of the things I have found great interest (and sometimes humor) in are the different approaches people have developed to enable them to maintain their relationship with running.

Runners are great at self-manipulation. This very important skill is almost essential to get you through the above-mentioned (or any not-yet-mentioned) challenges. When faced with a challenge, rarely will you see a runner who just gives in. They start talking about ways they are going to deal with the challenge they have been faced with. They start planning. This plan may not be logical or reasonable, but it is a plan. (You may also choose to use things like reason and logic and healthy decision-making, and while people may look at you funny, it may also get you through.)

There are a number of approaches I have observed runners attempt in trying to overcome some of the hurdles they have encountered. Among these are:

Problem: "My work schedule has changed and I keep missing my regular run." Solution: "I will change my running schedule. I am going to get up extra early every morning and run at 5 a.m." (Right. Does anyone actually run at 5 a.m.? If you do, you should definitely write something for the newsletter and tell us what it's like.)

Problem: "I keep getting injured." Solution: "I am not going to run fast any more. I'm going to run only how it feels." (Typically a temporary solution. Fast runners like to run fast.)

Problem: "I am bored with this route." Solution: "I'm going to create new challenges for myself. Every time I run this loop, I'm going to run it faster." (Okay, this is actually a good idea.)

Problem: "Hills are hard." Solution: "Repeatedly running down a hill does, in fact, count as hill repeats. Right?" (Yes, this is true. I've tried it.)

If you have not yet worked on developing your skills of self-manipulation,

*(Continued on page 4)*



[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

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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

## SUNDAY RUN LOCATION CHANGE

As of May 4, the weekly Sunday run will start on the Al Buehler Trail at the gravel lot on Cameron Blvd/751 located between the Washington Duke entrance/Science Dr. and Duke University Rd.

This lot was recently enlarged and it has a portable toilet.

## GOT CONTENT FOR... THE GODIVA NEWSLETTER?

Has a running moment ever inspired you? share it with your fellow Godivans! We're always looking for member contributions to the newsletter, be they race reports, fond running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain your fellow CGTC members.

To that end, here are some questions to get your creative juices flowing:

- ♦ Which runners (elite and not) have inspired you, and how so?
- ♦ What was your proudest moment as a runner?
- ♦ What was the lowest moment you've experienced as a runner—and how did you overcome it?
- ♦ What's your "bucket list" event—the one you hope to do before you're no longer running?

Send your stories to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org), and we'll do our best to print them throughout the year.

## 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, 919-401-9589
<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 (919-260-0261) and David Coulter (919-286-7278)
<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, 919-401-9589
<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, 919-401-9589
<b>SUNDAY</b>	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest—Gravel lot off 751 between Science Dr and Duke University Rd	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, 919-401-9589

\* 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)*

I encourage you to try it. Go out for a run some day when you really don't want to. Tell yourself that you'll only run for 10 minutes and if you're just not feeling it, you'll walk back.

Although observing people do these things can be humorous at times, I find something much more meaningful in this. It enables us to develop different perspectives on things that become challenging or routine. By developing a plan, which does not even have to be logical or reasonable (and sometimes not even followed through with), it provides hope that one can overcome whatever hurdle they are faced with (and, research shows that hope is a very important piece of changing our behavior in a positive way). Over and over again we see that it

doesn't matter what we encounter in our relationship with running, we do everything we can to maintain it if it's important to us.

Disclaimer: I am neither a doctor, PT, OT, therapist, psychologist, laryngologist, astrologist, biologist, or any other ologist, nor do I have any special training or expertise in, well, anything really. If you are truly injured or have a genuine issue with your running, don't follow my advice (also consider being cautious of following any observations of what other runners do; remember, while being great at self-manipulation, we are not always as great at making sound choices related to running). Please seek out the advice of the appropriate specialist.

— Brandy Burns

## 2014 GODIVA AWARDS BANQUET

### Hooray! It's the Annual Godiva Awards Banquet!

**When?** Sunday, May 18th, 2014

5:00 pm Social Hour

6:00 pm Dinner

7:00 pm Awards Ceremony

**Where?** At the home of Jim Clabuesch and Carolyn Huettel

**9 Litchfield Ct.**, in Southwest Durham, just off Garrett Rd.

**Directions:** From I-40 exit at 274 onto Hwy 751 towards Durham. At end of exit turn left if coming from Chapel Hill, turn right if coming from Raleigh. Stay on Hwy 751. Hwy 751 intersects with Hwy 54 so stay in the middle lane of Hwy 751. At the next intersection, turn left on Garrett Rd. (There is a Burger King on the right and a Kangaroo gas station on the left). Stay on Garrett Rd. for approximately 0.9 of a mile. Turn left on Swarthmore Rd. (the third left turn). Turn first right on Litchfield Ct. Carolyn and Jim's house is on the left at # 9 on the top of the hill. (Thanks a bunch, Jim and Carolyn!)

**Who?** All Godivans—long-timers and newbies—along with spouses, significant others, children, and non-Godivan friends. Come join us!

**What Awards?** Male and Female Runner of the Year, Volunteer of the Year, Cross Country Awards, Summer Track Ironman trophies and Grand Prix awards, and the Coveted Winter Series shirts.

**What's on the menu?** We will be using Spartacus again this year. There will be options for meat eaters, veggie eaters, and gluten-free eaters. The menu will include grilled chicken souvlaki (gluten free), spanakopita, angel hair pasta primavera, Greek salad, and pita with hummus and tzatziki. Non-alcoholic drinks will be available; BYO alcoholic beverages. Members are encouraged to bring a dessert to share.

**What's the price?** \$10 per adult or teen, \$5 per child age 12 or under.

**How to RSVP?** Please RSVP by May 9th by using the online reservation form linked on the club website ([www.carolinagodiva.org](http://www.carolinagodiva.org)). There will be no paper registration form this year.

## SUMMER TRACK...OPENS MAY 21ST

The 2014 edition of Godiva's popular Summer Track Series offers 12 weeks of all-comers meets at the UNC-Chapel Hill track facility. The season begins on May 21st and continues each Wednesday at 7:00pm through August 6th. Those who complete 36 events over the 12-week series (counting a maximum of four events per meet) earn the prestigious Godiva Ironman award.

This year's Midsummer Madness meet will be on July 30th, and features a "**Mile a Minute Marathon**"—a timed run of 26.2 minutes.

- All meets begin at 7:00pm sharp, rain or shine.
- Belk Track is on the UNC Campus near the intersection of South Rd and Country Club Rd.
- Free public parking is available in the Knapp/Saunders School of Government Parking Deck accessible from South Rd., in the Navy Field Lot accessible from Ridge Rd., and along Ridge Rd adjacent to the Law School.

**Note:** metered parking on South Rd. is enforced until 9 pm.

- \$1 Donation is appreciated.

### Long Nights:

- Mile run (usually 3 heats)
- 200m (in lanes)
- One mile racewalk
- 800m (usually three heats)
- 5000m

### Short Nights:

- 1500m run (usually three heats)
- 100m (in lanes)
- 1500m racewalk
- 400m dash (in lanes)
- 3000m (7 1/2 laps)

### Midsummer Madness:

- 1000 meter run (2 1/2 laps)
- 80 yard dash
- Summer Stroll (1K race-walk)
- 4X400 meter relay
- Mile-a-Minute Marathon (26.2 Minute Run)

### Schedule:

- May 21—Long
- May 28—Short
- June 04—Long
- June 11—Short
- June 18—Long
- June 25—Short
- July 02—Long
- July 09—Short
- July 16—Long
- July 23—Short
- July 30—Midsummer Madness
- Aug 6—Short

***Weather policy:*** Meets will be held rain or shine unless conditions are deemed unsafe (repeated nearby lightning or standing water on the track)

*Decisions about cancellation or postponement will be based on conditions at the track at starting time and not on forecasts*

***Note:*** The track is open to the public, so we may expect to be sharing the track with other users.

For more information, check out the CGTC website: [www.carolinagodiva.org](http://www.carolinagodiva.org)

— Charles Alden

## MEDOC SPRING RACES

4/5/14 Hollister, NC

7.54 mile trail race

Even though the event name mentions “Races,” there is only one race at the Medoc Spring Races. It is patterned after the famous Dipsea race in Marin County, California and our own CGTC Geezer Pleezer. Head starts are given based on age and gender. And our club treasurer, designated event MC and tough-as-nails 57-year-old Kevin Nickodem won it. Defending champion Lorraine Young’s luck ran out in the early minutes of the race when she turned her ankle. She was only able to eat about ten seconds into the one minute head start Kevin had on her.

Kevin caught the last person he needed to pass between three and four miles into the race and then ran scared the rest of the way, expecting Lorraine or Bart to run him down. But no one did. The Top 50 finishers were awarded running hats with the race logo on the front and their finishing place on the back for the entire world to see. There was also a table full of donated prizes that the 50 winners were allowed to pick from, with Kevin getting first dibs. When the race director Michael Forrester announced Kevin as the winner at the awards ceremony, he mentioned that the race team didn’t think anyone could ever beat Lorraine Young, but that someone did.

A strong contingent of old and young Godiva runners fared well in the race. Some of us car-pooled together and had fun needling each other to try and gain whatever advantage we could. Hopefully more will run next year from our old and fast club, as numbers were way down in pace up front and overall numbers from the 2013 inaugural race. Next year I am hoping to use this race as a springboard for the real deal, the Boston Marathon of trail running, The Dipsea Race.

— Jim Clabuesch

Name	Age	Gun	Race	Pace	Place	Head Start
Kevin Nickodem	57	52:59.8	1:13:59.4	7:07	1 <sup>st</sup>	9
Bart Bechard	49	52:36.5	1:16:36.6	7:04	3 <sup>rd</sup>	6
Jim Clabuesch	49	54:18.4	1:18:18.4	7:17	5 <sup>th</sup>	6
Anthony Corriveau	43	54:18.5	1:20:18.1	7:17	11 <sup>th</sup>	4
Jeff Hall	49	57:25.3	1:21:25.4	7:42	14 <sup>th</sup>	6
Shannon Johnstone	40	1:03:01.8	1:25:02.2	8:28	21 <sup>st</sup>	8
Douglas Hensel	40	59:28.0	1:26:28.1	7:59	28 <sup>th</sup>	3
Ben Barker	44	1:12:20.5	1:38:20.0	9:43		4
Sydney Barker	13	1:30:04.1	1:49:03.4	12:05		11

## RUN FOR UMSTEAD 4 MILER

The Run for Umstead 4 mile event took place Saturday, April 12. CGTC works at the finish line for this event each year. Thanks go out to the following who made it possible to do the timing, determine the order of finish, and hand out the awards: Jess Broglie, Jim Clabuesch, Mark Greenhalgh, Rhonda Hampton, Ravi Kashyap, Denise Larson, Melissa Lee, Kristine Pryzgoda, Heiko Rath, Ronnie Weed, and Paul Wormsbecher. Jim and Heiko ran the race then started helping as soon as they crossed the finish line.

As far as I know, only one person took me up on my challenge to the CGTC list serve to run the 8:00 Pine Cone Pacer at Duke Forest and then this 9:45 event in Umstead, and that was Chris Gould.

— Carolyn Huettel



## JUST ONE MORE TIME

In running, as in life, everyone and everything eventually catches up to you. No matter how fast you may have been in your youth, no matter how many victories you may have experienced, at some point you are no longer a race favorite. There is always someone younger coming along to set you further back in the pack and if it's not people catching you, it is the ever increasing likelihood of injuries, the new baby, the move to a new job or the spouse who doesn't understand your obsession and time away from him or her (I'm extremely lucky this never held me back—thanks honey). You go from thinking about winning races to thinking about winning your age division to hoping to compete in your age division to thinking about finishing without hurting anything else on your body.

Then, the running gods invented age-graded tables! This is a system to compare the race times and distances of your older self against your younger days. Age-graded scoring also lets you compare your race times to those of different runners, as well as to set a standard for your age and gender. For further explanation go here: <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

Suffice to say it breathed new life into old war horses. It allowed us to compare our effort against our younger selves and dream again of competing at the highest level. It even provides geezers with a new set of trash talk opportunities. “Yeah, you may have beaten me by 58 seconds but I kicked your age-graded butt by 4.8%!” I know—lame because the fact is your buddy still crossed the finish line ahead you even if you are 10 or 15 years older. Many races began to provide age-graded results or, at minimum, using the tables you could figure it out yourself, but it is very difficult to find a race that starts age-graded. That is, a race in which older women and men, and very young kids, get a head start based on the current World Masters Athletics age-graded tables. With a start like this the idea, at least theoretically, is to see a finish where a 29-year-old-male is closing in on a 42-year-old female who is chasing down a 61-year-old male who is trying to close the gap on a 13-year-old female—all of them crossing the finish line within a second of each other.

The grandfather of age-graded starts is “The Dipsea Race,” a 7.4 mile trail race starting in Mill Valley, CA, north of San Francisco, and finishing in the Bay. The race is over 100 years old and was immortalized in the 1986 movie *On the Edge* starring Bruce Dern. If you are fast for your age-group this is the race where you can test yourself against the very best. Recent Dipsea winners include a 72-year-old man and 60-year-old woman. An 8-year-old girl won it a few years back. Locally, many of you are familiar with our club's Winter Series event the, Geezer Pleezer, which follows the Dipsea set-up but on a smaller and easier scale (4 miles and road). It's a fun event and well organized but attendance is comprised almost exclusively to club members. I was not aware of any other age-graded starting event in the area until last year!

The Medoc Spring Race fashions itself to be the Dipsea of the East and is off to a good start. Like Dipsea it, too, is a 7.4 mile trail race. Held in Medoc State Park located in Hollister, NC, just north of Rocky Mount, now in its second year they have nearly 200 participants who come from all over the state with hopes and the possibility of crossing the finish line first despite age or gender. Godiva's immediate past president Doug Hensel told me about the race and, being the competitive sort, I dreamed of maybe winning a race just one more time.

As part of the application process, Medoc asks you to estimate your per-mile pace. They then run a mock race based on the head start each person will have given their age and gender. The result of this fake race is your bib number for the real deal. As you warm up you can see who, based on their bib number, is supposed to finish ahead of you. It may be a 68-year-old woman, a 12-year-old boy or, most likely, a top male or female Masters runner. Throw in a young gun or two and one can imagine a sprint to finish line between an eclectic group of runners.

This is exactly what I was thinking as a group of Godivians drove out to Medoc. I figured I had a slight chance to win and although I enjoy trail running, trail racing is not my cup of tea. I'm a road 5K, 10K kind of racer. Plus, to win I would have to hold off the in-

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## JUST ONE MORE TIME CONTD.

*(Continued from page 7)*

augural champion Lorraine Young (the two-time defending Umstead Marathon champion) who happened to beat the Dipsea course record holder, Alex Varner! I would also have to keep two of my regular running buddies at bay, Jim Clabuesch and, in particular, Bart Berchard who, lately, has been running very strong. Assume one unknown and a couple of fast 20-something-year-olds and a top five finish was a logical goal.

This would be an interesting, and completely different, type of race for me. I knew at some point I would probably take the lead but I also knew I would probably have to fend off or try to hang with Lorraine or Bart or whoever for the last mile. Talk about running scared! You line up at the start in corrals based on your lead time. Along with other 55 to 57-year-old men my corral consisted of 44-year-old females and 12-year-old kids. We had a 9 minute head start over the 20 to 31-year-old males. My concern was the mere minute head start over Lorraine and the three minutes over Bart and Jim. If there was some older, fast age group runner ahead of me I would soon find out.

I took off like a bat out of hell. If nothing else, I wanted to inflict some punishment on whoever was chasing me before they went buzzing by. I wanted to make them work for it. Of course, going out too fast is the mortal sin of racing and by the time I took the lead at

three and half miles I wasn't feeling as spry as hoped. As each mile marker passed my anxiety increased. Approaching the six mile mark at the top of a long, hard climb I didn't care who caught me. There are reasons I'm not fond of trail races and ungodly hills is one of them. As it leveled off and just before the course began a nasty descent I had the opportunity to sneak a peek over my shoulder. Much to my anxiety-stressed surprise no one was in sight. I was clearly catching Lorraine and Bart on off days. A second wind and the thoughts of actually winning propelled me over the remaining mile.

Coming out of the woods with a quarter mile to go a spectator shouted that no one was behind me. As I approached the finish line I won't be as melodramatic to say past victories flashed before my eyes but on this day, for one moment, I once again experienced the joy of nothing bothering me and no one catching up to me. I savored this victory all day because, heaven knows, it's likely there will never be another. It was nice to feel it—just one more time. Now, only one question remains. How do I parlay this win into a Dipsea invitation?

— Kevin J Nickodem

## INTERESTED IN SOME NICE CAROLINA GODIVA MERCHANDISE?

What are your options, you ask? We still have a few of the Godiva hooded sweatshirts available. You can 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. The new short sleeve shirts will be available at the Spring Banquet. They will be offered in Men's and Women's sizes and in white or grey and will be

\$15.00 each. Also, remember that everything is usually available for sale at the Saturday runs and at most Godiva events.

Contact [haberdasher@carolinagodiva.org](mailto:haberdasher@carolinagodiva.org) for more information.

— Jeff Hall



## @ THE RACES

**Tobacco Road Half Marathon (3/16/2014)**

Allen Baddour 1:18:47 3rd M/M

**Merge 25K (3/22/2014)**

Allen Baddour 1:33:49 2nd O/M

Bart Bechard 1:35:19 1st M/M

Jim Clabuesch 1:44:16

Chris Gould 2:02:11

Charles Fiore 2:14:38

Leigh Wynne 2:37:00

**Cary Road Race 10K (4/5/2014)**

Louise Guardino 1:03:46 1st F70-99

**Medoc Spring Race 7.4 mile (4/5/2014)**

Bart Bechard 52:36:05 3rd O/M

**Duke Forest Pine Cone Pacer 5K (4/12/2014)**

Chris Gould 24:22

**Faculty Mile—UNC Joe Hilton Invitational Track Meet (4/12/2014)**

Jay Smith 5:57.08 2nd O/M

**Umstead Coalition 4 mile (4/12/2014)**

Jim Clabuesch 24:31 1st O/M

Chris Gould 30:50

**Virgin Money London Marathon 2014 (4/13/2014)**

Jacob Sternfeld 4:57:46

Submit Your Race Results Online:  
Go to [www.carolinagodiva.org](http://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

5/01 (Thu) Siler City Run To End Hunger 5K, Siler City  
 5/10 (Sat) Reasons to Run 5K, Cary  
 5/10 (Sat) Inside Out 5K Run/Walk, Cary  
 5/11 (Sun) Mother of all Races 10K/5K, Raleigh  
 5/11 (Sun) Run Like a Mother, Raleigh  
 5/17 (Sat) DNA Day 5K, Chapel Hill  
 5/17 (Sat) Cradle to Grave 30K and 5K Trail Race, Pisgah Forest  
 5/18 (Sun) NCRC Classic Half/10K, Cary  
 5/18 (Sun) Race 13.1 Half/10K/5K, Greensboro  
 5/24 (Sat) Glow in the Park 5K, Greensboro  
 5/24 (Sat) Summer Sun 5K, Raleigh  
 5/25 (Sun) Someone Special Like Me 5K, Cary  
 5/31 (Sat) Running of the Bulls 8K, Durham  
 5/31 (Sat) Dirty Girl Mud Run: Raleigh  
 5/31 (Sat) The Orchard Four Miler, Spruce Pine  
 6/01 (Sun) Run for the Dream Half Marathon, Williamsburg, VA  
 6/01 (Sun) Indoor Insanity Marathon Relay, Winston Salem  
 6/06 (Fri) Glow in the Park, Cary

## APRIL MINUTES

The regular monthly business meeting was called to order at 7:02 pm on April 8, 2014. Attendees included President Brandy Burns, Jamie Lewis, Shauna Griffin, Ravi Kashyap, Tom Griffin, Patrick Bruer, Jane Bruer, Kevin Nickodem, Carolyn Huettel, Charles Alden, Barbara Hindenach, Tom Kirby, Chris Crowder, and your substitute scribe Jeff Hall.

There was nothing new to report for Membership except that Jim is still working on finalizing a new Membership Chair as his successor.

On Newsletter, Ravi Kashyap has volunteered to succeed Shauna Griffin as the Newsletter editor. Shauna, Ravi, Jamie and Brandy have met to discuss the details of this transition and Shauna has offered to mentor Ravi during a transitional period. Shauna will copy edit the Newsletter for the next three months to assist with the administrative issues associated with editing the newsletter. Brandy put forth a resolution to appoint Ravi as the new Newsletter Editor. The motion was seconded by Jamie and was passed unanimously.

On Haberdashery, the short sleeve shirts have arrived and a proof for the screen printing was reviewed and found to be acceptable. The shirts will be two colors (white and dark gray). They will be screen printed and available for sale at the Spring Banquet.

Kevin Nickodem presented a Treasurer's report that included the period through March 31, 2014. The report also compared the nine months ending with the same nine month period from last year. Income for the period was higher this year due primarily to higher income from Umstead Marathon, Running Start, and Haberdashery sales. Expenses were also higher for Haberdashery, and the club has replaced some equipment that had become dilapidated and no longer useful. The Club finances are in good shape with the Club having approximately 1.5 years of operating expenses in the bank.

Charles Alden presented the 2014 Summer Track Series proposed schedule to the board. Summer Track will be twelve weeks beginning the Wednesday after the Spring Banquet. Midsummer Madness will be on July 30 this year and will include Charles' creative

blend of unique events to mix things up. The popular 4 x 400 relay will take place, and a "Mile-a-Minute Marathon" event which will be a 26.2 minute run. Iron Man awards will be earned with the completion of 36 Summer Track Events. Additionally, Charles requested the purchase of additional stop watches to replace watches that are no longer functional. The board approved this purchase.

Jamie Lewis updated the board on the status of the Spring Banquet. The caterer has been selected and has been confirmed. Awards have been ordered and everything is proceeding to plan. Thanks again to Carolyn and Jim for hosting the event at their home.

Patrick Bruer reported on some work he was doing to provide a credit card reader for payments at Godiva Events. There are issues that still need to be resolved. The board agreed it would be a useful pursuit and Patrick was going to continue to investigate options and will present more information in the near future.

Brandy was approached by SAS to see if Godiva wanted to participate in the SAS employee health fair. The club would set up a table and could provide information to SAS employees on the club and our events. It was agreed that this would be a benefit to the Club and would help us with our mission of promoting running. Brandy also presented the idea of providing a gift basket for the raffle that could include some of our club swag, and a one year membership. We would also be able to provide information on our Summer Track, Running Start, and Winter Series events. Brandy will make arrangements for Godiva to participate.

Chris Crowder asked if the Club had renewed the USATF dues. Kevin reported that the club has recently mailed the check to USATF to renew our membership.

The meeting was adjourned at 7:58pm.

— Jeff Hall

# 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!