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2014



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

**NEWSLETTER
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PARSLEY, SAGE, ROSEMARY AND...TIME?

1 This is not a column about herbs, but rather about time (nothing but
2 good things can come from adding a little Simon and Garfunkel to your
3 day, so why not?). Or, maybe more accurately, it is a column about lack
of time, which most people probably suffer from.

3 While I know time is likely an issue for nearly everyone, I don't know
whether finding time to run is an issue for many. I am guessing a lot of
5 people are better than I can sometimes be about making running a prior-
6 ity in my schedule. But I often find myself struggling to make running a
priority in the face of other commitments and responsibilities.

7 While writing this article, I pulled out the dictionary to look up the defi-
8 nition for 'time.' In case you were not aware, there are many, many defi-
8 nitions of the word time; it takes up a whole half page! (Thyme, on the
other hand, takes up only 5 short lines...Would anyone, perchance, en-
9 joy reading a column about thyme? It may be easier to write.) The defi-
nition I think we most often think of when we talk about time as it re-
lates to this topic is II.5: a period or periods necessary, sufficient, or
available for something. After reading through all the definitions, how-
ever, I decided the definition that best suits my struggle with running
and time is III.4: The suitable, proper, favorable, or convenient moment.

I often find myself saying, "Well, I just didn't have *time* to run."

Sometimes the lack of time is a result of personal choices of activities
and responsibilities, and sometimes it's a result of a use of my time that
I perceive has been forced upon me. Although both situations can be
difficult and frustrating, it is when I feel that my schedule has been tak-
en away from me that is the most difficult. I get mad. I fight it. I have a
little grown up temper tantrum (which, surprisingly, is apparently not as
cute as one might think). I try to blame my busy schedule for my lack of
time. I perceive it as taking away my choice in the matter, the time
when I *want* to run.

The reality is, I *do* have time to run. I have the necessary and sufficient
time to get a run in. But it's not always the convenient or favorable mo-

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

SEND SUBMISSIONS TO:

NEWSLETTER@CAROLINAGODIVA.ORG



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
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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

A TALE FROM THE TRAILS

A funny thing happened to me on the way to Monticello. My wife and I were staying at a hotel that had a nice running path around a large pond. Early in the morning, before daylight, I ran 2 laps and then decided to run another. What could go wrong?

About 3/4th of the way on my final lap I noted a large white presence ahead of me. My first thought was of a large plastic bag or one of those giant party balloons. It turned out to be a very angry male swan set to defend his nest. I stopped and took a step backward.

Unfortunately my step took me off the trail and into the vegetation and, as it turned out, into Mrs. Swan. There I was flat on my back with the male biting me on the legs and giving me left hooks with his powerful wings while his partner was urging him to kick some butt. I responded by kicking him and giving him lessons in English profanity. Neither response was very effective. Finally I was able to push myself out of the contested area.

Once I moved away Mr. Swan seemed to be satisfied and decided not to pursue.

Upon arriving back at my room and allowing my wife sufficient time to recover from her near hysterical laughter, I noted that I had a nasty wound on my right shin along with several scratches and bruises. At that time I realized that I had lost my hat. A couple of attempts to find the hat were to no avail, so I assume that Mr. Swan has put it on his trophy wall.

There must be a lesson here but I'm not sure what it is.

— Paul Naylor

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, 919-401-9589
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 (919-260-0261) and David Coulter (919-286-7278)
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, 919-401-9589
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, 919-401-9589
SUNDAY	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)

PRESIDENT'S COLUMN, CONT.

(Continued from page 1)

ment for me. It may mean I have to run at a time or place I don't want to, or maybe it means I have to run a shorter distance than I really want to...but what happens when I get fixated on running when I *want* to, not when I *can*, is that I only end up stressing myself out, frustrating myself, and ironically finding I'm repeatedly missing the opportunity to run.

I have decided to do some conscious things when I find myself starting to say, "But I don't have the *time* to run today." Be patient and stop trying to manipulate your schedule (it is, of course, still okay manipulate things, but they have to be things that enhance your running, but it's not okay if it's a negative thing...reference last month's column to find out more about the benefits of self-manipulation and running.) Take the time when it's there and run where you are. Choose to be fine running at a different time or in a different place than you may have initially desired. Choose to be okay running in an unfamiliar location (oddly, I struggle greatly with this one...while driving for work, I could drive past 10 unfamiliar trails that could potentially be awesome just to get back to run in Umstead or on the Mountains-to-Sea Trail...and this type of situation is a perfect example of how my refusal to fall into opportunities may result in me losing an opportunity; a single issue, if it comes up during the drive, may result in me losing the chance to get

that run in altogether.). Run in the rain: JUST GO FOR A RUN.

When I can take a moment to remember that the time I spend running affects my whole life, when I let myself fall into a routine that accepts all of my commitments (whether they are chosen or not), and when I also choose to let running be a priority at times: those are the moments I find that my running schedule actually works.

Statement of full disclosure: Just because I recognize something in myself and have found an approach that is effective for me doesn't mean I actually am always good at following through with it. I'm ridiculously flawed. The ironic thing about this column is that I almost decided to forego a run I had planned because I knew the newsletter editor would be waiting on an email from me with my finished column. But, as I was writing, I realized that I was doing exactly what I said I was going to try to stop doing. In the end, apparently the best way to make the time to run is to write something about the importance of finding the time to run and know that others will see it.

— Brandy Burns

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, and we'll do our best to print them throughout the year.

SUMMER TRACK...BEGAN ON 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 began 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

— Charles Alden

@ THE RACES**Tobacco Road Marathon (3/16/2014)**

Andrew Scribner 3:22:42 AM

Boston Marathon (4/21/2014)

Bill Kraus 3:37:39 M 55-59

Allen Baddour 2:52:13

Fleet Feet 4-Miler (4/26/2014)

Jay Smith 29:51 1st M 61-65

Owl's Roost Rumble Trail Half Marathon (4/26/2014)

Jim Clabuesch 1:36:17 2nd 40-49

Tar Heel 10-Miler (4/26/2014)

Allen Baddour 59:14

Andrew Scribner 1:09:54

Run for Our Heroes 5K (4/26/2014)

Louise Guardino 30:47 2nd F70-74

Mike to Mike Half Marathon (5/4/2014)

Peter Hessling 1:57:25 6th M 60-64

The Rocket Mile (5/6/2014)

Louise Guardino 08:40 1st F70-74

Mother of All Races 10K (5/11/2014)

Louise Guardino 1:04:59 1st F65-99

Mud and Chocolate Half Marathon (5/20/2014)

Roxanne Springer 1:55:45 1st M/F

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

Submit Your Race Results Online:

Go to www.carolinagodiva.org and click the @ *The Races* tab.**RACE CALENDAR****Jun 2014**

- 6/07 (Sat) Asheville Half/10K, Asheville
- 6/07 (Sat) Run the Quay 5K, Fuquay Varina
- 6/07 (Sat) Hit the Ground Running Trail Race, Matthews
- 6/07 (Sat) Race 13.1 Half/10K/5K, Raleigh
- 6/12 (Thu) Bridge to Bridge 4.0, Wilmington
- 6/14 (Sat) High Country Triple Crown- The Cub 7-miler, Boone
- 6/14 (Sat) Hit the Ground Running 2,6&11K Trail Race, Matthews
- 6/14 (Sat) Triangle Race for the Cure, Raleigh
- 6/14 (Sat) Sappony 5K Trail Run, Roxboro

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RACE CALENDAR, CONT.

6/14 (Sat) The Cub 7-Miler, Valle Crucis
6/15 (Sun) Father's Day 5K, Durham
6/15 (Sun) Storm the Beach, Nags Head
6/21 (Sat) A Cool 5, Beech Mountain
6/21 (Sat) WakeMed Scrub Run 5K/10K, Raleigh
6/21 (Sat) 5K Freedom Run, Wake Forest
6/21 (Sat) Homes For Our Heroes 5K, Winston-Salem
6/22 (Sun) VetaRAN Jam 5K, Fletcher
6/28 (Sat) Run for Liberty, Cary
6/28 (Sat) Fun Fourth Freedom Run and Walk 10K and 2M, Greensboro
6/28 (Sat) Fun 4th Freedom Run, Greensboro

Jul 2014

7/04 (Fri) Four on the Fourth, Carrboro
7/04 (Fri) 4th of July 5K, Kernersville
7/04 (Fri) Raleigh Downhill Mile, Raleigh
7/12 (Sat) Moonlight Bootlegger 5K, Greensboro
7/17 (Thu) USA Track & Field Masters Outdoor National Championship, Winston Salem
7/26 (Sat) Race to Sustainability 6K Trail Run, Chapel Hill
7/26 (Sat) Run with Heart 5K, Morrisville
7/26 (Sat) Rocking Summer 5K, Raleigh
7/26 (Sat) Raleigh's FINEST 5K, Raleigh

Aug 2014

8/09 (Sat) Bella Rose Strides for Babies, Cary
8/09 (Sat) Pound the Path for our TROOPS, Raleigh
8/23 (Sat) Run for Life, Cary
8/30 (Sat) High Country Triple Crown- Half-Marathon, Boone

Sep 2014

9/05 (Fri) Blue Ridge Relay, Blue Ridge Mts
9/06 (Sat) North Hills 5K, Raleigh
9/13 (Sat) Sneak Memorial 5K, Middlesex
9/13 (Sat) Jack & Jill Ran Up the Hill 5K, Morrisville
9/14 (Sun) Retro Run 5K, Greensboro
9/14 (Sun) Canes 5K, Raleigh
9/19 (Fri) Moonlight Madness 5K, Winston-Salem
9/20 (Sat) Celebration 5K, Raleigh
9/20 (Sat) Race 13.1 Half/10K/5K, Raleigh
9/27 (Sat) Sweat Hope 5K, Cary

MAY MINUTES

The regular monthly business meeting was called to order at 7:03pm on May 13, 2014. Attendees included President Brandy Burns, Patrick Bruer, Tom Griffin, Jeff Hall, Barbara Hindenach, Carolyn Huettel, Tom Kirby, Jamie Lewis, Aline Lloyd, Gary Schulz and your scribe, Henry Blinder.

In Jim Clabuesch's absence, Brandy gave us the Membership report. Ethan Caldwell has agreed to take over as the new Membership chair.

On Haberdashery, Jeff reported that he has identified a source for the shirts to be distributed at the Running Start graduation event on May 31. We also learned that the Club is out of bumper stickers, and he will be looking into getting replacements.

Brandy indicated that the transition from Shauna Griffin to our new newsletter editor, Ravi Kashyap, is going well. The transition should be completed within a few months.

In Kevin Nickodem's absence, there was no monthly Treasurer's report. By e-mail, Kevin informed us that the report will be provided to the Board next week.

Patrick has started the process for opening a credit card account for the Club to be capable of accepting credit card payments, and has asked Kevin to complete an application for the account. Once the account is set up, the Club will receive a credit card reader ma-

chine from Square Up.

Aline informed us that the Running Start program is in its seventh week. Notwithstanding some nasty weather, "people are still showing up." On the weekends, there are around 45 trainees and 22 pacers currently participating. There have been two seminars held and a shoe selection seminar is upcoming. There will be a timed 5K race on May 31 as part of the graduation event. Consistent with past practice, the Board voted to fund the cost of a brunch for the pacers.

For the Spring Banquet set for this coming Sunday, Jamie reported that "we're aces." One hundred adults and seven children have signed up.

To help promote the Club, Brandy and Tom G. attended a health fair at SAS. She asked whether the Club's brochure should be updated, and we were all reminded that an update had been done just last year. Brandy will take a look at the updated brochure and see if any further refinements might be helpful. That led to a discussion on whether we should be providing other promotional materials at these types of events and race expos. She will look at the question, get some pricing information on possible options and come back to the Board for further consideration.

The meeting was adjourned at 7:50pm.

— **Henry Blinder**

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 for more information.

— **Jeff Hall**

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	
<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**

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ADDRESS SERVICE REQUESTED



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