

VOLUME XXXIX
NUMBER 10

JULY
2014



**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

**NEWSLETTER
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SNAKES AND GEESE AND HEAT, OH MY!

I wrote last month that I was going to make a better effort to take advantage of opportunities to run; to run where I'm at (physically and mentally) instead of putting it off, or trying to make it happen exactly how I want it to happen. I am trying to be the "do what I said I would do" kind of person instead of "do as I say, not as I do."

My first opportunity came as I traveled to our office in Elizabeth City one day. Every time I drove to Elizabeth City, I came across a sign that said *Kuralt Trail*. So one day I brought my running clothes with me and decided I was just going to stop, and I did.

The first thing I figured was that the trail was only a mile and a half long. In the spirit of staying positive, I said to myself, "that's okay. I will just run it four times."

Within seconds of heading down the trail, I hear rustling alongside me. I stop, look over to the right and see a snake slithering off into the brush. This is not a harmless black snake; it's something of a different color. I tend to believe I'm a pretty outdoorsy kind of person since I grew up camping and hiking and being outdoors. But I grew up in Northern Michigan, and the most dangerous thing in the wilderness there are the hunters. Although I've been in North Carolina for around 13 years, there are still some creatures in the wild here that terrify me, such as poisonous biting snakes. I don't mind just slithery snakes, but there is something that is terrifying to me about the potential of getting bitten by a snake. It seems like it would hurt.

Nevertheless I continue forward. Every couple minutes I hear another rustle, and periodically see a snake slither off into the woods, or slide into the swampy water alongside the trail. Okay, maybe I'll run only one loop. About 5 minutes down the trail, a Canada goose is standing on the trail. Wait...aren't geese aggressive creatures? He gives me the stink eye and starts making really loud goose sounds at me. I had an encounter with a wild turkey a few years ago that still makes me a little nervous around large animals with wings in the woods and at this point I am somewhat terrified. However, the goose slowly waddles across the trail and goes off into the swamp, giving me one final sneer over his

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**DEADLINE FOR
AUGUST
NEWSLETTER:
JULY 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 NOTE FROM THE MEMBERSHIP CHAIR - BY ETHAN CALDWELL

Allow me to introduce myself. My name is Ethan Caldwell and I have agreed to take on the duties of membership chair. I joined the club in October of 2003. Since then, I have attended many summer track and winter series events, I ran the first Umstead Marathon and flirted with the Monday, Thursday and Saturday group runs, as time allowed. Thankfully, my recent move to north Raleigh is allowing me the opportunity to assume the role of membership chair and attend more Godiva events.

Jim Clabuesh, who assumed the role back in the year 1998, has decided to step down and focus on other things, which means he is going to focus on running and get even faster so he can lap us more times at summer track. I would like to thank Jim for ensuring my newsletter arrived and reminding me of my membership expiration date.

Looking back, it used to be the best part of my month to get the newsletter and see if my name appeared in

“At the Races.” I used to pick obscure runs in faraway lands (Selma, NC) to see if it would show up. Magically, most of the time, it did. When I learned that the computer processing this data was Jim’s own brain and his recollection of the membership role, I was further impressed. I understood when he decided to stop looking up thousands of race result each month in hopes of seeing someone’s name he recognized.

While I loved to see my name in “At the Races” it always felt self-serving to enter my name on the website for “At the Races.” As long as I didn’t have to enter the information myself, I loved to see it printed in the newsletter. It also helped me see who was having a great year so I could vote for runner of the year. My hope is to resurrect “At the Races” without the need of a personal submission. I am going to attempt to use a computer program to capture this information. This may be a slow process since I am not a programmer or data administrator by trade. To make

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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.	Jess Broglie, 910-286-6282
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.	Katie Biasi, 919-593-2578 and Paul Wormsbecher, 919-303-0443
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)

shoulder as he leaves.

Less than ten minutes down the trail, of which about three and a half minutes were impeded by an angry, yelling goose, the trail is flooded. At no point am I able to see where the trail may come out again. I typically have no problem getting my feet wet (one year running Uwharrie, it was so wet and rainy I think my feet got wet within the first mile and they stayed wet for the remaining 39), but considering I just saw two snakes slither into the water, I decide it is not worth the risk of any possible encounter with a snake in the water. I turn around and head back.

Probably the least scary thing I encountered the whole time was the big black ant crawling along the downed tree lying across the trail; by this time I was so on edge, I leaped over it and sprinted back to the car. At the entrance of the trail, I look at the sign that describes the trail; at the top of the sign is a weather vane. A goose weather vane. Figures.

I had one other great opportunity to experience a new run. I was traveling to Charleston, S.C. and decided to run the Cooper River Bridge (which is actually not the name of the bridge), a 2.5 mile bridge across the Cooper River. In my poor planning I ended up running across the bridge at 12:30 in the afternoon instead of at a reasonable morning or evening hour. On this particular day, the temperature was 92 degrees when I stepped out of the car. The thing about bridges is that they span water -- and thus don't offer shade. Another thing about bridges is if you run across them, generally the only way to get back to the other side is to run back across. The last thing I will say about bridges (I promise! No more bridge education) is that their structure kind of goes something like this:



This means you are running up for a long way, and then down for a long way.

By the time I got to the other side, I was so very hot, had blisters on my feet, and was feeling all around unpleasant. I then had to run back, uphill for a mile and a half before I got to head back downhill.

If you haven't yet, I really encourage you to run across the Cooper River Bridge. It is really an amazing bridge and it's very cool to look out over Charleston. Maybe just pick a cooler time of the day.

Both of my attempts to run where I was ended up being a little less than perfect. But that's supposed to be okay, right? I did get to experience two places that I normally wouldn't have. So I'll keep an open mind and keep working on it.

Next up: Summer track! By the time this is published, we are already going to be well into the season, but if you haven't been out yet it's never too late in the season to start. I just went to my first one since 2011. I forgot how fun they are! It's an all-around laid back, fun atmosphere. I've decided to set a summer track goal this year to run a mile in under 8 minutes. I have never run a sub-eight minute mile (yes, it's true...not even when running just one single mile have I ever been able to get below 8:00.) I've put it down in writing for you all to read; now I *have* to do it.

— Brandy Burns

RACE CALENDER

Check out CGTC's online race calendar for an extensive, up-to-date list of local races:

www.carolinagodiva.org/race-calendar

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

SUMMER TRACK RESULTS

21 May**Mile Run**

Thomas Pinckney	M	25	5:01
Colin Jones	M	43	5:05
Amanda LoPiccolo	F	31	5:06
Nic Pillinger	M	36	5:09
Jack Mignosa	M	43	5:14
Rod Rose	M	40	5:17
Jim Clabuesch	M	49	5:23
Tom Kreger	M	33	5:24
Craig Heintz	M	45	5:27
Brian Tajili	M	32	5:27
George Carpenter	M	18	5:31
Lewis Hendricks	M	41	5:37
Mike Carpenter	M	46	5:45
David Courson	M	32	5:50
Bryan Hassin	M	35	5:53
Craig Walker	M	40	5:53
Tom Hoerger	M	55	5:54
Douglas Hensel	M	41	5:59
Ronnie Weed	M	39	6:00
Ethan Caldwell	M	40	6:00
Martin Warters	M	35	6:01
Niel Amato	M	43	6:04
Ed Billings	M	52	6:12
Kevin McCabe	M	33	6:14
Lauren Alpert	F	24	6:18
Ted Richardson	M	44	6:22
Kevin Gauger	M	40	6:24
Ron Garcia-Fogarty	M	40	6:29
David Wood	M	48	6:33
Leif Rasmussen	M	11	6:42
William Schmitz	M	42	6:46
Dan Woodlief	M	51	6:50
Tom Kirby	M	61	6:53
Megan Sullivan	F	38	7:02
Michelle Hickeson	F	44	7:03
Hernan Silva	M	50	7:04
Roxanne Springer	F	50	7:07
Ray Dooley	M	61	7:12
Rietta Couper	F	55	7:15
Ben Barker	M	44	7:19
Jason Figge	M	41	7:20
Parker Jones	M	7	7:22
Michael Formy-Duval	M	38	7:23
Chris Gould	M	70	7:26
Jim Hotelling	M	67	7:26
Sam Chhorn	M	41	7:27
Greg Sousa	M	44	7:30
Lena Hollmann	F	63	7:32
Katherine Guilfoyle	F	28	7:33
Ed Davis	M	69	7:38
Mark Rotenberry	M	55	7:39
Wayne Haller	M	60	7:40
Brianna Honea	F	35	7:51
Julie Messina	F	36	7:57
Tim O'Brien	M	62	7:57
Silas Rasmussen	M	6	7:57
Kitty Moses	F	58	8:16
Carolyn Huettel	F	50	8:29
John Jewell	M	57	8:36
Aimee Bazin	F	31	8:37
Karen Terry	F	45	8:41
Steve Mele	M	49	8:43
Makalia Mele	F	10	8:43
Ken Larsen	M	66	8:53
Jerry Surh	M	75	9:20
Alex Andre	M	6	9:22
Nan Lujan	F	33	9:31
Louise Guardino	F	73	9:31
Alexandra Garcia-Granados	F	51	9:33
Martha Klopfer	F	78	10:17

Heather Yeowell	F	74	10:26
David Yeowell	M	77	11:20
Susan Hoerger	F	53	did it!

200m Dash

Ryan Robinson	M	22	22.5
Jon Renner	M	30	24.0
Mike Carpenter	M	46	24.5
Colin Jacobs	M	21	24.5
Colin Jones	M	43	27.0
Chris Sarsony	M	46	27.0
Lauren Alpert	F	24	27.5
Kevin McCabe	M	33	28.2
Nic Pillinger	M	36	29.1
Jason Figge	M	41	29.1
Bryan Hassin	M	35	29.9
George Carpenter	M	18	30.0
Ron Garcia-Fogarty	M	40	30.2
Ethan Caldwell	M	40	30.3
Ed Billings	M	52	30.5
Martin Warters	M	35	30.6
Hernan Silva	M	50	30.9
Sam Chhorn	M	41	31.0
Craig Walker	M	40	31.6
Maurice McDonald	M	73	31.7
Angel Bowden	F	11	32.0
Craig Heintz	M	45	32.1
Niel Amato	M	43	32.3
David Wood	M	48	32.4
William Rhoad	M	72	32.6
Leif Rasmussen	M	11	32.6
Mark Rotenberry	M	55	32.7
Douglas Hensel	M	41	32.8
Ben Barker	M	44	33.3
Michael Formy-Duval	M	38	33.7
Jesper Rasmussen	M	40	33.9
William Schmitz	M	42	34.7
Tom Hoerger	M	55	34.9
Dan Woodlief	M	51	35.2
Wayne Haller	M	60	35.4
Roxanne Springer	F	50	35.6
Lewis Hendricks	M	41	35.9
Michelle Hickeson	F	44	36.2
Karen Terry	F	45	36.6
Tom Kirby	M	61	37.2
Kevin Gauger	M	40	37.5
Jerry Surh	M	75	38.9
Erik Rotenberry	M	14	40.0
Anna Rotenberry	F	12	40.7
Louise Guardino	F	73	40.9
Megan Sullivan	F	38	41.0
Brianna Honea	F	35	41.2
Parker Jones	M	7	41.7
Ray Dooley	M	61	42.4
Ian Rasmussen	M	9	42.7
Aimee Bazin	F	31	43.4
Lena Hollmann	F	63	43.6
Ken Larsen	M	66	44.6
Kitty Moses	F	58	44.6
Greg Sousa	M	44	45.7
Silas Rasmussen	M	6	47.0
John Jewell	M	57	47.2
David Yeowell	M	77	47.4
Alex Andre	M	6	50.2
Alexandra Garcia-Granados	F	51	53.9
Nan Lujan	F	33	54.0
Julia Rotenberry	F	32	61.1
Jacob Andre	M	71.9	
Mae Kreger	F	5	74.0
Abe Kreger	M	3	78.0
Susan Hoerger	F	53	107.0

Mile Racewalk

Ray Dooley	M	61	9:07
Jason Figge	M	41	9:20
Roxanne Springer	F	50	9:51
Barbara Hindenach	F	63	10:48
Ben Barker	M	44	11:05
Karen Terry	F	45	11:17
William Schmitz	M	42	11:23
Lena Hollmann	F	63	11:28
Hernan Silva	M	50	11:31
Tim O'Brien	M	62	11:37
Kevin Gauger	M	40	11:46
Carolyn Huettel	F	50	11:47
Chris Gould	M	70	11:53
Alexandra Garcia-Granados	F	51	12:25
Leif Rasmussen	M	11	12:49
Brianna Honea	F	35	13:04
Julie Messina	F	36	13:17
Ken Larsen	M	66	13:17
Martin Warters	M	35	13:18
Aimee Bazin	F	31	13:26
Julia Rotenberry	F	32	13:29
Greg Sousa	M	44	13:43
Megan Sullivan	F	38	13:43
Wayne Haller	M	60	13:43
Michael Formy-Duval	M	38	13:43
George Carpenter	M	18	13:46
Nan Lujan	F	33	14:14
Tom Hoerger	M	55	14:14
Angel Bowden	F	11	14:56
Cheryl Bowden	F	51	14:56

800m Run

Leon Bullard	M	40	2:06
Colin Jones	M	43	2:14
Erica Charles	F	25	2:20
Amanda LoPiccolo	F	31	2:22
Nic Pillinger	M	36	2:25
Jon Renner	M	30	2:26
Jack Mignosa	M	43	2:30
Colin Jacobs	M	21	2:32
Chris Sarsony	M	46	2:32
Pat Price	M	35	2:34
Craig Heintz	M	45	2:35
Kevin McCabe	M	33	2:37
Zack Osborne	M	63	2:39
Niel Amato	M	43	2:40
Craig Walker	M	40	2:41
David Wood	M	48	2:42
Bryan Hassin	M	35	2:43
Douglas Hensel	M	41	2:44
Jay Smith	M	65	2:45
Tom Hoerger	M	55	2:46
Ed Billings	M	52	2:47
Martin Warters	M	35	2:52
Ted Richardson	M	44	2:54
Ron Garcia-Fogarty	M	40	2:57
Kevin Gauger	M	40	3:01
Ethan Caldwell	M	40	3:01
Dan Woodlief	M	51	3:06
Chris Gould	M	70	3:08
William Schmitz	M	42	3:10
Roxanne Springer	F	50	3:11
Lewis Hendricks	M	41	3:13
Jason Figge	M	41	3:14
Jim Hotelling	M	67	3:14
Leif Rasmussen	M	11	3:14
Tom Kirby	M	61	3:15
Sam Chhorn	M	41	3:15
Michelle Hickeson	F	44	3:15

(Continued on page 7)

SUMMER TRACK RESULTS, CONT.

(Continued from page 6)

Ronnie Weed	M	39	3:16
Ray Dooley	M	61	3:22
Michael Formy-Duval	M	38	3:25
Hernan Silva	M	50	3:26
Greg Sousa	M	44	3:28
Wayne Haller	M	60	3:28
Angel Bowden	F	11	3:28
Lena Hollmann	F	63	3:32
Ed Davis	M	69	3:35
Julie Messina	F	36	3:38
Parker Jones	M	7	3:42
Ian Rasmussen	M	9	3:45
Brianna Honea	F	35	3:50
Ken Larsen	M	66	3:53
John Jewell	M	57	3:55
Jesper Rasmussen	M	40	4:03
Karen Terry	F	45	4:04
Carolyn Huettel	F	50	4:05
Aimee Bazin	F	31	4:07
Louise Guardino	F	73	4:22
Jerry Surh	M	75	4:24
Nan Lujan	F	33	4:27
Alexandra Garcia-Granados	F	51	4:33
Alex Andre	M	6	4:33
Ben Barker	M	44	4:33
Heather Yeowell	F	74	5:01
David Yeowell	M	77	5:20
Susan Hoerger	F	53	did it!

5000m Run

Jim Clabuesch	M	49	18:12
Jack Mignosa	M	43	18:30
Nic Pillingier	M	36	18:37
Ronnie Weed	M	39	19:16
Lewis Hendricks	M	41	19:47
Pat Price	M	35	20:35
Patrick Bruer	M	55	21:12
Douglas Hensel	M	41	21:50
Bryan Hassin	M	35	21:57
Craig Walker	M	40	22:10
Ted Richardson	M	44	22:45
Kevin McCabe	M	33	22:59
Sam Chhorn	M	41	23:00
Kevin Gauger	M	40	23:13
Martin Warters	M	35	23:25
Chris Gould	M	70	23:37
Ethan Caldwell	M	40	23:45
Roxanne Springer	F	50	24:19
Tom Kirby	M	61	24:28
Tim O'Brien	M	62	24:30
Dan Woodlief	M	51	25:11
William Schmitz	M	42	25:26
Chris Sarsony	M	46	25:42
Michael Formy-Duval	M	38	26:58
Carolyn Huettel	F	50	27:08
Julie Messina	F	36	27:19
Ed Davis	M	69	27:30
Kitty Moses	F	58	27:32
Ray Dooley	M	61	25:04
John Jewell	M	57	30:02
Heather Yeowell	F	74	34:03
Jerry Surh	M	75	34:09
David Yeowell	M	77	37:49
Barbara Hindenach	F	63	40:17

28 May**1500m Run**

Jason Jabaut	M	32	4:41
Doug Boyer	M	34	4:47

Jack Mignosa	M	43	4:48
Ericka Charles	F	25	4:53
Mark Manz	M	28	4:56
Jim Clabuesch	M	49	5:00
George Hotelling	M	13	5:04
Jacob Kelly	M	34	5:05
George Carpenter	M	18	5:07
Lewis Hendricks	M	41	5:12
Brett Dixon	M	44	5:15
Josia Egan	M	36	5:16
Chris Sarsony	M	46	5:18
David Courson	M	32	5:19
Kevin McCabe	M	33	5:27
Ethan Caldwell	M	40	5:28
Jason Figge	M	41	5:30
Tom Hoerger	M	55	5:30
Wayne Middlesteadt	M	51	5:30
Bryan Hassin	M	35	5:32
Jonathan Timothy	M	15	5:32
Martin Warters	M	35	5:36
David Wood	M	48	5:41
Andy Whitemann	M	58	5:42
Ronnie Weed	M	39	5:49
Jay Smith	M	65	5:51
Robert Stumpf	M	44	5:55
Ron Garcia-Fogarty	M	40	5:58
Adrian Bruno	M	14	6:04
William Schmitz	M	42	6:18
Leif Rasmussen	M	11	6:19
Roxanne Springer	F	50	6:24
Virginia Pridgen	F	11	6:24
Dallas Pridgen	M	51	6:24
Tom Kirby	M	61	6:25
Michelle Hickeson	F	44	6:35
Tina Clossick	F	42	6:36
Rietta Couper	F	55	6:40
Hernan Silva	M	50	6:40
Jim Hotelling	M	67	6:42
Susy Slingland	F	43	6:51
Lena Hollmann	F	63	6:53
R.D. Bruno	M	50	6:58
Ary Bush	M	34	7:00
Richard Smith	M	61	7:01
Sam Chhorn	M	41	7:05
Ed Davis	M	69	7:07
Katie Biasi	F	40	7:16
Mark Rotenberry	M	55	7:18
William Harris	M	38	7:19
Carolyn Huettel	F	50	7:20
Julie Messina	F	36	7:23
Brianna Honea	F	35	7:27
Halle Amick	F	36	7:27
Katie Foley	F	19	7:37
Ian Rasmussen	M	9	7:42
Kitty Moses	F	58	7:46
Gina Horne	F	44	7:47
Jon Sasser	M	58	7:54
Rob McCauley	M	42	7:55
Aimee Bazin	F	31	7:56
Silas Rasmussen	M	6	7:57
Tom Arnel	M	51	7:57
Jesper Rasmussen	M	40	8:04
Jeffrey Camaraty	M	39	8:07
Karen Terry	F	45	8:10
Andy Lee	M	8	8:17
Ken Larsen	M	66	8:19
Barbara Hindenach	F	63	8:25
Louise Guardino	F	73	8:40
Nan Lujan	F	33	8:41
Alex Andre	M	6	8:43
Peter Klopfer	M	84	8:57
Alexandra Garcia-Granados	F	51	9:20
Martha Klopfer	F	78	9:47

Jacob McCauley	M	12	10:00
James Lee	M	4	10:32
Julia Rotenberry	F	32	11:36
Caroline Lee	F	6	11:42
Susan Hoerger	F	53	did it!

100m Dash

Colin Jacobs	M	21	12.4
Rick Pack	M	33	12.5
Jonathan Roeback	M	15	12.8
Jason Figge	M	41	13.2
George Hotelling	M	13	13.2
Ary Bush	M	34	13.2
Bryan Hassin	M	35	13.6
Mark Manz	M	28	13.8
Sam Chhorn	M	41	13.9
Robert Stumpf	M	44	14.2
Martin Warters	M	35	14.5
Jalline Bennett	M	11	14.5
Ethan Caldwell	M	40	14.6
Ron Garcia-Fogarty	M	40	14.7
David Wood	M	48	14.7
George Carpenter	M	18	14.8
Kevin McCabe	M	33	14.8
Hernan Silva	M	50	14.9
Dallas Pridgen	M	51	14.9
Jacob Kelly	M	34	14.9
Leif Rasmussen	M	11	15.2
William Schmitz	M	42	15.2
Jeffrey Camaraty	M	39	15.5
Jesper Rasmussen	M	40	15.8
Katie Barrett	F	32	15.8
Doug Boyer	M	34	15.8
Andy Whitemann	M	58	15.9
William Harris	M	38	15.9
Lewis Hendricks	M	41	16.2
Virginia Pridgen	F	11	16.5
Wayne Haller	M	60	16.6
Michelle Hickeson	F	44	16.7
Tia Black	F		17.0
Tom Hoerger	M	55	17.2
Roxanne Springer	F	50	17.2
Rob McCauley	M	42	17.3
Susy Slingland	F	43	17.5
Tom Kirby	M	61	17.6
Erik Rotenberry	M	14	17.7
Mark Rotenberry	M	55	17.8
Kathleen Baker	F		18.1
Anna Rotenberry	F	12	18.2
Karen Terry	F	45	18.2
Halle Amick	F	36	18.2
Andy Lee	M	8	18.7
Aimee Bazin	F	31	19.0
Brianna Honea	F	35	19.0
Ian Rasmussen	M	9	19.0
Katie Foley	F	19	19.0
Jacob McCauley	M	12	19.0
Louise Guardino	F	73	19.2
Julie Messina	F	36	19.6
Elizabeth Schuler	F	30	20.0
Ken Larsen	M	66	20.5
Gina Horne	F	44	20.5
Jon Sasser	M	58	20.6
Alex Andre	M	6	21.1
Mary Szymkowski	F	51	21.3
Kitty Moses	F	58	21.5
Silas Rasmussen	M	6	22.0
Jake Smith	M	8	22.1
Katie Biasi	F	40	22.2
Lena Hollmann	F	63	22.6
Nan Lujan	F	33	22.7

(Continued on page 8)

SUMMER TRACK RESULTS, CONT.

(Continued from page 7)

Alexandra Garcia-Granados	F	51	23.3
Caroline Lee	F	6	25.3
Daniel Smith	M	6	27.0
Julia Rotenberry	F	32	27.5
Barbara Hindenach	F	63	28.9
James Lee	M	4	28.9
Jae Black	F	5	35.0
Susan Hoerger	F	53	54.0

1500m Racewalk

Jason Figge	M	41	8:44
Roxanne Springer	F	50	9:09
Leif Rasmussen	M	11	9:58
Barbara Hindenach	F	63	10:00
Hernan Silva	M	50	10:11
William Schmitz	M	42	10:29
Katie Foley	F	19	10:43
Katie Barrett	F	32	10:55
Lena Hollmann	F	63	11:06
Alexandra Garcia-Granados	F	51	11:14
Brianna Honea	F	35	11:31
Tom Arnel	M	51	11:54
Mary Szymkowski	F	51	11:55
Aimee Bazin	F	31	12:18
George Carpenter	M	18	12:20
Ken Larsen	M	66	12:20
Julie Messina	F	36	12:20
Tina Clossick	F	42	12:20
Wayne Haller	M	60	12:36
Martin Warters	M	35	12:49
Gina Horne	F	44	12:49
Kevin McCabe	M	33	12:54
Robert Stumpf	M	44	12:54
Elizabeth Schuler	F	30	12:54
Nan Lujan	F	33	13:01
Silas Rasmussen	M	6	13:10
Tom Hoerger	M	55	13:45
Ian Rasmussen	M	9	14:18
Kathleen Baker	F		14:18
Ron Garcia-Fogarty	M	40	15:18
Julia Rotenberry	F	32	15:18
Jada Smith-Holman	F	11	15:44
Quanda Holman	F	36	16:00

400m Dash

Colin Jacobs	M	21	54.5
Ericka Charles	F	25	57.2
Rick Pack	M	33	58.6
Lauren Alpert	F	24	59.0
Ary Bush	M	34	62.2
Chris Sarsony	M	46	62.4
Jason Figge	M	41	64.0
Josia Egan	M	36	65.0
Jacob Kelly	M	34	65.0
Ronnie Weed	M	39	66.0
Jonathan Roebach	M	15	66.0
George Hotelling	M	13	66.2
Kevin McCabe	M	33	66.3
Mark Manz	M	28	67.0
Doug Boyer	M	34	67.0
Ethan Caldwell	M	40	69.0
Ron Garcia-Fogarty	M	40	69.2
Maurice McDonald	M	73	69.2
Bryan Hassin	M	35	69.7
Jack Mignosa	M	43	70.0
George Carpenter	M	18	71.0
Martin Warters	M	35	71.0
David Fernandez	M	36	71.0
David Wood	M	48	71.5

Robert Stumpf	M	44	72.0
Andy Whitemann	M	58	72.0
Dallas Pridgen	M	51	72.3
Sam Chhorm	M	41	73.0
Leif Rasmussen	M	11	75.0
Tina Clossick	F	42	75.4
Quanda Holman	F	36	76.0
Jeffrey Camaraty	M	39	78.0
Mark Rotenberry	M	55	78.1
Lewis Hendricks	M	41	79.0
Wayne Middlesteadt	M	51	79.0
Tom Hoerger	M	55	79.4
Roxanne Springer	F	50	79.4
Jada Smith-Holman	F	11	80.0
Wayne Haller	M	60	80.7
Michelle Hickeson	F	44	81.0
William Schmitz	M	42	81.0
Susy Slingland	F	43	85.0
Tom Kirby	M	61	86.5
Jesper Rasmussen	M	40	87.0
Katie Barrett	F	32	87.0
Jim Hotelling	M	67	88.6
Halle Amick	F	36	89.0
Mary Szymkowski	F	51	90.0
William Harris	M	38	90.4
Katie Foley	F	19	93.6
Jon Sasser	M	58	95.0
Karen Terry	F	45	96.0
Rob McCauley	M	42	96.0
Brianna Honea	F	35	96.2
Ken Larsen	M	66	96.2
Gina Horne	F	44	97.0
Lena Hollmann	F	63	98.6
Ian Rasmussen	M	9	98.7
Elizabeth Schuler	F	30	99.3
Louise Guardino	F	73	101.2
Aimee Bazin	F	31	102.0
Katie Biasi	F	40	105.0
Alexandre	M	6	106.0
Carolyn Huettel	F	50	107.0
Tom Arnel	M	51	108.0
Silas Rasmussen	M	6	116.0
Barbara Hindenach	F	63	122.5
Jacob McCauley	M	12	124.0
Nan Lujan	F	33	132.0
Erik Rotenberry	M	14	142.0
Susan Hoerger	F	53	275.0

3000m Run

Doug Boyer	M	34	10:11
Jack Mignosa	M	43	10:31
Jim Clabuesch	M	49	10:42
Mark Manz	M	28	10:43
Lewis Hendricks	M	41	11:11
Jacob Kelly	M	34	11:18
Brett Dixon	M	44	11:30
Ronnie Weed	M	39	11:49
Patrick Bruer	M	55	12:09
Josia Egan	M	36	12:15
Bryan Hassin	M	35	12:21
Kevin McCabe	M	33	12:29
David Wood	M	48	12:34
Ethan Caldwell	M	40	12:54
William Schmitz	M	42	13:42
Martin Warters	M	35	13:58
Robert Stumpf	M	44	14:04
Tom Kirby	M	61	14:14
Ary Bush	M	34	14:17
Sam Chhorm	M	41	14:18
Roxanne Springer	F	50	14:27
Katie Foley	F	19	14:33
Michelle Hickeson	F	44	14:41

Mary Szymkowski	F	51	14:55
Tina Clossick	F	42	15:06
Ed Davis	M	69	15:27
Carolyn Huettel	F	50	15:32
Katie Biasi	F	40	15:53
Julie Messina	F	36	16:01
Halle Amick	F	36	16:09
Kitty Moses	F	58	16:40
Wayne Haller	M	60	17:05
Elizabeth Schuler	F	30	17:05
Gina Horne	F	44	17:05
William Harris	M	38	17:54
Barbara Hindenach	F	63	18:17
Nan Lujan	F	33	19:32

4 June**Mile Run**

Thomas Pinckney	M	25	4:56
Amanda LoPiccolo	F	31	4:59
Malcolm White	M	29	5:02
Jack Mignosa	M	43	5:06
Colin Jones	M	43	5:07
Brian Tajjili	M	32	5:12
Jim Clabuesch	M	49	5:16
Mark Manz	M	28	5:17
Cameron Credle	M	27	5:18
Brian Callaway			5:20
Merrick Castillo	M	18	5:28
Matt LoPiccolo	M	38	5:31
David Courson	M	32	5:33
Timothy Cale	M	23	5:35
Jason Figge	M	41	5:37
Brett Dixon	M	44	5:38
Jonathan Haller	M	25	5:40
Patrick Fallon	M	18	5:41
Lewis Hendricks	M	41	5:43
Ethan Caldwell	M	40	5:49
Owen Astrachan	M	58	5:52
Niel Amato	M	43	5:55
Colin Jacobs	M	21	6:08
Meredith Bazemore	F	38	6:11
Dallas Pridgen	M	51	6:15
Tim Haughton	M	12	6:15
Ary Bush	M	34	6:19
Ron Garcia-Fogarty	M	40	6:20
Leif Rasmussen	M	11	6:26
Virginia Pridgen	F	11	6:27
Heiko Rath	M	44	6:28
Kaley Credle	F	27	6:31
Justine Johnson	F	39	6:34
Ronnie Weed	M	39	6:39
Esther Granville	F	34	6:41
Tom Kirby	M	61	6:52
Mary Szymkowski	F	51	7:07
Richard Smith	M	61	7:12
Michelle Hickeson	F	44	7:17
Mark Rotenberry	M	55	7:24
Ben Barker	M	44	7:28
Ed Davis	M	69	7:34
Christianna William	F	50	7:36
Junior Simmonds	M	46	7:44
Katie Biasi	F	40	7:46
Sam Chhorm	M	41	7:51
Carolyn Huettel	F	50	7:59
William Schmitz	M	42	8:01
Julie Messina	F	36	8:02
Katie Foley	F	19	8:04
Zack Osborne	M	63	8:04
Lena Hollmann	F	63	8:11
Sydney Barker	F	13	8:12

(Continued on page 9)

SUMMER TRACK RESULTS, CONT.

(Continued from page 8)

Kitty Moses	F	58	8:13	Tracy Eldred	F	43	43.3	Ethan Caldwell	M	40	3:04
Silas Rasmussen	M	6	8:25	Kitty Moses	F	58	43.5	Kevin McCabe	M	33	3:04
Tom Arnel	M	51	8:30	Klugh Jordan	F	39	44.3	Jack Mignosa	M	43	3:04
Megan Sullivan	F	38	8:32	Sofia VanHook	F	9	46.0	William Schmitz	M	42	3:05
Greg Sousa	M	44	8:33	Tia Black	F	4	46.5	Lewis Hendricks	M	41	3:06
Klugh Jordan	F	39	8:35	Jake Smith	M	8	46.8	Ronnie Weed	M	39	3:09
Aimee Bazin	F	31	8:37	Lena Hollmann	F	63	47.3	Tom Kirby	M	61	3:17
Michael Formy-Duval	M	38	8:37	Alex Andre	M	6	47.8	Ary Bush	M	34	3:22
Ken Larsen	M	66	8:43	Katie Biasi	F	40	48.8	Michael Formy-Duval	M	38	3:24
Karen Terry	F	45	8:48	Coen Figge	M	6	49.0	Michelle Hickeyson	F	44	3:25
Tracy Eldred	F	43	8:48	Nan Lujan	F	33	51.0	Ian Rasmussen	M	9	3:27
Rob McCauley	M	42	8:51	Erik Rotenberry	M	14	56.9	Greg Sousa	M	44	3:28
Barbara Hindenach	F	63	8:59	Daniel Smith	M	6	58.0	Jason Figge	M	41	3:30
Nan Lujan	F	33	9:31	Barbara Hindenach	F	63	65.0	Mary Szymkowski	F	51	3:30
Jesper Rasmussen	M	40	9:45	Julia Rotenberry	F	32	69.3	Ed Davis	M	69	3:31
Alex Andre	M	6	9:54	Jae Black	F	5	73.0	Jeff Tuson	M	63	3:31
Jacob McCauley	M	12	10:10	Liam Nervo-Jabaut	M	4	73.0	Ben Barker	M	44	3:34
Julia Rotenberry	F	32	12:17	Annika Figge	F	4	77.0	Christianna William	F	50	3:34
Susan Hoerger	F	53	did it!	Esme? Courson	F	3	87.0	Brianna Honea	F	35	3:37
200m Dash				Jacob Andre	M	5	124.5	Lena Hollmann	F	63	3:44
Ryan Robinson	M	22	22.4	Susan Hoerger	F	53	125.0	Carolyn Huettel	F	50	3:44
Joe DeMaio	M	17	23.2	Phoenix Jackson	M	1	189.0	Sam Chhorm	M	41	3:45
Stephen James	M	44	24.0	Mile Racewalk				Ken Larsen	M	66	3:46
Kwame Alston	M	24	25.0	Jason Figge	M	41	9:11	Kwame Alston	M	24	3:46
Patrick Fallon	M	18	25.4	Leif Rasmussen	M	11	10:43	Katie Biasi	F	40	3:47
Colin Jacobs	M	21	25.5	Ben Barker	M	44	10:48	Katie Foley	F	19	3:48
Lauren Alpert	F	24	26.5	Barbara Hindenach	F	63	11:01	Julie Messina	F	36	3:49
Marc Wagenseil	M	26	26.6	Carolyn Huettel	F	50	11:59	Rob McCauley	M	42	3:51
Colin Jones	M	43	27.4	William Schmitz	M	42	11:59	Florin Caligari	M	22	3:51
Ary Bush	M	34	27.5	Zack Osborne	M	63	12:03	Tom Arnel	M	51	3:54
Florin Caligari	M	22	27.9	Brianna Honea	F	35	12:17	Aimee Bazin	F	31	3:58
Jason Figge	M	41	28.0	Aimee Bazin	F	31	12:23	Anna Coleman	F	17	3:58
Jonathan Haller	M	25	28.6	Karen Terry	F	45	12:34	Karen Terry	F	45	4:03
Merrick Castillo	M	18	29.4	Sydney Barker	F	13	12:37	Sydney Barker	F	13	4:04
Sam Chhorm	M	41	30.0	Janelle Correia	F	13	12:44	Louise Guardino	F	73	4:15
Ron Garcia-Fogarty	M	40	30.0	Junior Simmonds	M	46	12:44	Tracy Eldred	F	43	4:15
Mark Manz	M	28	30.1	Julie Messina	F	36	12:45	Janelle Correia	F	13	4:20
Dallas Pridgen	M	51	31.1	Thomas Pinckney	M	25	12:45	Klugh Jordan	F	39	4:25
Ted Richardson	M	44	31.2	Joao Correia	M	46	12:45	Nan Lujan	F	33	4:30
Michael Formy-Duval	M	38	32.3	Ken Larsen	M	66	12:49	Alex Andre	M	6	4:57
Mark Rotenberry	M	55	32.7	Katie Foley	F	19	13:00	Barbara Hindenach	F	63	5:03
Leif Rasmussen	M	11	33.8	Lena Hollmann	F	63	13:01	5000m Run			
Jesper Rasmussen	M	40	33.8	Michelle Hickeyson	F	44	13:08	Jack Mignosa	M	43	17:44
Ethan Caldwell	M	40	34.2	Nan Lujan	F	33	13:09	Mark Manz	M	28	18:23
Kevin McCabe	M	33	34.6	Mary Szymkowski	F	51	13:11	Jim Clabuesch	M	49	19:03
Ben Barker	M	44	34.7	Christianna William	F	50	13:11	Timothy Cale	M	23	19:25
William Schmitz	M	42	34.7	Megan Sullivan	F	38	13:32	Ronnie Weed	M	39	19:28
Tim Haughton	M	12	35.8	Elizabeth O'Melia	F	9	13:33	Lewis Hendricks	M	41	19:37
Jeff Tuson	M	63	35.9	Julia Rotenberry	F	32	14:51	Brett Dixon	M	44	19:42
Junior Simmonds	M	46	36.0	Wendy Weber	F	46	15:06	Patrick Bruer	M	55	21:28
Virginia Pridgen	F	11	36.1	Alex Andre	M	6	16:00	Kevin McCabe	M	33	21:37
Tom Kirby	M	61	36.2	Susan Hoerger	F	53	did it!	Ethan Caldwell	M	40	21:59
Michelle Hickeyson	F	44	36.5	800m Run				William Schmitz	M	42	23:12
Lewis Hendricks	M	41	36.6	Noah Hanley	M		2:02	Greg Sousa	M	44	23:26
Heiko Rath	M	44	37.7	Jared Buddington	M		2:05	Sam Chhorm	M	41	24:07
Karen Terry	F	45	38.2	Colin Jones	M	43	2:13	Ron Garcia-Fogarty	M	40	24:12
Rob McCauley	M	42	39.1	Colin Jacobs	M	21	2:15	Daniel Hassler	M	46	24:16
Mike Valle	M	73	39.1	Amanda LoPiccolo	F	31	2:19	Tom Kirby	M	61	24:18
Michael VanHook	M	6	40.1	Brian Tajilli	M	32	2:24	Esther Granville	F	34	24:28
Sydney Barker	F	13	40.2	Matt LoPiccolo	M	38	2:28	Joao Correia	M	46	24:43
Brianna Honea	F	35	40.3	Merrick Castillo	M	18	2:30	Zack Osborne	M	63	24:48
Ken Larsen	M	66	40.3	Owen Astrachan	M	58	2:31	Michael Formy-Duval	M	38	25:27
Katie Foley	F	19	40.4	Laura Tuson	F	27	2:35	Carolyn Huettel	F	50	25:53
Louise Guardino	F	73	40.7	Niel Amato	M	43	2:38	Katie Foley	F	19	26:06
Greg Sousa	M	44	40.8	Ted Richardson	M	44	2:45	Ed Davis	M	69	26:47
Julie Messina	F	36	41.2	Tim Haughton	M	12	2:48	Brianna Honea	F	35	27:04
Christianna William	F	50	41.8	Ron Garcia-Fogarty	M	40	2:50	Katie Biasi	F	40	27:13
Ian Rasmussen	M	9	42.0	Mark Manz	M	28	2:53	Rietta Couper	F	55	28:06
Mary Szymkowski	F	51	42.3	Leif Rasmussen	M	11	2:58	Kitty Moses	F	58	28:14
Aimee Bazin	F	31	42.7	Becca Bayham	F	24	2:58	Rob McCauley	M	42	30:09
Jacob McCauley	M	12	43.0	Heiko Rath	M	44	3:00	Barbara Hindenach	F	63	30:33
				Justine Johnson	F	39	3:02				

2014 ANNUAL AWARDS BANQUET

Maybe the ghost of poet Lord Byron
 Could sing the deeds of these heroes of iron.
 Or perhaps some old Norwegian saga
 Recounts the tribe that runs 'til they're gaga.

Down from Olympus descended these gods
 Lacing their Nikes and stretching their quads.
 They race forever with no sign of fatigue -
 The Light Brigade faded before half a league.

These stars would run across Death Valley
 Just to get one point to tally
 Are they driven? Are they crazy?
 I couldn't do this – but I'm just plain lazy.

But yes, there is one higher reason
 That drives them through this brutal season:
 Run through winter, you meet a blizzard,
 But run in summer – you earn a lizard!

— **Charles Alden**
 (Ode to the Persistent Runner)

The unofficial theme for this year's CGTC Spring banquet might have been "Change is in the air." The banquet was held a few weeks later than usual, was on a different day (Sunday instead of Saturday), had a different start time (a half-hour earlier than usual), and there was even a change in the awards given out (more on that later). The weather gods joined in by bestowing a beautiful evening upon the gathering instead of threatening the event with rain.

What didn't change was the location and who our gracious hosts were: Jim Clabuesch and Carolyn Huettel. And once again Spartacus Restaurant catered the event (all hail Spartacus!). A hearty "thank you" as well to those Godiva members who took the time and effort to prepare desserts. And of course, one other thing that didn't change was that everyone had a good time. That was in part due to the masterful Master of Ceremonies, Kevin Nickodem, who kept things fun.

Of course we weren't there just for fun. It is the annual awards banquet, and there were many to be handed out. Like many of our past recipients of the Volunteer

of the Year award, this year's award winner helped Godiva in several ways. Presenter Aline Lloyd praised this year's recipient Shauna Griffin for all of her hard work the last two years as the newsletter editor, her willingness to serve as a race-day volunteer for the Umstead Marathon for another year, and as being indispensable for helping Aline manage the Running Start Program.

This year's Female Runner of the Year was Louise Guardino. Presenter Riëtta Couper said she had downloaded four pages' worth of race results and achievements for Louise, which clearly reflected why she was the winner, but opted to summarize her outstanding year of running instead. Bart Bechard didn't let injury stop him from taking the microphone to praise a clearly surprised Kevin Nickodem as the Male Runner of the Year. Both Kevin and Louise are all-too-frequent top finishers in their age groups, much to the disgust of their competitors.

Charles Alden, the indefatigable director of the Summer Track series, once again handed out awards to participants. First, he presented Grand Prix age-group winners with tumblers instead of the traditional bowls, and then he handed out some very groovy metal lizards to the Ironman (over)achievers--after reading his poem (see above) explaining the choice of his custom-made award. Jim Clabuesch wore out his pitching arm distributing the much-desired Winter Series t-shirts. Patrick Bruer, who revived the Cross Country Series last autumn and co-directed it with Aline Lloyd, handed out varsity letters to the qualifying participants. Richard Wolfe captured the evening with his camera, so please go to the website and see his photographs.

Your faithful correspondent would like to thank Brandy Burns, Patrick Bruer, Kevin Nickodem, Carolyn Huettel, and Jim Clabuesch for all their help, advice, and guidance in making sure yours truly organized the banquet and special thanks once again to Jim and Carolyn for providing a wonderful venue.

— **Jamie Lewis**

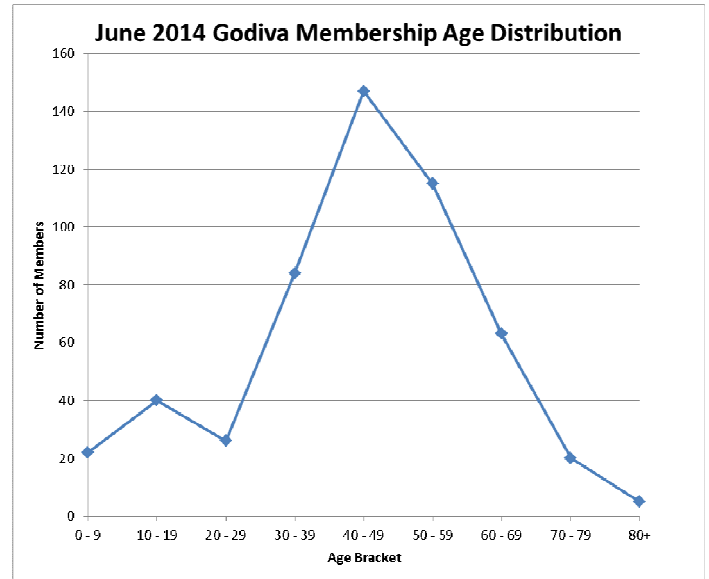
A NOTE FROM THE MEMBERSHIP CHAIR, CONT.

(Continued from page 3)

matters worse, not everyone signs up for races as their name appears in the Godiva database.

To begin with, I'm going to focus on races in the RTP area and those listed on the Godiva website. You can still submit your race results on the Godiva website or drop me a hint to look at a particular race at my email thisisnotmychair@gmail.com. I'll give it a shot and we'll see how it goes.

In the meantime my primary goal is to maintain the membership database, encourage new members, and keep the miles rolling. I am excited to assume this role and only hope that my butt will be able fill the chair left by Jim.



— Ethan Caldwell

@ THE RACES

DNA Day 5k		
Chapel Hill, NC 5/17/2014		
William Schmitz	22:09	
Cradle to Grave 30k and 5k Trail Race		
Pisgah Forest 5/17/2014		
James Lewis	4:29:51	
Run to Cure HHT 5K Trail Race		
Chapel Hill May 18, 2014		
Jerry Surh	31:21	
16th Annual NCRC Classic 1/2 Marathon and 10K		
Cary, NC May 18, 2014		
10K		
Martin Warters	46:30	
Lena Hollmann	53:56	2nd F Grandmaster
Allen Harris	54:43	1st M 50-54
Julie Messina	55:43	
1/2 Marathon		
Neil Rowley	1:29:54	3rd M 35-39
Ulf Andre	1:32:08	2nd M 45-49
Joao Correia	1:54:21	
Sandra Cooke	1:55:20	
Hanan Moussa	2:51:11	

Mel Levin	2:54:11	2nd M 65-69
Rattler Trail Full/Half		
Sanford, NC May 24, 2014		
Half Marathon		
Jon Hunter	2:13:00	
Halle Amick	2:45:00	
Someone Special Like Me 5k		
Cary, NC May 25, 2014		
Chris Sarsony	21:09	2nd M 45-49
Running of the Bulls 8K		
Durham, NC May 31, 2014		
Tim Meigs	27:28	1st M Master
Colin Jones	28:04	2nd M Master
Paul Sexton	30:09	1st M 45-49
Jim Clabuesch	30:20	2nd M 45-49
Nancy Kaiser	31:08	1st F Master
Paul Jones	31:26	
Anthony Corriveau	31:40	
Andrew Scribner	32:27	
Jeff Hall	32:53	
Caren Mangarelli	33:00	2nd F Master

(Continued on page 12)

@ THE RACES, CONT.*(Continued from page 11)*

Gary Moss	33:08	1st M 60-64	Jessica Lee	49:23	
Mike Kelley	33:29		Angela King-Herbert	49:31	
Kevin Gauger	33:51		Jennifer Headley	50:45	
Shannon Johnstone	34:53	3rd F 40-44	Beck Tench	50:45	
Mark Dessauer	35:23		Nealie Tebb	54:31	
Joe Drommer	35:31		Carol Walton	54:55	1st F 60-64
Jessica Broglie	35:43		Rochelle White	55:33	
David Drewry	35:51		Kevin Cox	55:41	
Martin Leivers	35:56		Alexandra Granados	55:54	
Tim Young	36:01		Summer Ibrahim	58:25	
Audrey Perlow	36:05		Stephen Johnstone	1:11:40	
Jen Howard	36:08		Connie Wittig	1:15:38	
Owen Astrachan	36:15	2nd M 55-59	Ann Burke	1:17:33	
Becky Trumbull	36:17	1st F 50-54	Barton Bechard	Volunteer	
Ethan Caldwell	36:27		Ronnie Weed	Volunteer	
Dorothy Slentz	36:37	2nd F 50-54	Guardians of the Hill 5k		
Karen Murphy	36:40		Chapel Hill, NC May 31, 2014		
Martin Warters	37:09		Allen Baddour	17:32	2nd M Overall
Megan Sullivan	37:21		William Schmitz	23:20	
Jim Van Welzen	37:48		Jon Hunter	25:51	
Ravi Jhaveri	37:54		Chris Blue	26:10	
Steve Mele	38:01		Run for the Dream 8K		
Mary Szymkowski	38:09		Williamsburg, VA May 31, 2014		
Kendra Stumpf	38:11	2nd F 45-49	Rick Platt	32:32	
Greg Sousa	38:20		Race 13.1 Midtown Raleigh		
Hernan Silva	38:32		Raleigh, NC June, 2014		
Michael Formy-Duval	38:54		1/2 Marathon		
Christianna Williams	39:32		Dan Woodlief	2:19:58	
Robert Stumpf	39:34		Mel Levin	2:39:32	
Steve Schewel	40:04		Jon Hunter	1:49:24	
Dan Woodlief	40:10		Joao Correia	1:55:50	
Charles Fiore	40:29		Run the Quay		
Paul Wormsbecher	40:30		Fuquay-Varina, NC June 7, 2014		
Allen Harris	41:25		5k		
Sandra Cooke	41:37		Lena Hollman	26:05	1st F 60
Michael O'Foghludha	41:38		Katie Biasi	29:54	
Cathy Mencarini	41:39		Ben Barker	27:10	
Jerry Harris	41:43		10k		
Andrew Signor	41:53		Katie Biasi	55:57	
Ben Barker	42:04		Ben Barker	51:39	
Anna Leivers	42:13				
Lori Cutts	42:52				
Jennifer Browndorf	43:41				
Brandy Burns	43:29				
Dawn Bardon	44:51				
Allison Barnes	45:08				
Leigh Wynne	45:47				
Collie Fulford	46:24				
Vickie Schudel	48:06				
Kitty Moses	48:19				
Erin Mcintee	49:09				

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

ONE OF MANY

I'm lousy at remembering names, but most of the times, I can recall faces. With Carolina Godiva Track Club I see these faces either at the Summer Track Series or the Winter Series or both. A few folks stand out in my mind, either for speed, or joy, or persistence, or just plain doggedness.

For speed on the track: who doesn't know Jermaine Wade in the sprints or Jay Smith in the longer track events! There is a woman whose name I think is Susan, she has a limp, yet she comes out and participates almost every week of the Summer Track Series. That is both courage and doggedness. Another standout is Katie Biasi, who went for the IronMan award while noticeably pregnant. That is determination. Lena Hollmann always surpasses what one might expect. I am amazed by the kids at the track: the Figges and Evan Milledge. They exhibit joy as well as persistence.

In the Winter Series, I think of race walker Chris Selvaggi who cheerily churns up the miles in dogged determination; Katie Biasi, again, after childbirth slogging through the New Year's Day run; Greg Sousa, who comes out to the trail runs with his kids, helping and encouraging them along as well as sometimes slogging through mud and other delectables (think Misery Run) on his own; the Shamblin kids full of enthusiasm, usually well ahead of me and then there is Hanan Moussa, whom I have seen twice at the Winter Series Trail run in the morning and in the afternoon at one of the Raleigh 5k races!

For joy, determination, and persistence in both the summer and Winter Series we have Barbara Hindenach. In pursuit of IronMan or just to finish a trail run, she is focused and steady. Of course, where there is Barbara there is Tom Kirby. Lest I forget, Heather and David Yeowell don't do the trail races, probably because they are out there, somewhere, running one of those long races in breathtaking times (my breath would be gone!) but they do come to track when they can to do, what else, one of the longer track outings. Speaking of joy, how about new CGTC member, our own meteorologist, William Schmitz? He runs with

gusto! Rietta Couper is a star on track, road, and trail. Persistent when maybe she should be resting an injury and oh, so, joyful about running. And competitive, too! Gosh, I recall how she ran three of the four Run for Donuts laps without losing a beat, held back only by my slowness in the first two she made up the time in her lone lap.

I usually don't see either Anthony Corriveau or Shannon Johnstone at CGTC races (unless they are racing by in the Umstead Marathon), but I have seen them at other events, representing CGTC in grand fashion. Who runs trail runs and takes photos without slowing down? Shannon! Wow.

Thinking of CGTC standouts, Jim Claebuesch and Carolyn Huettel not only run but support the activities with lots of behind the scene work. Is there an event, especially in the Winter Series, where Richard Wolfe is not taking great photos while sometimes trying to do his own trail outing?

These are just a handful of CGTC members whose names and faces I know, who are representative of the spirit of CGTC. Of course, I have to mention Kevin Nickodem who I had to hold back with my elbow at Geezer Pleezer, despite having an hour head start! (Well, it seemed like an hour!) Then there is Cathy Wides, a standout in many local and National races, who a few years ago finished Geezer Pleezer in grand style yet tried to encourage me to keep moving at the end on the track. Of all the folk I have mentioned, I don't know if they have been Runner of the Year (except for Kevin, Cathy, and Rietta), but each in his/her own way is runner of the year, if not decade. I am most surprised and grateful that my fellow members nominated me for the Female Runner of the Year award that I shall treasure, but I shall think of it as being representative of the back-of-the-pack folk who run without accolades, but run because they love it (even if maybe sometimes grouching!) Thank you, CGTC!

— Louise Guardino

JUNE MINUTES

The regular monthly business meeting was called to order at 7:04pm on June 10, 2014. Attendees included President Brandy Burns, Ethan Caldwell, Shauna Griffin, Jeff Hall, Carolyn Huettel, Jamie Lewis, Kevin Nickodem, Gary Schulz and your scribe, Henry Blinder.

Jeff had no new news on Haberdashery. Carolyn mentioned that “we’ve made a few sales.”

Shauna Griffin reported that the ongoing transition from her to our new newsletter editor, Ravi Kashyap, is going “great.”

Kevin delivered the monthly Treasurer’s report for the period ending May 31, as well as an 11-month fiscal year report with the same ending date. The primary event during the month with an impact on the Club’s finances was the Spring Banquet, and the report showed details on expenditures and revenues. He also noted that he is currently the only authorized user of the Club’s checking account, and that it would be a good idea to have other Godivans with a right of access in case he is unavailable. We concurred with his suggestion to add Jamie and Patrick Bruer.

We welcomed Ethan as our new Membership chair. He handed out a chart showing that the Club has 536 active members, including family members. The average age is 44.36 years old, and the chart included a breakdown of the age of Club members in 10-year in-

crements. He will be sending out a list of expired members to facilitate contacting them to see if they are interested in renewing their memberships. As an interesting factoid, he also noted that 15% of all Club members ran in the recent Running of the Bulls 8k race.

Brandy asked whether the Club wanted to hold the “One Hour run” again after the end of the regular weekly Summer Track series. Hearing our general sense of enthusiasm to do so, she will be in touch with Charles Alden and Bob Nelson to get the logistics worked out for the race.

Jamie thanked Carolyn, Jim Clabuesch and everyone else who helped put on the Spring Banquet. Jamie will do a write-up on the Banquet for the newsletter.

Brandy informed us that *919* magazine, a journal that publishes a variety of activities and events being held in designated geographical areas, is interested in publicizing the Umstead Marathon next year. She will provide Jamie with the contact information for the magazine.

The meeting adjourned at 7:34pm.

— 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	(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!