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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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"FALL"ING INTO THE NEXT SEASON

We are beginning to head into my favorite time of year. I *love* fall (or autumn, for those who prefer to use that word); I love the change in the smell of the air, the change in the color of the light, the change in the feel of the cooler temperatures on my skin. There is something about the transition of the season that gets me excited about change, new experiences, and new challenges while also bringing a sense of melancholy for the transition from all the light-heartedness of summer. At the same time, this transition also brings a feeling of appreciation about the good things I have in my life. (Gosh, I must be moody in the fall.)

The other reason this is my favorite time of year is that it is a time of transition in my running. After slogging through the heat of summer, I begin to get excited again about training for some of my favorite races (Uwharrie, Umstead, Mountains-to-Sea). I go through all my old *UltraRunning* magazines to seek out new races to try. Also, during this time some of my favorite Godiva events take place: the Fall Cross Country Series, the Fall Picnic, and...wait for it... [Carolina Godiva Track Club Winter Series!!](#)

This is our second year for the Fall Cross Country Series. The races, true to cross country form, fall on Wednesday evenings at 6:00 and will run through the month of September. This is a fun throw-back to those old high school cross country meets, and if you complete the series you receive a "Letter" at our Spring Awards Banquet. You can go ahead and sew that on to your Godiva Letter Jacket (well... maybe just your Godiva hoody) and let your significant other wear it around.

At the end of the month, we have our membership fall picnic (always with a big box of fried chicken!). This is held out in the Duke Forest at the picnic shelter. Duke Forest is a place many of our members spend time running, and also where we run for some of our Winter Series races. The picnic is a good place to meet and hang out with fellow Godivans and see what they look like in regular clothes and with their hair styled. Sometimes it can be amazingly hard to recognize someone the first time you see them outside of their running style! We will close out September with the picnic, and then jump right into our Winter Series in October.

(Continued on page 4)

**DEADLINE FOR
OCTOBER
NEWSLETTER:
SEPTEMBER 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

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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

GODIVA CROSS COUNTRY SERIES



Cross Country Series

Godva Track Club will host a series of four informal cross country races on Wednesday evenings during the month of September. This year we'll have a season finale cookout on September 24th hosted by Frank Rexford at his home (near the Finley trail). More details to follow later.

- ◆ **Sept. 3rd, 17th: Duke**
- ◆ **Sept. 10, 24th: Carolina**

The events on September 3rd and 17th will be held on the Al Buehler Trail at Duke University, and will feature 5k and 10k race options. On September 10th and 24th we'll run the XC trails adjacent to UNC-Chapel Hill's Finley Golf Course, starting and finishing be-

hind the Glen Lenox School property. The Chapel Hill layouts will be 5k and 8k.

All races will begin at 6 p.m., and will take place rain or shine.

Signup and timing will follow the summer track series procedure. Sign in on the roster/waiver form before running, then record your time at the end. We'll have a donation bucket, and suggest that you drop in \$1 per event.

Runners who complete a race in all four meets will earn a "letter" in XC, presented at the club's spring awards banquet.

Watch www.carolinagodiva.org for details, including course maps and directions. Questions? Email xc@carolinagodiva.org.

—Patrick Bruer

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, 919-491-4548
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, 919-491-4548

* 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)

For those of you who have read my previous columns, or who have spent much time talking to me about Godiva, you may remember that the Winter Series races are my favorite Godiva events. I love that they are on a Sunday and not until 10:00 a.m. which enables me to sleep in just a wee bit, and I love that every race has a piece of uniqueness attached to it whether it's some strange math formula or running through cow manure. You will see the race schedule in this month's newsletter, and in remaining newsletters, until the series is over. The first race of the season will be Run for the Donuts!

This evening, I have just returned home from an evening of watching runners run 'round a track for [one hour](#), and I am reminded of what a great group of people we have in our club. Thirty people came out to the event and about 1/3 of that number came out to volunteer. How often do you get an event where the number of people just showing up (through no coercion, manipulation, or bribery... maybe?) to help is 1/3 of the number of participants?! Every year, we have a member (although I won't mention names, she happens to be our 2012 Volunteer of the Year) who comes out with great enthusiasm to encourage, cheer for, and throw sponges at the runners. We have people who sit focused for one hour to make sure every runner has every lap counted for them (and when you have sever-

al runners to count, this is much more difficult that one might imagine), and then of course we have the two people, Bob and Charles, who work to make sure this event happens. This experience reminds me of how lucky I am to be part of this group.

Our membership coordinator has shared that we have a core membership of around 300, with a current membership that falls around 500. While we do have a lot of members who participate in many of our fun activities and events, it also means we have a lot of members who don't. For those members who have not yet come out to one of our events, and even those who are still just considering membership (remember, with just a few exceptions, you don't need to be a member to participate in our events, including the upcoming XC and Winter series), I hope that you choose to join us at one of these events this fall -- whether to participate, volunteer, or just to get a feel for what it's all about.

— **Brandy Burns**

GOT CONTENT FOR 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.

USATF OUTDOOR NATIONALS AT WINSTON-SALEM

The USATF Outdoor Nationals at Winston-Salem was my first Masters National Championship event. There were certainly more people there than any prior event I've been to, and I only got to watch the field events that were held within the stadium itself.

I watched Jay Smith in one of his runs, the 1500, and Jermaine Wade's silver medal run in the 400m (50.75, missing 1st place by under a second). Jay also ran the 800m, just missing 3rd place. An exciting event on Sunday, July 20th was the men's (M60) 1500m run. In the first few laps Peter Mullin led the field after passing Nolan Shaheed about 100m into it. It was then Mullin, Shaheed, and David Shamanski leading the pack. It stayed like that, with a large gap forming behind, for most of the first three laps. On what was the track back stretch (by the stands), Shaheed and Shamanski passed Mullin with about 200m to go. Around the bend into the final 100m, Shaheed and Shamanski were next to each other. So they go into the final 100m or so, with Shaheed and Shamanski, followed by Mullin, now lagging behind. All of a sudden Shamanski flew forward, passing Shaheed. He was really moving down the track. I mean flying! Even the announcer got quiet (could have been sound system problems which happened on and off) It was dead silence until Shamanski crossed in 4:51.98, Shaheed in 4:55.41, and Mullin in 4:59.09. It was quite a race to watch.

I have never been able to figure out how the high jump athlete gets their body high and almost parallel to the ground. Lots of strength training and springing up, I imagine. It should be a young to middle age activity but even eighty year olds (Mass Velocity's Flo Meiler) were high jumping! The 33-year-old woman winner, Charmaine Davis, jumped 1.30m, Flo, 80 years old, jumped 1.02m. Kathy Bergen, one heck of a sprinter (world records), age 74, jumped 1.15m. Pole vaulting was fun to watch—it's an event in which I tense and cringe until the athlete is up and over and the bar has not rattled off the hooks. I watched a fellow track competitor run the long and triple jumps, an activity which I consider hazardous to the knees (I tried it twice a year in senior games for a few years and was psyched out by the mesmerizing foul line white strip – I'd slow up too much or jump too soon – or go full

bore and of course foul.) Those I watched did not have any hesitation in their run-ups to the jump. Again, 80-year-old sprinters, did quite well in this event – Irene Obera (80) long jumped 2.94m and Flo Meiler jumped 2.59m. The 33-year-old woman winner, Lashawn Henighan from Kernersville, NC, jumped 4.87m. Lest you think I am ignoring the men, the youngest male, 43-year-old Greg Raisbeck, jumped 5.73m and 90-year-old Charles Ross jumped 1.02.

In the medieval events, Mike Valle threw the hammer 37.05m, and in the weight 14.44m, in both cases getting fourth. Both Becky Simers and Jane Barnes, area stars, competed with injuries. Both, in fact, had knee surgery right after the event (Jane the day after!). Both competed in the 100m and 200m events, which in their case, being in large age-group pools, meant prelims! They were both in a nine-person prelims, each including a Canadian. In Becky's 100m final she ran 15.27 to win the silver. Jane, defending champion in her age group, after running a 14.56 prelim, ran 14.81 in the final to get the bronze. In both races, the visiting Canadians ran faster than the Americans (but are not considered in terms of medal placement). In the 200m event, Becky had to run in a prelim; Jane didn't. Both age groups had a Canadian competitor and again the Canadians ran faster than their American counterparts. Becky's 200m time was 32:55, coming in fifth, and Jane's was 34:15 coming in sixth.

On Sunday I watched an event new to me, the shuttle hurdles: two lanes with eight hurdles each. Two teams go simultaneously. The two teams, each with four members, run back and forth twice. This is a relay event: when one hurdler gets to the far end, the next team member runs the hurdles back. A fun event to watch.

As for my events, if interested, you can find my report online at the NCCRONE blog. (blogspot.nccrone.com)

— Louise Guardino

COME CELEBRATE 50 YEARS OF WILDERNESS!

Have you ever been running in Duke Forest and had the feeling that you were off in the wild because you couldn't hear cars any longer? Did you find yourself on a trail along the Eno River and felt as Emerson did when he wrote, "In the woods, is perpetual youth"? Or have you been in Umstead Park, turned on a trail and thought, "Geez, I'm in the wilderness!"? I can answer "yes" to all three of those questions. I find being in the forest—and what feels like wilderness in this increasingly urbanized region—is often transformative, if not restorative.

Historians will tell you there are both legal and cultural constructs of wilderness. While Duke Forest, Eno River, and Umstead State Park are not, by legal definition, "wilderness," such places do give a sense of being *in* wilderness. Wilderness, in all its many constructs, will be celebrated on September 3 around the United States, when its supporters commemorate how the legal construct of wilderness has been protecting the cultural one for 50 years. It was on that date in 1964 that President Lyndon Johnson signed the Wilderness Act, which created the National Wilderness Preservation System, the most extensive system of protected wild lands in the United States. Since its signing, the law has continually inspired people to protect wilderness and enjoy it, too.

As someone who studies the history of forests for a living, I've been fortunate enough to spend time in and write about both legally designated wilderness areas (www.bit.ly/VFkgsa) and places that are wilderness areas in all but legal standing (www.bit.ly/1uesr7). So it's more than a little ironic that I've not run in any of North Carolina's twelve federal wilderness areas. But that's fine with me. I have Duke Forest, the Eno River, and Umstead Park, even though they aren't on that list. But that doesn't alter my enjoyment of these places to run—if anything, it makes me appreciate them all the more because they remain wooded oases in this rapidly growing area. You can enjoy them, too, because our club holds its Winter Series races and the Umstead Marathon, as well as two of its weekly runs, in and around them, giving runners the opportunity to connect with "wilderness" several times a year.



What these local places have in common with national wilderness areas is how they came to be protected and cherished spaces. The history of each involves someone at some point looking at the landscape, whether it was abandoned agricultural fields in need of restoration (like Umstead) or an area that had barely been explored by humans (like the Mollie Beattie Wilderness in northern Alaska), and deciding that it needed to be spared from overdevelopment and overuse.

In the case of what would become federal wilderness areas, the effort was led by Aldo Leopold, Bob Marshall, and Howard Zahniser, whose story is the focus of the Academy Award-nominated documentary film *Wild By Law*. All three men were leaders of the Wilderness Society, an organization formed in 1935 by Leopold, Marshall, and six other men to counter the rapid development of national parks for motorized recreation. The Wilderness Society supported projects like the Appalachian Trail but opposed others like the Blue Ridge Parkway because roadways like it were built at the expense of wilderness. (The tension between access to wilderness and protecting its integrity that led to the Society's establishment is still a divisive issue today.) Zahniser, the executive secretary of the Society from 1945 until 1964, carried the torch lit by Leopold and Marshall forward by writing the Wilderness Act and serving as its strongest advocate. The efforts of these and many other people have led to the protection of countless beautiful areas.

At just an hour long, *Wild By Law* is a great introduction to this decisive episode in American history. The Durham County Library will be showing the film at its Main Branch on Thursday, September 25, at 7 pm, followed by a question-and-answer session. (www.bit.ly/1AxZ4nX) I encourage you to join me then to celebrate 50 years of the Wilderness Act and all that it has done for what President Johnson called "the total relation between man and the world around him." I also hope you'll start running in the wilderness areas—however defined—around us. I'll see you out there.

— Jamie Lewis

SUMMER TRACK RESULTS

16 July**Mile Run**

Lindsey Scherf	F	27	4:47
Billy Askey	M	31	4:47
John Barry	M	45	4:54
Luke Allen	M	24	4:54
Paul Jones	M	39	4:58
Alex Dolwick	M	17	4:59
Jeff Najarian	M	38	5:16
Jeff Jackson	M		5:20
Alex Bibbey	M	29	5:31
Peter Villadsen	M	44	5:33
Mark Manz	M	28	5:37
Kevin McCabe	M	34	5:38
Scott Houck	M	29	5:38
David Clape	M	26	5:39
Ulf Andre	M	47	5:44
Ethan Caldwell	M	40	5:47
Lauren Clark	F	28	5:51
Lewis Hendricks	M	41	5:56
Sarah Jones	F	36	5:56
Kevin Kidd	M	39	5:59
Asad Ahmad	M	26	6:02
Ary Bush	M	34	6:07
Jerry Meyer	M	51	6:11
Jana Grindheim	F	28	6:15
Tom Hoerger	M	55	6:18
Rodney Bizzell	M	46	6:23
Ron Garcia-Fogarty	M	40	6:27
Pat Dolwick	M	47	6:33
Tina Clossick	F	43	6:36
William Schmitz	M	42	6:46
Ray Dooley	M	61	6:53
Roxanne Springer	F	50	6:53
Mary Szymkowski	F	51	7:10
Christianna William	F	50	7:13
Allison Robertson	F	25	7:15
Ed Davis	M	69	7:21
Wayne Haller	M	60	7:23
Florin Caligari	M	22	7:24
Lena Hollmann	F	63	7:25
Katie Biasi	F	40	7:32
Bryan Hassin	M	35	7:35
Tara Bartolomeo	F	52	7:36
William Harris	M	38	7:43
Howie Kashefsky	M	44	7:53
Elliott Cantrell	F	24	7:58
Emma Kashefsky	F	11	8:00
Elizabeth Schuler	F	30	8:02
Tom Arnel	M	51	8:09
Ken Larsen	M	66	8:17
Diane Cherry	F	46	8:18
Barbara Hindenach	F	63	8:19
Aimee Bazin	F	31	8:20
Tom Kirby	M	61	8:20
Jerry Surh	M	75	8:23
Jadine Lee	F	60	9:00
Nan Lujan	F	34	9:33
Alex Andre	M	6	9:59
Cara McLeod	F	38	10:01
Crystal Williams	F	50	10:03
Maryann Smith	F	63	10:23
Edna Kaufman	F	55	10:29

200m Dash

Jon Renner	M	30	23.2
Asad Ahmad	M	26	25.0
Rick Pack	M	33	25.4
Jeff Jackson	M		26.1
Luke Allen	M	24	26.2
Bryan Hassin	M	35	27.7

Peter Villadsen	M	44	27.8
Kevin McCabe	M	34	28.3
Florin Caligari	M	22	29.8
Ron Garcia-Fogarty	M	40	30.1
David Clape	M	26	30.3
Mark Manz	M	28	30.5
Scott Houck	M	29	30.6
Ethan Caldwell	M	40	30.7
Lindsey Scherf	F	27	31.0
Tina Clossick	F	43	32.5
Lauren Clark	F	28	33.0
Ethan Mathis	M	11	33.5
Hank Tuszynski	M	9	34.3
Allison Robertson	F	25	35.0
Gabriel Argao	M	35	35.1
Wayne Haller	M	60	35.3
William Schmitz	M	42	35.4
Roxanne Springer	F	50	35.6
William Harris	M	38	35.8
Lewis Hendricks	M	41	36.5
Jerry Surh	M	75	37.3
Howie Kashefsky	M	44	37.9
Rob McCauley	M	42	38.7
Tom Kirby	M	61	39.1
Ray Dooley	M	61	39.5
Ken Larsen	M	66	39.6
Christianna William	F	50	40.2
Aimee Bazin	F	31	40.5
Elliott Cantrell	F	24	40.8
Tom Hoerger	M	55	41.0
Emma Kashefsky	F	11	41.5
Sophie Ussery Intintolo	F	9	42.0
Mary Szymkowski	F	51	42.3
Lena Hollmann	F	63	43.7
Crystal Williams	F	50	44.0
Piera Ussery Intintolo	F	9	44.9
Elizabeth Schuler	F	30	45.8
Katie Biasi	F	40	47.3
Barbara Hindenach	F	63	49.8
Alex Andre	M	6	50.4
Maryann Smith	F	63	50.8
Nan Lujan	F	34	54.0
Ella Argao	F	6	54.0
Jacob Andre	M	5	78.3

Mile Racewalk

Ray Dooley	M	61	9:23
Mark Manz	M	28	9:44
Roxanne Springer	F	50	9:59
Barbara Hindenach	F	63	10:39
Tom Hoerger	M	55	10:40
Alexi McHugh			11:10
William Schmitz	M	42	11:30
Lena Hollmann	F	63	11:42
Aimee Bazin	F	31	11:46
Tina Clossick	F	43	13:25
Christianna William	F	50	13:25
Wayne Haller	M	60	14:27
Jeff Jackson	M		14:30
Ken Larsen	M	66	15:21
Nan Lujan	F	34	15:26
Sonia Tong Argano	F	26	15:26
Kevin McCabe	M	34	16:00

800m Run

Michael Rollins	M	25	1:55
Derek Pamukoff	M	26	2:02
Jon Renner	M	30	2:10
Sean Pereire	M	29	2:12
Billy Askey	M	31	2:13
Lindsey Scherf	F	27	2:15

Alex Dolwick	M	17	2:15
Jeff Jackson	M		2:25
Rick Pack	M	33	2:34
Peter Villadsen	M	44	2:38
Ethan Caldwell	M	40	2:42
Kevin McCabe	M	34	2:45
Sarah Jones	F	36	2:46
Pat Dolwick	M	47	2:46
Tina Clossick	F	43	2:56
Jana Grindheim	F	28	2:58
Tom Hoerger	M	55	2:59
Hank Tuszynski	M	9	2:59
Roxanne Springer	F	50	3:00
Rodney Bizzell	M	46	3:00
Ethan Mathis	M	11	3:01
Lewis Hendricks	M	41	3:05
Mary Szymkowski	F	51	3:10
William Schmitz	M	42	3:12
Christianna William	F	50	3:17
Allison Robertson	F	25	3:20
Ray Dooley	M	61	3:22
Bryan Hassin	M	35	3:22
Wayne Haller	M	60	3:27
Lena Hollmann	F	63	3:27
Ed Davis	M	69	3:30
Howie Kashefsky	M	44	3:31
William Harris	M	38	3:34
Katie Biasi	F	40	3:36
Tara Bartolomeo	F	52	3:37
Tom Kirby	M	61	3:39
Emma Kashefsky	F	11	3:42
Jerry Surh	M	75	3:44
Diane Cherry	F	46	3:45
Elizabeth Schuler	F	30	3:46
Florin Caligari	M	22	3:47
Tom Arnel	M	51	3:48
Elliott Cantrell	F	24	3:55
Ken Larsen	M	66	3:56
Aimee Bazin	F	31	3:58
Ben Burns	M	20	4:01
Jadine Lee	F	60	4:05
Barbara Hindenach	F	63	4:21
Nan Lujan	F	34	4:30
Cara McLeod	F	38	4:37
Edna Kaufman	F	55	4:53
Maryann Smith	F	63	5:08
Crystal Williams	F	50	5:08

5000m Run

Lindsey Scherf	F	27	16:28
Dwayne Dixon	M	28	16:35
Kory Gray	M	27	16:49
Brian Tajilli	M	32	18:27
Mark Manz	M	28	19:01
Lewis Hendricks	M	41	19:39
Bryan Hassin	M	35	20:14
Lia Weiner	F	25	20:21
Tina Clossick	F	43	21:09
Patrick Bruer	M	55	21:23
Jana Grindheim	F	28	21:28
Ethan Caldwell	M	40	22:35
Tom Kirby	M	61	22:43
Rietta Couper	F	55	23:24
William Schmitz	M	42	24:00
Mary Szymkowski	F	51	24:32
Ed Davis	M	69	25:26
Katie Biasi	F	40	25:45
William Harris	M	38	28:51
Barbara Hindenach	F	63	28:58

(Continued on page 8)

SUMMER TRACK RESULTS, CONT.

(Continued from page 7)

23 July**1500m Run**

Derek Pamukoff	M	26	4:20
John Barry	M	45	4:29
Lindsey Scherf	F	27	4:30
Malcolm White	M	29	4:34
Brian Tajlili	M	32	4:58
David Courson	M	32	5:07
Tai Knight	M	15	5:07
Will Belote	M	14	5:22
Bryan Hassin	M	35	5:24
Lewis Hendricks	M	41	5:24
Bernie Prabucki	M		5:24
Kevin McCabe	M	34	5:28
Ethan Caldwell	M	40	5:29
Owen Astrachan	M	58	5:30
Neil Rowley	M	36	5:30
Martin Warters	M	35	5:37
Jason Figge	M	41	5:42
Tom Hoerger	M	55	5:50
Emile Mainz	F	25	5:55
David Clapp	M	26	6:04
William Schmitz	M	42	6:05
Tom Kirby	M	61	6:11
Pierre Emanuel	M	16	6:16
Michelle Hickerson	F	44	6:20
Roxanne Springer	F	50	6:23
Kwame Alston	M	24	6:25
Justice Scott	M	10	6:25
Wesley Ellis	M	16	6:25
Ed Horlick	M	48	6:28
Mary Szymkowski	F	51	6:30
Ray Dooley	M	61	6:31
Rietta Couper	F	55	6:33
Josh Horlick	M	15	6:35
Rod Knight	M	53	6:36
Tim O'Brien	M	62	6:45
Rima Bogardus	F	50	6:51
Ed Davis	M	69	6:53
Ben Barker	M	44	6:55
Lena Hollmann	F	63	6:58
Katie Biasi	F	40	7:09
Courtney Tuszynski	F	35	7:09
Greg Sousa	M	44	7:11
Anna Coleman	F	16	7:13
Mark Rotenberry	M	55	7:14
William Harris	M	38	7:18
Noah Belote	M	11	7:21
Julie Messina	F	36	7:22
Brianna Honea	F	35	7:28
Ken Larsen	M	66	7:42
Barbara Hindenach	F	63	7:44
Sydney Barker	F	14	7:48
Aimee Bazin	F	31	7:48
Jerry Surh	M	75	7:53
Tom Arnel	M	51	7:59
Will Hill	M	42	8:06
Nan Lujan	F	34	8:43

100m Dash

Jermaine Wade	M	30	11.4
Asad Ahmad	M	26	12.2
Kwame Alston	M	24	12.2
Mike Carpenter	M	46	12.2
Rick Pack	M	33	12.4
Amy Carpenter	F	15	12.7
RJ McKoy	M	14	12.9
Jason Figge	M	41	13.0
Brian Gilligan	M	16	13.1
Tai Knight	M	15	13.4

Neil Rowley	M	36	13.5
Florin Caligari	M	22	13.6
Ethan Caldwell	M	40	13.7
Bryan Hassin	M	35	13.7
Pierre Emanuel	M	16	14.3
Steve Hoberman	M	34	14.4
Martin Warters	M	35	14.8
William Schmitz	M	42	15.1
Emile Mainz	F	25	15.2
Sydney Moore	F	17	15.2
Anna Coleman	F	16	16.0
Hank Tuszynski	M	9	16.0
Ben Barker	M	44	16.4
William Harris	M	38	16.4
Michelle Hickerson	F	44	16.5
Ethan Mathis	M	11	16.5
Zachariah Ellis	M	13	16.5
Kevin McCabe	M	34	16.6
Lewis Hendricks	M	41	16.8
Will Hill	M	42	17.0
Roxanne Springer	F	50	17.1
Jerry Surh	M	75	17.4
Mike Valle	M	73	17.6
Aimee Bazin	F	31	18.1
Sydney Barker	F	14	18.3
Ray Dooley	M	61	18.3
Ewan Toscano	M	25	18.3
Tom Hoerger	M	55	18.7
Louise Guardino	F	73	18.9
Brianna Honea	F	35	18.9
Sophie Ussery Intintolo	F	9	18.9
Greg Sousa	M	44	19.6
Julie Messina	F	36	19.9
Avery Belote	F	9	20.0
Mary Szymkowski	F	51	20.0
Tom Kirby	M	61	20.1
Piera Ussery Intintolo	F	9	20.4
Ken Larsen	M	66	20.7
Rima Bogardus	F	50	20.9
Lena Hollmann	F	63	20.9
Nan Lujan	F	34	22.9
Katie Biasi	F	40	23.2
Barbara Hindenach	F	63	23.3
Erik Rotenberry	M	14	25.4

1500m Racewalk

Ray Dooley	M	61	8:38
Roxanne Springer	F	50	8:53
Barbara Hindenach	F	63	9:49
Jason Figge	M	41	10:11
Ben Barker	M	44	10:18
Brianna Honea	F	35	10:23
Tim O'Brien	M	62	10:43
Pete Gilligan	M	62	10:49
Lena Hollmann	F	63	10:50
William Schmitz	M	42	10:50
Courtney Tuszynski	F	35	10:56
Aimee Bazin	F	31	11:14
Tom Hoerger	M	55	11:31
Sydney Barker	F	14	11:53
Tina Clossick	F	43	11:59
Michelle Hickerson	F	44	11:59
Julie Messina	F	36	11:59
Nan Lujan	F	34	13:15
Martin Warters	M	35	13:45
Kevin McCabe	M	34	13:47

400m Dash

Jermaine Wade	M	30	51.6
Mike Carpenter	M	46	54.5
Rick Pack	M	33	57.5

Amy Carpenter	F	15	61.5
RJ McKoy	M	14	61.5
Asad Ahmad	M	26	62.0
Brian Gilligan	M	16	62.5
Tai Knight	M	15	63.0
Bryan Hassin	M	35	64.0
Brian Tajlili	M	32	65.0
Kevin McCabe	M	34	65.1
Ethan Caldwell	M	40	68.0
Steve Hoberman	M	34	68.0
Florin Caligari	M	22	70.0
Neil Rowley	M	36	70.0
Martin Warters	M	35	72.0
David Clapp	M	26	72.5
Emile Mainz	F	25	73.6
Kwame Alston	M	24	74.0
Will Belote	M	14	75.0
Hank Tuszynski	M	9	76.8
Sydney Moore	F	17	77.0
William Schmitz	M	42	78.0
Tom Kirby	M	61	79.5
Roxanne Springer	F	50	81.0
Owen Astrachan	M	58	82.0
Ben Burns	M	20	82.0
Mark Rotenberry	M	55	82.8
Ethan Mathis	M	11	84.0
Jason Figge	M	41	85.0
William Harris	M	38	86.3
Tom Hoerger	M	55	88.3
Lewis Hendricks	M	41	89.0
Mary Szymkowski	F	51	89.0
Noah Belote	M	11	89.8
Julie Messina	F	36	90.0
Ray Dooley	M	61	91.0
Jerry Surh	M	75	91.7
Michelle Hickerson	F	44	93.0
Ken Larsen	M	66	95.0
Lena Hollmann	F	63	95.7
Will Hill	M	42	96.0
Brianna Honea	F	35	96.7
Tom Arnel	M	51	101.4
Sydney Barker	F	14	102.0
Katie Biasi	F	40	104.0
Aimee Bazin	F	31	105.0
Louise Guardino	F	73	108.1
Avery Belote	F	9	109.0
Barbara Hindenach	F	63	118.9
Nan Lujan	F	34	121.7

3000m Run

Lindsey Scherf	F	27	9:37
John Barry	M	45	9:57
Malcolm White	M	29	9:59
Lewis Hendricks	M	41	11:27
Brian Tajlili	M	32	11:47
Kevin McCabe	M	34	11:49
Bryan Hassin	M	35	11:59
Patrick Bruer	M	55	12:11
Owen Astrachan	M	58	12:31
Brandon McKoy	M	13	12:31
Julie Messina	F	36	13:30
Tom Kirby	M	61	13:31
Ethan Caldwell	M	40	13:49
William Schmitz	M	42	13:54
Tim O'Brien	M	62	14:01
Tina Clossick	F	43	14:10
Ray Dooley	M	61	14:33
Mary Szymkowski	F	51	14:35
Roxanne Springer	F	50	14:43
Ed Davis	M	69	14:50
Katie Biasi	F	40	15:36

(Continued on page 9)

SUMMER TRACK RESULTS, CONT.

(Continued from page 8)

William Harris	M	38	16:42
Barbara Hindenach	F	63	16:47
Jerry Surh	M	75	18:02

30 July—Midsummer Madness**1000m Run**

Colin Jones	M	43	2:51
Jon Renner	M	30	2:55
Malcolm White	M	29	3:00
Reikan Lin	M	24	3:03
Mark Manz	M	28	3:17
Bryan Hassin	M	35	3:19
Tai Knight	M	15	3:19
Tyler Dunston	M	12	3:20
Kwame Alston	M	24	3:23
Ethan Caldwell	M	40	3:24
Bernie Prabucki	F		3:25
Carey Margarelli	F	43	3:25
David Clapp	M	26	3:27
Martin Warters	M	35	3:28
Lewis Hendricks	M	41	3:33
Kevin McCabe	M	34	3:35
Asad Ahmad	M	26	3:38
Roch Will	M	55	3:39
Tom Hoerger	M	55	3:41
Leif Rasmussen	M	11	3:41
Emile Mainz	F	25	3:45
Tom Kirby	M	61	3:55
William Schmitz	M	42	4:05
Ray Dooley	M	61	4:13
Ian Rasmussen	M	9	4:15
Roxanne Springer	F	50	4:15
Mary Szymkowski	F	51	4:17
Lena Hollmann	F	63	4:27
Ed Davis	M	69	4:31
William Harris	M	38	4:31
Katie Biasi	F	40	4:33
Jason Figge	M	41	4:35
Mark Rotenberry	M	55	4:35
Chris Whitehurst	M	40	4:36
Julie Messina	F	36	4:38
Madigan Clossick	F	14	4:38
Greg Sousa	M	44	4:42
Henry Whitehurst	M	10	4:42
Elizabeth Schuler	F	30	4:45
Brianna Honea	F	35	4:48
Jerry Surh	M	75	4:48
Aimee Bazin	F	31	4:50
Tom Arnel	M	51	4:53
Joey Kessler	M	27	4:57
Jesper Rasmussen	M	40	5:12
Kathleen Baker	F	39	5:13
Silas Rasmussen	M	7	5:30
Sara Sousa	F	43	5:36
Nan Lujan	F	34	5:50
Will Hill	M	42	5:52

80 yard Dash

Asad Ahmad	M	26	9.3
Kwame Alston	M	24	9.5
Jason Figge	M	41	9.6
Tai Knight	M	15	10.0
Bryan Hassin	M	35	10.3
Kevin McCabe	M	34	10.3
Ethan Caldwell	M	40	10.5
Florin Caligari	M	22	10.5

Emile Toscano	M	23	10.7
Mark Manz	M	28	10.9
Martin Warters	M	35	11.1
Leif Rasmussen	M	11	11.3
Chris Whitehurst	M	40	11.3
Emile Mainz	F	25	11.4
Jesper Rasmussen	M	40	11.8
Henry Whitehurst	M	10	12.4
Roxanne Springer	F	50	12.5
Jerry Surh	M	75	12.9
Kathleen Baker	F	39	13.0
Aimee Bazin	F	31	13.1
William Schmitz	M	42	13.2
Greg Sousa	M	44	13.5
Jane Whitehurst	F	39	13.5
Louise Guardino	F	73	13.6
Joey Kessler	M	27	13.7
Ray Dooley	M	61	14.0
Ian Rasmussen	M	9	14.0
Sophie Ussery Intintolo	F	9	14.0
Michael Gagliaro	M	7	14.2
Tom Hoerger	M	55	14.3
Brianna Honea	F	35	14.3
Piera Ussery Intintolo	F	9	14.4
Elizabeth Schuler	F	30	14.9
Tom Kirby	M	61	15.4
Rietta Couper	F	55	15.8
Nan Lujan	F	34	15.9
Elodie Page	F	6	16.1
Mary Szymkowski	F	51	16.1
Malini Jhaveri	F	9	16.1
Katie Biasi	F	40	16.9
Liam Howiel	M	5	17.6
Erik Rotenberry	M	14	18.4
Will Hill	M	42	18.9
Callum Page	M	3	20.1

1000m Racewalk

Jason Figge	M	41	5:18
Ray Dooley	M	61	5:27
Roxanne Springer	F	50	5:47
Tom Hoerger	M	55	5:48
Leif Rasmussen	M	11	6:34
Brianna Honea	F	35	6:52
Tim O'Brien	M	62	7:03
Aimee Bazin	F	31	7:05
Julie Messina	F	36	8:10
William Schmitz	M	42	8:10
Ethan Caldwell	M	40	8:16
Kevin McCabe	M	34	9:10
Elizabeth Schuler	F	30	9:10
Martin Warters	M	35	9:10

4X400m Relay

Team 13	3:38
Jaye Pratt's Possee	
Will Oliver	
Jason Page	
Blake	
Jaye Pratt	

Team X

Team X	3:43
Jermaine Wade	
Tom	
Reikan Lin	
John	

Team 17	4:25
Rainmakers	
Lewis Hendricks	
Asad Ahmad	
Emile Mainz	
Bryan Hassin	

Team 5	4:48
Lean Mean Peace Loving	
Running Machines of Love	
Roch Will	
Florin Caligari	
Kwame Alston	
Emile Toscano	

Team 18	4:50
Salvage	
John Tumbleston	
Malcolm White	
Annie Howard	
Ethan Caldwell	

Team 14	4:51
Durham Divas	
Kim Page	
Ellen Moss	
Mystery 1	
Mystery 2	

Team 10	5:03
Record Breakers	
Martin Warters	
Madigan Clossick	
Katie Biasi	
Tyler Dunson	

Team 9	5:10
3 Turtles and a Hare	
Carey Margarelli	
Jerry Surh	
Mark Wartly	
David Clapp	

Team 15	5:12
Misfits	
Jason Figge	
Kathleen Baker	
Mark Manz	
Jane Whitehurst	

Team 4	5:14
Team B.E.C.K.	
Brianna Honea	
Elizabeth Schuler	
Colin Jones	
Kevin McCabe	

Team 7	5:36
William Schmitz	
Nan Lujan	
Adrien Cooper	
Margaret Owen-Garini	

(Continued on page 10)

SUMMER TRACK RESULTS, CONT.

*(Continued from page 9)***Team 16** 5:40**3 No Trump**Ray Dooley
Tom Kirby
Roxanne Springer
Tim O'Brien**Team 6** 5:48**Ditch Witch Sportfishing**Will Hill
William Harris
Chris Whitehurst
Henry Whitehurst**Team 12** 6:00**Durham Turnpike**Callum Page
Liam Howell
Elodie Page
Michael Gagliano**Team 3** 6:11**AARP Chicks**Lena Hollmann
Rietta Couper
Louise Guardino
Mary Szymkowski**Team 1** 6:34**Aimee and the 3 Geezers**Tom Arnell
Ken Larsen
Aimee Bazin
Ed Davis**Team 2** 7:29**Badousa Brain**Belle Sousa
Abe Sousa
Sara Sousa
Greg Sousa**Team 11** 8:26**The Rasmussens**Jesper Rasmussen
Leif Rasmussen
Ian Rasmussen
Silas Rasmussen**Team 8** 8:34**Woodleaf Wonders**Derek Black
Charlotte Black
Susan Hoerger
Tom Hoerger**26.2 minute Run** metersMalcolm White M 29 7264
Colin Jones M 43 7253
Mark Manz M 28 6724
Reikan Lin M 24 6519Bryan Hassin M 35 6200
Tyler Dunston M 12 6192
Patrick Bruer M 55 6000
Leif Rasmussen M 11 5596
Tom Kirby M 61 5545
David Clapp M 26 5490
Martin Warters M 35 5331
Roxanne Springer F 50 5301
Chris Whitehurst M 40 5284
Ed Davis M 69 5137
William Schmitz M 42 5102
Madigan Clossick F 14 5102
Tom Hoerger M 55 5017
Katie Biasi F 40 4989
Julie Messina F 36 4980
Mary Szymkowski F 51 4965
Jerry Surh M 75 4355
Jesper Rasmussen M 40 4255
Jane Whitehurst F 39 4226
Tim O'Brien M 62 4217
Rima Bogardus F 50 4000
Nan Lujan F 34 3893**6 August
1500m Run**Colin Jones M 43 4:19
Paul Springer M 26 4:19
Billy Askey M 31 4:20
Lindsey Scherf F 27 4:26
Malcolm White M 29 4:33
Mark Manz M 28 4:55
Reikan Lin M 24 4:55
Jim Clabuesch M 49 4:59
David Courson M 32 5:01
Will Belote M 14 5:06
Ulf Andre M 47 5:07
Lewis Hendricks M 41 5:10
Tyler Dunston M 13 5:12
Kari Springer F 24 5:12
Bernie Prabucki M 5 5:13
Kevin McCabe M 34 5:16
Glenn Gary M 48 5:17
Ethan Caldwell M 40 5:20
Bryan Hassin M 35 5:21
Kevin Kidd M 39 5:30
Audrey Perlow F 33 5:31
Douglas Hensel M 41 5:33
Martin Warters M 35 5:36
Tom Hoerger M 55 5:41
Emile Mainz F 25 5:41
Josh Cannon M 12 5:45
David Clapp M 26 5:54
Ron Garcia-Fogarty M 40 6:07
William Schmitz M 42 6:13
Kwame Alston M 24 6:19
Maurice McDonald M 73 6:22
Kevin Davidson M 31 6:22
Mary Szymkowski F 51 6:28
Rietta Couper F 55 6:29
Ray Dooley M 61 6:33
Michelle Hickerson F 45 6:34
Chris Whitehurst M 40 6:35
Emile Toscano M 23 6:49
Ed Davis M 69 6:56
Tim O'Brien M 62 7:03
Kim Phu F 43 7:10
Rachel Rice F 34 7:14
Parker Jones M 8 7:15
Tom Arnell M 51 7:33
Barbara Hindenach F 63 7:36
Tom Kirby M 61 7:36
Aimee Bazin F 31 7:41Jane Whitehurst F 39 7:47
Karyn Hede F 49 7:47
Liah Files F 21 7:57
Ken Larsen M 66 8:01
William Harris M 38 8:07
Julie Messina F 36 8:07
Mark Rotenberry M 55 8:07
Heather Yeowell F 74 10:02
David Yeowell M 77 10:08**100m Dash**Kwame Alston M 24 12.3
Mike Carpenter M 46 12.6
Amy Carpenter F 15 13.4
Kevin McCabe M 34 13.4
Glenn Gary M 48 13.6
Florin Caligari M 22 13.7
Emile Toscano M 23 14.0
Ron Garcia-Fogarty M 40 14.1
Bryan Hassin M 35 14.1
Mark Manz M 28 14.1
Ethan Caldwell M 40 14.2
Martin Warters M 35 14.8
Tyler Dunston M 13 14.8
William Schmitz M 42 15.3
Emile Mainz F 25 15.4
Chris Whitehurst M 40 15.5
David Clapp M 26 16.2
Audrey Perlow F 33 16.2
William Rhoad M 73 16.3
Michelle Hickerson F 45 16.5
Megan Phu F 9 16.7
Jane Whitehurst F 39 17.7
Aimee Bazin F 31 18.3
Mike Valle M 73 18.3
Liah Files F 21 18.7
Joey Kessler M 29 18.9
Anna Rotenberry F 12 19.0
Sophie Ussery Intintolo F 9 19.0
Tom Hoerger M 55 19.1
Parker Jones M 8 19.1
Ray Dooley M 61 19.2
Avery Belote F 9 19.4
Louise Guardino F 73 19.6
Derek Black M 10 20.0
Ken Larsen M 66 20.3
Mary Szymkowski F 51 20.4
Piera Ussery Intintolo F 9 20.5
Sylvia Black F 67 21.9
Barbara Hindenach F 63 22.1
Charlotte Black F 8 22.6
Tom Kirby M 61 24.1
Erik Rotenberry M 14 27.3
Esme Courson F 4 35.6**1500m Racewalk**Ray Dooley M 61 9:03
Tom Hoerger M 55 9:33
Barbara Hindenach F 63 9:57
William Schmitz M 42 10:33
Aimee Bazin F 31 10:35
Jane Whitehurst F 39 10:35
Tim O'Brien M 62 11:03
Anna Rotenberry F 12 11:11
Julie Messina F 36 11:47
Chris Whitehurst M 40 12:10
Ethan Caldwell M 40 13:19
Kevin McCabe M 34 13:53
William Harris M 38 13:54
Martin Warters M 35 13:54*(Continued on page 11)*

SUMMER TRACK RESULTS, CONT.

(Continued from page 10)

400m Dash

Mike Carpenter	M	46	54.9
Colin Jones	M	43	59.3
Kevin McCabe	M	34	60.4
Tai Knight	M	15	61.0
Amy Carpenter	F	15	62.0
Kwame Alston	M	24	63.0
Glenn Gary	M	48	63.0
Bryan Hassin	M	35	65.0
Kevin Kidd	M	39	65.0
Florin Caligari	M	22	66.0
Mark Manz	M	28	67.7
Ethan Caldwell	M	40	68.0
Ron Garcia-Fogarty	M	40	68.0
Martin Warters	M	35	70.0
Will Belote	M	14	72.0
Emile Toscano	M	23	72.0
Audrey Perlow	F	33	72.7
David Clapp	M	26	78.2
Chris Whitehurst	M	40	80.0
William Schmitz	M	42	80.4
Tom Hoerger	M	55	82.2
Mark Rotenberry	M	55	82.6
Michelle Hickerson	F	45	82.9
William Rhoad	M	73	87.5
Joey Kessler	M	29	89.3

Jane Whitehurst	F	39	91.0
Mary Szymkowski	F	51	92.0
William Harris	M	38	93.0
Megan Phu	F	9	94.0
Ken Larsen	M	66	95.6
Louise Guardino	F	73	96.3
Mike Valle	M	73	98.1
Tom Kirby	M	61	99.3
Aimee Bazin	F	31	100.0
Derek Black	M	10	100.0
Tom Arnel	M	51	100.1
Parker Jones	M	8	103.0
Barbara Hindenach	F	63	123.9
David Yeowell	M	77	129.0
Heather Yeowell	F	74	134.3

3000m Run

Lindsey Scherf	F	27	9:24
Malcolm White	M	29	9:46
Billy Askey	M	31	9:52
Brian Tajjili	M	32	10:18
Jim Clabuesch	M	49	10:38
Mark Manz	M	28	10:39
Reikan Lin	M	24	11:03
Kari Springer	F	24	11:34
Lewis Hendricks	M	41	11:43
Bryan Hassin	M	35	11:57
Patrick Bruer	M	55	12:08
David Clapp	M	26	12:52

Ethan Caldwell	M	40	12:55
Douglas Hensel	M	41	13:02
Kevin McCabe	M	34	13:12
Tom Kirby	M	61	13:17
Martin Warters	M	35	13:22
Audrey Perlow	F	33	13:30
Chris Whitehurst	M	40	13:53
Tim O'Brien	M	62	13:56
William Schmitz	M	42	14:04
Ed Davis	M	69	14:49
Tom Hoerger	M	55	14:52
Mary Szymkowski	F	51	15:10
Kim Phu	F	43	15:26
Derek Black	M	10	15:35
Michelle Hickerson	F	45	15:42
Glenn Gary	M	48	15:42
William Harris	M	38	16:36
Barbara Hindenach	F	63	16:39
Jane Whitehurst	F	39	18:19
Aimee Bazin	F	31	18:55
Heather Yeowell	F	74	20:15
David Yeowell	M	77	21:28

@ THE RACES

Missoula Marathon

Missoula, MT July 13, 2014
Peter Hessling 5:15:18

USATF National Masters T&F Championship

Winston-Salem, NC July 17-20, 2014

Becky Simers	15.3	2nd	W 55	100 m
Caren Mangarelli	5:09	4th	W 40	1500 m
Chris Sarsony	13:47	2nd	M 40	3000 M
				Steeplechase
Chris Sarsony	32.81m			Discus Throw
Chris Sarsony	2776	2nd	M 45	Pentathlon
Jay Smith	5:51	6th	M 65	1500 m
Jay Smith	22:43	3rd	M 65	5000 m
Jay Smith	2:39	4th	M 65	800 m
Louise Guardino	17.9	2nd	W 70	100 m
Louise Guardino	38.0	2nd	W 70	200 m
Louise Guardino	27.8	1st	W 70	400 m
Maurice McDonald	32.4	3rd	M 70	200 m
Maurice McDonald	1:09.9	2nd	M 70	400 m
Maurice McDonald	2:48.9	3rd	M 70	800 m
Nancy Kaiser	19:16	6th	W 40	5000 m
Tim Meigs	33:20	2nd	M 45 - 49	10000 m (PR)

Blue Moon Ride and Run 5k
Durham, NC July 19, 2014
Anthony Corrieveau 19:56

Shannon Johnstone	21:14	1st	F Overall
Robert Stumpf	23:26		
Heiko Rath	23:35		
William Schmitz	23:43		
Kendra Stumpf	24:47		
Karen Terry	36:54		
Deborah Springer	36:55		
Carolyn Huettel	38:15		

Service Above Self-Creeper Trail 10K

Abington, VA July 26, 2014
Allen Harris 53:05 3rd M 50 - 59

Run With Heart 5K

Morrisville, NC July 26, 2014
Kevin Gauger 19:54 2nd M 40-49
Jasmaine Bartee 46:11

Raleighs Finest 5k

Raleigh, NC July 26, 2014
Gary Moss 20:20 1st M 60-64

Grand Island Trail Marathon

Munising, MI July 26, 2014
Anthony Corrieveau 4:38:03

(Continued on page 12)

HOUR RUN RESULTS

Name	Laps	Meters	Miles	Pace
Jack Mignosa	38.55	15422	9.58	6:16
Jim Clabuesch	37.58	15033	9.34	6:25
Anthony Corriveau	33.67	13469	8.37	7:10
Kevin McCabe	33.05	13220	8.21	7:18
Ethan Caldwell	32.72	13089	8.13	7:23
Patrick Bruer	31.96	12786	7.94	7:33
Bryan Hassin	31.13	12451	7.74	7:45
Melissa Cooper	31.07	12429	7.72	7:46
Martin Warters	30.85	12339	7.67	7:50
Chris Gould	30.71	12285	7.63	7:52
Audrey Purlow	30.32	12129	7.54	7:58
Tom Kirby	30.00	11999	7.46	8:03
Roxanne Springer	29.36	11742	7.30	8:13
Heiko Rath	28.95	11578	7.19	8:20
Megan Sullivan	28.57	11427	7.10	8:27
Shannon Johnstone	28.57	11427	7.10	8:27
Michelle Connor	28.03	11214	6.97	8:37
Julie Messina	27.99	11197	6.96	8:37
Ronnie Weed	27.60	11038	6.86	8:45
William Schmitz	27.21	10884	6.76	8:52
Douglas Hensel	27.15	10859	6.75	8:54
Mary Szymkowski	26.11	10445	6.49	9:15
Ray Dooley	25.04	10017	6.22	9:38
Barbara Hindenach	24.43	9771	6.07	9:53
Jason McMains	24.00	9600	5.97	10:04
Joe Castor	21.86	8743	5.43	11:03
Katie Barrett	21.13	8450	5.25	11:26
Christine Stachowicz	20.16	8064	5.01	11:58
Kelly Henderson	19.86	7943	4.94	12:09
Ron Herbert	19.37	7747	4.81	12:28
Angela King-Herbert	17.91	7165	4.45	13:29

Hour Run Volunteers:

Lap Counters:

Charles Alden
Brandy Burns
Tom Griffin
Ken Larsen
Jamie Lewis
Jason Whitley
Erin McIntee

Race organization: Bob Nelson, Brandy Burns, Charles Alden**Sponge Station:** Aline Lloyd, Lucy Mignosa, Jacki Mignosa**Cheerleader:** Aline Lloyd

@ THE RACES, CONT.

*(Continued from page 11)***18th Annual Beat the Heat Family 5K****Winston-Salem, NC July 26, 2014**

Colin Jones	17:12	2nd	M Master
John Mignosa	17:58	3rd	M Master
Mary Szymkowski	23:30	1st	F Grand Master

Bridger Ridge Run**Boleman, MT August 9, 2014**

Greg Sousa 7:44:16

Lake Union 10K**Seattle, WA August 10, 2014**

Chris Gould 47:13 1st M 70 - 74

Submit Your Race Results Online:

Go to www.carolinagodiva.org and click the @ *The Races* tab.

ANNUAL CAROLINA GODIVA PICNIC

Soon, temperatures will subside and the dew point will drop. That means only one thing...time for the annual picnic! Here are the particulars:

5th Annual Carolina Godiva Track Club Picnic

Date: Sunday, September 28

Time: 4:30 pm

Location: Duke Forest, Picnic Shelter at Gate F (same as in previous years)

Directions: Follow NC 751 north towards US 70, pass Kerley Road. Gate F will be on the left immediately after Gate 12 (under the power lines). If you cross the railroad bridge you went too far!

Activities: Volleyball, corn hole for sure, and whatever else you bring along. Maybe we'll have some fun organized fun events! (hint hint)

Cost: \$0 (can't beat that) but we ask you to bring along an item to share. So as not to get too much of one thing, if your last name begins with A through I, please bring an dessert item. Surnames that start with J through R should bring an appetizer-type item and last names S through Z should bring a side dish. The club will provide fried chicken as a main dish but we will have charcoal, lighter fluid and matches available if you choose to cook up hamburgers, hot dogs, brats, corn on the cob, etc. The club will also provide water, Gatorade and soda, plates, cups, and napkins.

Registration: Please sign up at our website or email Kevin Nickodem at kjnrun@aol.com and let him know how many are coming so we can have enough of the other things on hand. And yes, kids are welcome and encouraged.

RACE CALENDAR**Sep 2014**

9/13 (Sat)	Cashiers Trail Mix, Cashiers
9/13 (Sat)	Boots on the Run 5K, Jacksonville
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

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

www.carolinagodiva.org/race-calendar

AUGUST MINUTES

The regular monthly business meeting was called to order at 7:06 pm on August 12, 2014. As we convened in the midst of a monsoon summer thunderstorm, the meeting was thinly attended by five intrepid (and wet) souls. Attendees included President Brandy Burns, Ethan Caldwell, Jeff Hall, Jamie Lewis, and your scribe, Henry Blinder.

There was little routine business this month. On Membership, Ethan informed us that there have been a total of 2888 members in the Club since 1999. We are currently holding at around 500 members. Of this number, there are just enough members receiving printed copies of the monthly newsletter to qualify for a discounted bulk mailing rate. However, that number continues to decline. Given the high cost of producing and mailing the print copy of the newsletter (around \$12 annually) relative to the total annual cost of a Club membership and that it is likely to be even higher in the future, we decided to devote time at a future meeting to the topic. A question we will be exploring is whether there should be a different membership rate for members who continue to prefer to receive the newsletter in the mail, rather than an electronic copy online.

We received an update from Brandy on the Durham Bulls game outing scheduled for Saturday, August 23. Doug Hensel reported to Brandy that 34 Godivans have signed up to attend. Next year, there may be a longer lead time to organize and publicize the outing.

Brandy raised the question of whether to continue the Duke Forest fall picnic tradition. Jeff volunteered to help coordinate the picnic this year. It has been sched-

uled for Sunday, September 28 at 4:30pm. There may be additional details elsewhere in the newsletter.

We considered a proposal from a Club member to start a walking program to benefit persons interested in improving their level of fitness, perhaps as a “feeder” to eventually result in more Godiva members. Brandy indicated that the member raising the proposal did not wish to organize or take the lead in putting any such program together. We noted that the YMCA already has somewhat similar programs offered from time to time. Following some discussion, the consensus was not to pursue the proposal at this time.

Ethan mentioned the possibility of setting up an online historical record of race results for all current Club members. We concurred that it would be a nice feature to provide.

Look for a note in the newsletter from Jamie on an upcoming film screening on the National Wilderness System. The note will connect the benefits of the wilderness system to runners.

With the storm having passed and our soggiess subsiding, the meeting adjourned at 7:35pm.

— **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. 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 members only may sign up for all seven Winter Series races for only \$25. You can sign up online (the super easy way to register!) at carolinagodiva.org or by returning the form below with a check to the club for \$25. There will also be forms available at the events.

For club members who don't pre-register and for all non-club members there will be race day registration (60 minutes before the run) at a cost of \$5 per race. Free entry for those 18 and under, so bring the whole family!

Earn points for the Incredibly Beautiful Winter Series T-Shirt™! To receive the 31st Annual Winter Series shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler will count as two events if you run it.

If you want your name to show up in the Winter Series Standings published in the newsletter and/or on the website, please register online or fill out this form. It makes it much easier on the person who is trying to keep track of the points (i.e., he assumes you are not planning on doing enough races to qualify for the shirt if you do not sign up for the entire series).

For more information, contact Jamie Lewis (jglewis@duke.edu)

Winter Series

Carolina Godiva Track Club Winter Series 2014-2015 Entry Form

Name	Age	Sex	T-shirt size
Address	Telephone		
City, state, zip	Entry fee \$25.00		

Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.

Signature (Parent's, if under age 18)

Date

Return Completed Form To: Ethan Caldwell
5712 Edgedale Dr.
Raleigh, NC 27612

THE 31ST ANNUAL GODIVA WINTER SERIES

Run for the Donuts	Durham Academy, Upper School 3601 Ridge Rd	Sun. Oct. 12 10 am
X-Country team relay based on the patented Donuts Index™ Race Director: Ronnie Weed, 919-225-1407 diecorn@gmail.com		
Misery Run	The Lucas Farm Old Fayetteville Rd, Carrboro	Sun. Nov. 9 10 am
5 mile X-Country run with challenges to overcome and plenty of mud and muck. Race Director: Jim Clabuesch, 919-428-7901 jimc@carolinagodiva.org		
Couch Mountain	Duke Forest—Gate F NC 751 near US 70	Sun. Dec. 14 10 am
X-Country race up the famous Couch Mountain followed by a cookout! Race Director: Paul Naylor, 919-493-3702 naylorpaul@msn.com		
New Year's Day Run	Duke School for Children 3716 Erwin Rd	Thur. Jan. 1 1 pm
5 miles of X-Country to ring in the new year! Race Director: Patrick Bruer, 919-929-8582 pjbruer@gmail.com		
Eno Equalizer	Eno State Park End of Cole Mill Rd	Sun. Jan. 18 10 am
4 miles of X-Country team-handicap race. Race Director: Richard Smith, 919-408-8126 rls@email.unc.edu		
Geezer Pleezer	Carolina Friends School 4809 Friends School Rd	Sun. Feb. 15 10 am
Start time based on age and sex. Run starts and ends on school campus. Race Director: Tom Kirby, 919-383-8434 twkirby@frontier.com		
Hard Climb Hill	Duke Forest—Gate 23 Mt. Sinai Rd	Sun. Mar. 8 10 am
3, 7, and 10 mile race options. Challenging final race. 10 miles counts as 2 events for the series. Race Director: Jerry Surh, 919-967-0272 surh@ncsu.edu		

Registration opens an hour prior to the race; \$5 entry fee for each race (free for those 18 and under).
Godiva members pay \$25 for all 7 races by signing up for the series (either online or by submitting an entry form).
Series registrants earn an Incredibly Beautiful Winter Series T-Shirt by running or volunteering for a minimum of 5 events.

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

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Durham, NC 27715-0472

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