

VOLUME XXXX
NUMBER 01

OCTOBER
2014



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THE LONELINESS OF THE LONG DISTANCE RUNNER (1) OR WITH A LITTLE HELP FROM MY FRIENDS? (2)

I think I have mentioned on at least a couple of occasions that a lot of the time I spend running, I spend running alone. There are times that there is nothing I want more than hours alone in the woods and inside my head (no offense, but sometimes it's true that I *am* avoiding you ☺). That time alone is very important to me and I think for a lot of long distance runners, "running alone" is somewhat true. However, I do think that most long distance runners would state that they rarely, if ever, feel lonely during those long runs; they often find a way to enjoy those long periods of time of being alone without feeling lonely. Or maybe it's that those that need long periods of time alone have found long distance running is a way to meet that need. A more accurate statement may be "The Aloneness of the Long Distance Runner."

Despite how much I value my time alone when running, when speaking to someone who is considering getting into running, or who is struggling with running in the early stages, I always encourage them. At times by saying: "Go find others!" (What can I say? We runners are full of contradictions and hypocrisies. How many injured runners out there continue to run while telling all the other injured runners to take a break... yes, you know who you are.) Every once in a while even I am reminded that being surrounded by the friendship and support of others is as important as being/running alone.

I recently went with a group of friends, most of whom are also fellow Godivans (don't worry, we're working on the others), on a weekend trip up to Damascus, VA to participate in the Iron Mountain Trail Run. This is the third year we have made this trip, and while the actual number of people constituting the group has varied a little bit from year to year, every year has been at least as much fun as the year before and presented some new challenge or adventure. This year we even found a brewery! The course is quite challenging and the run offers four distance options: 50 miles, 30 miles, 16 miles, and a make-up-your-own distance option. (Okay, that last one is made up. So many of us have dropped at various distances along the course over the last three years, myself included, that we have considered the posted distances as simply "suggestions.")

**DEADLINE FOR
NOVEMBER
NEWSLETTER:
OCTOBER 15TH**

SEND SUBMISSIONS TO:

NEWSLETTER@CAROLINAGODIVA.ORG

(Continued on page 4)



www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva—use it to share information and stay up to date on club goings-on.

To subscribe to the list, just send an email to cgtc-join@carolinagodiva.org

To post to the list, send messages to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

President	Brandy Burns	president@carolinagodiva.org
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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

DUKE FOREST DEER MANAGEMENT PROGRAM

SEPTEMBER 29— DECEMBER 19, 2014

The Office of the Duke Forest is preparing for its seventh hunting season through the NC Wildlife Resources Commission Deer Management Assistance Program. Results from the 2014 deer population survey showed a slight decline in total deer spotted when compared to 2013 and continue to be lower than the high recorded in 2010. The Office will continue to monitor this trend but is confident that hunting remains a necessary tool for reducing the negative impacts of overabundant deer on the Forest.

The 2014 season will begin on September 29th and continue through December 19th. During this time, the Durham, Korstian, and Blackwood Divisions of the Forest will be closed to all public access Monday through Friday. All divisions of the Forest will be open on Saturdays and Sundays and on November 27th and 28th in observance of Thanksgiving.

Hunting will again be conducted by two pre-selected groups; it is not open to the general public. The Durham and Korstian Divisions will be hunted with

bow and arrow only while the Blackwood Division will have both bow and gun hunting. For safety reasons, please observe all posted signs and seek alternate locations for recreation.

Researchers, teachers, and students with upcoming or ongoing work in the Forest should contact the Office as soon as possible to discuss arrangements.



The Office of the Duke Forest appreciates your support and cooperation throughout the program. If you have any questions or concerns, please contact the Office at (919) 613-8013, or via email at dukeforest@duke.edu. You may also check our web site (www.dukeforest.duke.edu) for updates on the program.

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)

Two of the three years we rented a large house for the weekend (the first year and this year). With ten of us there this year (and only two bathrooms), it was close quarters. But as always, it was a fun and supportive atmosphere. Conversations typically sound like this:
 Runner 1: "I'm not sure I can run that far, fast, etc."
 Runner 2: "Yes you can! You are amazing and can do anything!"

We always have people representing each distance and in previous years, due to the out and back aspect of the 16 and 30 mile options, you could encounter nearly every other person you knew out there, either on your way out or on the way back. This year they had a staggered start for the different distances, and while good for the two-bathroom situation at the house, it did cut down on the opportunities to see each other out on the trail. Although I originally signed up for the 30 mile race, due to a lingering pain in my hip that was causing me to struggle through my long runs in the previous few months, I was supposed to drop down to the 16 mile option. However, in a momentary feeling of strength and decisiveness two days before the race, despite not having completed a run longer than 13.5 miles in the past four months, I decided that, gosh darnnit, I could totally run 30 miles! (See footnote 3.) As I was the only person in our group to do the 30 mile run, I never did see any of the others out on the course. But, with the exception of the three 50 milers still out on the course (and one supportive spouse), there they all were as I crossed the finish in an unexpected accomplishment! And I got to share this moment with people who knew how much difficulty I had been having, and what it meant to me to be able to cross that finish line pain free. I'll never forget

Megan running out into the field to greet me as I ran to the finish, her arms up in the air, "*Did you really run the whole thing!!!????*" And my response? Running to the finish line, arms up in the air "*Yes! Yes I Did!*"

As great as it is having your friends stand up and cheer for you as you run across the finish line, it's probably even better to do that for others. As we watched those 50-milers come in, we hung out, shared our experiences, and cheered for each one, each with their own unique challenges and accomplishments for the day. As one of our fellow runners, Kelly, indicated in her race report from Iron Mountain, "it was a reminder that with the right mindset, I could do anything." And sometimes, having the support of your friends around you can help you hold on to that mindset. And you really can do anything.

1. A collection of short stories by Allen Sillitoe, all but one of which have nothing at all to do with running. My mom likes to buy me books that have the word "run" in its title, or some version of the word. The book does not always have something to do with running, but it has provided me opportunities to read books I probably would have never read otherwise. And how thoughtful of mom.

2. A Beatles song

3. Deception is a very important piece in accomplishing things you are not prepared for.

— Brandy Burns

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

WHY RUN IN RACES; HOW TO CHOOSE A RACE

There has been a lot of controversy and discussion surrounding the decision by the Raleigh City Council to limit races on Raleigh streets and the decision by the City to allow (and fund) the Rock and Roll Marathon, which is run by a “for-profit” organization from out of the area. This started me thinking about the questions; “Why run in a race?” and “How to choose a race in which to run?”

Why run in a race? There are many reasons and each individual has her or his own reasons to run in races.

- Competition – some people run in races because they like the competition and for no other reason.
- Motivation – some use races as motivation for those grueling or boring training runs they use to maintain fitness.
- It’s a challenge.
- Support a cause – some run in races to support a particular charity or other cause that is dear to them.
- Social – the connectedness and camaraderie before, during and after a race motivate some people to enter races.

How to choose a race to enter? There are many races to choose from. Each weekend, one can choose from multiple races of varying distances. Some pick races carefully, depending on their training plan and/or goals, while others may just pick randomly. Here are some of the reasons:

- Fits the training plan toward a specific race goal.
- Check the effectiveness of the training program toward reaching the goals.
- Support the cause.
- Run with friends.
- Support the local running club.
- Like the course.
- The prizes are nice.
- Qualify for Boston.
- It is an event.
- Social.
- Free beer.
- Earn that coveted end of season T-shirt or other prize.

A corollary to this is, “**why to volunteer at a race**”. There are a variety of reasons for volunteering at a specific event. Among these are:

- Support the cause.
- Support friends who are running.
- Support and give back to the local running club.
- Social aspect of the event.

Be sure to support your local club races and events by volunteering and/or running.

— Tom Griffin

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.

@ THE RACES

Sly fox Summer Series 5K**Pottstown, PA August 6, 2014**

Kevin Gauger 20:15 1st M 40 - 49

Bridger Ridge Run 19.8**Bozeman MT August 9, 2014**

Greg Sousa 7:44:30

Continental Divide Trial Race**Laurel Springs, NC August 23, 2014**

Jason Page 50:24

Colin Jones 58:46

Reikan Lin 1:00:31

Brian Tajili 1:02:01

Carin Mangarelli 1:15:03

Nancy Kaiser 1:15:48

Aline Lloyd 1:23:51

Strider Half Marathon**Milwaukee, WI August 23, 2014**

Lewis Hedricks 1:32:07

CARA Run for Their Lives**Sanford, NC August 23, 2014**

Anthony Corriveau 21:21 1st M 40 - 49

Shannon Johnstone 42:38

Raleigh 8000**Raleigh, NC August 23, 2014**

Greg Sousa 39:11

Bryan Hassin 42:50

Sherri Lynch 43:11 2nd F 40 - 44

Benedict Mulliken 47:30 3rd F 50 - 54

Julie Horton 51:59 3rd F 55 - 59

Louise Guardino 52:40 1st F 70

20th Annual Run for Live**Cary, NC August 23, 2014**

David Drewry 21:25 1st M 50 - 54

Ben Barker 21:51 3rd M 40 - 44

Sydney Barker 28:54

Kellie's Krew 5K**Dunn, NC August 23, 2014**

Allen Baddour 17:42 1st M Overall

Henry Baddour 21:10 4th M Overall

20th Annual Run for Live**Damascus, VA August 30, 2014****16 Mile**

Shannon Johnstone 2:39:39 1st F Overall

Scott Lynch 2:57:59

Ethan Caldwell 2:58:37

Jon Hunter 3:10:34

Megan Sullivan 3:13:33

Heiko Rath 3:41:41

Deborah Springer 3:59:44

30 Mile

Brandy Burns 6:38:30

50 Mile

Anthony Corriveau 8:57:35

Tony Bennett 11:32:53

Blue Ridge Relay**Asheville, NC September 5-6, 2014**

Carolina Godiva Masters 23:25:13 1st Masters

4th Overall/Open

8th Annual North Hills 5k**Raleigh, NC September 6, 2014**

Dan Woodlief 28:16

13.1 Race Fayetteville**Fayetteville, NC September 7, 2014**

John Gotelli 1:33:58 2nd M 45 - 49

Jack and Jill Ran Up the Hill 5k**Morrisville, NC September 13, 2014**

Dan Woodlief 24:23

REI Central Race Series**Cary, NC September 13, 2014****5K**

Scott Lynch 49:29

10K

William Schmitz 51:41

Shauna Griffin 1:04:14

Warren SNEAK Lewis 5k Memorial Run**Middlesex, NC September 13, 2014**

Laree Johnson 27:54

Chatham County Alzheimer Walk/Run**Pittsboro, NC September 13, 2014**

Tim O'Brien 17:45 2nd M Overall

Don Lein 51:10

Marian Lein 51:28

Mebane on the Move**Mebane, NC September 13, 2014****5K**

Jim Hotelling 24:37 1st M 60

Andrew Signor 30:46

10K

Jack Mignosa 38:31 1st M Overall

Dorothy Slentz 50:51 1st F Grandmaster

Alan Schumacher 53:23 2nd M 50 - 59

(Continued on page 8)

@ THE RACES, CONT.

(Continued from page 7)

Joan Boone 1:07:08 1st F 60

**Gail Parkins Ovarian Cancer 5k
Raleigh, NC September 13, 2014**

Juliett Eck 37:44

Magnificent Mile**Raleigh, NC September 14, 2014**

Colin Jones 4:44 2nd M Master

Carne Mangarelli 5:32 1st F 40 - 44

James Gerdts 5:38

Ravi Jhaveri 6:03

Mary Szymkowski 6:41 1st F 50 - 54

Maurice McDonald 6:44

Ben Barker 6:57

Sydney Barker 7:11

Lena Hollmann 7:27 1st F 60 - 64

Alexa Francis 7:35

Zeph Putnam 7:43

Jerry Surh 7:47 1st M 75 -79

Tracy Francis 7:55

Stephanie Francis 8:11

Jamie Gerdts 8:21

Louise Guardino 8:32 1st F 70 - 74

Rajan Jhaveri 8:37

Malini Jhaveri 9:33

Mai Gerdts 10:23

Canes 5K**Raleigh, NC September 14, 2014**

Bryan Hassin 25:07

Katie Barrett 35:25

Submit Your Race Results Online:

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

- 10/05 (Sun) Tunnel to Towers 5K, Raleigh
- 10/10 (Fri) The Knob and The Bonk, Boone
- 10/10 (Fri) Tuna Run 200 Relay, Raleigh
- 10/11 (Sat) Legs for Life Wellness 5K, Burlington
- 10/11 (Sat) Live Fearless 5K, Cary
- 10/11 (Sat) Dance Dash 5K, Durham
- 10/11 (Sat) Cannonball Run Half/5K, Greensboro
- 10/11 (Sat) Remembrance Run 10k, Jacksonville
- 10/11 (Sat) 5K on the Greenway, Mt. Airy
- 10/11 (Sat) Triangle Run/Walk for Autism, Raleigh
- 10/11 (Sat) Run to Victory Half/5K, Randleman
- 10/11 (Sat) WFAR Classic 5K/5M, Wake Forest
- 10/11 (Sat) Bethel Half Marathon & 5K, Waynesville
- 10/11 (Sat) Mount Jefferson Challenge, West Jefferson
- 10/12 (Sun) Ales for Rail Trails 5K, Durham
- 10/13 (Mon) Appalachian Series Full/Half, Morganton
- 10/18 (Sat) 5k Chocolate Party Raleigh, Cary
- 10/18 (Sat) WC-50 Ultra Trail Marathon, Charlotte
- 10/18 (Sat) Cherokee Half/5K, Cherokee
- 10/18 (Sat) C3 Run for Haiti, Clayton
- 10/18 (Sat) The Race Home 5K, Durham

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RACE CALENDAR, CONT.

(Continued from page 8)

10/18 (Sat) Greensboro Full/Half/5K, Greensboro
10/18 (Sat) Medoc Trail Races, Hollister
10/18 (Sat) Oktoberfest Run Green 8K, Raleigh
10/18 (Sat) Apple Festival 5K Run, Taylorsville
10/18 (Sat) Jones Dairy Elementary 5K, Wake Forest
10/18 (Sat) Great Pumpkin Family 5K, Wake Forest
10/19 (Sun) Bull City Racefest Half Marathon, 5M and 1M, Durham
10/19 (Sun) Race 13.1/10K/5K, Winston-Salem
10/25 (Sat) 8th Annual American Tobacco Trail 10-miler, Apex
10/25 (Sat) Eve Carson Memorial 5K, Chapel Hill
10/25 (Sat) Pumpkin Run 4K, Chapel Hill
10/25 (Sat) Eno River Run, Durham
10/25 (Sat) Triple Lakes Trail Race Ultra marathon, Greensboro
10/25 (Sat) Day of the Dead 5K, Raleigh
10/25 (Sat) Rural Hall 10K, Rural Hall
10/26 (Sun) Hallowed Half/10K, Wake Forest

Nov 2014

11/01 (Sat) Aging in Stride 5K, Chapel Hill
11/01 (Sat) Hit the Brixx 5K/10K, Greensboro
11/01 (Sat) Raleigh LUNGe Forward 5K, Raleigh
11/01 (Sat) Halloween Half/5K, Spring Lake
11/02 (Sun) 2014 Raleigh City of Oaks Marathon & Rex Healthcare Half Marathon, Raleigh
11/02 (Sun) Run, Walk and Roll with Veterans 5K, Raleigh
11/02 (Sun) Port City Orthopaedics Battleship Half Marathon & Port Land Grille Battleship 5K, Wilmington
11/08 (Sat) Head for the Cure 5K, Cary
11/08 (Sat) Ron-A-Thon 5K, Chapel Hill
11/08 (Sat) Run to Reclaim 5K, Raleigh
11/09 (Sun) Outer Banks Full/Half, Outer Banks
11/15 (Sat) Old Glory Trail Trot, Aberdeen
11/15 (Sat) Resurrection Lutheran School 5K, Cary
11/15 (Sat) Thunder Road Full/Half, Charlotte
11/15 (Sat) Durham Academy Turkey Trot, Durham
11/16 (Sun) Southern Village 5K and Family Fun Run, Chapel Hill
11/23 (Sun) Healthy Lifestyles 5K, Cary

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

www.carolinagodiva.org/race-calendar

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

SEPTEMBER MINUTES

The regular monthly business meeting was called to order at 7:02 pm on September 9, 2014. Attendees included President Brandy Burns, Charles Alden, Jane Bruer, Patrick Bruer, Ethan Caldwell, Tom Griffin, Jamie Lewis, Kevin Nickodem and your scribe, Henry Blinder.

Kevin led off the meeting with the Treasurer's report for July, the first month of the new fiscal year. He reported that Kim Anglin has once again volunteered to prepare the Club's 2014 tax returns. Kevin also handed out a "fiscal year end trend report" for the five year period ending June 30, 2014. Although there are currently fewer dues-paying members than at times in the past, that has been offset by the fact that our members are generally more active and participating in more revenue-generating activities of the Club. For the most recent fiscal year ending on June 30, the Club had total income of \$30,862 and total expenses of \$30,377, with net income of \$585.

On Membership, Ethan informed us that we currently have 490 members in the Club. This is a similar number as last month.

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.

Although Jeff Hall was not at the meeting, he furnished an update on several Haberdashery items. He is getting additional information on the race shirts for the Umstead Marathon. He also has a source on a light-weight Club running jacket. The cost to the Club will be around \$35 per jacket, plus the expense of embroidering the Club logo on the jacket. To avoid having the Club front what could be a significant expenditure to order a large number of jackets without knowing how much demand there might be, the Board decided to require preorders with payment from members interested in getting a jacket. Additional information on preorders will be on the Club website once the final cost is determined. Jeff is also looking into making available for purchase one-quarter zip Club jackets. There may be samples of both jacket styles available at next month's business meeting, as well as at the Club's fall picnic and the first Winter Series race in

October.

Kevin reported on the Blue Ridge Relays. The race "went really well for all of us." The Club's mens' masters team was fourth overall and, for the eighth year in a row, the first place masters team. He will be preparing an article on the race for the newsletter, including a link to pictures from the race. Following his report, we unanimously ratified our prior action by e-mail to provide a \$1000 grant to defray a portion of the costs to the team members of participating in the race.

Jamie gave us an update on the Winter Series. All sites, dates and race directors are confirmed, and the information has been posted on the Club's website. Other than Tom Kirby replacing Gary Schultz in the Geezer Pleezer, there were no race director changes this year.

Patrick also reported on the Cross-Country Series. The first race was held last week on a "hot, hot" summer evening. Notwithstanding the 93-degree temperature and high humidity, there were 27 runners for the first meet. He asked for authority to apply up to \$50 from race entry fees to defray some of the costs of a get-together on September 24 at the end of the series for participants, and we unanimously approved his request.

We heard from Kevin on the upcoming fall picnic. It will be at 4:30pm on September 28 in Duke Forest, at the same location as last year.

Jamie provided us with information on the Club's search for a Vice President candidate for next year. Brandy noted that there are ongoing discussions on the subject. We all agreed to give some thought to helping to find a candidate for the position.

As our final item, Charles reported on the One-Hour run held last month. There were 31 participants in the race. We thanked Charles and Bob Nelson for their work on the race.

The meeting adjourned at 7:59pm.

— Henry Blinder

Carolina Godiva Track Club Membership Application and Renewal

Online registration and payment is also available at www.carolinagodiva.org

MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s): (H) _____ (W) _____ (C) _____		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Newsletter Delivery Preference: <input type="checkbox"/> Electronic only <input type="checkbox"/> Print and Electronic	

TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student (elementary to graduate)	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	(Make checks payable to CGTC)
<input type="checkbox"/> Multi-Year (family)	\$135 / 5 years	

Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

Signature of Primary Member (or Parent/Guardian)

Date

FAMILY MEMBERS - ALL COVERED INDIVIDUALS MUST SIGN BELOW

Last Name (Print)	First Name	Gender	Birth Date	E-mail
Signature:			Date	
Signature:			Date:	
Signature:			Date:	
Signature:			Date:	

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472

Non Profit Organization
U.S. Postage Paid
Durham, NC
Permit No. 1084

ADDRESS SERVICE REQUESTED



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