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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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IN CONCLUSION...

As 2014 winds down, so do the final weeks of my time as President of CGTC. As the club prepares for Jamie to transition into his role as president for 2015, as well as the addition of a new member of the board as vice president (*Who!? Who is it?!* You ask... Well, you'll just have to come to the annual pizza party on December 9th at 7 p.m. to find out), I know I hand over this responsibility to some very capable hands (likely far more capable than my own).

As many of you may be aware, to become president of CGTC, one must first commit to spending a year as vice president. As Jamie and I spoke to those who were considering taking this first step, they of course had questions about what it would be like. In addition to some of the very specific responsibilities that the position entails, I also wanted to honestly share what the experience has been like for me. This is what I shared as I spoke of my experience in these past two years:

"Truth is, it's not always perfect. Sometimes people can be frustrating (I don't mean just Godiva people, I mean people in general, which includes Godiva people). If writing is not a natural talent, the monthly columns can be difficult, especially after the first three or four when you realize you have used up all your words. But, with rare exception, I have been treated with kindness, acceptance (they rarely call me out when I curse in emails to the board), and respect. I have genuinely felt appreciated. I personally have no special talent to serve in this role, and the support I have received from the experienced people on the board (and throughout the club) is really what has pulled me through this, as I think it has done many people before me and will continue to do for many people after me. I would also like to add something that I have experienced in the past two years that I'm not sure often gets mentioned. One of my favorite things about being president has been the opportunity I have had to get to know the people in the club so much more than I would have. I have especially enjoyed getting to know those who have been around the longest; while they may be the ones that question you the most at times, they are also the most interesting,

(Continued on page 4)

**DEADLINE FOR
JANUARY
NEWSLETTER:
DECEMBER 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
Vice President	Jamie Lewis	foresthistorian@yahoo.com
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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

CGTC ANNUAL PIZZA PARTY

All Carolina Godiva Track Club members are cordially invited to attend the CGTC annual membership meeting, which masquerades as a pizza feast at Satisfaction Restaurant (located in Brightleaf Square in Durham).

This year's meeting falls on Tuesday, December 9th, and will commence at 7:00 p.m. The main order of business will be the devouring of pizza, and sharing war stories of your latest race. The pizza is free (well, the Club picks up the cost), but drinks are paid for by you.

Other agenda items will include the ceremonial passing of the baton from our outgoing president Brandy Burns to 2015 president Jamie Lewis, the election of the new Vice President, and the (re-)election of Treasurer for Life Kevin Nickodem.

Don't miss it! 7 p.m. on Tuesday December 9th, at Satisfaction.

— CGTC Board

DUKE FOREST DEER MANAGEMENT PROGRAM SEPTEMBER 29— DECEMBER 19, 2014

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.



If you have any questions or concerns, please contact the Office at (919) 613-8013, or via email at dukeforest@duke.edu.

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
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

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knowledgeable, and supportive. I think I may have told Jamie this as I spoke with him about being VP this past year, if you can appreciate the uniqueness and contributions of different personalities of people, you will love this. These truly are good people (but I think you know that), and even the newsletter columns haven't put me over the edge (yet)."

Those words are genuine, and as I reflect on the last two years, my experience has been a very positive one. When I say you are truly good people, it's true (and when I say the newsletter columns haven't put me over the edge yet let's just say that, well, it's good this is my last one). I want to take a moment to say thank you to everyone who has welcomed me into the position so generously, to the previous president who has sent me kind "reminder" emails about something I may have overlooked, to the current vice president who is *way* more organized than I am, to our scribe Henry, who sat next to me in our board meetings and would kindly point when the conversation would start to digress from the original topic, and to all the board members who have helped me pull through these last two years. My special thanks goes out to the current and previous newsletter editors who have always gently prodded for my columns as the deadline for submission crept up, tiptoed by, and quickly bolted away. I would love to go through and list all the little ways I have appreciated each of you, but for concern of time (my deadline passed... umm... several days ago) and space, I may have to save that for a guest column.

I look forward to many years of being part of this club

as it successfully transitions this year and in the future. And some food for thought: the next time Carolina Godiva's vice president or president approaches you and tells you they think you would be good in the role of vice president and asks if you might consider taking on the responsibility, 1) they mean it, and 2) I encourage you, instead of saying "no" right away (*There's no way I can write the newsletter column!!* Trust me, if you can suffer through reading twelve of mine, I assure you that you will be able to come up with twelve of your own), ask some questions and then think about it. It is definitely worth the commitment (and yes, even the writing of the president's column).

As we head into 2015, we are preparing to celebrate Godiva's 40th anniversary (interesting that CGTC and I both came into this world in the same year). There will be an event in celebration of this, and you will see special things throughout the year about Godiva's history and its members. I look forward to continuing to be a part of this club for the next year and as we move into its half-century mark.

I'm looking forward to seeing everyone on December 9th at Satisfaction as we celebrate another transition of leadership for the club!

— 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

GROWING OLD GRACELESSLY, BY CHARLES ALDEN

The record-setting performance by the Godiva Masters team at the Blue Ridge Relays is the latest in a long series of phenomenal achievements by senior Godiva runners. We have seen Max Hamlyn and Maurice McDonald medaling in World Championships, Kathy Wides and Jay Smith in the nationals, and a host of others shining in the State Games. The elite Masters team has regularly shamed most of the younger teams in the open competition, and we still see Jerry Harris and Abie Harris, approaching 80, disappearing into the distance ahead of us. And there are many more—I recall Wade Clark and Don Lein, beyond scoring hardware in their age groups, leaving a slew of kids half their age gasping in the dust. Is 60 really the new 30? One might think that the rest of us with more birthdays than hairs might find hope and inspiration from all these achievements.

No way! Hearing about our cohorts gliding through the mountain roadways at a 6:30 pace in the middle of night, and returning for a repeat performance the following day, does not encourage those of us who strain to blast out a single quarter mile on a flat track at the same pace. What rankles is not having people be faster than us, which we have become used to, but rather that these ageless pups deny us our last refuge—an excuse.

For gentlemen of a certain age, there are two ways to live in denial of the inexorable process of aging. Those who have been successful and prosperous buy expensive sports cars, shoot up Botox, and chase their secretaries. Those who can't afford such extravagances take up running. If you are reading this newsletter, you know who you are.

A few years back one of our well-intentioned Presidents, desperate for column material late in her term, offered to write an article of advice for the 'mature runner.' Besides such useful hints as 'don't get injured,' 'eat healthy food,' and 'work out regularly,' there was the less helpful tip: 'stay in shape for the previous 20 years.'

Now, it's bad enough to be at an age when attractive young women address you as 'sir,' but to hear how simple it is to bypass the ravages of time from someone a dozen years short of an AARP card is

intolerable. So, for the benefit of everyone not named Klopfer, for those of you whose weeks do not include 40 miles on the trails and an evening of intervals, I offer the following advice for running happily, if slowly, into the sunset.

Embrace Denial

Just as I have been discarding unopened invitations to join the AARP for nearly two decades, I search for other ways to still keep thinking of myself as a Kid. It is not necessary to fool anyone else as long as you can fool yourself. Being in denial may not change any truths, but it can help keep you from dwelling on them. I won't pronounce my age, but I might let on, with a knowing look and a hint at my prowess, that I *am* a sexagenarian. Or that, despite youthful appearances, I really am closer to 50 than to 40.

Go Metric

Measuring your distances in kilometers rather than miles is an excellent way to do more with less. This will permit you to tell your pals you went out and did six that morning, when actually you stopped short of the four-mile mark. And for a long time it was satisfying to still be able to match my high school mile mark—in a kilometer.

Never Look Back

I vividly recall Paul Naylor's lament at one of the Couch Mountain weenie roasts, as he spoke of looking through some old workout logs "reading and crying, reading and crying." Unless like Walter Rogan you use your workout logs as a way of cataloging that your government-sponsored frequent flyer miles are the equivalent of a trip to Mars and back, the process of denial is thwarted by reminders of how fast you used to be. Even if it didn't feel that fast back then.

Rationalize

The greatest blessing to the mature runner is the age-adjusted conversion table, which transforms that cruel number showing on your stopwatch to an age-25 equivalent, and suddenly you are still within

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GROWING OLD GRACELESSLY, CONT

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striking range of that sub-20 5K.

But best of all is the realization that, in truth, you are still maintaining the same pace as ever, if you just look at it the right way. When I was doing sub-5-minute miles in high school, my stride length was about equivalent to my height; now quadruple the age, plodding along the ATT at 9-something pace, my stride is barely over one meter. Yet all the while, the turnover rate has remained the same, almost exactly three steps per second, within a few

hundredths.

Find the Joy

Above all, relish the ultimate appreciation of being alive that running offers, of being in movement under God's sky, drinking in the breeze in that hour before sunset as the clouds change colors and the stars emerge, as the path in front of you unwinds and the familiar scenery floats past, no matter what the speed.

— Charles Alden

New Year's Day Run 2015

**8 kilometers
on Duke Forest Trail**



**Duke School
3716 Erwin Rd, Durham
(West of NC 751 Traffic Circle)
Questions? pjbruier@gmail.com**

COUCH MOUNTAIN RACE 2014

This year's race will be on **Sunday, December 14th** at **10 a.m.**, starting at Duke Forest Gate F picnic shelter off NC-751, 0.4 mile from US-70 Business.

The 5-mile run features both road and trail. We traverse the mountain and the lollipop, deal with a death-defying plunge to the bottom of the gully followed by the climb out, go down a gentle slope to Cornwallis Road, and roll on for 3 more miles to the finish.

Post race features include cheap beer swill and the burning of meat of uncertain origin.

—Paul Naylor

GOT CONTENT FOR THE GODIVA NEWSLETTER?

Send your stories to newsletter@carolinagodiva.org, and we'll do our best to print them throughout the year.

Submit Your Race Results Online:

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

Misery Run 2014							
Finish Place	Name	Age	Sex	Time	Predicted Time	Difference	
25	Jen Howard	40	F	51:51	51:51	0.27	Best predictor
27	Mike Walsh	47	M	53:02	53:00	1.79	Second best predictor
55	Mickey Lackey	69	M	1:04:56	1:04:59	3.96	Third best predictor
33	Mark O'Connell	47	M	55:16	55:00	5.46	
24	Erin Schliep	30	F	51:50	52:09	19.14	
12	Barton Bechard	50	M	46:39	47:00	21.04	
11	Shawn Harris	49	M	46:24	46:00	23.38	
45	Joao Correia	47	M	59:25	59:00	24.02	
3	Adrien Cooper	37	M	40:55	40:30	24.55	
4	Anthony Coriveau	44	M	42:26	43:00	34.84	1st Male Masters finisher
28	Craig Gilbert	55	M	53:11	53:47	36.56	
30	Tom Maunz	34	M	54:48	54:10	37.98	
50	Brandy Burns	39	F	1:02:14	1:02:52	38.06	
29	Paul Wormsbecher	53	M	54:21	53:30	50.17	
49	Richard Laxar	67	M	1:01:08	1:02:00	52.93	
19	Kevin Gauger	40	M	51:01	52:00	59.36	
43	Heiko Rath	45	M	59:02	58:00	1:01.31	
51	Jim Hotelling	67	M	1:02:54	1:03:59	1:05.61	
9	John Cheadle	25	M	44:49	46:00	1:11.06	
53	William Harris	38	M	1:03:45	1:05:12	1:27.92	
18	Chris Selvaggi	46	M	49:55	51:23	1:28.66	
7	Joan Nesbit Mabe	52	F	43:39	45:10	1:31.80	1st Female finisher
23	Daniel Elder	36	M	51:36	50:00	1:35.30	
42	Marija Crook	16	F	58:23	1:00:00	1:37.45	
41	Clare McNamara	15	F	58:23	1:00:00	1:37.68	
40	Katherine Dokholyan	14	F	58:23	1:00:00	1:37.87	
39	Maeve Gualtieri-Reed	15	F	58:22	1:00:00	1:38.03	
15	Doug Gimlin	50	M	49:19	47:33	1:45.91	
35	Chris Gould	70	M	56:12	58:00	1:48.19	
6	Ronnie Weed	39	M	43:26	41:37	1:48.64	
38	Christopher Boyce	40	M	57:46	1:00:00	2:14.96	
1	Dave Mabe	39	M	36:40	39:00	2:20.64	1st Male finisher
21	Dallas Pridgen	52	M	51:28	54:00	2:32.04	
8	Dennis Reardon	42	M	44:34	42:00	2:33.65	
36	Ravi Jhaveri	44	M	57:09	54:30	2:38.46	
46	Jennifer Browndorf	45	F	1:00:31	57:45	2:45.65	
44	Parker Burns	17	F	59:04	56:14	2:49.80	
47	Lizzie Mabe	13	F	1:00:55	58:00	2:54.36	
48	Olivia Vrba	13	F	1:00:55	58:00	2:54.67	
5	Kevin Nickodem	58	M	43:05	46:00	2:55.13	
62	Michael Forny-Duval	38	M	1:11:34	1:15:30	3:56.24	
10	Brian Tajili	32	M	45:58	50:00	4:02.69	
13	Douglas Hensel	41	M	47:59	43:29	4:29.66	
58	Erin Hensel	34	F	1:09:40	1:05:00	4:39.40	
56	George Retsch-Bogart	62	M	1:05:16	1:10:00	4:44.45	
2	George Linney	39	M	39:50	35:00	4:49.48	
52	Bruce Pitner	57	M	1:03:07	1:09:00	5:53.74	
57	Carol Scheible	51	F	1:06:10	1:00:00	6:09.41	
22	Betsy Kempter	47	F	51:30	57:57	6:27.23	
54	Joy Turkal	31	F	1:03:57	57:00	6:56.35	
65	Windy Boyd	44	F	1:15:30	1:08:00	7:29.15	
37	Guy Potter	45	M	57:29	1:05:00	7:31.86	
14	Layna Mosley	42	F	48:48	56:34	7:46.41	1st Female masters finisher
32	Karen Yeowell	46	F	55:15	47:20	7:54.90	
17	Caren Mangarelli	44	F	49:46	57:50	8:04.41	
26	Dean Forbes	32	M	52:55	44:30	8:24.40	
20	Androo Yeowell	44	M	51:16	1:00:00	8:44.09	
66	Susan Carl	52	F	1:27:27	1:18:00	9:26.79	
64	William Linney	7	M	1:15:02	1:05:00	10:01.98	
59	Ryan Lynch	10	M	1:10:07	1:00:00	10:06.96	
60	Jonathan Ghezso	10	M	1:10:09	1:00:00	10:08.78	
61	Scott Lynch	46	M	1:10:10	1:00:00	10:09.12	
63	Greg Sousa	45	M	1:11:38	1:22:00	10:22.24	
34	Alison McNamara	48	F	56:12	1:10:00	13:48.63	Median finisher
67	Scott Herman-Giddens	71	M	2:20:09	2:00:00	20:08.89	
31	Ian Rasmussen	9	M	54:49	1:15:00	20:11.27	
16	Leif Rasmussen	12	M	49:38	1:10:00	20:22.70	

@ THE RACES

Leadville Trail 100 Mile Run**Leadville, CO August 16-17**

Mike Dacar 29:15:00

Marine Corps Half Marathon**Camp Lejeune, NC September 20, 2014**

Brian Palmer 1:56:11

519 Hearts Haiti 10K**Camp Lejeune, NC September 20, 2014**

Andrew Sigmon 56:03

Super Cooper's Rockin' Bike Road Race**Chapel Hill, NC September 20, 2014**

Sara Sousa 10:16

Elizabeth Sousa 10:26

Abraham Sousa 10:14

NC Pride Run 5K**Durham, NC September 27, 2014**

Craig Heinly 19:18 1st M Master

Karen Murphy 21:55 1st F Overall

Ravi Jhaveri 22:48

Jerk Fest 5K**Durham, NC September 27, 2014**

William Krause 14:34

GlobalRun4Water 5K**Cary, NC September 28, 2014**

Lindsey Schiefer 30:33

Rock N Rebellion 13.1**Raleigh, NC October 5, 2014**

Gordon Caviness 1:47:02

Mary Szymkowski 1:55:03 1st F 50 - 54

NU Hartford Half Marathon**Hartford, CT October 11, 2014**

Richard Wolfe 4:20:02 2nd M 75 - 79

Live Fearless 5K**Cary, NC October 11, 2014**

William Harris 27:42

Ales For Rail Trail 5k**Durham, NC October 12, 2014**

Carolina Godiva Team 1:46:35 1st Team

Caren Mangarelli 19:16 1st F Overall

Dudly Dooright 19:38

Anthony Corriveau 19:39

Ethan Caldwell 19:41

Jeff Hall 20:44

Shannon Johnstone 20:55 1st F 30 - 50

Douglas Hensel 21:20

Natasha Catlin 22:20

Craig Gilbert 22:21

William Schmitz 23:06

Megan Sullivan 23:12

Tina Clossick 23:27

Michael Formy-Duval 23:58

Carolyn Huettel 25:30

Scott Lynch 25:57

Brandy Burns 26:24

Dawn Bardon 26:57

Sherri Lynch 27:18

Christina Drew 29:02

Susie Gilbert 30:02

Julie Horton 30:35

Shauna Griffin 38:05

Run For Hope**Raleigh, NC October 12, 2014****5K**

Mia Gerdt 39:57

Jamie Gerdt 39:55

10K

James Gerdt 42:06 1st M Overall

Christianna Williams 50:58 3rd F Overall

Laree Johnson 1:01:08

Medoc Trail Races**Hollister, NC October 18, 2014****10 Mile**

Bryan Scherich 1:20:12

Mary Flood 1:22:51 1st F 40 - 49

Laura Heyneman 1:29:06 1st F 50 - 59

Paul Wormsbecher 1:33:07

Marathon

Allen Baddour 3:18:25 2nd M Overall

Anthony Corriveau 3:46:24 2nd M 40 - 49

Shannon Johnstone 4:00:56 1st F Overall

Tony Bennett 4:20:03 2nd M 50 - 59

Jenna Koenigshofer 4:39:43 1st F 30 - 39

Brandy Burns 5:06:31 3rd F 30 - 39

Oktoberfest Run Green 8K**Raleigh, NC October 18, 2014**

Louise Guardino 56:02 1st F 65 - 99

Baltimore Marathon**Baltimore, MD October 18, 2014**

Randy Kaufheil 4:02:01

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@ THE RACES, CONT.

*(Continued from page 8)***Baystate Half Marathon, MA****October 19, 2014**

Richard Wolfe 3:52:20 3rd M 70 - 99

Bull City Race Fest***Durham, NC October 19, 2014****5 Mile**

Paul Jones	28:37	2nd	M Overall
David Drewry	35:22	1st	M 50 - 54
Owen Astrachan	35:59	1st	M 55 - 59
Bryan Hassin	36:16		
Tina Clossick	39:24	1st	F 40 - 44
Michelle Conner	43:48		
Jennifer Boyce	48:23		
Joy Turkal	48:58		
Christina Drew	49:02		
Juliette Eck	50:14		
Leigh Wynne	52:49		
Junior Simmonds	57:48		
Carol Walton	1:02:49		
Ruthie Lyle-Cannon	1:03:24		
Alexandra Granados	1:04:42		
Michael Chrestensen	1:06:45		
Kelly Henderson	1:09:10		
Stephanie Gillingham	1:10:03		
Susie Hansley	1:12:20		
Marianne Green	1:15:19		

1/2 Marathon

Barton Bechard	1:24:19	1st	M Master
Tim Gingerich	1:27:37	3rd	M 40 - 44
Nancy Kaiser	1:31:24	2nd	F Master
Jessica Bishop	1:34:17	1st	F 35 - 39
Andrew Scribner	1:34:18		
William Schmitz	1:37:00		
Craig Gilbert	1:38:38		
Kim Donaldson	1:39:01	1st	F 50 - 54
Charles Fiore	1:43:05		
Hernan Silva	1:44:02		
Tim Young	1:44:13		
Jen Howard	1:44:48		
Becky Trumbull	1:45:57		
Alexandra Brozena	1:46:32		
Chris Gould	1:41:07	1st	M 70 - 74
Martin Warters	1:47:58		
Christopher Boyce	1:48:19		
Joy Turkal	1:49:25		
Jim Van Welzen	1:50:13		
Jerry Harris	1:50:27		

Tom Maunz	1:51:30		
Sarah Jones	1:52:25		
Rusty Barnett	1:54:28		
Mark Rhoades	2:00:48		
David Rice	2:00:51		
Shauna Griffin	2:01:29		
William F Vann, Jr.	2:02:49	1st	M 65 - 69
Dhruv Patel	2:03:14		
Jennifer Headley	2:03:41		
Bruce Pitner	2:04:15		
Julie Messina	2:05:43		
Collie Fulford	2:06:12		
Sue Cullen	2:07:15		
Michael Cawthorne	2:09:04	2nd	M 65 - 69
Michael Cawthorne	2:11:07		
Vickie Schudel	2:12:46		
Hedrick Strickland	2:17:06		
Alfred Kleinhammes	2:18:00		
Hanan Moussa	2:27:08		
Tom Arnel	2:31:16		
Aimee Bazin	2:35:20		
Karishma Fernandes	2:36:53		
Rochelle White	2:38:45		
Susie Gilbert	2:41:28		
Rebeca Cabrera	3:11:05		

* We are unsure of the results of this race

Dog Day 5k**Garner, NC October 19, 2014**

Dudly Dooright	19:58	2nd	Dog Overall
Shannon Johnstone	23:08		

5K Spooktacular**Westborough, MA October 18, 2014**

Heather Yeowell	33:46	2nd	F Grandmaster
David Yeowell	36:07	2nd	M Granmaster

American Tobacco Trail 10 Miler**Apex, NC October 25, 2014**

Paul Jones	57:41	3rd	M Overall
John Barry	58:02	1st	M Master
Kevin Nickodem	1:04:08	2nd	M Master
Gary Moss	1:09:14	3rd	M Grandmaster
Donald McDonnell	1:14:04	2nd	M 50 - 54
Sara Jones	1:15:51		
Kim Donaldson	1:16:10	1st	F Grandmaster
William Schmitz	1:16:30		
Cathy Wides	1:16:48	2nd	F Grandmaster
Randy Kaufheil	1:17:25	1st	M 55 - 59
Lena Hollmann	1:26:13	3rd	F Grandmaster

(Continued on page 10)

@ THE RACES, CONT.

(Continued from page 9)

Benedict Mulliken	1:41:59		
Julie Horton	1:42:08		
Joan Boone	1:45:52	1st	F 60 - 64
Louise Guardino	1:50:06	1st	F 70 - 74
Karishma Fernandes	2:07:46		
Marni Schribman	2:11:59		

Eve Carson Memorial 5K**Chapel Hill, NC October 25, 2014**

Adam Astrachan	22:40		
Owen Astrachan	21:41		
Rietta Couper	22:38	1st	F 50 - 99
Laura Heyneman	23:26	2nd	F 50 - 99
Gary Slade	19:48	2nd	M 50 - 99

Pumpkin Run 4K**Chapel Hill, NC October 25, 2014**

Allen Baddour	14:03	1st	M Master
Jim Clabuesch	14:27	2nd	M Master
Leif Rasmussen	17:01	3rd	M 11 - 12
Tom Hoerger	17:44		
Ian Rasmussen	19:50		
Alexa Francis	20:17	2nd	F 9 - 10
Tracy Francis	20:24		
Silas Ramussen	21:11		
William Harris	21:36		
Katheleen Baker	23:29		

Eno River Run**Durham, NC October 25, 2014****6 Mile**

Elizabeth Steffens	55:57	1st	F 35 - 44
Vickie Schudel	1:09:17		
Elizabeth Bechard	1:12:21		
Jennifer Boyce	1:42:39		

11 Mile

Carolina Godiva Team	3rd	Team	
Ronnie Weed	1:20:40	2nd	M 35 - 44
Craig Heinly	1:21:45	1st	M 45 - 54
Paula Anstrom	1:34:56	3rd	F Overall
Charles Fiore	1:40:42		
Kevin Gauger	1:41:14		
Greg Sousa	1:44:23		
Paul Wormsbecher	1:47:13		
Jennifer Browndorf	1:50:58	2nd	F 45 - 54
Chris Boyce	1:51:59		
Joanna Pomilio	1:59:08		
Halle Amick	2:02:19		
Dwight Firestine	2:04:52		
Erin Hensel	2:14:57		

Raleigh Monster Dash 5K**Raleigh, NC October 26, 2014**

Zeph Putnam	26:26	3rd	M 60 - 64
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Hallowed Half/10K**Wake Forest, NC October 26, 2014**

James Gerdt	1:34:57	3rd	M 40 - 44
Laree Johnson	2:11:55		

Ron-A-Thon 5k**Chapel Hill, NC November 8, 2014**

George Hotelling	19:35	1st	M 0 - 18
Jim Hotelling	24:05		

City of Oaks**Raleigh, NC November 2, 2014****10K**

Mickey Lackey	56:35	2nd	M 65 - 69
Mel Levin	1:14:22		
Kendra Powell	1:32:06		

1/2 Marathon

John Barry	1:17:04	1st	M 45 - 49
Paul Sexton	1:24:00	3rd	M 45 - 49
Ravi Jhaveri	1:41:18		
Tim Young	1:41:57		
Denise Larson	1:55:36		
Richard Laxar	2:04:36		

Marathon

Kevin Gauger	3:24:52		
Chris Gould	3:56:45	1st	M 70 - 99
Katie Biasi	4:26:05		
Tom Kirby	4:27:45		
Barbara Hindenach	4:57:58	2nd	F 60 - 64
Benedict Mulliken	5:19:36		
Alexandra Granados	6:03:10		

NYC Marathon**New York, NY November 2, 2014**

Tom Arnel	5:55:00		
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New Hope Turkey Run**New Hope, NC November 8, 2014**

Rietta Couper	30:46	2nd	F Overall
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OBX Marathon**OBX, NC November 9, 2014**

Colin Jones	2:56:25	3rd	M Master
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CAROLINA GODIVA TRACK CLUB WINTER SERIES STANDINGS 2014/15

NAME	PAID	FORM	SHIRT	DONUT	MISERY	COUCH MOUNTAIN	NEW YEARS	ENO EQUALIZER	SEER PLEZZER	HARD CLIMB HILL 3 OF 7	HARD CLIMB HILL 10	TOTAL POINTS	POINTS NEEDED FOR WS SHIRT
Astrachan, Owen	Y	Y	M	R								1	4
Bazin, Amiee		Y	SM	V	V							2	3
Boyce, Christopher	Y	Y	LG	R	R							2	3
Broglie, Jessica	Y	Y	SM	V	V							2	3
Bruer, Patrick	RD			R			D					2	0
Burns, Brandy	Y	Y	SM	R	R							2	3
Burns, Parker	N/A	Y	SM	R	R							2	3
Caldwell, Ethan	Y	Y	LG	R								1	4
Catlin, Natasha	Y	Y	SM	R								1	4
Cheadle, John	Y	Y	M		R							1	4
Cleavesch, Jim	Y	Y	LG	R	D							2	3
Clossick, Tina	Y	Y	SM	R								1	4
Correia, Jose	Y	Y	LG	R	R							2	3
Corriveau, Anthony	Y	Y	M	R	R							2	3
Drommer, Joe	Y	Y	LG	R								1	4
Figge, Jason	Y	Y	LG	R								1	4
Forbes, Dean	Y	Y	LG		R							1	4
Formy-Duval, Michael	Y	Y	M	R	R							2	3
Gauger, Kevin	Y	Y	LG	R	R							2	3
Gilbert, Craig	Y	Y	LG	R	R							2	3
Gillingham, Stephanie	Y	Y	LG									0	5
Gould, Chris	Y	Y	SM		R							1	4
Griffin, Thomas	Y	Y	M	V	V							2	3
Guardino, Louise	Y	Y	M	R	V							2	3
Hall, Jeff	Y	Y	M	R								1	4
Hansley, Susie	Y	Y	LG	R								1	4
Harris, William	Y	Y	XLRG	R	R							2	3
Hassin, Bryan	Y	Y	LG	R								1	4
Hawz, John	Y	Y	LG	R								1	4
Henzel, Doug	Y	Y	LG	R	R							2	3
Henzel, Erin	Y	Y	SM		R							1	4
Heyneman, Laura	Y	Y	SM									0	5
Hindensch, Barbara	RD			V	V				D			3	0
Hotelling, Jim	Y	Y	LG	V	R							2	3
Howard, Jen	Y	Y	M	R	R							2	3
Huettel, Carolyn	Y	Y	LG	R	V							2	3
Jewell, John	Y	Y	M	R	V							2	3
Jheveri, Ravi		Y	M		R							1	4
Johnson, Evan	Y	Y	M									0	5
Johnstone, Shannon	Y	Y	SM	R								1	4
Kaufheil, Randy	Y	Y	LG	R	V							2	3
Kelly, Mike	Y	Y	LG	R								1	4
Kempter, Betsy	Y	Y	M	R	R							2	3
Kempter, Bryan	Y	Y	XLRG									0	5
Kirby, Tom	RD			R	V				D			3	0
Klopper, Peter	RD								D			1	0
Laxar, Richard	Y	Y	M		R							1	4
Lewis, Jamie	Y	Y	M	V	V							2	3
Linney, George III	Y	Y	M	R	R							2	3
Linney, George IV	Y	Y	SM	R								1	4
Lucas, Luke	RD				D							1	0
Malizia, Emil	Y	Y	M	R	V							2	3
Maunz, Tom	Y	Y	XLRG		R							1	4
Murphy, Karen	Y	Y	M	R								1	4
Naylor, Paul	RD					D						1	0
Nickodem, Kevin	Y	Y	M	R	R							2	3
Powers, John	TBD	Y	M									0	5
Rath, Heiko	Y	Y	M	R	R							2	3
Retsch-Bogert, George	Y	Y	LG		R							1	4
Rothman, Larry	Y	Y	M	R	V							2	3
Schelble, Carol	Y	Y	M	R	R							2	3
Schmitz, William	Y	Y	XLRG	R								1	4
Schumacher, Alan	Y	Y	LG									0	5
Selvaggi, Chris	Y	Y	M		R							1	4
Simpson, Tracy	Y	Y	M									0	5
Smith, Richard	RD							D				1	0
Smith, Thomas	Y	Y	LG									0	5
Sousa, Gregory	Y	Y	M	R	R							2	3
Sousa, Sara	Y	Y	M		R							1	4
Stechowicz, Christine	Y	Y	M	R	V							2	3
Sullivan, Megan	Y	Y	M	R	V							2	3
Surh, Jerry	RD									D		1	0
Tajili, Brian	Y	Y	LG	V	R							2	3
Tebb, Nealie	Y	Y	XLRG									0	5
Turkal, Jay	Y	Y	SM		R							1	4
Weed, Ronnie	RD			D	V/R							2	0
Wolfe, Richard	Y	Y	LG		V							1	4
Wormsbecher, Paul	Y	Y	XLRG	R	R							2	3

The Winter Series races are low-key, low-stakes, mostly cross-country runs meant for enjoyment and camaraderie. Runners of all abilities are welcome to participate.

Race-day-only registration costs \$5 and opens an hour before the race start. All races begin at 10 am except for the New Year's Day run, which starts at 1pm. Free entry for those 18 and under, so bring the whole family!

Current Carolina Godiva Track Club members may pre-pay for all seven Winter Series races for only \$25. Sign up online at carolinagodiva.org or by returning the form below with cash or a check to the club. Forms (as well as club membership forms) will also be available at the events.

Additionally, series registrants can earn the Incredibly Beautiful Winter Series T-Shirt™ by running or volunteering at 5 of the 7 events. Running the Hard Climb Hill 10-miler counts as two events. Participants' standings will be published online (and initially in the newsletter).

Race announcements will be in the newsletter and on the club website. Additional race details can be found online. If you have any unanswered questions related to a specific race, please contact the race director.

The races can't be put on without volunteers. Please contact the race director prior to the race if you'd like to help.

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 2014-2015 CGTC Winter Series



Run for the Donuts

Durham Academy, Upper School
3601 Ridge Rd

Sun. Oct. 12
10 am

3 to 4-mile relay on DA's XC course. Randomly drawn 3-person teams. Team with highest Donuts Index™ wins. Advanced age a plus.

Race Director: Ronnie Weed, 919-225-1407 diecorn@gmail.com

Misery Run

Pepper Hill Farm
323 Old Fayetteville Rd, Chapel Hill

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, 0.4 mi from US-70 BUS

Sun. Dec. 14
10 am

5-mile race that includes sections of trail and paved roads. Enjoy a cookout afterwards!

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

8K course on Duke Forest gravel road and single-track trails to start out the New Year.

Race Director: Patrick Bruer, 919-929-8582 pjbruer@gmail.com

Eno Equalizer

Eno River State Park
End of Cole Mill Rd

Sun. Jan. 18
10 am

4-mile team race on the technical hiking trails of ERS Park. 3-person teams assigned with handicaps such that each team has equal potential to win.

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

4-mile age- and sex-handicapped race, run primarily on paved roads.

Race Director: Tom Kirby, 919-383-8434 twkirby@frontier.com

Hard Climb Hill

Duke Forest - Gate 23
Mt. Sinai Rd, 0.3 mi W of Friends School Rd

Sun. Mar. 8
10 am EDT

3, 7, and 10 mile race options. Challenging hills on Duke Forest gravel roads. 10-miler counts as 2 events for the series.

Race Director: Jerry Surh, 919-967-0272 surh@ncsu.edu

Runners of all abilities welcome!

Registration opens an hour prior to the race; \$5 entry fee for each race (free for those 18 & 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 a WS T-Shirt by running or volunteering for at least 5 events. To volunteer, contact the race director.

NOVEMBER MINUTES

The regular monthly business meeting was called to order at 7:02pm on November 11, 2014. Attendees included President Brandy Burns, Jess Broglie, Patrick Bruer, Ethan Caldwell, Jamie Lewis, Tom Griffin, Barbara Hindenach, Tom Kirby, Kevin Nickodem and your scribe, Henry Blinder.

Ethan led off the meeting with the monthly Membership report. The Club has 488 members, up three from last month. There were 29 renewals this past month.

In the absence of Ravi Kashyap and Jeff Hall, we did not receive a Newsletter or Haberdashery report. However, Jeff did inform Brandy that he has ordered approximately 20 of the new Club jackets.

Kevin handed out the Treasurer's report. It included information on the month ending October 31, cumulative information on the first four months of the fiscal year and, for comparison purposes, data from the same four-month period last year. In the coming month, he expects to send to the Umstead Coalition the \$3000 donation approved last month by the Board.

We then discussed the Winter Series. Kevin reminded us that this was the third year the Club has needed to purchase a separate liability insurance policy for the Misery Run, since that type of race is no longer covered by our regular general liability policy. While the cost of this special policy is \$500, the Club still does not lose money overall on the Winter Series. Following additional discussion, we decided not to raise the fees charged for the Misery Run or the Winter Series overall.

Patrick gave us an update on an item raised last month about giving additional information to participants on the location and other details of the various Winter Series races. In the future, the newsletter will include the distance and type of running surface for the races. Other information, including a "frequently asked questions" section, will also now be provided on the website. Jamie noted the possibility of putting up a You Tube channel for Godiva. If this is done, he envisions that the channel would include video explanations of the races.

As always, there will be several new Board members at the next business meeting. After six years, your

scribe will be stepping down from the Meeting Secretary position at the end of the year. Even after full disclosure (!), Brandy has agreed to assume the position. Jamie will be the new Club President, and Jess will be voted on for the Vice-President position at the December holiday meeting.

We continued last month's discussion on how to mark the occasion of the Club's 40th anniversary. We batted around several ideas, including highlighting historical information about the Club from time to time in the Winter Series schedule. Tom G. suggested a 40th anniversary T-shirt with a commemorative logo. We also raised the possibility of a commemorative and low-key race, perhaps tied to an existing event such as the Club's fall picnic.

As our final item, the Board unanimously approved motions to thank Brandy for her service as President this past year and your scribe for his service as Meeting Secretary.

The meeting adjourned at 8:05pm.

— Henry Blinder

THANKS TO OUR NOVEMBER CONTRIBUTORS

In no particular order, thanks for November contributions go to: Brandy Burns, Charles Alden, Ethan Caldwell, Jeff Hall, and Paul Naylor

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
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ADDRESS SERVICE REQUESTED



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