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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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YOU CAN'T ALWAYS GET WHAT YOU WANT (YOU GET WHAT YOU NEED)

It seems that with nearly every movie these days, if the Powers That Be think the original movie succeeded according to their arbitrary standards, then by all means keep making sequels until the public loses interest. (How else do you explain *Dumb and Dumber To* and the last two *Rocky* movies?) Well, three people told me they liked learning about the board members in last month's column, and that's good enough for me. After all, as Godiva president, I am the Power That Be (at least when it comes to the president's column) and such a response met my arbitrary standard—no one complained. My fellow Godivans, I'm talking about 0.6% of membership weighing in. That's what I call a mandate from the people.

With that outcry still ringing in my ears, I'm proud to bring you the second in a possible twelve-part series of "get to know the board" columns. Other column topics to look forward to include "Meet the pets and/or children of board members," "Meet the disinterested neighbors of board members," "Meet the blisters of board members: A photo essay," and, for a little variety, "Meet the board members who support string theory as a universal explanation for all that exists and those who like chocolate pudding." My final column will be "Meet the board members who are fed up with doing the president's job of writing a column by answering another round of inane questions."

Last month I introduced the newest board members: myself, Vice President Jess Broglie, Membership Chair Ethan Caldwell, and Newsletter Editor Ravi Kashyap. This month it's time to meet the stalwarts—the folks who have been serving for some time now and have helped guide and advise the newer members and provide the institutional knowledge that'll help keep Godiva running for many more years to come. Each of them has been extremely kind and patient as I was getting my footing while vice president, and will continue to keep me (and the organization) on track (what's with these bad running-related references anyway? They're about as original as a Hollywood sequel). So without further ado, I bring you the president's column equivalent of either *Aliens*

**DEADLINE FOR
MARCH
NEWSLETTER:
FEBRUARY 15TH**

SEND SUBMISSIONS TO:

NEWSLETTER@CAROLINAGODIVA.ORG

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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

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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

GEEZER PLEEZER 4-MILE RUN

There's a new sheriff in town. That's right pardner, hold on to yer hat: the penultimate event in the Godiva Winter Series, the Geezer Pleezer, is coming soon (Sunday, February 15th at 10 AM) to a Carolina Friends School near you (**4809 Friends School Rd.**).

I'm the new race director and, first things first; I would like to thank my predecessor Gary Schultz for directing the race for the past bunch of years or so and for his help in transitioning me into that role. In addition, thanks are due to Gary's predecessor Chris Crowder. I'm standing on the shoulders of giants.

Here is how the Geezer Pleezer works (per Gary's write-up in the February 2014 newsletter):

The event uses a so-called Portsmouth Start. All runners get a starting-time offset, based on published World Masters Athletics (WMA) performance standards for age and sex. At the start of the race, we'll begin counting down, from the highest offset time represented among the registered runners, to zero. (For example, according to the existing standards, male runners of ages 10 and 59 and female runners of ages 13 and 45 would all be assigned the same lead start-time: 5:30.) Every 15 seconds—from the highest lead time downward—the successive runners set out until the clock counts down to 0:00, at which point the remaining males, 21-31, depart en masse and the clock starts its upward count. Your finish time from that zero-transition point is recorded as you cross the finish line. The first runner to cross the line wins.

Of course you know that I consider you all winners, but we will have small prizes for the top ten to cross the finish line and there will be post-race snacks for all.

Because we really want to get that first runner started at 10 AM, **raceday registration will close at 9:50 AM. Please plan to arrive before then.**

In addition, this year we will have online **preregistration available at carolinagodiva.org**. Preregister online before 6 PM Saturday and simply pick up your race number and sign the waiver on Sunday morning before 9:50 AM. If you are not paid up for the Winter Series then please bring your \$5 (exact change appreciated) to also pay for the race.

If you will not be running, please volunteer—we always need helpers.
Shoot me an email at: twkirby@frontier.com

—Tom “GeezerGuy” Kirby

VOLUNTEERING AT UMSTEAD MARATHON

The twelfth annual Umstead Marathon is taking place Saturday, March 7, 2015 and we need volunteers.

If you can help out, please sign up at <http://www.umsteadmarathon.com/index.php?page=volunteer> This is a great way to spend a day—outside—in beautiful Umstead Park, supporting your running family.

—Carolyn Huettel

RACE CALENDAR

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

RUNNING START 2015

As spring approaches, so too does Godiva's Running Start program, which is seeking both volunteers and runners. If you're interested in helping guide a new (or returned) runner to a goal of running a 5K, please contact Aline Lloyd at alinekj@yahoo.com. And, if you know anyone considering taking up running, please tell them about Running Start.

Our **kickoff meeting is March 16th** at the South Regional Library in Durham, from 5-8pm. **Our first run will be Saturday, March 21st**, at the Al Buehler Trail. Please see next month's newsletter for more information, or contact Aline directly!

CAROLINA GODIVA MERCHANDISE

Godiva merchandise is usually available for sale at the Saturday runs and at most Godiva events.

Contact haberdasher@carolinagodiva.org for more information.

— Jeff Hall



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

(continued from page 1)

or *Breakin' 2: Electric Boogaloo*.

Name and Title:

Patrick Bruer, Webmaster



Who was your predecessor?

Chris Shields, another former club president.

How long have you served?

I've worked on the website since Firefox 2.0/Internet Explorer 7/Safari 2.0, which would be in the pre-Chrome era. In other words, since about 2006.

Why do you serve?

Chris had to leave the area for a new job in western Carolina, and when meeting with him about finding a replacement, I became intrigued. The internet went big a few years after I was out of school, and I felt like I needed to pick up some web skills. It's been a great benefit of volunteering that I've been able to work on this and learn a lot along the way.

When did you start running and why?

I started during my high school years—so around 1972 I started to run consistently. As a small child I “trained” in the backyard for the annual track meets

that our town's playground program put on each summer, so that was probably the seed of the idea. I guess I was one of the many swept up in the wave of enthusiasm for running created by Frank Shorter winning the marathon gold medal. There was a “city limits” sign a few miles from my house, and my first big goal was to run out there and back.

What's your favorite Godiva event and why?

That's a tough one, but I enjoy the awards banquet very much. It reminds me of the many ways that Godiva has made life a little more fun for so many people as the months and years have rolled along.

Least favorite?

I've never recovered psychologically from my last Misery Run. In a nightmare, I was visited by a vicious bacterium that appeared in the form of the Grim Reaper. He said, “We've crossed paths before, on a muddy field just outside of Carrboro . . .”

Favorite race overall?

As a participant, that would have to be the Geezer Pleezer, an agreeable blend of camaraderie and competitiveness. Of course, as a race director, I am also keen on the New Year's Day Run, but then I'm biased.

Do you prefer to run solo or with people?

Lone wolf here.

With or without music?

Though the Bruer household is big into music, I've never, ever run while wearing 'phones. Can't beat the sounds of nature, or city living either for that matter, to keep in touch with your surroundings.

What's your best or favorite running memory or event?

Another tough one. On first time trip to Los Angeles, I ran from my downtown hotel out through Echo Park and Silver Lake to Griffith Park and then up to the Hollywood sign. It was a picture-perfect Southern California day, an unforgettable adventure. But I keep hoping that my all-time greatest run is still around the corner, somewhere down the road.

What's your earliest memory of a running event?

(Continued on page 6)

PRESIDENT'S COLUMN, CONT

(Patrick Bruer continued from page 5)

I remember seeing network TV coverage of the US-USSR track meet in the 1970s, coming from an unheard of place called Wallace Wade Stadium in Durham, NC. Soviets, Southerners—all very exotic stuff for a Midwestern kid tuning in to ABC's *Wide World of Sports*. Little did I know that I'd end up running on that very track, a lot, and having some of the best times of my life doing it.

What's your favorite weather to run in?

If I could put one set of meteorological conditions on continuous autoplay, it would be a bright, crisp late autumn/early winter morning. Kind of like today, come to think of it.

What famous person, dead or alive, would you like to run with and why?

Like I said, lone wolf here, so I don't think about running partners too much. I'm my own best and worst company on the run, most every day.

If you could compete in any non-running Olympic event, what would it be and why?

That depends on whether I'd have to train in the sport, too. If so, I'd tap into the Norwegian part of my ancestry and choose cross-country skiing, which I greatly enjoyed when I lived in snow country. The conditioning is terrific, and you can't beat the beauty of a forest trail in deep winter. If it's a pure fantasy scenario, I'd probably choose basketball, for which I have zero skill. After a gold-medal worthy vacation at the Olympics, I'd then go back to my job in the NBA as a millionaire celebrity athlete.

What would your "walk-up song" be if you were formally introduced at the start of every race?

John Coltrane, "Giant Steps."

Tell us something about yourself that most folks wouldn't know.

I was elected governor of Wisconsin in 1975 (when I attended a model state government program that summer).

Name and Title:

Brandy Burns, past-President and VP, currently Scribe

Who was your predecessor?

Douglas Hensel was my presidential predecessor.



Henry Blinder was my predecessor as scribe.

How long have you served?

Going into my third year.

Why do you serve?

I initially chose to serve as VP because there was a need and I was interested in becoming more involved in the club. I have chosen to stay involved because I enjoy the people and the interactions I have as a member of the board.

When did you start running and why?

I started running when I was 30 as part of an overall lifestyle change to become healthier.

What's your favorite Godiva event and why?

Am I allowed to count the entire Winter Series as one favorite event? Since there are no rules given, that's going to be my answer.

Least favorite?

Hmm...

(Continued on page 7)

PRESIDENT'S COLUMN, CONT

(Brandy Burns continued from page 6)

Favorite race overall?

Marquette Trail 50mi/50k. The course is amazing and incredibly challenging. Although there is not a tremendous amount of elevation gain, the unique challenges of the course I feel are a true test of physical and mental strength and endurance, probably more than any other course I've completed. And the views are amazing. Although there could be more water crossings.

Do you prefer to run solo or with people?

If anybody has read my president's column, you know the answer to this. Ultimately, it varies, depending on my mood and what I'm doing. I am most frequently a solo runner. When I run by myself, I can run however I want. If I'm not feeling strong, I can run slow, walk the hills, throw a temper tantrum; if I'm feeling good I can run faster, do random hill repeats or fartleks (Ha! Yeah, right . . . like I actually do that. But the point is, I COULD)—whatever I choose to do without having to worry about another person. However, I do enjoy running with others as well and incorporate this periodically into my running. One of the reasons I enjoy running races so much is that it is a solo activity, in that I can run my own run, while at the same time being a group activity with the motivation and encouragement that running with others provides.

With or without music?

Mostly without music. Always without music if I'm running on trails. However, if my schedule creates a constraint that I need to do a run on the roads from my home or work, I will borrow my daughter's iPod and listen to music on these runs. The best thing that I discovered by doing this is that she actually has a playlist titled, "music that is appropriate for mom."

Best/favorite running memory or event?

My first Uwharrie 40. It was my first ultra and the feeling I got when I hit the last aid station, two miles from the finish, and knew I was going to finish was *amazing*. I still get this feeling, albeit not quite as intense, whenever I complete an ultra. I tend to feel kind of wimpy and not strong in so many ways, and I love the feeling of realizing I have the physical and mental strength to accomplish an ultra makes me feel, well, it just makes me feel so *happy*.

Do you have a running hero or role model?

This may sound corny, but I really look to the people who I personally know. Those who accomplish amazing things while dealing with everyday normal life.

What's your favorite weather to run in?

Sunny, light rain, light snow, 60 degrees. Yes, all of those at once.

What famous person, dead or alive, would you like to run with and why?

I'm sorry. I don't have an answer to this question.

If you could compete in any non-running Olympic event, what would it be and why?

Does this question mean that I could pick the event and have the skills to do it? Then the answer would be gymnastics. If I have to pick an event with the current skill set I have, then I would pick *watching* pairs skating.

What would your "walk up" song be if you were formally introduced at the start of every race?

To be honest, if I were to be formally introduced at the start of a race, I wouldn't run it. Far too embarrassing!

Name and Title:

Jeff Hall, Haberdasher

Who was your predecessor?

I don't know.

How long have you served?

At least 4 years.

Why do you serve?

I wanted to be a part of supporting the club in some way. I think it is a great group and I just wanted to help.

(Continued on page 8)

PRESIDENT'S COLUMN, CONT

(Jeff Hall continued from page 7)**When did you start running and why?**

I don't remember how long ago, probably close to 10 years ago now. I started running so that I could run the 5k portion of sprint triathlons. After competing in just a couple of them I realized that I was extremely slow on the bike leg but a bit above average on the running leg. I decided to concentrate on running.

What's your favorite Godiva event and why?

Couch Mountain. It was the first Godiva event I attended. It was cold, raining, and we were bombing down the back side of Couch Mountain with reckless abandon. Hamburgers and a cold drink afterwards around a fire. It was, and is, my favorite Godiva event.

Least favorite?

I don't really recall any Godiva event where I haven't thoroughly enjoyed it.

Favorite race overall?

There are several, really. City of Oaks was my first Marathon and I exceeded my goal at the time. Boston Marathon was awesome, it was great to have Ulf, Tim, Alan, and Wayne to help a first-timer through the maze of logistics and nerves to make it to the race start. The Marquette 50K was the most scenic. Uwharrie 20 miler is a great social event where you see so

many of your running acquaintances (I still don't understand how someone has the willpower to make the turnaround at 20 miles to do the 40. Once I get to 20 miles and there is food, water, and warmth, I am done!!!).

Do you prefer to run solo or with people?

Anything longer than 1 hour and I want to run with a group.

With or without music?

Never with music. If I am on the trails I want to hear the wind, water, and animals in the brush. If I am on the street, I just feel unsafe and "blind" without my sense of hearing to keep me safe.

Best/favorite running memory or event?

Being with a group of friends and watching Brandy Burns finish her first 50-miler at Iron Mountain. We were anxiously awaiting her at the finish line and she came running around the corner and finished just seconds before the cutoff. We all were so excited to see our friend achieve such a substantial goal and one that meant so much to her.

Do you have a running hero or role model? Or an earliest memory of a running event?

Nope.

What's your favorite weather to run in?

If I am just out for a run I like sunny and 65. If we are racing, I like it cooler and overcast. Temperature doesn't bother me as much as wind. I hate a headwind.

What famous person, dead or alive, would you like to run with and why?

Keith Richards. I don't think he is a runner, but it would be great to have a few beers with him afterwards.

If you could compete in any non-running Olympic event, what would it be and why?

Not an Olympic event, but I would love to race in a Formula 1 car. When I was a kid I wanted to either be a race car driver or a fighter jet pilot.

What would your walk-up be if you were formally*(Continued on page 9)*

PRESIDENT'S COLUMN, CONT

(Jeff Hall continued from page 8)

introduced at the start of every race?

"Tommy Gun" by The Clash.

Tell us something about yourself (running related or not) that most folks wouldn't know.

I used to be in children's theater as a child and I could sing. I won the school talent show in first grade by singing Three Dog Night's "Joy to The World." I only entered the talent show because this kid on my school bus was bragging about how he was going to win.

Name and Title:

Kevin Nickodem, Treasurer

Who was your predecessor?

Anne Marie Mulhern. Our former race, The Bubba, is



named after her deceased husband.

How long have you served?

Can't remember. Must be going on 10 years or so. Oh, wait. I see my first report was 12/31/2003. Make that 11 years.

Why do you serve?

My father taught me to always give back to the community and especially in areas you love. I had only

been a member of the club for a couple years when someone asked if I could take over the Treasurer function. I'm sure he asked me because I was, and still am, in the banking business.

When did you start running and why?

In 1968 I was 11 years old and in the 6th grade. Being an Olympic year our phys. ed. teacher held a mini-Olympics for our middle school—6th to 8th grade. The one event he did not permit 6th graders to participate was what he called the marathon—endless laps around the school yard until only one person was standing. My brother in 8th grade convinced him to let me try because, as he said to our teacher, "My friends and I can't get away from the little stinker. He manages to stay up with us." Much to the chagrin of all the 8th graders, I won. I realized then I just might have a talent for running long distances.

What's your favorite Godiva event and why?

The annual awards banquet because of the food and chatting with everyone. OH, maybe you mean running. Well, then. How about the Geezer Pleezer for obvious reasons—although the Misery Run is making a push for it.

Least favorite event?

Why anyone would do Hard Hill Climb is beyond me.

Favorite race overall?

For ongoing races my favorite back in my home state of Wisconsin is Al's Run and here it is the Gallop & Gorge. Interestingly, both are 8Ks.

Do you prefer to run solo or with people?

Both. Seriously. There are days I just want to be on my own but I treasure any run with friends.

With or without music?

NEVER, EVER. I hate those things in my ears—mostly because they don't fit—and I love the sound of shoes hitting the pavement or gravel.

What's your best or favorite running memory or event?

Not to go too much "Glory Days" on you but the 1974 Wisconsin High School XC State Championship. I've

(Continued on page 10)

PRESIDENT'S COLUMN, CONT

(Kevin Nickodem continued from page 9)

never had a race unfold like I dreamed, before or since. Something a little more recent is the Indianapolis Half Marathon and one of the Uwharrie races. Both felt like I was floating.

Do you have a running hero or role model?

Role model is an easy one. Jim Ryun. I kept a picture of him in my wallet in high school. I actually cried when he was tripped up and fell at the Olympics. He was robbed of the gold medal he deserved.

What's your favorite weather to run in?

Most runners love the mid-40s or so. I agree if I'm racing but for everyday runs I prefer any weather that doesn't require me to wear long sleeves, hats, or gloves as long as there is little or no humidity. I realize that is asking a lot for this neck of the woods. Mid-60s in the fall. I do love running in a warm downpour. There is just something about moving fast during a hard thunderstorm that stirs the blood.

What famous person would you like to run with and why?

Judas on a trail run so I could talk him out of it, Hitler on a mountain run so I can bump him off a cliff, and my deceased sister on a road run so I can tell her how much I loved her.

If you could compete in any non-running Olympic event, what would it be and why?

Downhill skiing because I love to ski and it most resembles the adrenaline of running. Summer Olympics would be golf when it is introduced in 2016. Until then team handball. It just looks like a lot of fun to play. America would clean up if our best athletes played it.

What would your "walk-up" song be if you were formally introduced at the start of every race?

It would be between two songs: "Hush" by Deep Purple or "No Escape" by Geoffrey because the intro to

both songs is long enough for an intro without words getting in the way and both build up to a crescendo that simply ROCKS. These two bands are the most underrated rock bands of all time.

Tell us something about yourself that most folks wouldn't know.

I'm the guy in the car at the light either banging on the steering wheel screaming out a great rock tune (think "Whole Lotta Love") or pleading with my arms towards the front window singing a love song (think "Without You" or "You're Just Too Good to be True"). You won't catch me singing anywhere else.

— Jamie Lewis



THANKS TO OUR NEWSLETTER CONTRIBUTORS

In no particular order, thanks for February 2015 Newsletter contributions go to: Jamie Lewis, Brandy Burns, Ethan Caldwell, Tom Kirby, Jeff Hall, Carolyn Huettel, and Patrick Bruer.

ENO EQUALIZER - JANUARY 18, 2015—ENO RIVER STATE PARK

The feature of this race is that, although each runner is assigned an individual handicap by the race director, the runners within each team are allowed to trade handicap times with each other to try to improve their overall team finish (which is determined by the last member to finish on each team). I overheard Chris Gould tell one team at the start, don't trade your times, it won't do you any good. Team 11 spent a long time debating their starting handicaps before deciding to take exactly that advice. But in fact, the results do show the advantage of teams trading their handicaps. Team 1 did so and were rewarded by taking home the overall prize—incidentally the second year in a row for Brandy. Three of the next four teams stood pat with their assigned handicaps, but in fact any one of these four could have beaten the top team with some different choices of handicaps. Further down the order, Christopher and Jenny Boyce made a handsome trade with each other, but they forgot to include Greg Sousa in the deal. Incidentally, there was a tie for fourth

place—Aline Lloyd and Kevin Gauger were the final scoring runners on each team, but were officially judged to have crossed the line together.

The course was about 40 yards shorter than in previous years because of the rearrangement of the start/finish area. A slight glitch with the timing means that the recorded times are probably about 4 seconds faster than runners actually ran.

Volunteers: Chris Gould, Tom Griffin, Louise Guardino, Susie Hansley, Erin Hensel, Laura Heyneman, Jim Hotelling, Gordon Keeler, Jamie Lewis, Junior Simmonds, Sara Sousa, Richard Wolfe (photographer).

Race Director: Richard Smith

Team Place	Name	Assigned Handicap	Actual Handicap	Finish Time	Running Time	Team Time
1	Brandy Burns	17:30	16:30	22:25	38:55	23:40
	Denise Larson	14:00	16:00	23:09	39:09	
	Chris Selvaggi	9:30	8:30	23:40	32:10	
2	Kevin McCabe	5:30	5:30	24:25	29:55	24:25
	Martin Warters	11:00	11:00	24:13	35:13	
	Bill Harris	19:30	19:30	21:50	41:20	
3	John Cheadle	5:00	5:00	23:56	28:56	24:30
	Paul Wormsbecher	11:30	11:30	24:30	36:00	
	Bill Hansley	25:00	25:00	18:53	43:53	
4	Heather Ferrell	19:30	18:30	20:20	38:50	24:54
	Ryan McCarthy	18:00	17:00	21:40	38:40	
	Aline Lloyd	13:00	14:00	24:54	38:54	
	Mike Kelley	4:30	5:30	24:12	29:42	
4	Julie Messina	17:00	17:00	22:50	39:50	24:54
	Sam Chhorm	12:00	12:00	19:32	31:32	
	Kevin Gauger	8:30	8:30	24:54	33:24	
6	Tom Kirby	12:30	12:30	24:52	37:22	25:43
	Owen Astrachan	8:00	8:00	24:18	32:18	
	Sandra Cooke	15:30	15:30	25:43	41:13	
7	Ethan Caldwell	6:30	6:30	23:03	29:33	26:04
	Dana Hornkohl	13:30	13:30	26:04	39:34	
	Larry Rothman	19:00	19:00	23:37	42:37	
8	Cara Grout	12:30	12:30	26:14	38:44	26:14
	Alison Gracey	11:30	11:30	24:13	35:43	
	Carolyn Huettel	15:30	15:30	23:55	39:25	
9	Christopher Boyce	12:00	15:00	23:35	38:35	27:03
	Greg Sousa	7:00	7:00	27:03	34:03	
	Jenny Boyce	20:00	17:00	22:26	39:26	
10	Betsy Kempter	8:30	8:30	24:26	32:56	28:58
	Barbara Hindenach	27:30	27:30	27:08	54:38	
	Rusty Barnett	13:00	13:00	28:58	41:58	
11	Anthony Corriveau	3:00	3:00	29:23	32:23	29:23
	Randy Kauftheil	12:00	12:00	22:35	34:35	
	Joao Correia	15:00	15:00	27:24	42:24	
12	Megan Sullivan	10:30	10:30	29:46	40:16	29:46
	Joe Drommer	8:30	8:30	23:53	32:23	
	Christine Stachowicz	27:00	27:00	23:21	50:21	
13	Jess Broglie	9:00	9:00	23:50	32:50	29:47
	Aimée Bazin	23:30	23:30	22:51	46:21	
	Shannon Johnstone	10:00	10:00	29:47	39:47	

NEW YEAR'S DAY 8K RUN 2015

Godiva kicked off its 40th anniversary year with traditional Winter Series 8k through the Duke Forest. Special thanks to the many terrific volunteers: Charles Alden, Jane Bruer, Ed Davis, Tom Griffin, Jan Hessling, Laura Heyneman, John Jewell, Gordon Keeler, Tom Kirby, Jamie Lewis, Kevin Nickodem, Heather Sherrard, Sara Sousa, Jeff Tuson, and Richard Wolfe.

—Patrick Bruer

Winter Series



1	George Linney	M	39	30:24	41	Paul Wormsbecher	M	53	42:10	79	Jim Hotelling	M	67	49:32
2	Quin Meyer	M	15	31:26	42	Matt Schumacher	M	19	42:34	80	Collie Fulford	F	48	50:09
3	Carl Anstrom	M	41	32:53	43	Richard Smith	M	61	42:44	81	Ravi Kashyap	M	28	50:10
4	Jim Clabuesch	M	49	33:11	44	Griffin Rubin	M	15	42:47	82	Junior Simmonds	M	47	50:11
5	Guy Potter	M	45	33:22	45	Rob Lamme	M	51	42:53	83	Peter Skillern	M	51	50:31
6	Brian Tajlili	M	32	34:03	46	Chris Gould	M	70	43:07	84	Peter Hessling	M	62	50:41
7	Palmer Bowman	M	28	34:06	47	Tim O'Brien	M	63	43:23	85	Halle Amick	F	37	50:42
8	Mike Kelley	M	55	34:23	48	Jungsang Kim	M	45	43:40	86	William Harris	M	39	50:47
9	Jae Bowman	M	24	34:35	49	Heiko Rath	M	45	43:54	87	Carol Scheible	F	51	51:02
10	Craig Heinly	M	46	34:50	50	Gordon Keeler	M	59	44:00	88	George Retsch-Bogart	M	62	51:05
11	Jason Figge	M	42	34:54	52	Mike Seman	M	35	44:17	89	Julie Messina	F	37	51:20
12	Ronnie Weed	M	39	34:55	51	Rusty Barnett	M	37	44:17	90	Vivian Li	F	57	51:24
13	Kevin Rumsey	M	52	36:30	53	Joy Turkal	F	31	44:20	91	Steve Kulp	M	40	51:47
14	David Meyer	M	51	36:34	54	Aline Lloyd	F	44	44:23	92	Anna Chapman	F	23	51:49
15	Paula Anstrom	F	41	36:36	55	Christopher Boyce	M	40	44:34	93	Larry Rothman	M	54	51:59
16	Caren Mangarelli	F	44	36:53	56	Tommy Smith	M	38	44:43	94	Lisa Barella	F	39	52:19
17	Eric Paul	M	57	36:59	57	Marcus Hesse	M	28	44:49	95	Martha Rath	F	44	52:27
18	Ethan Caldwell	M	41	37:25	58	Dana Hornkohl	M	46	44:54	96	Diane Rinehard	F	61	52:43
19	Douglas Hensel	M	41	37:37	59	Tom Hughes	M	49	44:59	97	Hona—Lee Harrington	F	51	53:02
20	Erin Schliep	F	30	37:57	60	Brent Robertson	M	39	45:01	98	Kelly Clark	F	58	53:19
21	John Haws	M	46	38:04	61	Becky Trumbull	F	54	45:13	99	Suzanne Beaumont	F	57	53:48
22	Kevin Gauger	M	40	38:07	62	Michael Formy-Duval	M	38	45:20	100	Gary Pohl	M	66	54:07
23	Joe Drommer	M	44	38:15	63	Carolyn Huettel	F	50	45:36	101	Siera Talbott	F	38	54:19
24	Betsy Kempter	F	48	38:40	64	Amy Lau	F	34	45:43	102	Joao Correia	M	47	54:22
25	Chris Lowden	M	45	38:47	65	Maureen Pleil	F	34	45:44	103	John Bowman	M	58	54:26
26	William Schmitz	M	42	38:57	66	Alan Schumacher	M	57	46:06	104	Katya Prince	F	49	54:30
27	Owen Astrachan	M	58	39:15	67	Greg Sousa	M	45	46:12	106	Dan Ulevich	M	37	54:39
28	Roxanne Springer	F	50	39:20	68	Jeff Branin	M	67	46:25	105	Jamie Weyandt	F	37	54:39
29	Drewallyn Riley	F	32	39:28	69	Veronica Kim	F	16	46:31	107	Angela Powell	F	57	54:58
30	Sean Doig	M	46	39:35	70	Tina Clossick	F	43	46:58	108	Tyson Steffens	M	41	55:01
31	Chris Selvaggi	M	46	39:39	71	Katie Biasi	F	40	47:06	109	Aimee Bazin	F	31	55:31
32	Mark Dessauer	M	47	39:49	72	Deborah Springer	F	41	47:40	110	Alfred Kleinhammes	M	63	56:07
33	Karen Murphy	F	36	40:18	73	Lena Hollmann	F	63	48:15	111	Ashley Robertson	F	37	56:10
34	Ravi Jhaveri	M	44	40:56	74	Jennifer Boyce	F	41	48:17	112	Christine Stachowicz	F	45	57:29
35	Elizabeth Steffens	F	38	41:28	75	Leo Kaiser Potter	M	12	48:36	113	Elka Rubin	F	18	57:42
36	Alison Gracey	F	52	41:44	76	Abby Breitfeld	F	16	48:37	114	Elizabeth Cox-Franklin	F	31	58:16
37	John Northen	M	64	41:47	77	Kelly Cohen-Mazurowski	F	29	48:46	115	Ginny Bowman	F	58	58:56
38	Josh Wilson	M	27	42:06	78	Paul Bloom	M	67	48:53	116	Sarah Filiatraut	F	30	59:52
39	Mary Gates Pierce	F	17	42:07						117	Erin Hensel	F	34	59:56
40	Eric Teagarden	M	62	42:08						118	Laura Brooks	F	51	61:15
										119	Paul Pooley	M	59	61:16
										120	Barbara Hindenach	F	63	62:18
										121	William Hansley	M	47	63:43
										122	Ron Swanstrom	M	64	66:40
										123	Adrienne Swanstrom	F	27	66:41

HISTORY CORNER

A series of looks back to celebrate Godiva's 40th Season

Godiva began in 1975 as a UNC Chapel Hill club sport program. *The Daily Tar Heel* occasionally featured CGTC in write-ups like this "IM and Clubs Report" by DTH writer Elliott Shoenthal, published on February 8th, 1979:

All You Need Are Running Shoes for Godiva Track

Perhaps no one knows why the Carolina Track Club is called the Godiva Track Club. but the club would be well known regardless of its name. With over 300 members, the Godiva Track Club is certainly one of the most successful sports clubs, and if the running fad continues, the club should enjoy a large membership for years to come.

It was started in 1975 by **David Royle**, and it is one club that does not require a huge monetary investment by its members. All one needs is a pair of running shoes and the desire to run. According to President **Roland Rust**, a distance runner from Indiana, the club is made up of runners and walkers who are students, faculty members and community people. Regardless of age or physical ability, there is a level of competition to suit everyone. As Rust put it, "We want to see everyone in the community running who wants to do so—it will make them healthier and happier people."

The club has done well in recent competition. Last fall, the competitive cross country team won the Atlantic Coast Club Invitational Meet. At the Virginia 10-mile meet, the club placed second out of more than 30 teams. There are also several outstanding individual performers on the club. **Ellison Goodall** won the National AAU 10,000 meters. **Robbie Perkins** is an ex-ACC track champion. **Richard Schwartz** has run a four-minute mile. **Dave Hamilton** has won several local road races, and **Bill Hall** has won the Durham and North Carolina marathons.

The Godiva Track Club competes against other colleges, but many of the races are now open meets. "We've had good success against college teams and clubs." The club is not part of the AAU but is a member of the Road Runners Club of America (RRCA), a "grass roots collection of running clubs that supports the runners' best interests," Rust said. The meets are held in Raleigh, Durham and Chapel Hill to give the track clubs exposure throughout the area. Central Carolina Bank will sponsor the **Tar Heel 12.000 Road Race**. The club's monthly newsletter will have the results of all the meets, including information about the club. Anyone interested in joining should call **Walter High**, director of operations (929-9058 from 6 to 10 p.m.), or leave a message in Box 16, Carolina Union addressed to the Carolina Godiva Track Club, attention **Tom Fowler**.

—Patrick Bruer

GOT CONTENT FOR THE GODIVA NEWSLETTER?

Has a running moment ever inspired you? Share it with your fellow Godivans! We're always looking for member contributions to the newsletter, be they race reports, fond running recollections, or funny tales from the trails (we even publish poetry!). Please consider contributing a piece to enlighten and entertain your fellow CGTC members.

To that end, here are some questions to get your creative juices flowing:

- ◆ Which runners (elite and not) have inspired you, and how so?
- ◆ What was your proudest moment as a runner?
- ◆ What was the lowest moment you've experienced as a runner—and how did you overcome it?
- ◆ What's your "bucket list" event—the one you hope to do before you're no longer running?

@ THE RACES

Shut In**Asheville, NC November 1, 2014**

Jim Clabuesch	3:13:58
Shawn Harris	3:49:47
Greg Sousa	4:49:09
Heiko Rath	5:10:58
Christopher Boyce	5:17:36

Raven Rock Rumble**Lillington, NC November 15, 2014****5 Mile**

Schott Lynch	52:21
Jennifer Boyce	1:10:47

10 Mile

Anthony Corriveau	1:12:53	3rd M Overall
Ethan Caldwell	1:22:09	
Christopher Boyce	1:38:49	

Nutcracker 12 Hour**Dunn, NC December 13, 2014**

Chris Gould	9:49:00	50 Miles
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Commitment Day 5K**Cary, NC January 1, 2015**

Mike Walsh	33:03
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Neusiok Trail Run 21-mile**Havelock, NC January 3, 2015**

Ronnie Weed	2:52:52	1st M Overall
Ethan Caldwell	3:06:18	

Frosty 50K**Winston-Salem, NC January 3, 2015**

Sherri Lynch	5:54:54
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Wildcat 100**Pensacola, FL January 3, 2015****100K**

Anthony Corriveau	11:00:07	1st M Overall
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24 Hour

Shannon Johnstone	83.553 Miles
Mark Manz	62.024 Miles

Morrow Mountain Trail Run**Badin, NC January 3, 2015****10K**

Jennifer Boyce	1:23:58
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1/2 Marathon

Aline Lloyd	2:25:19
Christopher Boyce	2:29:29

2015 Ocean Isle Beach Bridge Run for Food**Ocean Isle Beach, NC January 10, 2015****5K**

Laree Johnson	24:53	1st F 40 - 44
James Gerdts	33:03	2nd M 25 - 29

2015 Ocean Isle Beach Bridge Run for Food**Ocean Isle Beach, NC January 10, 2015****1/2 Marathon**

James Gerdts	1:41:13	1st M 40 - 44
Mickey Lackey	1:54:44	1st M 70 - 99
Tommy Smith	1:57:29	
Lori Cutts	1:59:21	2nd M 50 - 54
Susie Gilbert	2:17:12	
Laree Johnson	2:20:15	
Kevin McCabe	2:29:20	

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



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.

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

JANUARY MINUTES

The first business meeting of the new year was promptly called to order by the Club's new President, Jamie Lewis, at 7:01 p.m. on January 13, 2015. Despite weather concerns, there was good attendance. Those present were Patrick Bruer, Jane Bruer, Tom Griffin, Ethan Caldwell, Kevin Nickodem, Jamie Lewis, Jess Broglie, Barbara Hindenach, Tom Kirby, and your scribe Brandy Burns.

Jamie started the meeting with an update to the board for the Haberdasher, Jeff Hall, who was unable to attend the meeting. Jamie shared with the board that all jackets have been received from the vendors. Jackets are being handed out to those who purchased them and there are still some that have yet to be given to their owners. Jeff will be making arrangements to get jackets to those who do not yet have them.

Jamie also reported for the newsletter editor, Ravi Kashyap, who was also unable to attend the board meeting. It was shared that, due to a change to laser printing, it is now easy to place photos in the newsletter. Tom G. suggested that it may be fun to incorporate a photo when reporting on an event, e.g. a write-up regarding a winter series race. Jamie indicated that he would request race directors submit one picture when they do their write-up.

Jamie shared that Ravi had inquired about how any desired changes to format of the newsletter should be handled. Patrick provided some history on how the current process for the newsletter had developed. Ultimately, the board agreed that if there are desired changes to the format for the newsletter Ravi can work with the support team he has with the newsletter to address desired changes without board involvement.

Kevin handed out the Treasurer's report, which included information on the month ending December 31, cumulative information on the first six months of the fiscal year and, for comparison purposes, data from the same six-month period last year. Barbara inquired about previous budgets for the Geezer Pleezer race. Kevin indicated that budgets typically range from \$50 to \$150, not including port-o-let rentals, and prior approval is not required as long as it is anticipated that expenses will be reasonable.

Ethan reported on membership, sharing that Godiva currently has 484 active members, and that there were 13 new members in the last two months, which is the highest number since Ethan has been in his position. Ninety-one members have signed up for the Winter Series. Kevin shared that the dollars amount taken in for the winter series is 30 percent higher this year than last year.

Jess inquired about the demographics of new membership, wondering if the club was reaching a younger demographic. Ethan did indicate that there are a number of new members in the 30ish years demographic. The board then went back to further discussion about the Winter Series events and potential ways to make race-day morning more efficient. Some suggestions put forth included pre-registration, being firm on posted cut-off times for registration, and posting the waiver form online for people to print off and bring with them. No final decision was made if action was necessary on this.

The next item on the agenda was related to holding another club event at a Durham Bull's game. Jamie shared that Doug Hensel had provided him with some numbers. There was the option of doing the same type of event as last time, where tickets were purchased in one location in the stadium and everyone that purchased tickets would sit together. The other option was leasing a party area, which would provide a food buffet and a greater ability to mingle, but at a significantly higher cost of \$26. There was some discussion about whether the benefits outweighed the cost, and the most of the board seemed to think it did not. It was felt that we should definitely do another Durham Bulls club event, but no determination was made which route to take. Jamie will get back with Doug to see if he can put out some feelers to get some feedback whether club members would want to pay the extra cost for the party area.

Jess presented the next item on the agenda: the possibility of organizing a weekly club track workout. There was discussion about using the track at UNC, Durham School of the Arts, or Duke (once it opens) as well as whether there should be a specific workout provided or if each person should be prepared for their

(Continued on page 18)

JANUARY MINUTES, CONT

(Continued from page 17)

own workout. It was determined that Jess would do some additional research on possible locations and put in the next newsletter a call for people who may be interested in spearheading the activity.

Running Start was the next item on the agenda, and Jamie shared information provided to him by Aline. It was shared that a kickoff date has been determined, but nobody on the board was able to remember the specific date (*Ed. Note: Kickoff date is scheduled for March 16, with the first run March 21*). This information will be put in the next newsletter and posted on Godiva's website and Facebook page.

A discussion about beginning to gather nominations for Runner of the Year (ROY) and Volunteer of the Year (VOY) then occurred. The process of how each person was identified was explained by Tom K. Kevin raised the question about whether or not this should be just about the fastest/most accomplished runner or if we should make a point to consider other aspects of an individual, such as PRs, support to others, overcoming challenges, etc. The board agreed that this concept should be considered when putting out a call for nominations.

The club was again contacted by Betty Burgess of Duke Forest inquiring about a donation to the Pine Cone Pacers 5k in April. A vote was held and the board unanimously agreed to once again provide a \$500 donation to the Pine Cone Pacers to include the

Godiva logo on the t-shirt.

Discussion again occurred about potential 40th anniversary activities. The idea of completing some kind of community service project was put on the table. Patrick shared that there are some potential activities that the club could help Duke Forest with. The board agreed this would be an excellent option. Patrick and Tom G. will pursue more details about this. It was confirmed that there will plan to be a related fun run at the fall picnic, and that summer track will have some theme built around its midsummer madness events. There was discussion about the need for a photography waiver which will enable pictures at club events to be used in various ways, e.g. on the website, publications about the club, etc. Patrick will add a statement into the clubs various waivers.

As a final topic, Patrick shared that the current website is not mobile friendly, and he will be revising the website to make it more user friendly for mobile devices. The board collectively agreed that this was a great idea and authorized Patrick to purchase the necessary software.

The meeting adjourned at 8:05 p.m.

— Brandy Burns



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!