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## START ME UP!

This month brings us the 12th Annual Umstead Trail Marathon. The marathon remains a major source of pride for Godiva. There's organizational pride—Umstead Marathon is one of the best trail marathons in the Southeast because of the race course but also because of the great volunteers who put it on. There's the pride all the volunteers take in making it such a great event. It's a lot of hard work for race-day volunteers, who some years have endured miserable weather for hours in order to make sure participants are safe and cared for. And then there's the all-volunteer race committee—perhaps "secret cabal" is a better way of describing them—that spends months planning and preparing for the race. One of the more exciting benefits of being in the cabal, if you don't already know, is selecting the animal to put on the shirt and Finisher's Glass. There's always much speculation (and rumors of betting) on this because each year it's different. Last year they began using color on both the shirt and glass, and that, I imagine, has opened up the possibilities even more.



DEADLINE FOR  
APRIL  
NEWSLETTER:  
MARCH 15TH

SEND SUBMISSIONS TO:

NEWSLETTER@CAROLINAGODIVA.ORG

And then there's the pride participants have from finishing Umstead. Along with being one of the more respected marathons I would say it is also one of the most feared. As someone who has completed the Tobacco Road Marathon, City of Oaks Marathon, and Umstead (twice), I can attest that it is far and away the most challenging one in the area and

(Continued on page 5)



[www.usatf.org](http://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](mailto:cgtc-join@carolinagodiva.org)

To post to the list, send messages to: [cgtc@carolinagodiva.org](mailto:cgtc@carolinagodiva.org)

## GODIVA CLUB CONTACTS

President	Jamie Lewis	<a href="mailto:president@carolinagodiva.org">president@carolinagodiva.org</a>
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## GODIVA TEAM CAPTAINS

Open Men		
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Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
Master Women	Cathy Wides	<a href="mailto:cadw09@gmail.com">cadw09@gmail.com</a>

## GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM  
Satisfaction Restaurant at Bright Leaf Square, Durham

## CLUB DISCOUNTS

<b>Bull City Running Company</b> 15% off all non-sale items <a href="http://www.bullcityrunning.com">www.bullcityrunning.com</a> Southpoint Crossings, Durham	265-3904
<b>Omega Sports</b> 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
<b>Inside-Out Sports</b> 10% on all regular priced items. Preston Walk Shopping Ctr, Cary <a href="http://www.insideoutsports.com">www.insideoutsports.com</a> Online Discount code: DV2007	466-0101
<b>Capital RunWalk</b> 15% on non-sale items. Cameron Village, Raleigh	828-3487
<b>Raleigh Running Outfitters</b> 10% discount Raleigh & Cary	870-8998 362-8282
<b>Athletic Edge Sports Massage</b> \$10 discount, 1300 SE Maynard, Suite 201, Cary	637-0633
<b>New Balance Durham</b> 10% discount, 6807-120 Fayetteville Rd., Durham	484-9500
<b>Xpert Nutrition</b> 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center	484-1290
<b>Duke Sports Performance</b> 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440
<b>Fun Fit Feet</b> 10% off all orders (plus free shipping for orders over \$30) by entering the code "CGTC" at checkout— <a href="http://www.funfitfeet.com">www.funfitfeet.com</a>	

**WEEKLY TRACK SESSION!**

**Need variety in your weekly runs?  
Hate solo workouts?  
Want to be a leader?**

If you answered “yes,” then the CGTC Board will work with you to become the coordinator of a **new weekly track session!** No prior coaching or speed work experience is needed, and session time and location are up to you. The Board will help you get started, so don’t miss out on this great opportunity to lead a weekly track session that meets your running needs and guarantees you won’t have to run the track alone!

Contact Jess Broglie at [vicepresident@carolinagodiva.org](mailto:vicepresident@carolinagodiva.org) for more information.

—Jess Broglie

**HARD CLIMB HILL RACE**

**Sunday March 8:** 3, 7, and 10 mile races run simultaneously on the same course. Record times kept on all three for the race's entire history. Hilly, forested course, packed gravel, no paved roads. Double points for the 10 mile option. All for only \$5! Beautiful weather guaranteed (no refunds though). Park on Mt. Sinai Road, 0.3 miles from Friends School Road, walk in from Gate 23.

**Volunteers needed.** Phone Jerry Surh for information, 919-880-9577, [surh@ncsu.edu](mailto:surh@ncsu.edu)

P.S. Remember to switch your watches an hour forward for Daylight Saving Time start this day.

—Jerry Surh

**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](http://www.carolinagodiva.org/race-calendar)

## CALL FOR RUNNER AND VOLUNTEER OF THE YEAR NOMINEES

With the Spring Banquet plans underway for May, it's time to nominate your candidates for the 2014 Male and Female Runners of the Year!

What's it take to win, you ask?

Well, do you know someone who consistently finished in the front of the pack, maybe even just in their age group? What about someone who finishes in the middle or rear of the pack but really exemplifies all that is good about running as a sport and the running community? Or maybe you (yes, you can nominate yourself!) showed great improvement over a two-year period but no one else knows that? In short, a Runner of the Year isn't necessarily the fastest person. It's whoever had an outstanding year of running, however you wish to define it.

So take a few minutes to define it and please send a short statement of explanation for a nominee to **Jamie Lewis** at [president@carolinagodiva.org](mailto:president@carolinagodiva.org).

While you're at it, do you know someone who has been a dedicated volunteer for the club and that stands out amongst the other volunteers in the club? Then submit their name to Jamie and tell us why you think they should be named Volunteer of the Year too!

Closing date for submitting nominees is March 13.

—Jamie Lewis

## GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>THURSDAY (P.M.)</b>	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
<b>SATURDAY (UMSTEAD)</b>	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
<b>SUNDAY</b>	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](http://www.carolinagodiva.org))

**PRESIDENT'S COLUMN, CONT**

*(continued from page 1)*

had me scared, um, witless before I ran it. Tell anyone who has run Umstead that you're running it for the first time, and they invariably respond with a raised eyebrow or two or cry out, "What are you, crazy?"

And yet there are many people who have it marked on their calendar year after year because they love it. And with good reason. Umstead Park is a beautiful place, and the race course takes you through some very pretty areas. It also takes you through some stretches that will punish the unprepared runner. Umstead Marathon is a cruel mistress that way—the beauty of the Finisher's Glass beckons but she comes at a cost. But whether you're an Umstead veteran or virgin, when you finish, along with swollen feet you may find your chest is swollen—with pride. So for all of those who have completed Umstead Marathon, and for those who will attempt this year to complete it for the first time, be proud and drink deeply from that Finisher's Glass. It is a great accomplishment and you've earned it.

While serving as Godiva's vice president, I learned that Umstead is critical to the club's financial well-being, but I didn't know its origin. When I asked race committee member Jim Claubusch who I should speak with to get the scoop, he directed me to Bob Nelson. Like Jim, Bob was eager to share the credit.

**What led you to start up the Umstead Marathon?**

I didn't really start the Umstead Trail Marathon. It was a team effort. There was a desire among CGTC members to have an awesome trail race in the Triangle. We looked at a lot of options and about the time we were ready to give up, Jim Claubusch and I had the idea to have the race in William B. Umstead State Park.

Umstead is a little removed from Durham and most of CGTC's base and, honestly, we thought the park authorities would say no. They didn't. In fact, they have been a great host. Jim Claubusch, Stephen Fraser, Denise Larson, Carolyn Huettel, Karen Murphy, Chris Shields, Steve Wright, Rachel Toor, and others (sorry if I forgot you if you're an "other") met at Steve Wright's house in Cary and began to put the race together. It helped that I was the dumbest person on the race committee. We could not have had a better group to get this event through its first year. The volunteers that showed up that first year set a precedent for the finest trail marathon in the Southeast. They are awesome.

**Why did you select Umstead State Park for the marathon?**

Trails and money.

First, where else in the Triangle can you find what we have in Umstead State Park? It is an oasis in the midst of urban sprawl. The single track and bridle trails are spectacular. We are so fortunate to have this paradise in our backyards.

Second was money. The club had \$35 in the treasury and we needed money. By having a race entirely within Umstead State Park, we had no need for police support. I truly don't know, without a huge financial sponsor or a ginormous race field, how any road race can make any money, or at least any appreciable amount of money, to justify the effort to put one on. The cost of police support is incredible. Removing that cost made it possible to create a sustainable business plan where race entries alone paid for our costs and provided funds to go back to the club and the park. Throw in some great sponsors like Great Outdoor Provision Company and InsideOut Sports and we had a winning recipe for a successful race.

**What were some of the challenges in getting the first one off the ground, and to keep it going?**

I think the first year our biggest challenge was the unknown. None of us had really done this before and the Club didn't have any funds to bail us out if we failed. I remember after the first year, one race committee member saying "I can't believe we just did that...and it was so awesome. Our race is awesome."

Maintaining strong relationships with sponsors and keeping a stable race committee are really the keys to the race. That is always a concern every year. For the most part, both have been very stable. We have been very lucky.

One word to the Club base. The race committee has about 8 to 10 members. These folks are also run leaders, club officers, direct other club events, etc. We have 500 members I believe. I know many volunteer for different events including Umstead. Members are always welcome to join a race committee or even start a new event. Heck, if we did it anyone can.

*(Continued on page 6)*



## PRESIDENT'S COLUMN, CONT

(continued from page 5)

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An additional word about volunteers. Godiva is an all-volunteer organization. The two largest revenue sources for us are the Umstead Marathon and the Running Start program. Think of them as being on opposite ends of a spectrum: a person can begin with Running Start and eventually find themselves toeing the start line at Umstead. (It's how I wound up there.) Perhaps in between they came out for Summer Track or the Winter Series. How they made it to Umstead may be because a volunteer at Running Start nurtured a newbie's desire to change their lives through running. Think about how running has changed yours and how difficult it was to take up running, and then you'll know what I mean.

Like the Umstead Marathon, Running Start depends on volunteers to succeed. The program begins in mid-March. Please consider volunteering this year. I promise you it doesn't matter what your level of running

experience is. What matters is that you help. I found volunteering for it to be one of the most rewarding experiences of my life—and my greatest source of pride as a runner—as I watched my new friends who three months before could not jog for 30 seconds on a flat asphalt surface complete a 5K on the Al Buehler Trail. Talk about a chest swelling with pride! And did I mention you get some free swag for helping out?

Please email Aline Lloyd at:

**[runningstart@carolinagodiva.org](mailto:runningstart@carolinagodiva.org)** or visit the Running Start page to learn how you can help. Today's beginning runner is tomorrow's Godivan—and maybe next year's Umstead finisher.

P.S.: Also consider hanging the flyer on the next page up at work, and encourage your friends to join Running Start.

—Jamie Lewis



Umstead marathoners, you've been warned!

**RUNNING START 2015**

**Do you want to start running but have never run before?**

**Do you want to start running but don't know how?**

**Do you want to start running but are "too slow"?**

**Do you want to run with a group but don't know where?**

**In 12 weeks, Running Start will help you complete a 5K.**



**Join Carolina Godiva Track Club's  
RUNNING START Program!**

Each Spring, **Carolina Godiva Track Club**, the oldest running club in the Triangle, offers a training program for those who've never run before, those who have attempted to run but who need more guidance, and those lapsed athletes who want to resume running.

Running Start is a non-competitive program dedicated to sharing with you the joy of running.

The program is a weekly series of three runs in Durham, Chapel Hill, and RTP area.

Our volunteer Mentors will guide and encourage you through the program.

Running Start is affordable, organized, and runner centered.

**Kick off session: Monday, March 16 at 5:30 PM**

**South Regional Library. 505 S. Alston Avenue Durham, NC 27713. Snacks and light refreshments will be served. Bring a friend.**

For more details and to sign up, visit [carolinagodiva.org](http://carolinagodiva.org) or e-mail [RunningStart@carolinagodiva.org](mailto:RunningStart@carolinagodiva.org).

**Running begins Saturday, March 21.**

—Aline Lloyd

# GEEZER PLEEZER 2015

The prevailing meme was “Geezer Freezer.” Yes, it was cold on the 15<sup>th</sup> of February, but it was cold even for non-geezers. Reports say the wind-chill was 5.7°F at the start and had risen to a balmy 10.1°F by the time everyone had finished. You know the old saying, “there’s no such thing as bad weather.” Suffice it to say the 57 runners had appropriate clothing—some were unrecognizable. The turnout was good considering the conditions and many of the finishers remarked that it didn’t seem as cold as they thought it would.

Race registration went smoothly thanks to the folks who signed up online, and we were able to start the clock counting down from 20:15 (Louise’s head start) just a little after 10AM. Because of the cold most of the runners stayed inside until just before it was their turn to start, but several of them miscalculated and started with a smaller head start than they could have (snooze = lose). The course was slightly altered this year because of some construction at Friends School, but the distance remains a wheel-measured four miles.

The volunteers had barely enough time to warm up inside when we spotted the first runner heading for the finish. There was Kevin, flying around the track for the last third of a mile, in a singlet and shorts. What was I saying about appropriate clothing? Well, it worked for him as he got a Geezer PR. Sixteen minutes later everyone was across the finish line and we could move en masse to the warmth of the school. The top ten finishers were again made up of the usual suspects, who have received chocolate prizes in prior years, except for Bart who made his GP debut and finished in 5<sup>th</sup> place.

Kevin’s age-graded result is 83.57%, which is remarkable and moves him closer to Cathy Wides’ course record 86.52% from 2012. The World Association of Veteran Athletes just came out with new age-grading tables on January 30<sup>th</sup> so I used them to calculate percentages for all the Geezer Pleezer races since 2001. Top scores over 70% will be posted on the Godiva website.

Many thanks to the fantastic (overworked) volunteers: John Jewel, Jamie Lewis, Joe Drommer, Heather Sherrard, Jim Reagan, and Jess Broglie. Richard Wolfe took pictures. Special thanks to Gary Schultz for all his help as well as for providing the Mexican chocolate prizes, and to co-director Peter Klopfer (and host Carolina Friends School). Thanks also to Patrick Bruer for setting up the online registration. The most important person involved in the race is co-director Barbara Hindenach who did pretty much everything.



—Tom “GeezerGuy” Kirby

## Results

Place	Name	Sex-Age	Runtime	Offset	Finish
1	Kevin Nickodem	M58	24:27	5:15	19:12
2	Louise Guardino	F74	40:50	20:15	20:35
3	Jim Clabuesch	M50	25:04	3:30	21:34
4	Mike Kelley	M55	26:21	4:30	21:51
5	Bart Bechard	M50	25:42	3:30	22:12
6	George Linney	M39	23:50	1:15	22:35
7	Shelly Bloom	F61	35:10	12:00	23:10
8	Chris Gould	M70	32:13	9:00	23:13
9	Jeff Hall	M50	26:56	3:30	23:26
10	Owen Astrachan	M58	28:55	5:15	23:40
11	Shawn Harris	M50	27:30	3:30	24:00
12	Patrick Bruer	M56	29:09	4:45	24:24
13	Erin Schliep	F30	28:12	3:30	24:42
14	Ronnie Weed	M40	26:24	1:30	24:54
15	Jorg Grandl	M39	26:22	1:15	25:07
16	Brian Tajlili	M33	25:34	0:15	25:19
17	Ethan Caldwell	M41	26:54	1:30	25:24
18	Randy Kauftheil	M56	30:13	4:45	25:28
19	Jess Broglie	F30	29:02	3:30	25:32
20	John Cheadle	M25	25:37	0:00	25:37
21	Richard Smith	M61	31:47	6:00	25:47
22	Craig Gilbert	M55	30:26	4:30	25:56
23	Denise Larson	F54	34:59	8:45	26:14
24	John Haws	M46	28:49	2:30	26:19
25	Jim Hotelling	M67	34:09	7:45	26:24
26	Karen Murphy	F36	30:14	3:45	26:29
27	Doug Gimlin	M50	29:59	3:30	26:29
28	Doug Hensel	M41	28:08	1:30	26:38
29	Jeff Branin	M67	34:28	7:45	26:43
30	Megan Sullivan	F39	31:15	4:15	27:00
31	Tina Clossick	F43	32:09	5:00	27:09
32	Kevin McCabe	M34	27:47	0:30	27:17
33	Kevin Gauger	M41	29:21	1:30	27:51
34	Tom Hoerger	M55	32:23	4:30	27:53
35	Rebecca Evans	F63	41:30	13:15	28:15
36	Carolyn Huettel	F50	35:40	7:15	28:25
37	Sam Chhorm	M42	30:16	1:45	28:31
38	Katie Biasi	F40	33:10	4:30	28:40
39	Aline Lloyd	F44	34:01	5:15	28:46
40	Heiko Rath	M45	31:22	2:30	28:52
41	Paul Wormsbecher	M53	33:32	4:15	29:17
42	Martin Wartens	M35	29:58	0:30	29:28
43	Joy Turkal	F31	33:20	3:30	29:50
44	Jenny Boyce	F41	34:47	4:30	30:17
45	Dana Hornkohl	M46	32:50	2:30	30:20
46	Robin Grandl	F37	34:44	4:00	30:44
47	Emil Malizia	M71	40:04	9:15	30:49
48	Julie Messina	F37	34:55	4:00	30:55
49	Chris Boyce	M40	32:34	1:30	31:04
50	Michael Formy-Duval	M38	32:22	1:00	31:22
51	Greg Sousa	M45	34:28	2:30	31:58
52	Alfred Kleinhammes	M63	39:26	6:45	32:41
53	Carol Scheible	F52	40:44	8:00	32:44
54	William Schmitz	M42	34:51	1:45	33:06
55	Brandy Burns	F39	37:59	4:15	33:44
56	Erin Hensel	F34	37:30	3:45	33:45
57	Tamara Cousins	F37	39:04	4:00	35:04



## HISTORY CORNER

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

### SUMMER TRACK STARTS EARLY

To many of us, "summer" and "track series" is an immediate word association. Summer track spans four months of the calendar and draws more participants in total than anything else we do.

Hosting open all-comers meets has long been a part of Godiva's agenda, and this month we take note of the first session of Godiva's first track series, which took place on Wednesday, March 23, 1977 at Chapel Hill's Fetzer Field

Since Godiva started out as a UNC-Chapel Hill recreational sports club, its early activities got coverage in the sports pages of the student newspaper, *The Daily Tar Heel*.

The March 22nd, 1977 issue of the *DTH* reports that the inaugural six week series of meets was a joint production of Carolina Godiva, the UNC Intramural Department, and the Chapel Hill Recreation Department, and was cosponsored by The Athletic Attic, a shoe store then located in University Mall.

*Daily Tar Heel* writer David Kirk cited club founder David Royle's hope that this is would become "the largest open competition in the state."  
"We're having everything from the 100-yard dash to a three mile run," Royle said. "Each week we ought to

have about a half a dozen races a night—enough to have everyone compete at something." The early meets also included some field events.

There was a feature race each night, for which the winner received a \$20 gift certificate to the Athletic Attic. Royle added, though, that "we don't want to discourage anyone from competing." Cost per night: 25 cents.

Later in the season, the *DTH* reported that "former Duke star" (and present day Durham resident) Ed Daw won the feature 880 yard run, out-pacing David Royle and another founding Godiva member, Roland Rust, to win in 1:58.4.

As the club transitioned from its campus-based origins to more of a community group in the 1980's, the track series moved out of the spring semester schedule and into the summer months. No doubt the founders of the Godiva track series would be pleased to return to Fetzer Field on a summertime Wednesday evening and see how well their ideas about promoting open competition have taken root.

—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****Asheville Turkey Trot 5K****Asheville, NC November 27, 2014**

Christopher Boyce 26:29

Jenny Boyce 32:12

**Lakeside Trail Race 8 Mile****Browns Summit, NC January 10, 2015**

Christianna Williams 1:23:39 2nd F 50 - 59

**Charleston Half Marathon****Charleston, South Carolina January 17, 2015**

Tom Arnel 2:22:20

**Charlotte Running Trail Race****Charlotte, NC January 17, 2015****4 Mile**

Mike Kelley 40:35

Jim Clabuesch 32:13 2nd M 45 - 49

Tony Landauer 47:41

**9 Mile**

Kevin Nickodem 1:13:09 2nd M Overall

Brian Tajlili 1:15:13 1st M 30 - 34

Lewis Hendricks 1:17:35 1st M 40 - 44

Jeff Hall 1:19:51 1st M 50 - 54

Heiko Rath 1:50:16

**13 Mile**

Ronnie Weed 1:41:02 2nd M 35 - 39

Douglas Hensel 1:54:27

**Little River Trail Races****Hillsborough, NC January 17, 2015****7 Kilometer**

Kendra Stumpf 39:04

Robert Stumpf 39:15

Jenny Boyce 39:37

**10 Mile**

Anthony Corriveau 1:14:03 2nd M 40 - 49

Kevin McCabe 1:21:11

Shannon Johnstone 1:25:27 1st F Masters

John Gotelli 1:26:26

Eric Paul 1:27:36

Laura Heyneman 1:31:51 1st F 50 - 59

Elizabeth Steffens 1:32:17

William Shamblin 1:32:39

Catherine Wides 1:41:26 1st F 60

Greg Sousa 1:42:34

Allen Harris 1:47:00

Christopher Boyce 1:51:46

Mickey Lackey 1:52:22 2nd M 60

Alan Schumacher 1:52:43

Mark Rhoades 1:54:48

Dana Hornkohl 1:55:10

Bruce Pitner 1:57:14

Luke Lucas 2:07:54

Erin Hensel 2:09:22

**UGTBGrind'n Trail Run****Harris Lake County Park, NC January 31, 2015****5 Mile**

Carl Anstrom 34:25 1st M Overall

Jon Hunter 1:20:52

**10 Mile**

Douglas Hensel 1:22:10 2nd M Masters

Allen Harris 1:35:21 1st M 50 - 59

Jen Howard 1:36:28 3rd F 40 - 49

Mickey Lackey 1:44:13 1st M 70 - 99

**The Night Mare****Wilkesboro, NC February 6, 2015****40 Mile Team Race**

Douglas Hensel 3:19:00

Halle Amick 4:26:00

**Uwharrie Mountain Run****Ophir, NC February 7, 2015**

Carolina Godiva Track Club 3rd Team

**40 Mile**

Mark Manz 6:26:30 2nd M Overall

Anthony Corriveau 7:19:49

Ronnie Weed 8:21:31

Shannon Johnstone 9:38:28

Kevin Gauger 10:44:18

**20 Mile**

Barton Bechard 3:15:28

Kevin McCabe 3:16:51

Shawn Harris 3:18:47

Jim Clabuesch 3:22:58

Paula Anstrom 3:39:37 3rd F Overall

Jessica Broglie 4:14:47

*(Continued on page 11)***Submit Your Race Results Online:**Go to [www.carolinagodiva.org](http://www.carolinagodiva.org) and click the @ The Races tab.

## @ THE RACES, CONT

*(Continued from page 10)*

Jennifer Browndorf 4:33:00

Aline Lloyd 4:46:52

William Schmitz 4:56:28

Heiko Rath 5:04:56

Scott Lynch 5:12:47

Luke Lucas 5:30:28

Joanna Pomilio 5:44:52

**8 Mile**

Martin Leivers 1:23:35

Christopher Boyce 1:31:51

Paul Wormsbecher 1:32:47

Dwight Firestine 1:37:47

Jennifer Boyce 1:42:45

**Run for the Roses****Raleigh, NC February 8, 2015**

Paul Jones 0:16:36 2nd M Overall

Sarah Jones 0:22:00 3rd F 35 - 39

Douglas Hensel 0:22:25

Mike Walsh 0:24:19 2nd M 45 - 49

Kendra Stumpf 0:25:42 3rd F 45 - 49

Mickey Lackey 0:26:14 3rd M 70 - 74

James Lewis 0:26:22

Halle Amick 0:27:20

**USATF SE Region Indoor T&F Championship  
Winston Salem, NC February 8, 2015****60 Meter**

Louise Guardino 0:00:11.14

**200 Meter**

Louise Guardino 0:00:40.82

**400 Meter**

Louise Guardino 0:01:36.99

**800 Meter**

Jay Smith 0:02:46 1st M 65 - 69

Mary Szymkowski 0:03:08

**1 Mile**

Jay Smith 0:06:48 1st M 65 - 69

**3000 Meter**

Tim Meigs 0:09:40

George Linney III 0:10:07

Mary Szymkowski 0:14:21

**TO TRADE OR NOT TO TRADE**

"To trade or not to trade, that is the question—whether 'tis nobler to take the times allotted to you, or to take arms against a sea of doubt, and swap them around". (early version of Hamlet's soliloquy contemplating why he, Rosencrantz, and Guildenstern had lost in the 1600 running of the Skjern river equalizer—scene was deleted in later versions of the play. )

As we saw in the last month's newsletter, the winning team in this year's Eno Equalizer could have been beaten by any of the next four if they'd just made an adjustment here and there in the handicaps. The trouble is, once you decide to change, there are a LOT of choices. Admittedly, some aren't very plausible (like one person takes the whole time and the other two take zero). But basically for a three-person team it goes like the square of the total handicap time T in minutes;  $2T*(2T+1)$  to be precise if you allow trading in only 30 second blocks. For a four person team it gets out of hand quickly, going like the cube of T. Kevin, Martin, and Bill—the team that came second—had about two thousand options to consider. And no surprise that Barbara's team took a while to ponder, they had 4700 options. If Aline's four-person team had explored all options (at five seconds per option) they'd have been there nearly two weeks.

As Richard pointed out, the winning team of Brandy, Denise and Chris did make a trade, and was rewarded with the overall prize. They had 3444 choices to work through. So yes, it can be done. But if you didn't trade, don't kick yourself. Once you stray from the numbers handed out by Richard, you're into a vast landscape of options.

So overall I'm still sticking with my pre-race advice: Richard knows your running ability better than you do. Good Bayesian that he is, he's already incorporated as much prior knowledge as you're likely to have—don't trade!

—Chris Gould



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.



**FEBRUARY MINUTES**

The regular monthly business meeting was called to order at 7:01 on February 10, 2015. Those in attendance included President Jamie Lewis, Vice President Jess Broglie, Treasurer Kevin Nickodem, Newsletter editor Ravi Kashyap, Barbara Hindenach, Membership Coordinator Ethan Caldwell, Tom Griffin, Tom Kirby, and your scribe Brandy Burns.

Ethan set the pace of the meeting by firing away with his membership report, reporting that there are currently 481 members, compared with 484 last month. Ethan then proceeded to share some other numbers of interest for Summer Track, noting that on August 6 there were 75 participants of which 30 were active members, 5 expired members, and the remainder being non-members. At the Midsummer Madness event, there were 65 participants, of which 33 were active members, 1 expired member, and the remainder being non-members.

As Patrick Bruer was unable to attend the meeting, Jamie read an email on his behalf. Patrick has made great progress in developing a more mobile-friendly version of the Carolina Godiva website and expects the new version of the website to be ready to go before the end of February.

Ravi arrived and provided his report for the club newsletter. There is now capability to add photographs to the newsletter, and he feels they are coming out well. All who were present agreed that the pictures were a nice addition to the newsletter. Jamie reminded Ravi to request pictures from the race directors when they send him their reports.

Kevin distributed the treasurer's report, which reflected information for the month ending 1/31/2014, seven months ending 1/31/2015 and, to provide comparison, seven months ending 1/31/2014. Kevin indicated there was nothing unusual in the report, but pointed out the donation to the Pine Cone Pacer in the amount of \$500, as well as noting the drop in membership. He did express there continues to be a solid financial base.

This led to some discussion about retention of Running Start members and things the club could do to encourage participants to remain with the club. Tom

G. inquired about the possibility of creating mentor relationships that may encourage ongoing involvement in the club. Brandy shared that Aline Lloyd does a great job of continuing to engage Running Start participants. Ethan informed the board that he does communicate by email with all members whose membership is expiring.

Jeff Hall was unable to attend the meeting to provide an update on the Haberdashery, but all does appear well in the Haberdashery world.

Jess Broglie updated the board on work that she has done regarding the coordination of a weekly track workout. It appears that Duke will be the likely location, but ultimately the coordinator will decide the time and location. It was decided that this person should just be a point person who shows up each week and should not be responsible for developing a formal workout each week. Jess will put a call for a coordinator in the March newsletter and will help whoever chooses to take on that role with the coordination of the activity.

There was further discussion of Running Start, and it was shared that there are currently only four people signed up for Running Start. Jamie will communicate with Aline Lloyd to check if there is any assistance that can be provided with promotion of the program.

Jess provided an update on the Club's spring banquet. Carolyn Huettel has once again graciously offered her home as the location for the banquet. Board preference was the weekend of May 16/17, with a backup date of May 30/31. Jess will be coordinating with Carolyn to identify what date will be most convenient for her. Barbara and Tom K. provided a status report on the Geezer Pleezer, indicating that they have implemented an online signup option and that they are in need of some additional volunteers. It was shared that the course is a little different this year due to tennis courts being built on the school property.

A brief Umstead Marathon update provided that the race is sold out and refunds have happened.

The discussion regarding Godiva's 40<sup>th</sup> anniversary

*(Continued on page 14)*

## FEBRUARY MINUTES, CONT

*(Continued from page 13)*

community service activity continued. Tom G. reported that he has communicated with the representative from Duke Forest, and they have indicated that if the Club prefers the dates of either April 11<sup>th</sup> or 25<sup>th</sup> they will need to notify Duke Forest as another group is expressing interest in one of those two dates. The board preferred the date of April 25<sup>th</sup>, if it would be possible to do it late morning or early afternoon, due the Angels Among Us race being early that morning. Tom G. will contact Duke Forest to inquire about the time as well as other possible dates.

mance socks, which would also result in 5 percent of proceeds coming back to the club. Many of the members present pulled out their smart phones to look at the website and agreed that there were a lot of really cool socks. Jamie had checked a referral source, and it was determined there was no negative aspect to this for the club. Jamie will bring some information for club members to the Geezer Pleezer on Sunday.

The meeting was adjourned at 8:05 p.m.

— Brandy Burns

Jamie presented a proposal that was put forth by Ron Dietz with funfitfeet.com, who was offering the club a special discount code to the site to save on perfor-

## LOOKING FOR A DISCOUNT ON SOCKS AND A WAY TO SUPPORT GODIVA?

Carolina Godiva has made arrangements with Fun Fit Feet for discounts on technical socks and accessories.

Fun Fit Feet has a variety of whimsical running and cycling sock styles (including compression socks) to choose from. Members of CGTC will receive **10% off** all orders (plus free shipping for orders over \$30) by entering the code “CGTC” at checkout. Godiva will receive 5% back from all purchases made with that code.

So visit [www.funfitfeet.com](http://www.funfitfeet.com) today and start saving – and help support Carolina Godiva!



## THANKS TO OUR NEWSLETTER CONTRIBUTORS

In no particular order, thanks for March 2015 Newsletter contributions go to: Jess Broglie, Jerry Surh, Carolyn Huettel, Aline Lloyd, Jamie Lewis, Tom Kirby, Brandy Burns, Ethan Caldwell, Chris Gould, and Patrick Bruer.

# Carolina Godiva Track Club

## Membership Application and Renewal

Online registration and payment is also available at [www.carolinagodiva.org](http://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!