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carolina Godiva TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

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NEWSLETTER:
APRIL 15TH

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NEIGHBORS

In March, our Winter Series concluded with the Hard Climb Hill race in Duke Forest. On April 18, Duke Forest hosts its own race with the Pine Cone Pacer 5K and once again Godiva is proud to be a sponsor. Our organization has a long relationship with Duke Forest. We hold many events there, and many Godivans frequently do training runs there. In 2012, Duke Forest awarded Godiva its Clarence Korstian Award for "exemplary support of the Duke Forest." As part of our 40th anniversary, we will have a Godiva volunteer event in the Forest. Duke Forest is essential to Godiva's success; without it, we would be severely challenged to find a place so convenient and welcoming. So I thought it might be helpful to conduct a Q&A with Sara Childs, Director of Duke Forest, and have her answer some questions many of you might have.

What is Duke Forest? What's its purpose?

The Duke Forest is private land owned and managed by Duke University as an outdoor classroom and living laboratory. It comprises over 7,000 acres of land in Durham, Orange, and Alamance counties and has been managed for teaching and research since Dr. Clarence Korstian established the forest in 1931. In any given year, the forest is host to over 70 active research projects and 20 official teaching uses. Management of the Duke Forest is guided by a comprehensive plan that promotes the Forest's academic mission while ensuring the protection of its natural resources. The management system is certified by the Rainforest Alliance to Forest Stewardship Council guidelines—a strict set of environmental, social, and economic standards. Priorities are as follows:

- Promote the teaching and research mission by facilitating a diverse array of projects and programs;
- Sustainably manage resources for timber production, forest health, water quality, and wildlife habitat;
- Protect rare species, unique ecosystems, historical sites, and archaeological resources;
- Provide education and outreach opportunities about natural resources and forest management;
- Offer recreational and aesthetic amenities to the community.

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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

GODIVA CLUB CONTACTS

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GODIVA BUSINESS MEETINGS

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

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 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 10% 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
Fun Fit Feet 10% off all orders (plus free shipping for orders over $30) by entering the code "CGTC" at checkout—www.funfitfeet.com	

Spring Banquet

You are invited!

To celebrate another year of club races, weekly runs, and all-around fun at the 2015 Carolina Godiva Track Club's Annual Awards Banquet!

The party kicks off at **5 PM on Sunday, May 17th**. Watch the CGTC website, Facebook page, or email listserv for more information in the coming months.

—Jess Broglie

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 for more information.

—Jess Broglie

Race Calendar

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

THE 22ND ANNUAL ANGELS AMONG US: 5K. APRIL 25, 2015

This will be Godiva's 20th year of partnering with the Tisch Brain Tumor Center at Duke to put on the Angels Among Us 5k (www.angelsamongus.org/).

Last year the event raised $2.1 million and over its 22 year history, over $16 million has been donated to fight brain tumors. The Center at Duke is making great advancements in treatment. For example, they have pioneered the use of poliovirus to destroy tumor cells in the brain. Let's keep the momentum going by volunteering for a couple of hours at packet pickup or race day registration.

Volunteer (need 30 people) and get a t-shirt and free race entry.

Packet pick up:

- Wednesday 04/22 (5-7pm) Omega Sports, North Hills Raleigh
- Friday 04/24 (4-8pm) ActivEdge Fitness, Durham

Race day: Duke Campus, Trent Drive

- Saturday 04/25 (6:30-8am) packet pick up, registration

Thanks for the many hours of support over the last 2 decades. If you have any questions, contact Gordon at:gordon.keeler@duke.edu

Angels Among Us
Celebrating HOPE in the Fight Against Brain Cancer

—Gordon Keeler

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	10 Park Dr, Durham, NC 27709. Behind RTP Federal Credit Union; to the right of Research Triangle High School.	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Jess Broglie, 910-286-6282
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard, 919-260-0261
THURSDAY (P.M.)	6:00 p.m.	202 NC-54, Durham, NC 27713. Kroger grocery store at South Point Crossing shopping center.	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Katie Biasi, 919-593-2578 and Paul Wormsbecher, 919-303-0443
SATURDAY (UMSTEAD)	8:30 a.m.	Umstead State Park, Cary 27513. Harrison Avenue entrance	Mostly single-track trails. Very hilly. On single track, 10.5-11 minute mile pace. On bridle trails, 8:45-9:15 minute miles.	Carolyn Huettel, 919-491-4548
SUNDAY	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest—Gravel lot off 751 between Science Dr and Duke University Rd	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile	Carolyn Huettel, 919-491-4548

* For full details on these runs, see the "Weekly Runs" section of the club website (www.carolinagodiva.org)

President's Column, Cont

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Public recreation and access has been permitted since the forest's founding. Permissible activities include walking, hiking, and running along graveled forest roads and dirt foot trails; biking and horseback riding along graveled forest roads only; and fishing with a valid North Carolina fishing license. Access is permitted only through forest gates, and some areas are not open to the public in order to protect their use for teaching and research.

Why do I see areas where nearly every tree seems cut down?

In general, we cut trees to keep trees. The timber management program is designed to provide a diverse set of academic, ecological, and financial benefits. These include the establishment of major research sites; the maintenance of a cross-section of habitats for native flora and fauna; the promotion of healthy, vigorously growing trees (which minimizes the risk of insect and disease outbreaks); the demonstration of a range of forest management practices for teaching exercises; and the provision of revenue to support forest operations.

The timber sold from the Duke Forest mostly consists of southern yellow pine sawtimber. The major species of pine, which naturally seeded into or was planted in abandoned agricultural fields at the time Duke purchased the land, is the loblolly pine. The method of harvest in pine stands varies depending on the characteristics of the site and the desired type of forest regeneration.

For example, you may see a harvest in which a few big trees are left—some alive, some dead. The live trees are called seed trees, and they are used to support natural regeneration of loblolly pine. The dead trees are called snags, and they are left for use by wildlife—in particular, cavity dwellers like woodpeckers. Overall, openings created by harvests benefit a variety of wildlife, and recent harvest areas are often a hotspot for bird watching. Harvest opening are also very short lived—quickly filled in by a succession of different herbaceous and woody plants—and since they are spread out across the forest, they contribute to maintaining a mosaic of habitat types for many different plants and animals.

Why do you have the Pine Cone Pacer?

The Pine Cone Pacer is an opportunity to get people out in the woods and to raise money for otherwise unfunded projects on the Forest. All of the proceeds go into a fund dedicated to expanding environmental education programs for the public; improving the network of foot trails; and supporting our management and protection of significant natural areas. To learn more about how we use the monies raised to support these goals, check out the Korstian Trail Project—an effort to protect unique natural resources while also improving the recreation experience. Next up for us is a total overhaul and redesign of Duke Forest's one and only interpretive trail—the Shepherd Nature Trail—located in the Durham Division.

(*Jamie running through Duke forest; Photo courtesy: Shannon Johnstone)*

Why do you use different sizes of gravel on the roads?

Overall, two major types of gravel are used on the forest roads. These are selected because they provide an excellent, weather resistant substrate for vehicle traffic that does not easily deteriorate. This characteristic helps ensure that unintended, negative consequences of management operations on other natural resources are minimized. For example, during precipitation events, there is very little—if any—washing of sediment from the forest roads into the streams. The grav-

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President's Column, Cont

(continued from page 5)

el types used on the forest also require a minimal amount of road maintenance, which then frees up staff time to be spent on other academic and natural resource priorities.

The variability in size and texture noted by recreation users probably has more to do with how long the gravel has been down for rather than the product itself. In one instance, the Duke Track Teams paid to have smaller, pea size gravel laid on a selection of roads in the Durham Division. However, this was a costly endeavor and, unfortunately, its effects did not last long. The smaller gravel material just does not withstand natural weathering and vehicle access—it was quickly washed away or compacted into the natural surface.

Can I buy land in Duke Forest and build my own house?

No. None of the 7,052 acres of land managed by the Office of the Duke Forest as the Duke Forest Teaching and Research Laboratory is for sale. And with continued excellence in accomplishing the teaching and research mission, as well as other management priorities, it hopefully never will be.

—Jamie Lewis

In Remembrance

Dr. Franc Alexander "Andy" Barada Jr., a longtime member of Carolina Godiva, died at UNC Memorial Hospital on February 8, 2015, a few weeks shy of his 70th birthday, after a year-long battle with multiple myeloma, amyloidosis, and end-stage renal disease.

Andy joined CGTC on August 9, 1988, and remained a member for more than 26 years. He enjoyed the summer track workouts as well as other races. In lieu of flowers, the family has asked that donations be made to an organization associated with Andy. Donations made to Carolina Godiva in Andy's name will be used to purchase books on health and running to donate to the Durham County Library.

You may make the donation through PayPal (http://www.carolinagodiva.org/index.php?page=barada-memorial)or by sending a check to our mailing address: PO Box 62472, Durham, NC, 27715.

A complete obituary of this remarkable man may be found at: http://www.hallwynne.com/dr-franc-alexander-barada-jr/

—Jamie Lewis

Thanks to our newsletter contributors

In no particular order, thanks for March 2015 Newsletter contributions go to: Jess Broglie, Tom Kirby, Gordon Keeler, Ethan Caldwell, Jamie Lewis,Patrick Bruer, Denise Larson, and Jerry Surh.

Umstead Trail Marathon 2015

Unfortunately, the icy, snowy, wet winter of 2015 took its toll on the much-loved Umstead Trail Marathon. The 12th annual race, scheduled for March 7th, had to be cancelled to protect the safety of the runners and to help preserve the park. This decision caused much dismay to the organizing committee, runners and volunteers, but we all proceeded to make the most of the decision.

Since we had already ordered and received the shirts and finishers' glasses, we had a party at the Harrison Avenue Reedy Creek shelter to distribute the packets. At the party, we revealed the 2015 critter —the Regal Moth, whose larva is the Hickory Horned Devil caterpillar (the 2014 critter).

With some sponsors still participating, we were able to provide runners (and many volunteers) with donated items including socks, lip balm, gels, door prizes and much more. Many thanks to the sponsors Great Outdoor Provision Company, Smartwool, HoneyStinger, Herbalife Nutrition, Umstead Coalition, Moe's Southwest Grill, Harkness Design and Big Spoon Roasters. Several local races offered discounts to the Umstead Marathoners so they could put their marathon training to use—the Durham Florence Forth Race/Run/Walk, the Cary Tobacco Road Marathon and the Greensboro Northern Trails Marathon all offered substantial discounts to the Umstead Marathoners. These offers were very much appreciated, and make us all realize what a wonderful running community we have here in the Triangle and beyond. Many of the runners made use of the fantastic offers (and did quite well in the races)!

The Umstead Trail Marathon Planning Committee consists of Lisa Beck, Jim Clabeusch, Jennifer Van Leeuwen Browndorf, Dennis Geiser, Jeff Hall, Douglas Hensel, Carolyn Huettel, Denise Larson, Aline Lloyd, Karen Murphy, and Brian Tajlili. One note for readers, if you'd like to participate on the committee next year, please read the associated article elsewhere in this newsletter.

Volunteers also helping out with the 'race' this year were Jim Reagan, Jason LeDoyen, Heather Sherrard, Robin Bradley, Marion Geiser, Kevin Nickodem, Gene Casale and Ronnie Weed.

We will be tallying up all expenditures and making a substantial donation to the Umstead Coalition with proceeds from the race. The Umstead Coalition is dedicated to the appreciation, use, and preservation of the William B. Umstead State Park. We are also figuring out something for the 2016 race for the 2015 participants. More to come on that.

I apologize if I missed any volunteers or sponsors!

—Denise Larson

(Umstead Trail Marathon Planning Committee.)

Take Me Out To The Ballgame

Join us on July 18 for some Bulls baseball. Doug Hensel has reserved 40 seats for the **Durham Bulls vs. the Pawtucket Red Sox** game in section 212.

Tickets are $10 each, and are available on a first-come, first-serve basis. For all the details, including price and how to reserve your seat, please visit http://www.carolinagodiva.org/index.php?page=bulls. Game time is 6:35PM. Stay for fireworks after the game!

—Jamie Lewis

OPPORTUNITIES TO JOIN THE UMSTEAD MARATHON COMMITTEE

Would you like to… improve your project management skills? Improve your leadership skills? Improve your relationships with local companies? The Umstead Trail Marathon Planning Committee is in need of one to two people to join the committee to help prepare for the March 5, 2016 marathon. We need to fill two roles:

Committee Lead – tasks include (but not limited to):

- Budget and track spending
- Set up, chair and track committee meetings (starting in September)
- Manage Umstead Committee Google Group
- Ensure CGTC board is kept up to date on marathon plans
- Ensure all committee members are performing assigned tasks
- Ensure FAQs are accurate
- Coordinate free photography if desired
- Create race day cell phone list
- Ensure all supplies are cleaned, organized, returned to storage facility
- Coordinate lessons learned meeting
- Coordinate the donation to The Umstead Coalition
- Write follow-up article for CGTC newsletter

Vendor/Sponsor Coordinator – tasks include (but not limited to):

- Secure main sponsor (Great Outdoor Provision Company)
- Secure Massage Therapist Sponsorship
- Secure Umstead Coalition "Stories in Stone" book donations
- Coordinate with any other sponsors (door prizes, donations etc.)
- Secure two CGTC 1-year memberships
- Coordinate water order, delivery and payment
- Coordinate post-race food order, delivery and payment
- Coordinate portable toilet order, delivery and payment

The committee typically meets once per month, from September to March. Some of the above tasks are or can be delegated to others on the committee. Persons interested must be able to maintain critter secrecy for six months! If interested in either role, please contact Denise Larson at deniselarson@nc.rr.com. Please put "Umstead Trail Marathon Committee" in the email subject. Thank you!

—Denise Larson,

(Umstead Trail Marathon Planning Committee.)

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

HARD CLIMB HILL 2015

The CGTC was compensated for the untimely cancellation of the Umstead Trail Marathon with splendid running weather the very next day for the 30th year of the Hard Climb Hill race. With the addition of 13 UTM entrants, a record 85 runners participated in what proved to be a fairly warm day, especially for the 10-mile finishers. Although no race records were broken this year, the following runners should be mentioned since the HCH coincided with International Women's Day (first placers, in order of running times):

3 mile race: Allison Gracey (Masters); Joy Turkal (Open)
7 mile race: Rietta Couper (Masters); Alison Alston (Open)
10 mile race: Erin Schliep (Open); Nancy Kaiser (Masters)

The success of the race was made possible by race volunteers such as Heather and David Yeowell, who assisted with timing and food; Aline Lloyd, who not only registered runners with Jess Boglie but also provided our medical support, worked the finish line and kept the liquids flowing; Carolyn Huettel, who drove race equipment from storage and back, and Kevin Nickodem, who lent his stentorian voice to announcements and raising spirits. Barbara Hindenach and Tom Kirby supervised timing and reported the results, Richard Wolfe recorded the event in photos, while Patrick Bruer, Ethan Caldwell, Joao Correia, Gordon Keeler, Jamie Lewis, Heiko Rath, and Christine Stachowicz also assisted in various and indispensable roles. To all these and those whose names were unrecorded, like the little girls who carried water to the water station, a big thanks is due, equal in size to the number and joy of the runners.

	Name	Age	City	Time	Pace
	10-Miler				
1	George Linney	M39	Durham NC	1:04:54	6:30
2	Daniel Kosla	M34	Fort Bragg NC	1:08:05	6:49
3	Josh Sutcliff	M40	Port Angeles WA	1:09:51	7:00
4	Anthony Corriveau	M44	Cary NC	1:10:33	7:04
5	Jim Clabuesch	M50	Chapel Hill NC	1:13:26	7:21
6	Craig Heinly	M46	Chapel Hill NC	1:14:43	7:29
7	Kevin McCabe	M34	Durham NC	1:17:03	7:43
8	Jeff Hall	M50	Raleigh NC	1:19:21	7:57
9	Chad Cassell	M32	Fort Bragg NC	1:20:51	8:06
10	Erin Schliep	F30	Durham NC	1:21:16	8:08
11	Kevin Gauger	M41	Holly Springs NC	1:22:19	8:14
12	Oskar Hanberg	M54	Durham NC	1:23:07	8:19
13	Tyler Peek	M49	Durham NC	1:24:35	8:28
14	Jessica Broglie	F30	Raleigh NC	1:24:48	8:29
15	John Cheadle	M25	Durham NC	1:25:12	8:32
16	Patrick Bruer	M56	Chapel Hill NC	1:25:37	8:34
17	Christopher Boyce	M40	Durham NC	1:25:48	8:35
18	Doug Gimlin	M50	Charleston SC	1:28:19	8:50
19	Karen Murphy	F36	Durham NC	1:28:30	8:51
20	Nancy Kaiser	F44	Durham NC	1:28:30	8:51
21	Jen Howard	F40	Durham NC	1:28:58	8:54
22	Gerald Meyer	M51	Carrboro NC	1:29:38	8:58
23	Kevin Weeks	M51	Carrboro NC	1:29:39	8:58
24	Martin Warters	M35	Durham NC	1:29:48	8:59
25	Mike Walsh	M47	Cary NC	1:30:05	9:01
26	Tom Kirby	M61	Durham NC	1:30:38	9:04
27	Tommy Smith	M38	Durham NC	1:30:51	9:05
28	Megan Sullivan	F39	Raleigh NC	1:31:26	9:09
29	Chris Selvaggi	M46	Cary NC	1:31:53	9:12
30	Shannon Johnstone	F41	Cary NC	1:33:40	9:22
31	Dana Hornkohl	M46	Durham NC	1:36:22	9:39
32	Jessica Mangun	F33	Durham NC	1:38:17	9:50
33	William Schmitz	M42	Chapel Hill NC	1:38:32	9:52
34	Katherine Baer	F46	Carrboro NC	1:39:35	9:58
35	Kevin Coleman	M43	Raleigh NC	1:40:03	10:01
36	Cynthia Weeks	F50	Carrboro NC	1:40:08	10:01
37	Denise Larson	F54	Durham NC	1:41:31	10:10
38	Gordon Keeler	M60	Durham NC	1:41:31	10:10
39	Julie Messina	F37	Durham NC	1:42:51	10:18
40	Carolyn Huettel	F50	Durham NC	1:43:59	10:24
41	Brandy Burns	F39	Raleigh NC	1:47:02	10:43
42	Aimee Bazin	F32	Carrboro NC	1:56:11	11:38
43	Emil Malizia	M71	Chapel Hill NC	1:56:40	11:40
44	Sandra Cooke	F36	Haw River NC	1:57:02	11:43
45	Alfred Kleinhammes	M63	Chapel Hill NC	1:57:46	11:47
46	Barbara Hindenach	F63	Durham NC	1:58:26	11:51
47	James Lewis	M49	Durham NC	1:58:50	11:53
48	Jamie Weyandt	F37	Durham NC	1:58:51	11:54
	7-Miler				
1	Kevin Rumsey	M52	Stem NC	52:58	7:34
2	John Haws	M46	Durham NC	56:27	8:04
3	Rietta Couper	F56	Chapel Hill NC	57:51	8:16
4	Randy Kauftheil	M56	Chapel Hill NC	59:38	8:32
5	Ronnie Weed	M40	Durham NC	59:57	8:34
6	Alison Alston	F27	Cary NC	1:02:10	8:53
7	Jeff Wald	M48	Cary NC	1:02:36	8:57
8	Paul Wormsbecher	M53	Apex NC	1:03:36	9:06
9	Tina Clossick	F43	Chapel Hill NC	1:07:50	9:42
10	Deborah Springer	F41	Durham NC	1:08:40	9:49
11	Jennifer Boyce	F41	Durham NC	1:08:43	9:49
12	Sam Chhorm	M42	Chapel Hill NC	1:08:46	9:50
13	William Harris	M39	Pittsboro NC	1:16:49	10:59
14	Richard Laxar	M68	Durham NC	1:19:19	11:20
15	Erin Hensel	F34	Durham NC	1:21:02	11:35
16	Harold Hill	M46	Chapel Hill NC	1:29:37	12:49
	3-Miler				
1	Brian Tajlili	M33	Durham NC	20:39	6:53
2	Mike Kelley	M55	Chapel Hill NC	21:22	7:08
3	Owen Astrachan	M58	Chapel Hill NC	24:20	8:07
4	Craig Gilbert	M55	Durham NC	25:07	8:23
5	Alison Gracey	F52	Durham NC	26:54	8:58
6	Michael Formy-Duval	M38	Durham NC	26:56	8:59
7	Joy Turkal	F31	Durham NC	27:21	9:07
8	Joao Correia	M47	Durham NC	32:25	10:49
9	William Hansley	M48	Durham NC	32:58	11:00
10	Louise Guardino	F74	Cary NC	34:28	11:29
11	Christine Stachowicz	F45	Morrisville NC	35:52	11:58
12	James Straub	M11	Hillsborough NC	36:30	12:10
13	Sara Sousa	F43	Durham NC	36:52	12:18
14	Iris Sutcliff	F48	Port Angeles WA	39:00	13:00
15	Susie Hansley	F45	Durham NC	56:13	18:45
16	Abe Sousa	M6	Durham NC	58:33	19:31
17	Greg Sousa	M45	Durham NC	58:34	19:32
18	Belle Sousa	F8	Durham NC	59:01	19:41
19	Caitlin Formy-Duval	F5	Durham NC	59:02	19:41
20	Thomas Formy-Duval	M7	Durham NC	59:34	19:52
21	Lauren Formy-Duval	F37	Durham NC	59:34	19:52

History Corner

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

ON TIN ICE

Last month, we recalled Godiva's first season of all-comers track meets which took place in the spring of 1977. Intended from the start to attract entrants from a range of abilities and backgrounds, these events realized the vision of then UNC student David Royle, who founded Carolina Godiva Track Club as a university student organization intended to promote wider participation in track and field. That brainchild has met the test of time.

This month, though, we look back on an idea that proved to have less traction.

The pages of Carolina's student newspaper, *The Daily Tar Heel*, reported on December 2, 1976 of a plan, researched by Student Sports Council leader David Royle to convert UNC's Tin Can into a part-time indoor ice skating facility.

The Tin Can was the home of Tar Heel Basketball from 1924-1938; later it was the site of Big Band era student dances and served to house WWII vets returning to school. Still later, and after its relocation, it hosted some indoor track meets on an 11-lap-to-the-mile, banked wooden track.

Originally located on the space now occupied by Fetzer Gym on South Road, the Tin Can was moved in the late 1970's to its current site at the east end of Fetzer Field, alongside Belk Track. In its original location, the Tin Can was the home of Tar Heel basketball from 1924-1938; later it was the site of Big Band era student dances and served to house WWII vets returning to school. Still later, and after its relocation, it hosted some indoor track meets on an 11-lap-to-the-mile, banked wooden track. In fact, Godiva hosted a few winter series track meets on that surface, which promoted some genuine closeness among club members -- at least as far as knees and elbows were concerned.

The idea was to cover the Tin Can's floor with a 200' by 85' synthetic surface made of Suntec -- "a plastic surface that can be used as an ice-skating surface when lubricated by a thin layer of wax-like conditioner. When dry, Suntec can be used as a gym floor suitable for basketball, volleyball, tennis or dancing."

The surface would be "95 per cent as fast as ice, and suitable for hockey," remarked Student Body President Billy Richardson.

Cost of the surface was projected to be $125,000, with $37,000 in annual maintenance fees, one fourth the cost of upkeep for a refrigerated ice system.

This was surely another visionary idea from our club's founder, but let's put it this way: this summer when we head to the UNC track, we'll not be not fighting for parking space with people headed to the Tin Can for Wednesday night free skates.

—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

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

Aimée Bazin	46:25	

Krispy Kreme Challenge
Raleigh, NC February 14, 2015

Kevin McCabe	36:37	

Shamrock 'n' Roll 5k
Chapel Hill, NC February 21, 2015

Reikan Lin	18:49	

Tokyo Marathon
Tokyo Japan February 22, 2015

Jacob Sternfeld	4:52:25	

ECU KD Shamrock and Run 5K
Greenville, NC February 28, 2015

William Harris	26:53	

Black Mountain Marathon
Black Mountain, NC February 28, 2015

Guido Ferrari	6:11:39	

Florence Forth
Durham, NC March 7, 2015
5K

Erin Schliep	20:48	1st F Overall
Craig Gilbert	22:48	1st M 55 - 59
Leo Kaiser Potter	26:26	2nd M 12 & Under
Scott Wallace	26:42	
Jerry Harris	27:01	1st M 50 - 54
Caren Mangarelli	30:42	
Rajan Jhaveri	30:42	
Ada Kaiser Potter	33:04	
Malini Jhaveri	39:08	
Sara Sousa	1:05:52	
Belle Sousa	1:05:53	
Greg Sousa	1:07:41	
Abraham Sousa	1:07:41	

10K

Tim Meigs	33:57	1st M Master
Colin Jones	35:01	1st M 40 - 44
Barton Bechard	39:41	1st M 50 - 54
Nancy Kaiser	40:16	1st M Female
Jorg Grandl	40:53	
Kevin McCabe	43:11	
Martin Leivers	44:41	
Charles Fiore	46:54	
Robin Grandl	48:33	
Ravi Jhaveri	48:41	
Dana Hornkohl	52:22	
Bruce Pitner	58:48	
Susie Gilbert	1:00:24	
Rochelle White	1:19:10	

Graveyard 100
Richmond, VA March 7, 2015

Jenna Koenigshofer	26:31:13	

St. Paul Village Community 5K
Chapel Hill, NC March 7, 2015

Allen Baddour	16:48	1st M Overall
Jon Hunter	21:04	1st M 50 - 54

St. Paddy's Run Green 8K
Raleigh, NC March 7, 2015

Louise Guardino	55:44	1st F 70 - 74

Kidney Kare 5k
Chapel Hill, NC March 14, 2015

Julie Horton	32:43	1st F 55 - 59
Tom Hoerger	23:00	2nd M 55 - 59
Carl Anstrom	18:22	1st M Overall
Lauren Figge	36:10	3rd F 40 - 44

Pie Day Pi K
Durham, NC March 14, 2015

Barton Bechard	11:06	3rd M Overall
Douglas Hensel	12:47	2nd M 40 - 49
Adam Astrachan	13:36	
Owen Astrachan	13:37	3rd M 50 - 59
Kendra Stumpf	13:48	1st F 40 - 49
Robert Stumpf	13:51	
Becky Trumbull	14:02	1st F 50 - 59
Ralph Jr Hunt	14:50	
Ethan Astrachan	15:08	
Sydney Barker	15:37	3rd F under 19
Collie Fulford	17:14	
Susie Gilbert	18:33	
Liliana Barker	19:39	
Anita Hunt	20:57	
Stephanie Gillingham	24:40	
Jennifer Browndorf	30:29	

Tobacco Road Marathon
Cary, NC March 14, 2015

John Cheadle	3:10:41	
Mary Flood	3:23:56	2nd F 40 - 44
Mike Kelley	3:27:35	
Ulf Andre	3:37:39	
Tony Bennett	3:39:41	
Matt Marum	3:43:47	
Jon Hunter	4:02:45	
Steve Schewel	4:09:43	
Ben Barker	4:14:44	
Cara Grout	4:54:57	
Joan Boone	5:20:40	
Kevin Gauger	5:53:07	
Mike Williams	6:31:47	

Northern Trails Marathon
Greensboro, NC March 14, 2015

Alan Schumacher	5:02:48	
Kevin Mccabe	3:34:17	1st M 30 - 39

March Minutes

Meeting called to order on Tuesday, 10 March, at 7:05 PM with J. Broglie reporting for B. Burns. Members present are E. Caldwell, J. Lewis, J. Broglie, T. Griffin, P. Bruer, B. Hindenach, and T. Kirby. Members absent are B. Burns, R. Kashyap, K. Nickodem, and J. Hall.

Discussion began with recap of 2014-2015 Winter Series and Hard Climb Hill incident. Club member—who is not a member reported as being present and shall remain unnamed unless he/she chooses to reveal his/her identity—at fault attended meeting and formally apologized for incident after Hard Climb Hill: non-club member lodged complaint against club member for purported speeding, which was perceived as endangering walkers and horseback riders, and getting into verbal altercation with horseback riders while retrieving cones after race. S. Childs (Duke Forest) has accepted Godiva's apology and ensured J. Lewis that relationship between Duke Forest and club is intact moving forward. S. Childs and board members will meet to review rules and expectations for using Duke Forest for club activities. The incident is considered resolved and club is possibly modifying next year's race by: 1) having a sweeper or volunteer pick up cones after race rather than car and 2) limiting vehicular traffic, with drivers extra cautious of foot traffic, after race/later in morning.

Discussed possible additions to 2015-2016 Winter Series: 1) race at Occoneechee Mountain State Natural Area and/or 2) Hokum Karem (cross country relay race) at Finley Golf Course with 1.5 mile loop x3 loops per runner x 2 runners.

Lack of volunteers at races needs to be addressed before 2015-2016 Winter Series. Possible suggestions for getting more volunteers are 1) awarding additional point for Winter Series runners who also volunteer and 2) requiring one point to be a "volunteer point". Discussion of both suggestions was tabled until next meeting.

J. Broglie updated board on progress for 2015 Spring Banquet. Tables, chairs, and associated items have been secured from Best Rent-All, with payment being handled by K. Nickodem. Jess is still working on securing caterer (Spartacus) and awards. Save-the-Date will appear in April newsletter. More information will be provided as it becomes available.

J. Broglie reported no updates for weekly Track Workout proposal.

J. Lewis updated board on Running Start (A. Lloyd). Program needs 4-6 more pacers per week at ATT and RTP sites. Kick-Off Meeting is on 16 March and running starts the following Saturday. Payment options via square reader (taking payment via cell phone) was discussed, and is being handled by K. Nickodem.

J. Lewis updated board on Durham Bulls outing (D. Hensel). Game is on 18 July 2015, with 40 tickets available at approximately $10 each (regular admission). Tickets will be offered on a first come, first serve basis. Game will be announced in April newsletter.

T. Griffin updated board on Duke Forest Service Project. S. Childs will contact club via T. Griffin when Duke Forest has activities for which volunteers are needed.

P. Bruer updated board on website redesign for smart phones. Website is being accessed by smart phones, as monitored by weekly analytics report, and web hosting service has been renewed for one year. Patrick would like to update the website with a separate, detailed page for each Winter Series race.

Haberdasher (J. Hall), Newsletter Editor (R.Kashyap), and Treasurer (K. Nickodem) have no updates. Budget is on track.

Membership (E. Caldwell) numbers reported at 497, with 20 new members and 13 Running Start participants. Winter Series had 254 participants, with 71 shirts awarded. Ethan will confirm shirt sizes with awardees (likely via email blast) and coordinate shirt order.

J. Lewis adjourned meeting at 8:13 PM.

—Jess Broglie

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:* ❒ *Male* ❒ *Female*	*Newsletter Delivery Preference:* ❒ *Electronic only* ❒ *Print and Electronic*

TYPE OF MEMBERSHIP

❒	Regular	$20.00		
❒	Student (elementary to graduate)	$15.00	❒	New
❒	Family	$30.00	❒	Renewal
❒	Multi-Year (individual)	$90 / 5 years	(Make checks payable to CGTC)	
❒	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

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Permit No. 1084

ADDRESS SERVICE REQUESTED

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