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**DEADLINE FOR
JULY 2015
NEWSLETTER:
JUNE 15TH**

**SEND YOUR STORIES, POETRY,
OR RACE REPORTS TO
NEWSLETTER@CAROLINAGODIVA.ORG
AND WE'LL BE DELIGHTED TO
PUBLISH THEM!**

WHERE THE BOYS GO

Last fall while in Northern California's redwood country, I drove the route of the Avenue of the Giants Marathon, which I plan to run next May. A bit farther north of there, in Prairie Creek Redwoods State Park, you'll find redwood groves, with trees soaring some 360 feet high, named for individuals or groups. I visited the Carl Alwin Schenck Grove, named for the chief forester of the Biltmore Estate in Asheville, North Carolina, and founder of the Biltmore Forest School, the first forestry school in North America. Schenck and the school played an important role in the American conservation movement more than a century ago, a topic I've been studying all my professional life. In 1951, at a ceremony organized by his former students, Dr. Schenck dedicated his grove, during which he named 21 trees in honor of his colleagues in the forest conservation movement.

I found my visit to the grove moving for many reasons and returning there is one of the reasons I want to run the marathon. After my visit, I wrote the following essay:

The silence, once I recognized it, struck me as odd, but then it made sense. I've been in louder empty churches, an apt analogy because I was here to pay my respects to the late, great man and I stood alone in the natural cathedral. The giant trees reminded me of the Corinthian columns that supported the roof of my childhood church—too big to wrap my arms around and requiring that I tilt my head all the way back to see the decorative capital of flowers and leaves. The top of the coastal redwoods and giant sequoias have their own version. I moved about the trail of marked trees silently so as not to disturb the named sentinels that guard the grove. It seemed silly because I was alone but it made all the sense in the world because of the reverence I feel for those honored here: Olmsted, Sargent, Vanderbilt, Pinchot, Fernow, and sixteen other founding fathers of the American forestry movement. They are the men that I have shared my life with, for a quarter of a century now, having spent countless hours studying, questioning, challenging, and arguing with and about them. But I had come to pay tribute to the man for whom the redwood grove is named and who had selected the trees that bore their names: Carl Alwin Schenck.

How is it that a redwood grove in northern California is named for a German forester who had barely stepped foot in these woods until he came here on July 4, 1951, for the dedication ceremony in his honor?

(Continued on page 4)



www.usatf.org



GODIVA LISTSERV

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

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

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

GODIVA CLUB CONTACTS

President	Jamie Lewis	president@carolinagodiva.org
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GODIVA TEAM CAPTAINS

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Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women		

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	

ANNOUNCING THE CAROLINA GODIVA TRACK CLUB 40TH ANNIVERSARY

A fun way to share your love for CGTC with the rest of the world, the Photo Hunt involves wearing (or carrying) our logo and photographing it in a variety of places and situations. It's like a scavenger hunt, but instead of collecting items from a list, you'll be taking photographs. The Hunt will run from June 10th through August 15th, and winners will be celebrated at the Fall Picnic.



Compete for fabulous prizes on your own or as part of a team. Nothing to download, no cost to you. All you need is a device that takes photos, a way to email them, and a sense of adventure. Interested? Visit the event page at www.carolinagodiva.org/index.php?page=photo-hunt for more details and to register.

—Halle Amick, Event Director

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, CON'T.*(continued from page 1)*

(Redwood sentinels greet visitors at the entrance to the Carl Alwin Schenck Grove in Prairie Creek State Park, California)

Schenck would have told you the answer is “love.” The love his former students felt for him, and he them. His saying that “Forestry is a good thing but love is better” is inscribed on the commemorative marker. Actually it tells us that “the alumni, his friends and admirers . . . have caused these trees to be designated in his honor as a mark of their affection for him and their devotion to his leadership and his teaching.” In mid-20th century America “affection” was an acceptable term for men to use when saying they loved one another. The word really harkened back to their youth, when they trailed through the forest behind Schenck like so many flannelled fledglings. But the inclusion of Schenck’s quotation tells you it was more than affection. “Affection” stands for many other things: “admiration,” “respect,” “friendship.” But most of all “love.”

“Have caused these trees” is an interesting choice of language. They—the alumni, “his boys” as he called them—had been his cause while he was their teacher. He taught them forestry, for sure, but taught them to be men, to drink beer around the campfire, and to drink deeply from the well of life. To know the great philosophers and the Bible. To know their oaks from their maples. To know that good forestry meant good roads. They in turn had made him their cause, to bring him back to the United States following World War II, to show him that they had become the men he expected them to be and had done the great things he prepared them to do. The last tree named is in their honor: “All Schenck’s Old Boys of The Biltmore School.”

—Jamie Lewis

THANKS TO OUR NEWSLETTER CONTRIBUTORS!

In no particular order, thanks for June 2015 Newsletter contributions go to:

Jess Broglie, Jamie Lewis, Ethan Caldwell, Jacob Sternfeld, Patrick Bruer, Brandy Burns, and Heather Yeowell.



GODIVA 2015 BANQUET REPORT

With close to 100 club members in attendance, the 2015 Spring Banquet may well be the highlight of Godiva's social calendar this year! Carolyn Huettel graciously allowed the club to invade her home again, with Spartacus Restaurant catering the event. As per tradition, many club members impressed

and Volunteer of the Year. Presenter Shauna Griffin praised this year's Volunteer of the Year, Richard Wolfe, for documenting the club's history through his many photographs. Richard is a frequent race volunteer, often arriving earlier than required to help the



attendees with their baking skills, and Kevin Nickodem kept the party going by serving as Master of Ceremonies. The Umstead Marathon Committee added a surprise twist in the form of an Umstead Marathon tech shirt raffle organized by Denise Larson.

Carolina Godiva was an active running group over this last year, as evidenced by the multitude of awards handed out this year. Ethan Caldwell passed out 71 of the coveted t-shirts, with his helpers helping him keep track of which Winter Series participants were *in absentia*, and Patrick Bruer gave out framed G's to those runners who braved the heat, occasional monsoon, and rush-hour traffic to run all four of the Cross Country Series races. Charles Alden awarded the Summer Track Grand Prix age-group winners (18 in total) with handmade tumblers and used metal seahorses to grant Ironman status to 19 runners. Rounding out the awards were the Runner of the Year

directors wherever and however needed, and photographer who ensures all runners are captured on film. This year's Female and Male Runners of the Year were Jessica Broglie and Greg Sousa, respectively. Both runners have logged many race miles over the last year, with Greg competing in everything from 5Ks and trail races, including the daunting 18-mile Shut-In Trail Race, to triathlons, and Jess finishing two marathons and the 20-mile Uwharrie Mountain Run.

Your correspondent would like to thank Jamie Lewis, Patrick Bruer, Kevin Nickodem, Brandy Burns, and Carolyn Huettel for helping make the banquet a reality and Gene Casale for helping with day-of preparations. Also, special thanks to everyone who helped clean up after the banquet!

—Jess Broglie

JACOB STERNFELD WMM BUCKET LIST

I am not a gifted runner at all. Truly, I am not even fast enough to run with the Godiva runners. However, I am a determined person and very inspired by my wife.

After my first half marathon, I decided to do all the World Marathon Majors (WMM). Turns out, running is only half the story of completing all the WMM in under two years. I had never even heard of the WMM when I came across them for the first time through the Internet. So it was kind of an innocent decision—I want to say a naïve decision—to want to run all the Majors.

For instance, coming from the Netherlands, I had never heard about the Boston Marathon; I had no clue of its significance. In my innocence I thought I would just go to the Internet, sign up and pay, and be in. It does not work that way unless you are a world-class athlete, running for a charity, or win the lottery for that marathon; otherwise, it is close to impossible to get in. Besides being accepted, there were so many other things to deal with: the hotels, air flights, jet lag, (local) food, weather situations, transportation to and from the marathon, and as added bonuses, a hurricane (New York 2012, Hurricane Sandy) and a terrorist attack (Boston 2013).

I had taken advantage of an interesting loophole that enabled me to run all of these races in less than 2 years. The loophole: that you can go through travel agencies if you cannot get in through the lottery, or qualify as an invited runner or raise enough money for an approved charity. The travel agencies who have reserved spots for the so-called Marathon Trips are located mainly in Europe and for me that was (besides Chicago), the only way to get in directly. Going through the agencies can be an advantage, because they have experience with runners like me, but they choose the hotels and as you can understand, that is much, much more expensive than I would otherwise spend for a one-day event. My main concern all the time was not to get injured or sick, because of all the effort it took to get in, and also because I was spending a fortune to participate in every one of them. Adding to the stress of logistics, I wanted to do them all as soon as possible, mainly because of my age. I am now 56 years old, you never know when the body will tell

you to stop running.

Each one of these World Majors has a different feeling, flavor, or a totally different experience. These races are not just about the race itself. It is also about how some cities transform into a “runners city”—you can see runners all over town from all over the world preparing for the upcoming race and connecting with fellow runners. You can feel the tension in the streets before the marathon. Also a highlight of every single marathon was the race expo. At one of the expos I shook hands with running guru Bart Yasso (*Runner's World*, Yasso 800s), I saw Hal Higdon (famous running coach) and Katherine Switzer (the first woman who ran Boston). At the expo, you meet your fellow runners for the first time, and I always buy running gadgets and specially designed clothing from that particular race.

In an elevator, I talked with Tiki Galana, the Olympic Gold Medal winner London 2012 from Ethiopia. My wife's main concern was that I had to stay away from indulging in too much taste-testing of the delicious gels, bars, and electrolyte sports drinks—basically anything available to taste. In Boston, for instance, my stomach got really upset after eating too much free King Hawaiian bread.

Highlights I remember are not necessarily about the race itself. One of the big highlights was at Berlin 2014, when I was in the same race as Dennis Kipruto Kimetto of Kenya. My wife videotaped him when he ran underneath our hotel room a few kilometers before the finish line, running a new world record (2:02:57!), which still stands.

Boston, New York, Berlin, and Tokyo have pre-race Saturday runs. They are usually around 3 miles (5km) on the day before the marathon and it is a nice way to warm up for the marathon and meet fellow runners. Berlin was the only free one. You need to sign up fast for the runs at Tokyo, New York, and Boston, because they all sell out quickly. For my wife it was a very nice thing to connect with the people and have a great workout herself. I (we) did them all.

Here are some of my personal highlights:

(Continued on page 7)

JACOB STERNFELD WMM BUCKET LIST, CON'T.*(continued from page 6)*

Boston 2013: Very serious marathon, serious people, best expo of all 6. So-called bandits (runners who are not registered) taking up runners' spaces for the bathrooms, too few toilets, and very long lines. People got tickets for peeing in the woods. Nice course through all kind of cities, nice audience, fast course. I liked the so-called "point to point" course, and not running in a kind of a loop. The start in Hopkinton was a mess. The Wellesley students. The Boston bombing and the miracle that my wife found me after the bomb attack.

Chicago 2013: Very well organized and clean, good expo, the start was amazing with the beautiful skyline while the sun was rising. Running through all kinds of different neighborhoods was interesting. Lots of people. Friendly crowd.

New York 2013: My favorite marathon! Waiting under the Verrazano bridge, cold, but unforgettable. Long waiting time before the start, about 4 hours. Hearing Alicia Keys ("New York/Empire State of Mind") blasting as I came off the Queensboro Bridge. The crowd was unbelievable, I wear a shirt that has my name on it, and the people (around 2 million) were literally cheering me on, yelling my name, right to the finish line.

London 2014: I loved that one! Definitely it comes in second place after NYC. Super friendly, great crowd, well organized, cheap finishers' shirts, very polite, very British, running along the famous London sites. A private pre-run in Kensington Park and along the Thames was something I will never ever forget.

Berlin 2014: lots of music—even big bands, boring, flat course, except for the end, going under the Brandenburg gate, felt very heroic. The highlight here was the 3-4 mile Saturday run, where the finish was in the Olympic Stadium of Berlin. Images of Jesse Owens and other memories came to my mind and I felt triumphant entering, as a free citizen in this stadium with a very bad history.

Tokyo 2015: It was very different from any of the above marathons. Lots of police, 10,000 I heard, no

fooling around here! Very kind and helpful people. My final carb load before the race was not spaghetti, as I usually take, but Soba noodles and a lovely broth. Running through amazing neighborhoods! Cheering was very different than what I was used to, it was kind of quiet cheering with loud sporadic loud cheers, almost explosive, but it was motivational. Private people handed out all kinds of exotic food, I even think they gave sushi, but I was too focused on my running and too scared to get sick from food I have never seen before.

A strong final piece of advice: CARRY A PHONE during your marathon race. When the Boston bombing occurred I had no phone with me and I was halted less than 0.5 miles from the finish line by the police. My wife had a phone but she could not reach me, which was very upsetting to her. Luckily, I could borrow a phone from one of my fellow runners, so my wife knew I was okay. In all my subsequent races, I brought a phone with me, and I could contact her immediately so she knew where I was, I finished my race healthy, and where we could meet. This is sometimes not an easy thing to do especially when tens of thousands of people are all trying to do the same thing.

As of today I am one of only 210 runners in the world who have done all the WMM. I want to thank Carolina Godiva as my running/athletic club for being inspirational and motivational. And a special thanks to Chris Gould. He picked me up when I was falling apart during one of my first Carolina Godiva trainings sessions. He brought me back to the group again, and motivated me to continue so I could finish my run. Without him my whole "running career" would not have even started. I would have quit running right there and then.

If any of you have any questions about the WMM, please feel welcome to contact me.

—Jacob Sternfeld



SUMMER TRACK SERIES

SUMMER TRACK 2015

**Wednesdays
May 20th - August 5th
Belk Track - Fetzer Field - UNC Chapel Hill**

Where else can you have so much fun for \$1?

The 2015 edition of Godiva's popular **Summer Track Series** will offer twelve weeks of all-comers meets at the UNC-Chapel Hill track facility, beginning at 7 pm on Wednesday, May 20th (with the Long Night program) and concluding on August 5th. This year's Midsummer Madness meet on July 29th will highlight Godiva TC's 40th anniversary season with the theme "Excel in XL—Celebrating 40 years of Godiva Greatness." A \$1 donation is appreciated.

All meets begin at 7:00 PM sharp, rain or shine.

Location: Belk Track is on the UNC Campus near the intersection of South Rd and Country Club Rd.

Free public parking is available in the Knapp/Saunders School of Government Parking Deck accessible from South Rd., in the Navy Field Lot accessible from Ridge Rd., and along Ridge Rd. adjacent to the Law School. Note that the metered parking on South Rd. is enforced until 9 pm.

Weather policy: Meets will be held rain or shine unless conditions are deemed unsafe (repeated near-by lightning or standing water on the track).

Decisions about cancellation or postponement will be based on conditions at the track at starting time and not on forecasts!

Note: The track is open to the public, so we may expect to be sharing the track with other users.

Questions? Contact Series Director Charles Alden at: summertrack2015@carolinagodiva.org. Info at: <http://bit.ly/1QLGpxO>.

EVENTS

Long Night

1-mile run (usually 3 heats)
200m (in lanes)
1-mile racewalk
800m (usually three heats)
5000m

Short Night

1500m run (usually three heats)
100m (in lanes)
1500m racewalk
400m dash (in lanes)
3000m (7-1/2 laps)

Midsummer Madness!

Excel in XL: Celebrating 40 Years of Godiva Greatness

40x40 = 1600m run (less than a mile!)
40yd dash
1600m racewalk
1600m relay (teams of 4) 4X400 meter relay
4000m run

Participants completing 3/4th of all races (maximum 4 per night) earn the prestigious Godiva Iron Man award.

THE SCHEDULE

May 20	Long
May 27	Short
June 3	Long
June 10	Short
June 17	Long
June 25	Short
July 1	Long
July 8	Short
July 16	Long
July 22	Short
July 29	Midsummer Madness
Aug 5	Short

HISTORY CORNER

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

The October 28th, 1977, *Daily Tar Heel* reported on a winning performance by an early Godiva men's cross-country team. The team raced against two-time Olympian Jack Bachelor, who was a teammate and training partner of Frank Shorter when the latter won the 1972 Olympic Marathon in Munich. Bachelor became a professor of entomology at NC State University.

—Patrick Bruer

Friday, October 28, 1977 / The Daily Tar Heel

Godiva climbs track ladder with Atlantic Coast triumph

The Carolina Godiva Track Club emerged last weekend as a powerful force in area running by taking first place in the Atlantic Coast Club Invitational Cross Country Meet. This was a showcase meet for area and regional club teams and perhaps the premier event of its kind ever held in the state.

Even though it was one of the youngest teams participating in the meet, Godiva was able to thrust itself to the front of the pack by pacing its first five runners in the top 12 finishers. This consistent performance allowed Godiva to outpoint the established North Carolina Track Club, the No. 1 club in the state in recent years. Eight of the top ten finishers in the Atlantic Coast Club Invitational came from either Carolina Godiva or the North Carolina Track Club.

One of the highlights of the event was the return to competitive running by former Olympian Jack Bachelor. The

Club Sports

By David Poole

lanky Bachelor took second in the event which covered 10,000 meters (just over 6.2 miles). The fastest runner was Gareth Hayes, a member of the North Carolina Club and a former clubmate of Bachelor, who finished in 31:46. Bachelor competed for the Florida Track Club.

For Carolina Godiva, former ACC running rivals Richard Schwartz and Dave Hamilton led the way with 32:10 and 32:16 respectively. Schwartz was third overall and Hamilton was behind him in fourth place. Dave Cich was 7th (32:50). Roland Rust placed eighth

(33:10) and Bill Hall was 1212.

Godiva was first with 34 points while the North Carolina Track Club was second with second with 39. The Greenville S.C. Track Club was a distant third with 91 while Duke University's "B" team came in fourth at 118. North Carolina "B" Team edged Carolina Godiva "B" for fifth.

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. Game time is 6:35 PM, meet-up time is 6:05 PM. Stay for fireworks after the game! For all the details, including price and how to reserve your seat, please visit <http://www.carolinagodiva.org/index.php?page=bulls>.

@ THE RACES**Cooper River Bridge Run 10K**
Mount Pleasant, SC March 28, 2015

Kevin Rumsey 42:39

Nantahala Hilly Trail Half Marathon April 04, 2015

Christopher Boyce 2:55:00

Jenny Boyce 3:05:45

Occoneechee Race Course 5K**Hillsboro, NC April 11, 2015**

Ray Dooly 23:44

Petersburg Half Marathon April 18, 2015

Kevin McCabe 1:35:21 3rd M 30 - 34

Pine Cone Pacer 5K**Durham, NC April 18, 2015**

Ray Dooley 26:45

Tar Heel 10 Miler**Chapel Hill, NC April 18, 2015**

Colin Jones 59:23 2nd Master M

Allen Baddour 59:29 3rd Master M

George Linney 1:01:54 3rd M 36 - 40

Evan Johnson 1:03:55

Gary Slade 1:07:36 1st M 51 - 55

Mike Kelley 1:09:46 3rd M 51 - 55

David Couper 1:09:48 1st M 56 - 60

Jessica Broglie 1:14:25

Tim Young 1:18:13

Natasha Catlin 1:19:30

Martin Leivers 1:19:36

Rietta Couper 1:20:01 1st F 56 - 60

Paul Bloom 1:28:35

Lori Cutts 1:29:56

Russ Helms 1:31:01

Jim Hotelling 1:31:28

Jerry Harris 1:32:19

Rusty Barnett 1:33:40

Frank Rexford 1:36:09

William F Vann, Jr. 1:37:38

Dan Woodlief 1:40:52

William Schmitz 1:41:17

Alfred Kleinhammes 1:46:00

Benedicte Mulliken 1:46:21

Susie Gilbert 1:47:50

Leigh Wynne 1:48:56

Joan Boone 1:50:59

Julie Horton 1:53:22

Tom Arnel 1:55:25

Larry Rothman 1:57:39

Christine Stachowicz 2:02:00

Meri Rega 2:03:29

Sam Elliott 2:11:52

Susie Hansley 2:18:15

Fleet Feet 4 Miler**Chapel Hill, NC April 18, 2015**

Bryan Hassin 29:08 1st M 36 - 40

John Gotelli 31:06 2nd M 46 - 50

Tom Hoerger 31:32 1st M 56 - 60

Jon Hunter 31:38 2nd M 51 - 55

Jessica Lee 32:14 1st F 41 - 45

Sydney Barker 33:36 2nd F 13 - 15

Shelly Bloom 35:12 1st F 61 - 65

Ben Barker 36:56

Susan Barker 38:09

Shauna Griffin 38:48

Ruthie Lyle-Cannon 50:50

Paul Naylor 56:05

Michael Dwomoh 1:02:41

North Face Endurance Challenge Trail Half Marathon
April 04, 2015

Christopher Boyce 2:06:43

Jenny Boyce 2:17:04

5k for Fitness**Chapel Hill, NC April 25, 2015**

Mike Kelley 19:27 3rd M Overall

Richard Smith 42:01

Daniel Smith 42:01

Linda Soto 50:04

Mebane Dogwood Festival 5K**Mebane, NC April 24, 2015**

Duncan Murrell 20:54 2nd M 40 - 49

Joan Boone 30:42 1st F 60 - 69

Briar Chapel Earth Day 5K**Chapels Hill, NC April 25, 2015**

George Linney 17:25 1st M Overall

Angels Among Us 5K**Durham, NC April 25, 2015**

Guy Potter 18:59 1st M 45 - 49

John Haws 22:05

Michael Duval 24:45

Tom Kirby 24:55 1st M 60 - 64

Jim Van Welzen 25:03

Denise Larson 25:28 3rd F 50 - 54

Dawn Bardon 28:59

Greg Sousa 30:24

Julie Horton 30:44

Elizabeth Sousa 39:10

Sara Sousa 51:40

Second Empire 5K**Raleigh, NC April 26, 2015**

Colin Jones 17:05 3rd M Overall

Mickey Lackey 23:31 1st M 70 - 74

Louise Guardino 30:18 1st F 70 - 74

New River Marathon**Todd, NC May 02, 2015**

Allen Baddour 02:54:53 3rd M Overall

Chris Gould 04:20:46 1st M 70 +

(Continued on page 12)

MAY MINUTES

Godiva president Jamie Lewis called the meeting to order at 7:02. Present at the meeting were President Jamie Lewis, Vice President Jess Broglie, Newsletter editor Ravi Kashyap, Webmaster Patrick Bruer, Membership Ethan Caldwell, and club members Halle Amick, Shauna Griffin, Tom Griffin, Susie Hansley, Barbara Hindenach, Tom Kirby, and your scribe, Brandy Burns. Absent were Treasurer Kevin Nickodem and Haberdasher Jeff Hall.

40th Anniversary project: Jamie started off the meeting by handing the floor to Halle Amick to share a new idea for a 40th anniversary project. Halle provided a general overview of the concept of a photo scavenger hunt. This activity would take place over a specified period of time, likely ending at the end of August. To participate, people would collect photographs instead of “things,” and in every photo there would need to be a Godiva reference of some sort. The final event associated with the scavenger hunt would occur at the fall picnic, where awards would be given. Halle indicated that some of the details were still in the works. There was discussion regarding the uploading and storing of images, awarding of prizes, and the judging process. It was determined that the uploading of images should either be to a site such as Flickr, or directly to the Godiva webpage. Halle and Patrick will get together to discuss this and determine the best and easiest option for both the people managing the activity and the participants. There was discussion of prizes and how they would be awarded. Judging could occur by the membership through a process such as “liking” a photo, or through a judging committee. There was a lot of positive response to the idea, and Halle agreed to work on the specifics and oversee the activity. The board voted to approve the activity and the funding needed for the prizes.

Regular reports from the board: Jamie noted that the treasurer and haberdasher were unable to attend the meeting. However, no significant issues or concerns were noted from either area. Patrick Bruer, Webmaster, shared that he is continuing to work on the online version of the newsletter.

Ethan Caldwell, our membership chair, reported that our current membership is 512, down from 520 last month. Forty-seven memberships expired in April, primarily due to Running Start members from last year expiring. Ethan is also working on new brochures to be ready to go out at the Summer Track meet.

Newsletter editor Ravi Kashyap confirmed that he is stepping down as newsletter editor due to some additional constraints on his time that he did not anticipate when originally accepting the position as editor. There has, however,

been an excellent replacement identified: longish-time member, and all-around excellent person, Susie Hansley. The board voted and approved Susie as the new newsletter editor. Susie will work with Ravi and Shauna on the June newsletter before taking the reins completely in July. Ravi agreed to continue to be available on a consult basis until Susie felt fully comfortable in her new role.

Summer track: Although summer track guru Charles Alden was unable to attend the meeting and was very much missed, he did provide a summer track update via email, along with a request for assistance with the watercoolers, prior to the meeting. An email blast had been sent to membership prior to the meeting, and it was shared that there had not yet been any offers of help. Patrick presented the option of changing to a BYOB (Bring Your Own Bottle of water). The board discussed the pros and cons. It was identified that it would need to be confirmed that there was a place where people could fill up their own water bottles. If it was decided that there was a location to fill, and if nobody stepped up to help with the coolers, than the event would become a “bring your own water bottle” event. To help with the transition, cups would be brought to the first few events.

Spring banquet update: Jess updated the board on the spring banquet, which is to be held this coming Sunday. Jess shared there are currently 72 adults and 3 children registered. Awards have been picked up, the caterer confirmed, and the location solidified. Halle suggested that haberdashery be put on display to encourage people to purchase items that can be used in the 40th anniversary scavenger hunt.

Card reader designee: The club has now obtained a credit card reader to aid members in their purchases of Godiva gear and activities. To ensure consistency and ongoing knowledge of the whereabouts of the card reader, it was determined because the vice president handles scheduling the races, that person would be the primary holder of the reader. Patrick would be the account manager, and the only person that would have access to the account. Additionally, there would be assigned 3 or 4 assigned designated users.

Banquet awards: The meeting concluded with a discussion of banquet awards.

Meeting adjourned at 7:59 p.m.

—Brandy Burns

@ THE RACES, CON'T.*(Continued from page 10)***Bull City Run, Walk, Roll 5K****Durham, NC May 02, 2015**

Hona Lee Harrington 28:16 2nd F 50 - 59

Philosopher's Way Trail Run**Chapel Hill, NC May 02, 2015****7K**

Owen Astrachan 36:37 1st M 50 - 59

Tom Hoerger 38:19 2nd M 50 - 59

Robert Stumpf 40:16 3rd M 40 - 49

Kendra Stumpf 40:18

Edward Davis 44:29 3rd M 60+

Collie Fulford 47:20

Halle Amick 47:56

Shauna Griffin 49:03

John Bowman 56:00

15K

George Linney 1:00:24 2nd M Overall

Anthony Corriveau 1:05:32 1st M 40 - 49

Kevin McCabe 1:11:46

Shannon Johnstone 1:16:42 1st F Master

Christopher Boyce 1:18:56

Karen Murphy 1:19:07

Jen Howard 1:20:33 3rd F 40 - 49

Michael Dacar 1:22:08

William Shamblin 1:22:32

Jennifer Boyce 1:32:16

Luke Lucas 1:45:42 2nd M 60+

Reikan Lin 1:51:07

Strawberry Festival 5K**Durham, NC May 02, 2015**

Dan Woodlief 25:27 2nd M 50 - 59

Eric Stallard 26:22 2nd M 60 - 69

Elizabeth Steffens 27:04

Ryan Lynch 27:29 3rd M 10 & Under

Alex Lynch 46:04

Scott Lynch 46:06

Run for the Mariners 5K**Pittsboro, NC May 02, 2015**

Paul Sexton 20:01 1st M Overall

Nash Rocket Mile**Rocky Mount, NC May 03, 2015**

Louise Guardino 8:45 1st F 70 - 74

BMO Vancouver Half Marathon May 03, 2015

William Harris 2:17:15

PBC Half Marathon**Leland, NC May 03, 2015**

Richard Wolfe 3:44:59 2nd M 65 +

Clayton Road Race 5K**Clayton, NC May 09, 2015**

Louise Guardino 31:11 1st F 60 +

Minuteman Muster 8K**Raleigh, NC May 06, 2015**

Louise Guardino 52:35 2nd F 50 +

RACE CALENDAR**Jun 2015**

6/11 (Thu) 4th Annual NewBridge Bank Bridge to Bridge Run, Wilmington

6/20 (Sat) A Cool 5, Beech Mountain

6/27 (Sat) Fun 4th Freedom Run & Walk, Greensboro

Jul 2015

7/4 (Sat) Four on the Forth, Carrboro

7/11 (Sat) Barefoot for Kelly 5K, Raleigh

7/25 (Sat) Habitat Bull Moon Ride and Run, Durham

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

www.carolinagodiva.org/race-calendar

Carolina Godiva Track Club

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**

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ADDRESS SERVICE REQUESTED



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