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DEADLINE FOR SEPT 2015  
NEWSLETTER:

**AUGUST 15TH**

EMAIL

[NEWSLETTER@CAROLINAGODIVA.ORG](mailto:NEWSLETTER@CAROLINAGODIVA.ORG)

## YOU CAN MAKE IT IF YOU TRY (IF YOUR TRAIL BUDDY IS WITH YOU)

One of the things I liked about the inaugural Cradle to Grave 30K Trail Race in Pisgah National Forest were the humorous, understated signs on trail that warned of danger ahead without specifying the nature of what awaited. All the signs simply declared "Trail Challenge." This phrase applied to anything and everything. Because it had rained quite a bit prior to the race, one stream we crossed was a torrent of knee-deep whitewater, so the race directors strung rope across to hold on to. In other places, the mud swallowed your shoes and sometimes wouldn't let go.

I was disappointed when the homemade signs were replaced in subsequent years by ones with a sponsor's name and the more vanilla term "Caution." But the phrase "Trail Challenge" stuck with me and quickly became part of my running vernacular. Soon two "trail" phrases joined it: "Trail Bummers" and "Trail Buddies." Trail Bummers include the edges of paved trails that you stumble off of WHEN SOBER, causing a sprained ankle; obnoxious or oblivious people who block the trail or can't control their dogs; tree roots that grab your feet and trip you, resulting in stitches and bruises (the American beech is the enemy of all trail runners!); and the unseen insects that fly in your shirt and sting you, sending you into anaphylactic shock. Trail Buddies are the folks you hope to encounter during a trail or road race: people you befriend or help during a run, or who extend a gracious hand to aid you.

It was after the first Cradle race that I thought of these two categories, though it took some time for the concepts to crystalize and become more nuanced. Trail Buddies, I now realize, come in two varieties: those whom you already know, and those you meet while running. I've written before about running races with former CGTC president Halle Amick, including the first Cradle race, the Umstead Marathon, and my first 50K race. During the last, I started experiencing knee pain from mile 12 on. Halle was serving as my in-race coach and cheerleader, but the knee pain proved frustrating for both of us. After struggling for a couple of miles, I decided I had to just go it alone. As I walked-jogged along, I thought about quitting several times, but man-

*(Continued on page 6)*



[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

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Open Women	Aline Lloyd	<a href="mailto:alinekj@yahoo.com">alinekj@yahoo.com</a>
Master Women	<b>Open Position</b>	

## GODIVA BUSINESS MEETINGS

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

## 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 <a href="http://www.capitalrunwalk.com">http://www.capitalrunwalk.com</a>	828-3487
<b>Raleigh Running Outfitters</b> 10% discount Raleigh & Cary <a href="http://www.raleighrunning.com">http://www.raleighrunning.com</a>	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 <a href="http://www.xpertnutritionnc.com">http://www.xpertnutritionnc.com</a>	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>	

## UPCOMING CLUB EVENTS & DEADLINES

We have so many great events and deadlines coming up that your editor has decided to summarize them in one place! Read more about these throughout the newsletter and at [Godiva's website](http://www.carolinagodiva.org).

EVENT	DATE & TIME	LOCATION	MORE INFO
Summer Track – Last Night!	W 8/5, 7pm	UNC Track	p. 4; <a href="http://goo.gl/ldvgUj">http://goo.gl/ldvgUj</a>
40 <sup>th</sup> Anniversary Photo Hunt Deadline	Sa 8/15	Electronic submission	p. 7; <a href="http://www.carolinagodiva.org/index.php?page=photo-hunt">http://www.carolinagodiva.org/index.php?page=photo-hunt</a>
September Newsletter Submission Deadline	Sa 8/15	Electronic submission	Send to <a href="mailto:newsletter@carolinagodiva.org">newsletter@carolinagodiva.org</a>
One-Hour Run	W 8/26, 7pm	Durham Academy Upper School Track	p. 5; <a href="http://www.carolinagodiva.org/">http://www.carolinagodiva.org/</a>
Cross Country	W 9/2, 9/9, 9/16, 9/23, & 9/30 @ 6pm	UNC & Duke XC trails	p. 5; <a href="http://goo.gl/uH2Q1d">http://goo.gl/uH2Q1d</a>
Godiva at the Movies: <i>Starting at the Finish Line:</i> <i>The Coach Buehler Story</i>	Th 9/24, 7pm	Durham Library, Main Branch	p. 4; <a href="http://dcl.li/4etm1">http://dcl.li/4etm1</a> .

## 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))

## GODIVA GOES TO THE MOVIES: *THE COACH BUEHLER STORY* ON 9/24

Have you ever run the Al Buehler Trail and wanted to learn more about the man for whom it's named? As part of Carolina Godiva's 40<sup>th</sup> anniversary celebration, CGTC is cosponsoring with Durham County Library a free screening of *Starting at the Finish Line: The Coach Buehler Story*.

For nearly 60 years, Buehler touched and enriched the lives of thousands of athletes including Olympians Jackie Joyner-Kersey and Carl Lewis, as well as Duke icons Grant Hill, Shane Battier, and Coach K. He has met enormous challenges, including breaking new ground in women's athletics, international sport, and race relations. Narrated and produced by Hill, this film tells Coach Buehler's remarkable story.

Join director Amy Unell, Coach Al Buehler, and Delaina Buehler for a screening at the Durham County Library's Main Branch on **September 24<sup>th</sup> at 7 pm.**

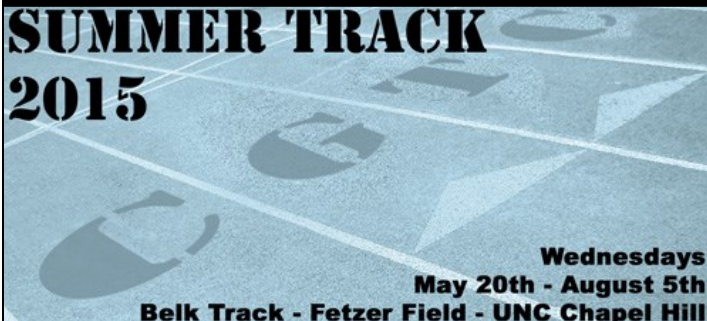


*Coach K, Coach Buehler, & Grant Hill appear in the film.*

For more information, visit the library's Humanities Programs page at <http://dcl.li/4etm1>.

—Jamie Lewis

## SUMMER TRACK SERIES – ONE NIGHT LEFT!



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

The last evening of Summer Track 2015 concludes on **August 5th!** It will be a short event night, consisting of the following events:

#### **Short Night**

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

**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.

**Parking:** 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 nearby 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](mailto:summertrack2015@carolinagodiva.org). Info at: <http://bit.ly/1QLGpxO>.

**Iron Man Award:** Participants completing 3/4<sup>ths</sup> of all races (maximum 4 per night) earn the prestigious Godiva Iron Man award! To see the latest results, visit <http://bit.ly/1QLGpxO>.



## THE ONE-HOUR RUN (A.K.A. THE SWEAT FEST)

The CGTC One-Hour Run returns on Wednesday, **August 26, 2015!**

The One-Hour Run is a fun-filled event during which runners run around the track at any pace they choose for—wait for it—60 minutes. Race walkers are also welcome to participate.

- **Location:** Durham Academy Upper School Track, 3601 Ridge Road, Durham
- **Start time:** 7:00 pm sharp.

We may have volunteers available to count laps, but due to the uncertain number of volunteers, *participants should plan to track their own lap counts*. Please consider bringing a counting device or a friend to do the counting for you. This person cannot run with you, but should remain in the lap-counting area (they may want to bring a chair).

There will be water and energy drink available. If you need something else to get you through, please bring that along.

Don't want to run, but want to watch people run around in circles? Do you like to count? Are you good at counting (you only have to be able to count by increments of one!)? If so, please consider volunteering to count laps for a runner! Contact Brandy Burns at [secretary@carolinagodiva.org](mailto:secretary@carolinagodiva.org) for more information.



—Brandy Burns

## THE RETURN OF GODIVA CROSS COUNTRY

Godiva will once again host a series of informal cross country races on Wednesday evenings during the month of September.

Events will alternate between UNC's XC trails adjacent to Finley Golf Course and Duke's Al Buehler Trail, with two distances offered each evening:

DATE	LOCATION	DISTANCES
9/2	UNC	5k, 8k
9/9	Duke	5k, 10k
9/16	UNC	5k, 8k
9/23	Duke	5k, 10k
9/30	UNC	5k, 8k

Races begin at **6pm sharp** and will be held rain or shine.

Signup and timing will follow the summer track series procedure. Sign in on the roster/waiver form before running, then record your time at the end. We'll have a donation bucket, with a requested donation of \$1 per evening. As with Summer Track, bring your own water.

Runners who complete a race in all five meets will earn a "letter" in XC, presented at the club's spring awards banquet.

Once again, we'll have a season finale cookout hosted by Frank Rexford at his home (near the Finley trail) — thank you, Frank! It will take place on 9/30 after the last meet. More details to follow.

Watch [www.carolinagodiva.org](http://www.carolinagodiva.org) for details, including course maps, parking information, and directions. Questions? Email [xc@carolinagodiva.org](mailto:xc@carolinagodiva.org).

—Patrick Bruer

## PRESIDENT'S COLUMN, CON'T.

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aged to get to the finish line. I'll say it again: There's no greater feeling than hearing a friend who knows how much you're suffering yell out encouragement and cheer you on to the finish.

Halle had also trained with and then coached me through my first Umstead Marathon—still my fastest marathon finish—in part by telling me a joke late in the race that took about two miles to unspool. If I fell behind, she would stop telling it until I caught her. Very crafty, very cruel, very effective—and a pretty funny joke, too. Everything clicked for that race—the training, my race-day food and fluid management, the weather, the companionship. Granted, it was only my fourth marathon, but I lowered my PR by 69 minutes! Not a typo: SIXTY-NINE MINUTES. That's what a Trail Buddy can help you achieve.

My friend Dana helped me get through my only Tobacco Trail Marathon, now known among my friends as "The Sinus Infection Marathon." On the week of the race, I came down with a sinus infection that flattened me for five days. It's the sickest I've ever been. No drug could open up my sinuses. (Turns out the only time I could breathe while sick was during the race. I probably blew out three gallons of green snot as I ran. Afterward, I went back to bed for another week until the infection finally passed.)

But cheap and stubborn as I am, I wasn't going to waste the entry fee. On the sixth day of the infection, I vowed that if I could drive myself to the race expo and back, then I was good to go to run a full marathon. Oh, the foolish bargains we runners make. Dana was doing 16 or 17 miles as a training run on race day and volunteered to meet me at mile 9 and accompany me the rest of the race. During the race, he made sure I took in enough fluids and food at regular intervals to keep from bonking. He pulled the reverse-psychology move of telling me that there was no shame in dropping out. NO! No DNF for me! I know I couldn't have finished the race without him.

During a long run one hot summer Saturday morning, my friend Kimberley saved my butt when she recognized I was suffering from heat stroke. I, of course, protested that I was fine, that the sad personal news I had been sharing with her was why I was flush and dizzy and babbling. (Did I mention I was stubborn?) She made me stop running and sit down (rather than pass out) right there while she ran to retrieve the car and take me home. Did I mention I was stubborn?

The other Trail Buddy subcategory is "Buddies You Make During the Race." These are the strangers you talk with to pass the time. During even the shortest of interactions, you become united in effort and cause, comrades-in-arms fighting the enemy of all runners: fatigue. I bonded with one guy by sharing my food with him because he had grossly underestimated his own needs and bonked a couple of miles from an aid station.

But of the dozens of buddies I've made during races, I only remember one person's name: [Nita Kay Lemay](#).<sup>1</sup> And not just because it rhymes. We met about halfway through the 2011 City of Oaks Marathon. Nita Kay had taken up running at age 40 and became obsessed, running 23 marathons in a year. She



*A really good Trail Buddy will crawl through mud and wear a funny hat with you.*

had been running for nearly 20 years when I met her. We spent several miles talking, during which I learned her remarkable story. She is the first woman to run a marathon in all 50 states, all 13 of Canada's provinces and territories, all 8 of Australia's states, and one on every continent. Did you know there's a marathon on Antarctica? Or that there is a Seven Continents Club as well as the 50 States Club? Neither did I, until meeting this remarkable woman.

As if that isn't impressive enough, I learned that Nita Kay is legally blind. She began losing her eyesight at around age 20 due to macular degeneration and only had peripheral vision left. She decided she wanted to see as much of the world as possible before

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## PRESIDENT'S COLUMN, CON'T.

(continued from page 6)

she couldn't travel by herself any more, and running marathons helped motivate her. She did this so she'd have the memories to reflect on once she could no longer do it. I know it sounds trite, but her attitude helped me see running in a different way. The race isn't about the swagger or t-shirt, it's about the trail buddies and the memories we make along the way, no matter how temporary. Some of the most fleeting interactions make the most permanent memories.

What about you? Do you have a Trail Buddy who has helped you out? Have you met one who made a lasting impression? If so, consider sharing your experience in the newsletter. Send your piece to [newsletter@carolinagodiva.org](mailto:newsletter@carolinagodiva.org). Please put "Trail Buddy" in the subject line.

— Jamie Lewis

Read more about Nita Kay at <http://www.triblocal.com/mundelein/2009/08/09/lemay-runs-for-world-record/>.

## 40TH ANNIVERSARY PHOTO HUNT UPDATE

We're more than halfway through the 40th Anniversary Photo Hunt, and members have been snapping all kinds of fun pictures!

So far, seven teams and 17 individuals are competing for great prizes. Although photos aren't due until August 15th, several teams have been submitting them along the way. At press time, Susan and Tom Hoerger were in the lead, but there's plenty of time left for other teams to catch up!



Although there will be prizes for the top three teams, **any team that gets at least 40 points (which can be done with just a few photos) will win a prize and be honored at the Fall Picnic!**

With an August 15th deadline, there's still plenty of time to join and take pictures! Register at <http://www.carolinagodiva.org/index.php?page=photo-hunt>! There you'll find all the information you need to get started on the hunt, plus more great photos from the competitors!

—Halle Amick, Event Director



## HISTORY CORNER

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

Four years into the club's illustrious history, *Daily Tar Heel* writer **Cliff Bames** checked in with early club leader **Tom Fowler** and reported on some of Godiva's top performers.

*-Patrick Bruer*

**Friday, December 7, 1979 *Daily Tar Heel***

### Abundance of Talent in Local Track Club

When you think of Olympics at Carolina you think of basketball and Dean Smith. When you think of world records you think of beer drinking. And when you think of 200 UNC undergraduates, graduate students, and faculty, you think of waiting in lines.

But several Olympic hopefuls, two world-record holders, more than 100 Carolina undergrads, about 100 UNC grads and faculty all add up to be the Carolina Godiva Track Club.

Although few outside the world of running have heard of the 4-year-old organization, 350-400 Triangle area runners are members. "We grew really quickly in the past year and a half," says Tom Fowler, club representative for UNC. "I think the national boom most accounts for that. We were just there when running caught on."

David Royle, a former UNC student from England, organized the club in 1975. Royle started it on his own with a mere handful of runners.

Two world-record holders who compete with Godiva are women—Ellison Goodall and Martha Klopfer.

Goodall, a Duke graduate, was in the UNC School of Medicine last

year but has taken a leave of absence this year to work in Boston for Nike athletic shoes and is training—possibly for the Olympics. Goodall broke the world record for a 10-mile road race in New York earlier this year.

Recently, Goodall came in eighth among women in the AIAW National Cross Country Championships held in Raleigh. "She can compete with the world in anything 10 miles or over," Fowler says.

Klopfer holds the world record for 44-year-old women in the 1500m run. She was inspired to run by her husband Peter, a Duke professor and a marathoner with the club himself.

Former members include Julie and Mary Shea of N.C. State. The sisters have helped pace the Wolfpack women to a No. 1 national ranking in cross country. Julie will probably try to make the U.S. Olympic team, Fowler says.

Kay Overcash, a UNC nursing student and Godiva member, was the sixth woman finisher in the 1979 Washington Marathon. Her time qualified her for the Boston Marathon.

Also in the Washington Marathon, Godiva member Bill Hall placed

fourth among men. Hall, a Duke professor, qualified for the Olympic trials with his time. Seven thousand runners competed in the D.C. marathon.

Fowler, a law student at UNC, is a top marathoner himself. "I'm in it for fun and to keep in good health. I really enjoy the workouts as much as the races."

But there are other reasons for other runners to be in the club. "There are some social aspects for joining and some people can make a little money," Fowler says, "but I think most people like me see their times drop. That's really fun and rewarding."

The club, whose members range in age from 8 to 70, is mainly self-supporting, is a member of the UNC Sports Club Council and is affiliated with the Amateur Athletic Union.

During the summer, the Godiva track club participates in track meets ever other week. There are three major road races during the year. The 15-kilometer fall road race is held in Durham and the Hokum Karem is a relay race around the UNC campus. In the spring, a 12-kilometer race is held in Chapel Hill in conjunction with the Apple Chill festival.



## MEMBERSHIP CORNER

- **Kim Anglin** is embarking on his 30<sup>th</sup> year as a member. Thanks, Kim, for preparing the club's tax returns year after year!
- **Jim Thornton**, club president in 1997, renewed for another year. Jim joined back in 1991, making this his 25<sup>th</sup> year as a member of the club. Happy Silver Anniversary, Jim!
- **Gloria and Julian Preston** marked their 16<sup>th</sup> year with the club by renewing their family membership for 5 more years. We look forward to celebrating your 21<sup>st</sup> anniversary with the club five years from now with a nagging reminder to renew your membership. ;-)
- **Denise Larson** celebrates 15 years as a club member. Thanks, Denise, for being a committee leader for the Umstead Marathon!
- **Sarah Jones** celebrates 5 years as a member. Congratulations, Sarah!
- **Bill Schroeder** just completed 5 years with the club. He's suffering from planter fasciitis, but hopes to get back to running again mid-fall in time for the Winter Series. We wish you a speedy and full recovery and look forward to seeing you out there once you're better.
- Happy birthday to **Tom Griffin**, who celebrates the completion of 70 laps around the sun this month, as well as celebrating a first-place age group finish at the Four on the Fourth in Carrboro last month.
- Birthday wishes also to newsletter editor **Susie Hansley**, who is both much younger and much slower than Tom Griffin.
- A hearty welcome to new members **Doug Fein** and **Mark Mathieu**!

Send personal notes and photos to [membership@godiva.org](mailto:membership@godiva.org) for inclusion in next month's Membership Corner.

—Ethan Caldwell

## CLUB HABERDASHER NEEDED!

Do you *love* clothes emblazoned with the Carolina Godiva logo? (Of course you do!)

Are you interested in helping Godiva members look their best?

The club has an immediate need for a **Haberdasher**—someone who will handle ordering and selling clothes and accessories for the club. There's very little work involved, and you get to be a Board member and enjoy our scintillating company at the monthly meetings.

If you're interested in the position and/or would like more information, contact Jamie Lewis at [president@carolinagodiva.org](mailto:president@carolinagodiva.org).

*Are these Godiva members (who attended the CGTC outing to see the Durham Bulls play on July 18th) SCREAMING for more cool new Godiva gear? Do I see some hands raised, volunteering to serve as club haberdasher?*



## NEWSLETTER SURVEY RESULTS: ELECTRONIC-ONLY NEWSLETTER IS A GO

Based on the results of a recent survey, the Godiva board has decided to switch to an all-electronic newsletter delivery format. The club will no longer print and mail copies of the newsletter to members. Effective September 2015, all members will receive a link to a PDF version of the newsletter via email.

Godiva has always provided members with a printed newsletter by mail, which was possible because of the USPS bulk mailing discount for non-profits. In recent years, some members requested electronic delivery of the newsletter instead of via USPS mail; we thus created an option that allowed members to choose e-newsletter delivery only. So many members have now been choosing that option that the club has now fallen below the number needed to take advantage of USPS bulk mail. This, combined with the amount of labor involved in printing, assembling, and mailing the newsletter, prompted the Godiva board to consider eliminating all paper mail newsletter delivery and switch to electronic delivery only.

Before making this change, the board wanted to hear from the membership about their willingness to support a switch to electronic-only delivery. A survey was sent to 394 member email addresses last month; of these, 206 responded (52%).

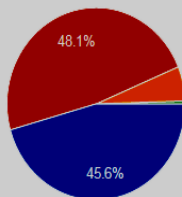
Of these respondents, a whopping 93.7% indicated that they either already only read the electronic version anyway (answer A, 91, or 45.6%), or that

while they enjoy reading the paper version, they would adjust to reading the electronic version (answer B, 99, or 48.1%). Twelve respondents (5.8%) indicated that if they no longer received the paper newsletter by mail, the value of their membership would decrease (answer C). One respondent (0.5%) indicated that they would consider cancelling their membership if they no longer received the newsletter by mail (answer D). (To see the full survey results, visit <http://www.carolinagodiva.org/files/survey.pdf>.)

In the optional comments section of the survey, most members indicated their support of going all-electronic and redirecting to other efforts the time and money currently spent on printing and mailing the newsletter:

- “Electronic only is the way to go. Use the money saved and volunteer time to support more running events.”
- “I enjoy the newsletter and think an electronic only version would be good for the environment and likely save the club some money that could be used elsewhere.”
- “Any loss in circulation that might result from this shouldn't outweigh the large amount of time, effort, and resources that volunteers put towards this endeavor. Despite liking the paper copy, I fully support any decision made to cut the paper copy. Thanks for your work on the newsletter

1) If the CGTC monthly newsletter went completely electronic, how would it affect your view of your club membership?



A) It wouldn't make a difference; I only read the electronic version anyway.	94	45.6%
B) I enjoy the paper version of the newsletter, but if the newsletter went completely electronic, I would adjust.	99	48.1%
C) The paper version of the newsletter is very important to me, and if I were to no longer receive it, it would decrease the value of my club membership.	12	5.8%
D) I would be very disappointed and would consider not renewing my membership.	1	0.5%

(Continued on page 16)

## SUMMER TRACK RESULTS: WEEKS 4 TO 6

**10 June****1500m Run**

Kaleb Keyserling		4:19
Tyle Stelzig	M 26	4:22
Malcolm White	M 30	4:42
Tom Kreger	M 34	4:43
Vance Johnson	M 13	4:49
Evan Galloway	M 32	4:50
Andrew Ehlert	M 25	4:51
Erick Hawkins	M 42	4:53
Alyssa Vassallo	F 20	4:58
Jim Clabuesch	M 50	5:02
David Cobb	M 33	5:03
Ethan Caldwell	M 41	5:05
Jason Figge	M 42	5:09
John M Johnson	M 16	5:09
David Courson	M 33	5:12
John Herlin	M 32	5:15
Kevin McCabe	M 34	5:19
Owen Astrachan	M 59	5:25
Reno Fahringer	13	5:27
Martin Warters	M 36	5:41
Brett Dixon	M 45	5:46
Tom Hoerger	M 56	5:49
Coleen Moorman	F 29	5:55
Laura Cloak	F 28	6:03
Rodney Knight	M 54	6:07
Tina Clossick	F 43	6:12
Roxanne Springer	F 51	6:12
Chris Gould	M 71	6:13
Parker Burns	F 18	6:13
Ian Rasmussen	M 10	6:17
Tom Kirby	M 62	6:23
Beth Steffens	F 38	6:36
Rietta Couper	F 56	6:38
Jackson Steffens	M 9	6:38
Elizabeth Zander	F 30	6:39
Ray Dooley	M 62	6:40
Rick Pack	M 34	6:41
Katherine Baer	F 46	6:44
Richard Smith	M 62	6:44
Mary Szymkowski	F 51	6:47
Chris Whitehurst	M 41	6:53
Tim O'Brien	M 63	7:00
Jim Hotelling	M 68	7:01
Bryan Hassin	M 36	7:03
Lena Hollmann	F 64	7:03
Ed Davis	M 70	7:05
Silas Rasmussen	M 7	7:07
Noah Shacklette	M 18	7:07
Erin Gubitz	F 34	7:11
Kim Johnson	F 44	7:13
William Harris	M 39	7:18
William Schmitz	M 43	7:21
Shauna Griffin	F 38	7:23
Rob McCauley	M 43	7:24
Zack Osborne	M 65	7:26
Julie Messina	F 37	7:32
Brandy Burns	F 39	7:33
Tom Arnel	M 52	7:36
Aimee Bazin	F 32	7:45
Kathleen Baker	F 40	7:59
Jerry Surh	M 76	8:00
Jon Sasser	M 59	8:00
Barbara Hindenach	F 64	8:08
Carol Scheible	F 52	8:15
Jacob Smith	M 9	8:20
Michael Paul	M 46	8:21
Harper Baer	F 11	8:21
Chris Crowder	M 48	8:33

Katie Barrett	F 33	8:47
Shannon Johnstone	F 41	8:57
Christine Stachowicz	F 45	9:14
Michael Roth	M 44	9:24
Coen Figge	M 7	9:59
Daniel Smith	M 7	10:08
David Yeowell	M 78	10:26
Kelly Young	F 52	11:20
Anneka Figge	F 5	12:42
Tara Kachgal	F 44	13:19
Richard Wolfe	M 77	14:20

**100m Dash**

Damarious Hayes	M 25	11.6
Rayvon Moore	M 22	11.8
Tai Knight	M 16	12.1
Mike Carpenter	M 47	12.4
Rick Pack	M 34	12.5
Brian Gilligan	M 16	12.8
Ary Bush	M 35	13.1
Dylan Blankenship	M 15	13.2
Andrew Ehlert	M 25	13.4
Evan Galloway	M 32	13.4
Kevin McCabe	M 34	13.5
David Cobb	M 33	13.6
Bryan Hassin	M 36	13.7
Megan Rumley	F 28	13.7
John D Johnson	M 44	13.9
Reno Fahringer	13	14.1
Becky Simers	F 57	14.5
Erin Gubitz	F 34	14.6
Noah Shacklette	M 18	14.6
Quanda Holman	F 37	14.7
Ethan Caldwell	M 41	15.1
Jason Figge	M 42	15.1
Martin Warters	M 36	15.2
Michael Paul	M 46	15.2
Elizabeth Zander	F 30	15.3
Chris Whitehurst	M 41	15.5
William Rhoad	M 73	15.8
Hank Tuszynski	M 10	15.8
Jada Smith	F 12	16.0
Jesper Rasmussen	M 41	16.4
Evan Fahringer	12	16.5
Katie Barrett	F 33	16.6
Parker Burns	F 18	16.7
Roxanne Springer	F 51	16.8
Beth Steffens	F 38	16.9
Shannon Bush	F 34	17.0
William Harris	M 39	17.0
Tom Hoerger	M 56	17.0
Jackson Steffens	M 9	17.0
Shauna Griffin	F 38	17.1
Kathleen Baker	F 40	17.2
Jerry Surh	M 76	17.4
Larry Rothman	M 55	17.5
Tom Kirby	M 62	17.8
William Schmitz	M 43	18.2
Harper Baer	F 11	18.2
Ray Dooley	M 62	18.5
Nicholas	M 7	18.6
Aimee Bazin	F 32	18.7
Franklin Johnson	M 7	18.8
Louise Guardino	F 74	19.2
Julie Messina	F 37	19.2
David Yeowell	M 78	19.7
Tom Arnel	M 52	19.9
Silas Rasmussen	M 7	20.0
Coen Figge	M 7	20.5
Ian Rasmussen	M 10	20.6
Brandy Burns	F 39	20.9

Mary Szymkowski	F 51	21.3
Jon Sasser	M 59	21.5
Lena Hollmann	F 64	21.7
Shannon Johnstone	F 41	21.9
Elodie Page	F 7	22.2
Carol Scheible	F 52	22.2
Jacob Smith	M 9	22.3
Peter Gilligan	M 63	22.8
Christine Stachowicz	F 45	24.0
Gage Steffens	M 7	24.1
Barbara Hindenach	F 64	24.2
Abigail Bush	F 5	24.4
Daniel Smith	M 7	27.0
Callum Page	M 4	27.2
Katherine Baer	F 46	27.8
Eliya Chung	F 5	28.3
Tara Kachgal	F 44	28.5
Jason Bush	M 5	29.6
Anneka Figge	F 5	31.8
Esme Courson	F 4	31.9
Abe Kreger	M 4	32.0
Mae Kreger	F 6	33.0
Richard Wolfe	M 77	39.0

**1500m Racewalk**

Ray Dooley	M 62	8:34
Andrew Ehlert	M 25	8:42
Evan Galloway	M 32	8:43
Michael Roth	M 44	8:48
Jason Figge	M 42	9:05
Roxanne Springer	F 51	9:13
Tom Hoerger	M 56	9:47
Barbara Hindenach	F 64	9:53
Brandy Burns	F 39	10:21
Laura Cloak	F 28	10:32
Elizabeth Zander	F 30	10:32
Larry Rothman	M 55	10:59
Peter Gilligan	M 63	11:06
Lena Hollmann	F 64	11:07
Tim O'Brien	M 63	11:09
Martin Warters	M 36	11:14
Chris Gould	M 71	11:19
Christine Stachowicz	F 45	11:24
Michael Paul	M 46	11:27
Chris Whitehurst	M 41	11:37
Tom Arnel	M 52	11:47
William Harris	M 39	11:54
David Yeowell	M 78	11:56
Quanda Holman	F 37	12:00
Aimee Bazin	F 32	12:10
Tina Clossick	F 43	12:10
Julie Messina	F 37	12:11
Elodie Page	F 7	12:14
Shannon Johnstone	F 41	12:20
Adeline Tuszynski	F 8	12:26
Ethan Caldwell	M 41	12:45
Bryan Hassin	M 36	12:47
William Schmitz	M 43	12:50
Katie Barrett	F 33	12:53
Gerald Mitchell	M 52	12:59
Shauna Griffin	F 38	13:23
Kelly Young	F 52	13:37
Rob McCauley	M 43	13:39
Tara Kachgal	F 44	14:08
Kevin McCabe	M 34	14:12
Carol Scheible	F 52	14:12
David Cobb	M 33	14:13
Richard Wolfe	M 77	16:34

(Continued on page 12)

## SUMMER TRACK RESULTS, CON'T.

(Continued from page 11)

**400m Dash**

Damarious Hayes	M	25	52.4
Ary Bush	M	35	56.4
Mike Carpenter	M	47	56.8
Rick Pack	M	34	57.2
John M Johnson	M	16	59.0
Dylan Blankenship	M	15	59.0
Kaleb Keyserling			60.0
Tyle Stelzig	M	26	61.5
Rayvon Moore	M	22	62.0
Tai Knight	M	16	62.0
Kevin McCabe	M	34	62.1
Keith Volmer	M	44	63.0
David Cobb	M	33	64.0
Bryan Hassin	M	36	64.4
Brian Gilligan	M	16	65.8
Reno Fahringer		13	66.0
John D Johnson	M	44	66.4
Owen Astrachan	M	59	67.8
Erin Gubitz	F	34	68.0
Ethan Caldwell	M	41	69.4
Martin Warters	M	36	71.0
Tina Clossick	F	43	73.6
Hank Tuszynski	M	10	75.0
Adam Astrachan	M	13	75.0
Becky Simers	F	57	76.2
Jada Smith	F	12	79.5
Quanda Holman	F	37	79.6
Jason Figge	M	42	80.0
Beth Steffens	F	38	80.0
Tom Hoerger	M	56	80.6
Chris Whitehurst	M	41	81.0
Tom Kirby	M	62	81.9
Ian Rasmussen	M	10	83.0
Katherine Baer	F	46	86.0
William Harris	M	39	86.0
Evan Fahringer		12	86.0
Jim Hotelling	M	68	88.0
Larry Rothman	M	55	89.0
Ray Dooley	M	62	89.1
Shannon Bush	F	34	90.0
Mary Szymkowski	F	51	90.0
William Schmitz	M	43	91.1
Jackson Steffens	M	9	91.7
Jerry Surh	M	76	92.0
Tia Black	F		93.0
Harper Baer	F	11	94.0
Brandy Burns	F	39	94.5
Jesper Rasmussen	M	41	95.0
Katie Barrett	F	33	96.0
Lena Hollmann	F	64	98.0
Silas Rasmussen	M	7	98.0
Tom Arnel	M	52	98.3
Aimee Bazin	F	32	102.0
Coen Figge	M	7	104.0
Elodie Page	F	7	105.0
Kathleen Baker	F	40	106.0
Carol Scheible	F	52	107.0
Nicholas	M	7	108.0
Shannon Johnstone	F	41	109.0
Christine Stachowicz	F	45	123.0
Barbara Hindenach	F	64	124.1
Jacob Smith	M	9	127.0
Gage Steffens	M	7	131.4
Abigail Bush	F	5	144.0
Anneka Figge	F	5	144.0
Daniel Smith	M	7	149.0
Jason Bush	M	5	150.0
Callum Page	M	4	151.0
Tara Kachgal	F	44	158.0

Jana Black

F 6 175.0

Richard Wolfe

M 77 210.8

**3000m Run**

Kaleb Keyserling			9:45
Malcolm White	M	30	10:10
Tyle Stelzig	M	26	10:32
Reikan Lin	M	25	10:44
Jim Clabuesch	M	50	10:50
Vance Johnson	M	13	10:52
David Cobb	M	33	11:04
Keith Volmer	M	44	11:39
Tessa Yell	F	12	11:48
Jason Figge	M	42	12:05
Brett Dixon	M	45	12:05
Bryan Hassin	M	36	12:13
Patrick Bruer	M	56	12:18
Douglas Gimlin	M	50	12:38
Rodney Knight	M	54	13:00
Owen Astrachan	M	59	13:04
Ethan Caldwell	M	41	13:22
Kevin McCabe	M	34	13:27
Martin Warters	M	36	13:28
Chris Gould	M	71	13:52
Michael Paul	M	46	14:00
Tom Kirby	M	62	14:07
Ray Dooley	M	62	14:37
Tim O'Brien	M	63	14:56
Ed Davis	M	70	15:26
Zack Osborne	M	65	15:37
Parker Burns	F	18	15:48
Chris Whitehurst	M	41	15:55
Brandy Burns	F	39	16:05
William Schmitz	M	43	16:21
Julie Messina	F	37	16:25
Rob McCauley	M	43	16:33
Ary Bush	M	35	16:34
Mary Szymkowski	F	51	17:03
Jerry Surh	M	76	17:08
Barbara Hindenach	F	64	17:23
Larry Rothman	M	55	17:46
William Harris	M	39	17:57
Carol Scheible	F	52	18:36
Michael Roth	M	44	19:39

**17 June****Mile Run**

Benjamin Baxter	M	15	4:42
Tyle Stelzig	M	26	4:46
Neil Skoog	M	27	4:49
Daniel Lane	M	25	4:54
David Cobb	M	33	5:01
Malcolm White	M	30	5:03
Andrew Ehlert	M	26	5:15
Reikan Lin	M	25	5:17
Owen Astrachan	M	59	5:18
Evan Galloway	M	32	5:19
Bart Bechard	M	50	5:23
Ethan Caldwell	M	41	5:25
John Herlin	M	32	5:34
Kevin Rumsey	M	52	5:36
Kevin McCabe	M	34	5:54
Leif Rasmussen	M	12	6:00
Brett Dixon	M	45	6:06
Tom Hoerger	M	56	6:06
Lia Weiner	F	26	6:22
Andrew Seidenberg	M	32	6:25
Martin Warters	M	36	6:28
Rebecca Woodlee	F	23	6:35
Ian Rasmussen	M	10	6:40
Roxanne Springer	F	51	6:40

Katie Hirsch

F 22 6:45

James Easthom

M 51 6:50

Magarit Nguyen

F 25 6:56

Jim Clabuesch

M 50 6:57

Bryan Hassin

M 36 6:57

Tom Kirby

M 62 6:57

Megan Sullivan

F 39 7:04

Elizabeth Zander

F 30 7:04

David Whalen

M 14 7:07

Ray Dooley

M 62 7:10

Tina Clossick

F 43 7:12

Richard Smith

M 62 7:13

Mary Szymkowski

F 52 7:20

William Schmitz

M 43 7:25

Leon Schimmelfing

M 62 7:29

Erin Gubitz

F 34 7:32

Lena Hollmann

F 64 7:38

Adam Whalen

M 13 7:43

Courtney Tuszynski

F 36 7:46

Heiko Rath

M 47 7:47

Janna Howard

F 29 7:48

Parker Burns

F 18 7:50

Ed Davis

M 70 7:50

Brandy Burns

F 39 7:51

Rob McCauley

M 43 7:52

Deb Springer

F 41 7:52

Tim O'Brien

M 63 7:53

Kitty Moses

F 59 7:54

Ron Whalen

M 44 7:57

Juliana Whalen

F 9 8:10

William Harris

M 39 8:13

Tom Griffin

M 69 8:17

Aimee Bazin

F 32 8:18

Jesper Rasmussen

M 41 8:23

Julie Messina

F 37 8:36

Katie Foley

F 20 8:37

Katie Barrett

F 33 8:39

Barbara Hindenach

F 64 8:45

Kathleen Baker

F 40 8:57

Jon Sasser

M 59 9:20

Christine Stachowicz

F 45 9:41

Michael Roth

M 44 9:52

Cher Armstrong

F 28 9:52

Richard Wolfe

M 77 15:35

**200m Dash**

Mike Carpenter	M	47	25.1
Rayvon Moore	M	22	25.3
Dylan Blankenship	M	15	26.1
Daniel Lane	M	25	26.2
Kevin McCabe	M	34	27.3
Evan Galloway	M	32	27.6
Andrew Ehlert	M	26	27.7
David Cobb	M	33	27.8
Megan Rumley	F	28	28.0
Tyle Stelzig	M	26	28.4
Keith Volmar	M	44	28.6
David Whalen	M	14	29.0
Katie Hirsch	F	22	30.3
Erin Gubitz	F	34	30.4
Owen Astrachan	M	59	30.7
Maren Stephenson	F	30	30.9
Elizabeth Zander	F	30	31.6
Greg Grazen	M	54	31.8
Becky Simers	F	57	31.9
Martin Warters	M	36	32.2
Ethan Caldwell	M	41	33.3
William Schmitz	M	43	33.4
Hank Tuszynski	M	10	33.4
James Easthom	M	51	33.4

(Continued on page 13)



## SUMMER TRACK RESULTS, CON'T.

(Continued from page 12)

Jay Bowman	M	30	33.6	Lena Hollmann	F	64	12:18	David Whalen	M	14	4:02
Adam Whalen	M	13	33.8	David Cobb	M	33	12:19	Kathleen Baker	F	40	4:06
Kevin Rumsey	M	52	33.9	Courtney Tuszynski	F	36	12:28	Rob McCauley	M	43	4:06
Leif Rasmussen	M	12	34.1	Jonathan Lategan	M	26	12:32	Louise Guardino	F	74	4:15
Lia Weiner	F	26	34.7	Maren Stephenson	F	30	12:33	Barbara Hindenach	F	64	4:37
Leon Schimmelfing	M	62	34.9	Jerry Surh	M	76	12:40	David Hart	M	56	4:38
Katie Barrett	F	33	35.4	Martin Warters	M	36	12:49	Anne Yoder	F	55	4:39
Tom Hoerger	M	56	35.7	William Harris	M	39	12:53	Christine Stachowicz	F	45	4:42
Michael Roth	M	44	35.7	Aimee Bazin	F	32	12:59	Ron Whalen	M	44	5:00
Tim O'Brien	M	63	35.8	Tina Clossick	F	43	12:59	Samuel W	M	7	5:02
Magarit Nguyen	F	25	36.0	Julie Messina	F	37	12:59	Jacob Smith	M	9	5:05
Roxanne Springer	F	51	36.4	Anne Yoder	F	55	12:59	Juliana Whalen	F	9	5:15
Tom Kirby	M	62	37.0	Mary Szymkowski	F	52	13:00	Michael Roth	M	44	5:24
Jesper Rasmussen	M	41	37.0	Lia Weiner	F	26	13:02	Cher Armstrong	F	28	5:24
Ron Whalen	M	44	37.2	Juliana Whalen	F	9	13:17	Daniel Smith	M	7	5:30
David Hart	M	56	37.4	Megan Sullivan	F	39	13:48	Richard Smith	M	62	5:31
Megan Sullivan	F	39	38.2	Katie Barrett	F	33	14:24	Richard Wolfe	M	77	8:00
Jerry Surh	M	76	38.4	Bryan Hassin	M	36	14:24	<b>5000m Run</b>			
Tia Black	F		38.5	Rob McCauley	M	43	15:30	Malcolm White	M	30	17:40
Ray Dooley	M	62	38.5	Kevin McCabe	M	34	16:06	Reikan Lin	M	25	19:15
Jim Hotelling	M	68	38.5	Richard Wolfe	M	77	19:46	Jim Clabuesch	M	50	19:55
Rebecca Woodlee	F	23	38.7	<b>800m Run</b>				Ronnie Weed	M	40	20:05
James Straub	M	11	39.0	Damarious Hayes	M	25	2:08	Evan Nelsen	M	25	20:28
Heiko Rath	M	47	39.4	Tyle Stelzig	M	26	2:14	David Cobb	M	33	20:55
Bryan Hassin	M	36	40.0	Joel Williams	M	34	2:14	John Herlin	M	32	21:24
William Harris	M	39	40.1	Daniel Lane	M	25	2:18	Brett Dixon	M	45	21:32
Mary Szymkowski	F	52	40.1	David Cobb	M	33	2:19	Patrick Bruer	M	56	21:52
Louise Guardino	F	74	40.8	Keith Volmar	M	44	2:24	Andrew Ehlert	M	26	21:52
Katie Foley	F	20	41.1	Jim Clabuesch	M	50	2:30	Maren Stephenson	F	30	22:37
Adeline Tuszynski	F	8	41.5	Bryan Hassin	M	36	2:31	Rietta Couper	F	56	23:00
Aimee Bazin	F	32	41.6	Owen Astrachan	M	59	2:34	Kevin McCabe	M	34	23:00
Courtney Tuszynski	F	36	41.7	John Herlin	M	32	2:35	Martin Warters	M	36	23:02
Brandy Burns	F	39	42.3	Ethan Caldwell	M	41	2:36	James Easthom	M	51	23:59
Janna Howard	F	29	42.7	Andrew Ehlert	M	26	2:36	Magarit Nguyen	F	25	24:04
Tom Griffin	M	69	43.1	Katie Hirsch	F	22	2:37	Megan Sullivan	F	39	24:18
Deb Springer	F	41	43.2	Kevin McCabe	M	34	2:38	Tom Kirby	M	62	24:31
Kitty Moses	F	59	43.5	Maren Stephenson	F	30	2:44	Ethan Caldwell	M	41	24:44
Julie Messina	F	37	46.3	Tom Hoerger	M	56	2:55	Tina Clossick	F	43	25:08
Jon Sasser	M	59	46.4	Hank Tuszynski	M	10	3:00	Bryan Hassin	M	36	25:08
Lena Hollmann	F	64	46.9	Lia Weiner	F	26	3:00	Roxanne Springer	F	51	25:14
Kathleen Baker	F	40	47.0	Roxanne Springer	F	51	3:04	Tim O'Brien	M	63	25:27
Barbara Hindenach	F	64	53.6	Erin Gubit	F	34	3:08	Ed Davis	M	70	27:14
Christine Stachowicz	F	45	55.5	Ronnie Weed	M	40	3:10	Brandy Burns	F	39	28:04
Jacob Smith	M	9	56.0	Martin Warters	M	36	3:11	Deb Springer	F	41	28:15
Samuel W	M	7	60.0	Magarit Nguyen	F	25	3:13	William Schmitz	M	43	29:15
Daniel Smith	M	7	69.0	Rebecca Woodlee	F	23	3:13	Rob McCauley	M	43	30:36
Jana Black	F	6	72.0	Leon Schimmelfing	M	62	3:13	Barbara Hindenach	F	64	31:24
Richard Wolfe	M	77	92.9	Megan Sullivan	F	39	3:15	<b>24 June</b>			
<b>Mile Racewalk</b>				Tom Kirby	M	62	3:16	<b>1500m Run</b>			
Ray Dooley	M	62	9:14	William Schmitz	M	43	3:17	Tyle Stelzig	M	26	4:46
Andrew Ehlert	M	26	9:25	Ray Dooley	M	62	3:23	Evan Galloway	M	32	4:52
Evan Galloway	M	32	9:32	Jay Bowman	M	30	3:30	Ethan Caldwell	M	41	4:58
Cher Armstrong	F	28	9:33	Ed Davis	M	70	3:32	Vance Johnson	M	13	4:58
Roxanne Springer	F	51	9:48	Adam Whalen	M	13	3:33	Andrew Ehlert	M	26	5:06
Bobby Baxter	M	53	10:08	Lena Hollmann	F	64	3:35	John M Johnson	M	16	5:09
Deb Springer	F	41	10:09	Greg Grazen	M	54	3:35	Jim Clabuesch	M	50	5:13
Leif Rasmussen	M	12	10:46	Janna Howard	F	29	3:38	Maren Stephenson	F	30	5:17
Barbara Hindenach	F	64	10:52	Heiko Rath	M	47	3:39	Jamin Asay	M	34	5:22
Rebecca Woodlee	F	23	10:58	William Harris	M	39	3:40	Martin Warters	M	36	5:29
Tom Hoerger	M	56	10:59	Brandy Burns	F	39	3:43	Kevin McCabe	M	34	5:33
Heiko Rath	M	47	11:08	Mary Szymkowski	F	52	3:43	Brett Dixon	M	45	5:34
Brandy Burns	F	39	11:25	Jesper Rasmussen	M	41	3:47	Tom Hoerger	M	56	5:39
Elizabeth Zander	F	30	11:26	Deb Springer	F	41	3:47	Emile Mainz	F	26	5:49
James Easthom	M	51	11:26	Aimee Bazin	F	32	3:51	Daniel Hassler	M	47	6:00
Tim O'Brien	M	63	11:38	Becky Simers	F	57	3:52	Lewis Hendricks	M	42	6:02
Tom Griffin	M	69	11:45	Courtney Tuszynski	F	36	3:52	Jane Hassler	F	15	6:03
Magarit Nguyen	F	25	11:56	Katie Barrett	F	33	3:53	Lia Weiner	F	26	6:05
Ethan Caldwell	M	41	12:00	Jerry Surh	M	76	3:54	Asad Ahmad	M	27	6:08
William Schmitz	M	43	12:00	Kitty Moses	F	59	3:56	Ian Rasmussen	M	10	6:11
Christine Stachowicz	F	45	12:12	Julie Messina	F	37	4:00				
				Tom Griffin	M	69	4:02				

(Continued on page 14)

## SUMMER TRACK RESULTS, CON'T.

*(Continued from page 13)*

Laura Cloak	F	28	6:15	Evan Fahringer	12	16.0	Louise Guardino	F	74	12:48	
James Easthom	M	51	6:17	Haley Easthom	F	17	16.0	Carol Scheible	F	52	13:50
Beatriz Brown	F	41	6:18	Jesper Rasmussen	M	41	16.1	Katie Foley	F	20	13:54
Tina Clossick	F	43	6:20	Katie Barrett	F	33	16.4	Maren Stephenson	F	30	14:16
Tom Kirby	M	62	6:26	Joe Schwartz	M	37	16.4	Ben	M	8	14:16
Rietta Couper	F	56	6:27	Adam Whalen	M	13	16.5	Bob Wallace	M	58	14:22
Elizabeth Zander	F	30	6:31	Tom Hoerger	M	56	16.8	William Schmitz	M	43	14:42
Haley Easthom	F	17	6:32	William Harris	M	39	16.9	Martin Warters	M	36	14:42
William Schmitz	M	43	6:38	Beatriz Brown	F	41	17.0	Rob McCauley	M	43	15:03
Deb Springer	F	41	6:39	Larry Rothman	M	55	17.0	<b>400m Dash</b>			
Joe Schwartz	M	37	6:43	Jane Hassler	F	15	17.2	Damarious Hayes	M	25	51.6
Emil Easthom	F	16	6:45	Tom Kirby	M	62	17.2	Joel Williams	M	34	51.9
Erin Gubitz	F	34	6:52	Jerry Surh	M	76	17.6	Colin Jacobs	M	22	54.1
Heiko Rath	M	45	6:53	Heiko Rath	M	45	17.7	Mike Carpenter	M	47	56.0
Mary Szymkowski	F	52	6:53	Katherine Baer	F	46	17.9	Davion Sutton	M	18	56.8
Chris Whitehurst	M	41	6:54	Sam	M	10	18.0	Evan Nelsen	M	25	56.9
Shannon Bush	F	34	6:56	Aimee Bazin	F	32	18.2	John M Johnson	M	16	59.0
Lena Hollmann	F	64	7:01	Louise Guardino	F	74	18.2	Tyle Stelzig	M	26	59.1
Ed Davis	M	70	7:07	Nicholas Holman	M	7	18.3	Kevin McCabe	M	34	66.0
Tim O'Brien	M	63	7:10	Tom Arnel	M	52	19.2	Florin Caligari	M	23	67.0
Kitty Moses	F	59	7:14	Lanqua Rowland	F	11	19.3	Ian Rasmussen	M	10	67.0
Bob Wallace	M	58	7:14	Katie Foley	F	20	19.5	Jamin Asay	M	34	67.7
Jim Hotelling	M	68	7:18	Kitty Moses	F	59	20.0	Maren Stephenson	F	30	67.8
Silas Rasmussen	M	7	7:18	Silas Rasmussen	M	7	20.0	Ethan Caldwell	M	41	69.2
William Harris	M	39	7:25	Mary Szymkowski	F	52	20.4	Daniel Hassler	M	47	70.8
David Whalen	M	14	7:30	Christine Stachowicz	F	45	20.7	Erin Gubitz	F	34	71.0
Adam Whalen	M	13	7:31	Deb Springer	F	41	20.9	Martin Warters	M	36	72.0
Tom Arnel	M	52	7:36	Juliana Whalen	F	9	21.0	Lia Weiner	F	26	72.0
Aimee Bazin	F	32	7:38	Vance Hollowman	M	57	21.0	James Easthom	M	51	74.0
Katie Foley	F	20	7:40	Beth Hevold	F	48	21.1	Reno Fahringer		13	74.0
Katie Barrett	F	33	7:45	Julie Messina	F	37	21.4	Becky Simers	F	57	74.0
Rob McCauley	M	43	7:48	Jon Sasser	M	59	21.4	Jess Canton	F	19	75.0
Barbara Hindenach	F	64	7:49	Lena Hollmann	F	64	21.8	Tina Clossick	F	43	75.5
Julie Messina	F	37	7:56	Barbara Hindenach	F	64	23.1	Tom Hoerger	M	56	78.0
Jerry Surh	M	76	8:02	Travion Sutton	M	6	24.0	Chris Whitehurst	M	41	79.0
Jon Sasser	M	59	8:03	Abigail Bush	F	5	24.4	Jada Holman	F	12	81.0
Beth Hevold	F	48	8:06	Ben	M	8	24.6	Adam Whalen	M	13	82.0
Jesper Rasmussen	M	41	8:09	Jason Bush	M	5	28.7	William Schmitz	M	43	83.0
Katherine Baer	F	46	8:10	Joel	M	6	30.0	Tom Kirby	M	62	83.7
Carol Scheible	F	52	8:17	Mya Chung	F	3	49.6	Emil Easthom	F	16	84.0
Ron Whalen	M	44	8:25	<b>1500m Racewalk</b>				Jane Hassler	F	15	85.0
Christine Stachowicz	F	45	8:49	Andrew Ehlert	M	26	9:05	Heiko Rath	M	45	85.9
<b>100m Dash</b>				Evan Galloway	M	32	9:06	Shannon Bush	F	34	90.0
Chris Reede	M	20	11.4	Deb Springer	F	41	9:19	Calvin Schwartz	M	12	90.0
Davion Sutton	M	18	11.6	Ian Rasmussen	M	10	9:24	Jesper Rasmussen	M	41	91.0
Rayvon Moore	M	22	11.8	Tom Hoerger	M	56	9:46	Jerry Surh	M	76	91.0
Asad Ahmad	M	27	12.6	Heiko Rath	M	45	9:56	Mary Szymkowski	F	52	91.0
Shan Ahmad	M	20	12.8	Barbara Hindenach	F	64	10:03	Deb Springer	F	41	91.4
Mike Carpenter	M	47	12.9	Beatriz Brown	F	41	10:24	William Harris	M	39	92.0
Florin Caligari	M	23	13.2	Laura Cloak	F	28	10:24	Larry Rothman	M	55	93.0
Evan Galloway	M	32	13.6	Elizabeth Zander	F	30	10:24	Quanda Holman	F	37	95.0
Jamin Asay	M	34	13.6	Larry Rothman	M	55	10:32	Louise Guardino	F	74	96.0
Becky Simers	F	57	14.0	Haley Easthom	F	17	10:42	Katie Barrett	F	33	97.0
Tyle Stelzig	M	26	14.0	Ethan Caldwell	M	41	10:54	Kitty Moses	F	59	97.0
Martin Warters	M	36	14.0	Lena Hollmann	F	64	10:56	Aimee Bazin	F	32	100.0
Andrew Ehlert	M	26	14.1	James Easthom	M	51	10:57	Lena Hollmann	F	64	100.0
Reno Fahringer		13	14.1	Tim O'Brien	M	63	10:58	Beth Hevold	F	48	100.4
Quanda Holman	F	37	14.2	Joe Schwartz	M	37	11:08	Sam	M	10	102.0
Kevin McCabe	M	34	14.3	Christine Stachowicz	F	45	11:11	Bianca	F	11	103.0
Erin Gubitz	F	34	14.4	Silas Rasmussen	M	7	11:15	Silas Rasmussen	M	7	104.0
Emile Mainz	F	26	14.8	Kevin McCabe	M	34	11:16	Jon Sasser	M	59	104.7
Maren Stephenson	F	30	14.9	Juliana Whalen	F	9	11:19	Carol Scheible	F	52	109.0
James Easthom	M	51	15.2	William Harris	M	39	11:50	Nicholas Holman	M	7	109.0
William Schmitz	M	43	15.2	Chris Whitehurst	M	41	11:51	Katherine Baer	F	46	118.0
Elizabeth Zander	F	30	15.2	Tom Arnel	M	52	12:11	Christine Stachowicz	F	45	119.0
Ian Rasmussen	M	10	15.3	Tina Clossick	F	43	12:18	Barbara Hindenach	F	64	122.6
Ron Whalen	M	44	15.4	Julie Messina	F	37	12:18	Lanqua Rowland	F	11	123.0
Chris Whitehurst	M	41	15.5	Vance Hollowman	M	57	12:22	Ben	M	8	124.0
Calvin Schwartz	M	12	15.7	Emil Easthom	F	16	12:24	Tom Arnel	M	52	130.0
Ethan Caldwell	M	41	15.8	Mary Szymkowski	F	52	12:28	Sam Whalen	M	7	131.0
Jada Holman	F	12	15.8	Beth Hevold	F	48	12:39				
				Aimee Bazin	F	32	12:48				

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*(Continued on page 15)*

**SUMMER TRACK RESULTS, CON'T.***(Continued from page 14)*

Abigail Bush	F	5	136.0	Ian Rasmussen	M	10	6:40	Jess Canton	F	19	31.1
Eliya Chung	F	5	147.0	Leif Rasmussen	M	12	6:44	Maren Stephenson	F	30	31.3
Joel	M	6	161.0	Jeremy Solonson	M	46	6:45	William Schmitz	M	43	31.6
Jason Bush	M	5	178.0	Megan Sullivan	F	39	6:54	Edwin Harris	M	20	31.9
Mya Chung	F	3	237.0	Lewis Hendricks	M	42	6:55	Tina Clossick	F	43	32.8
<b>3000m Run</b>				Heiko Rath	M	45	6:56	Jane Barnes	F	63	32.9
Neil Skoog	M	27	9:47	Tom Kirby	M	62	6:57	Chris Whitehurst	M	41	33.0
Jim Clabuesch	M	50	10:39	Rietta Couper	F	56	6:58	Kennedy Hevold	F	14	33.0
Reikan Lin	M	25	10:53	Jess Canton	F	19	7:03	Adam Whalen	M	13	33.4
Vance Johnson	M	13	11:05	Colin Jacobs	M	22	7:03	Kevin Rumsey	M	52	33.7
Evan Nelsen	M	25	11:42	Silas Rasmussen	M	7	7:06	Leon Schimmelfing	M	62	33.7
Brett Dixon	M	45	11:48	Leon Schimmelfing	M	62	7:07	Ron Whalen	M	44	34.7
Damarious Hayes	M	25	12:04	Laura Maile	F	45	7:11	Renselle Hoeckmaher	F	27	34.8
Ethan Caldwell	M	41	12:14	Jim Hotelling	M	68	7:12	Mandy Mariner	F	31	34.8
Patrick Bruer	M	56	12:16	Deb Springer	F	41	7:12	Jesper Rasmussen	M	41	35.8
Kevin McCabe	M	34	12:26	Shannon Bush	F	34	7:13	Tom Hoerger	M	56	36.0
Maren Stephenson	F	30	13:00	Mary Szymkowski	F	52	7:13	Jane Hassler	F	15	36.1
Jamin Asay	M	34	13:06	Erin Gubit	F	34	7:14	Parker Burns	F	18	36.5
Martin Warters	M	36	13:08	Chris Whitehurst	M	41	7:21	Avery Cheves	F	25	37.4
James Easthom	M	51	13:24	Lena Hollmann	F	64	7:38	Tom Kirby	M	62	37.8
Haley Easthom	F	17	13:26	Adam Whalen	M	13	7:38	Jerry Surh	M	76	37.8
Tom Kirby	M	62	14:06	William Harris	M	39	7:40	William Harris	M	39	37.9
Aline Lloyd	F	45	14:16	Parker Burns	F	18	7:44	Larry Rothman	M	55	38.3
William Schmitz	M	43	14:19	Brandy Burns	F	39	7:46	Katie Barrett	F	33	38.3
Tina Clossick	F	43	14:24	Tim O'Brien	M	63	7:52	Anders Olsen	M	11	39.0
Tim O'Brien	M	63	14:25	Kitty Moses	F	59	7:54	Ian Rasmussen	M	10	39.2
Chris Whitehurst	M	41	15:07	John Blake	M	57	7:55	Katie Maile	F	9	39.2
Bob Wallace	M	58	15:12	Rob McCauley	M	43	8:00	Heiko Rath	M	45	39.4
Deb Springer	F	41	15:20	Avery Cheves	F	25	8:00	Kathleen Baker	F	40	39.7
Ed Davis	M	70	15:24	Kathleen Baker	F	40	8:07	Jim Hotelling	M	68	40.0
Jonathan Lategan	M	26	15:45	Jesper Rasmussen	M	41	8:07	Laura Maile	F	45	40.0
Kitty Moses	F	59	15:45	Katie Foley	F	20	8:08	Alex Andre	M	7	40.1
Rob McCauley	M	43	16:12	Aimee Bazin	F	32	8:08	Louise Guardino	F	74	40.7
Julie Messina	F	37	16:15	William Schmitz	M	43	8:10	Tom Arnel	M	52	41.3
Erin Gubit	F	34	16:46	Tom Arnel	M	52	8:20	Aimee Bazin	F	32	41.5
William Harris	M	39	16:52	Barbara Hindenach	F	64	8:22	Shannon Bush	F	34	41.8
Barbara Hindenach	F	64	16:53	Jerry Surh	M	76	8:23	Bryan Hassin	M	36	42.5
Jerry Surh	M	76	17:37	Katie Barrett	F	33	8:23	Mary Szymkowski	F	52	42.9
Larry Rothman	M	55	18:22	Ron Whalen	M	44	8:36	Lena Hollmann	F	64	43.0
Carol Scheible	F	52	18:49	Julie Messina	F	37	8:37	Deb Springer	F	41	43.2
Beth Hevold	F	48	19:08	Larry Rothman	M	55	8:42	Kitty Moses	F	59	43.3
				Beth Hevold	F	48	8:48	Brandy Burns	F	39	43.4
				Alex Andre	M	7	9:15	Katie Foley	F	20	43.6
				Christine Stachowicz	F	45	9:36	Sam	M	10	45.0
				Michael Roth	M	44	9:49	Julie Messina	F	37	45.7
				Katie Maile	F	9	10:16	Juliana Whalen	F	9	48.0
				Jada Smith	F	12	10:34	Christine Stachowicz	F	45	51.3
				Kennedy Hevold	F	14	10:35	Barbara Hindenach	F	64	51.4
				Ben	M	8	10:50	Beth Hevold	F	48	52.3
				Daniel Smith	M	7	10:54	Ben	M	8	52.7
				Richard Smith	M	62	10:55	Jada Smith	F	12	52.9
				Ken Larsen	M	67	12:30	Sam Whalen	M	7	54.0
				<b>200m Dash</b>				Sarah Nelson	F	8	54.4
				Damarious Hayes	M	25	23.1	Abigail Bush	F	5	56.0
				Mike Carpenter	M	47	25.7	Eliya Chung	F	5	58.0
				Brian Gilligan	M	16	26.6	Daniel Smith	M	7	64.0
				Florin Caligari	M	23	27.4	Jason Bush	M	5	66.0
				William Soehner	M	26	27.5	Joey	M	6	68.2
				Megan Rumley	F	28	28.0	<b>Mile Racewalk</b>			
				Reno Fahringer		13	28.6	Leif Rasmussen	M	12	9:20
				Keith Volmar	M	44	28.8	Michael Roth	M	44	9:26
				Colin Jacobs	M	22	29.5	Deb Springer	F	41	10:09
				Jeremy Solonson	M	46	29.5	Barbara Hindenach	F	64	10:29
				Jamin Asay	M	35	29.8	Brandy Burns	F	39	10:30
				Jonathan Lategan	M	26	30.5	Heiko Rath	M	45	10:46
				Erin Gubit	F	34	30.6	Ethan Caldwell	M	41	11:01
				Kevin McCabe	M	34	30.7	Lenore Brown	F		11:04
				Leif Rasmussen	M	12	30.7	Tim O'Brien	M	63	11:06
				Martin Warters	M	36	30.7	Tom Hoerger	M	56	11:07
				Ethan Caldwell	M	41	31.0				

*(Continued on page 16)*

## NEWSLETTER SURVEY RESULTS, CON'T.

(Continued from page 10)

and for soliciting input from the members!"

Several members indicated they would not read the newsletter if it came to them in electronic format. However, by providing an electronic PDF version formatted for easy printing on an 8½ x 11 page, we hope that those who like reading in print will print out the newsletter themselves. As one Godiva member noted in the survey, "If you go electronic only, I'll simply print the electronic newsletter on my home printer, since that's the way I like to read it (and make notes on)."

Finally, there were some concerns that the lack of an in-print newsletter at events where non-

members can see it might diminish the marketing value of the newsletter. For this reason, Godiva will continue to print some copies of the newsletter each month and have them on hand at Godiva events. This may also encourage members who want a paper copy but do not want to print it themselves to come to more events!

We hope that those of you who love the print newsletter will continue to enjoy it by reading it on an electronic device, or by printing it out to read at your leisure. Thank you to everyone who filled out the survey and provided valuable feedback!

—Susie Hansley, Newsletter Editor

## SUMMER TRACK RESULTS, CON'T.

(Continued from page 15)

Kevin McCabe	M	34	11:24	Jim Clabuesch	M	50	2:34	Tom Arnel	M	52	3:54
Jonathan Lategan	M	26	11:36	Maren Stephenson	F	30	2:39	Anders Olsen	M	11	4:02
Peter Gilligan	M	63	11:37	Reno Fahringer		13	2:43	Jesper Rasmussen	M	41	4:08
Bryan Hassin	M	36	11:43	Kevin McCabe	M	34	2:46	Ron Whalen	M	44	4:08
Larry Rothman	M	55	12:02	Martin Warters	M	36	2:48	Lenore Brown	F		4:19
Christine Stachowicz	F	45	12:08	Daniel Hassler	M	47	2:49	Kathleen Baker	F	40	4:23
Juliana Whalen	F	9	12:31	Kevin Nickodem	M	58	2:54	Larry Rothman	M	55	4:24
Lena Hollmann	F	64	12:34	Tom Hoerger	M	56	2:56	Beth Hevold	F	48	4:30
Chris Whitehurst	M	41	12:41	Leif Rasmussen	M	12	2:59	Christine Stachowicz	F	45	4:30
William Harris	M	39	12:44	Tina Clossick	F	43	3:00	Barbara Hindenach	F	64	4:34
Tom Arnel	M	52	12:50	Adam Whalen	M	13	3:03	Keith Volmar	M	44	4:34
Aimee Bazin	F	32	12:50	Chris Whitehurst	M	41	3:03	Jada Smith	F	12	4:59
Tina Clossick	F	43	12:58	Erin Gubitz	F	34	3:04	Daniel Smith	M	7	5:05
Julie Messina	F	37	12:58	Jonathan Lategan	M	26	3:08	Richard Smith	M	62	5:06
Megan Sullivan	F	39	12:58	Jeremy Solonson	M	46	3:08	Sam Whalen	M	7	5:10
Laura Maile	F	45	13:50	Evan Fahringer		12	3:09	Michael Roth	M	44	5:14
Louise Guardino	F	74	14:03	Tom Kirby	M	62	3:10	<b>5000m Run</b>			
Ian Rasmussen	M	10	14:16	Jess Canton	F	19	3:11	Reikan Lin	M	25	19:54
Beth Hevold	F	48	14:32	Bryan Hassin	M	36	3:12	Jim Clabuesch	M	50	20:15
William Schmitz	M	43	14:37	Allison Robertson	F	26	3:12	Kevin Nickodem	M	58	20:31
Martin Warters	M	36	14:37	Maurice McDonald	M	74	3:14	Maren Stephenson	F	30	21:04
Kennedy Hevold	F	14	14:44	Jane Hassler	F	15	3:16	Bryan Hassin	M	36	21:12
Katie Maile	F	9	14:44	Laura Maile	F	45	3:19	Lewis Hendricks	M	42	21:18
Avery Cheves	F	25	14:44	Deb Springer	F	41	3:23	John Herlin	M	32	21:29
Katie Barrett	F	33	14:44	Heiko Rath	M	45	3:24	Kevin McCabe	M	34	21:29
John Blake	M	57	14:50	Mary Szymkowski	F	52	3:24	Ethan Caldwell	M	41	21:57
Jerry Surh	M	76	14:57	Florin Caligari	M	23	3:25	Martin Warters	M	36	23:14
Kevin Nickodem	M	58	14:57	Jim Hotelling	M	68	3:25	Tom Kirby	M	62	23:58
Parker Burns	F	18	14:58	John Blake	M	57	3:27	Tim O'Brien	M	63	24:55
Katie Foley	F	20	15:02	Parker Burns	F	18	3:28	Deb Springer	F	41	25:01
Rob McCauley	M	43	15:43	William Schmitz	M	43	3:30	Jamin Asay	M	35	25:45
Maren Stephenson	F	30	16:30	Megan Sullivan	F	39	3:34	Chris Whitehurst	M	41	26:07
Eliya Chung	F	5	16:52	William Harris	M	39	3:36	Edwin Harris	M	20	27:09
<b>800m Run</b>				Lena Hollmann	F	64	3:38	Allison Robertson	F	26	27:15
Damarius Hayes	M	25	2:10	Brandy Burns	F	39	3:43	William Schmitz	M	43	27:32
Colin Jacobs	M	22	2:22	Ulf Andre	M	48	3:45	Mary Szymkowski	F	52	27:54
Reikan Lin	M	25	2:25	Alex Andre	M	7	3:45	Brandy Burns	F	39	28:11
William Soehner	M	26	2:28	Julie Messina	F	37	3:46	Megan Sullivan	F	39	28:11
John Herlin	M	32	2:30	Jerry Surh	M	76	3:48	Katie Foley	F	20	29:09
Kevin Rumsey	M	52	2:32	Aimee Bazin	F	32	3:49	Barbara Hindenach	F	64	29:09
Ethan Caldwell	M	41	2:34	Kitty Moses	F	59	3:50				
				Rob McCauley	M	43	3:53				



**@ THE RACES****Southeast Masters Championship****Raleigh, NC June 20, 2015**

Becky Simers	100 M	14.7
Louise Guardino	100 M	18.5
Becky Simers	200 M	30.6
Louise Guardino	200 M	39.6
Louise Guardino	400 M	1:34
George Linney	800 M	2:10
Jay Smith	800 M	2:55
Mary Szymkowski	800 M	3:19
Jay Smith	1500 M	6:17
Mary Szymkowski	1500 M	6:41
Martha Klopfer	1500 M	9:42
Dorothy Slentz	1500 M Race Walk	9:07
Mary Szymkowski	3000 M	13:44
Dorothy Slentz	5000 M Race Walk	31:34

**WakeMed Scrub Run****Raleigh, NC June 20, 2015****5K**

Catherine Wides	24:04
Shelley Harper	28:07
Robert Nelson	32:14

**10K**

Laree Johnson	1:06:58
James Gerdtz	46:09      2nd M 40 - 44

**Grandma's Marathon****Duluth, MN June 21, 2015**

Tim Meigs	2:36:04      1st M 45 - 49
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**Maggianos Father's Day 5K****Durham, NC June 21, 2015**

Jack Mignosa	19:42      2nd M 40 - 49
Kendra Stumpf	24:22      1st F Overall
Robert Stumpf	24:43

**Four on the Fourth****Carrboro, NC****July 04, 2015**

Barton Bechard	24:07	2nd M Master
Reikan Lin	24:29	3rd M 25 - 29
John Gotelli	26:18	1st M 45 - 49
David Couper	26:37	1st M 60 - 64
Caren Mangarelli	26:57	1st F Master
Kevin McCabe	27:04	
Donald McDonnell	27:43	
Bryan Hassin	27:43	
Owen Astrachan	28:16	2nd M 55 - 59
Betsy Kempter	28:25	1st F 45 - 49
Rietta Couper	29:50	1st F 55 - 59
Tom Hoerger	29:51	
Jon Hunter	30:44	
Jessica Lee	31:48	
Richard Smith	31:57	
Tina Clossick	32:02	
Rachel Robinson	32:10	
William Schmitz	32:12	1st M Clydesdale
Lena Hollmann	33:26	2nd F 60 - 64
Carolyn Crump	34:13	
Harriet Kinyamu	34:31	
Thomas Griffin	35:25	1st M 70 +
Jim Hotelling	35:29	
Benedicte Mulliken	35:38	
Kitty Moses	37:05	
Jerry Surh	37:19	2nd M 70 +
William Harris	37:30	
Carol Scheible	39:45	
Julie Horton	40:23	
Joan Boone	41:19	
Louise Guardino	42:26	1st F 70 +
Alfred Kleinhammes	42:31	
Rebeca Cabrera	51:36	
Paul Naylor	58:11	

**Grandfather Mountain Marathon****Morganton, NC****July 11, 2015**

Richard Smith	5:21:51
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*William Harris using his summer track skills to outkick an 8- and 9-year-old at Four on the Fourth*

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

## JULY BOARD MEETING MINUTES

**In attendance:** Jamie Lewis (President), Jess Broglie (Vice President), Susie Hansley (Newsletter Editor), Ethan Caldwell (Membership Chair), Tom Griffin (member), Charles Alden (member).

**Absent:** Brandy Burns (Meeting Secretary), Kevin Nickodem (Treasurer), Patrick Bruer (Webmaster).

Meeting called to order at 7:06 PM on Tuesday, 14 July 2015.

### Departmental Reports:

- **Webmaster** (Patrick Bruer in absentia): PayPal Here signup process is now complete, with successful test transaction from a phone. Will be possible to create card reader "user accounts" which will allow others to use the reader on their own smartphones to accept payments only (i.e., no withdraws or refunds, no other access).
- **Treasurer** (Kevin Nickodem in absentia): Finances are solvent. No other updates to report.
- **Haberdasher** (Jeff Hall in absentia): Jeff Hall is regrettably resigning as Haberdasher, effective immediately. New Haberdasher is needed, and announcement will be in August newsletter.
- **Membership** (Ethan Caldwell): 467 active members, with 29 renewals and 2 new members.
- **Winter Series update** (Jess Broglie): Winter Series planning is underway. Last year's race directors have been contacted to confirm their willingness and availability to serve in the same capacity for the 2015–2016 Winter Series. Jess is working with race directors to set race dates.
- **Summer Track update** (Charles Alden): Summer Track is 2/3 underway, with Midsummer Madness in two weeks. Participation has been strong, with several participants close to achieving Iron Man status.
- **Cross country update** (Patrick Bruer in absentia): Cross country events will be held for a third

consecutive year and will occur on every Wednesday in September. Series will alternate between the Duke and UNC-CH campuses. Series details will be announced on webpage and in newsletter as they are finalized.

- **One-Hour Run** (Charles Alden): Run will take place on 26 August at 7 PM at Durham Academy Upper School track. Brandy Burns has graciously agreed to coordinate volunteer efforts. Details will be announced in August newsletter.
- **Newsletter survey results** (Susie Hansley): Overwhelming majority of survey respondents are in favor of electronic-only newsletter, with only 11 (5.5%) respondents indicating displeasure with e-newsletter. Most survey feedback was positive and supported both the saving of paper and postage costs to the club. As such, Board Members unanimously voted that traditional paper-based newsletter will no longer be published for bulk distribution after August 2015, but a few copies will be printed for distribution at club events to promote membership. Additional content will be phased into electronic newsletter as plans are finalized.

### Miscellaneous

- **Patrick Bruer** (in absentia): Working on "Hokum Karem" (cross country relay race with two-person teams) to occur in fall as a 40th anniversary club event.
- **Ethan Caldwell**: Introduced plan to create new webpage that lists membership discounts with hyperlinks to storefronts.
- **Jamie Lewis**: Will coordinate with Halle Amick and Patrick Bruer over some unresolved details around the 40th Anniversary Photo Hunt.

Meeting adjourned at 7:55 PM.

—Jess Broglie

## THANKS TO OUR NEWSLETTER CONTRIBUORS

Thanks for the August 2015 Newsletter contributions go to Halle Amick, Jess Broglie, Patrick Bruer, Brandy Burns, Ethan Caldwell, Susie Hansley, Tom Kirby, and Jamie Lewis.

# 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		

### 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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