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NEWSLETTER
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DEADLINE FOR DEC 2015 NEWSLETTER:
NOVEMBER 15TH
EMAIL
NEWSLETTER@CAROLINAGODIVA.ORG

GOIN' HOME

As I begin writing this month's column, I'm sitting in the hallway of a convention center in Albuquerque, New Mexico. The nearest natural light is about 40 yards away at the opposite end of the hall, shining through the doors. It's ironic because I'm at the National Forest Service Retirees Reunion, a convention for people who spent their careers in the U.S. Forest Service working outdoors managing and protecting our public lands. They gather every three or four years to reminisce and to learn the latest news and policy positions of the agency to which they dedicated so much time and energy. It's not uncommon to hear people say they worked for the Forest Service for 30 or 35 years, and a few years ago I signed my book on the Forest Service as a gift for someone retiring after 50 years with the agency. These were the folks who were so dedicated, loyal, and proud to have worn the agency's famed green uniforms that they've been described as having worn "green underwear."



*U.S. Forest Service motto:
"Caring for the land and
serving people"*

The retirees don't use the term "reunion" lightly. One of the things I've learned while studying the Forest Service and have seen in person at these reunions (this is my second) is that the retirees often describe the agency as a family—complete with all the annoyances and dysfunctionality and love and support of a family. Believe me, at this family reunion I've encountered the daffy aunt, doting grandparent, and crazy uncle types. And because I never wore the green underwear, I'll never be fully part of the family. I'm more like a son-in-law than a son, but they make me feel welcome and a part of their family. Being an outsider, though, gives me the opportunity to observe them in a detached manner, as an anthropologist might.

In order to move up the organizational ladder, Forest Service employees have to change jobs, which often means relocating, every three to five years. This is why the gathering is very much a family

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www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva. Use it to share information and stay up to date on club events.

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

Open Men	<i>Open Position</i>	
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Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	<i>Open Position</i>	

GODIVA BUSINESS MEETINGS

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

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 http://www.capitalrunwalk.com	828-3487
Raleigh Running Outfitters 10% discount Raleigh & Cary http://www.raleighrunning.com	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 http://www.xpertnutritionnc.com	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	

UPCOMING CLUB EVENTS & DEADLINES

Read more about these upcoming club events throughout the newsletter and at [Godiva's website](#).

EVENT	DATE & TIME	LOCATION	MORE INFO
November Board Meeting	Tues. 11/10, 7pm	Satisfaction Restaurant , Brightleaf, Durham	All members welcome!
Winter Series Event 2: Misery Run	Sun. 11/15, 10am	Pepper Hill Farm, 323 Old Fayetteville Rd, Chapel Hill	http://www.carolinagodiva.org/index.php?page=misery-run
Submission Deadline for November Newsletter	Sun. 11/15	Electronic	Email newsletter@carolinagodiva.org
Godiva T-Shirt Order Deadline	Sun. 11/15, midnight	Online	Page 5 and http://www.carolinagodiva.org/index.php?page=40th-t-shirts
Umstead Trail Marathon Registration Opens	Mon. 11/30	Online	umsteadmarathon.com
CGTC Holiday Party	Tues. 12/8	Satisfaction Restaurant , Brightleaf, Durham	TBA
Winter Series Event 3: Couch Mountain	Sun. 12/13, 10am	Duke Forest, Gate F NC-751, 0.4 mi from US-70 BUS	http://www.carolinagodiva.org/index.php?page=couch-mountain-run

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 & 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.

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reunion. After a few moves, a family would find they were reunited with friends made two or three stops before, and the relationships would renew and deepen. These folks have bonded in ways that many families never do. That can happen when you're living in a place so remote that the only housing available is a railroad boxcar converted into a cabin and the nearest town is 90 minutes away. You learn to get along and support one another, and work through or around any differences. They're not blood relations, but they're family and then some because they've chosen one another, and chosen to be with one another.

After the reunion ends, I rent a car and head towards Boulder, Colorado, to go visit my own family. On the way I stop at the [Great Sand Dunes National Park](http://www.nps.gov/grsa/index.htm) to see this geological phenomenon. For millennia, sand and rock have blown across the ancient valley and piled up against the Sangre de Cristo Mountains to form the tallest dunes in North America. They cover about 30 square miles (about one-third the size of the city of Durham). Imagine the dunes at Jockeys Ridge at the Outer Banks on steroids. The tallest dunes at the park top reach up about 750 feet.

I rent a sand board (it's like a snow board but made for riding sand dunes) and walk across the dry



Sand dunes and mountains at the Great Sand Dunes National Park. To learn more about this very cool place, visit the park's website at <http://www.nps.gov/grsa/index.htm>

riverbed and up onto the dunes. There I run into the British family I'd met an hour earlier and one of them offers to take photos with my phone while I attempt to ride. I manage to stay up for the whole way! We had met at a roadside sign display, where I learned that Mom is Welsh and Dad is English. I share with Mom that I'm of Welsh ancestry but we quickly determine we're not related. It doesn't stop us from kidding Dad about Wales recently defeating England in the Rugby World Cup. He gently reminds us that the English won the more important "contest" a few centuries ago, but wisely concedes that in his house, the Welsh rule over the English.

The historical marker tells about how different tribes of American Indians have long held the mountains and the land sacred, and we compare their fate to those who lived under the yoke of British tyranny in India and Australia. None of us are proud of the actions of our ancestors, to say the least. Family. What can you do, except learn from the past and try to do better than your predecessors?

That's another lesson I've picked up from studying the Forest Service. Some of the retirees cling to the past and grouse that that's not how they did it, which gives the impression that there's only one way to do something. Some of them, I think, confuse doing things differently



Ready to go sand boarding at the Great Sand Dunes National Park!

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PRESIDENT'S COLUMN, CON'T.

(Continued from page 4)

with not respecting tradition. I half expect someone to start singing "Tradition," the opening number from *Fiddler on the Roof* sung by the family patriarch Tevye. But like Tevye, who initially resists change and the breaking of traditions, the retirees need to understand that while traditions have their place, they can also hold back progress. Just because they did it one way before doesn't mean it's what's best. Land management demands flexibility and adapting to changing social and environmental conditions.

After parting company with another temporary family I'd made—the "sand sisters," I call them—I

start driving and finally arrive 5 hours later at my cousin's house in Boulder for a reunion with my biological family. Despite being 15 years older than her, we're close and we have several things in common, including a love of running. At family gatherings, we can slip on our running shoes and slip away from "the crazy" and *kvetch* a little, as Tevye might say. Sometimes we talk about anything *but* family. Nonetheless, like the retirees, like the Brits and the Sand Sisters, and like Godiva, they're family and I'm happy to be with them, "the crazy" and all.

—Jamie Lewis

2015 BLUE RIDGE RELAY RECAP

The Carolina Godiva Track Club Masters team successfully defended their Masters title at the 2015 [Blue Ridge Relay](#) in September. CGTC won its 8th title in a row with a 23:32:17 finish (or 6:43/mile pace) for the 209 miles, good for fifth place overall.

This year's team included CGTC relay veterans Tim Meigs, Marty Tomasi, Allen Baddour, Bart Bechard, John Barry, Michael Dwomoh, Jack Mignosa, and Dave Schwerbrock; relay veterans and CGTC masters newcomers Carl Anstrom and Ronnie Weed; and BRR rookies Rob Taylor and Steve Wright.

Team captain Marty Tomasi assembled this year's team, but found it difficult to find 12 healthy runners. As a testament to the talented pool of masters runners in the Godiva club—and in the Triangle area in general—Tomasi was able to work his way through a list of nearly 50 runners before filling the slots for this year's team. Dave Schwerbrock even agreed to travel from his current home in Germany just for the event.

During his epic air travel and the epic adventure that is the BRR, Schwerbrock had time to pen a parody of Lord

Tennyson's epic poem, "Ulysses":

*Come my friends,
'Tis not too late to run another Blue Ridge.
Push off, and pacing well in order smite
The coming hills; For our purpose holds,
To run beyond the sunset, and all the stars
Of western Appalachia, until Asheville.
It may be that the rains will wash us down:
It may be that we touch the happy peaks of Grand-
father Mountain,
And see the great Achilles, whom we knew.
Tho' much is taken, much abides; And tho'
We are not now that strength, which in old days,
Moved at a faster pace; that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to run and not to yield.*

(Dave Schwerbrock apologizes for his poetic license – and use of the words "old" and "run.")

Other clubs are clearly looking to stop the Godiva masters team streak, and teams from Asheville and Charlotte have even taken it as a challenge. So consider this poem and this recap a call for other Godiva masters runners to answer next year on September 9-10, 2016: *Keep the BRR Masters title!*

—Marty Tomasi



NEW! 40TH ANNIVERSARY GODIVA SHIRTS!

This year marks the 40th anniversary of Godiva's founding. To honor it, we dug around in our back-stock in Carolyn's garage and found some t-shirts created by our illustrious forebears, printed in 1975. We're making these available to all Godiva members at a very low discount price....

Ok, *just kidding*. These aren't 40-year-old shirts. They'll be **brand new, ringer-style t-shirts**, printed with a retro logo derived from one actually used by our founding Godivans in 1975. This new logo, which will appear faded and distressed by time, will be printed in the center of each of these t-shirts. The logo below is not the final version (Father Time hasn't stamped his mark on it – it will appear distressed on the shirt). There are different color options for unisex and women's cut shirts, with two color options for women.

Unisex cut: Grey shirt with contrasting red at the arm and neck openings and a red logo

Women's cut: Pink shirt with contrasting red at the arm and neck openings and a red logo
Light blue shirt with contrasting navy at the arm and neck openings and a navy logo



- ♦ **How can I get my very own shirt?** Go to the order form on the Godiva website (<http://www.carolinagodiva.org/index.php?page=40th-t-shirts>) and place your order. **Note: You must order in advance. The club will not be ordering extras.**
- ♦ **How much does a shirt cost, and how do I pay?** Shirts are \$15 each, and you can pay online with your credit card.
- ♦ **What size should I get?** We are offering sizes from small to 2X. Unisex sizes run true to size, while the women's cut shirts run small. For more sizing information, see the Godiva website order form.
- ♦ **How long do I have to order my shirt(s)?** We are taking orders until **midnight on Sunday, November 15th**. Orders will be placed promptly on Monday, November 16th.
- ♦ **When can I expect to receive my beautiful shirt(s)?** We plan to have them ready for pick-up at the Godiva Christmas party on Tuesday, December 8th. Just in time for holiday gift-giving!
- ♦ **More questions?** Email haberdasher@carolinagodiva.org

Many thanks to Charles Carson and Jamie Lewis for updating the original CGTC logo.

—Shauna Griffin, Haberdasher and Susie Hansley, Newsletter Editor

40TH ANNIVERSARY SCAVENGER HUNT RESULTS

The CGTC 40th Anniversary Photo Hunt was a great success! Participants submitted many fun and creative photos, all of which can be seen at <http://www.carolinagodiva.org/index.php?page=photo-hunt-gallery>.

All participants who accumulated at least 40 points received their choice of Godiva socks or a Godiva winter hat. They are: Owen Astrachan, Ethan Caldwell, Rye Caldwell, Patricia Croaker, Louise Guardino, Laura Heyneman, Barbara Hindenach, Susan Hoerger, Tom Hoerger, Shannon Johnstone, and Richard Wolfe.

Godiva also awarded teams who accumulated the most points. 1st through 3rd place winners in the team and individual competitions received 1-year Club memberships and their choice of free entry into the 2015 Winter Series or \$25 toward CGTC merchandise. In addition, [Bull City Running Company](#) donated \$40 gift cards to our 1st place team and individual; [Great Outdoor Provision Company](#) donated a \$40 gift card to our 2nd place individual; and [Satisfaction Restaurant and Bar](#) donated a \$40 gift card to our 2nd place team. *Click the names below to see their photos on the Godiva website:*

- ◆ 1st Place Individual: [Barbara Hindenach](#) (375 points)
- ◆ 1st Place Team: [Susan and Tom Hoerger](#) (389 points)

- ◆ 2nd Place Individual: [Richard Wolfe](#) (270 points)
- ◆ 2nd Place Team: [Laura Heyneman & Owen Astrachan](#) (149 points)

- ◆ 3rd Place Individual: [Shannon Johnstone](#) (210 points)
- ◆ 3rd Place Team: [Ethan & Rye Caldwell](#) (62 points)

Thank you to Patrick Bruer for helping get the photos online and to Carolyn Huettel for helping distribute CGTC merchandise.

Thanks also to the Godivans who voted for the “member favorite” part of the competition. Shannon Johnstone took 1st place with her “dogs wearing Godiva shirts,” and Richard Wolfe was a close 2nd with his “Lady Godiva” photo.

Finally, please be sure to thank and support our sponsors: [Bull City Running Company](#), [Great Outdoor Provision Company](#), and [Satisfaction Restaurant & Bar](#).



—Halle Amick, Event Director



CROSS COUNTY SERIES WRAP-UP

Unlike the final night of Godiva XC in 2014, this year we concluded the series with a dry (but warm) race at UNC on Wednesday, September 30th, falling right between two rain soaked weekends. Over the five weeks of this year's series, 51 runners took part in at least one race, with 143 performances overall. Eighteen runners earned their XC "G" by completing at least four of the five races in the series.

Kevin Rumsey (M 53) turned in the top age graded (AG) performance with a 19:32 (77.4) 5k at UNC in the third week. Aimee Bazin repeated as the most consistent runner, with the least variance in her age graded times. Also for the second year in a row, Jim Clabuesch's AG scores varied the most, notably including a 73.8 AG 8k in the second week.

Thanks once again to Frank Rexford for hosting a most enjoyable post-series cookout at his beautiful (and conveniently located) home. Also, thanks to Tom Griffin, Aline Lloyd, and Heiko Rath for their volunteer assistance this year.

—Patrick and Jane Bruer

2015 LETTER WINNERS

Aimee Bazin	Chris Gould	Erin Hensel	Tim O'Brien	Richard Wolfe
Jess Broglie	William Harris	Barbara Hindenach	Kevin Rumsey	Paul Wormsbecher
Jim Clabuesch	Brian Hassin	Reikan "Ray" Lin	William Schmitz	
Ed Davis	Doug Hensel	Julie Messina	Ronnie Weed	

Sept. 23 - Duke Al Buehler XC Course					Age Graded Combined Results				
Name	Sex/Age	Dist. (k)	Time	A.G. Score*	Name	Sex/Age	Dist. (k)	Time	A.G. Score*
Broglie, Jess	F/31	5	24:04	61.2	Gould, Chris	M/71	10	53:50	67.9
Wormsbecher, Paul	M/54	5	26:58	56.4	Lin, Reikan "Ray"	M/25	10	41:42	64.1
Keeler, Gordon	M/60	5	28:30	56.0	O'Brien, Tim	M/63	10	54:23	62.1
Hindenach, Barbara	F/64	5	33:44	57.8	Weed, Ronnie	M/40	10	45:04	61.5
Harris, William	M/39	5	35:13	38.7	Broglie, Jess	F/31	5	24:04	61.2
Hensel, Erin	F/35	5	35:22	42.0	Davis, Ed	M/70	8	49:00	58.5
Hansley, Susie	F/46	5	40:00	39.6	Clabuesch, Jim	M/50	10	51:47	58.0
Wolfe, Richard	M/77	5	58:02	33.5	Hindenach, Barbara	F/64	5	33:44	57.8
Davis, Ed	M/70	8	49:00	58.5	Hensel, Doug	M/42	10	49:11	57.2
Messina, Julie	F/38	8	49:01	49.9	Wormsbecher, Paul	M/54	5	26:58	56.4
Rexford, Frank	M/56	8	51:52	48.5	Keeler, Gordon	M/60	5	28:30	56.0
Boyce, Jenny	F/42	8	54:43	45.8	Boyce, Chris	M/41	10	52:37	53.1
Bazin, Aimee	F/32	8	54:44	44.0	Messina, Julie	F/38	8	49:01	49.9
Springer, Deb	F/42	8	54:45	45.8	Schmitz, William	M/43	10	57:26	49.4
Lin, Reikan "Ray"	M/25	10	41:42	64.1	Rexford, Frank	M/56	8	51:52	48.5
Weed, Ronnie	M/40	10	45:04	61.5	Boyce, Jenny	F/42	8	54:43	45.8
Hensel, Doug	M/42	10	49:11	57.2	Springer, Deb	F/42	8	54:45	45.8
Clabuesch, Jim	M/50	10	51:47	58.0	Bazin, Aimee	F/32	8	54:44	44.0
Boyce, Chris	M/41	10	52:37	53.1	Hensel, Erin	F/35	5	35:22	42.0
Gould, Chris	M/71	10	53:50	67.9	Hansley, Susie	F/46	5	40:00	39.6
O'Brien, Tim	M/63	10	54:23	62.1	Harris, William	M/39	5	35:13	38.7
Schmitz, William	M/43	10	57:26	49.4	Wolfe, Richard	M/77	5	58:02	33.5

*A.G. scores are age and gender graded performance ratings computed using the [World Masters Athletics \(WMA\) Calculators](#) using 2015 factors. A score of 100 would correspond with a world record performance for the runner's age and gender division.

Sept. 30 - UNC Finley XC Course					Age Graded				
Name	Sex/Age	Dist. (k)	Time	A.G. Score*	Name	Sex/Age	Dist. (k)	Time	A.G. Score*
Hoerger, Tom	M/56	5	23:47	65.0	Rumsey, Kevin	M/53	8	33:24	73.5
Cromer, David	M/68	5	25:50	66.2	Nickodem, Kevin	M/58	8	36:18	70.5
Rath, Heiko	M/46	5	26:02	55.0	Gould, Chris	M/71	8	43:07	67.2
Wormsbecher, Paul	M/54	5	26:09	58.2	Cromer, David	M/68	5	25:50	66.2
Surh, Jerry	M/75	5	30:13	62.0	Weed, Ronnie	M/40	8	33:52	65.3
Cromer, Janet	F/64	5	30:14	64.6	Hoerger, Tom	M/56	5	23:47	65.0
Rexford, Frank	M/56	5	30:30	50.7	Cromer, Janet	F/64	5	30:14	64.6
Kirby, Tom	M/62	5	30:33	53.1	Lin, Reikan "Ray"	M/25	8	33:10	63.9
Barrett, Katie	F/33	5	32:53	45.0	Surh, Jerry	M/75	5	30:13	62.0
Hensel, Erin	F/35	5	33:13	44.8	Hendricks, Lew	M/42	8	36:14	62.0
Harris, Susan	F/40	5	33:39	45.1	Broglie, Jess	F/31	8	39:00	61.6
Hindenach, Barbara	F/64	5	36:23	53.6	O'Brien, Tim	M/63	8	43:55	61.0
Wolfe, Richard	M/77	5	55:49	34.8	Clabuesch, Jim	M/50	8	40:15	59.5
Lin, Reikan "Ray"	M/25	8	33:10	63.9	Huettel, Carolyn	F/51	8	47:43	58.6
Rumsey, Kevin	M/53	8	33:24	73.5	Wormsbecher, Paul	M/54	5	26:09	58.2
Weed, Ronnie	M/40	8	33:52	65.3	Springer, Deb	F/42	8	43:24	57.7
Hendricks, Lew	M/42	8	36:14	62.0	Davis, Ed	M/70	8	50:16	57.0
Nickodem, Kevin	M/58	8	36:18	70.5	Hassin, Brian	M/36	8	38:11	56.5
Hassin, Brian	M/36	8	38:11	56.5	Clossick, Tina	F/44	8	45:59	55.3
Broglie, Jess	F/31	8	39:00	61.6	Rath, Heiko	M/46	5	26:02	55.0
Clabuesch, Jim	M/50	8	40:15	59.5	Lloyd, Aline	F/44	8	46:39	54.5
Hensel, Doug	M/42	8	42:14	53.2	Hindenach, Barbara	F/64	5	36:23	53.6
Gould, Chris	M/71	8	43:07	67.2	Hensel, Doug	M/42	8	42:14	53.2
Springer, Deb	F/42	8	43:24	57.7	Kirby, Tom	M/62	5	30:33	53.1
O'Brien, Tim	M/63	8	43:55	61.0	Rexford, Frank	M/56	5	30:30	50.7
Clossick, Tina	F/44	8	45:59	55.3	Messina, Julie	F/38	8	51:58	47.1
Lloyd, Aline	F/44	8	46:39	54.5	Harris, Susan	F/40	5	33:39	45.1
Huettel, Carolyn	F/51	8	47:43	58.6	Barrett, Katie	F/33	5	32:53	45.0
Davis, Ed	M/70	8	50:16	57.0	Hensel, Erin	F/35	5	33:13	44.8
Messina, Julie	F/38	8	51:58	47.1	Schmitz, William	M/43	8	53:11	42.6
Schmitz, William	M/43	8	53:11	42.6	Bazin, Aimee	F/32	8	57:07	42.1
Harris, William	M/39	8	53:54	40.8	Harris, William	M/39	8	53:54	40.8
Bazin, Aimee	F/32	8	57:07	42.1	Wolfe, Richard	M/77	5	55:49	34.8

2015 Top Ten Age-Graded Performances

Name	Sex/Age	Dist. (k)	Time	A.G. Score*
Rumsey, Kevin	M/53	5	19:32	77.3
Clabuesch, Jim	M/50	8	32:25	73.8
Nickodem, Kevin	M/58	4.6	19:26	72.7
Gould, Chris	M/71	4.6	23:05	69.3
Cromer, Janet	F/64	4.6	27:58	66.8
Cromer, David	M/68	4.6	23:12	66.7
Kemp, Matt	M/52	10	46:40	65.5
Weed, Ronnie	M/40	8	33:52	65.3
Hoerger, Tom	M/56	5	23:26	65.0
Lin, Reikan "Ray"	M/25	10	41:42	64.1



RUN FOR THE DONUTS RECAP



Led by Richard Wolfe, participants in the 2015 Run for the Donuts warm up and stretch before the run.

It was a beautiful sunny day for this year's Run for the Donuts Winter Series event. Thirteen teams competed for the elusive Donut Crown. (A Run for the Donuts crown for next year's winning team.....maybe?)

Before the start, Team #6 (Jenny Boyce, Denise Larson, and Erin Hensel) stepped forward (or did everyone else step back?) and helped describe the Run for the Donuts running order using an inflatable donut. After that, Richard Wolfe, with some assistance from Ray Dooley, regaled the runners with a series of Winter Series Poems and led the troops with a bout of light stretching.

The runners were off, first in teams of three, then in teams of two, then finally whittling down to a single runner. In the end, Team #3 (Ethan Caldwell, Mike Kelley, and Tom Kirby) had the right mix of speed and age to bring home the win with a Donut Index of 14.96. Although there was an inquiry about who the youngest team was, after a re-count, it was verified that Team #12 (Heiko Rath, Jen Howard, and Deb Springer) was indeed the team with the lowest cumulative age at 129 years. Full results are on page 11 of the newsletter.

Many thanks to Durham Academy for hosting and to everyone who offered to volunteer at this year's race. Thanks to the following volunteers (if I forgot anyone, I apologize—please let me know): Susan Hoerger, Kevin McCabe, Barbara Hindenach, Christine Stachowicz, Larry Rothman, John Jewell, Louise Guardino, Joao Correia, the Sousa Family (Greg, Sara and Belle), Richard Wolfe, Judy Cromer, Randy Kauftheil, Walter Fowler, and Jim Worrell. Without the volunteers, this race couldn't happen. Special thanks go out to volunteers Louise Guardino and Christine Stachowicz for graciously offering to run so we would have thirteen complete teams. Thanks again—I owe you both.

It's becoming more and more difficult to come up with creative ways to describe the race. I'm currently taking suggestions for next year's Run for the Donuts. Mark your calendars now for next year's event, Sunday, October 9th 2016. See you next year!

—Ronnie Weed, Race Director for Run for the Donuts

RUN FOR THE DONUTS RACE RESULTS

OCTOBER 11, 2015, DURHAM ACADEMY UPPER SCHOOL

TEAM	AGE	LAP #1	LAP #2	LAP #2 SPLIT	LAP #3	LAP #3 SPLIT	LAP #4	LAP #4 SPLIT	LAP #5	LAP #5 SPLIT	TOTAL TIME	DONUT INDEX	OVERALL PLACE
#1													
Megan Sullivan	39	7:04	16:52	9:48	25:22	8:30					41:40	17.61	5th
Tina Clossick	44	7:04	16:52	9:48					41:40	8:21			
Owen Astrachan	59	7:04	16:52	9:48	25:22	8:30	33:19	7:57					
#2													
Martin Warters	36	8:17	18:32	10:15	28:26	9:54	36:03	7:37			45:10	19.50	9th
Tony Landauer	52	8:17	18:32	10:15	28:26	9:54							
Carolyn Huettel	51	8:17	18:32	10:15					45:10	9:07			
#3													
Ethan Caldwell	41	7:37	16:29	8:52	23:44	7:15					39:24	14.96	1st
Mike Kelley	55	7:37	16:29	8:52	23:44	7:15	30:49	7:05					
Tom Kirby	62	7:37	16:29	8:52					39:24	8:35			
#4													
Alison Gracey	53	8:02	16:52	8:50	25:20	8:28					41:20	15.60	2nd
Craig Gilbert	56	8:02	16:52	8:50					41:20	8:36			
Jeff Hall	50	8:02	16:52	8:50	25:20	8:28	32:44	7:24					
#5													
William Harris	39	8:13	18:47	10:34	29:15	10:28					43:39	17.46	4th
Kevin Nickodem	59	8:13	18:47	10:34					43:39	7:08			
Dave Renko	52	8:13	18:47	10:34	29:15	10:28	36:31	7:16					
#6													
Jenny Boyce	42	9:21	20:31	11:10	32:17	11:46	41:56	9:39			51:33	23.43	12th
Denise Larson	55	9:21	20:31	11:10					51:33	9:37			
Erin Hensel	35	9:21	20:31	11:10	32:17	11:46							
#7													
Ray Dooley	62	10:39	23:27	12:48	33:05	9:38					54:01	24.19	13th
Avery Cheves	26	10:39	23:27	12:48	33:05	9:38	43:01	9:26					
Christine Stachowicz	46	10:39	23:27	12:48					54:01	11:30			
#8													
David Cromer	68	9:02	20:25	11:23					48:57	8:32	48:57	20.83	11th
Aimee Bazin	32	9:02	20:25	11:23	31:50	11:25							
Kevin Gauger	41	9:02	20:25	11:23	31:50	11:25	40:25	8:35					
#9													
Ed Davis	71	9:04	19:09	10:05					45:24	9:46	45:24	19.05	8th
Belle Sousa/Karen Murphy	36	9:04	19:09	10:05	28:00	8:51							
Bryan Hassin	36	9:04	19:09	10:05	28:00	8:51	35:38	7:38					
#10													
John Haws	46	8:44	18:21	9:37	27:10	8:49	35:27	8:17			43:19	18.17	6th
Tom Hoerger	56	8:44	18:21	9:37					43:19	7:52			
Christopher Boyce	41	8:44	18:21	9:37	27:10	8:49							
#11													
Tom Griffin	70	8:49	19:18	10:29	28:58	9:40					47:34	18.65	7th
Brandy Burns	40	8:49	19:18	10:29					47:34	9:35			
William Schmitz	43	8:49	19:18	10:29	28:58	9:40	37:59	9:01					
#12													
Heiko Rath	46	8:03	17:31	9:28	26:55	9:24					44:28	20.68	10th
Jen Howard	41	8:03	17:31	9:28	26:55	9:24	35:44	8:49					
Deb Springer	42	8:03	17:31	9:28					44:28	8:44			
#13													
Louise Guardino	74	9:24	20:46	11:22	32:20	11:34					46:36	16.54	3rd
Kevin Rumsey	53	9:24	20:46	11:22	32:20	11:34	39:13	6:53					
Doug Hensel	42	9:24	20:46	11:22					46:36	7:23			

WINTER SERIES RACES: ONE DOWN, SIX TO GO!

The [Carolina Godiva Winter Series](#) consists of seven low-key, low-stakes, mostly cross-country races meant for enjoyment and camaraderie. Each event has its own quirky rules and guidelines and make for fun events. *Runners of all abilities and ages are welcome to participate!*

- ♦ **Registration:** Race-day-only registration costs \$5 and opens an hour before the race start. Or, save \$5 and [register now](#) for the remaining six races in the series! *Kids under 18 race for free, so bring the whole family!*
- ♦ **Prizes:** Each race usually has its own set of mini-prizes (e.g., donuts at the Run for the Donuts; candy bars at the Misery Run). Note: prizes rarely go to the swiftest!
- ♦ **Volunteer to support the races!** Races require a lot of volunteers to run smoothly—anything from timing to set-up to registration to food support. To volunteer for a particular race, contact the race director (listed below). *Volunteering also earns you points toward the Winter Series shirt (see below).*
- ♦ **Earn a Winter Series Shirt!** Earn 5 points over the course of the series and you'll receive an *Incredibly Beautiful Winter Series shirt* at the Spring 2016 Godiva Banquet! Earn points by running and/or volunteering to support the races. Each race is worth 1 point, except for the Hard Climb Hill 10-miler, which is worth 2 points.



Event	Date	Location	Description	Race Director
Run for the Donuts	Sun. Oct. 11, 10am	Durham Academy Upper School, 3601 Ridge Rd.	3 to 4 mile relay on DA's XC course. Randomly drawn 3-person teams. Team with the highest Donuts Index™ wins. Advanced age a plus.	Ronnie Wood 919-225-1407 diecorn@gmail.com
Misery Run	Sun. Nov. 15, 10 am	Pepper Hill Farm, 323 Old Fayetteville Rd., Chapel Hill	5 mile X-Country run with challenges to overcome and plenty of mud and muck.	Jim Clabuesch 919-428-7901 jimc@carolinagodiva.org
Couch Mountain	Sun. Dec. 13, 10 am	Duke Forest, Gate F NC-751 , 0.4 mi from US-70 BUS	5 mile race that includes sections of trail and paved roads. Enjoy a cook-out afterwards!	Paul Naylor 919-493-3702 naylorpaul@msn.com
New Year's Day Run	Thur. Jan. 1, 1 pm	Duke School for Children, 3716 Erwin Rd.	8k course on Duke Forest gravel road and single-track trails to start out the New Year.	Patrick Bruer 919-929-8582 pjbruer@gmail.com
Eno Equalizer	Sun. Jan. 17, 10 am	Eno River State Park, End of Cole Mill Rd. GPS Location: 36.074, -79.006	4 mile team race on the technical hiking trails of ERS Park. 3-person teams assigned with handicaps such that each team has equal potential to win.	Richard Smith 919- 408-8126 rls@email.unc.edu
Geezer Pleezer	Sun. Feb. 14, 10 am	Carolina Friends School, 4809 Friends School Rd.	4-mile age- and sex-handicapped race, run primarily on paved roads.	Tom Kirby 919-383-8434 twkirby@frontier.com
Hard Climb Hill	Sun. Mar. 20, 10 am	Duke Forest, Gate 23 , Mt. Sinai Rd. GPS Location: 36.000, -79.024	3, 7, and 10 mile race options. Challenging hills on Duke Forest gravel roads. 10-miler counts as 2 events for the series.	Tom Griffin 281-731-3964 tgriffin2@earthlink.net

A HISTORY OF THE MISERY RUN

Many of you know that the Winter Series is what initially drew me to Godiva and kept me hooked. I have some particular remembrances of the Forest Hills Four Miler from volunteering for it in 1990 and running it in 1991. I remember the crisp and juicy apples from a bushel basket, chocolate bar prizes, awards not only given to the swift, and a time prediction element.

When I offered to take over the November Winter Series race for the 1992-1993 series, I remember being asked specifically to move the race from Durham to Chapel Hill or Carrboro. Since the club was founded in Chapel Hill, re-establishing some sort of presence in town was important to the club leadership at that point. Most club members and club events had migrated to Durham by that point, due primarily I assume to a much larger population base.

Since I had no idea right off the bat where to have the race, at least having them narrow my choices down for me was helpful. I was living in Chapel Hill at the time, and knowing that most of the other Winter Series races were off-road, I decided to try to find a park in town with hiking trails. I tend to be a procrastinator, and didn't come up with a suitable course at Umstead Park and the proper permission until near the last minute for inclusion in the November 1992 newsletter. Hence the race was called The Mystery Run that year—as in, “Where is the race going to be held??”

Well, misery was had that 1st year of my directorship. We had 23 finishers and two DNFs due to bad ankle rolls. I felt bad and didn't want to use that extremely hilly and rocky/rooty locale again, so for the 1993 version I wanted to change venues. I again dragged my feet on finding a place to have it, so again it was a mystery where we'd be running. I settled on Cedar Falls Park. We ran there from 1993–1995. I had 24 finishers each of the first two years and 37(!) in 1995.

Sometime in 1996, Godiva member Luke Lucas asked me if I'd like to have the race on his farm just outside of Carrboro. He invited me out to see the trails and pastures and I was really wowed. It seemed like a perfect mix of challenging single track trails and forgiving grass. I jumped at the chance to have it there and our first race at the current venue was on November 16, 1996. That first year, to keep the branding simple, we kept the name Mystery Run. It was changed to The Misery Run in 1997.

We didn't get above the record 37 finishers set in 1995 until our fifth year at Luke's farm. We've averaged above 50 finishers per year since 2006, with a high mark of 88 in 2010. That was also the year we had two significant injuries. A runner separated his collarbone and another runner tore up her knee pretty badly. Both injuries were on the hay bale obstacles that we added to spice up the course somewhere along the way.



Misery Run Race Director Jim Clabuesch and his long-time trusty co-race director Carolyn Huettel



Some of the Misery Run's infamous hay bales.

(Continued on page 14)

A HISTORY OF THE MISERY RUN, CON'T.

(Continued from page 13)

Luke and I have also been known to drag downed trees out of the woods onto the race course to add difficulty. We seem to have a good race director/bad race director thing going all these years. Some years I am in the mood to make it a little easier and really groom the trails and mow the pastures nice and short, and some years he is the one cutting up the downed trees and making things nice for the runners. We go back and forth. He is the King of the Cow Poop though, for sure.

My personal favorite Winter Series race is the December one, [Couch Mountain](#). It's known for usually falling on the day of the first truly nasty cold and rainy day of the season. Even though I hope every year for similar weather for The Misery



Everyone's favorite Misery Run water crossing!

Run, it's usually really nice. In fact, it was suggested last year that once the club and Luke and I decide on a date for the upcoming Misery Run each year, we should come up with a way to make money for the club by "selling" the date to couples planning a November wedding, since it is guaranteed to be sunny and in the 60's. The one exception to that rule was 2002. I still reminisce fondly of hardy

Coloradoan club member Karen Murphy standing in Luke's gravel driveway in her bare feet as the temperature dropped down through the 40's and the rain intensified. What a great day that was!

This year will be our 20th at Pepper Hill Farm and my 24th as Race Director for the November Winter Series race. One of my favorite post-race quotes from a couple years ago—which I think sums up the current Misery experience very succinctly—was this. A young lady runner was heard, with a perfect mixture of amusement and horror, exclaiming to her mother, "I have poop in my butt that isn't mine!!"

2015 Misery Run details can be found on page 12 of the newsletter and on the [club web site](#). Please email me at jim.clabuesch@gmail.com with questions or to volunteer.

—Jim Clabuesch, Race Director



Karen Murphy thigh-deep in the cow poop (above); Susan Carl emerging from a water crossing (below).



(Photos: Taken from Godiva Website)

FAREWELL TO LONG-TIME GODIVAN LENA HOLLMAN

A few months ago, Lena Hollman shared with her friends and fellow runners that she wanted to sell her house in Cary and move to Florida. Secretly, I was hoping she would change her mind. I'm sure I'm not the only one. Happily for her, and sadly for us, Lena sold her house, bought herself a dream home in Naples, FL, and moved in late September.

I am not close friends with Lena, but I know her well enough to know that I, and many others, will miss having her here in North Carolina. She is a great runner, a tireless advocate for the running community, and a positive influence on everyone around her. As a slow runner, I'm often self-conscious, but Lena has always been there to cheer me on. I will miss her smiling face at Godiva events.

Long-time Godiva member Gordon Keeler compiled the following list of Lena's accomplishments (some running-related, others life-related). In Gordon's words:

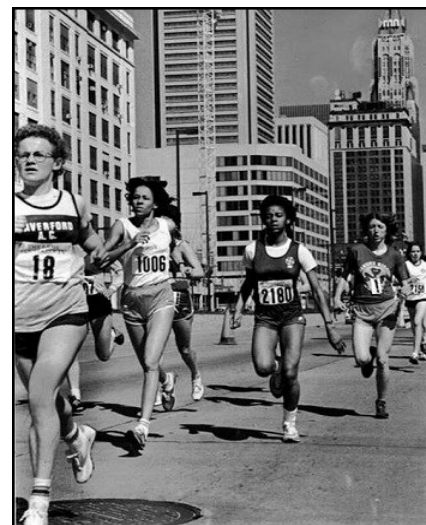
1. Top 10 finish at Boston in 1984 with a 2:45:33 finish. WOW!
2. Ran a PR of 2:44:10 at NYC Marathon in 1983 (with a half marathon PR of 1:18 and 10k PR of 35:17).
3. Winner along with Lasse Viren (four-time Olympic champion) of the 1979 Philadelphia Distance Run (1/2 marathon).
4. Winner of the Broad Street 10 miler (Philly) in 1984 with a 59:58 finish.
5. How about wins at the Penn Relays marathon in 1981 and 1983? Her 2:54:55 finish was well under the previous women's record of 3:06:15 set by Diane Miller in 1979.
6. Swedish National 1500m Champion, and former member of the Swedish National Track Team.
7. MBA from NC State and MPH from Berkeley.
8. Road Runners Club of America (RRCA) Southern Region Director and NC State Representative from 2005-2009.
9. Zumba Master and certified personal trainer.
10. Writes for *Running Journal Magazine*.
11. Three-time Godiva Female Runner of the Year in 1990, 1993, and 1995.
12. Southeastern Masters distance award winner.

Lena's articles in *Running Journal Magazine* are worthwhile reads (I wish she'd written for our news-



*At the 2013 Godiva Banquet
(Photo courtesy of Lena's Facebook page)*

letter!) One I recommend is entitled "[35 Years of Running—A Journey Through Time](#)." She was inspired to write it after coming across an old picture of herself in a 1980 race (see below). She describes that race and how running—and her body—have changed over 35 years. She writes, "It is when I toe the starting line in a race that I become reminded of the passage of time, and that I am getting older. I might still feel like I am the young woman in the picture, at least on good days. Feeling strong, pushing myself to the limit. The effort feels the same. But when it can be measured (as in a road race), I can clearly tell that I have changed."



Lena on the left in 1980

Lena, we hope you'll come back to visit and run with us (and to pick up your Ironman for track this past summer at the Spring Banquet). Meanwhile, happy trails!

—Susie Hansley (on behalf of the whole club)

MEMBERSHIP CORNER

- ♦ **Bart Bechard** is about to enter the stroller division. He and **Elizabeth** are expecting twins in late March.
- ♦ What's your running streak? **Kevin Gauger** ran 1,358 days in a row. That's every day for 3.67 years.
- ♦ Look out, **Eileen Tyler, M.D.** recently retired. She now has more time to run.
- ♦ **Tom Trent** set me straight on his membership start date of December 1976. That's 38.92 years with the club.
- ♦ **Joachim Pleil** celebrates 15 years with the club.
- ♦ **Dorthy Slentz** is a 10-year member
- ♦ **Paul Wormsbecher**, one of the Thursday group run coordinators, has been with the club for 5 years now.
- ♦ **Avery Cheves** and **Dave Renko** are new members to the club. Say hello to them at the Misery Run; just don't hug them afterwards.
- ♦ Big birthdays in November: **Amy Spaulding, Jack Mignosa, Nancy Kaiser, Malina Jhaveri, Louise Guardino, Doug Fein, Devin Drewry, and Kim Anglin.**

Send any personal notes to membership@carolinagodiva.org for inclusion in next month Membership Corner.

—*Ethan Caldwell*

RACE CALENDAR

Nov 2015

- 11/1 (Sat) [City of Oaks Full/Half Marathon](#), Raleigh
- 11/8 (Sun) [Outer Banks Full/Half Marathon](#), Outer Banks
- 11/14 (Sat) [New Hope Turkey Run](#), Chapel Hill
- 11/14 (Sat) [Raven Rock Rumble Trail Race](#), Lillington
- 11/14 (Sat) [Richmond Full/Half/8K](#), Richmond VA
- 11/26 (Thu) [Gallop & Gorge 8K](#), Carrboro
- 11/25 (Thu) [Skinny Turkey Half/5K](#), Raleigh

Dec 2015

- 12/5 (Sat) [Run at the Rock](#), Burlington
- 12/5 (Sat) [Jingle Bell Run/Walk 5K](#), Raleigh
- 12/12 (Sat) [Reindeer Romp 5K](#), Cary
- 12/12 (Sat) [Jolly Elf Trail Run](#), Cary
- 12/12 (Sat) [Race 13.1, 10K, and 5K](#), Durham
- 12/19 (Sat) [Fill the Sleigh 6K](#), Gibsonville
- 12/19 (Sat) [Jingle Jog 5K](#), High Point

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

@ THE RACES

Friday Night Lights XC 5K**Kernersville, NC September 11, 2015**

Gordon Keeler 25:38

5th Annual Race for Our Heroes**Cary, NC September 19, 2015**

Tom Griffin 25:10 1st M 70 - 99

Ed Horlick 25:29

Oktoberfest Run Green 8K**Raleigh, NC September 19, 2015**

Jon Hunter 45:09

Louise Guardino 53:41 1st F 65 - 99

Race 13.1**Raleigh, NC September 19, 2015***Half Marathon*

Mel Levin 3:09:08

Jon Hunter 1:51:29

10K

Mike Walsh 1:03:37

NC Senior Games, September 24, 2015

Louise Guardino

100 M 18.6 1st F 75-79

200 M 40.7 1st F 75-79

400 M 1:34.8 1st F 75-79

Birmingham Stage Race, September 25-27, 2015

Kevin McCabe

Stage 1: 17 Miles 2:07:51

Stage 2: 16 Miles 4:39:39 2nd M overall

Salem Lake Trail Runs**Winston-Salem, NC September 26, 2015***30K*

Chris Gould 2:56:05 1st M 70+

Alan Schumacher 3:16:32

Joan Boone 3:33:08 1st F 60 - 64

7 Mile

Mike Kelley 45:09 1st M 55 - 59

Buddy Run 5K**Wake Forest, NC September 26, 2015**

James Gerds 19:58 1st M 40 - 49

Laree Johnson 29:39

Jamie Gerds 29:48

Mia Gerds 46:10

NC Pride 5K**Durham, NC September 26, 2015**

Andrew Scribner 20:19 1st M Overall

Owen Astrachan 21:30

Fish out of Water 5K**Cary, NC September 26, 2015**

Ryan Lynch 26:10

Patriot Challenge 5K**Cary, NC September 26, 2015**

Dan Woodlief 25:38

Carrboro 10K**October 03, 2015**

Allen Baddour 35:40 3rd M Overall

Reikan Lin 37:18 2nd M 25 - 29

David Couper 42:34 1st M 60 - 64

Rietta Couper 46:32 1st Master F

Jon Hunter 47:02

Russ Helms 47:12

Ravi Jhaveri 47:28

Tom Hoerger 47:49 3rd M 55 - 59

William Schmitz 48:19 1st M Clydesdale

Tina Clossick 50:19 2nd F 40 - 44

Jim Hotelling 53:12 2nd M 65 - 69

Avery Cheves 53:12

Dan Woodlief 54:58

Carolyn Crump 54:58 1st F 55 - 59

Harriet Kinyamu 56:21

Thomas Griffin 56:40 2nd M 70 - 74

William Harris 58:27 3rd M Clydesdale

Jerry Surh 1:01:28 1st M 75 +

Julie Horton 1:02:24

Joan Boone 1:03:51

Alfred Kleinhammes 1:05:23

Carol Walton 1:10:55

Tom Arnel 1:11:40

Paul Naylor 1:34:20 3rd M 75 +

Carolina Brewery Oktoberfest**Pittsboro, NC October 10, 2015**

William Schmitz 23:37 1st M 40 - 49

Fury 5 K**Cary, NC October 10, 2015**

Dudly Dooright 18:36 1st Dog Overall

Anthony Corriveau 18:37 1st M Overall

Ann Severeid-Miller 28:58 1st W w/ Dog

Jacks 28:58 5th Dog Overall

Triangle Run Walk for Autism**Raleigh, NC October 10, 2015**

Andrew Scribner 20:07 2nd M 45 - 47

Brandy Burns 26:15

Derek Davis Memorial 5K**Holly Springs, NC October 10, 2015**

Kevin Gauger 21:18 2nd M 40 - 44

(Continued on page 18)

@ THE RACES, CON'T.

(Continued from page 17)

Pilot Mountain to Hanging Rock 50 Miler

October 10, 2015

Kevin McCabe 11:02:54

Ales for Rail Trails 5K

Durham, NC October 11, 2015

Jim Clabuesch	18:11	2nd M Overall
Ethan Caldwell	19:09	3rd M Overall
Jeff Hall	20:30	
Anthony Corriveau	21:17	1st M Barefoot
Douglas Hensel	21:26	
Shannon Johnstone	21:32	2nd F Overall
Christopher Boyce	22:09	
Natasha Catlin	23:01	
Megan Sullivan	23:11	
Kevin Gauger	23:12	
Tina Clossick	23:44	
Parker Burns	24:23	
Avery Cheves	25:34	
William Schmitz	26:16	
Steve Schewel	26:19	
Michael Formy-Duval	26:19	
Brandy Burns	27:23	
Jerry Harris	27:33	
Bruce Pitner	28:12	
William Harris	28:33	
Erin Hensel	30:31	
Julie Horton	30:42	



Megan Sullivan beating a baby and Kevin Gauger at Ales for Rail Trails

Submit Your Race Results Online!

Go to www.carolinagodiva.org and click the @ The Races tab



CAN YOU IDENTIFY THIS GODIVAN?

Hint: These are a few of her many guises taken for the 40th Anniversary Photo Scavenger Hunt, which propelled her to her first-place finish in the individual team points competition!

[See page 7 for more details](#)

OCTOBER BOARD MEETING MINUTES

The October Business meeting of the Carolina Godiva Track Club was called to order at 7:01 by Vice President Jess Broglie, filling in for President Jamie Lewis. In addition to Jess, present at the meeting were Shauna Griffin (Haberdasher), Patrick Bruer (Webmaster), Susie Hansley (Newsletter Editor), Ethan Caldwell (Membership), Kevin Nickodem (Treasurer), and last but not least, your scribe Brandy Burns.

Duke Forest and Godiva

Jess started off the meeting summarizing the meeting that was held with representatives from Duke Forest immediately preceding the business meeting. She shared that the purpose of the meeting was to discuss procedures and expectations of both parties (for Godiva events held at Duke Forest locations, such as some of the Winter Series events), and to put faces to new names in both organizations. It was stressed that the relationship between CGTC and Duke Forest remains very positive and that both parties look forward to maintaining this relationship into the future.

Winter Series

Jess updated the Board on the Winter Series. The first race of the season, the Donut Run, has taken place and was a success. Although the participation numbers were down a bit this year, there were plenty of volunteers and the event went smoothly.

Fall Picnic

The board discussed the upcoming fall picnic, which was rescheduled twice due to weather but is expected to successfully occur on Sunday, October 18. Although the temps will be on the cooler side (high of 55), there should be no rain and the sun should be out.

Vice President Search

Jess provided an update on the search for the Club's next vice president. She shared that there is a good potential candidate, but if selected that person may not be able to fulfill the entire term as president. There was no decision to change the way that the roles are fulfilled. The Board engaged in some discussion of alternatives to the current way of fulfilling roles of president and vice president. Jess will continue to look at other options of people who will be able

to commit to the full term.

Medical Kit

It was reported that Sara Sousa will be updating the club's medical kit.

Cross Country Recap

Patrick updated the Board on the success of the Club's Cross Country Series. He will send a write-up to the newsletter editor reporting on the series.

Membership's Report

Ethan reported on membership, which currently stands at 451 members. There were 7 new members the previous month, and 38 renewals. He shared that the club did pick up a new member from the Blue Ridge Relay.

Treasurer's Report

Kevin shared that the Club had a typical month, with nothing unusual occurring in the financial aspect of things. Ms. Hansley inquired if the Club ever puts consideration into investing money and how much on the Club should have on hand. Mr. Nickodem shared that the Club should have at least 6 months operating expenses on hand at all times. At this point, there has been no consideration into investing the Club's money.

Newsletter Editor's Report

Susie provided an update on the Club's newsletter. The newsletter is now fully electronic. Patrick shared that since the newsletter has gone electronic, the number of clicks on the electronic version remain about the same as before. Jess suggested the possibility of doing a short survey of the membership after a few months to gain insight into their feelings about accessing the newsletter.

Susie requested feedback from the Board as to how they are feeling about the newsletter since she has been in place as the editor. The response from the Board was very positive.

Susie again stressed the importance of meeting deadlines for submission of items for the newsletter. After discussion, the Board agreed that Ms. Hansley has the ability make the determination that if something is not submitted by the deadline, it does not go

(Continued on page 20)

OCTOBER MINUTES, CON'T.

(Continued from page 19)

into the newsletter. Also, events that occur after the submission deadline for the current newsletter will go into the following month's newsletter.

Annual Meeting and Holiday Party

Jess confirmed that the Club's annual meeting and party will be held on December 8th at Satisfactions.

Racery App for Club?

Jess presented the idea of the club participating in an activity/app called "Racery." She explained that this is a virtual race, providing details of how it is implemented in that the club picks a place to run to and then membership competes to get to the finish. The Board expressed interest, but had questions about some of the details and inquired if it was possible for it to be a joint effort vs. a competition. Ethan suggested waiting to make a decision to enable Jess to perform additional research and provide additional information to the Board. Jess will gather some additional information which she will forward to the Board. The Board will discuss this further at the next Board meeting.

Haberdasher's Report

Shauna led the discussion for the final topic of the evening: selecting the 40th anniversary t-shirts. There was discussion of ringer vs. plain t-shirts as well as colors. The Board decided to go with ringer t-shirts. Color for men will be grey with red ringer, and for women will be pink with red ringer, with both shirts having red graphics. The Board discussed cost of the shirts, and after calculating the cost of the shirts, set-up fees by the graphics company, and the

cost of printing, it was determined a reasonable price for club membership to cover club expenses will be \$15 per shirt. Shauna will try to have mock-ups of the shirt to bring to the picnic on Sunday, October 18th.

Meeting was concluded at 8:07 p.m.

—Brandy Burns, Secretary



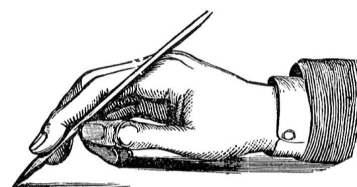
Photo of Madame Secretary Brandy Burns at the 2014 Misery Run, courtesy of Richard Wolfe and the CGTC web page.

(Yes, this is the editor's shameless plug for the upcoming [Misery Run](#) on Sunday, November 15th!)

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the November 2015 Newsletter contributions and editing go to:

Halle Amick, Patrick Bruer, Brandy Burns, Ethan Caldwell, Jim Clabuesch, Shauna Griffin, Susie Hansley, Jamie Lewis, Marty Tomasi, and Ronnie Weed.



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 : <small>Carolina Godiva Track Club will only use your email to send you the monthly newsletter and occasional club announcements. You may unsubscribe at any time.</small>	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Are you a licenced: <input type="checkbox"/> MD <input type="checkbox"/> Nurse <input type="checkbox"/> EMT Are you willing to volunteer at events? <input type="checkbox"/> Yes <input type="checkbox"/> No	

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