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carolina Godiva TRACK • CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

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FEBRUARY 15TH

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CHIROPRACTIC MEDICINE AND RUNNING

Happy New Year, Godivans! My plan for the president's columns is to write a series of articles on ways to run smarter.

For the inaugural column, I interviewed Dr. Mike Poplak, a chiropractor who started practicing chiropractic medicine in 2008 and has been practicing with Dr. Jason Graczyk at Triangle Chiropractic in Durham and Cary since 2013. Mike answered my questions about how chiropractic medicine can protect (and promote) a runner's health and performance.

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How does chiropractic medicine differ from physical therapy?

That's a good question. Chiropractic and physical therapy are more similar that most chiros or PT's would like to admit, and in reality, the two working together has been shown to have the best results for the patient. I would say that the biggest distinction between the two would be the approach. PT is typically symptom-based therapy, while chiropractic usually takes on a whole body approach or is a vitalistic-based therapy. In my experience, patients tend to get the best results when they start with chiropractic to restore normal joint and muscle function and then transition to physical therapy for rehabilitative exercises to stabilize the changes.

What are the benefits and risks of chiropractic medicine?

The benefits of chiropractic care are endless. For runners, the benefits are the treatment and management of common running injuries such as IT band syndrome, shin splints, plantar fasciitis, and lower back pain. Runners can also benefit from injury prevention and, most importantly, performance improvement. The most common risk of any chiropractic treatment is soreness. There are additional factors that can be contraindications to certain treatment methods or increase the risk of injury from care, which is why it is very important to give your chiropractor your full medical history.

(Continued on page 4)

www.usatf.org

GODIVA LISTSERV

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

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Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	***Open Position***	

GODIVA CLUB 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
February Club Meeting	Tues. 2/9 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Winter Series Event 6: Geezer Pleaser	Sun. 2/14, 10am	Carolina Friends School, 4809 Friends School Rd, Durham	http://www.carolinagodiva.org/index.php?page=geezer-pleezer
Submission Deadline for March Newsletter	Mon. 2/15	Electronic	Email newsletter@carolinagodiva.org
13th Annual Umstead Marathon	Sat. 3/5, 9am	Umstead State Park, 8801 Glenwood Ave, Raleigh, NC	http://www.carolinagodiva.org/umsteadmarathon/
Winter Series Event 7: Hard Climb Hill	Sun. 3/20, 10am	Duke Forest, Gate 23 GPS Location: 36.000, -79.024	http://www.carolinagodiva.org/index.php?page=hard-climb-hill

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY RTP	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 RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Jess Broglie, 910-286-6282
TUESDAY DUKE EAST CAMPUS	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile.	Jen Howard, 919-260-0261
NEW! **WEDNESDAY** CHAPEL HILL	6:30 p.m.	Chapel Hill at the Old Well on E. Cameron	Four-mile loop around Chapel Hill streets. All pace groups welcome.	Melanie Roush, mnroush@gmail.com
THURSDAY DURHAM NC-54	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 DUKE FOREST	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest—Gravel lot off 751 between Science Dr and Duke University Rd	Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile.	Carolyn Huettel, 919-491-4548

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

PRESIDENT'S COLUMN, CON'T.

(continued from page 1)

Why should I see a chiropractor for a running injury?

Most running injuries are not pathological (fractures/tears, etc.); running injuries are most often mechanical. Chiropractic-based care can not only help you treat the injury using very effective yet conservative methods, but also help uncover why the injury occurred and help resolve any imbalances or dysfunction that may have led to the injury.

Do I need a referral to see a chiropractor?

No, you do not typically need a referral to see a chiropractor.

What types of running injuries or conditions can a chiropractor treat?

Almost all running injuries can be evaluated and treated by a chiropractor. Running injuries most commonly seen in my office are IT band syndrome, hip pain, groin pulls, shin splints, plantar fasciitis/foot pain, hamstring strains, knee injuries, and lower back pain. If the injury is pathological like a broken bone, a possible stress fracture, or a torn muscle, the chiropractor will refer you to the appropriate medical doctor.

Is it ever too long or too late after an injury to seek chiropractic treatment?

It is never too long after an injury to seek treatment. The longer you wait, however, the higher the likelihood that the treatment will take longer and may require a more invasive approach.

Are there any symptoms that indicate a need for chiropractic treatment?

The most common symptom would probably be pain. However, limitations in movement/range of motion, decreased performance, or just simply the desire to improve and prevent injury are also very good reasons to seek chiropractic care.

What does a typical treatment plan look like?

Treatment plans are very diverse and are individualized because every patient is different. Most treatment plans involve joint adjustments/mobilizations, passive and active muscle therapy, and exercise rehabilitation.

Does treatment hurt?

Usually not; however, muscle work and tissue treatment can be uncomfortable, especially if the muscle is damaged or injured.

Can I still run while I am being treated?

Ah, the million dollar question! That depends on the injury and on the goal of the patient. Rest is often one of the most important initial steps to the treatment of an injury. However, the goal is always to get a patient back to running as soon as they can, even if the running starts off being limited.

I've heard that some chiropractors use electrostimulation. What is that?

Electrostimulation, or e-stim, is the use of a specialized electrical current applied to an injured area to help aid in pain control and in the reduction of muscle spasms.

Why might an injury keep returning, even after chiropractic treatment?

If an injury keeps returning after treatment, there are usually two main causes. The first is that the injury itself was never properly diagnosed and treated; treating the pain is not treating the injury. The second possible cause the injury keeps returning is that the patient is not following the doctor's recommendations by returning to higher intensity running too soon or by not performing their rehabilitative exercises.

Will regular chiropractic visits help prevent running injuries?

Research has shown that regular chiropractic treatments, along with the proper exercises to strengthen weakness and dysfunction, have been shown to prevent injury.

(Continued on page 5)

What are common running injuries you have treated?

The most common running related injuries seen in my office are IT band syndrome, hip pain, groin pulls, shin splints, plantar fasciitis/foot pain, hamstring strains, hip flexor injuries, knee injuries, and lower back pain.

I've heard some runners talk about Dead Butt Syndrome and IT Band Syndrome. Can you explain what these are?

IT band syndrome is the general term for irritation or inflammation of the IT band. It's caused by weakness in the gluteus medius muscle and most often presents as knee pain. In fact, in my experience, the number one cause of knee pain in runners is IT band syndrome.

Dead butt syndrome (aka *gluteus medius tendinosis*) describes a condition in which the gluteal muscle do not engage correctly or are weak. This causes instability in the pelvis and can cause an uneven distribution of weight over the hips. This weakness is often the result of not using our gluteus muscles and spending too much time sitting down. In runners, the most common symptom is severe hip pain after both long and short distances that improves on its own until the next run.

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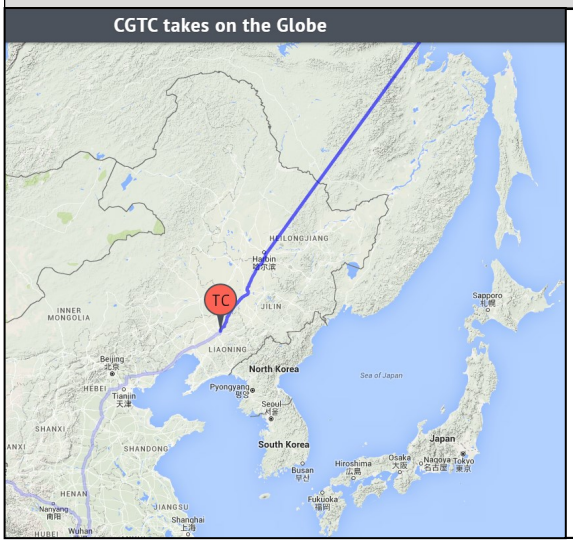
My own experience with chiropractic medicine (both my husband and I have been treated by Mike for multiple injuries over the last 18 months) has shown that it is an effective way to both treat and prevent post-race injuries and the nagging aches and pains brought on by regular training. If you think you may benefit from chiropractic treatment, contact Triangle Chiropractic (Cary: 919-535-3850 or Durham: 919-544-4663).

—Jess Broglie

Sad, but true. Don't be this runner!

CGTC'S GLOBETROTTING EXTENDED!



It's not too late to join the CGTC virtual team and race across the world!

Racery.com has graciously extended the Godiva team's virtual global team run to the end of February! All running and walking miles logged by team members at any location, time, or place advance the team forward. Run or walk your miles anywhere, then log them on racery.com. All CGTC members and families are invited to sign up to the team. As of press time, the team was about halfway around the world in China!

Head over to the CGTC website to read more, and sign up at http://racery.com/r/cgtc-takes-globe/. Questions? Contact Jess Broglie (president@carolinagodiva.org).

GEEZER PLEEZER 4-MILE RUN

What better way to start off Valentine's Day than by running in the penultimate event of the Godiva Winter Series? Yes, the **Geezer Pleezer** is coming on **Sunday, February 14th** at **10 AM** at **Carolina Friends School (4809 Friends School Rd, Durham**). Maybe the weather will not be as cold as last year's "Geezer Freezer," but you can probably have just as much fun.

The lowdown on the run: This race is handicapped based on age and sex. We use the latest World Masters Athletics age-graded performance factors to determine the "offset times," which are the amount of a head-start that older (as well as younger-than-21) runners get. The *race* begins when the participant(s) having the highest offset time start running, but the *race clock* only begins *counting down* at that point. Successive runners' offset times decrease in 15-second intervals, and the last-to-start (males 21-31) take off when the clock reaches 0:00. The clock then begins to count upwards, and all finishers get a recorded time based on the time elapsed since that point. As usual, the first runner to cross the finish line wins.

Prizes: We will have small prizes for the top ten finishers and there will be post-race snacks for all.

Registration: Because of the nature of the starts, all runners have to be registered and their bibs and info entered into the race computer before we can begin. For this reason, and because we really want to get that first runner started as close to 10 AM as possible, **race day registration will close at 9:50 AM. Please plan to arrive before then**.

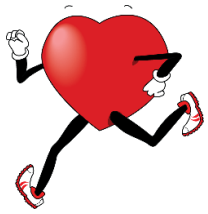
Pre-registration: In a further effort to get that first runner started on time, **we have online, no-obligation pre-registration available! Click here to pre-register**. **Pre-registration will be available until 6 PM Saturday, February 13th.**

If you pre-register online, on Sunday morning you will simply pick up your pre-assigned race number (with offset; no need to look it up!), sign the waiver, and pay your $5 (exact change appreciated) if you are not already a paid-up Winter Series participant. ***If you pre-register, please arrive no later than 9:50 am so that we know you are running!***

Last year, 74% of our runners pre-registered, which greatly facilitated getting everyone off on time. Let's aim for closer to 100% pre-registered runners this year!

Volunteering: If you have read this far and will not be running the race, congratulations! *You qualify to be a volunteer*! Please consider joining us to help put on the race—we can't do it without you. Shoot us an email at twkirby@frontier.com if you can assist.

—Tom "GeezerGuy" Kirby & Barbara Hindenach



RUN OR VOLUNTEER FOR THE 2016 UMSTEAD TRAIL MARATHON

Want to run or help out at the 13th Annual Umstead Trail Marathon on **Saturday, March 5, 2016**?

To Register:
https://www.eventbrite.com/e/2016-umstead-trail-marathon-tickets-19240599150

To Volunteer:
http://www.umsteadmarathon.com//index.php?page=Volunteer-2016

Photo courtesy of Anthony Corriveau

TWO EVENTS LEFT IN WINTER SERIES 2015-2016

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. *Kids under 18 race for free, so bring the whole family!*
- **Volunteer to support the races!** Races require 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 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.

To see how close you are to achieving 5 points, visit http://www.carolinagodiva.org/files/winterseries2015standings.pdf.

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 Weed 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 cookout 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 tjgriffin2@earthlink.net

NEW YEAR'S DAY RUN RECAP

Many thanks to Gordon Keeler, who stepped in as race director *pro tem* when bad weather for air travel prevented my return to the Triangle in time for the race. Winter Series Director and club president Jess Broglie helped greatly by bringing the race equipment, managing the registration table, and taking charge of setting out the refreshments.

While visiting Wisconsin for the holidays, I kept hearing about the heavy rains falling in the Carolinas, so I gave a pre-race call to the operations manager at Duke Forest to check on conditions. I caught her just as she was heading out the door to check on some flash flooding near Erwin Rd. It seems that her assessment proved correct: the forest roads were fine for NYD, but some of the single track was more of a challenge. I hear that Pine Thicket Trail, connecting Duke School to the main Forest trail, was especially muddy. These wet conditions prompted Gordon to reposition the start/finish to avoid damage to the Duke School soccer field.

A field of 118 finishers enjoyed cool and overcast weather on race day. A crew from Bull City Running turned out for the run, and some younger runners from Durham Academy were also on hand.

Here are the results as compiled by Tom Kirby (with a great assist from Susie Hansley on the laptop keyboard), who notes that finish line, registration, and data entry personnel did an outstanding job. The exemplary volunteer crew included:

Aimee Bazin	Bill Hansley	Gordon Keeler	Gary Schultz
Jess Broglie	Susie Hansley	Tom Kirby	Heather Sherrard*
Jim Clabuesch	Laura Heyneman	Jamie Lewis	Jerry Suhr
Chris Gould	Rebecca Hughes	Kevin Nickodem	Jeff Tuson
Tom Griffin	John Jewell	Kevin Rumsey	Richard Wolfe

**Medical volunteer*

My thanks to you all.

—Patrick Bruer

SOME OF THE RACE VOLUNTEERS

Photos courtesy of Susie Hansley

NEW YEAR'S DAY RUN RESULTS

Place	Name	Sex	Age	Time	Age Grade	AG Place
1	Costen Irons	M	36	28:39:00	76	1
2	Gavin Finlay	M	35	28:52:00	75.1	3
3	Matthew Staehle	M	17	29:44:00	74.7	5
4	Colin Jones	M	45	31:03:00	75.1	4
5	Will Hopkins	M	15	31:45:00	72.1	8
6	Tom Malphrus	M	27	32:03:00	66.2	15
7	Ian Concannon	M	19	32:58:00	65.7	17
8	Ethan Goldman	M	15	33:24:00	68.5	12
9	Mike Kelley	M	56	33:38:00	75.7	2
10	David Mitzi	M	52	33:54:00	72.7	6
11	Brendon Murray	M	27	34:02:00	62.3	27
12	Boyd Vicars	F	27	34:13:00	70.4	10
13	Ronnie Weed	M	40	34:20:00	65.4	18
14	Jeff Hall	M	51	34:30:00	70.8	9
15	Jim Cunningham	M	33	35:15:00	60.9	33
16	Nancy Kaiser	F	45	35:46:00	72.3	7
17	Brian Tajlili	M	33	36:02:00	59.5	40
18	Tim Ross	M	42	36:18:00	62.7	25
19	Harry Kmiec	M	17	36:28:00	60.9	32
20	Mark Simpson	M	54	36:58:00	67.8	13
21	Bryan Hassin	M	36	37:08:00	58.7	46
22	Max Gordon	M	29	37:08:00	57.2	55
23	Justin Verdirone	M	37	37:17:00	58.9	43
24	David Meyer	M	52	37:19:00	66	16
25	George Linney	M	12	37:24:00	65.3	19
26	George Linney	M	40	37:25:00	60	38
27	Doug Hensel	M	42	37:53:00	60.1	37
28	Owen Astrachan	M	59	38:37:00	67.7	14
29	Tom Hoerger	M	56	39:01:00	65.3	20
30	Zachary Huneycutt	M	31	39:01:00	54.6	67
31	James Easthom	M	52	39:04:00	63.1	23
32	Ian Marks	M	17	39:23:00	56.4	59
33	Joe Drommer	M	45	39:36:00	58.9	44
34	Kevin McCabe	M	35	40:03:00	54.1	68
35	Chris Lowden	M	46	40:06:00	58.6	48
36	Mark Dessauer	M	48	40:08:00	59.5	41
37	Ed Anderson	M	47	40:15:00	58.8	45
38	Chris Selvaggi	M	47	40:41:00	58.2	50
39	Cami Simpson	F	15	41:04:00	61.4	29
40	Christopher Boyce	M	41	41:12:00	54.9	66
41	Megan Sullivan	F	40	41:15:00	60.3	35
42	Alison Gracey	F	53	41:20:00	68.6	11
43	John Wood	M	60	41:20:00	63.8	22
44	Soren Windram	M	45	41:21:00	56.4	60
45	Stacy Bodette	F	30	42:22:00	56.9	56
46	Karen Murphy	F	37	42:26:00	57.8	51

Top male and female finishers Costen Irons (28:39:00) and Boyd Vicars (34:13:00)

Top 10 Age-graded Male Finishers

1. Costen Irons
2. Mike Kelley
3. Gavin Finlay
4. Colin Jones
5. Matthew Staehle
6. David Mitzi
7. Will Hopkins
8. Jeff Hall
9. Ethan Goldman
10. Mark Simpson

Top 10 Age-graded Female Finishers

1. Nancy Kaiser
2. Boyd Vicars
3. Alison Gracey
4. Becky Trumbull
5. Janet Cromer
6. Cami Simpson
7. Megan Sullivan
8. Deborah Springer
9. Karen Murphy
10. Tina Clossick

(Continued on page 10)

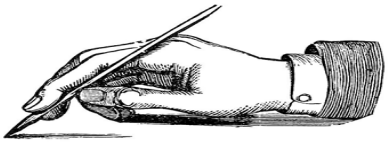
New Year's Day Race Results, Con't

Place	Name	Sex	Age	Time	Age Grade	AG Place
47	Eugene Casale	M	59	42:39:00	61.3	30
48	Elliot Marks	M	50	42:55:00	56.5	58
49	Richard Smith	M	62	43:01:00	62.4	26
50	Deborah Springer	F	42	43:09:00	58.5	49
51	David Cromer	M	68	43:36:00	65	21
52	Sam Hopkins	M	57	43:49:00	58.6	47
53	Paul Wormsbecher	M	54	44:06:00	56.8	57
54	Heiko Rath	M	46	44:29:00	52.8	73
55	Tina Clossick	F	44	44:33:00	57.5	52
56	William Schmitz	M	43	44:33:00	51.5	79
57	Eric Teagarden	M	63	44:35:00	60.7	34
58	Dana Hornkohl	M	47	45:02:00	52.6	74
59	Tim O'Brien	M	64	45:19:00	60.3	36
60	Ray Dooley	M	63	45:24:00	59.6	39
61	Patti Latimer	F	44	45:30:00	56.3	61
62	Kevin Concannon	M	52	45:45:00	53.9	69
63	Rob Lamme	M	52	46:00:00	53.6	71
64	Becky Trumbull	F	55	46:13:00	62.9	24
65	Victoria Kendra	F	45	46:22:00	55.8	63
66	Thomas Griffin	M	70	47:29:00	61	31
67	Frank Rexford	M	56	47:47:00	53.3	72
68	Peter Hessling	M	63	48:10:00	56.2	62
69	Peter Skillern	M	52	48:31:00	50.8	80
70	Randy Kauftheil	M	57	48:58:00	52.5	75
71	Edward Davis	M	71	49:39:00	59.1	42
72	Brandy Burns	F	40	49:50:00	49.9	82
73	Sandra Cooke	F	36	49:51:00	49	84
74	Ashley Choate	F	29	49:54:00	48.3	85
75	Michael Formy-Duval	M	39	49:56:00	44.6	102
76	Larry Rothman	M	55	50:26:00	50.1	81
77	Paul Sheldon	M	26	50:48:00	41.7	111
78	Jim Cunningham	M	71	51:11:00	57.3	53
79	Susie Gilbert	F	53	51:18:00	55.3	64
80	Collie Fulford	F	49	51:25:00	52.4	76
81	Jim Hotelling	M	68	51:29:00	55.1	65
82	Brian Goldman	M	50	51:43:00	46.9	90
83	Carolyn Dude	F	34	51:54:00	46.7	91
84	Emma Allott	F	33	51:55:00	46.6	93
85	Julie Messina	F	38	52:06:00	47.3	87
86	Avery Cheves	F	26	52:07:00	46.2	96
87	Holly Fraccaro	F	44	52:09:00	49.1	83
88	George Retsch-Bogart	M	63	52:10:00	51.9	78
89	Gary Pohl	M	67	52:12:00	53.8	70
90	Kristina Ellis	F	24	52:23:00	46	97
91	Joanna Pomilio	F	38	52:50:00	46.6	92
92	Janet Cromer	F	64	53:14:00	62	28
93	Jennifer Boyce	F	42	53:19:00	47.3	86
94	Erin Hensel	F	35	53:19:00	45.6	98
95	Aimee Bazin	F	32	53:23:00	45.2	101
96	Hona Lee Harrington	F	52	53:25:00	52.4	77
97	Jeffrey Camarati	M	41	53:49:00	42	109
98	L R Cunningham	F	27	54:13:00	44.4	103
99	Candace Lacy	F	40	54:52:00	45.4	100
100	Halle Amick	F	38	55:26:00	44.4	104
101	Junior Simmonds	M	48	55:51:00	42.7	107
102	Cheryln Axline	F	47	55:52:00	47.2	88
103	Barbara Hindenach	F	64	57:41:00	57.2	54
104	Tom Kirby	M	62	57:42:00	46.5	94
105	Robin Lowe-Skillern	F	20	57:52:00	41.7	112
106	Crystal Dreisbach	F	38	58:13:00	42.3	108
107	Dana Calder	F	36	58:16:00	41.9	110
108	Carolyn Huettel	F	51	58:47:00	47	89
109	Greg Sousa	M	46	58:50:00	39.9	115
110	Alfred Kleinhammes	M	64	60:10:00	45.4	99
111	Laura Brooks	F	52	60:29:00	46.3	95
112	Christine Stachowicz	F	46	60:30:00	43.1	106
113	Paul Pooley	M	60	60:32:00	43.6	105
114	Alisha Anaya	F	17	61:38:00	39.9	114
115	Sarah Robb	F	24	62:51:00	38.3	116
116	Bonnie Hansley	F	20	64:46:00	37.2	117
117	Amelia Kinter	F	30	73:52:00	32.6	118
118	Vivian Li	F	58	73:53:00	41	113

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the February 2016 Newsletter contributions, race stats, photos (whether they knew I was going to use them or not), and editing go to:

Jess Broglie, Patrick Bruer, Ethan Caldwell, Anthony Corriveau, Shauna Griffin, Tom Griffin (no relation to Shauna), Susie Hansley, Barbara Hindenach, Tom Kirby, Jamie Lewis, and Richard Smith.



ENO EQUALIZER RACE REPORT AND RESULTS

Weather: Snow mixed with rain, temperature in high 30s. 32 runners in 10 teams, plus one solo runner, started and finished.

Volunteers: Ethan Caldwell, Chris Gould, Tom Griffin (photographer), Laura Heyneman, Jen Howard, Alfred Kleinhammes, Kevin McCabe, and Christine Stachowitz.

Race Report: The finish times were generally slower than previous years, which was probably due to the poor weather and slippery conditions underfoot. Bill, Tina and Owen scored a decisive victory in the team race, which would not have been affected by any team allocating their handicaps in a different way. The course used this year should be exactly the same length as it has been in previous years up to 2014 (last year's course was about 40 yards short).

Special thanks to all the volunteers at the finish line, who had to do their work in extremely difficult conditions but nevertheless delivered a high-quality set of results.

—Richard Smith

Team #	Name	Assigned Handicap	Actual Handicap	Finish Time	Running Time	Team Time
1	Bill Harris	18:30	18:00	24:49	42:49	26:02
	Tina Clossick	11:30	11:30	26:01	37:31	
	Owen Astrachan	7:30	8:00	26:02	34:02	
6	Aaron Kramer	2:30	3:00	25:57	28:57	27:25
	Chris Gould	10:30	10:30	26:33	37:03	
	Joao Correia	19:30	19:00	27:25	46:25	
2	Carol Scheible	18:30	18:30	26:28	44:58	28:07
	Jessica Delgehausen	7:00	7:00	27:47	34:47	
	Carolyn Huettel	14:00	14:00	28:07	42:07	
7	Justin Verdirone	5:30	4:30	27:40	32:10	28:59
	Denise Larson	14:00	14:00	28:08	42:08	
	Barbara Hindenach	24:00	25:00	28:59	53:59	
3	Jim Hotelling	18:00	20:00	26:48	46:48	29:37
	Mike Kelley	3:30	5:30	27:44	33:14	
	Paul Wormsbecher	11:00	7:00	29:37	36:37	
9	LacieRae Cunningham	19:30	19:30	25:56	45:26	30:35
	Victoria Kendra	13:00	13:00	26:54	39:54	
	Alison Gracey	10:00	10:00	26:55	36:55	
	Kevin Gauger	8:00	8:00	30:35	38:35	
5	George Retsch Bogart	17:30	17:30	24:19	41:49	31:29
	Dana Hornkohl	13:00	13:00	29:57	42:57	
	Alex Bibbey	4:30	4:30	31:29	35:59	
4	Tom Kirby	13:00	13:00	26:05	39:05	35:06
	Susan Harris	22:30	22:30	30:31	53:01	
	Kevin Rumsey	2:30	2:30	35:06	37:36	
8	Cole Denton	7:00	7:00	25:29	32:29	46:29
	Becky Trumbull	11:00	11:00	25:47	36:47	
	Laura Scheible	22:30	22:30	46:29	1:08:59	
10	Larry Rothman	16:30	14:00	26:29	40:29	46:29
	David Cromer	10:30	13:00	26:29	39:29	
	Robert Singagliese	11:00	11:00	29:02	40:02	
	Brooke Sonbert	22:30	22:30	46:29	1:08:59	
No Team	Bryan Hassin	5:30	5:30	31:59	37:29	

Photos courtesy of Tom Griffin

MEMBERSHIP CORNER

Did you know that CGTC adopted a highway?

Our stretch of road is located near Duke Forest. **Gordon Caviness** handles the crew to clean up that stretch of road. Thanks, Gordon, for leading the team in helping keep North Carolina clean and beautiful.

If you're interested in helping out, email president@carolinagodiva.org and we'll get you in touch with Gordon.

Other member news:

- **Barbara Hindenach** marks 20 years as a member.
- **Katie Biasi** and Godiva's 2014 Volunteer of the Year **Richard Wolfe** have both been with the club for 10 years.
- **Jerry Harris** celebrates his 5th year as a Godiva member.
- **Greg Wilson** celebrates his first anniversary with the club this month.
- A warm welcome to our newest members: **Chris Holt, Brianna Honea, John Wood, Cheryln Axline, Laura Tuson, Jim Cunningham, Lacie Rae Cunningham, Javier Villa-Flores,** and **Agnieszka McCort!**
- Big Birthdays in February: **George Hotelling, Eddie McCauley, Tommy McCauley, Petra Roulhac, Garth Somerville, Brian Doherty,** and **Gordon Caviness.**

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

—Ethan Caldwell

@ THE RACES

14th St. Croix International Marathon
St. Croix, Virgin Islands—December 13, 2015

Jamie Lewis	5:22:39	

Salem Lakes Frosty 50K
Winston-Salem, NC—January 02, 2016

50K

Kevin McCabe	4:35:11	
Chris Gould	5:06:09	1st M 70 - 79
Tim Dodge	5:16:44	
Katie Biasi	5:34:50	
Brianna Honea	6:29:22	

25K

Elizabeth McCabe	3:18:48	

Hot Chocolate Run & SPCA Doggie Dash
Cary, NC—January 03, 2016

Mary White	38:53	

South Mountains Marathons
Connelly Springs, NC—January 09, 2016

Marathon

Ronnie Weed	4:11:27	

1/2 Marathon

Douglas Hensel	2:19:40	
Christopher Boyce	2:31:59	
Jennifer Boyce	3:35:45	
Erin Hensel	3:35:46	

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

JANUARY BUSINESS MEETING

New president Jess Jenkins called the business meeting to order at 7:04 pm. Present to discuss, debate, and deliberate were Jessica Jenkins (president), Anthony Corriveau (vice president), Susie Hansley (newsletter editor), Shauna Griffin (haberdasher), Patrick Bruer (webmaster), Ethan Caldwell (membershipper), and Carolina Godiva club members Tom Griffin, Shannon Johnstone, and me, immediate-past president and your scribe for the meeting, Jamie Lewis. Treasurer Kevin Nickodem and secretary Brandy Burns were unable to attend.

Club Officer Reports

Haberdashery: Shauna Griffin reported on sales of the 40th anniversary t-shirt. She declared the shirt sales a great success, both in terms of popularity and the small remuneration garnered by the club. She said she had been unable to deliver shirts to Robert Wallace and David Rice and asked that they contact her. A second round of orders is being taken, with 10 orders placed to date. Shauna plans to reconcile what is in stock (1 extra-large men's, 3 large women's) with these new orders before placing the second order.

Webmaster: Patrick Bruer offered some information about the new t-shirt sales that I failed to record, but he did say that he'd be sending out an email reminder that the sale was ending on January 17.

Membership: Ethan Caldwell reported that membership stood at 438, down 4 from last month. In the last two months, 15 people have joined, but the organization has lost 156 members in the last year. Though a striking figure, that latter number is considered average because so many people join to participate in Running Start each spring, but then do not renew their memberships.

Newsletter: Susie Hansley issued her usual reminder to all contributors that the submission deadline was January 15, as every month the deadline is the 15th. Promises to abide by her wishes were made.

Treasurer: Kevin Nickodem reported via his proxy Jess that the t-shirt sales had been "outstanding." The joyous news continued when all learned that the holiday party had cost less than in previous years.

Alas, joy turned to disappointment with the report on the **Umstead Marathon's finances**. Faithful readers and club members will recall that last year's event was cancelled due to inclement weather fouling the course. To compensate last year's entrants, CGTC provided them a discount on this year's race fee. Consequently, the club will take in less money this year from the race while the fixed costs will remain the same.

Anthony noted the race had not sold out yet. When speculation turned to why this might be, it was proffered that some may not be registering for fear of cancellation and that there is competition from other marathons in the region around that same time. Anthony noted that entrees are also down in other races.

General Business

Racery Program: Jess reported that the Racery "Godiva Takes on the Globe" virtual race was going well, with 71 members having signed up. Patrick noted that three members had not yet logged their miles. Feedback was offered from all quarters about the program, including the desire for less communication from Racery as emails seem to come at a frequency some find less than desirable. It was suggested that users check their settings and adjust them to suit their needs. Jess informed the group that normally there is a fee paid to participate in Racery, but that they offered the club the opportunity to do this race for free to see if we liked it.

Winter Series: Patrick, who serves as New Year's Day Race Director, thanked all for filling in for him during his absence from that race this year due to the cursed weather, which left him stranded in Minneapolis. Among the 118 entrants were members of the Bull City and Durham Academy running teams, with each squad turning in stellar performances.

Whofish.com: Jess brought up the topic of a website called Whofish.com, which is suspected of being a spamming site. The site listed the upcoming Eno Equalizer race without authorization, so Jess asked that a short questionnaire be included in the waiver

(Continued on page 14)

JANUARY BUSINESS MEETING MINUTES, CON'T.

(Continued from page 13)

for that race to determine how participants learned of it.

New Godiva Wednesday Night Run: Yours truly (Jamie Lewis) was asked to report on the inaugural Wednesday night run in Chapel Hill. Though held on a mild night, run host Melanie Roush and I were the only participants. I noted that the small turnout enabled us to work out a few kinks in the route. It will now begin and end at the Old Well, and headlamps are recommended for safety because a few portions of the course are not well illuminated. Patrick expressed concern that the cost of parking at a garage may deter people from coming and said he might update the website to let people know that free on-street parking may be found in the area.

CGTC Membership Numbers: Jess returned to the topic of our membership numbers. Why do the numbers vary and fluctuate so much, she asked? She made clear that she wants to determine if we should be recruiting members more actively, and if so, how best to do so. Ethan offered to dig into the data, but noted that it's limited because it does not go back very far. He shared that our largest demographic group is 50–60-year-old males, but that the 30–40-year-old group is growing. He pledged to add a query "How did you hear about us?" on the "welcome" letter to help gather information, though most thought it best to include it on the membership form instead. Ethan agreed.

Shauna suggested that we survey recent members to capture that data, too, perhaps asking them why they joined instead of how they learned of the club. Did they join because of the weekly runs, the shopping discounts, the slate of races? Patrick said that the Running Start numbers are "phantom numbers," meaning that people join once and don't renew.

People brainstormed on past and future ways to increase membership numbers and club exposure:

- *Pub Runs:* Anthony noted that pub runs—when people meet at bar at a set time each week and run—are popular and asked if we should organize one. Shauna interjected that Godiva is a great club for long-distance runners but not for new ones. Offering weekly runs at shorter distances might help with retention, an idea Patrick supported. Discussion followed about whether to start a new run or co-opt an existing one (such as the new Wednesday night run), where to have it, and what night to have it. Susie noted that the Fullsteam/Bull City Running pub run is on Wednesdays, so it would be best to do it on a different night.
- *Race Timing Services*: Patrick reminded attendees that Godiva used to offer race services (mostly timing races), and that no longer doing so has cut down on our free advertising. (Godiva stopped because upgrading the technology would be too expensive and volunteers too few, as well as the fierce competition from full-time businesses.)
- *Slower-paced/shorter distance club runs:* I (Jamie) noted that I'd received a few emails recently inquiring about whether Godiva offered slower-paced, shorter runs.
- *Having a Godiva booth at race expos and/or sponsoring a water stop*. Susie mentioned looking into this for local races like Tobacco Road and City of Oaks. Patrick noted he knows some people from City of Oaks. Shannon countered that there were plenty of smaller local races (such as Uwharrie and Little River) that offered greater opportunity to make an impact than did the large marathons.

Susie suggested that we not adjourn without actionable items. To that end, the following were decided:

- Susie and Jess agreed to contact races about having a booth at race expos and/or sponsoring and staffing a first-aid station.
- Anthony will check in Cary and Jamie in Durham about pub runs.

Running Start: The question of whether we'll have the Running Start program this year arose, but no one had an answer to that question. Shauna said she would contact past Running Start leader Aline to confirm her status.

The meeting was adjourned at 8:08pm.

—Jamie Lewis

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 :* *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.*
Birth Date:	*Gender:* ❒ *Male* ❒ *Female*	*Are you a licensed:* ❒ *MD* ❒ *Nurse* ❒ *EMT* *Are you willing to volunteer at events?* ❒ *Yes* ❒ *No*

TYPE OF MEMBERSHIP

❒	Regular	$20.00		
❒	Student (elementary to graduate)	$15.00	❒	New
❒	Family	$30.00	❒	Renewal
❒	Multi-Year (individual)	$90 / 5 years	(Make checks payable to CGTC)	
❒	Multi-Year (family)	$135 / 5 years		

Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

_____ _____

Signature of Primary Member (or Parent/Guardian) Date

FAMILY MEMBERS - *ALL COVERED INDIVIDUALS MUST SIGN BELOW*

Last Name (Print)	First Name	Gender	Birth Date	E-mail
Signature:				Date
Signature:				Date:
Signature:				Date:
Signature:				Date:

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472