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carolina Godiva TRACK•CLUB

RUNNING SINCE 1975

NEWSLETTER CONTENTS

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MARCH 15TH

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NO, REALLY, "I DO":
MUSINGS OF A PROFESSIONAL RUNNING SPOUSE

Traditionally the President's column is written by the President, but this month we are taking a brief departure and presenting a column from the President's husband (A.K.A., the First Gentleman).

* * *

I will not be talking about running. Not directly anyway; this is more along the lines of running support. If you want to put a title on it, I guess you could call me a "Professional Running Spouse."

When Jess started running years ago, I honestly did not realize it would become such a big part of her life. I figured she would join the overwhelming majority of people our age who run 5K's, with the pinnacle of her running career being most likely a bucket-list half marathon before finding other pursuits.

I never expected Jess to run her first half-marathon as fast as she did (1:48:00, 2011 Tobacco Road), nor did I expect her to already start planning for her next half almost as soon as she finished her first one. I definitely did not expect her to run her first marathon two years later in under four hours, then run her second marathon less than a year later in under 3:35:00! In five years of running, she has completed at least five half marathons and three marathons (and is working toward marathons four and five as we speak), averaging over 2,500 miles of running per year between her training and racing runs.

Clearly, I massively underestimated my wife. I mean, *severely, massively* underestimated her. A word that is *severely* plus *massively,* then multiply the intensity of that word by 100…THAT. Whatever "that" is, that's how much I underestimated her.

Don't get me wrong—I am very happy with how successful she is at running and how she has unlocked her talent for long distance running. Although I did not expect her to do any of these things, I'm glad I was so wrong, because my "wrongness" means that she has been incredibly successful in her passion. I'm also happy that she's made so many friends through running, and her

(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
13th Annual Umstead Marathon	Sat. 3/5, 9am	Umstead State Park, 8801 Glenwood Ave, Raleigh, NC	http://www.carolinagodiva.org/umsteadmarathon/
March Club Meeting	Tues. 3/8 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for March Newsletter	Tues. 3/15	Electronic	Email newsletter@carolinagodiva.org
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
Spring 2016 Godiva Banquet	TBA	TBA	TBA

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
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)

discipline is nothing short of inspiring when she is on a training plan. But these training plans can lead to a lot of hurt feet that need foot rubs, or smelly laundry that builds up, or random cravings due to an insane amount of calories burnt during a run. There are some upsides to this though. When she does her long runs on Saturdays, I get up with her to help her get out the door, which means I get to take our dog for weekly Saturday morning drives to Chik-Fil-A so he can get his biscuit while I get my cup of coffee.

But I have had several people ask me: How do you deal with these training plans, and the runs that can take over two hours? Yes, it can get annoying and I get frustrated sometimes because I get momentarily selfish. I get jealous of these runs because I want to spend that time with my wife. But there is one simple fact that gets me through these training plans—a fact that is almost laughably simple, but hits home:

I love my wife.

No, really, I do. As her husband, it is my duty to ensure her happiness and do anything in my power to see that she accomplishes any goal she sets for herself because her goals are my goals. If that means having to rub her feet, go out and get chocolate cake at 11:30 at night, or wake up at 4:30 am to bring her to a race, then meet her halfway through her race to cheer her on (even if it means walking 8 miles to do so), then I will do all of that happily just so she can see all of her dreams come true.

To all the running spouses out there: if you are like me, you don't "get" running. We don't understand how running more than 10-15 miles is "fun." But what we do know is that our wives, husbands, and partners are happy running—that IS something we "get." So while we may not understand this craziness they call "running," we understand that this makes them happy—and that's what keeps us going through the craziness.

—Pete Broglie

Some women prefer Tiffany's. Mine prefers Brooks.

LOCAL AREA RUN CLUB SHIRTS FOR SALE

The nOg Run Club in Raleigh has designed a shirt that features area run club logos, including the CGTC logo. (Thanks, **Doug Hensel**, for getting us on the shirt.)

100% of the proceeds from this shirt will be used to purchase running shoes for children in our area who are running track/cross country but can't afford running shoes.

Shirts are New Balance tech with a thin reflective stripe on each side. They come in singlet and short-sleeve tech, as well as in a canvas polyblend short sleeve. All styles are available in both men's and women's sizes.

The shirts are available for purchase until **March 19th**. They will be delivered at the beginning of April.

Get your limited-edition shirt today!

ONE EVENT 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 Sneezer	*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

HARD CLIMB HILL - LAST EVENT OF WINTER SERIES

The Geezer Pleezer is over, brrrr. Now it's time to get ready for Hard Climb Hill. This is the last event of the Winter Series. You'll run down to the banks of New Hope Creek in the lovely Duke Forest.

There are three options: the 3-mile option, which includes Hard Climb Hill; the 7-mile option, which is the 3-mile course plus an additional 4 miles; and of course, the 10-mile option which allows you to experience the challenge of Hard Climb Hill twice.

Since this is the last event of the Winter Series, it's your last chance to get your fifth point to earn the coveted Winter Series shirt. And you're in luck if you need two points: you can get them both here by running the 10-mile option.

You can also earn a point by volunteering. We need volunteers for registration, snacks and hydration points, the finish line, and clean-up. We also will need a medical volunteer. If you can volunteer, please contact me at tjgriffin2[at] earthlink.net; if you prefer a specific assignment, let me know in your email.

Race registration will be at Gate 23 of Duke Forest on Mt Sinai Road, West of Durham and North of Chapel Hill in Orange County. GPS coordinates are 36.000, -79.024 and Google Maps shows it as 4315 Mt Sinai Road, Durham. Gate 23 is on the left 0.3 miles past Friends School Road.

Registration will begin at 9 am and the race will start at 10 am. Please plan to be there in time to complete registration by 9:50, as we will need to walk about a quarter mile into the forest.

Parking is located along the side of Mt. Sinai Road on a curve, so be very careful when parking and walking to registration at the gate to the forest. Please be sure that you have parked completely off the road.

See you there on March 20!

—Tom Griffin, Race Director

CGTC'S GLOBETROTTING EXTENDED!

How long will it take the Godiva Virtual Team to complete its run across the globe?

Racery.com has graciously extended the Godiva team's virtual global team run UNTIL WE FINISH RUNNING ACROSS THE GLOBE!

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. Godiva family members are welcome to participate!

As of press time, the team had run **12,309.6 miles** and was over halfway across the world in Kazakhstan! Head over to the CGTC website to read more, and sign up here to add your miles and bring the team home. You can also click on the map to the left to sign up and/or to see how far the team has gotten.

Questions? Contact Jess Broglie at president [at]carolinagodiva.org.

GEEZER PLEEZER 4-MILE RUN RECAP

Everyone enjoyed last year's "Geezer Freezer" so much that we decided to do it again! In the days leading up to the race, it looked like the 2016 weather might be even colder. Remarkably, the overnight low was identical to last year's, but by 10am the temperature had warmed a little more and the wind speed was lower, resulting in wind-chills of low teens at the start as opposed to low single-digits in 2015. Despite the cold, or perhaps because of it, the wheel-measured course was in very good shape.

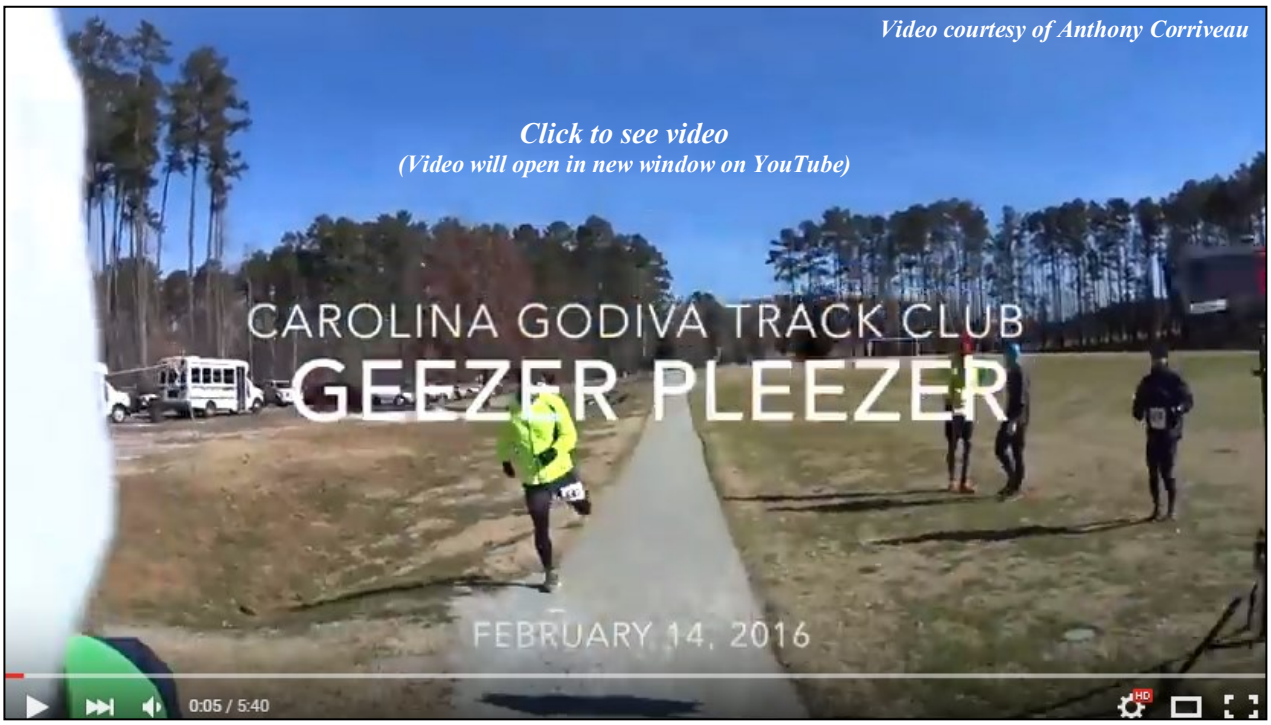
Once again we asked runners to RSVP online in the days before the race and that worked out really well. They were rewarded with race numbers with their name and offset time printed right on them and experienced very little waiting in line. Inexplicably, seven Winter Series participants signed up on the morning of the race, but that didn't slow us down, as the runners with the largest offset time (12:45) were able to start very close to 10am.

Chris Gould was the new champion this year, with **Jim Clabuesch** following in second. We award chocolate prizes to the top ten finishers—it was Valentine's Day after all—and six of last year's chocolate recipients did not run in the 2016 race, so we had some new chocolate-smeared faces. In fact, four of the top ten were Geezer Pleezer (GP) newcomers: **Erin Jobe, David Cromer, Jessica Delgehausen,** and **David Cobb**, who also had the fastest non-handicapped time (5:52 min/mi pace) and made his GP debut in 4th place. **Anthony Corriveau's** action camera video of the race includes an impressive sequence where David passes Anthony (no slouch himself with a 6:31 pace), along with views of the course and of many other runners (thanks, Anthony!).

Many thanks to the fantastic volunteers: **Halle Amick, Jess Broglie, Joe Drommer, Bill Hansley, Laura Heyneman, John Jewell, Martha Klopfer, Kevin Nickodem, Jim Reagan, Gary Schultz,** and **Heather Sherrard**. **Richard Wolfe** took photos. Special thanks to co-director **Peter Klopfer** and our gracious hosts at Carolina Friends School, **Alex Gordon** and **John McGovern**, for the use of the school. Thanks also to **Patrick Bruer** for setting up the online RSVP.

—Tom Kirby and Barbara Hindenach

Editor's note: The Geezer Pleezer also got a write-up in the News & Observer!



GEEZER PLEEZER RESULTS

Place	Name	City	Age	Run Time	Offset	Finish
1	Chris Gould	Durham NC	M 71	30:50	9:00	21:50
2	Jim Clabuesch	Chapel Hill NC	M 51	25:56	3:30	22:26
3	Jeff Hall	Raleigh NC	M 51	26:18	3:30	22:48
4	David Cobb	Durham NC	M 34	23:27	0:30	22:57
5	Jessica Delgehausen	Durham NC	F 26	27:02	3:30	23:32
6	Owen Astrachan	Chapel Hill NC	M 59	29:06	5:30	23:36
7	David Cromer	Durham NC	M 69	31:57	8:15	23:42
8	Erin Jobe	Pittsboro NC	F 29	27:16	3:30	23:46
9	Anthony Corriveau	Cary NC	M 45	26:02	2:15	23:47
10	Patrick Bruer	Chapel Hill NC	M 57	29:15	5:00	24:15
11	Janet Cromer	Durham NC	F 64	37:32	12:45	24:47
12	Thomas Griffin	Cary NC	M 70	33:19	8:30	24:49
13	Tom Hoerger	Chapel Hill NC	M 56	29:35	4:45	24:50
14	Brian Tajlili	Durham NC	M 34	25:30	0:30	25:00
15	Denise Larson	Durham NC	F 55	34:03	8:45	25:18
16	Karen Murphy	Durham NC	F 37	30:05	4:00	26:05
17	Jim Cunningham	Durham NC	M 33	26:33	0:15	26:18
18	John Haws	Durham NC	M 47	29:15	2:45	26:30
19	Kevin McCabe	Durham NC	M 35	27:12	0:30	26:42
20	John Cheadle	Durham NC	M 26	26:48	0:00	26:48
21	Chris Selvaggi	Cary NC	M 47	29:41	2:45	26:56
22	Dave McGurrin	Pittsboro NC	M 40	28:19	1:15	27:04
23	Tina Clossick	Chapel Hill NC	F 44	32:30	5:15	27:15
24	Jerry Surh	Carrboro NC	M 76	38:53	11:30	27:23
25	Tim O'Brien	Durham NC	M 64	34:09	6:45	27:24
26	Doug Hensel	Durham NC	M 42	29:25	1:45	27:40
27	Soren Windram	Chapel Hill NC	M 46	30:29	2:30	27:59
28	Kevin Gauger	Holly Springs NC	M 42	29:48	1:45	28:03
29	Bryan Hassin	Chapel Hill NC	M 36	28:54	0:45	28:09
30	Christopher	Durham NC	M 41	29:45	1:30	28:15
31	Robin Grandl	Durham NC	F 38	32:24	4:00	28:24
32	Paul Wormsbecher	Apex NC	M 54	32:42	4:15	28:27
33	Carolyn Huettel	Durham NC	F 51	35:57	7:15	28:42
34	Deborah	Durham NC	F 42	33:53	4:45	29:08
35	Heiko Rath	Durham NC	M 46	32:19	2:30	29:49
36	James Lewis	Durham NC	M 50	33:10	3:15	29:55
37	Chris Holt	Durham NC	M 38	31:22	1:00	30:22
38	Kevin Concannon	Durham NC	M 52	34:13	3:45	30:28
39	George Retsch-Bogart	Chapel Hill NC	M 63	37:21	6:30	30:51
40	William Schmitz	Chapel Hill NC	M 43	32:52	2:00	30:52
41	Tony Landauer	Cary NC	M 52	34:50	3:45	31:05
42	Jim Hotelling	Chapel Hill NC	M 68	39:06	7:45	31:21
43	Rebecca Evans	Granville OH	F 64	44:09	12:45	31:24
44	Avery Cheves	Carrboro NC	F 26	35:15	3:30	31:45
45	Julie Messina	Durham NC	F 38	35:46	4:00	31:46
46	Robert Singagliese	Durham NC	M 35	33:04	0:30	32:34
47	Tamara Cousins	Durham NC	F 38	37:05	4:00	33:05
48	Carol Scheible	Chapel Hill NC	F 53	41:21	8:00	33:21
49	Jennifer Boyce	Durham NC	F 42	38:59	4:45	34:14
50	Brandy Burns	Raleigh NC	F 40	38:44	4:30	34:14
51	Joao Correia	Durham NC	M 48	38:00	3:00	35:00
52	Erin Hensel	Durham NC	F 35	38:46	3:45	35:01
53	Alfred Kleinhammes	Chapel Hill NC	M 64	42:18	6:45	35:33
54	William Harris	Pittsboro NC	M 40	36:57	1:15	35:42
55	Greg Sousa	Durham NC	M 46	40:43	2:30	38:13
56	Susie Hansley	Durham NC	F 46	54:39	5:45	48:54

Photos courtesy of Richard Wolfe

L-R: Winner Chris Gould; chocolate prizes; cold volunteers; happy finishers

MORE THAN JUST A RUNNING CLUB: HOW GODIVA GIVES BACK

Have you ever wondered where the money from your Carolina Godiva Track Club membership goes? You are about to find out!

Godiva donates $3000 annually to Umstead Park. We also provide race services for the Umstead Coalition Walk/Run/Bike for Umstead, with the funds going back into the park.

Have you seen that wonderful drinking fountain at the intersection of Reedy Creek and South Turkey Creek bridle trails in Umstead Park? It wasn't always there. Thanks to Carolyn Huettel's efforts, we were able to raise most of the funds for its installation. Carolyn also did most of the leg work on permitting (poor woman).

In the past, Godiva contributed $1000 to help Triangle Rails to Trails Conservancy build a ramp connecting Durham's Solite Park to the American Tobacco Trail. We've also made donations of up to $5000 to Triangle Residential Options for Substance Abusers (TROSA), which has partnered with us on road race projects. CGTC members also provide race services for the Pine Cone Pacer 5K, with proceeds going to Duke Forest. This year, we also donated $200 to Duke Forest.

When was the last time you had a single digit race entry fee? All Winter Series events are only $5. Godiva covers the cost for insurance and porta johns at these events; and don't forget the donut run donuts (with gluten-free options proved by Bryan Hassin).

What? A night of Summer Track events for $1? Yep, we cover the insurance, iron man awards, and blanks for the starting pistol. December pizza party? Yep, we buy the pizza. Fall picnic? Yep, we bring the chicken.

While we tout ourselves as being a running club, it seems that we are more of a *community club*. The next time you find yourself on the ATT, running through Duke Forest, or ambling around Umstead, give yourself a pat on the back because you made those spaces accessible to all. And probably provided the donuts.

—Megan Sullivan

TROSA
TRIANGLE RESIDENTIAL OPTIONS FOR SUBSTANCE ABUSERS, INC.

TRIANGLE RAILS TO TRAILS CONSERVANCY

The Umstead Coalition

Some of Godiva's local partners: TROSA; Pine Cone Pacer 5K; Triangle Rails to Trails Conservancy; Umstead Coalition

The Turkey Creek water stop, named in honor of Carolyn Huettel for her hard work in getting the fountain put in.

(Photo courtesy of Anthony Corriveau)

@ THE RACES

South Mountains High Shoals
Connelly Springs, NC January 09, 2016

Marathon

Ronnie Weed	4:11:27	

1/2 Marathon

Doug Hensel	2:19:40	
Christopher Boyce	2:31:59	
Jenny Boyce	3:35:44	
Erin Hensel	3:35:46	

Run for Young 5K
Raleigh, NC January 10, 2016

Louise Guardino	29:53	

Weymouth Woods 100K
Southern Pines, NC January 16, 2016

Jon Hunter	12:44:09	

Little River Trail Races
Hillsborough, NC January 16, 2016

10 Mile

Anthony Corriveau	1:16:01	1st M 40 - 49
Reikan Lin	1:22:39	
Shannon Johnstone	1:24:56	1st F Master
Martin Leivers	1:29:18	
Becky Trumbull	1:39:35	2nd F 50 - 59
Mark Rhoades	1:46:11	
Victoria Kendra	1:50:03	
Alan Schumacher	1:54:07	
Jennifer Boyce	1:57:19	
Heather Cooper	2:01:33	
Erin Hensel	2:12:18	
Agnieszka Mccort	2:13:39	
Luke Lucas	2:17:36	

7K

Bryan Hassin	32:42	
Tom Hoerger	33:43	2nd M 50 - 59
Owen Astrachan	33:53	3rd M 50 - 59
Elizabeth Steffens	36:50	2nd F 30 - 39
William Harris	44:12	
Bruce Pitner	44:43	
Cheryln Axline	46:28	
Sara Sousa	46:48	
Greg Sousa	46:49	

Charlotte Running Club Trail Races
Charlotte, NC January 16, 2016

13 Mile

Jeff Hall	1:42:47	2nd M 50 - 54
Douglas Hensel	1:47:20	

9 Mile

Carl Anstrom	1:05:11	1st M Master
Ronnie Weed	1:09:39	1st M 40 - 44
Chris Boyce	1:23:34	

4 Mile

Jim Clabuesch	31:21	1st M 50 - 54
Brian Tajlili	33:15	2nd M 30 - 34
Kevin Nickodem	39:37	
Heiko Rath	41:24	

Carlsbad 1/2 Marathon
Carlsbad, CA January 17, 2016

Julie Messina	2:03:24	

Southern Tour Ultra 50K
Wilmington, NC January 30, 2016

Jon Hunter	5:41:11	

UGTBGrind'n Trail Run
Harris Lake, NC January 30, 2016

10 Mile

Doug Hensel	1:25:54	1st M 40 - 49

5 Mile

Carl Anstrom	35:27	2nd M Overall
Mickey Lackey	47:17	1st M 70 - 99
Frank Rexford	50:35	

CRC Winter Classic 8K
Charlotte, NC January 30, 2016

Tim Meigs	27:16	1st UASTF M Master

Occoneechee Speedway Relay
Hillsborough, NC January 31, 2016

Charles Fiore and Tom Maunz	1:47:20	2nd Overall Team

Uwharrie Mountain Run
Ophir, NC February 06, 2016

40 Mile

Chris Holt	9:03:27
Tim Dodge	9:20:39
Brandy Burns	10:13:23
Kevin Gauger	11:06:29

20 Mile

Jeff Hall	3:19:37
Mike Kelley	3:27:11
Shawn Harris	3:36:49
Joe Drommer	3:36:50
Paula Anstrom	3:49:20
Jeff Wald	4:02:29
Christopher Boyce	4:11:20
Katherine Baer	4:12:20
Heiko Rath	5:03:39
Aline Lloyd	5:09:25
Deborah Springer	5:15:40
Scott Lynch	5:41:14
Aimee Bazin	6:07:14
Luke Lucas	6:25:38

(Continued on page 11)

@THE RACES, CON'T.

(Continued from page 10)

8 Mile

Carl Anstrom	1:06:47
Martin Warters	1:30:53
Jennifer Boyce	1:43:49
Julie Messina	1:47:55

Souper Bowl 5K
Coats, NC **February 06, 2016**

Steve Mele	20:24	3rd M 50 - 59

Krispy Kreme Challenge
Raleigh, NC **February 06, 2016**

George Hotelling	33:26	5th M Overall
Kevin McCabe	35:33	14th M Overall
Jason Clark	46:59	
Greg Wilson	50:15	
Tony Landauer	53:12	

Alpha Phi Omega's TABLE 5K
Chapel Hill, NC **February 13, 2016**

Carol Scheible	35:49	1st F 50 - 59

Run for the Roses
Raleigh, NC **February 14, 2016**

Paul Jones	16:27	3rd M Overall
Steve Mele	20:20	2nd M 50 - 54
Mary Szymkowski	25:30	1st F 50 - 54
Brianna Honea	27:09	

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

RACE CALENDAR

We're into the full throes of spring racing, so there are *plenty* more local races than the ones listed here, particularly in April. Check out CGTC's online race calendar for an extensive, up-to-date list of local races!

Mar 2016

3/05 (Sat)	Florence Forth 10K/5K, Durham
3/05 (Sat)	Umstead Trail Marathon, Raleigh— ***CGTC is the organizer***
3/13 (Sun)	Pi Day Pi K, Durham
3/13 (Sun)	Tobacco Road Full/Half, Cary
3/19 (Sat)	St. Paddy's 8K, Raleigh
3/20 (Sun)	Wrightsville Beach Full/Half/5K, Wrightsville Beach
3/20 (Sun)	Shamrock Full/Half, Virginia Beach, VA

Apr 2016

4/02 (Sat)	Charlottesville Full/Half/8K, Charlottesville, VA
4/09 (Sat)	Emerald Isle Full/Half/5K, Emerald Isle
4/10 (Sun)	Mountains-to-Sea Trail Challenge, Raleigh
4/10 (Sun)	Rock 'n' Roll Full/Half, Raleigh
4/16 (Sat)	Pine Cone Pacer 5K, Durham — ***CGTC is a sponsor***
4/16 (Sat)	Walk/Run/Bike for Umstead, Raleigh—***CGTC is a sponsor***
4/16 (Sat)	Jordan Lake 12-hour Challenge, Jordan Lake
4/16 (Sat)	Blue Ridge Marathon, Roanoke, VA
4/23 (Sat)	Tar Heel 10-Miler and 4 Mile Run, Chapel Hill
4/23 (Sat)	Owl's Roost Rumble Trail Half, Greensboro
4/30 (Sat)	Carolina Brewfest Half, High Point

FEBRUARY BUSINESS MEETING

The February business meeting of the Carolina Godiva Track Club was called to order at 7:05 p.m. on February 9, 2016. The following were present at the meeting: Shauna Griffin (Haberdasher), Tom Griffin (member-at-large), Jess Broglie (President), Anthony Corriveau (Vice President), Ethan Caldwell (Membership), and your scribe, Brandy Burns.

Jess called for officer reports:

- **Haberdashery**: Shauna has ordered 12 additional club shirts for the 40th anniversary.
- **Membership**: Ethan shared several graphs representing the distribution of club membership. His report identified that current total membership is at 433, with the prime age range being 40-60 years old. There are more males in the club than females, with the greatest concentration in the male 50-60 age group. This led the group to touch on a discussion of adding some sort of pub run to our weekly runs, which would provide a draw for a more diverse group of people, which could possibly increase membership. A more detailed discussion of this was deferred to later in the meeting.
- **Newsletter**: Jess Broglie reported for newsletter editor Susie Hansley. A new newsletter editor will be needed as of July 2016. The club discussed alternative options to ease the burden of responsibility on the newsletter editor, including a shared responsibility (e.g. switching responsibility every other month) and a "blog" type newsletter that would require more frequent but minimal editing. Reducing the frequency of the newsletter was briefly touched on, but determined that was not an option. Jess will speak with the current newsletter editor to obtain feedback.
- **Treasurer**: Kevin Nickodem, provided his annual report. There was nothing unusual to note in the report. It was noted that the club brought in about $3000 less with the discount offered to last year's marathon registrants.

Following officer reports, the discussion turned to open business:

- **Pub Run**: The ongoing discussion of membership was addressed and the possibility of a pub run, which was brought up earlier in the meeting, resurfaced. Anthony indicated a good option might be World of Beer, as the location is easy to access for people commuting along 40, there are options of a variety of routes of varying distances, and it appears there are currently no pub runs in that area at this time. It was determined that Monday night would possibly be a good option. Anthony will follow up with World of Beer and report back.
- **Race Support**: Jess provided those present at the meeting a list of races for the year to determine if the club would like to consider sponsorship or participation in an expo. It was determined that there were likely relatively low-cost ways for Godiva information to be incorporated into these races, such as putting something in the race packets. Jess will follow up with the different races to determine levels of sponsorship and exhibitor options.
- **Racery:** Jess inquired if the club might like to continue Racery until we get home. Following discussion, it was determined that if it was not cost prohibitive, there was no reason not to continue.
- **CGTC Running Start (RS) program:** There was discussion about how RS and the club in its current structure does not create a bridge to transition RS participants into full, active, participating members. As there are no scheduled run options for graduates to continue to run with Godiva, most RS participants stop running with the club and don't rejoin upon membership expiration. The RS program has ultimately been carried by one person, who may not be continuing this year, and even if they do, it will be essential to get some additional support in place. The board determined that it would look for a volunteer to head the RS program, but if one is not found that the program will be passed upon this year. Jess and Ethan will send out an email together to seek a volunteer for the program.

(Continued on page 13)

FEBRUARY BUSINESS MEETING MINUTES, CON'T.

- **Umstead Marathon**: All is moving along well. The race has not yet sold out, but it is very close with only five spots left. There was some discussion of how the club may want to address decreasing registration if it becomes a concern in the future, but it was determined at this time there is not enough concern to make any changes.

Meeting adjourned at 8:07 p.m.

—Brandy Burns

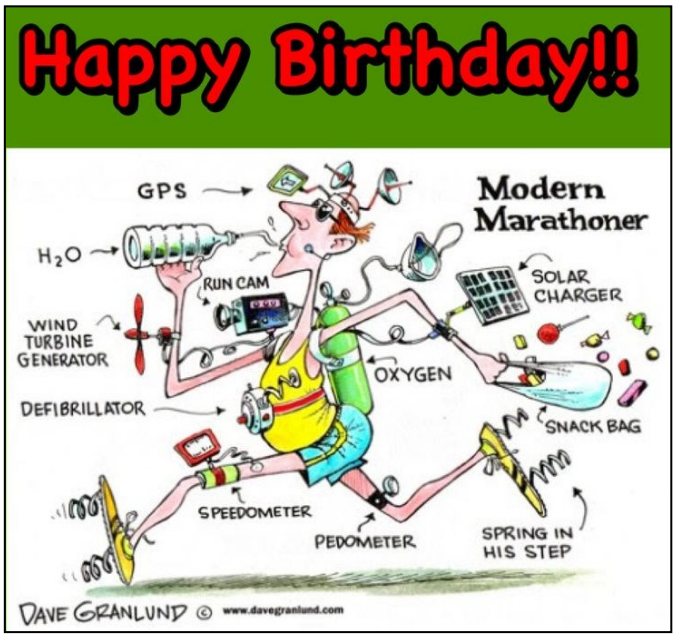
MEMBERSHIP CORNER

Welcome new members!

- Emily Chan
- Edwin Harris

Big Birthdays in March:

- Belle Sousa
- Eeshan Khandekar
- Michael Chrestensen
- Patti Paine
- Donald McDonnell
- Carolyn Crump
- Joanne Piscitelli
- Steve Schewel



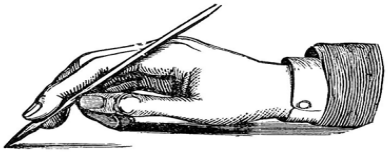
Send any personal notes to membership@carolinagodiva.org for inclusion in next month's Membership Corner.

—Ethan Caldwell

THANKS TO OUR NEWSLETTER CONTRIBUTORS

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

Pete Broglie, Patrick Bruer, Brandy Burns, Ethan Caldwell, Anthony Corriveau, Shauna Griffin, Tom Griffin (no relation to Shauna), Susie Hansley, Barbara Hindenach, Tom Kirby, Megan Sullivan, and Richard Wolfe.



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