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carolina Godiva
TRACK • CLUB
RUNNING SINCE 1975

NEWSLETTER CONTENTS

DEADLINE FOR MAY NEWSLETTER:
APRIL 15TH

SEND SUBMISSIONS TO:
NEWSLETTER@CAROLINAGODIVA.ORG

STRENGTH TRAINING FOR RUNNERS

Thanks to The First Gentleman for filling in last month while I took a brief hiatus to focus on a few work-related tasks.

This month, I interviewed Steve Trotter, owner of RTP Fitness in Durham, about how strength training can improve running performance and prevent injury. The health and fitness club has been home to competitive power lifters and body builders and to young professionals, college students, and retirees "working out to get into/stay in shape" for 40 years. Steve is a lifter and personal trainer who works with both competitive and recreational lifters, giving him an extensive background and knowledge in weightlifting for a broad range of fitness levels and goals.

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1) What are the benefits and risks of strength training for runners?

There are a number of benefits to strength training for runners, and we'll hit on some of the key benefits here:

- **Get faster**. Whether you run moderate distances or marathons, strength training will help you increase your pace. Strength training increases leg strength and therefore your body's ability to use oxygen efficiently (VO2 max). As your VO2 max increases, you'll be able to sustain your pace for a longer time, or be able to increase your pace. In other words, stronger muscles= more efficient muscles=improved ability to use oxygen (VO2 max)=ability to run current pace longer and/or faster.
- **Better kick**. Stronger muscles (especially the fast-twitch muscle fibers developed in strength training) equates to more force off the ground, thereby improving your ability to kick.
- **Prevent injury**. Running injuries are often a result of muscular imbalance: e.g., one leg stronger than the other; imbalance between posterior (hamstrings, glutes) and anterior (quads);

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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

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Master Men	Tim Meigs	tim_meigs@yahoo.com
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
April Club Meeting	Tues. 4/12 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for May Newsletter	Fri., 4/15	Electronic	Email newsletter@carolinagodiva.org
Pine Cone Pacer 5K	Sat., 4/16 8am	Gate 12 at Duke Forest	Page 6; register online
CGTC Spring Banquet 2016	Sat., 6/4 5:30pm	Home of Carolyn Huettel in Durham, NC	Page 6; RSVP online
Durham Bulls Night	Sat., 6/25 6:05pm	Durham Bulls Athletic Park Durham NC	Page 6; reserve your tickets online

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.

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weak calves (shin splints); weak core or lower back (chronic lower back pain, poor/inefficient running posture). Strength training can go a long way toward injury prevention by helping correct muscular weakness and imbalance.

- **Decrease body fat/improve body composition**. As noted above, stronger muscles are more efficient, which leads to the benefits listed. Many runners are concerned about strength training "bulking them up," and a possible loss of running performance. The opposite is true. Running is catabolic and over time degrades muscles, bones, and joints. While strength training is anabolic, the risk of bulking is blunted by the catabolic nature of running. Strength training leaves you with stronger, more efficient muscles, stronger joints, and improved bone density.

As far as risks of strength training, the primary risk is injury as a result of performing strength training exercises incorrectly or with poor form. In addition, if you do have an injury in a certain area, it may be wise to avoid strength training in that area until you are sufficiently healed; once healed, strength training can help prevent re-injury in that area. You are always wise to consult a health professional prior to starting any new training program.

2) What areas and muscle groups have the most impact on a runner's performance?

There are 3 key muscle groups or areas that have a positive impact on running performance:

- **Legs**. For obvious reasons, and as noted above, strong and balanced legs create a more efficient stride, increase your VO2 max/ efficiency, and allow you to maintain pace for a longer period and/or increase your pace.
- **Core**. A strong core will allow you to maintain an efficient stride and posture, and will go a long way to preventing chronic or occasional lower back pain. If your stride is inefficient due to back pain or fatigue, your body will overcompensate in other areas, potentially leading to other injuries.
- **Upper back/shoulder carriage**. Again, maintaining good running posture and form are critical to success. A strong upper back and rear shoulder carriage will enable you to maintain a more upright and therefore more efficient stride, as well as reduce fatigue in your neck and lower back.

3) Are there any exercises or stretches that can prevent injury?

Virtually any exercise, when done correctly, can help prevent injury. There are some key exercises, however, that can help prevent injury by strengthening the legs, core, and upper back/shoulder carriage. Some examples:

- **Squats**. Excellent for quad and core strength, as well as increasing metabolism. This is perhaps the best overall exercise for runners.
- **Glute/ham raises**. This is an outstanding exercise for strengthening the key posterior chain muscles of the hamstrings and glutes, thereby maintaining balance between the anterior (quads) and posterior (hamstrings, glutes).
- **Stiff-legged or Romanian deadlifts.** Both are excellent for developing hamstring strength as well as lower back strength.
- **Barbell or dumbbell rows**. Excellent for developing upper back strength, rear shoulder carriage strength, and core strength.
- **Pullups or lat pulldowns**. Same as above.
- **Bent-over dumbbell raises and face-pulls**. Excellent for upper back and rear shoulder strength

There are more, but these are a great start and will have an immediate positive impact.

As for stretching, there are a number of dynamic and static stretches that are key for injury prevention in runners. A key point here is to make sure to minimize static stretching of a cold muscle prior to

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running or exercise. Some good dynamic pre-run stretches include:

- **Leg swings**. Side to side, front to back, 20 each per leg.
- **Walking lunges**. Be sure to do these slow and controlled, and try not to let your knee go past your foot in the down position.
- **High knee leg hops**. Again, 20 per side.

Static stretches post run or post workout:

- **Kneeling hip flexor stretch**
- **Hurdler's stretch** for hamstring
- **Standing quad stretch**
- **Standing calf stretch**

Again, there are many more effective stretches, but starting with these will put you on the right track.

4) What is a typical strength training routine for a runner?

This is a big question, and I'm not sure I can do it justice while keeping it brief enough for your club newsletter. But this might be a good follow-up topic for a subsequent newsletter.

5) Should the routine vary with training volume/ weekly mileage?

To a large extent this is personal preference, but generally speaking, the off-season is a great time to really work on your strength training. Then, as the season progresses and volume/racing increases, adjust your program to maintain your strength improvements. You shouldn't stop your program altogether, because just as with running, if you don't do it or cut it out altogether, you will lose your hard-won improvements. That said, many runners find it beneficial to try to improve their strength year around. Of course, too much of anything is not a good thing; this is where a good trainer or knowledgeable gym staff can be a tremendous help.

6) Should runners skip "leg day" (a workout focused on the muscle groups in the legs)?

Absolutely not! As noted previously, the benefits to a runner of strong and balanced legs cannot be overstated. It may not be a good idea to train your legs following a long or hard run, but it is never a good idea to skip your leg training altogether.

7) Is it true that strength training leads to "bulking up"?

Not at all. As I noted previously (*see question one above)*, the risk of bulking from strength training is blunted by the catabolic nature of running.

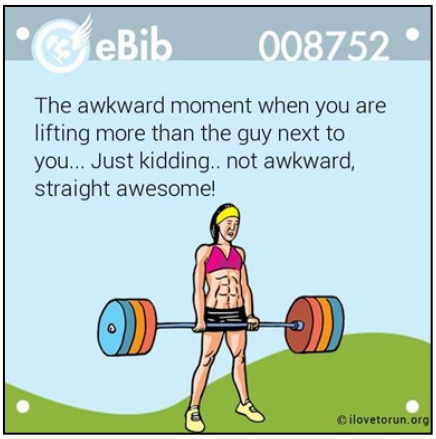
8) Should an injured runner stay out of the gym?

To a large extent, this depends on the nature of the injury, and of course common sense. If you are in a cast or are on crutches, you probably won't be able to train anyway.

However, if you have a leg injury, for example, that does not prevent you from performing upper body work, you should certainly train your upper body. Conversely, if you have an upper body injury that does not prevent you from training your legs, you should continue to train your legs.

As always, you should consult a medical professional to make sure that any exercise program is safe and healthy.

—Jess Broglie



Messing with a Powerlifter 101

ANNOUNCEMENTS

Duke Forest Pine Cone Pacer 5K Run/Walk

Saturday, April 16, 2016

Race starts at 8:00 am
Check-in occurs 7:15 – 7:45 am

Sponsored by Carolina Godiva Track Club

Join us Saturday, April 16th for a 5K along the scenic trails of Duke Forest. Monies raised through this event directly support Duke Forest.

- Pre-registration is $25 and guarantees you a freshly designed, properly sized T-shirt!
- Pre-registration closes at the end of the day on **Thursday, April 7th**.
- Day-of registration is $35 and T-shirts and sizes cannot be guaranteed.

For more information and to pre-register, visit the Pine Cone Pacer website.

—Doug Hensel

CGTC's Globetrotting Continues on Racery.com

The CGTC Racery.com team continues to log miles across the globe. 72 Godiva folks have been logging their miles since January 1st to see how long it will take the team to run across the globe.

The total distance to run across the globe is 33,641.9 miles. As of press time, 19,218.5 miles were logged, with the team avatar currently located in Burundi and headed toward the Republic of Congo. After Africa, we cross the Atlantic into South America, then up the Caribbean and back to North America and Durham, NC!

Head over to the CGTC website to read more, and sign up here to add your miles and bring the team home.

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

CGTC Night at The Bulls

Saturday, June 25, 2016

Join us on June 25th for some Bulls baseball. Doug Hensel has reserved 40 seats for the Durham Bulls vs. the Lehigh Valley IronPigs game in Section 212.

Tickets are $10 each, and are available on a first-come, first-serve basis. Game time is 6:35 PM, meet-up time is 6:05 PM. Stay for fireworks after the game!

For all the details, including price and how to reserve your seat, visit the Godiva website.

—Doug Hensel

CGTC Annual Spring Banquet

Saturday, June 4, 2016

All Godivans, along with spouses, significant others, and children, are invited to the Annual Spring Banquet!

Where: At the home of Carolyn Huettel

Time: 5:30pm-8:30pm

Dinner: Mediterranean Deli.

Awards: Male and Female Runner of the Year, Volunteer of the Year, Summer Track Ironman Trophies, Grand Prix Awards, Cross Country Series Awards, Coveted Winter Series Shirts

Cost: $10 adults, $5 children 12 and under

Click for more details and to RSVP

—Anthony Corriveau

UMSTEAD MARATHON RECAP

There are many traditions around the number 13. Some consider it lucky, some consider it unlucky. For the 13th Annual Umstead Marathon, I think it is safe to say we hit the jackpot. After the disappointing events of last year, when poor weather caused the cancellation of the 12th annual Umstead Marathon, it was good to have all of the pieces fall into place for our 13th.

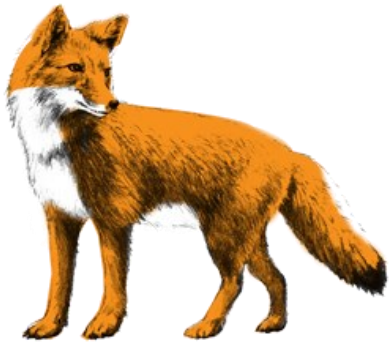
A collective sigh of relief was heard from the Umstead Marathon committee as the weather forecast showed ideal weather conditions. It was slightly chilly for the volunteers, but perfect for the runners. Although some rain fell during the week, conditions inside the park were decent. Weather destiny!

The Umstead Park staff deserves a heartfelt thank you. Without their efforts on Friday and Saturday, the Umstead Marathon would not be possible.

This year there were 173 finishers. Erik Johnson was the overall male winner in a time of 3:00:24. Lorraine Young was the overall female winner (and defending 2014 female winner) in a time of 3:20:02. Congratulations to all of the Umstead Marathon finishers. There is nothing easy about this course, so making it to the finish line is a great accomplishment.

The race raises money for Carolina Godiva Track Club and also for the Umstead Coalition. The Umstead Coalition is dedicated to the appreciation, use, and preservation of the William B. Umstead State Park. This year, the donation to the Umstead Coalition will be used to reroute one of the most dreaded sections of the Umstead Marathon, Cedar Ridge. For those not familiar with Cedar Ridge, it comes towards the end of the Marathon, and includes a nasty hill. People may be smiling and joking on the way down, but on the return there is grimacing. Will the reroute improve the course ? Only time will tell.

Our title sponsor was once again Great Outdoor Provision Inc. They have been sponsors of the Umstead Marathon since the first year. They provide many benefits to us, including a location for packet stuffing, packet pickup, and coordination with other vendors who are Marathon sponsors of in-kind donations. Other generous sponsors of the Umstead Marathon include Bull City Running Co., Inside Out Sports, and Omega Sports.



This year's Umstead Marathon Mascot

Many races are turning away from providing a physical race packet, but not the Umstead Marathon. Some of our favorite past sponsors returned: NipEAZE, Honey Stinger, Roots Hummus, Moe's, and SmartWool. This year we also had some new sponsors for the race packet: KIND Snacks, Videri Chocolate Factory, and Gizmo Brew Works. Many thanks to all our sponsors for supporting the race.

One unique feature of the Umstead Marathon is every finisher has an opportunity to walk away with a door prize. Several generous companies provide these door prizes. Contributions to the door prize pool come from the vendors already mentioned. Other contributions come from Polar Bottle, SL3S, Umstead Coalition, Carolina Godiva Track Club, Lifestraw, and Brigs At the Park.

Dana Thompson of Blue Iris Massage provided massage services to the Umstead Marathon this year. Shirt design and glassware design was done by Marc Harkness of Harkness Designs and by Dennis Geiser.

The dedicated team that organized this event for 2016 was:

- **Aline Lloyd**—Lodge
- **Brian Tajlili**—Budget, Umstead Park Liaison and Emergency (EMS, mountain bikers, etc.)
- **Aimée Bazin** —Overall Volunteer coordinator
- **Theresa Hoke** —Aid Station Volunteer coordinator

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UMSTEAD MARATHON RECAP, CON'T.

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- **Denise Larson**—Registration/Packet Pickup, Finish Line Timing and Committee Lead
- **Dennis Geiser**—Handmade Awards, Finish Line runner care
- **Doug Hensel**—Webmaster, runner communication
- **Jeff Hall**—Sponsors and Shirts
- **Jim Clabuesch**—Course
- **Karen Murphy**—Registration logistics and Runner communication
- **Carolyn Huettel**—Aid Station Logistics, Setup and Tear Down
- **Jennifer Browndorf**—Parking

One of the most consistent comments from the runners is the praise given to the volunteers. For anyone who organizes anything, a willing group of volunteers is needed. We are fortunate to have so many people in the community who believe in our race and want to help. Thank you for giving up your Saturday to spend time with us.

When the Umstead Marathon started 13 years ago, we were one of the only games in town. The growing interest in long distance has increased the opportunities available for runners across the state. It is wonderful that interest is still high. Our race reminds me of the story of Goldilocks and the Three Bears. It is not a pavement pounding road race, nor is it an overly technical trail race. There is plenty of variety for everyone, so this one is just right.

—Doug Hensel

THANKS TO OUR UMSTEAD VOLUNTEERS

Aid Station

Jen Arnold
Melissa Lee
Scott Salger
Jennette Thompson
Katie Biasi
Michael Biasi
Gordon Keeler
Irene Rusnak
Halle Amick
Tony Bennett
Emily Chan
Patricia Croaker
George Rollins
Allison Alston
Alana Pavuk
Chuck Blatchley
Nancy Murphy
Jim Murphy
Mo Percy
Matthew Carmody
Jim Cunningham
LR Cunningham
Sarah Filiatraut
Michael Brooks

Biker Support

Karen Terry
Dave Campbell
Bill Bass
Larry Rothman
Al Sternberg
Carolyn Vincent
Doug Bradley
Christopher Boyce
Tim Jensen

Course Setup

Scott Schoedler
Scott Lynch
Ken Browndorf

Finisher Support

Lisa Beck
Andrew Blankemeyer
Julie Messina
Catherine Rege
Barbara Walton
Joseph Walton
Bob DeMaine
Kelly Lane
Richard Laxar
Kristine Pryzgoda

Lodge

João Correia
Aimée Bazin
Nyah Davis
Carl Priddy

Monitor

Paul Wormsbecher
Avery Cheves
Christopher Gould
Carrie Hughston
Shawn Harris
Mark Greenhalgh
John Markham
Erin Hensel
Joanna Pomilio
Brian Doherty
Ying So
Bobbie Smythe
Robert Norris
William Harris
Jess Broglie
Stephen Fraser
Becky Trumbull
Paul Eppers

Packet Pickup

Denise Larson
Junghee Lim
Elizabeth McCabe
Sylvana Smith

Parking

Lisa Feutz
Paul Naylor
Bob McCarter
David Talarico
Tim Mock
Beth Steffens
Kevin Rumsey
Arvind Balaraman
Jenny Boyce
David Cromer
Janet Cromer
Philip Lorang

Results and Finish Line

Christine Stachowicz
Jason LeDoyen
Kevin Nickodem
Heather Sherrard
Robin Bradley
Barbara Hindenach
Tom Kirby

RUNNING START 2016 UPDATE

Running Start is a program for new and returning runners that uses a structured, progressive series of run-walk workouts to prepare participants to successfully complete a 5K run. The program has produced hundreds of alumni over many years.

The club has been fortunate to have volunteer leaders to organize the training sessions and lead multiple pace groups at different venues through the western Triangle in past years. Unfortunately, we do not have the volunteer leadership available to offer the 2016 Running Start program in its traditional format.

However, we refuse to let a resourcing issue stand in our way! So, while the full program won't be offered this season, we are publishing our coveted and proven-to-be-successful run-walk training schedule to encourage both new and returning runners to adopt the program into their self-coached workouts this spring and to target an upcoming Saturday morning Durham parkrun as a goal race for showing off all their hard work! Participants who don't want to train alone are welcome to train with other runners at the club's weekly runs.

Godiva offers a year round calendar of events perfect for beginning runners, including informal track meets, cross country and trail runs, and social events for runners of all ages and abilities. You're invited to join our Facebook group and get on our listserv.

Continue checking in on our website to keep up with what's happening in the club. You're always welcome to join us!

—Patrick Bruer

Download a PDF of the Training Schedule

HARD CLIMB HILL RECAP

Hard Climb Hill 2016 is history and with it the 2015-2016 Winter Series. The weather was chilly and there was a light mist toward the end. Perfect weather for running. We had a total of 67 runners tackle the hills of the Duke Forest along the New Hope Creek.

Of the runners, 18 ran the 3-mile course, 19 did the 7-mile course, and 30 tackled Hard Climb Hill twice on the 10-mile course. Of the 67 runners, 37 had signed up for the entire Winter Series, while 30 were on-site registrations. Eight females and ten males ran the 3-mile course, six females and 13 males ran the 7-mile course, and nine females and 21 males completed the 10-mile course. The youngest runners were ten years old (two females), while the oldest was 77.

Some new things (apparently from feedback I got): mile splits were marked and chocolate was awarded to the three finishers of each sex in each distance. Thanks for your feedback.

Many thanks go to the 21 volunteers. Without dedicated volunteers, it would be impossible to hold events like this. The volunteers jumped in and started on their assigned duties with virtually no guidance from me – it's great to have self-starters helping – makes my job so much easier. So thanks go out to Halle Amick, Aimée Bazin, Brandy Burns, Rietta Couper, Janet Cromer, Kevin Gauger, Doug Gimlin, Bill Hansley, Bill Harris, Susie Hansley, Laura Heyneman, Barbara Hindenach, John Jewel, Angela (Pat) King-Herbert, Kevin McCabe, Julie Messina, Kevin Nickodem, Carol Scheible, Elizabeth Schuler, Sara Sousa, and Richard Wolfe.

I welcome any suggestions for improvement. You can send your suggestions to tjgriffin2ATearthlink.net.

And now, on to Summer Track!

—Tom Griffin, Race Director

HARD CLIMB HILL RESULTS

	Time	Sex	Age	Name
3-MILER				
1	22:32	M	53	Kevin Rumsey
2	22:46	M	36	Bryan Hassin
3	22:59	M	33	Jim P. Cunningham
4	25:54	M	46	Heiko Rath
5	25:56	M	69	David Cromer
6	27:10	F	30	Jacinta McGlone
7	27:28	F	54	Alison Gracey
8	27:50	M	63	Ray Dooley
9	28:37	F	36	Kaye-Lani Laughna
10	28:37	F	26	Jessica Delgehausen
11	29:07	M	39	Michael Formy-Duval
12	30:04	M	31	Kate Ramsdell
13	33:00	M	64	Alfred Kleinhammes
14	33:26	F	38	Rachel Cotter
15	45:25	F	10	Fiona Wolfe-Roberts
16	49:35	F	10	Belle Sousa
17	49:46	F	46	Susie Hansley
18	49:49	M	46	Greg Sousa
7-MILER				
1	45:40	M	51	Jim Clabuesch
2	50:56	M	26	John Cheadle
3	54:03	F	31	Jess Broglie
4	55:08	M	32	Matthew "Moose" Marum
5	56:28	M	38	Josh Higgins
6	56:36	M	47	John Haws
7	1:00:23	M	45	Joseph Drommer
8	1:01:08	F	42	Heather Ladd
9	1:02:52	F	44	Tina Clossick
10	1:03:26	M	64	Tim O'Brien
11	1:05:30	M	54	Paul Wormsbecher
12	1:09:21	M	43	William Schmitz
13	1:10:51	M	69	Richard Laxar
14	1:13:12	M		Joao Correia
15	1:14:22	M	71	Jim Cunningham
16	1:15:12	F	27	L R Cunningham
17	1:16:12	M	68	Jim Hotelling
18	1:19:32	F	53	Carol Scheible
19	1:22:46	F	35	Erin Hensel

	Time	Sex	Age	Name
10-MILER				
1	1:09:19	M	44	Aaron Kramer
2	1:12:00	M	56	Mike Kelley
3	1:13:04	M	46	Alan Kelly
4	1:13:46	M	41	Ronnie Weed
5	1:14:16	M	35	Michael Klingensmith
6	1:16:12	M	35	Kevin McCabe
7	1:17:21	M	51	John Lloyd
8	1:17:33	M	46	Stephen Erickson
9	1:20:38	M	32	Paxton Ramsdell
10	1:22:38	F	45	Candy Herrick
11	1:23:33	M	57	Patrick Bruer
12	1:24:28	M	42	Kevin Gauger
13	1:26:13	M	41	Chris Boyce
14	1:26:34	F	37	Karen Murphy
15	1:27:43	M	72	Chris Gould
16	1:28:44	M	47	Chris Selvaggi
17	1:31:02	M	46	Soren Windram
18	1:35:20	M	59	Bob Wallace
19	1:37:49	M	49	Jeff Wald
20	1:38:79	M	68	Paul Bloom
21	1:39:26	M	62	Tom Kirby
22	1:39:57	F	55	Denise Larsen
23	1:39:57	F	51	Carolyn Huettel
24	1:45:19	F	35	Melinda Beaver
25	1:46:21	M	40	Bill Harris
26	1:51:12	M	77	Jerry Surh
27	1:52:25	F	42	Jenny Boyce
28	1:52:25	F	40	Brandy Burns
29	1:55:00	F	33	Aimée Bazin
30	2:00:01	F	64	Barbara Hindenach

Race Date: Saturday, March 20, 2016
Results provided by Tom Griffin

Winter Series Results

Click here to find out whether you earned 5 points for the Winter Series and will be receiving an Incredibly Beautiful Shirt at the Annual Banquet on June 4th!

@ THE RACES

Los Angeles Marathon
February 14, 2016

Shannon Johnstone	3:54:38	
Joel Johnstone	3:54:38	

Charlotte 10 Miler
February 20, 2016

Jon Hunter	1:15:57	

Race 13.1
Wilmington, NC February 21, 2016

Gordon Keeler	1:53:56	3rd M 60 - 64

Gator Trail 50K
Lake Waccamaw, NC February 27, 2016

John Hunter	4:38:05	

ZTA Franklin 5K
Chapel Hill, NC February 27, 2016

Grace Drewry	34:01	

St Paul Village 5K
Chapel Hill March 05, 2016

Allen Baddour	15:56	1st M Overall

Umstead Trail Marathon
Raleigh, NC March 05, 2016

Jeff Hall	3:23:49	6th M Overall
Ronnie Weed	3:27:28	7th M Overall
Kevin McCabe	3:33:28	8th M Overall
Dudley Dooright	3:36:35	1st Dog Overall
Anthony Corriveau	3:36:36	
Shannon Johnstone	3:40:38	2nd F Overall
David Couper	3:49:38	
Jon Hunter	4:01:59	
Megan Sullivan	4:14:34	9th F Overall
Martin Leivers	4:16:21	
Katherine Baer	4:17:52	11th F Overall
Rietta Couper	4:21:00	14th F Overall
Alan Schumacher	4:32:00	
Kevin Gauger	4:34:47	
Tim Dodge	4:37:04	
Ethan Caldwell	4:43:29	
Jeff Wald	4:45:09	
James Lewis	4:59:40	
Victoria Kendra	5:01:22	
Heiko Rath	5:14:36	
Brandy Burns	5:23:45	

Myrtle Beach 1/2 Marathon
March 05, 2016

Tom Arnel	2:23:32	

Get Your Rear in Gear 5K
Raleigh, NC March 05, 2016

Brian Palmer	59:33	

Florence Forth
Durham, NC March 05, 2016

10K

Tim Meigs	34:03	1st M Master
Colin Jones	35:30	2nd M Master
Mike Kelley	39:42	1st M 55 - 59
Ravi Jhaveri	47:08	
Bob Wallace	50:52	
Rick Brown	52:51	
Dana Hornkohl	53:02	
Brianna Honea	55:55	
Anita Hunt	1:05:14	
Carol Walton	1:10:19	3rd F 60 - 64
Rochelle White	1:11:38	
Margaret McCann	1:34:13	1st F 65 - 69

5K

John Wood	24:31	1st M 60 - 64
Becky Trumbull	24:44	1st F 55 - 59
Craig Gilbert	24:50	3rd M 55 - 59
Caren Mangarelli	28:52	
Rajan Jhaveri	28:53	
Julie Dodge	31:54	
Grayson Dodge	31:54	
Lucas Dodge	32:57	
Milo Fryling	37:16	
Karen Brown	39:59	
Patti Paine	41:46	
Susie Hansley	42:55	
Carolyn Penn	45:48	
Belle Sousa	58:09	
Abraham Sousa	58:20	
Sara Sousa	59:00	
Greg Sousa	1:03:34	
David Sousa	1:05:25	

Anton Paar 5K
Atlanta, GA March 08, 2016

William Harris	27:55	

Sola Hot Mini 5K
Raleigh, NC March 12, 2016

James Gerdts	23:03	
Laree Johnson	30:40	
Jamie Gerdts	46:12	

Ellerbe Marathon
Cary, NC March 12, 2016

Kevin McCabe	3:48:26	3rd M 30 - 39

Tobacco Road Marathon & Half Marathon
Cary, NC March 13, 2016

Marathon

Allen Baddour	2:49:50	
1st Overall USATF State Marathon Champion		
Andrew Scribner	3:22:34	

(Continued on page 12)

@THE RACES, CON'T.

(Continued from page 11)

Tobacco Road Marathon (Continued)

Rick Brown	3:42:00	
Chris Gould	3:54:46	1st M 70 - 74
Jon Hunter	3:57:49	
Joao Correia	4:41:04	
Reikan Lin	4:56:50	
Kevin McCabe	6:02:11	
Elizabeth McCabe	6:02:11	

Half Marathon

Lyda Cruden	1:37:03	2nd F Master
Matt Marum	1:41:01	
Douglas Hensel	1:41:11	
Paul Bloom	2:02:38	
Frank Rexford	2:10:51	
Stephen Schloss	2:35:35	
Sarah Jones	2:36:32	

NC House District 93
Ashe/Watagua Counties, NC **March 15, 2016**

Lew Hendricks	2594	2nd R Overall

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

RACE CALENDAR

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

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

MEMBERSHIP CORNER

- **Bill Beard** and **Julie Horton** celebrate 15 years with the club.
- **Halle Amick** and **Elvis Borders** both have 10 years with the club.
- Welcome new members **Greg Runyon** and **Crawford Cutts.**
- Big Birthdays in April: **Clara Kempter, Michael Formy-Duval, Adina Mele, Owen Astrachan,** and **Alfred Kleinhammes.**
- Congratulations **Bart** and **Elizabeth Bechard** on the birth of two new club members, **Emilia** and **Milo**.

Passing of former Godiva member Ed Darken

From Owen Astrachan:

"Ed Darken, [Godiva] runner of the year in 1986 and long time Godivan, though not recently, succumbed to a recent bout of cancer. He and I were often mistaken for brothers, though Ed was much faster!" Ed's obituary can be found here.

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

—Ethan Caldwell

MARCH BUSINESS MEETING

The March Business Meeting of the Carolina Godiva Track Club was called to order at 7:05 p.m. Present: Tom Griffin (member at large), Patrick Bruer (webmaster), Susie Hansley (newsletter editor), Jess Broglie (president), Anthony Corriveau, Ethan Caldwell, Jamie Lewis (past president)

Officers' Reports

President Jess Broglie first called on the officers to give their reports.

Haberdasher Shauna Griffin was unable to attend the meeting due to an alternative commitment, but provided Jess with an update prior to the meeting. The only activity over the month has been the ongoing effort to distribute the 40th anniversary shirts.

Membershipper Ethan Caldwell reported that our membership numbers are down 11 from last month, with current membership standing at 422. He did note that there are some renewals that have yet to be entered. Ethan also reported that 60 members will expiring in May and many of those are related to Running Start.

Newsletter editor Susie Hansley communicated to those present regarding the newsletter. Susie indicated that Doug Hensel, a member of the Umstead Marathon Committee, will be doing a write-up on the marathon for the newsletter. Due to Hard Climb Hill falling after the deadline for the April issue, the write up for that race will be completed by new race director, Tom Griffin, for the May issue.

Susie inquired to Ethan if he would be willing, in addition to lovely membership corner, to do a brief blurb in each issue highlighting a member each month. Ethan indicated that he felt other life commitments would interfere with his ability to give this the attention it would need at this time, but he will consider it in the future.

Susie updated the board on her resignation, sharing that at this time she is not fully committed one way or the other. She did share some of her reasons/ concerns, stating that the biggest difficulty is doing running stats. There was some discussion about additional supports that could be provided to the editor that may make the role less frustrating and time consuming. Thoughts presented included learning how to incorporate different formats into the newsletter, use of different program such as google docs, email marketing tools such as iContact.

Patrick reported that the online newsletter gets 110-140 unique clicks each month, out of 350-400 emails sent out. About 1/3 of them are making one click. Patrick did indicate that there are a log of deliverability issues with the current format and that the analytics show that the newsletter isn't as effective as it needs to be. Jess and Anthony both agreed that it's time to look at a different format.

The idea of a different online format was once again discussed. One format discussed was to send very simple html email with links. Patrick shared that he really likes the look of the iContact product, but mails originating from iContact going to Gmail accounts are automatically steered away from primary inbox.

Patrick, Susie, and Anthony proceeded with a technical discussion regarding internet and email formats. Anthony stated that sending from one's own server would be better than using a bulk service like iContact. Susie disagreed, noting that trying to send from a private server is not effective because mail servers have to develop a reputation with an email provider, whereas bulk senders have established sender reputations that help get emails into the inbox.

It was determined that in the near future, Susie will offer a trial run showing the board two versions of the newletter (one in the current PDF format, one in iContact) to compare and then the board can discuss whether the new format will work. Susie indicated she will update the board when she is in a position where she is able to do the two versions.

Treasurer Kevin Nickodem was unable to attend the meeting due to work commitments, but his monthly report was distributed and he shared via email that financially the club remains stable. He did share that there are no numbers for Umstead yet, but the race did sell out again this year.

(Continued on page 14)

FEBRUARY BUSINESS MEETING MINUTES, CON'T.

Webmaster Patrick Bruer shared that he renewed the site's web hosting for another year. He also reported that the site's contact management software has been updated, resulting in a lot of issues. He expressed that he has been thinking about changing to Wordpress, which has good add-ons, plugins for iContact, and can also send out messages to social media in addition to enabling a process that more tightly integrates with PayPal. Also, should Patrick ever decide to leave his role as webmaster, it would be easier to find someone familiar with Wordpress than with the current system. Anthony offered to provide Patrick with assistance, as he is very familiar with website stuff and Wordpress.

Old Business

The previous meeting agenda item regarding **Godiva promoting the club at local races to increase new membership** was brought to the table. Jess reported that this shall be on hold until the dust settles on Umstead. Once everything is wrapped up from Umstead, Jess will reach out to Kevin to see what the budget holds, and then have discussions about time, energy, etc.

Jess updated the group on **Racery**. With a $25 one-time fee, Racery is allowing Godivans to race until we get home (complete our around-the-world race). Jess reported that she was contacted by a rep at Racery, who inquired about future events and charging each racer. The consensus of the Board was that this would not be an option to be entertained.

Anthony updated the Board on progress of coordinating a **pub run**. Anthony reported that he did scope out and plot out different length runs. There are many options for different routes and distances as well as starting points. It was verified that Monday is the best night for a club pub run. Anthony will have more solid information by the next meeting.

It was decided that the Club will officially not be doing **Running Start** this year. It was left open to reintroduce the program next year. There was some discussion on how the Club could make the program less burdensome on the primary coordinator as well as less volunteer heavy. Discussion included having one location instead of multiple locations, have one RS run a week and incorporate more education in regards each runner creating a schedule. The running schedule will be published online. Patrick will do the website info, will email last year's registrants, and will post on a Facebook group.

Race Director Tom Griffin reported that **Hard Climb Hill** is scheduled for 3/20. The response for volunteers has been minimal, so an announcement was made on Facebook and an email was sent out. Several people in the meeting offered to help. Ethan reported that a medical volunteer for the race has been recruited.

New Business

Anthony updated the group on the **Spring Banquet**. Carolyn Huettel was unable to host it on the club's preferred dates, but she provided alternative dates. The Board confirmed a date of June 4th.

Jess inquired if there was any other business to discuss. Ethan enthusiastically shared that **the Umstead Marathon was awesome.**

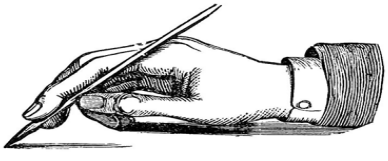
Meeting adjourned at 8:04 p.m.

—Brandy Burns

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the April 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, Brandy Burns, Ethan Caldwell, Anthony Corriveau, Shauna Griffin, Tom Griffin, Susie Hansley, and Doug Hensel.



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