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RUNNING SINCE 1975

NEWSLETTER CONTENTS

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PRESIDENT'S COLUMN

Behind every runner is a race supporter who helps that runner succeed on race day. This month's column takes a light-hearted look at how that day transpires for both the runner and the supporter (in this case, me and my husband, Pete).

4:30 AM
Jess: It's way too early—why am I up this early? Oh yeah, race day.
Pete: What the…? Aw crap, I have to get up too...

4:35 AM
Pete: Seriously…I really need to get up….go, go gadget legs…nope that didn't work…

5:00 AM
Pete: Ok, put the car into drive, I know it's early but we can drive… probably…

6:00 AM
Jess: What if I forget how to run? What if I PR? I don't want to run this race anymore…

6:01 AM
Pete: Good lord, is she seriously asking me if she might forget how to run?

6:30 AM
Pete: Ok, she's out of the car and on her way to the starting line… time to read my….ZZZZZZZ...

7:00 AM (race start)
Jess: Here we go! Oh, just kid-ding…

7:02 AM (crossing time pad)
Jess: Ok, NOW here we go…

(Continued on page 2)

PRESIDENT'S COLUMN, CON'T.

(continued from page 1)

7:15 AM
Jess: Ok, time to settle in. Stay with the pacer, and you got this!

7:45 AM
Jess: Left foot, right foot. Left foot, right foot…
Pete: Thank God I set the alarm on my cell…ok, off to start walking to the halfway point to give her the waffles…

8:15 AM (a mile later)
Pete: Whew, who's doing this race—me or her? I am way too out of shape for this…

8:20 AM (what feels like a mile later)
Pete: ...I love my wife, I love my wife, I love my wife, I love my wife….

8:30 AM (what feels like 10 miles later)
Pete: ….I REALLY love my wife, I REALLY love my wife, I REALLY love my wife...

8:40 AM
Pete: Ok, I'm here…where is she… oh, crap, did I miss her? No, dude, stop talking to me, I don't care who you are looking for or how happy you are, do you not realize the world of hurt I will be in if I don't get these waffles to the right person???

8:45 AM (13.1 miles)
Jess: Wow, 13.1 already? Ok, time to start looking for Pete. Pete? Nope, not Pete—crap! Where's my husband? Can I do this without any more waffles?!

8:47 AM
Jess: Oh, there he is! Phew, crisis averted. Yay waffles!

Pete: BROGLIE!!!!! Start running, pretend you are not jiggling while running…ok, she's got the waffles. She's good to go….Phase 1 complete of operation "Get Jess Across the Finish Line and Back in Bed So I Can Play Video Games." I really need a better name for this…

9:00 AM
Jess: [to the tune of the Pepperidge Farms Goldfish ad] I love waffles 'cause they're so delicious, I love waffles! I could eat them every day…
Pete: C'mon, I know I have to walk back to the finish line, but this is ridiculous...any chance the cops will give me a ride? Probably not….

9:15 AM
Pete: Ok, back at the car, seriously going to read now…ok page… ZZZZZZZ....

9:40 AM (20 miles)
Jess: [running a series of hills] This is just awful – how much did I pay for this again?

10:00 AM
Jess: [hearing the crowd at the finish line] Ok, the finish line is right there. Stand up and one foot in front of the other!
Pete: AHHHH WHY DID I FALL ASLEEP AGAIN!!!??!

10:15 AM
Pete: Ok, at the finish line...now to find a spot so I can see her while protecting the giant bag I have to carry…

10:17 AM
Pete: I'm sorry you got elbowed, but you were in the way….Come at me, bro, I've been up since 5 and am in no mood….Are you a tiny redhead that is running this race? No? Then out of my face!

10:42 AM (26.2 miles)
Jess: Mission accomplished! I am awesome!
Pete: BROGLIE!!! Yay, you finished, let's get you sitting so you are not in as much pain…yes you are great, I'm so happy for you…and wow, you sweat…a LOT…

10:44 AM
Jess: Shut up hamstrings—I'm eating my banana! My husband's pretty awesome for putting up with this again. I should buy him something….oh, look, cookies!
Pete: Ok, let's get some ice…tape it around the legs to get the hammies nice and cool.

11:00 AM
Pete: Back in the car, Phase 2 complete of operation "Get Jess Across the Finish Line and Back in Bed So I Can Play Video Games." Now to get out of this parking lot and we should be good to go...

11:55 AM
Pete: And we are home…she ran a great race, food was delivered, no one was late, and I couldn't be prouder of my wife…mission accomplished!
Jess: Is Pete playing "Call of…" ZZZZZ……

—Jess Broglie

EDITOR'S COLUMN

Summer track and a new weekly run at the Cary Ruckus near my work have begun, motivating me to get back into running and get fit. Some of you have seen me panting my way around the track or down Weston Parkway; many of you have said hi to me and cheered me on. I appreciate it!

These running opportunities could not have come at a better time. I've been stymied in my running all spring due to bursitis of the knee, so I'm looking for a way to get back into running. A weekly dose of easily accessible Monday-night runs and summer track's promise of an Ironman trophy if I show up and do 36 events are good incentives for me.

The bursitis is not the whole story. Every year, I set a goal to run throughout the year. Every year, after I train up for and complete my event, I stop running. So it is that every year, I begin at ground 0: shuffling intervals of 30 seconds of running/1 minute of walking in my attempt to rebuild my running base.

I don't know why I stop training once I complete my event (typically a 1/2-marathon road race; anything shorter and I'll blow off training). It may be that I need to have a subsequent event within six months for me to train for (e.g., one spring and one fall race). It might also be travel disruptions. After training up for and running the Raleigh Rock 'n Roll Half and Tar Heel 10-Miler last spring, I kept up my running until Labor Day weekend, whence commenced a three-week trip. Upon my return, I'd lost the running habit.

The instinct to run regularly doesn't come naturally to me, as I imagine it does for most of you. Or am I wrong? Why do you run, and what motivates you to keep doing it? What challenges do you face in keeping the habit, and how do you deal with those challenges?

Email me your thoughts, or grab me at summer track or at the CGTC Cary Ruckus run and let me know. And, if it's ok with you, I will compile your insights into the August Editor's Column.

—Susie Hansley

ANNOUNCEMENTS

CGTC Annual Spring Banquet

Saturday, June 4, 2016

By the time this newsletter is released on or around June 1st, the food from the Mediterranean Deli will have been ordered, the awards for runners and volunteer of the year will be ready to pick up, and anticipation will be high from members looking forward to another wonderful Godiva Spring Banquet.

If you forgot to RSVP and would like to come, please contact VP Anthony Corriveau; he may be able to fit you in (bribery may be required).

Godiva Racery Team is Almost Home!

The now-74-person CGTC Racery.com team (yay for the two people who signed up in the past month!) is getting close to home!

As of publication time, the team is in the Caribbean (wouldn't it be nice if we were actually there?). All that's left is cutting up into North America via Florida, then up to Durham, NC!

Want to be part of it and help bring the team home? It's not too late to chip in a few miles to the cause and help the team get home. You don't have to be fast; you just have to move and track your miles.

Head over to the CGTC website to read more, and sign up here to join the team and add your miles. Contact Jess Broglie with any questions.

CGTC Night at The Bulls

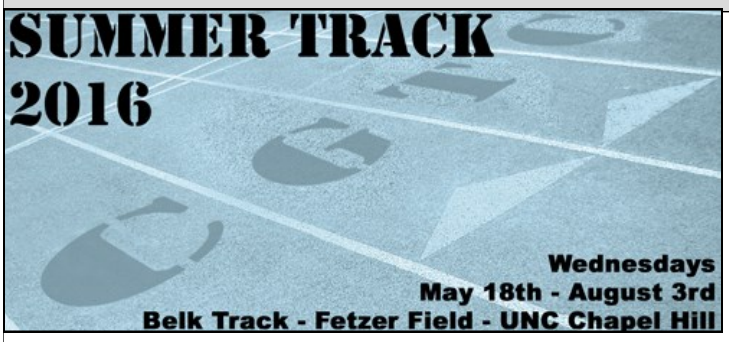
Saturday, June 25, 2016

CGTC has reserved 40 seats for the Durham Bulls vs. the Lehigh Valley IronPigs game in Section 212. Game time is 6:35 p.m., meet-up time is 6:05 p.m. Stay for fireworks after the game!

Tickets are $10 each, and are available on a first-come, first-served basis. For all the details, including price and how to reserve your seat, visit the Godiva website. **The RSVP deadline is Sunday, June 5th**.

—Doug Hensel

SUMMER TRACK SERIES



The 2016 edition of Godiva's popular **Summer Track Series** has begun! These all-comers meets take place at the UNC-Chapel Hill track facility, beginning at 7:00 p.m. The final night of the series will be August 3rd.

This year's Midsummer Madness meet on July 20th will be themed "Glory Days." For that evening's theme, a board will be posted where people can write their all-time favorite PR. Sadly, the Boss will not make an appearance at this event, but we can hum the song as we run.

All meets begin at 7:00 p.m. sharp, rain or shine.

- **Location:** Belk Track is on the UNC Campus near the intersection of South Rd. and Country Club Rd.
- **Parking**: Free public parking is available in the Knapp/Saunders School of Government Parking Deck accessible from South Rd., in the Navy Field Lot accessible from Ridge Rd., and along Ridge Rd. adjacent to the Law School. Note that the metered parking on South Rd. is enforced until 9 p.m..
- **Weather policy:** Meets will be held rain or shine unless conditions are deemed unsafe (repeated nearby lightning or standing water on the track). *Decisions about cancellation or postponement will be based on conditions at the track at starting time and NOT on forecasts!*
- **Cost:** A $1 donation is appreciated.
- **Water:** Runners, please bring your own water.
- **Note:** The track is open to the public, so expect to share the track with others.
- **Questions?** Contact Series Director Charles Alden at: summertrack2016@carolinagodiva.org.

EVENTS

Long Night
1-mile run (usually 3 heats)
200m (in lanes)
1-mile racewalk
800m (usually three heats)
5000m

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

Midsummer Madness: Glory Days!
1000m run
2016-inch dash (56 yards)
1000m walk
4 x 400m relay
2 mile run

Participants completing 36 races (maximum 4 per night) will earn the prestigious Godiva Iron Man award.

Date	Events
~~*May 18*~~	~~*Long*~~
~~*May 25*~~	~~*Short*~~
June 1	Long
June 8	Short
June 15	Long
June 22	Short
June 29	Long
July 6	Short
July 13	Long
July 20	Midsummer Madness
July 27	Long
Aug 3	Short

SUMMER TRACK RESULTS

May 18, 2016

Mile Run

Luke Bennett	M	17	4:42
Jon Picciloo	M	15	5:00
Tim Haushton	M	14	5:04
Slick Mcgurrin	M	40	5:09
Jim Clabuesch	M	51	5:14
Tom Kreger	M	35	5:14
Tyler Dunston	M	14	5:17
Tim Reddy	M	34	5:17
Brian Tajlili	M	34	5:43
Bryan Hassin	M	37	5:45
Matthew Holtry	M	37	5:47
Mark Manz	M	30	5:51
James Cunningham	M	33	5:54
Hana Baskin	F	27	5:55
Mike Carpenter	M	48	5:55
Ethan Caldwell	M	42	6:00
Leif Rasmussen	M	13	6:02
Alex Emmons	M	11	6:03
David Wahlen	M	15	6:05
Sheila Reddy	F	35	6:10
Edwin Harris	M	27	6:12
David Couper	M	61	6:29
Megan Sullivan	F	40	6:34
Heiko Rath	M	46	6:37
Deb Springer	F	42	6:38
Ian Rasmussen	M	11	6:50
Bob Wallace	M	59	7:06
Chris Gould	M	72	7:07
Julia Soo	F	23	7:07
Katie Carpenter	F	16	7:18
Ray Dooly	M	63	7:23
LR Cunningham	F	27	7:23
William Schmitz	M	44	7:27
Tom Griffin	M	70	7:38
Mary Szymkowski	F	53	7:47
Ben Barker	M	46	7:49
Adam Wahlen	M	13	8:03
William Harris	M	40	8:04
Karin Mills	F	50	8:12
Kitty Moses	F	60	8:19
Tom Arnel	M	53	8:23
Katie Barrett	F	34	8:28
Avery Cheves	F	26	8:36
Julie Messina	F	38	8:36
Kathleen Baker	F	41	8:40
Tom Kirby	M	63	8:47
Barbara Hindenach	F	65	8:47
Kennedy Hr(?)	F	15	8:49
Carol Scheible	F	53	8:50
Jesper Rasmussan	M	42	8:55
Danny McAdams	M	15	8:56
Ron Wahlen	M	45	9:11
Beth Herold	F	49	9:13
Ken Larsen	M	68	9:34
Susie Hansley	F	46	11:07
Richard Wolfe	M	77	16:55
Susan Hoerger	F	55	Did it

200 Meter Run

Joel Williams	M	35	23.37
Mike Carpenter	M	48	25.91
Matthew Holtry	M	37	27.32
David Wahlen	M	15	27.38
Jon Picciloo	M	15	27.47
John Intintolo	M	54	27.68
Tim Reddy	M	34	27.94
Tyler Dunston	M	14	28.00
Bryan Hassin	M	37	28.57
Michael KlingenSmith	M	36	28.71
Irving Hoffman	M	65	29.74
Adam Wahlen	M	13	30.27
Brian Tajlili	M	34	30.68
James Cunningham	M	33	30.80
Edwin Harris	M	27	31.13
William Rhoad	M	71	31.13
Katie Carpenter	F	16	32.47
Mark Manz	M	30	32.60
Leif Rasmussen	M	13	32.70
Ethan Caldwell	M	42	33.07
Ben Barker	M	46	33.10
Kennedy Hr	F	15	33.31
William Schmitz	M	44	34.37
Tim O'Brien	M	64	34.90
Ron Wahlen	M	45	35.10
LR Cunningham	F	27	35.47
Karin Mills	F	50	35.47
Alex Emmons	M	11	35.59
Julia Soo	F	23	36.69
Sheila Reddy	F	35	37.28
Jesper Rasmussan	M	42	37.82
Megan Sullivan	F	40	37.84
Tom Kirby	M	63	38.10
Heiko Rath	M	46	38.37
Katie Barrett	F	34	39.28
William Harris	M	40	39.34
Deb Springer	F	42	39.44
Ian Rasmussen	M	11	41.00
Kathleen Baker	F	41	41.09
Silas Rasmussen	M	8	41.12
Louise Guardino	F	75	41.58
Tom Arnel	M	53	41.87
Tina Mills	F	43	42.00
Ken Larsen	M	68	42.28
Ray Dooly	M	63	42.70
Tom Griffin	M	70	44.43
Julianna Wahlen	F	10	44.45
Kitty Moses	F	60	44.47
Mary Szymkowski	F	53	46.27
Susie Hansley	F	46	50.75
Barbara Hindenach	F	65	53.54
Rye Caldwell	F	5	1:12.00
Richard Wolfe	M	77	1:45.00
Susan Hoerger	F	55	Did it

Mile Racewalk

Sam Terry-Edmunds	M	16	9:17
Leif Rasmussen	M	13	9:28
Mark Manz	M	30	9:34
Matthew Staehlye	M	17	9:44
Ray Dooly	M	63	9:45
Brian Tajlili	M	34	10:22
Deb Springer	F	42	10:34
Heiko Rath	M	46	10:40
Ben Barker	M	46	10:46
Barbara Hindenach	F	65	10:47
Alex Emmons	M	11	11:28
Julia Soo	F	23	11:33
William Schmitz	M	44	11:44
Ethan Caldwell	M	42	11:48
Brendan Murry	M	28	11:51
Tim O'Brien	M	64	12:02
William Harris	M	40	12:02
Chris Gould	M	72	12:04
Michael KlingenSmith	M	36	12:40
Ken Larsen	M	68	12:59
Tina Clossick	F	44	13:35
Julie Messina	F	38	13:35
Kennedy Hr	F	15	13:37
Carol Scheible	F	53	14:00
Avery Cheves	F	26	14:00
Mary Szymkowski	F	53	14:00
Sheila Reddy	F	35	14:00
Katie Barrett	F	34	14:27
Bob Wallace	M	59	14:30
Susie Hansley	F	46	14:39
Edwin Harris	M	27	14:45
Beth Herold	F	49	14:45
Bryan Hassin	M	37	15:04
Ed Davis	M	71	15:34
LR Cunningham	F	27	16:55
Karin Mills	F	50	16:55
Richard Wolfe	M	77	17:29
Susan Hoerger	F	55	Did it

800 Meter Run

Evan Nelsen	M	26	2:06
Ashley Tysiac	F	15	2:30
Mike Carpenter	M	48	2:33
Michael KlingenSmith	M	36	2:34
Brian Tajlili	M	34	2:36
Matthew Holtry	M	37	2:41
Bryan Hassin	M	37	2:41
Edwin Harris	M	27	2:47
David Wahlen	M	15	2:47
Slick Mcgurrin	M	40	2:48

(Continued on page 6)

SUMMER TRACK RESULTS

(Continued from page 5)

Ethan Caldwell	M	42	2:52
James Cunningham	M	33	2:53
Sheila Reddy	F	35	2:55
Leif Rasmussen	M	13	3:00
Alex Emmons	M	11	3:00
Deb Springer	F	42	3:06
Chris Gould	M	72	3:08
Heiko Rath	M	46	3:15
Tom Kirby	M	63	3:22
Ray Dooly	M	63	3:25
Mark Manz	M	30	3:25
Adam Wahlen	M	13	3:27
William Schmitz	M	44	3:27
Bob Wallace	M	59	3:34
Tom Griffin	M	70	3:39
Mary Szymkowski	F	53	3:42
Katie Barrett	F	34	3:43
Ben Barker	M	46	3:43
Katie Carpenter	F	16	3:44
Kitty Moses	F	60	3:47
Julie Messina	F	38	3:48
LR Cunningham	F	27	3:49
Karin Mills	F	50	3:49
Tom Arnel	M	53	3:51
William Harris	M	40	4:02
Jesper Rasmussan	M	42	4:08
Carol Scheible	F	53	4:10
Ron Wahlen	M	45	4:15
Tina Mills	F	43	4:15
Kathleen Baker	F	41	4:20
Kennedy Hr	F	15	4:29
Barbara Hindenach	F	65	4:29
Beth Herold	F	49	4:34
Ken Larsen	M	68	4:34
Susie Hansley	F	46	5:07
Richard Wolfe	M	77	8:36

5 Kilometer Run

Jim Clabuesch	M	51	18:10
Brendan Murry	M	28	19:09
Katie Hume	F	43	19:11
Tim Reddy	M	34	19:15
Ben Barker	M	46	20:05
Lewis Hendricks	M	43	20:06
Hana Baskin	F	27	20:08
David Couper	M	61	20:37
Michael KlingenSmith	M	36	20:57
Brian Tajlili	M	34	21:43
Patrick Bruer	M	57	21:46
Bryan Hassin	M	37	21:50
Ethan Caldwell	M	42	23:14
Deb Springer	F	42	23:33
Chris Gould	M	72	23:35
Tina Clossick	F	44	23:52
Slick Mcgurrin	M	40	24:33
Bob Wallace	M	59	24:54
Tim O'Brien	M	64	25:18
Tom Griffin	M	70	25:18
Tom Kirby	M	63	25:28
Ray Dooly	M	63	26:12
Edwin Harris	M	27	27:24
William Schmitz	M	44	27:31
Avery Cheves	F	26	27:48
Julie Messina	F	38	27:48
William Harris	M	40	28:47
Barbara Hindenach	F	65	30:42
Carol Scheible	F	53	31:34

WE'D LOVE TO HEAR FROM YOU!

Do you have deep, shallow, or silly thoughts about running? Share them with your fellow Godivans!

We're looking for member contributions to the newsletter, be they race reports, fond running recollections, or funny tales from the trails (we even publish poetry!). We also welcome photos, cartoons, and drawings.

Please consider contributing a piece to enlighten and entertain your fellow CGTC members. To that end, here are some questions to get your creative juices flowing:

- Why do you run? (i.e., "Why the hell am I getting up at 5am to get in an early morning run?")
- What is your favorite type of running event, and why?
- Which runners (elite and not) have inspired you, and how?
- What was your proudest moment as a runner?
- What was the lowest moment you've experienced as a runner—and did you overcome it? If so, how?
- What's your "bucket list" event—the one you hope to do before you're no longer running?
- How have you changed as a runner over the years? What would you tell your younger running self if you could?

Send your submissions to newsletter@carolinagodiva.org and we'll do our best to publish them throughout the year.

@ THE RACES

Race Forward
Durham, NC April 09, 2016

Owen Astrachan	23:46	1st M Master
Becky Trumbull	25:57	2nd F Overall
Susie Gilbert	31:40	

Marathon
Roma, Italy April 11, 2016

Jacob Sternfeld	5:44:10	

Cary RoadRace
Cary, NC April 16, 2016

10k

Dan Woodlief	58:49	

5k

Greg Wilson	25:29	3rd M Grandmaster

Pine Cone Pacer
Durham, NC April 16, 2016

Rachel Robinson	25:21	
Ray Dooley	25:50	
Harriet Kinyamu	26:43	
Julie Horton	31:41	
Angela King-Herbert	52:28	

First Flight 5K
Outer Banks, NC April 16, 2016

Peter Hessling	27:08	

Charlotte Race Fest Half Marathon
Charlotte, NC April 17, 2016

Patrick Bruer	1:43:37	2nd M 55 - 59

Flying Pirate Half-Marathon
Outer Banks, NC April 17, 2016

Peter Hessling	2:07:54	

Kasumigaura Marathon
Tsuchiura, Japan April 17, 2016

Kevin McCabe	3:55:14	

Boston Marathon
Boston, MA April 18, 2016

David Cobb	2:53:51	
Colin Jones	3:10:45	
Mike Kelley	3:11:02	
Jon Hunter	4:12:43	

Leatherwood Trail 10 Miler
Ferguson NC April 23, 2016

Jon Hunter	1:45:00	

Second Empire 5k
Raleigh, NC April 23, 2016

Louise Guardino	33:25	1st F 75 - 79

Angels Among Us 5K
Durham, NC April 23, 2016

Jorg Grandl	20:34	2nd M 40 - 44
Kevin Rumsey	21:50	
John Haws	22:48	2nd M 45 - 49
Heiko Rath	24:22	
Michael Formy-Duval	26:02	
Chris Selvaggi	26:50	
Robin Grandl	28:36	
Belle Sousa	44:54	
Sara Sousa	46:06	
Supatra Campbell	53:50	2nd F 70 - 99
Abraham Sousa	1:03:06	
Greg Sousa	1:04:08	

Tar Heel 10 Miler
Chapel Hill, NC April 23, 2016

Paul Jones	57:58	1st M 41 - 45
Allen Baddour	1:00:12	3rd M 41 - 45
Jim Clabuesch	1:03:46	1st M 51 - 55
Michael Dwomoh	1:08:02	1st M 46 - 50
David Couper	1:09:13	1st M 61 - 65
Rietta Couper	1:16:10	2nd F 56 - 60
Steven Couper	1:20:13	
Ravi Jhaveri	1:21:44	
Tina Clossick	1:24:48	
Jason Clark	1:26:23	
Jerry Harris	1:29:16	
Rusty Barnett	1:35:52	
Frank Rexford	1:36:41	
Joe Voshell	1:36:51	
Jim Hotelling	1:38:13	
Larry Rothman	1:39:16	
William Harris	1:40:27	
Dan Woodlief	1:43:46	
Joan Boone	1:50:31	
Aimée Bazin	1:52:11	
William Schmitz	1:55:08	
Christine Stachowicz	1:58:16	

Tar Heel 4 Miler
Chapel Hill, NC April 23, 2016

Bryan Hassin	27:33	1st M 36 - 40
Russ Helms	31:15	
Scott William	38:34	
Cheryln Axline	42:08	

(Continued on page 8)

@THE RACES, CON'T.

(Continued from page 7)

Ruthie Lyle-Cannon 52:19
Stephanie Austin 1:04:26
Tom Arnel 2:26:25

Grayson Highlands
Mouth of Wilson, VA April 23, 2016
50K
Aline Lloyd 7:08:31
1/2 Marathon
Chris Boyce 2:05:24
Jenny Boyce 2:28:03

Big Sur International Marathon
Carmel-By-The-Sea, CA April 24, 2016
Jacob Sternfeld 5:34:27

Rattler Trail Marathon
Sanford, NC April 30, 2016
Brandy Burns 6:04:54
1st F Overall Course Record

Rock and Roll 1/2 Marathon
Nashville, TN April 30, 2016
Avery Cheves 2:08:51
Tina Clossick 2:08:51

Kentucky Derby Marathon April 30, 2016
Katie Biasi 4:17:22

The Great Human Race
Durham, NC April 30, 2016
Rick Brown 22:40
Edwin Harris 23:07
John Wood 24:12 1st M 55 - 64
Collie Fulford 29:06
Kitty Moses 29:14 1st F 55 - 64
Bruce Pitner 29:50
Julie Horton 30:22
Becky Trumbull 42:25

Broad Street Run - 10 miler
Philadelphia, PAMay 01, 2016
Tim Meigs 55:22 3rd M Master PR

Rocket Mile
Rocky Mount, NC May 01, 2016
Louise Guardino 08:40 1st F 75 - 79

Strawberry Festival 5k
Durham, NC May 07, 2016
Susan Haws 21:56 2nd F Overall
Milo Fryling 32:56 2nd M 50 - 54

Medoc Spring Races
Hollister, NC May 07, 2016

	Chip Time	Gun Time
Jim Clabuesch	45:47	1:08:48
	2nd M Overall	
Jason Page	43:22	1:10:23
Mike Kelley	50:18	1:11:19
Kevin Nickodem	53:27	1:12:28
Jeff Hall	49:35	1:12:28
Anthony Corriveau	47:50	1:12:51
Shannon Johnstone	56:52	1:18:52
Katherine Baer	59:01	1:19:03
Jon Hunter	57:25	1:19:27
Jessica Broglie	55:32	1:19:33
Jeff Wald	56:12	1:20:13
Kevin Mccabe	51:54	1:20:54
Megan Sullivan	1:01:15	1:23:17
Matt Marum	55:15	1:24:16
Brandy Burns	1:07:40	1:29:41
Aline Lloyd	1:10:10	1:30:12
John Wood	1:23:44	1:42:47
Aimée Bazin	1:23:09	1:47:12

Duke DTP
Durham, NC May 08, 2016
John Hunter 24:20

Single Track Maniacs 50K
Williamsburg, VA
John Hunter 6:22:11

Submit Your Race Results Online!

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

MEMBERSHIP CORNER

15-Year Godiva Anniversary
- Jessica Bishop
- David Brady
- Sue Cullen
- Lewis Hendricks
- Denise Larson
- Jerry Surh
- Rochelle White

10-Year Godiva Anniversary
- William Kraus

5-Year Godiva Anniversary
- Randy Kauftheil

Big Birthdays in June
- John Bowman
- Natasha Catlin
- Craig Derian
- Julie Dodge
- Caitlin McCauley
- Sara Sousa

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

—Ethan Caldwell

RACE CALENDAR

June 2016

6/04 (Sat) Asheville Half/10K, Asheville
6/04 (Sat) Running of the Bulls 8K, Durham
6/04 (Sat) Raleigh 13.1, Raleigh
6/04 (Sat) Bootlegger 5K, Greensboro
6/04 (Sat) PTI Run on the Greenway, Greensboro
6/04 (Sat) Rocky Mount Mills 5K, Rocky Mount
6/10 (Fri) Mount Jefferson Challenge. West Jefferson
6/11 (Sat) Triangle Race for the Cure, RTP
6/18 (Sat) Sappony 5K Trail Run, Roxboro
6/18 (Sat) Wake Forest Rotary 5K, Wake Forest
6/25 (Sat) Running of the Bulls 5K, Winston-Salem
6/25 (Sat) Ultimate Runner, Winston-Salem

July 2016

7/02 (Sat) Run for Liberty, Cary
7/03 (Sun) Fun Fourth Freedom Run, Greensboro
7/04 (Mon) Four on the Fourth, Carrboro
7/09 (Sat) Grandfather Mountain Marathon, Boone
7/09 (Sat) Bootlegger 5K, Pleasant Garden
7/16 (Sat) Historic Beaufort Road Race, Beaufort
7/16 (Sat) Head for the Cure 5K, Cary
7/16 (Sat) The Scream! Half, Jonas Ridge
7/23 (Sat) USA Masters Games 5K, Greensboro
7/23 (Sat) Beat the Heat 5K, Winston-Salem
7/24 (Sun) Beech Mt. Trail Runs, Beech Mt.
7/31 (Sun) USA Masters Games 10K, Greensboro

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

MAY BUSINESS MEETING

The meeting was called to order at 7:02pm. Present were Charles Alden, Summer Track Director and all-around good guy; Tom Griffin, Hard Climb Hill Race Director and club member; Susie Hansley, newsletter editor; Patrick Bruer, Webmaster; Anthony Corriveau, Vice President; Jess Broglie, President; Jamie Lewis, immediate past President and current club member; and your scribe, Brandy Burns.

President Jess Broglie called for officer reports in the following order:

Haberdasher: Shauna Griffin was unable to attend the meeting, but she provided a report to the club president prior to the meeting, indicating that all is copacetic.

Membership: Ethan Caldwell apologized to the board, indicating that due to intervening commitments he was unable to update the club's membership numbers since last month. He did assure the board that we still have members.

Newsletter: Susie Hansley reported that all is good. She reminded those present that items are due on the 15th and requested she receive submissions by this date. Susie reported that the July newsletter will be prepared by Shauna as she will be out of town for a lengthy period in June.

Treasurer: Kevin Nickodem was unable to attend the meeting, but he provided a report to the club president prior to the meeting, assuring that the club remains fiscally sound. It was reported to Jess that the club has some solvency, so money can be put towards a membership drive of some sort if we so choose. It was also shared that it was okay to print out some newsletters and Susie can be reimbursed by the club. Susie reported that she is not yet sure if she will print in color or black and white. She did report that she will have them to bring to the first summer track.

Webmaster Patrick Bruer reported that everything is good at this time. There was an issue over the past month in which the server name got changed and application wasn't available for a day or two, but the issue has been resolved.

OLD BUSINESS

Spring Banquet: Anthony Corriveau updated those present on the activity and preparations for the club's Spring Banquet. The pottery has been ordered and is being made. Reservations for the tent, chairs, and tables are made. The only remaining task is the ordering of food. It was determined the last day to RSVP will be one week before the event. Patrick will do at least one more email blast to membership prior to the banquet. Anthony will double-check to ensure that all the people receiving awards, as well as last year's recipients, are attending and reminded that they will be presenting the winner of this year's award. Anthony was reminded of the task of writing a wrap-up summary for the banquet for the July newsletter.

Monday Night Ruckus Run: Ethan and Anthony reported on the status of the run, sharing that it has been going very well. Ruckus is advertising on their website and people are attending who aren't currently club members. Ethan shared that he is considering printing out business cards to hand out that will have information and links in order to promulgate information about the club. There was discussion about possibly having two cards, one providing specific information and one providing general information. Anthony indicated he will make sure to start bringing a phone to add people to the group as they attend.

Newsletter Merging Project: Patrick and Susie shared there is no new news to report yet. They will report back once that have an update.

Running Start: Jess reported that she has spoken with North Carolina Runners Club (NCRC) and there is a possibility that Godiva may be able to combine efforts with NCRC to bring back Running Start. It could provide both a bigger volunteer base to offer multiple locations, as well as a larger participation pool.

(Continued on page 11)

May Business Meeting Minutes, Con't.

Summer Track: Charles Alden attended the meeting to report on the status of the upcoming Summer Track season, indicating that it starts one week from tomorrow. Ethan volunteered to take care of results. Ethan will also pick up the equipment from the storage garage. It was discussed that it will be important to remind folks that we share the track with the public during the times we are there and to be considerate of that fact and to also remind people to bring their own water. Patrick will send an email blast. Susie asked about the number of events required to receive the Iron Man, which is 36.

Volunteer Recruitment: There was a continued discussion about how to best recruit volunteers and if there was something needed to be done at the banquet. After some discussion it was decided that Anthony will compile a list of things and develop a checklist for people to fill out before they leave. This would provide a resource list of people to contact in the future who might be interested in volunteering. Club member Jamie Lewis presented the option of having an end of the year volunteers-only party. The group briefly discussed how this might work such as considering if there needs to be a minimum number of times someone volunteers in order to be able to attend the party, but no final decisions were made on this topic.

"Fire Sale" of Clothing Inventory: The board learned that Shauna and past haberdasher/banquet hostess Carolyn Huettel will put up a booth at the banquet and request that people donate what they want. Donations will be on a cash-only basis.

New Business

Newsletter Feedback: There was discussion of an email that Jamie had sent with some thoughts and suggestions related to the newsletter. He had suggested use of hotlinks from the table of contents pointing to articles in the newsletter. Susie reported that Publisher makes it time-consuming to add hotlinks to the table of contents, but once the newsletter transitions to its new format, it will be easier. There was some question as to whether Susie should call her column the "Editor's column" or if it would be better identified as a column by Susie as simply a club member. It was determined that Susie can call it an Editor's Column if she desires, and that if the board feels that she is writing about things that seem to be too outside her purview, the board will rein her back in.

Timing System: Anthony presented to the board the question about the benefit and feasibility of investing in a more updated timing system. He suggested that the club would likely be able to pick up a used chip timing system for a reasonable cost. The board supported Anthony doing a feasibility study and presenting the results at a future board meeting.

Review of Meeting Minutes: Susie inquired if the board should be reviewing and approving the meeting minutes at the beginning of each meeting. It was determined that the review process that occurs prior to submission of the minutes to the newsletter is an adequate review process for the minutes.

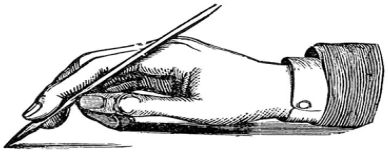
When it was determined there were no additional topics to discuss, Jess adjourned the meeting at 7:44 pm.

—Brandy Burns

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the June 2016 Newsletter contributions, stats, and editing go to:

Jess Broglie, Brandy Burns, Ethan Caldwell, Shauna Griffith, and Susie Hansley.



UPCOMING CLUB EVENTS & DEADLINES

See everything that's coming up in one convenient place!

Event	Date & Time	Location	More Info
CGTC Spring Banquet 2016	Sat. 6/4 5:30pm	Home of Carolyn Huettel in Durham, NC	If you haven't RSVPed and want to come, email Anthony Corriveau.
RSVP Deadline for Durham Bulls Night	Sun. 6/5	Reserve your tickets online	Reserve your tickets online
June Club Meeting	Tues. 6/14 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for July Newsletter	Weds. 6/15	Electronic	Email newsletter@carolinagodiva.org
Durham Bulls Night	Sat. 6/25 6:05pm	Durham Bulls Athletic Park Durham NC	Reserve your tickets online by Sunday, June 5th.

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY RTP	6:00 p.m.	10 Park Dr, Durham. Behind RTP Federal Credit Union; next to 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
***NEW!* MONDAY CARY**	6:15 p.m.	Ruckus Pizza at the Arboretum in Cary (off Harrison/ Weston Parkway)	2.5, 3, & 4-mile options on sidewalks and greenway; possible 3-mile single track loop. Pace depends on who shows up. Stay after for ½ price appetizers and drink specials.	Ethan Caldwell & Anthony Corriveau Find us on Facebook
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. 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
***NEW!* THURSDAY CARRBORO**	6:00 p.m.	Wilson Park at 101 Williams Street, Carrboro	5 miles—roads when dark, trails when light. Current pace is 8-9 but if you are faster or slower, come anyway and we'll try not to let you get lost.	Jim Clabuesch 919-428-7901 & David Christmas 919-672-4191
SATURDAY UMSTEAD	8:30 a.m.	Umstead State Park, Cary. 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.; 7:00 a.m. pre-run	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)

CLUB INFO

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, send an email to cgtc-join@carolinagodiva.org

To post to the list, send an email to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

President	Jess Broglie	president@carolinagodiva.org
Vice President	Anthony Corriveau	vicepresident@carolinagodiva.org
Treasurer	Kevin Nickodem	treasurer@carolinagodiva.org
Meeting Secretary	Brandy Burns	secretary@carolinagodiva.org
Membership Chair	Ethan Caldwell	membership@carolinagodiva.org
Haberdasher	Shauna Griffin	haberdasher@carolinagodiva.org
Highway Clean Up	Gordon Keeler	gordon.keeler@duke.edu
Archivist/Historian	Gary Schultz	gary.schultz@frontier.com
Newsletter Editor	Susie Hansley	newsletter@carolinagodiva.org
Copy Editor	Shauna Griffin	newsletter@carolinagodiva.org
Webmaster	Patrick Bruer	webmaster@carolinagodiva.org

GODIVA TEAM CAPTAINS

Open Men	***Open Position***	
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	

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.*
How did you hear about CGTC?		
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