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carolina Godiva TRACK • CLUB

RUNNING SINCE 1975

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Newsletter Contents

DEADLINE FOR AUGUST NEWSLETTER:

July 15th

send submissions to:

Newsletter@carolinagodiva.org

PRESIDENT'S COLUMN

Every runner has his or her own cache of tips and tricks that are learned from mistakes made during training runs and races, collected from training partners and running buddies, and adapted from running columns and books. While not all tips and tricks work for every runner, I am sharing my cache so you can add to yours.

On Racing

- Always race with three goals – Goal A, Goal B, and Goal C – so you always succeed. A is a *best day ever* goal – a BQ or similar; B is a *solid* race goal – maintaining your target pace for the entire race, for example; and C is a *just get it done* goal – perhaps just finishing the race without walking off the course.
- Always thank police officers and race volunteers during a race. These people forfeit their weekend mornings to ensure you have a fun (and safe) racing experience, but, unlike you, they don't receive a medal or free pizza for their efforts. Volunteers who feel appreciated are more likely to volunteer again, which means more races (and thanking volunteers is just good manners)!
- Obey the training plan but never become a slave to it. The hardest part of any race is getting to the starting line, and the training plan will get you there. That being said, if you are fighting an injury or malaise, take an extra rest day or shorten the training run (and don't beat yourself up for doing so!).
- Never sign up for another race within 24 hours of finishing a race, especially if the second race is a half marathon or longer. Endorphins, especially those of the post-race variety, lead to foolhardy decisions. Wait until the endorphins have dissipated to determine if you are physically and mentally ready to commit to another 16+ week training plan.
- Always refuel and rehydrate before you think you need to. Set a reminder on your watch or phone

(Continued on page 2)

President's Column, con't.

(continued from page 1)

if you are bad about remembering to eat and drink during runs. Bonking during a training run is annoying, but bonking during a race can be detrimental to both your finishing time and your health.

- Listen to your body! Walking off the race course is sometimes best, especially if it prevents long-term damage. No one will think less of you (and might actually respect you more for making such a tough call)!
- Know and respect your limitations to avoid setting yourself up for failure during a race. You probably will not maintain a 7:30 in a 10-mile race if your best race pace to date is a 9:30.
- Barring obvious impending doom, always push yourself. Shaving two minutes off your race pace may not be realistic, but dropping from a 9:30 to a 9:15 is definitely achievable.

On Injuries

- Respect your race, training, and casual paces. Unless you are one of the Godiva Master runners (you know who you are, ladies and gentlemen), your three paces are vastly different. Always running your race pace will lead to fatigue and injury.
- See a chiropractor or physical therapist for preventative care. Both your body and your friends and family will thank you.
- Cross-train! Repetitive running gets boring and is bad for the body (yeah, I said it). Add in cross-training (lifting weights, swimming, etc.) to give the "running muscles" time to recover and break up the monotony.
- Do upper body and core work! This not only helps your running form but also develops your entire body, thereby making you a stronger runner and less susceptible to injury. You know why the *Tyrannosaurus rex* can't finish a pushup? He doesn't do upper body work.

Grab Bag

- If you are a competitive runner, run a mud run for fun. Leave your GPS watch at home, and, if you can, run with recreational runners or, better yet, non-runners. These carefree races are great reminders of why running is so much fun!
- Running with a group is usually better than running alone. Starting a training run is so much easier after a long day of work if a running buddy (or buddies) is waiting for you. Accountability is real and it's a good thing.
- Run alone sometimes so you can check in with your own thoughts. Solo runs are a way to temporarily escape from the chaos and hang out in your own head for a little while.

- Follow advice given by more experienced runners. They have already made the mistakes you have yet to make so save yourself the inevitable heartache and injury by listening to these sage runners.
- Always keep at least one pair of old running shoe for rainy days. No amount of paper towels or absorbency is going to dry out a soaked pair of running shoes overnight, running with wet feet is just awful.
- Never run in a turtleneck in the winter. You will overheat! Instead, use a gaiter to keep your neck warm – you can easily remove it as you warm up. Besides, feeling the cold winter air rush down the back of your neck is surprisingly refreshing during a long training run.

Those are my tips and tricks, fellow runners. While I am far from a sage runner, feel free to adopt all or any of them.

— Jess Broglie

EDITOR'S COLUMN

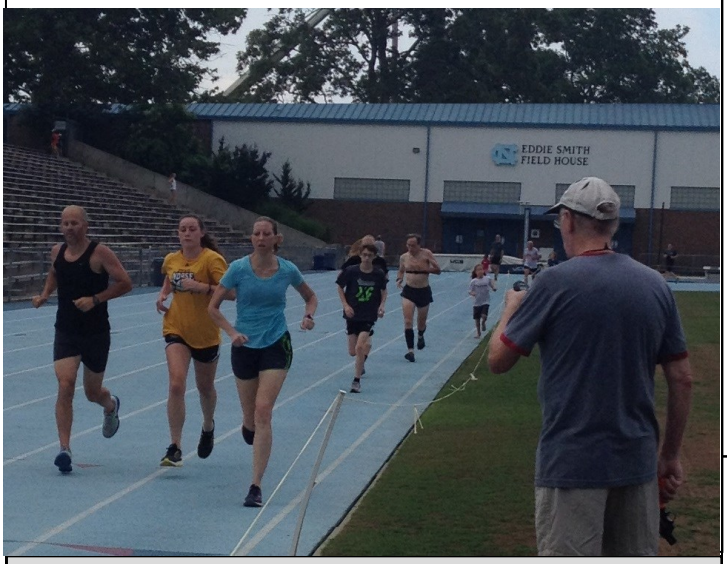
Hello fellow runners! I was on vacation during the creation of the July newsletter and was unable to provide a column. Stay tuned for my next column in August! Meanwhile, here's a warm thank you to former editor Shauna Griffin, who graciously took over editing the July newsletter in my absence.

—Susie Hansley

Summer Track Results

Summer Track is going strong! Results can be found on the Godiva website:

May 25
June 1
June 8



THANKS TO OUR CONTRIBUTORS

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

Jess Broglie, Brandy Burns, Ethan Caldwell, Anthony Corriveau, Carolyn Huettel, Shauna Griffin, Jamie Lewis, and Susie Hansley.

ANNOUNCEMENTS

2016 Walk/Run/Bike for Umstead

Thank you!

The 4 mile Walk / Run / Bike for Umstead took place Saturday, April 16. There were 151 people who finished within the one hour that CGTC provides timing. A few runners were able to compete and help with the finish line. A big thanks goes out to the volunteers: Aimee Brazin, Jess Broglie, Jim Clabuesch, Paul Eppers, Doug Gimlin, Mark Greenhalgh, Rhonda Hampton, Shawn Harris, Aline Lloyd, Heiko Rath, Lani Rogers, Paul Wormsbecher.

— Carolyn Huettel

Carolina Godiva Takes on the Globe

Congratulations to Team CGTC for making it home to Durham, NC, in 162 days! The virtual trek, sponsored by Racery (racery.com), started on January 1 in Durham and included stops in Canada, Asia, the Middle East, Africa, South America, and the Caribbean before ending on June 11 back in Durham. The 74-member team ultimately logged 33,646.4 virtual miles – NICE WORK TEAM!

— Jess Broglie

CGTC Night at The Bulls

Saturday, June 25, 2016

Although the Durham Bulls fell to the Lehigh Valley Iron Pigs in their second straight loss, the outing was a success for the 25+ Godivans who attended. Highlights included Bill Harris catching a foul ball (and then having the team of young ball players sitting directly in front of him beg him for it) and the fireworks that wrapped up a lovely evening. Thanks go to Doug Hensel for making it all happen!

—Shauna Griffin

2016 GODIVA BANQUET

As Godiva enters its 41st year, our traditions remain as strong as ever. The annual awards banquet is the one time of year we get to see most of our active club members all in one place, and this year did not disappoint, with 71 members and guests in attendance.

As far back as this member can recall (7 years?) the banquet is one of the best parties of the year, with almost no room for improvement. Once again, Carolyn Huettel agreed to be our gracious host, providing the perfect venue for the party, and continuing to be the true organizer behind the scenes. No amount of "Thank Yous" would be enough for her generosity to the club.

Dinner this year was provided by the Mediterranean Deli, and proved quite popular, though there was some grumbling about the shortage of spanakopita.

Kevin Nickodem resumed his role as our fantastic MC and ringmaster for the circus, keeping the activities and presentations moving along. First up was the Summer Track awards presented by long time organizer Charles Alden.

Charles presented his unique awards, which change every year, and this year did not disappoint, with one of the awards taking the form of turtles constructed from nuts and bolts. In the race among summer track participants to one-up each other, Ethan Caldwell bested Tom Kirby's "Full Kirby." Not only did Ethan run every event of the 2015 summer track series, but he ran every heat of every event, forging the unbelievable achievement called the "Full Caldwell."

Previous runner of the year Greg Sousa presented the 2015 Male Runner of the Year award to Mike Kelley, who unfortunately was unable to attend. Greg recounted not only Mike's incredible running performances, but his friendliness and service to the club as a vital medical volunteer.

Tina Clossick accepted the female 2015 Runner of Year award from our president and previous winner Jess Broglie. Tina recounted first running track with the club, trying to run as fast as Ole Holsti completed the mile race walk.

The club's highest award, the 2015 Volunteer of the year, was presented by Richard Wolfe. Long overdue, the award went to Denise Larson for her 13 years of service on the Umstead Marathon committee. The Umstead Marathon is the club's largest source of revenue, and funds most of the cost of the banquet itself. So you can thank Denise not only for the Umstead Marathon, but for the awards banquet too!

(continued on page 5)

2016 GODIVA BANQUET

(continued from page 4)

To end the awards ceremony, we dusted off an old relic from CGTC past, the "David Royle Award for Visionary Community Outreach." Last presented 15 years ago to the founders of the Marathon Training Program, this year it was presented to Julie Messina and Martin Warters for their hard work and commitment to bringing Park Run from England to Durham. Park Run is a completely free, weekly 5K in Southern Boundaries Park —it's an amazing gift to our running community and Julie and Martin could not be more deserving of the award and our gratitude.

Finally, I would like to thank the many volunteers who helped make the banquet happen, like Patrick and Jane Bruer, who showed up early and set up the tables, chairs, and PA system before I even arrived. There were too many other folks to name who helped move things, set up, and clean up. But the biggest thanks goes to Carolyn who not only opened up her home for us, but provided the organization and guidance to put it all together. Thank you!

Thanks everybody for coming and congrats to all the 2015 award winners!

Thanks to Susie Hansley for the photos.

— Anthony Corriveau

SHARE YOUR THOUGHTS

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.

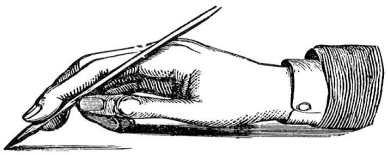
Please consider contributing a piece to enlighten and entertain your fellow CGTC members. To that end, here are some questions to get your creative juices flowing:

- 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?

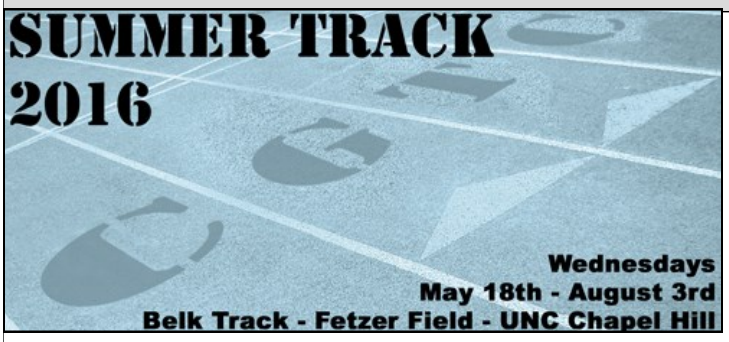
Send your submissions to:

newsletter@@carolinagodiva.org

We'll do our best to publish them throughout the year.



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

@ THE RACES

Walk/Run/Bike for Umstead 4 Mile
Raleigh, NC **April 16, 2016**

Jim Clabuesch	24:29	1st M Overall
Jeff Hall	25:49	3rd M Overall
Anthony Corriveau	25:55	
Doug Gimlin	28:32	
Shannon Johnstone	28:53	3rd F Overall
Jeff Wald	36:52	
Louise Guardino	56:02	

Philosopher's Way Trail Runs
Chapel Hill, NC **May 14, 2016**
7K

Tom Hoerger	36:00	3rd M Overall
Laura Tuson	37:17	3rd F Overall

15K

Anthony Corriveau	1:08:18	1st M 40 - 49
John Cheadle	1:14:15	2nd M 20 - 29
Brian Tajlili	1:20:57	
Avery Cheves	1:27:05	
Erin Schliep	1:30:39	
Becky Trumbull	1:31:43	1st F 50 - 59
Jen Howard	1:32:14	
Elizabeth Steffens	1:32:57	
Shannon Johnstone	1:37:48	
Laura Heyneman	1:41:05	2nd F 50 - 59
Dana Hornkohl	1:45:42	
Greg Runyon	1:50:01	
Sandra Cooke	1:54:39	
Jamie Weyandt	2:14:03	
Luke Lucas	2:20:05	

Cradle to Grave Trail Race
Pisgah Forest, NC **May 14, 2016**

Alan Schumacher	3:44:32	
Matt Schumacher	3:50:17	
James Lewis	4:31:50	

Marine Corp Historic Half Marathon
Fredericksburg, VA **May 15, 2016**

Jon Hunter	1:56:37	

Race 13.1 **May 15, 2016**
Greensboro

Gordon Keeler	1:58:11	

Race 13.1 **May 21, 2016**
Richmond

Gordon Keeler	1:54:56	1st M 60 - 64

Mill Stone Half Marathon **May 21, 2016**

Jon Hunter	2:06:18	

Got Grit? 5K
Hillsborough, NC **May 21, 2016**

Ulf Andre	20:11	1st M Master
Dan Woodlief	26:46	
Alexander Andre	29:14	
Cheryln Axline	30:40	
Tom Arnel	30:46	
Joan Boone	31:14	1st F 60 - 64
Jacob Andre	34:37	

Gamelands 10M

Victoria Kendra	1:48:05	1st F 40 - 49

Minuteman Muster
Raleigh, NC **May 21, 2016**
5K

Joanna Pomilio	29:41	

8K

Douglas Hensel	36:11	1st M 40 - 49
Christopher Boyce	36:58	3rd M 40 - 49
Rusty Barnett	43:45	
Erin Hensel	50:41	
Louise Guardino	54:02	3rd F 60+

NCRC Classic
Cary, NC **May 22, 2016**
1/2 Marathon

John Berry	1:21:09	2nd M Overall
Kevin McCabe	1:39:32	3rd M 35 - 39
Jon Hunter	2:05:43	

10K

Mel Levin	1:09:05	2nd M 65 - 69

Running of the Bulls 8K
Durham, NC **June 04, 2016**

David Cobb	28:57	1st M 30 - 34
Jim Clabuesch	29:32	1st M 50 - 54

(Continued on page 8)

@The Races, Con't.

(Continued from page 7)

Jeff Hall	32:28	
Anthony Corriveau	33:12	
Brian Tajlili	33:30	
Jorg Grandl	34:14	
Shannon Johnstone	34:17	1st F 40 - 44
Dave Renko	34:47	
Reikan Lin	35:27	
Owen Astrachan	36:16	2nd M 60 - 64
Martin Warters	37:20	
Kevin Gauger	37:28	
Christopher Boyce	37:50	
David Macalpine	38:05	
John Wood	39:08	
Martin Leivers	39:35	
Richard Smith	39:41	
Jon Hunter	40:12	
Craig Gilbert	40:50	
Dana Hornkohl	41:00	
Ralph Jr. Hunt	41:18	
Bob Wallace	41:37	
Tim Young	41:42	
Rick Brown	41:43	
Mary Szymkowski	41:59	
Parker Burns	42:53	
Becky Trumbull	43:03	2nd F 55 - 59
Ravi Jhaveri	43:03	
Joe Voshell	43:07	
Robin Grandl	43:56	
Jennifer Boyce	43:58	
Brandy Burns	44:07	
Shauna Griffin	44:32	
Lena Hollmann	44:56	1st F 65+
Jerry Harris	45:28	
Agnieszka Mccort	45:37	
Julie Messina	45:54	
Greg Runyon	46:26	
Cheryln Axline	47:05	
Michael Formy-Duval	47:08	
Heather Cooper	47:34	
Kitty Moses	48:33	2nd F 60 - 64
William Harris	48:47	
Sandra Cooke	49:56	
Hona Lee Harrington	50:05	
Elizabeth McCabe	50:16	
Dan Woodlief	50:40	
Susie Gilbert	51:47	
Julie Horton	54:45	
Tom Arnel	55:37	
Anita Hunt	56:53	
Joan Boone	56:54	
Rochelle White	57:17	
Carol Walton	57:54	
Susan Harris	58:21	
Erin Hensel	58:26	
Carolyn Penn	1:18:08	

Race 13.1
Raleigh, NC June 04, 2016
Half Marathon

Gordon Keeler	2:05:18
Rachel Robinson	2:31:30
Karen Brown	2:49:31
Mel Levin	3:07:59

10K

Susie Hansley	1:40:10

Charity Chase Half Marathon **June 05, 2016**

Jon Hunter	1:56:10

Dead Mickelson Trail Marathon **June 05, 2016**

Peter Hessling	5:32:50

Submit Your Race Results Online!

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

MEMBERSHIP CORNER

Kim Anglin has 30 years with the club.

Randy Kauftheil celebrates 5 years with the club.

Cara Grout renewed her membership and informed us that she is a Registered Nurse and would be willing to be a medical volunteer and events. Thank you Cara!

We'd also like to welcome new members David Hack, Patrick Welsh, Charlie Kincaid, Charlene Flahiff, Keith Shaljian, Susan Harris, and Eli Anstrom.

As for Big Birthdays in July – Tim Young, Allen Baddour, Sharon Deshazo, Julie Horton, Janet Cromer, and Charles Alden are all celebrating.

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

—Ethan Caldwell

RACE CALENDAR

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

August 2016

8/06 (Sat) Bella Rose Strides for Babies, Cary
8/06 (Sat) Beech Mt. Club 5K & Fun Walk, Beech Mt.
8/13 (Sat) Retro Run 5K, Greensboro
8/14 (Sun) Fire on the Track 5k, Greensboro
8/20 (Sat) ARX Half, Fun Run, and 5K, Asheville
8/20 (Sat) Run for Life, Cary
8/20 (Sat) R(un) for One 4-Mile Trail Run, Rougemont
8/20 (Sat) Read, Write, Run 5k, Raleigh
8/20 (Sat) Trooper Challenge Mude Run, Saxapahaw
8/26 (Fri) Moonlight Madness, Winston-Salem
8/27 (Sat) Kirkwood 5K, Greensboro
8/27 (Sat) Shot in the Dark, American Tobacco Trail

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

JUNE BUSINESS MEETING

The June monthly business meeting of the Carolina Godiva Track Club was called to order at 7:11 p.m.

Present at the meeting were the following board and club members: Shauna Griffin (Haberdasher), Ethan Caldwell (Membership Coordinator), Patrick Bruer (Webmaster), Jess Broglie (President), Anthony Corriveau (Vice President), Jamie Lewis (Past President), and your scribe, Brandy Burns.

The meeting began with officer reports. In no specific order of importance, the first officer to report was the club's haberdasher, Shauna Griffin. Shauna reported on the success of the "fire sale" at the Spring Banquet. The club made $100 from it. Ethan shared that he has seen items sold at the sale on club members everywhere. Carolyn Huettel, who stores the haberdashery inventory, will continue to hold on to all items and has proposed holding another fire sale the last night of Summer Track. Ethan inquired about the possibility of ordering children's shirt, as he felt a little CGTC t-shirt would look pretty cute on his own child. The board agreed that was true and that all kids would look pretty cute in CGTC t-shirts and will do a pre-order for children's shirts as part of the next regular order.

Next to report was the club's membership coordinator, Ethan Caldwell. Ethan reported that membership is now at 422, with seven new members joining. Ethan reported that in June, 11 memberships expired and in May, 53 memberships expired. The high number in May is primarily associated with the loss of Running Start members. Ethan also reported that four or five people have recently joined on the five-year membership deal. Patrick shared that he has done some things with the numbers related to multi-year memberships. In 2008, 5% of memberships were multi-year memberships. Last year that number was up to 15%. As the start date of the multi-year memberships is relatively evenly distributed across years, the income resulting from the multi-year memberships is relatively stable. Ethan also shared that he has had CGTC business cards printed, providing a small stack of cards to all who were present at the meeting, encouraging a high level of distribution throughout the community to those who express an interest in learning more about the club.

Following Ethan's membership report, the meeting transitioned to the next report, that of the newsletter editor. Susie Hansley was absent due to being on an amazing trip to other parts of the country, so Jess shared with the board the only current issue. Susie reported that her printer is currently broken and she is unable to print the newsletter for distribution at summer track. Both Jamie and Brandy indicated they had the ability to print up to 10 copies for distribution, but neither typically attends summer track. After discussion, it was determined that due to the close geographical proximity of the two parties, Brandy will print ten copies of the newsletter and provide them to Ethan to bring to the track meets.

The next report was provided by the club's webmaster, Patrick Bruer. Patrick shared that there has been a lot of e-commerce (i.e., purchases on Paypal) because of the banquet and upcoming Durham Bulls game. There has been a little difficulty with ease of access to various pieces of information that are typically stored on the server, and for a period of time the information was only available in email form. However, this issue has been resolved. There was an issue last month with distribution of electronic information to members who had emails associated with Duke Health, likely related to a new spam filter setting. Patrick was able to distribute information through a different email, and will work on ironing out this issue.

Last, but not least important, of the reports was that of club treasurer, Kevin Nickodem. Kevin was also unable to be present at the meeting but did provide a report to the club's president who shared, "At the end of May, the club is near break-even. We are on sound financial footing." Jess also shared that Kevin has requested that all requests for expense reimbursement be submitted ASAP, as June is the end of the fiscal year.

Jess inquired about the newsletter/website merger. Patrick reported that it is still in the planning stages. Patrick and Susie will meet to iron out the details and will come up with three or four specific ways to accomplish this merger and will report back to the board.

(Continued on page 11)

June Business Meeting Minutes, Con't.

Anthony Corriveau provided a recap of the Spring Banquet. There were 70-some people in attendance and all went off smoothly. The board thanked him for his hard work and that of Shannon Johnstone to make it a success. Anthony will do a write-up for the newsletter. There was brief preliminary discussion of some things to consider next year, including date and day of the banquet, location, and time to begin preparations. These will be discussed further as we approach the beginning of 2017.

Ethan reported on summer track. He expressed that it has been going well and there has been a consistently large turnout, including some high school runners and a group from NC State. He did share that there is also another program using the track at the same time, but the club is remaining diligent about sharing the track and respecting other users. There was some discussion about how to utilize the space for the 4x400 relay, as people tend to congregate on the track as they develop their teams. It was proposed that they move people up under the canopy to do this. Patrick noted that Ethan has been doing an excellent job at posting results. Shauna requested that track results be sent to her to post in the newsletter, as she is the temporary newsletter editor for July's newsletter.

At this point, it was shared that Anthony will be taking on the Winter Series responsibilities.

Anthony updated the board on the status of purchasing a new timing system. After some preliminary research, he has determined that an old system may not be the best option. Complete new systems can cost around $10,000, but he feels that the club can piece together a system for under $5,000. Shauna shared some information about the Umstead 100 timing system and the software that is utilized for that. Anthony will follow up with the person who developed the software.

Jess than asked for updates on the various weekly runs.

- The Monday night run at Ruckus Pizza is off to a great start with consistent turnouts of eight to ten people, and the Memorial Day Run had about 30! There are often people who are not club members who show up to run.
- The Monday Park Drive run continues to be a small group, with two to five runners weekly.
- Tuesday night's run at Duke's East Campus has a solid, reliable turnout with eight to ten participants. There are also people who are not club members participating in this run.
- Thursday night's Carrboro run is off to a slow start, but those present didn't have a lot of details about numbers.
- Thursday night's Durham run at Southpoint Crossing continues to be a consistent group, with turnouts of six or more and periodic new faces.

There was discussion of ways to better advertise the club's runs. Starting a Meetup group for the club was again discussed and Anthony indicated that he will be start a Meetup page for the club. (Note: the "Carolina Godiva Track Club" group has since been established.)

It was brought up that it was time to start the discussion for the 1- Hour Run, which is typically held the Wednesday after the last week of track. Brandy will contact Bob Nelson to confirm the date and begin the process of coordinating. (Note: the tentative date is August 17.)

There was also inquiry about the club's fall picnic. Jess will reach out to Kevin Nickodem and Henry Blinder to begin coordination of this.

A reminder was given about the upcoming Durham Bulls game, which is June 25. There were 23 or 24 tickets purchased, and it's anticipated to be a good time!

Despite the late start, the meeting was adjourned at the reasonable time of 8:07 p.m.

— *Brandy Burns*

UPCOMING CLUB EVENTS & DEADLINES

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

Event	Date & Time	Location	More Info
Track Nights	Weds. through 8/3	Belk Track, UNC	The CCTC website
One Hour Run	??	??	Stay tuned!
July Club Meeting	Tues. 7/12 7pm	Satisfaction Restaurant, Brightleaf Square, Durham	All members welcome!
Submission Deadline for August Newsletter	Weds. 7/15	Electronic	Email newsletter@carolinagodiva.org

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
All 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