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DECEMBER 2016

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RUNNING SINCE 1975

NEWSLETTER CONTENTS

DEADLINE FOR JANUARY NEWSLETTER:

DECEMBER 15TH

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NEWSLETTER@CAROLINAGODIVA.ORG

PRESIDENT'S COLUMN

Thank You

The UNC Cross Country course has finally dried out, and the Sousa Series is well under way, which means my tenure as President is quickly coming to an end. Godiva has had a great year, with many successes over the past twelve months.

While I'd love to take credit for these victories, the truth is that, as President, I had very little to do with any of them. These successes are the result of the cumulative efforts of many club members, and I'd like to use my last column to thank these people, namely:

- All runners who participated in the 2015-2016 Winter Series, the 2016 Umstead Marathon, the 2016 Summer Track Meets, the 2016 Cross Country Series, and/or any weekly run, for keeping Godiva's mission alive;
- Barbara, Charles, Jane, Jim, Paul, Richard, Ronnie, Tom, the Umstead Marathon Committee, and all marathon and race series volunteers, for willingly giving up your free time (and weekends) to create opportunities for everyone else to run;
- Andrew, Carolyn, Charlie, Denise, Katie, Kevin, Paul, and everyone else in the Monday and Thursday Night Run groups, for providing insight and feedback on how Board decisions affect the general membership;
- Brandy and Ethan, for infusing humor and lightheartedness into every Board meeting;
- Anthony, Shauna, and Susie, for giving new life to your roles and bringing fresh perspective to the Board's decisions;
- Kevin and Patrick, for preserving the club's history and traditions by bringing continuity and consistency to the Board and for serving the club in multiple capacities outside your Board roles;

(Continued on page 2)

President's Column, Continued

- Tom, for bringing unfaltering enthusiasm and optimism to everything you do for the club;
- Jamie, for acting as a mentor who showed me, in both word and action, how to *be a zero*.

"…the really great make you feel that you, too, can become great." —Mark Twain

—Jess Broglie

EDITOR'S COLUMN

Once again, the clock has fallen back an hour to Standard Time. When 5:00 p.m. rolls around, it's already getting dark. No more sunny Monday runs after work with Godiva's Cary Ruckus Run. No more nice Wednesday evening's Fullsteam Run.

Each year around this time, running becomes a distant memory. I don't like running alone in the dark. As noted in a recent *Runner's World* article entitled "Running While Female," female runners are more subject to being attacked or harassed then men are when they run, particularly if they are alone. (Note: I didn't need that article to convince me that it would be safer for me to not run at night alone.)

Many people run with others for safety and companionship, but given my speed (or lack thereof), I'm not able to run with a group and keep up. When it's still light, this is not a big deal for me; I'll start with others but finish at my own pace, as I did with Ruckus and Fullsteam runs. At night, though, I'm not willing to start running with my faster peers and end up alone on a trail in the dark.

There are some options that I'm exploring now to help myself keep running regularly. I want to run at least three times a week, at least one mile each run (very modest by the standards of most Godivans, I know, but more so than I've done in a while).

- **Run in the morning**. This is not very good for me because I'm not a morning person. I'm also still recovering from a week on Pacific time, making it even harder for me to get up. But I'll see if I can manage maybe one weekend morning run (parkRun Durham on Saturdays or a group of former Team In Training friends who get together Sundays to run at North Cary Park).
- **Run at night in my neighborhood.** I tried this last night (a Monday night) and it went well. I did 1.3 miles with my dog, Sadie, and we both enjoyed it. It was short, but the right distance for me due to my current running ability and time constraints when I get home from work. It also feels safe with the dog, and knowing that my husband is home to stalk me via my iPhone if he doesn't hear from me in 25 minutes.
- **Run at Duke's East Campus after work**. Because I work in RTP and live in North Durham, I would have to do this run on my way home sans dog (it's not convenient to go all the way home for her and then drive back). However, it's well-lit and has a lot of people running around it, so it does not feel too dangerous to run it alone. Plus, if I do it on a Wednesday to replace Fullsteam, it means I can hit Wholefoods after for $2 pizza and $3 pints! Go to their Facebook page and click on "LIVE DRINK LIST—Durham" on the left column to see what's on tap.
- **Run on a treadmill.** The most hated of options! However, I am willing to try it every once in a while, particularly if it's really cold or there's bad weather. I have a Y membership, so there would be no problem finding a place to run.

Godivans: Do you find it hard to maintain your running when the days get shorter? Do you have any advice for me on what I can do to keep running this winter and feel safe? Please let me know via email at newsletter@carolinagodiva.org.

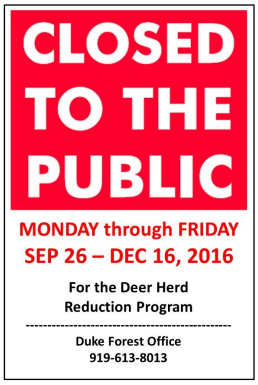
—Susie Hansley

P.S. In follow-up to last month's column: yes, we are going to HTML-only newsletters starting next month (January 2017)! Stay tuned!

ANNOUNCEMENTS

Annual Deer Hunt Closes Duke Forest—But it's Almost Over!

Monday-Friday Until December 16th



For the ninth consecutive year, sections of the Duke Forest popular with runners will be closed to the public Mondays through Fridays during the Fall. This year's "deer herd reduction program" began on **Monday, September 26th and ends on Friday, December 16th**.

Affected areas include the Durham section trails along NC 751 just west of campus, the Korstian section between Mt. Moriah and Whitfield Roads, and the Blackwood section near Chapel Hill in Orange County. All sections of the Forest will, however, be open to the public on Thursday and Friday of Thanksgiving week (November 24 and 25). For more information, view Duke Forest's official announcement.

CGTC ANNUAL PIZZA PARTY

All Carolina Godiva Track Club members are cordially invited to attend the **CGTC December membership meeting**, which masquerades as a pizza feast at Satisfaction Restaurant at Bright Leaf Square, Durham

This year's meeting falls on **Tuesday, December 13th**, and will commence at **7:00 p.m**. The main orders of business will be the devouring of pizza and sharing war stories of your latest race. CGTC will pay for the pizza, and drinks will be paid by you. (*Tip: Tuesdays are $3 NC beer nights at Satisfaction!*)

Other agenda items will include:

- The ceremonial passing of the literal baton from our outgoing president **Jess Broglie** to 2017 president **Anthony Corriveau**!
- The induction of our **new Vice President** (come to find out who it is!)

Don't miss it!
7 p.m. on Tuesday, December 13th at Satisfaction!

— CGTC Board

RUNNING START PROGRAM RETURNS FOR 2017!


Carolina Godiva Running Start 2014

Yes, it's only December, and some of you might be thinking only about decorating for the holidays or avoiding your close-talking Uncle Ned. However, we here at Godiva Central are already thinking about **Running Start 2017—**and we'd like you to start thinking about it, too!

For those new to the club or unfamiliar with Running Start, here's a little background. Running Start is a Godiva training program aimed at new and returning runners looking to run a 5K. It uses a structured series of run/walk workouts that progress in time over a period of 11-12 weeks, ending with a 5K race. Participants must be fit enough to walk, but no running background is necessary—that's what the program is built to create! Participants train together every Saturday with our volunteer pacers, who keep track of the intervals and provide encouragement. Pacers also host mid-week trainings around the Triangle on both road and trail surfaces. In addition, Running Start participants attend brief seminars on stretching, avoiding injury, and finding the right running shoe.

For non-runners (or lapsed ones), the thought of running even a few minutes at a time can be very daunting. Sometimes it just takes a little encouragement to overcome it, and Running Start provides that and so much more. Our goal is for every participant to finish the program with the confidence and knowledge to continue in their running careers.

We believe that every Godivan can play a role in making Running Start 2017 a success. We're always looking for pacers, of course, but we realize that's not a commitment that everyone can make (and we're working on making that easier in 2017). We want you to think about **how and to whom you can spread the joy of running and the benefits of doing it as part of Godiva.**

We're asking for each of you to do the following:

1. Come up with **three specific ways you can spread the word about Running Start.** (Facebook post, neighborhood listserv, flyers at work...). Got 'em? Great!

2. Now, come up with **three specific people who might be interested in learning more about running.** The neighbor who wouldn't recognize you without your running clothes? The pet sitter who watches your critters while you're at an out-of-town event? Heck, maybe even Uncle Ned.

We're going to ask you to follow up on this, so get those gears turning. A successful Running Start program requires enthusiastic participants, and we depend on the club to help us reach them.

And hey, if you're ready to commit to pacing, let us know! Email us at haberdasher@carolinagodiva.org.

--Halle Amick & Shauna Griffin

THE GREG SOUSA WINTER SERIES

Photo courtesy of Anthony Corriveau

This year's Winter Series is dedicated to **Greg Sousa**, our friend and fellow Carolina Godiva Track Club member who passed away of brain cancer on July 14, 2016 at the age of 47.

Godiva will donate a portion of its series proceeds to Badousa Brain, the fundraising team that Greg formed for Durham's Among Us 5K. The Angels race benefits Duke's Robert Preston Tisch Brain Tumor Center.

We also plan to field a large Godiva team for The Angels Among Us race on Saturday, April 29th, 2017. Information on how to join or donate to the Godiva Angels Team will be announced later.

Finally, a money jar will also be available at all Winter Series events to encourage donations from participants who wish to donate to Badousa Brain.

Register online TODAY for the Sousa Series!
Or use the form at the end of the newsletter

Race (click for more info)	Date	Race Director(s) (click to email)
Run for the Donuts Race Results	✓ 10/23/2016	Ronnie Weed/Ethan Caldwell
Misery Run Race Results	✓ 11/20/2016	Jim Clabuesch
Couch Mountain	12/11/2016	Paul Naylor
New Year's Day	1/1/2017	Patrick Bruer
Eno Equalizer	1/15/2017	Richard Smith
Geezer Pleezer	2/12/2017	Tom Kirby
Hard Climb Hill	3/12/2017	Tom Griffin

SOUSA WINTER SERIES–UPCOMING RACES

Couch Mountain Run 2016

This year's Couch Mountain race will be held on **Sunday, December 11th** at **10 a.m.**, starting at Duke Forest Gate F picnic shelter off NC-751, 0.4 mile from US-70 Business.

The 5-mile run features both road and trail. We'll traverse the mountain and the lollipop, deal with a death-defying plunge to the bottom of the gully followed by the climb out, go down a gentle slope to Cornwallis Road, then roll on for 3 more miles to the finish.

Post-race features include camaraderie, cheap beer swill, and the burning of meat of uncertain origin.

—Paul Naylor

New Year's Day Run 2017

8 kilometers
on Duke Forest Trail

1 PM Start
Duke School
3716 Erwin Rd, Durham
(West of NC 751 Traffic Circle)

SOUSA WINTER SERIES–RUN FOR THE DONUTS RECAP

The hurricane postponement of the race from the original scheduled date of Sunday, October 9th to Sunday, October 23rd led to nice weather for the run and allowed Race Director Ronnie Weed to be on hand to lay out the course.

Before the race start, I attempted to describe the Run for the Donuts, which lead to some confusion. Thankfully, the majority of the runners were familiar with the running order and rules. (Check out Ronnie's hilarious explanation of the race rules at the 2014 Run for the Donuts.)

Ten teams of three runners each toed the line. Ultimately Team #2, with Doug Hensel, Carolyn Huettel, and Richard Laxar, were able to hold off Team #3, which consisted of Kevin Rumsey, Craig Gilbert, and David Tyll. The Donut Index was the closest in recent memory, with the two teams being separated by only one year of cumulative age. Full results can be found at http://www.carolinagodiva.org/raceresults/donuts2016.pdf.

We had a great bunch of volunteers on hand to help: Jessica Broglie, Lauren Formy-Duval, Susie Hansley, Bill Hansley, Laura Heyneman, John Jewell, Belle Sousa, Sara Sousa, Andrew Blair, Walter Fowler, Erin Hensel, Kevin Nickodem, and David Yowell. Lastly, Julie Messina made sure everyone got a donut or two.

—Ethan Caldwell

MEMBERSHIP CORNER

Anniversaries:

- **Tom Trent** celebrates 40 years with the club.
- **John Jewell** and **Sara Sousa** each celebrate 10 years as CGTC members.
- **Cara Grout, Jon Hunter,** and **Joanna Pomilio** each have 5 years with the club.

Big Birthdays in December:

- Elizabeth Steffens
- Bob Nelson
- Bob Wallace
- Carol Walton

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

—Ethan Caldwell

@ THE RACES

Guardians of the Hill 5K September 25, 2016

Allen Baddour	17:53	1st M Overall

Portland Half Marathon October 09, 2016

Tom Arnel	2:25:50	

Medoc Trail Races
Hollister, NC October 15, 2016

Jeff Wald	5:15:50	
10 Mile		
Paul Wormsbecher	1:36:21	
Rob Mccauley	1:49:37	
Anna Leivers	1:36:41	
5K		
Jacob Mccauley	36:26	

Baystate Half Marathon October 16, 2016

David Hack	1:47:14	

Bull City Race Fest
Durham North Carolina October 16, 2016

1/2 Marathon		
Michael Dwomoh	1:18:16	1st M Master
Allen Baddour	1:19:38	2nd M Master
David Cobb	1:21:17	1st M 35 - 39
John Gotelli	1:33:56	
Mike Kelley	1:38:02	1st M 55 - 59
Matt Marum	1:40:32	
Martin Leivers	1:43:04	
Martin Warters	1:47:33	
Christopher Boyce	1:50:01	
Ben Barker	1:55:01	
Richard Smith	1:56:17	
Victoria Kendra	1:59:45	
Joe Voshell	2:01:14	
Joao Correia	2:02:10	
Steve Schewel	2:02:30	
Jim Hotelling	2:03:32	
Mary Szymkowski	2:11:08	
William Schmitz	2:11:26	
Julie Messina	2:11:41	
Larry Rothman	2:14:59	
William Harris	2:16:32	
Jerry Harris	2:18:45	
Roberta Drewry	2:39:54	
Juliette Eck	2:44:55	
Sue Wasiolek	2:49:12	
5 Mile		
Kevin Rumsey	31:51	2nd M Master
Craig Gilbert	38:03	1st M 55 - 59
Tina Clossick	39:15	
John Wood	39:46	1st M 60 - 64
Natasha Catlin	41:05	1st F 45 - 49
Collie Fulford	43:28	
Avery Cheves	45:40	
Sarah Robinson Barbera	47:20	
Jennifer Boyce	49:24	
Rachel Cotter	50:00	
Susie Gilbert	50:19	
Julie Horton	57:42	
Jon Hunter	1:09:42	
Susie Hansley	1:11:21	

@THE RACES (CONTINUED)

(Continued from page 7)

Eno River Run
Hillsborough, NC October 22, 2016
11 Miler

David Cobb	1:14:09	1st M Overall
Christopher Boyce	1:37:49	
Elizabeth Steffens	1:40:24	1st F 35 - 44
Becky Trumbull	1:40:44	1st F 55 - 64
Laura Heyneman	1:45:46	3rd F 45 - 54
Kevin Gauger	1:49:22	
Victoria Kendra	2:00:04	
Brandy Burns	2:00:56	
Julie Messina	2:02:02	
Heather Cooper	2:05:13	
Greg Runyon	2:05:25	
Lisa Feutz	2:22:24	3rd F 55 - 64

6 Miler

Erik Johnson	45:03	
Barton Bechard	45:46	1st M 45 - 54
Erin Hensel	1:22:11	
Cheryln Axline	1:23:03	

American Tabacco Trail 10 Miler
Cary, NC October 22, 2016

Kevin Nickodem	1:05:31	1st M Grandmaster
Nancy Kaiser	1:09:26	2nd F Master
Keith Shaljian	1:11:19	
Joan Boone	1:47:59	2nd F Grandmaster
Carol Walton	2:02:49	2nd F 60 - 64

Triple Lakes 1/2 Marathon October 29, 2016

Peter Hessling	2:35:24	

Peak to Creek Marathon October 29, 2016

Kevin McCabe	3:03:34	PR, BQ, 3rd M 35 - 39

Marine Corps 10K October 29, 2016

Kevin Rumsey	41:40	2nd M Grandmaster

Shut in Trail Run
Asheville, NC November 05, 2016

Jim Clabuesch	3:28:40
Joe Drommer	3:38:11
Shawn Harris	3:39:16
Christopher Boyce	3:55:10
Dana Hornkohl	4:47:21
Brandy Burns	5:10:55

City of Oaks
Raleigh, NC November 06, 2016
Marathon

Allen Baddour	2:46:10	3rd M Overall

1/2 Marathon

Bart Bechard	1:19:07	1st M 50 - 54, 4th Overall

Half Marathon November 12, 2016

Gordon Caviness	1:51:21

New Hope Turkey Run November 12, 2016

Kevin Rumsey	28:08	2nd M Overall

Outer Banks Marathon November 13, 2016

Kevin McCabe	3:41:27

Outer Banks Southern Fried 1/2 Marathon
November 13, 2016

Janet Cromer	2:08:30	3rd F 65 - 69

Submit Your Race Results Online!

Go to www.carolinagodiva.org, click the Races tab, then click on *@ The Races*

Or just go here

NOVEMBER BUSINESS MEETING

November meeting called to order at 7:10 PM on 15 November 2016. Board members Jess Broglie, Patrick Bruer, Ethan Caldwell, Shauna Griffin, Susie Hansley, and Kevin Nickodem present. Halle Amick also present. Board members Brandy Burns and Anthony Corriveau absent.

Officer Reports

Haberdasher (S. Griffin) discussed new club singlet, with choice between Brooks or Bay Six. Board gave Haberdasher discretion to select best option.

Member Coordinator (E. Caldwell) reported club has 378 members on the books, with four new members joining since October Board meeting.

Newsletter Editor (S. Hansley) asked for feedback on new HTML format of newsletter. Overall positive feedback received. Editor will look at "click through" statistics to determine which articles are of most interest and will resolve any HTML formatting issues as they develop. December 2016 newsletter will be final pdf newsletter, with HTML format newsletter replacing pdf format in January 2017.

Treasurer (K. Nickodem) reported no unusual activity, but noted that club revenue and expenses are down. Board approved donation to Umstead Coalition for 2016 calendar year. Tentative donation of $3000 to Umstead Coalition was approved (4 in favor, 1 opposed), with final amount contingent upon feedback from Godiva's Umstead Marathon Committee. Treasurer also asked for the dates of all 2017 Winter Series races to update Godiva's annual insurance policy. J. Broglie agreed to follow up with Fall 2017 Race Directors.

Webmaster (P. Bruer) discussed club's listserv, with goal of evaluating its efficacy when compared to Facebook page, as listserv is not currently used often. Board decided that new members will be auto enrolled into the listserv and presented with option to unsubscribe in first email from listserv. S. Hansley commended Webmaster on his amazing efforts to harmonize information presented in the newsletter with information provided on website.

Old Business

H. Amick and S. Griffin discussed tentative ideas for club's 2017 Running Start program. Additional ideas will be finalized and implemented in early 2017.

New Business

Club's annual December Membership Party will be held on 13 December 2016 at Satisfactions. J. Broglie will secure reservation.

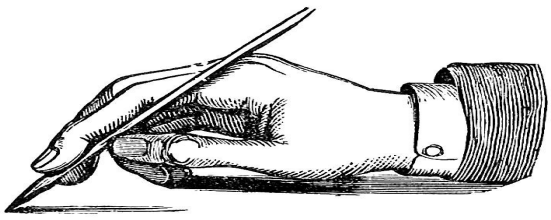
Meeting adjourned at 8:16 PM.

—J. Broglie

THANKS TO OUR NEWSLETTER CONTRIBUTORS

Thanks for the December 2016 Newsletter contributions, stats, photos (whether they knew it or not!), and editing go to:

Halle Amick, Jess Broglie, Patrick Bruer, Ethan Caldwell, Shauna Griffin, Tom Griffin, and Susie Hansley.



UPCOMING CLUB EVENTS & DEADLINES

Event	Date & Time	Location	More Info
Duke Forest Annual Deer Hunt	Closed weekdays until 12/16	Durham section trails along NC 751 west of campus; Korstian; Blackwood	http://dukeforest.duke.edu/management/deer-management/
Sousa Winter Series Event 3: Couch Mountain	Sun. 12/11, 10am	Duke Forest, Gate F NC-751, 0.4 mi from US-70 BUS	See carolinagodiva.org
December Club Meeting and Pizza Party!	Tues. 12/13, 7pm	Satisfaction Brightleaf Square, Durham	All members welcome!
Submission Deadline for December Newsletter	Thurs. 12/15	Electronic	Email newsletter@carolinagodiva.org
Sousa Winter Series Event 4: New Year's Day 8K Run	Sun. 1/1, 1pm	Duke School for Children 3716 Erwin Rd.	See http://www.carolinagodiva.org/index.php?page=nyd-run
Sousa Winter Series Event 5: Eno Equalizer	Sun., 1/15, 10am	Eno River State Park End of Cole Mill Rd. (36.074, -79.006)	See http://www.carolinagodiva.org/index.php?page=eno-equalizer

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
MONDAY CARY *(ON HIATUS UNTIL SPRING 2017)*	6:15 p.m. gather, 6:30 p.m. start	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
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

December's Business Meeting will be on 12/13 @ 7:00 PM @Satisfaction in Brightleaf Square, Durham NC
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	

The Carolina Godiva Track Club GREG SOUSA Winter Series

In honor and remembrance of our friend and fellow Carolina Godiva Track Club member Greg Sousa, who passed away on July 14th at the age of 47 of brain cancer, Carolina Godiva Track Club has designated the 2016-17 Winter Series as the ***Greg Sousa Winter Series.*** *Godiva will donate a portion of the Winter Series proceeds to support brain cancer research at Duke. A money jar will also be available at all Winter Series events to encourage donations from participants who wish to donate.*

Godiva will also sponsor a team for the upcoming Angels Among Us 5K at Duke, a fundraiser for brain cancer research that Greg supported. More information on this will be provided closer to the date. The race will be on Saturday, April 29, 2017.

Carolina Godiva members: Sign up for all seven Winter Series races for only $25. If you want your name to show up in the Winter Series Standings, SIGN UP! It makes things easier on the person trying to keep track of points earned for the series.

Club members who don't pre-register and non-club members: Day-of race registration takes place 60 minutes before the run at a cost of $5 per race. Free entry for those 18 and under, so bring the whole family!

Earn points for the Incredibly Beautiful Winter Series T-Shirt™(not really)! To receive the 33rd Annual Winter Series shirt, you must be a CGTC member and run or volunteer at 5 of the 7 events. The Hard Climb Hill 10-miler counts as two events if you run it.

Register electronically! If you want to avoid writing a check and sending this form via snail mail, register online instead at carolinagodiva.org. If not, fill out this form and send it to us with your check (see below for address). Forms will also be available at each Winter Series event.

For more information, contact Anthony Corriveau (anthony.corriveau@gmail.com).

Carolina Godiva Track Club GREG SOUSA Winter Series 2016-17 Entry Form

Name	*Age*	*Sex*	*T-shirt style/size:*
Address	*Telephone*		☐ Men's Cut ☐ Women's Cut
City, state, zip	*Entry fee* $25.00		☐ S ☐ M ☐ L ☐ XL

Waiver

I know that running and participating in a Carolina Godiva Track Club event is a potentially hazardous activity. I should not participate or run in the Carolina Godiva Track Club event unless I am medically able and properly trained. I agree to abide by any decision of the event organizer(s) relative to my ability to safely complete the event. I assume all risks associated with running and participating in the Carolina Godiva Track Club 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 track, road or trail and the 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 allowing my participation in the Carolina Godiva Track Club event, 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 the Carolina Godiva Track Club activities, even though that 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 the Carolina Godiva Track Club activities.

_____ _____

Signature (Parent/Guardian signature if under age 18) *Date*

Return Completed Form and Payment to:	Ethan Caldwell 5712 Edgedale Dr. Raleigh, NC 27612

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 :*
How did you hear about CGTC?		*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