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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

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**DEADLINE FOR
MAY
NEWSLETTER:
APRIL 15TH**

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**NEWSLETTER
@
CAROLINAGODIVA.ORG**

PAIN IS TEMPORARY

Another training cycle has come to an end, and the marathon is a week away. Did I train hard enough, eat right, and rest my body properly for maximum performance? The answer will come before I even cross the finish line and get my finish time. There is a familiar saying by Ralph Waldo Emerson that "Life is a journey, not a destination." That doesn't necessarily apply to runners...or does it ?

Everyone who signs up for a race, whether it's a neighborhood 5K or a destination ultramarathon, needs to put in the work beforehand to reach his or her individual goal. The goal does not have to be complex or lofty. Maybe it's to finish within a certain time, or run the entire distance without an unplanned walk break. But to reach that goal, there are no shortcuts. Several hours over many months are needed to prepare, and it will not be always be pleasant.

A few years ago I ran a marathon with a group in Steamboat Springs, CO. One of the experienced runners in our group had very little training going into the race. He spent the days beforehand joking about how little training he had under his belt and cramming in some last-minute runs. During the race, I caught him at about mile 18. We ran together for a mile or so keeping each other company. As he finally slowed to a walk, he mumbled that you cannot fake a marathon. His "Couch to marathon in 1 week" training plan had failed him, but at least he had pleasant weather for his walk to the finish line.

But if I'm only running a 5K, is a training plan really necessary? Of course it is. If you break out at the gun and run much faster than anticipated, your body will become angry. By mile two or so your only desire will be to pass out on the side of the road. Unfortunately, you're still a little over a mile to the finish, and most 5Ks I have run do not have a broom wagon. Training not only helps your body go the full distance, it allows you to determine the mental and physical challenges of pacing yourself. Legs, lungs, and brain can all lie to each other.

If there is one constant to training, it would be monotony. Run, work, and sleep is a common catchphrase that you hear. A group of like-minded runners who have similar goals can help break the tedium. They

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www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva—use it to share information and stay up to date on club goings-on.

To subscribe to the list, just send an email to cgtc-join@carolinagodiva.org

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

GODIVA CLUB CONTACTS

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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 (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh	828-3487
Raleigh Running Outfitters 15% discount Raleigh & Cary	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, Shoppes of Hope Valley Center	484-1290
Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium	667-3440

GODIVA TEAM CAPTAINS

Open Men		
Master Men	Tim Meigs	tim_meigs@yahoo.com
Open Women	Aline Lloyd	alinekj@yahoo.com
Master Women	Cathy Wides	cadw09@gmail.com

GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM
Satisfaction Restaurant at Bright Leaf Square, Durham

**STARTING AT THE FINISH LINE
APRIL 17TH, 7PM**

Carolina Godiva Track Club and Bull City Running are teaming up to bring the movie *Starting at the Finish Line: The Coach Buehler Story* to Fullsteam Brewery in downtown Durham. The event will be held on **Wednesday April 17th at 7:00pm**. *Starting at the Finish Line* compiles the 60 years of inspiration and influence that Coach Buehler has had in the Duke University community as a professor and coach and the impact he has had on the U.S. Olympic Track and Field team as the team manager and member of the coaching staff for four Olympic competitions. If you wish to get a run in before the movie the Fullsteam Ahead! Run Club offers a 3, 4, or 6 mile run starting at 6:00pm from the brewery. For further questions, please contact douglashenseljr@gmail.com

— Douglas Hensel

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

MASTERS TEAMS

Masters teams forming for the 2013 USA Masters 8K Championship in Williamsburg, VA. On Saturday, June 1, Godiva Masters runners will toe the line with some of the country's fastest runners. Want to be a part of this exciting and competitive event? Check out the details and register at <http://www.usatf.org/Events---Calendar/2013/USA-Masters-8-km-Championship.aspx>. Teams in each age group (40+, 50+, etc.) need at least 3 runners to score. You also need to be a 2013 USATF member to enter, so if your membership lapsed at the end of last year, now is a good time to renew. When you register, be sure to list Carolina Godiva as your club affiliation and select the "A" team in the pulldown. E-mail Tim Meigs (tim_meigs@yahoo.com) with any questions about men's teams and Cathy Wides (cadw09@gmail.com) with any questions about women's teams.

— Tim Meigs

AT THE RACES

NC State Torch Run 5K (2/23/2013)

Andrew Scribner 20:03

Kappa Delta Shamrock 'n' Run 5K(2/23/2013)

Richard N. Wolfe 55:42

Florence Forth 5K

Belle Sousa 44:35
Sara Sousa 44:35
Greg Sousa 44:37

Florence Forth 10 Miler

Rusty Barnett 1:23:58

Reedy River Run 10K (3/2/2013)

Tim Meigs 33:47* 1st M/M

St Paddy's Run Green 8K (3/2/2013)

Chris Capps 27:56 2nd O/M

Komen Race for the Cure 5K (3/2/2013)

Charles Fiore 21:26 3rd M35-39

Rumba on the Lumber 5K (3/2/2013)

Gary Moss 19:35 1st GM/M

M/F = Master Female

M/M = Master Male

O/F = Overall Female

O/M = Overall Male

* denotes personal record

USATF SE Masters Indoor Championships (3/3/2013)

Mile Run: Jay Smith 5:54.5 1st M60-64
3,000 meter: Jay Smith 12:32 1st M60-64
60 meter: Louise Guardino 11.57 1st F70-74
200 meter: Louise Guardino 41.43 1st F70-74

InStep for Life 9.3K (3/3/2013)

Greg Sousa 41:55 4th O/M

Run for the Oaks 5K (3/9/2013)

Andrew Scribner 19:33 3rd M40-44

Kidney Kare 5K (3/16/2013)

Julie Horton 28:45 1st F55-59

Tobacco Road Half Marathon (3/17/2013)

Becky Trumbull 1:47:36 4th F50-54
Richard N. Wolfe 4:33:46 5th M 70-74

Tobacco Road Marathon

Andrew Scribner 3:29:16

Wrightsville Beach Half Marathon (3/17/2013)

Peter Hessling 1:56:46

GM/F = Grandmaster Female

GM/M = Grandmaster Male

CALLING ALL MEDICAL VOLUNTEERS!

In order to hold running events in Duke Forest (like several of our Winter Series races), organizers are required to have a designated individual on-site to provide medical aid.



CGTC has always relied on its wonderful volunteers to provide this service over the years, and, in the interest of helping our Race Directors connect with medical personnel and offering the opportunity to as many members as possible, we're creating a database of individuals who are interested in volunteering in this capacity.

Medical volunteers are covered by the Club's liability insurance, and volunteering during Winter Series events yields points towards the Incredibly Beautiful Shirt.

So, if you are a physician, nurse, EMT, physical therapist, physician assistant, or other individual currently licensed to provide basic medical aid, and you're interested in being a medical volunteer at a future CGTC event, please email me at douglashenseljr@gmail.com. You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Doug Hensel

PINE CONE PACER 5K 8AM APRIL 13

On Saturday, April 13th, Godiva is helping to sponsor the Pine Cone Pacer 5K, which benefits Duke Forest.

The race starts at 8am, and registration and check-in starts at 7:30. The cost of the race is \$25. Here's what the event organizers have to say about it:

The Office of the Duke Forest invites everyone to come out to the Forest and run or walk in the 4th Annual Duke Forest Pine Cone Pacer! This event is a great fundraiser for the Forest and proceeds raised help support trail projects, public outreach activities, and student internships.

Thanks to our generous sponsors, all racers will walk away with a goody bag that includes a T-shirt and other small prizes. Many more terrific gifts will be given out to race and raffle winners at the end of the event. There's just no reason not to sign-up!

More information about the race can be found at <http://www.dukeforest.duke.edu/race/index.html>

— Halle Amick

GODIVA WEEKLY RUNS

DAY	TIME	LOCATION	TYPE OF RUN	COORDINATOR
MONDAY	5:30 p.m.	Research Triangle Park, Park Dr. near Credit Union	Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile.	Carolyn Huettel, 401-9589
TUESDAY	6:00 p.m.	Duke East Campus, at Asbury United Methodist Church, Durham	Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile	Jen Howard (260-0261) and David Coulter (286-7278)
THURSDAY (P.M.)	6:00 p.m.	Kroger, at South Point Crossing shopping center, Durham	Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile.	Jim Clabuesch and Carolyn Huettel, 401-9589
SATURDAY (DUKE FOREST)	8:00 a.m.	Duke Forest, at Gate 3, just north of the 751/Erwin Rd. roundabout intersection	Duke Forest trails and roads, the same routes used by the MTP program. Mileages of 7+ available.	Gordon Keeler, 479-4965
SATURDAY (UMSTEAD)	8:30 a.m.	Umstead State Park, at Harrison Ave. entrance	Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances	Carolyn Huettel, 401-9589
SUNDAY	8:00 a.m.; pre-run at 7:00 a.m.	Duke Forest, at Frank Bassett Dr., Durham	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, 401-9589

* For full details on these runs, see the "Weekly Runs" section of the club website (www.carolinagodiva.org)

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don't necessarily need to be training for the same race as you are, or even run your exact pace. Actually, running with people a little faster than you are can spur you on during the training cycle. The first few runs are uncomfortable, but that's the purpose. It may sound strange, but you want to feel uncomfortable during training. Come race day you want to be confident in your abilities.

Don't ignore your diet during this whole process. You need to properly fuel before and after a workout. You want to have enough energy in your system to complete the scheduled workout, and take in enough nutrition to recover from it. You're burning lots of calories, and deserve to indulge a little. I find that post long-run foods taste the best.

Training can be a tricky thing. You follow a plan, race

the distance, and reach your goal. Success! Then you can return to the training plan you religiously followed, but just stepping up the intensity. The next time you race a similar distance, you might expect to improve, but you might not, and feel that all that work is down the tubes. Don't become discouraged. Once you plateau, you might have to change the training plan. Shuffle your specific workouts around, or try a new one. You can quickly fall into a running rut, but with a little imagination bounce out of it. Yes, even cross-training can have its benefits if incorporated properly.

I'll leave you with one final thought from the great Muhammad Ali: "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

— Douglas Hensel

TO BLOCK OR NOT TO BLOCK

I had my first indoor track experience at the Southeast Region & NC Masters Indoor T&F Championships on March 3, 2013 at Winston-Salem's JDL Fasttrack. Prior to the event I had decided to bite the bullet and try using starter's blocks. Jane Barnes showed me the technique and I gave it a shot, almost face planting. I didn't get more than one step out when I knew I should quit. I was totally off balance. Scrap that!

The track, being 200m in lane 1, seemed so much shorter than the regular 400m track I practice on. Tighter turns, of course. I jogged around it. Not too bad. Then, with plenty of time, I began practicing a no block, 3-point start stance. I kept my balance but I couldn't tell if I was faster or slower in my initial steps. I had decided to just do a standing start at my 60m event until two of my competitors practiced a start I had never seen before. They put one foot in a block and the other back and out of the blocks. Ok, I thought, I'll try it. When the SET command came, my butt went into the air, my right knee bent, right foot in a block, the left foot back outside of the block, right hand on the line and the other arm up and back. At the gun, I sort of pushed forward. My arm may have swung forward, but my competitors were already two or more steps ahead of me! It took all I had to catch and just barely pass them to win my age group. What a bust!

By the time the 200m arrived, I had done lots of warm-up exercises with some of the Carolina T&F youngsters. This was my opportunity to run a 200m with Jeanne Daprano, who has always beaten me in the 400m (no surprise there!). Also in the heat was another Atlanta Track Club member, Susan Aderhold, a few years younger than me, who has also beaten me in the 400m. Foolishly, I decided to try the single block again but this time put my right arm in the air. Bang! Off I went. Being in Lane 5, I had the lead. That lasted until about 1/3rd of the way into the straightaway when first Susan, then Jeanne, passed me. I found myself trying to keep up with Jeanne and realized before the next turn that I had better back off, else I would be walking across the finish! So much for using blocks, single or otherwise! Not having access to blocks inhibits practicing starts. Phooey to that! JDL Fasttrack's last indoor meet (Indoor Ultimate Runner) will present an opportunity to see how a standing 60m start compares. Unfortunately, the 60m is preceded by needing to compete in the mile, 400, 200, and 800 meter events! I may be wiped out by the time I get to the 60m, but I suspect my start may be better, though the legs may give out before the finish.

— Louise Guardino

HARD CLIMB HILL 2013

	Name	City	Sex	Age	Miles	Time
1	Barton Bechard	Durham NC	M	48	10	1:09:23
2	Anthony Corriveau	Cary NC	M	42	10	1:13:07
3	Jeff Hall	Raleigh NC	M	48	10	1:13:17
4	Brian Tajlili	Durham NC	M	31	10	1:15:42
5	Patrick Bruer	Chapel Hill NC	M	54	10	1:18:52
6	Greg Sousa	Durham NC	M	43	10	1:20:42
7	John Haws	Durham NC	M	44	10	1:20:42
8	Brent Belvin	Durham NC	M	44	10	1:21:58
9	Dean Forbes	Mebane NC	M	30	10	1:23:45
10	Paul Wormsbecher	Apex NC	M	51	10	1:23:47
11	Kevin Gauger	Holly Springs NC	M	39	10	1:24:09
12	Heiko Rath	Durham NC	M	43	10	1:26:19
13	Ray Dooley	Chapel Hill NC	M	60	10	1:27:07
14	Chris Gould	Durham NC	M	68	10	1:27:40
15	Becky Trumbull	Durham NC	F	52	10	1:27:59
16	Christopher Boyce	Cary NC	M	38	10	1:31:53
17	Joe Drommer	Durham NC	M	42	10	1:31:54
18	Rachel Hirschey	Durham NC	F	31	10	1:31:59
19	Paul Bloom	Durham NC	M	65	10	1:34:05
20	James Lewis	Durham NC	M	47	10	1:34:23
21	Dorit Hammerling	Durham NC	F	38	10	1:34:24
22	Dena Belvin	Durham NC	F	42	10	1:38:49
23	Frank Rexford	Chapel Hill NC	M	53	10	1:41:29
24	Carolyn Huettel	Durham NC	F	48	10	1:41:46
25	David Rice	Durham NC	M	53	10	1:41:48
26	Brandy Burns	Raleigh NC	F	37	10	1:42:02
27	Collie Fulford	Durham NC	F	47	10	1:48:14
28	Alfred Kleinhammes	Chapel Hill NC	M	61	10	1:52:24
29	Chris Selvaggi	Cary NC	M	44	10	1:55:48
30	Barbara Hindenach	Durham NC	F	61	10	1:56:27
31	Louise Guardino	Cary NC	F	72	10	2:00:22
1	Mike Kelley	Chapel Hill NC	M	53	7	47:48
2	Garth Somerville	Cary NC	M	47	7	48:10
3	Kevin Nickodem	Chapel Hill NC	M	56	7	48:23
4	Riëtta Couper	Chapel Hill NC	F	54	7	55:21
5	Richard Smith	Chapel Hill NC	M	59	7	56:40
6	Alison Gracey	Durham NC	F	50	7	57:28
7	Denise Larson	Durham NC	F	52	7	1:01:30
8	Ethan Caldwell	Raleigh NC	M	39	7	1:02:17
9	Rich McNally	Kansas City MO	M	54	7	1:03:20
10	Harold Hill	Chapel Hill NC	M	44	7	1:05:38
11	Scott Lynch	Durham NC	M	44	7	1:05:38
12	Cara Grout	Creedmoor NC	F	36	7	1:10:28
13	Joao Correia	Durham NC	M	45	7	1:10:30
14	Emil Malizia	Chapel Hill NC	M	69	7	1:10:44
15	Misty McNally	Kansas City MO	F	49	7	1:10:59
16	Steve Munsat	Chapel Hill NC	M	48	7	1:13:21

HARD CLIMB HILL 2013 RESULTS, CONT.

	Name	City		Sex	Age	Miles	Time
1	Doug Hensel	Durham NC		M	39	3	24:04
2	Ron Garcia-Fogarty	Chapel Hill NC		M	38	3	24:14
3	Martin Warters	Durham NC		M	33	3	24:17
4	John Gotelli	Hillsborough NC		M	44	3	26:36
5	Julie Messina	Durham NC		F	35	3	28:49
6	Jim Hotelling	Chapel Hill NC		M	65	3	30:11
7	Ryan Lynch	Durham NC		M	8	3	30:14
8	Erin McIntee	Durham NC		F	32	3	30:46
9	Susan Slade	Durham NC		F	56	3	31:52
10	Lauren Formy-Duval	Durham NC		F	35	3	34:03
11	Zach Chambers	Zebulon NC		M	25	3	39:51
12	Scott Gomez	Raleigh NC		M	26	3	39:52
13	Belle Sousa	Durham, NC		F	6	3	54:20
13	Sara Sousa	Durham NC		F	41	3	54:20
14	Michael Formy-Duval	Durham NC		M	36	3	54:21

HARD CLIMB HILL 2013 RECAP

Splendid Weather for Winter Series Finale

Sixty-two runners enjoyed ideal spring weather for the 28th annual Hard Climb Hill Race on Sunday, March 10. Exactly half the crew ran the rugged, full 10-mile variant. We welcomed new members Dorit Hammerling and Joao Correia, who ran the HCH for the first time. Bart Bechard placed first overall, with a time of 1:09:23. Becky Trumbull was the first woman finisher at 1:27:59. Mike Kelley and Riëtta Couper were the first male and female finishers in the 7 miler. Doug Hensel and Julie Messina were first in the 3 mile race. The event was a success due to the volunteer work

of Shelly Bloom, Jim Clabuesch, Chris Crowder, Callie Hall, Karla Henderson, Doug Hensel, and Tom Kirby. Jennie Hill served as both volunteer and resident medic. Tom Griffin, a new member, did registration, timing, and clean-up, setting a new standard of volunteering for us older, jaded members. Tom Kirby calculated the race results. Richard Wolfe's photos of the racers are undoubtedly on the Godiva website by the time you read this. A warm thanks to all!

— Jerry Surh

WINTER SERIES INCREDIBLY BEAUTIFUL T-SHIRT

Well, the 2012-2013 CGTC Winter Series is officially over, and the earners of the Incredibly Beautiful award shirt can be found at: <http://www.carolinagodiva.org/files/winterseries2012standings.pdf>

If you don't see your name on the list and think the record keeper has erred, please email me at jwevh@mindspring.com ASAP.

— Jim Clabuesch

UMSTEAD TRAIL MARATHON 2013

The tenth annual Umstead Trail Marathon took place on Saturday, March 2. There have been some very positive write-ups from the runners that can be found on the Umstead Marathon and the Carolina Godiva Track Club Facebook pages. The same ten-person committee that makes this event happen has been together for several years....they are: Lisa Beck, Jim Clabuesch, Jason Clark, Mike Dacar, Dennis Geiser, Doug Hensel, Carolyn Huettel, Denise Larson, Karen Murphy, and Bob Nelson.

Thanks go out to our sponsors:

1) Door Prizes

- Great Outdoor Provision Co.: Store Gift Certificate, Shoe Gift Certificates, Honey Stinger Waffles and Gels
- Gigi's Cupcakes: Cupcake Gift Certificate
- Charlie's Soap: Laundry Detergent
- The Umstead Coalition: Stories in Stone books
- Carolina Godiva Track Club: Club Memberships, Previous year Umstead Marathon pint glasses, running books
- Raleigh Running Outfitters: Brooks pint glasses
- Polar Bottle & Ultraspire: Water Bottles

2) Race Packets

- Great Outdoor Provision Co: Smartwool Socks, Brooks Shirts, Honey Stinger Gels, GOP Co stickers and coasters
- Carolina Godiva Track Club: Trail Runner sticker
- WakeMed: Multi-colored ink pen
- Harkness Design (Marcos Lightning Harkness): Logo Design
- TS Designs: Shirt Printing

3) Massage

- Stiner Massage: Post Race Massage

4) Nourishment

- Great Outdoor Provision Co: Honey Stinger Gels
- Raleigh Running Outfitters: Gatorade, Coke, Bananas, Oranges, Oreos, Gummy Bears, Bagels
- Moe's: Burritos, Chips, Salsa
- Le Blue: Water
- Gigi's Cupcakes: Cupcakes

Club members, please let these sponsors know how much we appreciate them by visiting them and thanking them when you purchase merchandise or services from them.

Thanks to all of you club members who volunteered. If you have read the Marathon.com reviews and/or the

Facebook pages, you will see that the runners say you are the best. Thanks to all of you who offered last-minute help when we realized we were short a few volunteers. The response to that plea was so large that we eventually had to turn some people away.

The week leading up to the race is busy. Sunday, Jim and Carolyn pretty much emptied the club storage location of supplies and brought them to their garage. Tuesday, the committee received help in stuffing the packets from Dennis's wife, Marion Geiser, and from Karen's husband, Ronnie Weed. Wednesday, Carolyn and Lisa went shopping. Thursday, Lisa sorted all the food, drink, and supplies by aid station.

On Friday, Carolyn, Lisa, and Jim each brought a vehicle-full of supplies to the race headquarters, with only one small mishap of Carolyn's truck tire going flat at the visitor center. Needless to say that meant the other two vehicles had to make multiple trips from the visitor center to the headquarters to transport the supplies. The Le Blue water showed up on time and shortly after they left, the Readilite portable toilets arrived. This was the longest portable toilet trailer I had ever seen and was very concerned about them getting to the Trenton aid station, but after watching them turn the trailer around when I almost took them to an old aid station location, I knew that they could handle Trenton. Shortly after getting back from the toilet tour, Jim's volunteers started to arrive. Jim received help in putting up the course signs from Ken Browndorf, Jason Clark, Scott Lynch (who ran the race the next day), Robert Moody, and Scott Schoedler. While that was going on, Lisa and Carolyn set up the lodge. Once Lisa got the key for the Gator and a quick driving lesson, she was off taking some of the supplies to the Reedy Creek/Graylyn aid station. Friday, late afternoon, Denise received help with packet pick-up at Great Outdoor Provision Co. from Tammy Butkiewicz and Aline Lloyd.

Saturday morning started with Bob sending early-birds down Hwy 70, telling them not to show up until after 7:00 when the park officially opened. The first people into the park were Mike's parking volunteers who had to get into their positions before the runners and other volunteers showed up at 7:30. This team of volunteers directed drivers to their pre-assigned parking lots. The folks that helped this year were Anna Banka, Lucas Beal,

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UMSTEAD TRAIL MARATHON 2013...CONT.

(Continued from page 8)

Lisa Feutz, Shauna Griffin, Kelly Lane, Martin Leivers, Paul Naylor, James Reagan, Jennifer Renn, and Rebecca Werlau.

Lisa, Doug, and Bill Hansley quickly loaded up two trucks and raced off to get the supplies to the aid stations.

Once the runners were parked, they had to pick up their packet or check in with Denise and her team of volunteers, Tammy Butkiewicz, Donna Levy, and Daniel Quinn. The runners could also get some food and drink from Carolyn's volunteer, Susie Hansley.

I did not get to see who was helping with the outside set-up, but a big thanks goes out to the folks who helped move the very heavy picnic tables. Luckily, we had lovely weather, so there was no need to set up the tents. Thanks goes out to Chuck Millsaps for bringing a 10' step ladder that Tom Kirby, Barbara Hindenach and Jason LeDoyen used to put up the Start/Finish line banner.

After all of that volunteer activity, it was finally time to start the race. Denise had a team of people responsible for working at the timing table. A special thanks goes out to Sarah Strunk, who loaned us her laptop. Kevin Nickodem was our announcer who used that laptop to look up the runners names and broadcast their approach to the finish line. Tom Kirby and Barbara Hindenach worked the timing equipment. Other folks helping collect runners finishing times were Summer Ibrahim, Conrad Kirby, Jason LeDoyen, and Cathy Wides.

Before the runners started, Jim had already been out on the course making sure his course monitors were in place. The course monitors this year were Charles Clift, Brian Doherty, Ashton Drew, Chris Gould, Mark Greenhalgh, Shawn Harris, Laura Heyneman, Erin McIntee, Julie Messina, Jenni Rubatt, Bobbie Smythe, Ying So, Jessica Styers, Jeff Tuson, Lisa Varona, Martin Wartens, and Paul Wormsbecher.

Karen had also already been out on the course making sure her aid station volunteers were in place. The Reedy Creek aid station volunteers get double duty since they get to see all of the runners four times, and they have to physically move the aid station from the Graylyn intersection to the Cedar Ridge intersection. The folks work-

ing this aid station were Chris Boyce, Jenny Boyce, Adam Domanski, Lauren Figge, Gordon Keeler, Lauran Madden, Amanda Novotny, Deb Rogan, and Brian Tajili. The next aid station the runners visit is at the Sycamore Camp parking lot. The volunteers at this station were Derek Applewhite, Jennifer Arnold, Steve Arnold, Katie Biasi, Mike Biasi, Sandra Cooke, Melissa Lee, Melissa Mincic, and Quinn McFall. Next up is the Trenton aid station. These volunteers add to the fun by wearing red dresses every year. This year the red dress volunteers were Jill Aldredge, Rob Aldredge, Valerie Evans, Layna Mosley, Amber Peterson, Kristine Pryzgoda, Jessica Rose, Barbara Wedel, and Barbara Zellweger. Finally, the runners got to the Turkey Creek aid station, where shamrocks lined the trail and the volunteers were in their lucky green St. Patrick's day attire. These volunteers added to their festive aid station by bringing homemade cookies and brownies, which the runners seemed to really like. The volunteers here were Candace Anderson, Jamie Gerdts, Mia Gerdts, Louise Guardino, LaRee Johnson, Jessica Kettler, Maureen Percy, and Jess Thornton.

We also have a roving group of volunteers on bicycles who are watching out for the well-being of the runners. Jason coordinates this group of volunteers. His bikers were Tara Allden, David Campbell, Susan Carl, Joshua Cole, Randy Dykes, James Gerdts, Tony Landauer, Dave Larson, Matthew Marum, Steve Peters, Philip Sannes, and Mike Walsh.

As the runners crossed the finish line, Dennis had a team of volunteers that greeted all the finishers, handing them a pint glasses and giving them the opportunity to win a door prize. Dennis's volunteers were Carolyn Crutchfield, David Culbertson, John Finklea, Brian Fowler, Tim Gingerich, Aline Lloyd, Dorit Hammerling, Eileen Philips, Peggy Taylor, and Gail Utage.

Not only did Dennis take care of all the runners crossing the finish line, he was the artist who made the beautiful wood ring-necked duck plaques that were given to the first 15 male and female finishers. By the way, if you ever want to see these ducks in real life, you can see them on Big Lake in Umstead Park—however, you may have to wait a few seconds for them to surface since they are a diving duck.

(Continued on page 11)

MARCH 2013 MEETING MINUTES

The regular monthly business meeting was called to order at 7:02pm on March 12, 2013. Attendees included Vice President Brandy Burns, Halle Amick, Patrick Bruer, Jim Clabuesch, Tom Griffin, Jeff Hall, Carolyn Huettel, Aline Lloyd, Barbara Hindenach, Tom Kirby, Heiko Rath, Cathy Wides, and your scribe, Henry Blinder.

Although Kevin was not in attendance, he provided his Treasurer's report by e-mail prior to the meeting. The Club remains in good financial condition, with more than \$50,000 in funds as of the end of February. This does not reflect the substantial expenses associated with the Umstead Marathon, so he anticipates a lower net balance once those expenses have been paid.

Jim led off the meeting with the Membership report. Two memberships were provided as door prizes for the Umstead Marathon. He's still working on obtaining more paper membership forms, as discussed at last month's meeting.

Next up was Jeff's haberdasher report. The previously ordered "hoodie" sweatshirts with the Club's logo have arrived. As Brandy opined: "You rocked it on the hoodies." Confirming her opinion, Carolyn advised us that they are selling well. Look for them at Club races and events.

Halle gave us an update on the Running Start program. Responses have been received from 40 runners. The two most popular venues to date appear to be the Al Buehler and American Tobacco trails.

Halle also informed us that she had attended the March 11 City Council meeting to hear the discussion and speak up in support of a proposed Ellerbe Creek Greenway project. The Ellerbe Creek Watershed Association is advocating for the City to fund a portion of the costs of building a missing link to connect two currently discontinuous sections of the Greenway. Apparently, there is potentially one million dollars available for the project from the U.S. government, if the local community provides

seven hundred thousand dollars in matching funds. It was Halle's sense that there is strong community support for the project.

Brandy went through preparations for the May 4 Annual Banquet. She will be contacting the artist making the pottery for the annual awards. These include Runners of the Year, Volunteer of the Year, and Summer Track awards.

On the Umstead Marathon, Jim informed us that there were 188 starters and 179 finishers. There was "really good (i.e., cool) weather for the runners," if not necessarily so for the volunteers. The race resulted in a new all-time female course record of 3:03 and, for the first time, three male runners with sub three-hour finishes. Lots of positive feedback was received from runners. At the Race Committee's "lessons learned" post-race meeting, there was a discussion of what was learned this year to apply next year to make the race even better. For a sense of the event, check out the Umstead Marathon Facebook page.

As a wrap-up item on the recently concluded Winter Series, Jim reported that he has been in contact with the designer of the annual Series tee shirt. Look for a long-sleeve, technical fabric shirt. There should be 50-60 recipients, which is down a little from last year.

Barbara and Tom informed us that the Club's computer is now more than nine years old, and that the backup computer has died. They will put together a proposal for Board action to approve the purchase of a new, basic computer in the coming months. The meeting adjourned at 7:40pm.

— Henry Blinder

THANKS TO OUR APRIL CONTRIBUTORS

In no particular order, thanks for April contributions go to: Doug Hensel, Tim Meigs, Louise Guardino, Henry Blinder, Tom Kirby, Jerry Surh, Jim Clabuesch, and Carolyn Huettel.

UMSTEAD TRAIL MARATHON 2013...CONT.

(Continued from page 9)

After finishing, the runners worked their way into the lodge where Carolyn's afternoon shift, Leah Harkness and Joe Drommer, offered burritos, drinks, cupcakes, and snacks. Claudia Mello was planning to help in the lodge, but was talked into taking finish line pictures when someone saw her with a camera.

Having the Gator again this year, Lisa was able to take burritos out to most of the volunteers on the course. Aiming to be at the aid stations at the advertised race cut-off times, Doug went back out on the course to collect the aid station supplies and bring them back to the lodge to be used at the lodge or sorted for clean-up.

At 3:00, when the six hour race finish cut-off was reached, many of the volunteers based in and around the lodge (along with some of the runners) started pitching in to clean up the lodge and grounds. We were cleaned up and ready to leave the park before 4:00. Joe Drommer took all of the Le Blue water bottles back to the Le Blue warehouse. Doug took the trash to the dump. Aline

Lloyd took the recycling. Jim Reagan carried all of the supplies back to Durham with his awesomely huge truck. Denise carried Jim's bike to Durham and helped Jim transfer all the stuff from his truck into our garage.

Sunday was supplies-clean-up day. Denise and Carolyn washed dishes in the morning. That afternoon, Doug, Ronnie, Karen, Jim, and Carolyn sorted the supplies, took two truckloads back to the storage location, and washed the tables and coolers.

As you have read for yourself, this event depends on the efforts of so many volunteers. Not only does the race committee appreciate you volunteers, so do the runners, as you can read in the many runners' write-ups. If I have missed naming anyone that helped, I am so sorry. Please know that your help was very much appreciated.

The proceeds of this marathon go to the Carolina Godiva Track Club and The Umstead Coalition.

— Carolyn Huettel

2013 GODIVA AWARDS BANQUET

It's the Annual Godiva Awards Banquet 2013!

When? Saturday, May 4th, 2013

5:30 Social Hour

6:30 Dinner

7:30 Awards Ceremony

Where? At the home of Jim Clabuesch and Carolyn Huettel, 9 Litchfield Ct. in Southwest Durham (off Garrett Rd.)

Directions: From I-40 exit at 274 onto Hwy 751 towards Durham. At end of exit turn left if coming from Chapel Hill, turn right if coming from Raleigh. Stay on Hwy 751. Hwy 751 intersects with Hwy 54 so stay in the middle lane of Hwy 751. At the next intersection, turn left on Garrett Rd. (There is a Burger King on the right and a Kangaroo gas station on the left). Stay on Garrett Rd for approximately 0.9 of a mile. Turn left on Swarthmore Rd (the third left turn). Turn first right on Litchfield Ct. Carolyn and Jim's house is on the left at #9 on the top of the hill. (Thanks a bunch, Jim and Carolyn!)

Who? All Godivans—long-timers and newbies—along with spouses, significant others, and children. Come join us!

What Awards? Male and Female Runner of the Year, Volunteer of the Year, Summer Track Ironman trophies and Grand Prix awards, and the Coveted Winter Series shirts.

What's on the menu? We will be having Spartacus return this year. There will be options for meat eaters, veggie eaters, and gluten-free eaters. The menu will include Grilled Chicken Souvlaki (gluten free), Spanakopita, Angel Hair Pasta Primavera, Greek Salad, and pita with hummus and Tzadziki. Non-alcoholic drinks will be available; BYO alcoholic beverages. Members are encouraged to bring a dessert to share.

What's the price? \$10 per adult or teen, \$5 per child age 12 or under.

How to RSVP? Please RSVP by April 26th by using the online reservation form linked on the club website (www.carolinagodiva.org). There will be no paper registration form this year.

Questions? Contact Brandy Burns at bburns1786@yahoo.com or 919-771-9220.

RACE CALENDAR

- Apr 6 (Sat)** River Bound Race Series 5K/10K, Asheville
 Color Mania 5K walk/run, Cary
 Cooper River Bridge Run 10K, Charleston, SC
 Great Human Race, Durham
 Gate City Half/8K, Greensboro
 St. Timothy's Spring Sprint, Raleigh
 Heels 4 Homes 5K, Chapel Hill
 Umstead 100 Mile Endurance Run, Raleigh
- Apr 7 (Sun)** Mountains-to-Sea 12M and 50K, Raleigh
 Raleigh Rocks Half/5K, Raleigh
- Apr 12 (Fri)** Palmetto 200 Mile Relay, Columbia, SC to Charleston, SC
- Apr 13 (Sat)** Cary Road Race 10K/5K, Cary
 Palmetto70 Relay - 70 Mile Relay, Cordesville, SC to Charleston, SC
 Run for Wildlife Half, Sugar Mountain
 Eastern Run/Walk for Autism , Greenville
- Apr 14 (Sun)** Flying Pirate Half, Outer Banks
 Too Slow for Boston Marathon, Raleigh
 RunRaleigh Half-Marathon and 5K, Raleigh
- Apr 20 (Sat)** Tar Heel 10 Miler and Fleet Feet Sports 4 Mile Run, Chapel Hill
 Owl's Roost Rumble Trail Half, Greensboro
 Morris Broadband Half, Dupont State Forest
 Angels Among Us 5K, Durham
 Medoc Spring Races 7M, Hollister
 Blue 5K at the Ballpark, Durham
 Briar Chapel 5K, Chapel Hill
 Race to the Top, Charlotte
 Run for Umstead 4M, Raleigh
- April 27 (Sat)** Joggin' for Jugs, Mooresville
 Let's Cure AHC 5K & 1.5 M Wake Forest
 Ocracoke Island 10K & 5K, Ocracoke Island
 Run for Our Heroes 5K, Raleigh
 Sanford Fitness Fest 10K & 5K, Sanford
 5th Annual Sarcoma 5K Run and Family Fun Walk, Durham
 Race of Grace 5K for Wake Habitat, Raleigh
- April 28 (Sun)** Triangle 5K/Run to Remember, Cary
- May 4 (Sat)** Guardians of the Hill 5K, Chapel Hill
 New River Marathon, Half Marathon, and 5K, Todd
 Purple Cloth 5K, Cary
 Rockin' Marathon Relay, RTP
 WakeMed Cary Distance Festival 5K & 10K, Cary
 Philosopher's Way 7K & 15K, Chapel Hill
- May 11 (Sat)** Capital City Classic 10K, Raleigh
 Got Grit 5K, Hillsborough
 Triangle Great Glow Run, Raleigh
 Nags Head Woods 5K, Nags Head
- May 12 (Sun)** Run Like a Mother 5K, Raleigh
- May 18 (Sat)** North Carolina DNA Day 5K, Chapel Hill
 Run at the Ridge 5K, Hillsborough
- May 19 (Sun)** 15th Annual NCRC Invitational 10K and Half Marathon, Cary

Check out CGTC's online race calendar for a more up-to-date and extensive list:

www.carolinagodiva.org/race-calendar

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

Last name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone(s):		E-mail :	
Birth Date:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		

TYPE OF MEMBERSHIP

<input type="checkbox"/> Regular	\$20.00	<input type="checkbox"/> New
<input type="checkbox"/> Student	\$15.00	<input type="checkbox"/> Renewal
<input type="checkbox"/> Family	\$30.00	
<input type="checkbox"/> Multi-Year (individual)	\$90 / 5 years	
<input type="checkbox"/> 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

**Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472**

**Non Profit Organization
U.S. Postage Paid
Durham, NC
Permit No. 1084**

ADDRESS SERVICE REQUESTED



A circled renewal date on your mailing label means it is time to pay your dues!