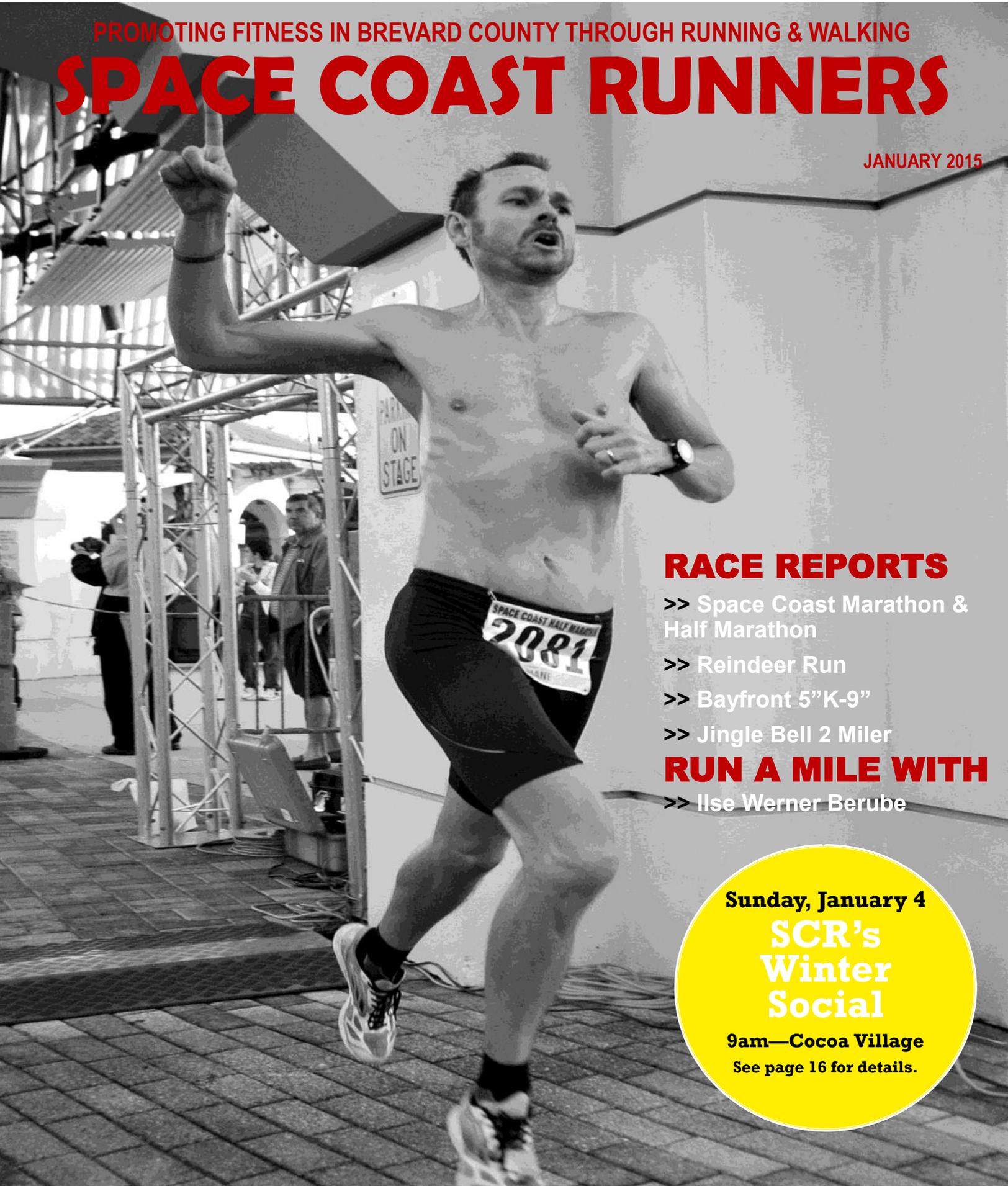


PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

JANUARY 2015



RACE REPORTS

- >> Space Coast Marathon & Half Marathon
- >> Reindeer Run
- >> Bayfront 5"K-9"
- >> Jingle Bell 2 Miler

RUN A MILE WITH

- >> Ilse Werner Berube

Sunday, January 4

SCR's Winter Social

9am—Cocoa Village

See page 16 for details.



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The post-race party was in full swing on Sunday, November 30th at the 43rd Space Coast Marathon & Half Marathon in Cocoa Village.

On Our Cover: SCR's own Shane Streufert is victorious at the Space Coast Half Marathon. (photo credit: Marathonfoto)

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SPACE COAST RUNNERS

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SPACE COAST RUNNERS (SCR) is a nonprofit organization incorporated under the laws of the State of Florida. Our purpose is to promote fitness, through running and walking at the community level. SCR is a proud chapter of the **Road Runners Club of America**.

Visit us online at SpaceCoastRunners.org. We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.



Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

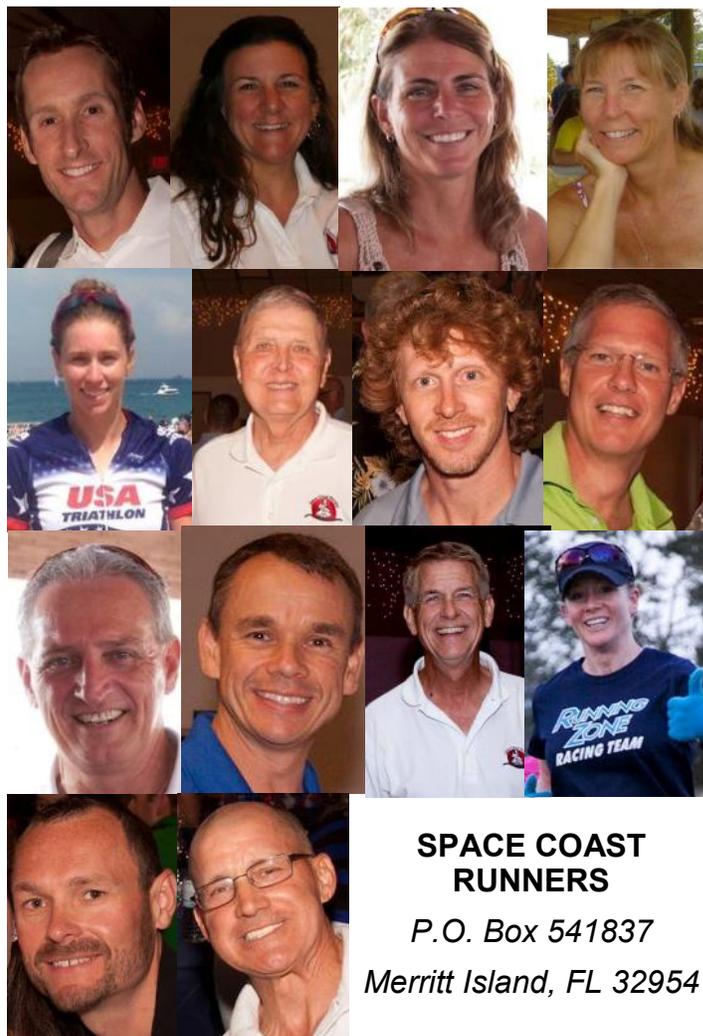
ED SPRINGER
SCR President

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SPACE COAST RUNNERS
P.O. Box 541837
Merritt Island, FL 32954

New Year, New Changes

Change is inevitable. Change is almost always a good thing (even if it's disguised as bad at the time). Our hero, Bob Rall has stepped down from the Editor's chair and has graciously allowed me to follow in his footsteps. I can only hope that I can be half as successful as he has been. He will be sorely missed, but he is still a large part of our community and will still be out there at events, so he can't get rid of us that easily!

Speaking of change, I love this time of year. Call it clichéd but resolutions, goals, aspirations—it's a great time to reflect on your previous year and redefine your upcoming year. A fresh start to get back on track or to try something new. Maybe this is the year you will want to raise the bar and try for that 10K or half marathon or even a marathon? Or join a group—did you know there are several fun run groups that meet up weekly? Check out our Local Fun Runs page. The sky is the limit, so make a goal and stick to a plan to get there! I would love to hear what your new goals are—email me and you may be featured in an upcoming issue.

Iwould like to personally put the call out for help! I think we have a great newsletter, but it doesn't happen by magic! I would love to add some more motivated helpers for race reports and other interesting articles and stories that help connect our running and walking community. Please contact me if you have an interest or an idea for a story. Guest columnists are welcome as well! Please provide us feedback on what you like and what you don't care for in the newsletter. We're always striving to improve!

Space Coast Runners will be hosting a Winter Social on Sunday January 4th starting at 9:00am at Riverfront Park in Cocoa Village. Make plans to join us—you can also register early for the 2015 Space Coast Marathon and Half Marathon! Bring a breakfast/brunch dish to share and hope to see everyone there!

Keep Moving Forward!

Lisa Hamelin

EDITOR-IN-CHIEF

lisahamelin@gmail.com



Help Us!

The newsletter staff is looking for creative writers who love to report on the local race scene and current happenings in the Brevard running community. [Click here](#) to apply.

Advertise in this newsletter.

FREE Ad * \$25 Half Page * \$50 Full Page

To advertise your business or race in the SCR newsletter contact Lisa Hamelin, Editor-in-Chief at lisahamelin@gmail.com.



STRENGTH FOR RUNNERS

Saturdays @ 7am with Coach Karen

CrossFit Rise Above, 1054 Cypress Ave, Melbourne, FL 32935

Endurance and speed based programming designed to **BUILD YOUR RUNNING ENGINE!**



sled pulls kettle bells rowing tire flips sandbag carries and more...

\$10 per session or \$50 for 6
More info: 321-323-9348



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Tuesdays Jan 6 - Mar 24, 2015 6PM

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\$110 Returning Participants

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www.uprunningfitness.com

Email: info@uprunningfitness.com



REGISTER NOW!

www.imATHLETE.com/events/PWICJan2015

Springer's Spiel

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

Years ago I worked with an accomplished runner and several times a week I would venture to his office to discuss serious business, like running. During our conversations I would inevitably find an opportunity to slip in a boastful recap of my weekly runs. He normally was snacking on some replenishment foods and would kind of silently gaze at me as I spouted out my profound workouts that were surely of Olympic athlete caliber.

One day I started spouting off about 3 consecutive days of hard running. Although I was impressed, he didn't share the same enthusiasm. He asked me, "What was the purpose of those runs?" My response was something along the lines of wanting to be a better runner or to get faster. He asked if I had preemptively masterminded to run 3 consecutive days of speed work or if it was decided on the fly. I indicated the later.

He gave me a quote from one of his favorite coaches, Jack Daniels. "Have a purpose for every workout." At first the idea sounded a bit stern and uninspiring. But my friend went on to explain the benefits from giving each workout an objective—whether your goal is to build endurance for long events, recovery after a workout, easing into running after a layoff, or just to socialize with a friend. He encouraged me to find purpose in all I do, not just running. He surmised if we can't pinpoint what we're trying to achieve, we won't know when we've succeeded.

Happy and Purposeful Running,

Ed Springer

SCR President

springer993@gmail.com



JANUARY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, January 19th at the Pro-Health in Viera.

All members are welcome to attend.



If you ever have an interesting idea for an article or would like to contribute to the newsletter with an out-of-town race report, please contact us via [email](#) or on [Facebook](#).

Like to write?

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community.

[Click here](#) to apply.

Advertise in this newsletter.

FREE Ad * \$25 Half Page * \$50 Full Page

To advertise your business or race in the SCR newsletter contact Lisa Hamelin, Editor-in-Chief at lisahamelin@gmail.com. Give our members a discount and we'll give you a free small ad space (see page 48).

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

3696 N. WICKHAM ROAD, MELBOURNE
ACROSS FROM BREVARD COMMUNITY COLLEGE

Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (landclearing@bellsouth.net)
Sun	Oars and Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues	LongDoggers Running for Brews, Satel- lite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Squid Lips, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher (runningforbrews@gmail.com)

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!



Running Zone, Melbourne



Palm Bay Rec Runners, Palm Bay



Juice 'n Java, Cocoa Beach



Running for Brews, Viera



Oars & Paddles, Up & Running, IHB



Running for Brews, Satellite Beach



Long Doggers, Indialantic



SET GOALS NOT LIMITS 2015

Winter Running Camp
January 12 to May 10

Includes personal training in case you can't make the group runs! Run on your own on YOUR schedule!



Coach Doug Butler, MS
—Sports Psychology

Personal Best Times:
5k 14:52
10k 30:55
1/2 Marathon 1:06:57
Marathon 2:25:56

USAT&F Certified Coach

This running camp is geared for adults; students are welcome to join if they are not a member of a high school track team. This is a training program geared for the beginner to the elite runner. Runners meet two nights a week and on Sunday mornings for training runs.

Coach Doug Butler will individually assess each runner and based on individual goals, set each runner up with a customized training program. He will base your training regimen on your particular level of fitness and advise you how to move forward to achieve your goals while staying injury free.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. Nobody likes to train alone, and this gives you a chance to meet some great people to run with.

The first night of running camp will begin at 6:00 p.m. and we will meet across the street from Running Zone in the Eastern Florida State College parking lot. All Tuesday and Thursday night runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

www.setgoalsnotlimits.com

ANNUAL Set Goals, Not Limits Memberships Available!
\$450/year NEW Annual Membership • \$400/year Annual Member Renewals

RATES:

Until January 8, 2015

Returning runners **\$150.00**

New runners **\$175.00**

Seniors (60+) & Kids **\$125.00**

A late registration fee of \$20
will be charged to any
registration postmarked
after January 8, 2015

Sorry, all fees are ~~non-refundable~~

Make checks payable to:
Set Goals Not Limits

Mail to:

Doug Butler
2730 Village Park Dr.
Melbourne, FL 32934

For more info contact:

Coach Doug Butler
coachdbutler@gmail.com
(321) 749-9778 (until 9 pm)

First name _____ Last Name _____

Age _____ Email: _____

PLEASE PRINT YOUR EMAIL **LEGIBLY**

Phone _____

Weekly Miles _____ Current 5k time _____

Goal Race & Distance (if you have one) _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp 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 training and race courses, 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 participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Parent's Signature if runner is under 18 years

Date _____



SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE

welcome!

NEW MEMBERS!

Joshua Boucher * Marc Boucher
Joy Boucher * Jane Garrard
Keith Geiger

Sissy Collins Geiger * Ben Hagerty
Henry Hagerty * Katie Hagerty
Beth Hagerty * Tim Hagerty
Joshua Hughes * Terry Kepner
Jacqueline Maisto
Patricia Mankowski

James Mankowski * Katrina Morrell
Lynn Starr * Maggie Starr
Jack Starr * Celeste Snodgrass
Rachel Tate * David Thorpe

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at two locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you!

CONGRATS RUNNING ZONE!

The local Melbourne specialty running store was named one of the 50 Best Running Stores in America for 2014 by Competitor and Running Insight magazine.



SCR RUNS JAX

12/28/14— There was quite a showing of our Space Coast Runner members at the Jacksonville Bank Marathon and Half Marathon on December 28th.

Participating in the marathon was Ron Abel, 32, Satellite Beach 3:18:55; Andrew Dutra, 30, Melbourne 3:31:1; Joel Fenlason, 41, PAFB 3:43:46; and Debbie Molina, 60, Merritt Island 4:55:34.

And participating in the half marathon was Micah Vanatta, 47, Titusville 1:32:05; Harry Prosser, 45, Rockledge 1:36:00; Kurt Holst, 52, Melbourne 1:36:07; Doug Nichols, 51, Melbourne 1:38:06; Jay Claybaugh, 54, IHB 1:45:39; Chris Bainbridge, 52, Titusville 2:28:27; Kimberly Prosser, 47, Rockledge 2:15:48; Andrea Lucas, 49, Melbourne 2:39:45; Joan Meadows, 55, Malabar 2:02:17; and Nancy Wingo, 61, Rockledge 2:31:10.



Ron Abel (left) and Andy Dutra (right) together during the Jacksonville Marathon.

Photo courtesy of Jana Abel.

SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. The list of SCR qualifiers continues to grow.

Bret Halliday—3:13:32 Space Coast Marathon
Jacquelyn Kellner—4:39:04 Space Coast Marathon

*Have your name listed as a Boston Qualifier, email name, race & qualifying time to us — [click here](#)

Bulow Woods
TRAIL
RUN



Snodgrass Snags Inaugural Trail Run Title

12/13/14—New SCR member, Keith Snodgrass took the overall title at the inaugural Bulow Woods Trail Run Half Marathon in Ormond Beach. Snodgrass, 49, of Melbourne ran the trails in a time of 1:39:35 besting the next finisher by over six minutes. For the full long distance race report by Marisa Flint, [click here](#).



Pump It Up & Make it a Double!

12/7/14— The Space Coast Runners made an excellent showing in Savannah Georgia at the Enmark Savannah Bridge Run in early December.

Four members took home hardware for going the longest distance as they competed in the Double Pump which is a 15K (9.3 miles) that includes running three times over Savannah's Talmadge Bridge.

Suzie Enlow placed first in the 50-54 age group with a time of 1:13:46. Betsy Butler took first in the female 45—49 age group for the double pump with a combined 5K and 10K time of 1:17:34. Loran Serwin (1:13:06) second place in 55-59. Howard Kanner placed third in his 45-49 age group by running 1:05:41.

Other SCR members who completed the Double Pump were Marisa Flint (1:25:53), Christy Zieres (1:26:51). Keith Flint ran the 5K in 32:17 and was followed by Tommy Enlow in 32:47.

SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE



COME JOIN US
on the
SCR Fun Run
Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **SOUTH**.

The group meets at **6:30 am** every Sunday at Riverfront Park. Short announcements will be given so don't miss out.

All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4.

(Photo credit: Steve Colella)

Fashion Police: "Bikini Bottom or Bust"

He is only known as Daniel M. but even without a last name this man made a big statement as the twenty-nine year old ran his way to a second place age group award at the Space Coast Marathon in 3:21:36.

Wearing a mere bow tie and an American flag bikini bottom his look was not something one expects to see from a 26.2 mile marathoner. While we admire Daniel M.'s confidence we have to question his bib accessory styling — a Frisbee? Wait a minute ... we have to question the whole look. It's not good.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.





RUN FOR THE RESPONDERS INAUGURAL 5K



SATURDAY, JANUARY 10, 2015 AT 8:00 AM
Inside Wickham Park

TIMETABLE:
Friday, January 9th 10:00 am – 6:30 pm
 Packet Pickup & Registration at **Running Zone**
 across from Wickham BCC Pavilion

Saturday, January 10th – Wickham Park
 Wickham Park 2500 Parkway Drive, Melbourne, FL 32935
 (The start will be in the back of the park, pavilion #4)
 6:30 am Packet Pickup & Registration
 7:45 am Late Registration for 5k ends
 8:00 am 5k Start
 9:15 am Free Kids Run will begin!
 *Awards Ceremony immediately following the race

Proceeds benefit Families of the Shield!
 (www.familiesoftheshield.org)

Bring the whole family for a fun morning at Wickham Park!!

- Great Breakfast provided!
- DJ Master Key as our Official DJ
- Massages available after race
- Help Support Families of the Shield!

AWARDS:
 M-F: Top 3 Overall, Top Masters (40+),
 Age Groups (Top 3 M-F)

8 & Under	25 - 29	50 - 54
9 - 11	30 - 34	55 - 59
12 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 74
75+		

RUN FOR THE RESPONDERS 5K OFFICIAL ENTRY FORM
 Send completed entry form and check payable to: Families of the Shield, Inc.
 1585 Adviev Rd. SE Palm Bay, FL 32909

The Battered Boot Trophy goes to the largest police or fire station!

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (daytime) _____
 Email address _____
 Sex: Male Female Date of Birth ____/____/____
 Fire or Police (circle one) Station _____

FEES:	Until 1/9	Race Day
5K Run/Walk	\$25.00	\$30.00
Students	\$20.00	\$30.00
Kids Run	FREE	

SORRY, NO REFUNDS

Please check shirt size: Sizes: YM S M L XL XXL

Age on Race Day _____

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Run for the Responders 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



January 4, 2015



9:00 AM Cocoa Village



Save the Date
for the
Winter Social
and special early registration
for the
2015

Space Coast
Marathon &
Half Marathon

WHEN: Sunday, January 4th at 9:00 AM

WHERE: Cocoa Village/Riverfront Park

WHAT DO I BRING: Cash or Check for your race registration and a breakfast dish to share and a beverage of your choice.

WHAT ELSE IS GOING ON? Space Coast Runners (SCR) will be offering early registration for the 2015 Space Coast Marathon and Half Marathon to all SCR members after the Sunday Fun Run.

In addition to guaranteed early entry, SCR members will also be offered \$10 off the Marathon and \$5 off the Half Marathon entry fees.

To take advantage of this opportunity, or to become a SCR member, come to the Winter Social. SCR will be accepting registrations until 11am.

SPONSOR SPOTLIGHT



South Beach Fitness is a state-of-the-art fitness center with an innovative design. We aim to provide an upscale facility perfect for anyone regardless of your fitness level. Our members enjoy the most cutting-edge fitness equipment, the latest in group exercise and cycling classes from novice to expert. Above all, we want you walking out of South Beach excited and looking forward to your next workout! [Find us on Facebook.](#)

Come visit our new South Beach Fresh Café, located at 2 Wavecrest Ave. in Indialantic—creating healthy food for healthy bodies. Traditional food, plus a great selection of gluten-free and paleo-friendly offerings. [Click here for more information.](#)

Marty Winkel
321-537-3526
scentmgt@gmail.com



SPECIAL SCR RACE DISCOUNTS

- ◆ The local [Brianna Marie Foundation 5K](#) is scheduled for Saturday, 3/14 at Wickham Park. Use discount code SPACECOASTRUNNERS10 to receive a special 10% discount off your race registration.
- ◆ March 29th, 2015, will mark the second running of the beautiful [Tomoka Marathon](#), Half-Marathon and 5K Races. Save 10% with code SCR10 on your registration.



Runner of the Year Series

2 RACES TO TALLY LEADS TO 6 LEADERBOARD CHANGES

2014—2015 LEADERBOARD

OVERALL — MEN

- 1st Shane Streufert
- 2nd Joel Fenlason
- 3rd Joe Lento

AGE GRADED DIVISION

- 1st Shane Streufert
- 2nd Art Anderson
- 3rd Joe Hultgren

OVERALL — WOMEN

- 1st Lisa Petrillo
- 2nd Marie Thomas
- 3rd Brittany Streufert

AGE GRADED DIVISION

- 1st Jacquelyn Kellner
- 2nd Marie Thomas
- 3rd Cheryl Ritter



We are halfway through the series races – 5 races run, 5 more to go. The overall men’s leaderboard has taken quite a turn in the past month with the Space Coast Marathon and Half Marathon and the Reindeer Run 5K races happening. Shane Streufert held strong in first place by winning the SC Half Marathon as well as having a strong 2nd place finish at the Reindeer Run 5K. The changeup is with 2nd and 3rd place – Joel Fenlason came from behind to clinch 2nd place and Joe Lento moved up as well to grab 3rd. With an injury plaguing Jonathan Howse, and Steve Hedgespeth not running the Reindeer Run, it was only a matter of time.

For the women’s race, Lisa Petrillo continued to hold the top spot for the fourth month in a row. In a turn of events, running partners Marie Thomas and Brittany Streufert flip flopped positions. Marie came out ahead in the SC Half Marathon as well as the Reindeer Run 5K. Brittany will have a little bit of work to do to in order to regain her 2nd place position and we hear she’s furious. For the age-graded category, Cheryl Ritter has taken over Elizabeth Ring’s 3rd place spot.

The next ROY series races are the Tooth Trot 5K on February 7th and the Eye of the Dragon 10K on February 28th. We know John Davis and Julie Hannah are lurking in the shadows. Our March report will have the updated leaderboard, stay tuned! To view the ROY series standings, [click here](#).

ROY Standings are through the **Reindeer Run 5K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

Run at least five (four for the youth) qualifying races on our schedule. The open division male and female series winners receive an award of \$200. Series is open to all eligible members of Space Coast Runners. Visit our [website](#) for the complete official series info.

Runner of the Year Series

WHAT'S COMING UP IN THE ROY SERIES

FEATURED SCR RACE OF THE MONTH

Can you defeat the dragon?
Test your endurance, will-power and mental toughness by climbing the challenging Eau Gallie Causeway at the 27th annual Eye of the Dragon 10K & Tail of the Lizard 2 Miler. This is a scenic course, which starts at the Eau Gallie Civic Center on Pineapple Avenue. New this year, race starts at 7:30 AM!



WHERE ► Eau Gallie Civic Center on Pineapple Avenue (across from Pineapple Park)

WHEN ► February 28th – 7:30 AM (10K), 7:35 AM (2 miler)

COST ► SCR Early Registration (by 2/14) - \$22 (10K), \$20 (2 miler). After that date price increases \$5.00.

WHAT TO EXPECT ► This is a fun run/walk with amazing awards, diverse door prizes and fantastic food. This race will be held in honor of the late Steve Buckley, who passed away last year from Amyotrophic Lateral Sclerosis (ALS) with the proceeds benefiting ALS research.

LAST YEAR'S WINNING TIMES ►

10k:

Steve Hedgespeth – 35:35

Andrea Binney – 42:36

2 Miler:

Juan Carlos Bermudez – 11:43

Ceal Walker – 13:05

SCR YOUTH SERIES ► Will start at 9:15 AM.

EVENT WEBSITE ► www.eyeofthedragon10k.org

DOWNLOAD RACE REGISTRATION FORM ►

<http://goo.gl/syTxf>



THANK YOU

to all of the
**2014—2015
RUNNER OF THE
YEAR SERIES
SPONSORS!**

**Bill & Liz Harris
Smooth Running
Coast Air & Heat**

**Atlantis Urgent Care
Millennium Engineering
& Integration Co.
New Balance Melbourne
Paddling Paradise
Up & Running Fitness
Viera Pizza**

Chik-Fil-A



Space Coast Runners Volunteer Incentive Program

The Space Coast Runners Volunteer Incentive Program (**SCRVIP**) was created to say THANKS to the SCR volunteers for their loyalty and giving of their time volunteering at various events connected to Space Coast Runners!

With those THANKS, we're offering our volunteers who commit their time to Space Coast Runners events some great perks.

HOW IT WORKS

 For every **SCRVIP** sponsored event you attend, you earn an incentive pack! Simply sign up to volunteer at a SCR event and then sign in AT the event! **SCRVIP** liaison, Linda Cowart will then keep a tally of all volunteer hours earned and hand out the **SCRVIP** packs. All volunteers will be considered for "SCRVIP Volunteer of the Year" which will be awarded at the club's annual banquet.

To find out about volunteer opportunities keep your email address up-to-date and check it for notices from SCRVIP, go to Facebook (Facebook.com/spacecoastrunners) and look for opportunities under Events or visit the club's website at SpaceCoastRunners.org.

SCRVIP OPPORTUNITIES

Eye of the Dragon 10K & Tail of the Lizard 2 Mile

Feb 28, 2015

Space Walk of Fame 8K

Apr 11, 2015

VOLUNTEER INCENTIVES FOR 2014-15

SCRVIP T-shirt

\$5 Gift Certificate to Daddy Ultra Runs or Running Zone

Chick-fil-A voucher

 Free Slice of Pizza from Viera Pizza



**When volunteering please let the race director or volunteer coordinator know you are a SCRVIP member. For more information contact Linda Cowart at linda@daddyultraruns.com .

Join the Race Against Child Abuse

3rd Annual Super Hero 5K

Saturday, January 31, 2015 in Viera



FAMILY FRIENDLY EVENT

Grab your cape and lace up your sneakers! The Superhero 5k is a family-friendly and chip-timed race that benefits local abused and neglected children. The race will be held at the Church at Viera in Brevard County. 100% of the proceeds benefit the abused, abandoned and neglected children of Brevard County and support the Guardian ad Litem Program.

Bring your family, friends, kids and co-workers to run, walk or stroll. Come to win, place or finish. Either way you will have fun and help abused or neglected children in Brevard at the same time. It's going to be a great time for families as well as runners.

- Come early to enjoy our pre-race **DJ and Zumba warmup**. Stay for the **FREE Kids Run** and come cheer on your favorite mascot as they battle it out in our **Mascot Race**.
- **Costume contest** for those who dress as their favorite superhero. Yummy post race refreshments provided by **Pizza Gallery**.
- **Pre-race carb loading party** at **Uno Pizzeria & Grill** on Wickham Road in Viera on Friday, Jan 30.
- **Picket-up** on Friday, at **Running Zone** from 10am-6pm. Race day packet pickup at 7am at Church at Viera. Race starts at 8am Free kids run and mascot race starting at 9:15 am.
- Super Hero Medals for 1st-3rd in each age group, top 3 overall, top masters
- Online registration, chip timing, and finish line managed by **Running Zone**.

SIGN-UP NOW AT

www.RunningZone.com (click on event calendar) or
<https://secure.runningzone.com/superhero5k/>

Registration Fee

\$25

Adults before 1/15/15

Late registration
(after 1/15/15) is \$30

\$15

Kids before 1/15/15

Late registration
(after 1/15/15) is \$20



Hosted by:
**Friends of
Children
of Brevard**



For more information about the race or about sponsorship call: Keith Reid at 321-720-3441; or send email to: mail@FriendsOfChildrenOfBrevard.com



LIKE us on Facebook:
[www.facebook.com/
SuperHeroRun5K](http://www.facebook.com/SuperHeroRun5K)

Every child needs a hero, abused children need a Super Hero



Photo credit: Tim Shortt/Florida Today



Half Marathon Race at Space Doesn't Disappoint

One year after finishing second, Shane Streufert of Viera raced his way to a first place victory by a mere eight seconds in front of training partner John Davis. Streufert topped the field of 3,308 runners as he ran a personal best time of 1:15:27 at the 43rd running of the Space Coast Half Marathon.

"Coming down to the finish, I knew a win was possible but not likely. John has outsprinted me in several races as recently as the Space Coast Classic 15K. Today I gave it everything I had and I am grateful to have won.", said Streufert.

Streufert and Davis ran side-by-side the first half of the 13.1 mile course. At the turn-around the two runners began to take turns leading as a way of blocking the wind for each other as they flew past loudly cheering race spectators and participants. At mile 12 Streufert ran next to Davis and the two ran neck-in-neck until the 13 mile turn where it turned into an all out sprint to the finish. Streufert had more in his tank and took the win. This was a personal best for Davis (1:15:35) who also finished second at the race back in 2011. Davis said, "We had good weather and both Shane and I were in pretty good shape from training together. We were both expecting a PR, but I don't think either of us thought we were ready to run 1:15:00's. I should be happy with a 2 minute PR but I can't quit thinking about the last .05 miles where I got out kicked by my training partner. Congrats to Shane for a very hard fought and well deserved win." Steve Hedgespeth, the 2013 half winner took third this year in 1:21:11.

Kiera Delaurier of St. Petersburg was the fastest female of the day. Her 1:25:25 finish was good enough for the top podium spot and seventh overall. Canadian Isabelle Ledroit of Montreal was

second in 1:28:58 and Lisa Buchler of Lehigh Acres, FL finished twenty-three seconds behind her in third with a time of 1:29:21. Ledroit is the current Female Master's marathon record holder.

For the Masters, Cocoa Beach's Ceal Walker reigned supreme with a 1:32:27. And for the men, Tampa's Jeff Lessie claimed his title by running 1:21:57. Keynote speaker and race ambassador, Bart Yasso was on hand to celebrate the victors at the post-race awards ceremony. Yasso ran the half in 2:13:19.

The Space Coast Marathon marked the second victory for thirty-nine year old Marc Burget from Jacksonville. Burget's winning time of 2:35:37 was over seven minutes faster than when he won in 2013. Following his fast finish at Florida's oldest marathon was Key West's Ian Murray who ran a 2:47:07 for second. Young Selvin Reyes from Orlando improved a spot from his 2013 fourth place to capture third place in 2:52:32. Steven Wherry jumped across the pond from Redruth, England to score the male Master's win by running 2:54:33.

On the ladies' side the top three overall finishers and the Master's winner were all within six minutes of each other. Orlando's Laurette Balinsky was the first to cross the finish line. She ran a 7:16 pace which was good enough to score her the victory in a time of 3:10:01. Sarah Wittman from Lowell, FL was second in 3:12:08 and was followed by Helen Dinan of Marlborough, MA time of 3:13:10. Female Master's champion went to Desiree Barger of Palmetto Bay Florida. Barger completed the 26.2 mile course in 3:15:58.

The full marathon was a designated RRCA State Championship race for 2014. RRCA awards were also given to the top finishers. For full race results, [click here](#).

Race report by Brittany Streufert. Photo credits below: Almost There.



Top 10 Space Coast Runners in the Half Marathon

Top 10 Space Coast Runners in the Marathon

1. Shane Streufert, 42 1:15:27
2. John Davis, 37 1:15:35
3. Steve Hedgespeth, 36 1:21:11
4. Joe Lento, 44 1:29:15
5. Ron Ritter, 42 1:31:13
6. Joe Hultgren, 55 1:32:50
7. Micah Vanatta, 47 1:34:41
8. Art Anderson, 55 1:35:21
9. Jay Claybaugh, 54 1:40:28
10. Luke Alexander, 33 1:41:43

1. Bret Halliday, 53 3:13:32
2. Brad Thomas, 36 3:20:25
3. Wade Dauberman 3:20:38
4. Joel Fenlason, 41 3:36:29
5. Sal Farino, 58 3:40:22
6. Nicholas Mrdjenovich, 34 3:45:10
7. Jeff Cook, 54 3:58:48
8. Chris Epler, 45 4:01:03
9. Danny Barrett, 50 4:03:11
10. Geoffrey Mitskevich, 51 4:04:43



1. Ceal Walker, 52 1:32:27
2. Susie Meltzer, 50 1:36:02
3. Julie Hannah, 41 1:36:12
4. Annie Caza, 53 1:40:45
5. Marie Thomas, 49 1:44:01
6. Lisa Petrillo, 41 1:44:23
7. Molly Kirk, 50 1:44:30
8. Kristen Tinker, 44 1:44:44
9. Jennifer Ogburn, 42 1:47:28
10. Nancy Buonanni, 53 1:48:18

1. Christy Tagye, 42 4:03:11
2. Julie Bramble, 31 4:06:46
3. Cami Waldon, 29 4:34:00
4. Jacquelyn Kellner, 65 4:36:10
5. Joan Meadows, 55 4:36:25
6. Joanna Beckes, 33 4:36:31
7. Julia Plumley, 37 4:38:37
8. Cristie Sinclair, 38 4:39:24
9. Tammy Karr, 41 4:52:34
10. Lourdes Cox, 44 4:53:01



Thank You

Space Coast Runners for helping with the Space Coast Marathon **POST RACE CLEANUP**

Ed Springer and Shane Streufert led an energetic group of volunteers to clean the 26.2 miles covered by the Space Coast Marathon & Half Marathon's 7,400 participants. The **Post-Race Cleanup** that SCR sponsors strengthens our ties with the local River Road neighbors (many who came out of their homes to thank the volunteers) and the surrounding community. It also shows we are committed to keeping the environment clean.

On behalf of our members, we thank you for your time & for serving with a giving heart.

Kimberly Badgett
Ilse Berube
Bill Buonanni
Nancy Buonanni
Steve Chin
Jay Claybaugh
Kati Craig & Kids
Keith Flint
Marisa Flint

Tena Hochard
Kira Juraneck
Christine Kennedy
Molly Kirk
Barbara Linton
Jacqueline Maisto
Trish McBride
Mary Ramba & Madison

Harry Prosser
Kimberly Prosser
Cheryl Ritter
Ron Ritter
Ruth Rodriguez
Karen Sanchez
Jackie Schmoll
Merritt Island Cross Country Team

Michelle Smurl
Ed Springer
Brittany Streufert
Shane Streufert
Micah Vanatta
Fiona Wright

Reindeer Run racers raise money for Brevard County Sheriff's Office Police Athletic League

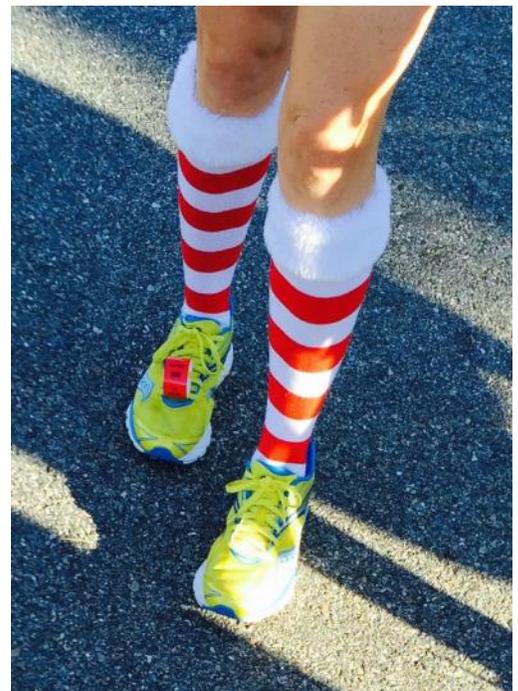


Here I am on the stage of the 19th annual Reindeer Run 5K. I am watching runners/walkers stretch, socialize and shiver on this beautiful, December 13th morning at Cherie Down Park while they wait for the race to start. People crowd around me for pictures or use me as a leaning post as they stretch their quads. “Awww how cute!” I hear Molly Kirk say as she points to me. Of course people think I am adorable. I am the yearly reindeer statue that greets runners as they arrive to the location as well as wishes them congratulations when they finish running.

I notice it is a cold 52 degrees out, but will feel comfortable once the runners start the race. Runners and walkers stroll in the park with their Christmas attire from jingle bell earrings to festive outfits such as presents. With it being the 5th series race in the Space Coast Runners “Runner of the Year Series,” I see a plethora of familiar Space Coast Runners that I recognize. Shane Streufert and John Davis are looking strong as I notice them warming-up on Ridgewood. This great race that I get to participate in every year benefits the Brevard County Sheriff’s Office Police Athletic League.

At 7:45am, the announcer informs everyone to start lining up and the National Anthem conducts promptly at 7:55am. The race starts right on time: 8:00am. The crowd heads down to E Central Blvd. and with only a short 5 minutes later, I see John and Shane running back past Cherie Down. They are quick! Holly Wooley, a resident from Orlando who participates in our event every year, is shortly behind them in third. It is impressive that she is 19 and running a 5:39 pace! Then I start seeing the rest of the runners behind them; some have smiles on their faces while others labor in agony as they complete the first mile.

Next thing I know, the first person has crossed the finish. Was it Shane? Was it John? Was it Holly? Was it another person who booked it all the way to the front? I glance over to my left in excitement. It is John Davis! He came in first with a speedy 16:32, but who is that behind him? Shane! Shane Streufert finished one second behind him with 16:33. Wow! What a race! Then I notice another person pushing through. It is Holly Wooley! She finishes strong in third with a time of 17:32. The



19th Annual Reindeer Run 5K — Continued

next male to finish is Joel Fenlason at 18:27 who is also 4th in the entire race! Our local resident, Aubree Piepmeier crosses the finish in 5th overall and 2nd for the females with a remarkable time of 18:41! I see more males finish the race, but then spot the third female finisher overall: Dina Viselli (20:34). These men and women are lightening-fast! I am so astounded by these women and men. I wish I could get my pace in the 6 minutes!

More runners keep crossing the finish line behind the top winners. I see them either slap their hands on their knees trying to catch their breath or continuing to run for cool down. Thirty minutes pass and people start flocking to the awards area where I am, where they also pick up scrumptious oranges and tasty bagels with cream cheese. Oh, what's that they are placing on the snack tables? Subway sandwiches! They are bringing subway sandwiches out and of course Michelle Au dashes to the table to grab a yummy turkey and Swiss cheese sub!

I hear the announcer calling for participants for the kids run. Kids of all ages sprint to the start line to be a part of the Space Coast Runners Youth Series. Some people are munching while I notice others are leaving. I want to call out, "don't leave! You will miss the fabulous prizes!" They have 2 tickets to Universal Studios to give out as well as a lounge chair donated from Ace Hardware. Other prizes included a camping chair, mini golf to Jungle village, gift cards to Bonefish, Beachwave Beachwear, TIGI Friday's and Outback and a cool neon sign that was valued at \$200!

Awards for overall winners were cute reindeer statues (probably modeled after me) and top three winners in the age categories received carved reindeer ornaments as well as Beachwave Beachwear gift cards. The awards were unique and were creative. Those awards made me want to run and not watch here on the stage next year!

It was a great day not only for the runners and walkers, but also for this little reindeer. I got to see familiar faces back again to claim their title as well as new faces to score their first win. I saw kids 9 years old getting 23 minute 5Ks and an inspiring gentleman at age 86 still running strong. The camaraderie and support the runners demonstrated to each other was infectious. I felt not only sadness in my heart that the race was already over, but merry that I was able to once again view this extraordinary race.

For complete race results [click here](#). Race report by Michelle Au. All race photos courtesy of Brittany Streufert.



Merritt Island High School 2015 Project Graduation presents...



CRAZY CUPID 5k

Saturday, February 14th, 2015
8:00 am Rain or shine

Themed Run/Walk

<p>PACKET PICKUP & REGISTRATION FRIDAY, FEBRUARY 13, 2015 4pm-7pm <i>East Coast Christian Center</i> 680 N Courtenay Pkwy, Merritt Island</p> <p>FINAL PACKET PICKUP & REGISTRATION SATURDAY, FEB 14, 2015 7am-7:45am</p> <p>5K RUN/WALK STARTS at 8 am</p> <p>**Award ceremony immediately following the race**</p> <p>Amenities: T-shirts (only guaranteed to pre-registered), Race Packet, Food, and Drinks</p>	<p>Awards: <i>Chipped Time</i> Male & Female: Top 3 Overall, Top Masters (40+), Top Wheelchair Age Groups: Top 3, Male & Female</p> <table border="1"> <tr> <td>8 & UNDER</td> <td>25-29</td> <td>50-54</td> <td>75 & OLDER</td> </tr> <tr> <td>9-11</td> <td>30-34</td> <td>55-59</td> <td></td> </tr> <tr> <td>12-14</td> <td>35-39</td> <td>60-64</td> <td></td> </tr> <tr> <td>15-19</td> <td>40-44</td> <td>65-69</td> <td></td> </tr> <tr> <td>20-24</td> <td>45-49</td> <td>70-74</td> <td></td> </tr> </table> <p>Fees: <i>Pre-Registration thru Feb 7th</i> Students \$15.00 / All Others \$23.00 <i>Registration after 2/7 thru 2/13</i> Students \$20.00 / All Others \$28.00 <i>Registration day of race: Students \$25/Others \$30</i></p> <p>Prize for best themed dressed male & female</p> <p>Race Questions? Email: Heidi@Vastarsales.com</p>	8 & UNDER	25-29	50-54	75 & OLDER	9-11	30-34	55-59		12-14	35-39	60-64		15-19	40-44	65-69		20-24	45-49	70-74	
8 & UNDER	25-29	50-54	75 & OLDER																		
9-11	30-34	55-59																			
12-14	35-39	60-64																			
15-19	40-44	65-69																			
20-24	45-49	70-74																			

2015 Crazy Cupid 5K OFFICIAL ENTRY FORM

Send completed entry form with fee to: Heidi Mott-Ifland, 1505 Stafford Ave., Merritt Island, FL 32952
Make checks payable to: "MIHS Project Graduation" or register online at: CrazyCupid5k.com

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____

PHONE: _____ **EMAIL:** _____ **ZIP:** _____

DATE OF BIRTH: month/day/year / / **AGE ON RACE DAY:** _____

GENDER: MALE FEMALE **SHIRT SIZE:** Small Medium Large XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against MI Project Graduation, Space Coast Event Management & Timing and other named sponsors of this event, or any subsidiary or political division thereof, its officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from CRAZY CUPID 5K though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature of Participant _____ Signature of Guardian (participants under 18) _____ Date _____

These materials are advertisements from private business, student clubs and non-profit community organizations. You are not required to read or respond to these advertisements, rather they are being provided as a public service and a matter of law to you as a member of our school community. None of these materials are sponsored by nor endorsed by the District, its agents, or its employees. The views and the information contained in these materials are not an expression of the opinion, belief, or policy of the Board, the District, and/or this school.



Boston Terrier Ruby Tuesday repeats

One year after making her racing debut, Ruby Tuesday successfully defended her 5"K-9" title and added the victory to her resume that includes four other overall titles at the distance.



Ruby Tuesday and her owner, Shane Streufert completed the 3.1 mile Palm Bay course in a personal-best 16:51.7. It was the lean Boston Terrier's first sub-17:00 minute finish. Ruby went to the head of the pack early and built a big lead. Running stride-for-stride with Streufert, she soon realized she would not be caught. Still determined to beat last year's 18:12 finish, Ruby dropped the hammer in the final stretch and crossed the finish line in a blur of black and white.

"Ruby trained very hard for this race", Streufert shared. "She was prepared to take on Boxer Roxy Donner who was speculated by many to make her first race appearance at the K9 event. This gave her focus, especially on her Sunday speed work days."



Palm Bay residents took second and third overall as Chi Cam finished 1 minute and 24 seconds behind in 18:15 and Christopher Eastwood followed in 19:33 without canine companions. The men's Master's title was won by Chuck Mathews who ran Dalmatian, Olive Caza in a time of 21:36. This was young Olive's racing debut which was also good enough for first in the Medium dog (23—49 lbs) division.

Cooper the stealth-like Weimaraner ran with owner, Lisa Petrillo, to help her take the top female spot and to finish first in 21:34 in his Large dog (50+ lbs) division. It marked the fourth time in five years Cooper has placed at the race. Petrillo who ran her fastest 5K time of 2014 defeated Carrie Rodriguez and Xena the Great Dane by a mere nineteen seconds with Erin Schuck and Vader third in 24:04. Women's Master's went to Leslie Faletra who covered the distance dog less in 23:42.

Top: Ruby Tuesday receives first in the Small Dog division (< 22lbs) and was the overall race winner.

Bottom: Streufert easily guides Ruby to the finish line

All race photos courtesy of Doug Carroll

From bagels to barbeque, the post-race gathering at the Palm Bay Clinic provided a ton of treats for runners, walkers and four-legged competitors. The unique event for dogs and their owners not only helped to get pets and people active but it also has helped raise money to assist homeless pets in the process. In the last 4 years, over \$20,000 has been raised to benefit Brevard County Animal Shelters. For complete race results, [click here](#).

Race report by Brittany Streufert who acknowledges she may be partial to the winner.





The jingle bells could be heard all along Desoto Parkway in Satellite Beach—it was none other than the annual Jingle Bell 2 Miler race, hosted by Running Zone. With an amazing 1670+ runner and walker turnout, the small town of Satellite Beach was festive and bright! In addition to the great t-shirts that Running Zone provided its participants, jingle bells for shoes and Santa hats were also contained within the race packets.

The overall male winner was Andrew Cacciatore with a blazing 9:42.1! Alex Hoffman came in second with 9:51.6 and Kyle Butler trailed closely behind with 9:56.2. Male masters champ was Shane Streufert with a 10:16.8.

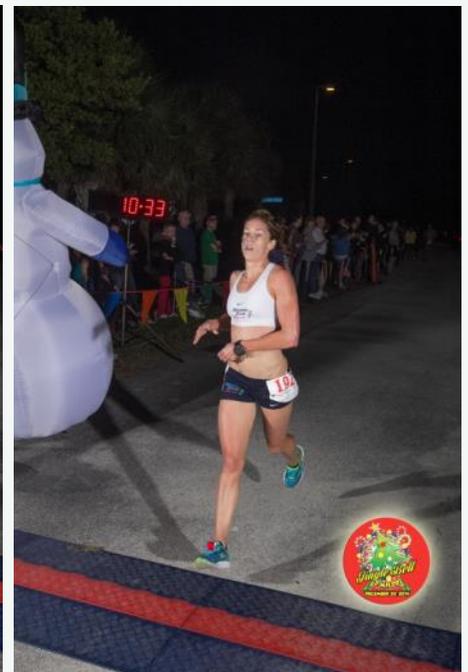
Kaitlin Donner was the overall female winner with a speedy 10:33.8. Angela Cobb received second place with 11:22.7 and Kim Hunger crossed shortly after with a 11:48.7. Female masters champ was Ceal Muldoon Walker with a time of 12:33.9.

Running Zone always puts on a great event and that includes big prizes! A 40" flat screen TV was the big giveaway. Also, an iPad, a GoPro, iPod and gift certificates to the store. The anticipation of possibly winning is always a good time! The proceeds from the race benefitted Special Olympics .

For complete race results, [click here](#).

Race report by Lisa Hamelin.

Photos credit by: Barry Jones at TriHokie Images and Doug Carroll.





All race photos courtesy of Running Zone

LINDSAY BROWN winter blast 5K

benefitting the Rockledge High School Key Club

Sponsored by:



Saturday, February 7, 2015 – 8:00 a.m.

START LOCATION: ROCKLEDGE HIGH SCHOOL

SCHEDULE:

❄️ 6:30 – 7:45am Packet Pickup & Late Registration
 8:00am START TIME

ENTRY INFO:

Beth Scarborough 321-544-7067 / Scarborough.mbeth@brevardschools.org

\$20 Early Registration (\$17 – No Race Souvenir) by January 27, 2015
 \$25 Late Registration (\$20 LATE No Race Souvenir) after January 27, 2015
 \$15 Students (\$10 – No Race Souvenir)

Race Souvenirs given to the First 125 Runners

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Kiwanis Club of Rockledge | Club Inc. is a 501(c)(4) FEIN 59-616-8944 | Foundation Inc. is a 501(c)(3) FEIN 26-0067460 | FL Solicitation CH 17406 CHI7406 "A copy of the Official Registration and Financial Information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval or recommendation by the state."

REGISTRATION:

ONLINE AT: raceroster.com/events/2015/4009/2015-Lindsay-brown-5k-winter-blast

BY MAIL: send this application to Beth Scarborough, 220 Raider Rd, Rockledge, FL 32955

❄️ The monies raised through this event will help continue Lindsay's passion to developing Student Leaders. She believed that teens leading teens provided a positive foundation for young adults while giving them confidence for their future.

Please make checks payable to Rockledge High School, and mail with the form below:

Name _____ Phone _____

Address _____ City _____ Zip _____

Age (day of race) ___ Sex M / F tshirt size: S M L XL youth M email _____

In signing below, I acknowledge that participating in this event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of race officials relative to my ability to safely complete the race. I assume all risks associated with participating in this event, including, but not limited to falls, contact with others, the effects of weather, traffic, road conditions, all such risks being know and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry I for myself and anyone entitled to act on my behalf, waive and release; Rockledge High School, City of Rockledge, J. Kyle Braid Leadership Foundation and any race sponsors from all claims or liabilities of any kind.

Signature / or parent if under 18 _____ DATE _____

RUN A MILE WITH... *Ilse Werner Berube*

Name: Ilse Werner Berube

Family: Husband of 28 ½ years Mitch, daughters Lauren (25) and Erin (19), sons Alex (15) and Ryan (10)

Originally from: Born in Melbourne, FL

Grew up where?: Melbourne

Occupation: Dentist

Dream profession: Dentist to the Stars

Number of Years Running: 5 years

Began Running Because/To: Get healthy/lose weight

I Knew I Was Hooked

When: I ran my first 5K

Race PRs (Personal Records): Marathon 3:56:20, half marathon 1:51:29, 5K 24:04

Most Satisfying Race Performance(s):

Wineglass Marathon Boston Qualifier!



Favorite Race(s):

Grandma's Marathon in Duluth Minnesota and Wineglass Marathon in Corning, NY

Why? Great races, lots of crowd support. Great destinations to visit.

Favorite Race Distance: Marathon

Why?: Most challenging and the training keeps me disciplined.



Favorite Place(s) to Run:

Oars and Paddles and Cocoa Village

Running Goals: I would like to run a marathon in all 50 states (I have already run 9) and to keep running in my 80s and beyond.

Running Partner(s): Cheryl Ritter, Lesley Collingsworth, Kathy Bils, and "Set Goals Not Limits" Campers.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:



Elvis

(editor's note: Ilse & Elvis share the same birthday.)

Funniest or Oddest Thing I've Seen While Running:

Dr. Dribble- a man dribbling a basketball in each hand while running a half marathon in Fort Lauderdale.

Training Philosophies: Every run should have a purpose and a goal. Do not just go out and run how you feel. Once you meet your target-you need to have a new target. You need to adapt your training to meet your current abilities. You cannot just expect better results if you always run the same workouts at the same paces. "If nothing changes, nothing changes."

One Piece of Advice That I Would Give to a New Runner:

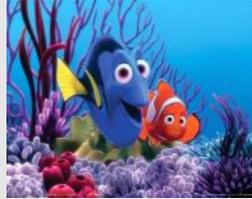
Don't overdo it in the beginning. Never try to increase speed and distance at the same time.

RUN A MILE WITH... *Ilse Werner Berube*

Other Sports & Interests: Boating, traveling, spending time with my husband and my family.

Favorite Reads: Running magazines, nutrition and health magazines and books.

Favorite Movies: "Now you see me" and "Finding Nemo"



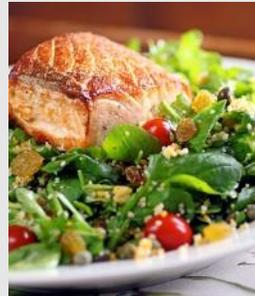
When Nobody is Looking I Like to:

Play video games or do crossword puzzles.

Favorite Meal: Salmon salad with all the fixin's.



Dream Vacation: Trip to Hawaii (or anywhere) with my husband.



Why did you join SCR? To get to know fellow runners and support my favorite sport.

I Think That SCR Could Do A Better

Job: All is great so far.



Marty Winkel

321-537-3526

sceventmgt@gmail.com





Splash Dash 5K & Water Safety Day

PRESENTED BY AND BENEFITING SWIM SAFE FOREVER

Saturday, March 7, 2015 • Race @ 4:45pm

Wickham Park Amphitheater • 2500 Parkway Drive • Melbourne, FL 32935

Join us for a fun and exciting day focused on Water Safety! DASH the 5K course and after the finish line, SPLASH down the GIANT water slide!



School Affiliation Award Program

EARN MONEY FOR YOUR SCHOOL! THE SCHOOL WITH THE MOST REGISTERED RUNNERS WILL RECEIVE A CHECK FOR 5% OF THE FUNDS RAISED!



Make Checks Payable to:
Swim Safe Forever, Inc.

Mail Registration To: Swim Safe Forever Inc.
P.O. Box 33151
Indialantic FL 32903

Register or Volunteer Online
at SwimSafeSplashDash.com

Registration

PLEASE COMPLETE & PRINT CLEARLY BELOW, SIGN, AND MAIL SIGNED REGISTRATION ALONG WITH PAYMENT

LAST NAME FIRST NAME GENDER DOB RACE DAY AGE

MAILING ADDRESS (INCLUDE APT # AND/OR CO) CITY STATE ZIP

PHONE EMAIL

WRITE YOUR SCHOOL AFFILIATION HERE:
School Affiliation

GUARANTEE YOUR SHIRT! MUST REGISTER BY FEB 11!

- | | | |
|-------------|--|--|
| TSHIRT SIZE | <input type="checkbox"/> YOUTH SMALL | <input type="checkbox"/> ADULT MEDIUM |
| | <input type="checkbox"/> ADULT EXTRA SMALL | <input type="checkbox"/> ADULT LARGE |
| | <input type="checkbox"/> ADULT SMALL | <input type="checkbox"/> ADULT EXTRA LARGE |

Yes! I'd like to help sponsor a swimmer!

DONATION: \$ _____

Event

- SPLASH DASH 5K (\$25 INDIVIDUAL/\$22 TEAM/\$30 DAY OF) KIDS DASH (FREE) HOSTED BY SCYMS ULTIMATE HERO CHALLENGE \$15 (\$5 FOR FIRST RESPONDERS)

TEAM NAME: _____

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may thereafter accrue to me against Running Zone, Swim Safe Forever, its employees, sponsors, officials, volunteers, and supporters this race and any representatives, successors, or assign for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in Splash Dash 5K & Water Safety Day. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I also give full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all the foregoing use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that participation presents a risk of physical injury. Knowing this, I am entering this event at my own risk.

PARTICIPANT SIGNATURE DATE

SIGNATURE OF PARENT OR GUARDIAN (REQUIRED FOR PARTICIPANTS UNDER 18 YEARS OF AGE)



Splash Dash 5K & Water Safety Day

Saturday, March 7, 2015

Wickham Park Amphitheater • 2500 Parkway Drive • Melbourne, FL 32935



RACE MANAGEMENT BY



Packet Pickup Available @
Running Zone March 6th
10am-6:30pm

Splash Dash 5K @ 4:45pm A fun and exciting day focused on Water Safety! DASH the 5K course and after the finish line, SPLASH down the GIANT water slide!

Awards Categories: Male/ Female: Top 3 Overall, Top Masters Age Groups.
Male/Female: Top 3 in each age group: Starting at 5 and under, 6-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over Timing Provided by: Running Zone

March 7th Schedule of Events

- 1:00pm UHC Registration
- 2:30pm UHC
- 3:00pm 5K Registration & Packet Pickup Begins
- 4:15pm First Flight Helicopter Lands
- 4:30pm Registration Closes
- 4:45pm: Race Begins
- Kids Dash & Awards Ceremony to follow 5K

Kids Dash Children ages 2-10 are invited to participate for free in a mini-race!
Hosted by Space Coast Youth Multi Sports

Ultimate Hero Challenge (UHC) Participants are invited to face a challenging course that will test your strength, determination and speed. First responders (Firefighters, police, ER, Life Guards, etc) are invited to compete for \$5! Non-first responders are invited to race for \$15.00. Minimum age for this race is 16 years old.

Fun Family Activities Food provided by Local Food Trucks, FREE bounce houses, FREE face painting, snow cones, popcorn, and music. Brevard County's First Flight Helicopter will land at 4:15pm, and remain (if not on an emergency) until 6 pm. Online silent auction at www.WaterSafetyDay.com

SAFEGUARD YOUR CHILD

- It is not a lack of supervision, but a lapse of supervision that puts our children at risk.
- Designate someone as a "Water Watcher" when swimming. Take 15 minute shifts.
- Enroll your child in survival swim lessons.
- Check surf conditions before entering the water.
- Swim in a Life Guard Protected Area.
- Teach your child to survive if caught in a rip current: do not panic, swim parallel to the shore until the current releases you. Float on your back if you are tired.
- Dress your child in bright colors.
- Take a picture of your child in their swim attire. This may help if you need to search for your child.
- Wear Sun Protection to include clothing and sun screen.

SAFETY TIPS FOR YOUR POOL

- Your child should never have access to a pool alone.
- Pool safety is vital in preventing tragedies. Create multiple layers of protection for your child.
- Install permanent four sided pool fences that enclose the pool and are 4-6 feet in height with self latching and self closing gates.
- Always remove all pool toys from the pool when not in use. Colorful toys lure children to the water.
- Do not leave furniture near your pool area that may allow your child to climb over the pool fence.
- Install high locks and alarms on ALL doors and windows that lead to the pool, don't forget pet doors!
- Always check your pool first if your child is missing.
- Do NOT dive in shallow water.



SWIM SAFE FOREVER (SSF)

We strive to educate our community regarding the layers of protection and effective measures of water safety. In addition to education, Swim Safe Forever provides a scholarship program to families who qualify for financial assistance to help in giving their children the gift of survival with survival swim lessons. All proceeds from this event benefit SSF Education and Scholarship programs.

Visit SwimSafeSplashDash.com today!

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races



Article by Marisa Flint

You've slogged your way through many a hot, humid Florida run. Imagine instead a crisp, 43-degree, sunny morning in the beautiful Bulow Woods, part of Tomoka State Park, to run through moss covered oak hammocks, catching views of salt marshes as you go. This is the view that awaited runners as they lined up near the 400-year-old Fairchild Oak at the inaugural Bulow Woods Trail Race and Ultramarathon on Saturday, December 13th. A little over an hour from Brevard, this trail race gave runners a feel of old Florida and rewarded them with medals and rum runner drinks in custom Bulow Woods Trail Run glasses at the finish.

Runners could choose from the 4.25 mile, half marathon, or for the one loop with one aid station; the half marathon was one lap of an out-and-back course with three aid stations, and the 50k runners completed this loop two times. Drop bags were permitted at the turn around, and runners were given an 8-hour limit to complete the race.

Making the Grade



WEATHER— 43° and sunny at the 7am start of the 50K Ultra.



PROS— Old Florida feel to the well-marked course. Course runs through old growth live oaks, loblolly pines and magnolias.



CONS— None to report



RACE FACTS— 2014 was the inaugural race. In addition to finisher medals for the 50K and half marathoners, Rum Runners were served in custom event glasses at the great post race party.

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races

The well-marked course consisted of single and double-track trails; quite a few roots challenged runners to pick up their feet. Aid stations offered water, Heed electrolyte drink, and a variety of snacks.

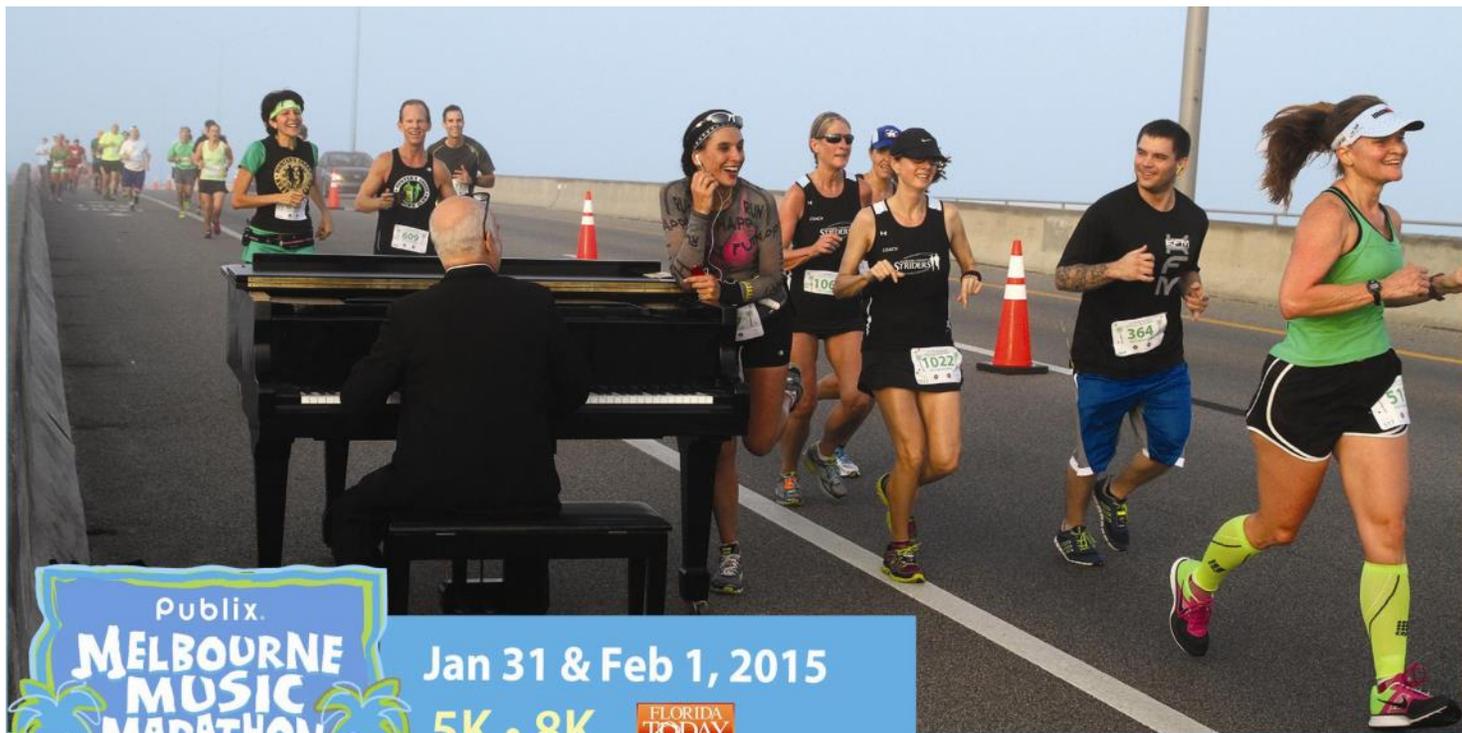
Packet pickup was available the night before as well as at the start of the race. Runners parked about five miles from the start and rode shuttle busses to begin their race; an improvement for next year would be more busses to take runners back after the race. Other than that, the event was quite well-organized and the volunteers were friendly and helpful. Some proceeds from this event will benefit the Bulow Parks Historic Alliance to help maintain these beautiful trails.

Brevard was well represented among the 164 finishers. Those in the half marathon group were: Keith Snodgrass (1ST OA), Sean Black (1st AG), Nan Pond (1st AG), Loran Serwin (3rd AG), Linda Cowart, Travis Pond (1st AG), Christy Zieres, Robin Williams, Marisa Flint, Tom Thaller, Denise Thaller, and Willie Moolenar (1st AG). In the 4.25 miles was Keith Flint (3rd AG).



Space Coast Runners made their mark at the inaugural Bulow Woods Trail Run.

Pictured Clockwise from the Left: Robin Williams, Travis Pond, Marisa Flint, Christy Zieres, Loran Serwin, Linda Cowart, Keith Flint, Nan Pond



Jan 31 & Feb 1, 2015

5K • 8K



1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run & Mascot Marathon



NEW FINISH AREA AT FRONT STREET PARK!

- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races



Icarus Florida
UltraFest

6 DAY RACE

Testimonial by Jim Schroeder

"Icarus Florida UltraFest was founded to offer a truly unique event that provides ultrarunners an opportunity to compete with some of the world's best in a high quality event while also allowing those new to the sport to be introduced to ultrarunners and have a once in a lifetime opportunity to meet and run with some of the world's best ultrarunners." ~ Andrei and Claire Nana

With that simple yet expressive mission statement Andrei and Claire conceived of Florida's first multiday endurance event to replace the canceled 24 Hour world championships. The event was expanded to include 3, 6, 12 and 24 hour races to complement the 6-day race and offer other runners with limited time budgets to run with some of the world's best multi-day athletes representing six countries.

The event was staged in Snyder Park, Fort Lauderdale, FL on flat shaded park roads to form a USATF and IAAF certified loop 1 Km in length. There was a single well stocked aid station at the start / finish line, staffed with able volunteers Carey Lynn Clarkson, Una Beaudry, Claire Nana and Aleksandar Djakovic Sasa, who kept the runners fueled and satiated with a variety of food excellently prepared. The event was chip timed by the venerable Mike Melton, MCM Timing.

From communication with Andrei and Claire I became very interested in trying my first 6-day, albeit I was pretty nervous too. My only other multi-day was at the Wickham Park 4-day 200 miler last May. Since Wickham is only allowed to open 12 ½ hours each day that becomes the daily cut off and for me anyway I could go home each evening to shower and rest. I

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races



finished just 135 miles over four days, being unable to make cut off to hit 50 miles per day. Icarus, on the other hand was a true multi-day; once the clock started it stopped only after 144 hours had elapsed.

I relied heavily on Dusty Hardman, a Vol State 314 mile multi-day veteran, for advice on how to prepare, setting a daily and nightly running and resting schedule, nutrition ("Eat a lot, you're too skinny"), hydration and electrolyte balance. Luckily for me, Dusty was available to pace and support me for most of the six days which greatly improved my total mileage.

This 6-day event has been life changing for me; every attempt to write has ended in a writer's block, albeit that has not been my usual response after an ultra. As Andrei has observed, "Jim is focused and determined in a 100 miler," so I figured that a 6-day would be a simple extension to a 100 miler.

Why was this 6-day different from all of my previous endurance runs? That is what I am struggling with! I have run some 10+ 100 Milers, who knows how many 50 - 99 Milers, much less 50Ks and marathons, a total of 119 marathons or longer races since 20 August 2001.

After numerous attempts at writing a classic race report (I love reading race reports from friends and have written dozens myself! Indeed, Brad's accounting of Icarus is destined to become a classic!) I finally realized that I was destined to write a "testimonial" to Andrei and Claire's conception of Icarus, rather than a race report.

My difficulty had been to put this 6-day, my first true Multi-Day, into perspective. Firstly and lastly I cried at the finish line, uncontrollably, a first for me after an ultra. Usually I am just fatigued and happy to sit for awhile with a cold beer in

hand. I asked myself why. My answers came to an intersection of the incredible event put together by Andrei and Claire, the fantastic volunteer support of Carey, Alex, Una and others, my coach, support and pacer Dusty, who pushed me beyond my known limits and Charlotte Vasarhelyi from Kitchener, Ontario, who after her own debilitating sciatic flare showed me a dedication and determination, against the severe pain of which I am very familiar, beyond anything I have previously experienced. Indeed Charlotte beat me by some 60+ miles, even though suffering from a sciatic flare up much more than my own!

The remainder of the ten 6-day runners and their crew were no less inspirational. I had many hours to run with them all and chat as they were taking a rest break from running at pace. Several I knew already (Tim, Jesper, Carey and Bill) and several became new friends (K-G, Charlotte, Michele, Jovica, Rimantas, Brad and support crew Wendy and Una).

As I said I am experiencing a new realm. A realm that I have embraced heartily. A realm that Dusty subtly led me into via her tales of the Last Annual Vol State cross Tennessee run. A realm that Andrei and Claire offered to me. A realm that I shared with Charlotte through our sciatic-laden loops.

For the record I finished 7th out of 10 entrants with 247.047 miles or 397.586 kilometers. In closing, thank you Andrei, Claire, Dusty and Charlotte for a memorial first time multi-day experience. I am now addicted to life beyond a 100 Miler. Assuming I survive the Ancient Oaks 100 miler intact and healthy I will be ready to tackle another multi-day in the January 2015 Icarus Florida UltraFest, spring version. Let the games began!!!

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



JANUARY 2015



First Light Marathon & Half Marathon

1/11— Mobile, AL

Carol Ball, Paul Bevilacqua, Barbara Linton, Ruth Rodrigues



Key West Half Marathon 1/18— Key West, FL

Shelley Christian, Dick White, Marlene White, Rachel White



Louisiana Marathon & Half Marathon

1/18— Baton Rouge, LA

Barbara Linton



Icarus Florida Ultrafest 48 Hour Race

1/22—Ft Lauderdale, FL

Jim Schroeder



Ocala Half Marathon 1/25— Ocala, FL

Rene Dunne

Miami Marathon & Half Marathon 1/25— Miami, FL

Danielle Kraus, Patricia, Mister, Laurie Paul



Town of Celebration Marathon & Half Marathon 1/25— Celebration, FL

Mike Acosta, Betsy Butler, Molly Kirk, Susie Meltzer, Brittany Streufert, Marie Thomas

FEBRUARY 2015

Iron Horse endurance runs

100 mile - 100 km - 50 mile
Florahome, Florida

Iron Horse Endurance Runs 100 Miler 2/6— Florahome, FL

Jim Schroeder



Ragnar Relays Florida Keys 2/6 & 2/7 — Miami to Key West

Frank Hosey, Nadia Hosey, Teen Sum, Caesar Velez, Adrianna Vordebruggen, Luke Alexander, Chuck Mathews, Jessica Frank, Gabe Hernandez, Lourdes Cox, Tena Hochard, Elizabeth Ring



Gasparilla Half Marathon 2/22—Tampa, FL

Cheryl Ritter, Dick White, Marlene White, Rachel White

Distance Challenge

Betsy Butler, Shelley Christian, Rene Dunne, Barbara Holst, Kelly Hunter, Christine Kennedy, Charlotte McClure, Lisa Petrillo

Get your Race listed in the next newsletter! [Click here.](#)

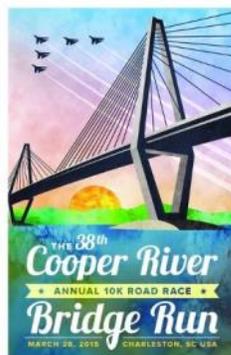


Where in the World are Space Coast Runners Running?

FEBRUARY 2015

Disney Princess Half Marathon 2/22—
Lake Buena Vista, FL

Brittany Streufert



Cooper River Bridge Run 3/28 — Charleston, SC

Karen and Rick Suarez

MARCH 2015

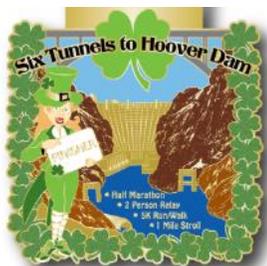
Gate River Run 3/14—Jacksonville, FL

Rick Foresteire, Kelly Hunter, Nancy Wingo



Austin 10/20 3/29 — Austin, TX

Kimberly Prosser



Six Tunnels To Hoover Dam St. Patrick's Day Run 3/15— Las Vegas, NV

Carol Ball, Barbara Linton

United Airlines NYC Half 3/15— New York City, NY

Jo-Ann Boland



APRIL 2015

Carmel Marathon 4/18— Carmel, IN

Ilse Berube, Brittany Streufert, Marie Thomas



Yuengling Shamrock Marathon Dolphin Challenge 3/21 & 3/22— Virginia Beach, VA



Dick White, Marlene White, Rachel White



HITS Triathlon Ocala 3/28— Ocala, FL (Full Distance)

Wade Dauberman



Boston Marathon 4/20— Boston, MA

Ron Abel, Charis Gaines, Molly Kirk, Abe Oros, Harry Prosser

Pro Football Hall of Fame Marathon 4/26— Canton, OH

Doug Nichols



Rock 'n' Roll Madrid Half Marathon 4/26 — Madrid, Spain

Mitch Varnes

Submit Your Out-of-Town Race by [Clicking Here](#)



Where in the World are Space Coast Runners Running?

MAY 2015



**Run To Remember
Half Marathon**
5/25— Boston, MA

Rick Foresteire, Nancy Wingo

OCTOBER 2015

Ironman Maryland
10/3— Cambridge, MD

Cyndi Bergs , Linda Cowart,
Suzie Enlow, Kelly Miller,
Theresa Miller, Christy
Tagye, Christy Zieres



**Detroit Free Press/
Talmer Bank Marathon**
10/18 Detroit, MI
Ron Abel

NOVEMBER 2015



**TCS New York City
Marathon**
11/1— New York City,
NY

Jay Claybaugh,
Lisa Hamelin,
Christine Kennedy

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Fax: (888) 452-8851



The Rall Capital
Management Team



Where are you Running next? [Click here](#) to tell us!

**Space Coast Runners Discount Code: SPACECOASTRUNNERS10 for 10% off race fees
Must be registered by 2/28/15**



Brianna Marie Foundation Third Annual 5K



SATURDAY, MARCH 14, 2015 AT 8:00 AM
Inside Wickham Park

TIME TABLE:

Friday, March 13th 10:00 am – 6:30 pm

Packet Pickup & Registration at **Running Zone**
across from Wickham BCC Pavilion

Saturday, March 14th – Wickham Park

Wickham Park 2500 Parkway Drive, Melbourne, FL 32935

(The start will be in the back of the park, pavilion #4)

6:30 am Packet Pickup & Registration

7:45 am Late Registration for 5k ends

8:00 am 5k Start

9:15 am Free Kids Run will begin!

*Awards Ceremony immediately following the race

Watch website for raffle and silent auction items!

*Bring the whole family for a fun morning at
Wickham Park!!*

*The Brianna Marie Foundation was created
to support the advancement of fetal lung
therapies, to learn more visit:*

www.briannamariefoundation.com

AWARDS:

M-F: Top 3 Overall, Top Masters (40+),
Age Groups (Top 3 M-F)

8 & Under 25 - 29 50 - 54

9 - 11 30 - 34 55 - 59

12 - 14 35 - 39 60 - 64

15 - 19 40 - 44 65 - 69

20 - 24 45 - 49 70 - 74

75+

FEES:

Until 3/13

Race Day

5K Run/Walk \$25.00 \$30.00

Students \$20.00 \$30.00

Kids Run FREE

SORRY, NO REFUNDS

Brianna Marie Foundation 5K OFFICIAL ENTRY FORM

Send completed entry form and check payable to: Brianna Marie Foundation
601 Rossmoor Circle, Melbourne, FL 32940

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____ Team Name _____

Please check shirt size: Sizes: YM S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Brianna Marie Foundation 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



3 Ways to Wash Stinky Run Clothes

As discussed by a panel of women runners on an early morning run

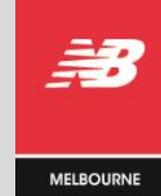
Sweaty, damp, stinky clothes. We all have them. Here are 3 things you can do to combat the odors which will ultimately make you and those around you happy.

1. **Wash with a Sports Detergent**—Top picks are Sports Suds and Caldrea Palmarosa Wild Mint Sport Wash. Both eradicated odors and stains when sealed in plastic for a week to ferment by Real Simple Magazine. The latter has a subtle floral fragrance to boot.
2. **Just add Vinegar**—It's inexpensive and easy to add to your existing washing routine. Simply add 1/4 to 1/2 cup of white vinegar into the wash along with your regular detergent.
3. **Sprinkle in Baking Soda**—It is a natural deodorizer and a very useful laundry companion. Add one cup to the wash cycle. You can also use it for those pesky perspiration stains. Scrub in a paste of baking soda and water. Let it sit for 1 hour. Launder as usual.

According to Consumer Reports, it is important to note that whichever method of washing you determine is best, it's important to follow best practices when dealing with large, smelly loads. Sort by colors. Sort by fabrics. And follow the manufacturer's measuring directions. You might be tempted to add even more detergent, but this can leave residue in your washer and on your clothes.

SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're an SCR member.



SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH AND FITNESS CENTERS!

Pro-Health
& FITNESS CENTER

They allow us to use a meeting room in one of their facilities for our SCR Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience. They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations—Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more information, visit their website at Health First Pro-Health & Fitness Center and become a fan on their [Facebook](https://www.facebook.com/HealthFirstProHealth) page!



Race Calendar **January**



1/3	Lace Up 4 Literacy 5K	8:00 am	Pizza Gallery & Grill, Viera	ktinker@brevardliteracy.org
1/10	Run for the Responders 5K	8:00 am	Wickham Park, Melbourne	run4responders5k@gmail.com
1/17	4th Annual Mustang Stampede	7:30 am	Mitchell Ellington Park, Merritt Island	buon535@aol.com
1/17	Miles for Myles 5K Family Fun Run/Walk	8:00 am	Viera High School Track, Viera	mylesfreebergfoundation@cfl.rr.com
1/18	World of Beer Tap It and Run 5K	9:00 am	World of Beer, Viera	321-795-9389
1/24	New Year New You Race for Change	8:30 am	Nelson Engineering Co, Merritt Island	m.howe@nelsonengrco.com
1/31	Superhero 5K	8:00 am	Church at Viera, Viera	kiethried@live.com
1/31	Light the Way & Glow 5K	6:00 pm	Park Avenue Baptist Church, Titusville	321-537-3526



Space Coast Runners Membership Application



Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:

Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

New Membership Renewal Individual – \$30 Family – \$35 Full-time Student – \$15

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Email: _____

If Family Membership, list names, dates of birth and sex: _____

I would like to volunteer: SCR Youth Running Series Space Coast Classic 15K

(check appropriate boxes) Eye of the Dragon 10K Space Walk of Fame 8K Space Coast Marathon

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

**Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*



January 2015

Birthstone: Garnet

Flower: Carnation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Dan Martin Ryan Miller	2 Joe Castner Steve Leonard Blanche Morrison Abe Oros Karen Rodriguez	3 Willy Moolenaar
4 Victoria Bernstein Aeddon Burns Hannah Collins	5 Shelley Christian Ryan Preston Tim Hagerty	6 Harry Prosser	7 Samantha Cabrera John Hardos Grace Torres	8 Ric Ojeda	9 Martha Brown Noah Ogburn Rebecca Sparks	10
11 Sandra Gannon Kristen Tinker Terry Kepner	12 Jeremy Flint Arleigh Sharpe Angela Staab Rick Unrue	13	14 Bailey Deese Melanie Delman Joan Krupsky Pietrina Heavey	15 Holly Montalvo	16 Greg Hayes Donna Neill	17
18 Amanda Shagena	19 Jade Vanderwyst	20 Doug Norris Celeste Snodgrass	21 Hannah Deese Charis Gaines Tom Hoffman	22	23 Kara Hedgespeth Mary Joseph Michael McCauslin	24 Audrey Joiner
25	26 Angelica Cabrera Karen Hughes	27 Becky Maitlen	28 Dennis Dailey	29 Shawn Burns Shelby Huet	30 Ketih Flint Jennifer Karla	31 Katie Marsh

Make sure to wish these folks a Happy Birthday when you see them. Watch out, our **highlighted** members are moving up in age groups!