

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

MARCH 2015



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Above: Dr. Jerry Bird, Dick White, Michael Petrillo and Dave Walker wrap up a great morning of running, walking and volunteering at Eye of the Dragon 10K & Tail of the Lizard 2-miler.

On Our Cover: Eye of the Dragon 10K winner, Kelsey Turner celebrates her victory with Lindsay Greer. (Photo credits: Doug Carroll )

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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](http://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

**A**s I sit here and type this, I am freezing. It is a gray, blustery, damp day with a temperature of 58 degrees. Is that a typical Floridian, complaining? I suppose it is. We can be thankful we are not in the middle of all of the snow stormy mess that has been/is happening elsewhere.

**S**peaking of not-so-ideal conditions, how does one stay motivated during those times? The best way I know how is to plan to meet up with a friend or group to run. Misery loves company, right? If it's extra windy, super cold, rainy and gloomy—your friends will help you get through it and in the end you'll probably have a great story and will have had a much better time than you thought you would!

**A**s Ed mentioned, there is exciting news for our club! Our organization is part of the Road Runners Club of America (RRCA), which is the oldest and largest organization in the U.S. dedicated to distance running. Well, little ole Space Coast Runners won the Excellence in Journalism Award for a club E-Newsletter for 2014. Needless to say, we are humbled and honored to win. Our Editor-in-Chief last year (and previously), Bob Rall did a fantastic job in getting us to the winner's circle. You can be sure we will have an in-depth article coming up in the May issue after Bob receives the award at the 2015 RRCA Convention in Des Moines, Iowa. Stay tuned!

Keep Moving Forward!

Lisa Hamelin  
Editor-in-Chief

[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)



## 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](mailto:lisahamelin@gmail.com).



**June 6, 2015**

Mark your calendars for the annual Space Coast Runners Awards Banquet.



Letter to the Editor

Our mailbox is always open. If you have an opinion, compliment or complaint feel free to communicate it to the highly underpaid newsletter staff. Tell us what running topics matter to you most.

Speaking of no pay...If you would like to be a part of this award-winning (*in our dreams*) team, we have openings for an investigative race reporter, an action photographer and a story journalist.

Email us by [clicking here](#).

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

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**ACROSS FROM BREVARD COMMUNITY COLLEGE**

# Springer's Spiel

A Monthly Column from SCR President, Ed Springer

## Space Coast Runners,

There is lots of good news to report this month. You probably heard the 2015 Space Coast Half Marathon sold out 13 minutes after general registration opened on February 15th. The full marathon is well on its way towards closing at full capacity as well. The race continues to grow in popularity, demand and recognition. In the January 2015 edition of Competitor magazine, the Space Coast Marathon was named "Best Marathon" for the Southeast Region. This distinction was based on nominations from Competitor magazine online readers and social media followers from around the country. Congratulations to all who make this event a resounding success.

Just recently we received word the Road Runners Club of America (RRCA) selected Space Coast Runners as the 2014 Outstanding Club E-Newsletter Award recipient. This means our prestigious newsletter editors will be presented with a commemorative plaque at the upcoming RRCA National Running Awards Banquet in Des Moines, IA. This also means you are reading an award winning newsletter.

Lastly, the Board of Directors voted to establish a SCR racing team for the 2015-2016 race season. Stay tuned to the SCR Facebook page and our distinguished newsletter as details and application instructions are forthcoming.

Happy Running,

Ed Springer

SCR President

[springer993@gmail.com](mailto:springer993@gmail.com)



## MARCH BOARD MEETING

The next SCR Board Meeting will be held at 7:30 pm, March 16th at the Pro-Health in Viera.

All members are welcome to attend.



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

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](#) page!

# Local Fun Runs



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
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, Satellite 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](mailto:lisahamelin@gmail.com) and we will add them!



**Cocoa Beach Runners, Cocoa Beach**



**Running Zone, Melbourne**



**Up & Running Fitness, Indian Harbour Beach**



**Palm Bay Rec Runners, Palm Bay**



**Running for Brews, Satellite Beach**



**Running for Brews, Viera**



**Long Doggers, Indialantic**



**Daddy Ultra Runs, Cocoa Village**



Race Proceeds benefit Junior League Grants and Community Projects: Fueling Kids and Kids in the Kitchen



Junior League of South Brevard, Inc. Presents

## 6th Annual NEON Re-Run 5K - FRIDAY, March 6th, 2015

<p><b>Thursday March 5th</b> - Packet Pickup &amp; Registration 1:00pm-6:00pm @ JLSB Office 1501 Avocado Avenue, Suite 2</p> <p><b>Friday March 6th</b> - Packet Pickup &amp; Registration 12:00pm-4:00pm @ JLSB Office 4:30pm-6:15pm @ Eau Gallie Square 6:15pm Late Registration Ends 6:30pm Neon Re-Run 5K Start @ Eau Gallie Square 7:30pm Award Ceremony Start @ Eau Gallie Square 6:30pm-9:00pm LIVE 80s Music by Katty Shack</p> <p><b>For more information: 5krun@jlsb.net</b></p>	<table border="1"> <thead> <tr> <th><u>FEES</u></th> <th><u>Early</u></th> <th><u>Late</u></th> <th><u>Race Day</u></th> </tr> </thead> <tbody> <tr> <td></td> <td><u>Until 2/20</u></td> <td><u>2/21-3/5</u></td> <td><u>3/6</u></td> </tr> <tr> <td>Adult 15+</td> <td>\$30.00</td> <td>\$35.00</td> <td>\$40.00</td> </tr> <tr> <td>Students (14 &amp; under)</td> <td>\$10.00</td> <td>\$15.00</td> <td>\$20.00</td> </tr> </tbody> </table> <p><b>Mail Form &amp; Check to:</b> Junior League of South Brevard 1501 Avocado Ave, Suite 2 Melbourne, FL 32935</p> <p><b>T-shirts only guaranteed if registered by 2/20</b> <b>Sorry No Refunds</b> <b>www.JLSB.net/5K</b></p>	<u>FEES</u>	<u>Early</u>	<u>Late</u>	<u>Race Day</u>		<u>Until 2/20</u>	<u>2/21-3/5</u>	<u>3/6</u>	Adult 15+	\$30.00	\$35.00	\$40.00	Students (14 & under)	\$10.00	\$15.00	\$20.00
<u>FEES</u>	<u>Early</u>	<u>Late</u>	<u>Race Day</u>														
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Adult 15+	\$30.00	\$35.00	\$40.00														
Students (14 & under)	\$10.00	\$15.00	\$20.00														
<p><b>Race Features:</b></p> <ul style="list-style-type: none"> <li>•Totally Awesome 80s themed fun run/walk</li> <li>•Glow in the Dark Fun along the course! The course will have several GLOW ZONES for runners to experience.</li> <li>•FRIDAY NIGHT race - part of the EGAD First Friday Event</li> <li>•Access to FREE GLOW Paint Station before the race</li> <li>•Glow bracelets in every race bag</li> <li>•Post-Race Party with Live 80s Music by Katty Shack</li> <li>•Electronic Chip Timing</li> <li>•A FREE BEER for runners &gt;21 after the race</li> </ul>	<p><b>AWARDS:</b></p> <p><b>Male/Female Top 3 Overall</b> <b>Male/Female Top Masters (40+)</b> <b>Male/Female Top 3 for the following Age Groups</b></p> <table border="1"> <tr> <td>8 &amp; Under</td> <td>20-24</td> <td>40-44</td> <td>60-64</td> </tr> <tr> <td>9-11</td> <td>25-29</td> <td>45-49</td> <td>65-69</td> </tr> <tr> <td>12-14</td> <td>30-34</td> <td>50-54</td> <td>70-74</td> </tr> <tr> <td>15-19</td> <td>35-39</td> <td>55-59</td> <td>75+</td> </tr> </table> <p><b>Awards for Best 80s Costumes and Glow Effects</b> Big hair, leopard pants and all neon is encouraged!</p>	8 & Under	20-24	40-44	60-64	9-11	25-29	45-49	65-69	12-14	30-34	50-54	70-74	15-19	35-39	55-59	75+
8 & Under	20-24	40-44	60-64														
9-11	25-29	45-49	65-69														
12-14	30-34	50-54	70-74														
15-19	35-39	55-59	75+														

JLSB NEON Re-Run 5K ENTRY FORM - Online Registration Available at [sceventmgt.com](http://sceventmgt.com)

<b>Runner Name</b>			<b>Sex</b>	<b>Male</b>	<b>Female</b>
<b>Street Address</b>					
<b>City/State/Zip</b>					
<b>Email Address</b>					
<b>Phone</b>		<b>Date of Birth</b>		<b>Age on Race Day</b>	
<b>T-shirt Size</b>	<b>Youth:</b> <input type="checkbox"/> <b>Medium</b> <input type="checkbox"/> <b>Large</b> <input type="checkbox"/> <b>Adult:</b> <input type="checkbox"/> <b>Small</b> <input type="checkbox"/> <b>Medium</b> <input type="checkbox"/> <b>Large</b> <input type="checkbox"/> <b>XL</b> <input type="checkbox"/> <b>XXL</b>				

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

**Release form:** I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather and traffic, hazards of the road and all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors of this race, the Junior League of South Brevard, Inc. and Space Coast Event Management & Timing officials and sponsors from all claims or liabilities of any kind arising out of my participation in the Neon Re-Run 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_

The Junior League of South Brevard, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

# SCR Central

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

## welcome!

### NEW MEMBERS!

Kim Anselmo	Danielle Joseph
Brooke Armbruster	Ginger Kolasky
Taylor Armbruster	Dennis Kroskey
Carly Armbruster	Judye Leavitt
Rob Armbruster	Linda Lundstedt
Wendy Armbruster	Robin MacDonald
Alison Bonner	Kerry Martin
Mary Carney	Robin Mathias
Tara Clark	Kip Mathias
Rhonda Creek	Michael McNees
Priscilla Dolan	Hazel McNees
Michael Dolan	Ashley Philbeck
Melodie Esposito	Brandon Philbeck
Heather Felix	Kerry Philbeck
Kimberly Flynn	Suzie Philbeck
Shelley Freeman	Kristy Reesh
Robert Gabordi	Chris Reesh
Susan Goodchild	Mario Ronda
Lucy Haddock	Larry Timmons
Monica Hall	Claudia Vargas
Daniel Heidt	Mary Wills
Deborah Herman	Rio Zecman
Katie Jacobus	Kirt Zecman
Trisha Jones	

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 &  
Daddy Ultra Runs in Cocoa Village

We look forward to running with you!



It takes a lot of hard work and volunteer hours to bring the monthly newsletter to your inbox. So it is with great pleasure to announce that our amazing newsletter staff has grown. Please welcome our newest contributing editor, Angela Leeds.

Angela is a mom of two and an English teacher from Titusville who spends her spare time running with her best friends.

## Attention High School Graduating Seniors!



### Apply for the **SCR Scholarship**

Each year Space Coast Runners awards two **\$1,000 scholarships** to a Brevard Senior Male and Female. Requirements are that you belong to SCR or to your high school's track or cross country team. Applications are now available. Scholarship applicants must write an essay to be considered which is outlined in the scholarship application. Contact your school Guidance Department to get an application.

# 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.

John Ouweleen—3:27:47 — Tokyo Marathon

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

## 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: "Call of the wild"



Tina Kraver stepped up to the starting line at this year's Zebra Zoom 3K in a bold black and white number. Kraver had paired a zebra patterned onesie under the coordinating race shirt and wore a wide Under Armour headband to accentuate her ensemble. She stood out amongst the pack.

The head-to-toe zebra racing suit was definitely OTT (over-the-top), however Kraver's safari style felt right at home at the Brevard Zoo. She was willing to take a fashion risk so we'll give her props for her animalistic styling AND her first place age group finish.

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.

# 33rd Anniversary of the Downtown Melbourne 5K Run and Walk

## Saturday, March 28, 2015



### A Space Coast Runners' *Runner of the Year* Event



A run for the children

Proceeds benefit **THE HAVEN**

#### Start Times

Women 8:15 AM \* Men 7:30 AM \* Youth Series 9:00 AM \* Awards 9:15 AM

#### Location

Starts on Municipal Lane at East New Haven Ave. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

#### Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

#### Awards

Male-Female: Top 3 Overall, Top Masters (40+), Top 3 Teams-Each Race

Age Groups (top 3 male & female)

10 & Under	25-29	45-49	65-69	85+
11-14	30-34	50-54	70-74	
15-19	35-39	55-59	75-79	
20 -24	40-44	60-64	80-84	

#### Open Team Challenge

- All teams must have a minimum of 4 members. All teams must be all male or female due to each race being gender specific.

#### Registration

- Online at <http://secure.runningzone.com> ending March 26<sup>th</sup> at 11:59 pm
- In Person at Running Zone on Wickham Road (between Parkway and Post Road)
- Checks payable to **The Haven**
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day Downtown Melbourne at Municipal Lane- beginning at 6:30AM

#### Packet Pick-Up

- Friday, March 27<sup>th</sup> from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day- Downtown Melbourne at Municipal Ln beginning at 6:30AM

#### Information

- Frank Webbe \* 321-674-8104 Days \* 321-725-3770 Nights \* Fax 321-674-7105 \* Email: [webbe@fit.edu](mailto:webbe@fit.edu)

Race Management by:



#### 2015 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$20 until March 27th  
(\$19 for SCR & Gecko Club Members)  
\$25 race day

Last Name (Please print) \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_ Telephone \_\_\_\_\_  
 Email \_\_\_\_\_ / / \_\_\_\_\_ M \_\_\_ F \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ Y \_\_\_ N \_\_\_  
 Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_ T-shirt Size \_\_\_\_\_ Space Coast Runners Member? \_\_\_\_\_  
 Open Team Challenge Name \_\_\_\_\_ (if applicable, see above for details)

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_ SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_

# SCR Central

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

## Run for Team SCR at the Corporate 5K

Last day to register is March 10th! Join the Space Coast Runners Team at the Florida Today Corporate 5K to benefit the United Way of Brevard County on Thursday, March 12th at 6:45 PM.



**THERE'S STILL TIME TO SIGN UP!**

Team captain Joan Meadows reports SCR has 21 members signed up to race but she would still love to see another 21 sign up!

[Click here](#) to learn more about the Corporate 5K event or visit the SCR [event page](#) on Facebook.

Save the dates



ROCKWELL COLLINS TEAM 2014



Improve the bottom line,  
Shrink the waistline,  
See you at the finish line!

1 • 1/14/15	1	Informational Meeting Wednesday, 1/14/15 6:00 pm @ Running Zone	2	Team Captains' Meeting Wednesday, 2/11/15 6:00pm @ Running Zone	3	Packet Pick-up Party Wednesday, 3/11/15 6:00 pm @ Running Zone	4	Race Day! Thursday, 3/12/15 6:45pm @ FIT Aviation
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321-751-8890 • [www.brevardcorporate5k.com](http://www.brevardcorporate5k.com) • email: [info@brevardcorporate5k.com](mailto:info@brevardcorporate5k.com)

# SCR Central

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

## Running the Ramble

**2/15/15—Thonotosassa, FL** The Flatwoods Ramble 10-Mile Trail Race was held at Flatwoods Park which is often called the crown jewel of the Hillsborough County park system. The race course winds through scrub and pines and is described as very scenic and peaceful.

Two SCR members, Ceal Walker, 52, of Cocoa Beach and Danny Barrett, 50, of Cocoa headed west to run these distinguished Florida trails. Barrett placed 4<sup>th</sup> overall with a 1:11:44 finish. Walker posted a 2<sup>nd</sup> overall women's time by running 1:18:05.



Although this may sound strange, Walker ran Flatwoods to prep for an upcoming snowshoe race. “I choose to run the Flatwoods because I wanted to get a long run with a hard effort in without worrying about time and pace, since trails are slower”, said Walker. Though Ceal did admit to not exactly slowing down. She said she found herself trying to stay under 8 minute miles during the race.

For those considering a race like the Flatwoods Ramble 10-Mile in the future, Walker described the course as “twisty and muddy with more roots than I like, but that is typical for Florida trails.” Still her love of trail running prevailed as “it's fun to have the mental challenge of a trail race because you have to constantly be aware.”

## 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.
- ◆ The [Down to Run DTR Endurance Trail Run](#) is offering members a 10% discount on their upcoming event on April 18, 2015. Use code SCR10 to save on distances from 5K-10K, 13.1 and 50K. For more info, visit [downtorun.com](#).
- ◆ Save \$10 on the [Echo Half Marathon](#). The 2nd annual point-to-point race will be held on June 7th. Runners race along 13.1 oak canopied miles on the beautiful paved trail from Osteen to DeBary, FL. The code to use for online registration is Brittany10.



**RACE COURSE ETIQUETTE:** Move to the side if someone behind you says “excuse me” or “on you're your right/left”. The person behind you is giving you a heads up before passing. It's proper race etiquette to let that person pass you without blocking their effort.

If someone in front of you is wearing headphones, and they are blocking, gently touch their elbow or shoulder as you pass to alert them to your presence. (RRCA Safety Guidelines)

# SCR Central

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



**Clockwise from top:** Trisha Lucas, Paula Lemieux, Kelly Semenko and Tracy Dutra take their official pre-race selfie before the start of the half.

## SCR runs at the Nation's Breast Cancer Marathon

**2/15/15—Jacksonville, FL** The 8th annual 26.2 with Donna Marathon weekend is two days of racing for runners and walkers and for raising money to aid in breast cancer research to help find a cure for this prevalent disease.

This year many Space Coast Runners drove to Jacksonville to race the 5K on Saturday and the half marathon on Sunday. Congratulations goes out to all the finishers and to Tracy Dutra, 42, of Melbourne. Dutra placed 2nd Masters in the 3-deep category with her time of 1:34:39.

**SCR half marathon finishers:** Elizabeth Gmerek, 54, Merritt Island, 2:54:36; Jane Garrard, 52, Cocoa, 1:58:30; Kelly Semenko, 37, Melbourne, 2:05:23.

**SCR 5K finishers:** Elizabeth Gmerek, 54, Merritt Island, 26:21; Chris Kennedy 26, Melbourne, 25:55.



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# SCR Central

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

## SCR Newsletter Receives National Award

Club E-Newsletter beats out competition for the honor.



The Space Coast Runners former editor-in-chief, Bob Rall definitely knew how to leave on a high note. After a five year run as the newsletter's head honcho, Rall handed over the virtual keys to the newsletter at the end of December to Lisa Hamelin. Fast forward two months and low and behold an email came congratulating Bob and his staff. The SCR monthly e-newsletter had been named this year's recipient of the RRCA Excellence in Journalism Award.

The Road Runner's Club of America bestows the national award each year to the club who provides an outstanding newsletter to its members. Rall and his volunteer staff of four beat out all other club entries from around the US.

The award will be presented at the upcoming RRCA Convention's National Running Awards Banquet & Ceremony on April 25th, in Des Moines, IA.

It's quite an honor to have our newsletter recognized as the best in the country!", said Rall. "When you have a great team, as we do, you can accomplish great things when you all work together. We set a team goal last year to win this award...and we did it! I'm extremely proud of the finished product that we send to our membership each month, and it's pretty cool to have a national organization like the RRCA recognize it as well."

The 2014 staff members included current editor-in-chief Lisa Hamelin, design director, Brittany Streufert and contributing editors, Michelle Au and Michelle Smurl. Each was thrilled by the recognition.

"Congratulations to Chief Bob on this amazing accomplishment. He has done all the hard work for the past few years and built a great team along the way. As the new Editor-in-Chief, my mission is to continue to follow in his big footsteps and keep the ideas flowing. The newsletter has come a long way and I don't see that changing," Hamelin said.



**Charity  
Slots  
Available  
for the  
Space Coast  
Marathon**

Florida Institute of Technology's The Scott Center for Autism Treatment has four (4) remaining Full Marathon slots for this November's Space Coast Marathon.

This is the second year the center has participated as a designated marathon charity for the Space Coast Marathon weekend. Their Half Marathon charity spots filled on the Sunday night right after the spots for the regular registration filled.

Suzie Philbeck who is helping to coordinate the charity runners told us, "We actually have three returning runners from last year's race that chose to comeback to run again for us prior to registration opening." The runner is committing to raise a minimum of \$300 (includes entry). They will also be provided a Scott Center Running Club t-shirt to wear on race day."

If you would like to join the Scott Center's Full Marathon team, please contact Suzie at [sphilbeck@fit.edu](mailto:sphilbeck@fit.edu).



# SCR Central

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

**Here's your opportunity to recognize outstanding people!**

## HALL OF FAME

Inspiring. Outstanding. Dedicated. We're looking for members to nominate fellow members for the accomplishments and work they have done in support of the running community.

The nomination must include the active Space Coast Runners candidate's name, # of years he or she has been a member, the year or years the candidate is being recognized, and the candidate's accomplishments. The nomination must include justification on why the candidate is being nominated and contain sufficient detail to allow the committee to make an objective decision. If available, attach a photo with your nomination.

Past recipients: Art Anderson, Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Dick White, Marlene White, Bernie Sher, Susie Koontz, and Carol Ball.

[Click here](#) to check out the Hall of Fame on our website.

## GOLDEN SHOE AWARD

The recipient does not have to be a member of SCR. The only requirement to be selected as the recipient of the Golden Shoe Award is that the individual has a positive influence on the sport of running based on his/her contributions to the community. Final choice is that of the current SCR President.

Past recipients: Doug Carroll, Gary Harbison, Harold Tucker, Rhonda Butler, Marty Winkel, Bill Dillard, George Revels, Henry Campbell, Terry Hayden, Dave Farrall, Ken Winn, John Chioma, Linda Thompson, Barry Jones, Marlene White, Ross Clarico, Patti Sponsler, Loran Serwin, Barbara Linton, Carol Ball, Dave Hernandez, Linda Cowart, Bob Rall, Matt Mahoney and Dick White.

[Click here](#) to check out the Golden Shoe Award Winners.



Send your nominations in by April 1st, 2015. Email: [Ed Springer](#) & cc: [Marisa Flint](#).

To email click on the above names or send your email to [springer993@gmail.com](mailto:springer993@gmail.com) and [artmommarisa@bellsouth.net](mailto:artmommarisa@bellsouth.net).

Marty Winkel

321-537-3526

[sceventmgt@gmail.com](mailto:sceventmgt@gmail.com)





**8<sup>th</sup> Annual HabiTrot to Higher Education**  
**to benefit the Indian River Habitat for Humanity Scholarship Fund**  
**5K and 10K Race/Walk with**  
**HabiDash for Kids**  
**March 28, 2015**

**5K and 10K Race Courses**  
**are USATF CERTIFIED**

5K (#FL13010EBM)  
 10K (#FL11061EBM)

**Register Online**  
[www.irchabitat.org/Habitrot](http://www.irchabitat.org/Habitrot)

South Beach Park, Vero Beach  
 7:00 am HabiDash Start  
*(kids 12 & under)*  
 7:30 am 5K/10K Start  
*Race day registration starts at 6:45 am*

**Entry Fees**

**Early Registration (valid through 2/15/15)**

10K \$30 5K \$25 HabiDash \$10

**Regular Registration (2/16/15 – 3/27/15)**

10K \$35 5K \$30 HabiDash \$10

**Day Of**

10K \$37 5K \$32 HabiDash \$10

Payable by cash, check or credit card.  
 No Refunds.

Shirts guaranteed to first 150 registered.

**Awards**

**5K & 10K**

Top 3 finishers overall  
 Top 3 male and female finishers in each age group

**Age Group Categories**

(14 & Under), (15 – 19), (20 – 29), (30 -39), (40 – 49),  
 (50 – 59), (60 – 69), (70 – 79) & (80 & over)

**Race Day Packet Pickup**

Thursday & Friday (March 26<sup>th</sup> and 27<sup>th</sup>)  
 10 am - 5 pm at Runner's Depot of Vero Beach  
 436 21<sup>st</sup> Street (Miracle Mile)

**Entry Form**

**(Please print legibly)**

**Please mail to:** Indian River Habitat for Humanity, 4568 N. US Highway 1, Vero Beach, FL 32967 or

**Register online:** [www.irchabitat.org/HabiTrot-Online-Registration-1.html](http://www.irchabitat.org/HabiTrot-Online-Registration-1.html)

**Fax:** 772-562-8732 or **email:** [pgibbs@irchabitat.org](mailto:pgibbs@irchabitat.org)

Full Name \_\_\_\_\_ Sex \_\_\_\_\_ Race Day Age \_\_\_\_\_ T-shirt size S M L XL XXL

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City & State \_\_\_\_\_ Zip Code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

- Please Check**  10K Runner  10K Walker  5K Runner  5K Walker  HabiDasher  
 I cannot participate but wish to be a "Trotter in Spirit"  
 Check Enclosed (made payable to Indian River Habitat for Humanity with HabiTrot in the memo)  
 Cash Enclosed  
 Please charge the following credit card (circle): Visa MasterCard American Express Discover Card

Name on Card \_\_\_\_\_ Billing Address \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Validation Code \_\_\_\_\_  
(3 to 4 digit code on back, Amex code on front)

By signing of the application, I, for myself, my executors, administrators and assigns, do hereby discharge and release Indian River Habitat for Humanity and Runner's Depot of Vero Beach, and all cooperating businesses and organizations, from all claims of damages, actions and whatsoever, in any manner arising or growing out of my participation or that of my child in this event. I also give my full permission to use my name and photograph in connection with this event.

# SCR Central

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



## *RUN Like A Disney Princess*

Walt Disney World played host to one of the largest women-focused running events in the country February 20—22. Over 49,000 runners participated throughout the weekend with over 24,000 of them in the half marathon.

Space Coast Runners was well represented in the Glass Slipper Challenge presented by Children's Miracle Network Hospitals. Thirteen women accomplished the feat of running both the 10K on Saturday and the Half Marathon on Sunday. Kimberly Guodace, 42, of Palm Bay had the SCR lowest combined time with her 59:51 10K and 2:26:10 half.

In the Princess Half Marathon six ladies ran the 13.1 miles. Top SCR finisher was Brittany Streufert, 42, Viera with a 1:49:05 finish.

Saturday's 10K saw Eric Bissonnette, 46, of Cape Canaveral run 1:16:25 with his wife, Kim. Only 8.5% of participants are male during the weekend's festivities. Carol Souve, 48, Cocoa finished right behind them in 1:16:42.

**Other Glass Slipper finishers were:** Kim Bissonnette, 50, Cape Canaveral 1:16:25, 2:47:49; Cathy Chapman, 52, Melbourne, 1:20:48, 3:32:29; Mary Collins, 43, Merritt Island, 1:18:43, 2:44:34; Jeanne Higbie, 33, Melbourne, 1:02:19, 2:15:35; Lana Jobes, 58, Palm Bay, 1:32:32, 3:36:04; Jacqueline Maisto, 47, Palm Bay, 1:32:07, 3:06:43; Lorna Mazzo, 59, Melbourne, 1:26:00, 3:15:20; Heather Mitchell, 40, Titusville, 1:13:15, 2:47:48; Linda Schultz, 58, Viera, 1:21:19, 3:20:53; Amy Sequeira, 48, Merritt Island 1:18:43, 2:45:33; Sharon Smith, 50, Titusville, 1:13:15, 2:38:30; Anita Vanderwyst, 39, Palm Bay, 58:47, 2:38:53.

**Half Marathon finishers were:** Kristen Clar, 31, Palm Bay, 2:39:04; Heather Felix, 43, Melbourne, 2:43:49; Virginia Lamb, 45, Merritt Island, 2:45:47; Debbie Molina, 61, Merritt Island, 2:11:07.



**Above:** Kim Bissonnette and her husband Eric, who ran both the 10k and the half marathon with "his princess". Kim said, "It was so fun doing these races together!"

# 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 \* Daddy Ultra Runs  
Millennium Engineering & Integration Co.  
New Balance Melbourne  
Paddling Paradise \* Up & Running Fitness  
Viera Pizza**

**Chik-Fil-A**

# SCR Central

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



Cooler temperatures in Tampa Bay made for nice running and lots of personal bests at the Gasparilla Distance Classic the weekend of February 21—22. Space Coast Runners ran races from a 5K distance up to the half marathon. For those who dared to complete the four race Michelob Ultra Challenge like the ladies pictured right (Christine Kennedy, Lisa Petrillo, Betsy Butler and Charlotte McClure) they took home five medals, four t-shirts and a jacket. That's a lot of booty, but then again they did complete 30+ miles over two days.



**MICHELOB ULTRA CHALLENGE (15K, 5K, 8K, 13.1M)** Kirk Baird, Merritt Island, 1:50:13, 38:14, 2:40:56, 1:16:09; Betsy Butler, Indian Harbour Beach, 1:21:22, 24:58, 1:53:50, NTA; Shelley Christian, Merritt Island, 1:25:13, 29:28, 2:08:25, 52:28; Jason Dieterle, Melbourne, 2:03:08, 44:56, 2:48:54, 1:16:20; Kristen Faust, Melbourne, 1:38:19, 40:28, 2:14:54, 51:22; Elizabeth Gmerek, Merritt Island, 1:49:43, 38:13, 2:35:54, 1:09:55; Danielle Hostoles, Titusville, 1:23:57, 27:56, 1:44:49, 44:57; Kelly Hunter, Cocoa, 1:25:12, 38:52, 2:05:42, 1:12:50; Christine Kennedy, Mims, 1:20:13, 25:45, 1:55:30, 43:59; Andrea Lucas, Melbourne, 2:00:48, 40:32, 2:49:17, 1:08:26; Charlotte McClure, Rockledge, 1:29:08, 28:54, 2:10:10, 51:49; Lisa Petrillo, Melbourne 1:21:21, 24:30, 1:51:37, 38:45; Lori Rattay, Palm Bay, 2:00:48, 40:33, 2:49:16, 1:08:27; Lea Anne Richard, Melbourne, 1:17:23, 27:35, 2:02:05, 49:20; Kristin Tinker, Merritt Island, Pacer, 1:14:36, 24:41, 1:54:26, 39:55; Ned Voska, Cape Canaveral, 1:42:20, 40:29, 2:33:34, 1:06:07.

**MICHELOB AMBER CHALLENGE (15K + 5K)** Beverly Glenn, Cocoa, 1:36:40; 32:02.

## **PUBLIX GASPARILLA HALF MARATHON (13.1 Miles)**

Ilse Berube, Merritt Island, 1:46:20; Tony Bils, Indialantic, 1:34:20; Cristina Canales, Rockledge, 1:48:38; Beverly Glenn, Cocoa, 2:20:47; Ken Hill, Merritt Island, 2:54:43; Barbara Holst, Melbourne, 2:05:42; Kurt Holst, Melbourne, 1:43:44; Maria Kostka, Cape Canaveral, 2:20:35; Paul Kostka, Cape Canaveral, 2:20:06; Denise Piercy, Melbourne, 1:59:37; Don Piercy, Melbourne, 1:49:20; Julia Plumley, Merritt Island, 2:05:56; Cheryl Ritter, Viera, 1:48:12; Ron Ritter, Viera, 1:27:29; Cristie Sinclair, Merritt Island, 2:05:57; Mark Tinker, Merritt Island, 1:52:38; Micah Vanatta, Titusville, 1:32:50; Dick White, Cocoa Beach, 2:35:49; Marlene White, Cocoa Beach, 2:26:44; Rachel White, Cocoa Beach, 2:26:34;

## **PUBLIX GASPARILLA DISTANCE CLASSIC 15K**

Valerie Eastman, Cocoa, 1:49:59; Angela Leeds, Titusville, 1:49:51; Sandy Walker, Cocoa Beach, 1:38:21 .

**PUBLIX GASPARILLA 8K**—Ingrid Baird, Merritt Island, 1:19:10; Tonya George, Merritt Island, 1:18:54; Jessica Vanatta, Titusville, 55:06.

**PUBLIX GASPARILLA DISTANCE CLASSIC 5K**—Ingrid Baird, Merritt Island, 47:26; Rick Foresteire, Cocoa, 25:12; Tonya George, Merritt Island, 45:06.

# SPONSOR SPOTLIGHT

**A**tlantis Urgent Care provides an unprecedented quality of service with the most advanced medical techniques within the Space Coast. Their list of services continues to grow as their physicians and staff broaden their knowledge base to address a myriad of customer needs.

Some of their convenient features include online pre-registration, online payment capability, after-care referrals, open 7 days a week, and a welcoming and clean reception area.

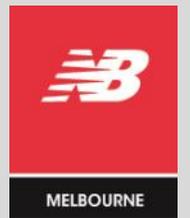
For more information, make sure to visit their [website](#).

[Find Atlantis Urgent Care on Facebook.](#)



## SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're a Space Coast Runner.



3rd Annual  
brianna marie foundation 5K

March 14, 2015 @ 8am  
Wickham Park, Melbourne, Florida

New for 2015 is our Team Challenge!

Come for the 5K run and stay for a morning  
of family fun.

KIDS ZONE  
face painting  
bounce house  
FREE KIDS RUN  
and more!

award ceremony  
silent auction  
live entertainment  
door prizes and  
raffles!



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register



our gracious sponsors



Hi,

My name is Aran Hissam and I'm the president of a locally established public charity called the Brianna Marie Foundation. Our organization raises funding and awareness of fetal therapies (life saving surgeries performed on babies prior to birth) in honor of my daughter that passed away almost three years ago from a fatal fetal illness known as fetal hydrops. Our organization has one major fundraiser each year on Brianna's birthday to fund our cause. To date we have raised more than \$75K to help other babies and families in the future and we hope that you too will consider joining us this coming March. This field has virtually no funding; yet, the doctors are able to perform miracles daily. Please join us in a few weeks for our fun filled family event!

Sincerely,

Aran

[www.briannamariefoundation.com](http://www.briannamariefoundation.com)

**REGISTER**  
by 3/1/15  
and use  
code  
SPACECOASTRUNNERS10  
to receive  
**10%**  
**OFF**  
registration  
fees



# Runner of the Year Series

**TWO RACES IN FEBRUARY ADD TO THE POINTS TOTALS**

## 2014—2015 LEADERBOARD

## RUNNER OF THE YEAR REMAINING SERIES RACES

### OVERALL — MEN

1st Shane Streufert  
 2nd Joel Fenlason  
 3rd Wade Dauberman

### AGE GRADED DIVISION

1st Shane Streufert  
 2nd Art Anderson  
 3rd Sal Farino

### OVERALL — WOMEN

1st Lisa Petrillo  
 2nd Marie Thomas  
 3rd Cheryl Ritter

### AGE GRADED DIVISION

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

- **Downtown Melbourne 5K**  
March 28, 2015
- **Space Walk of Fame 8K**  
April 11, 2015
- **Eat My Crust 5K**  
May 3, 2015

**SAVE THE DATE!**

**SCR Awards Night!**

**June 6, 2015**

The leaderboard for both the men and the women shifted a bit after the 6th and 7th races of the series. The Tooth Trot 5K and the Eye of the Dragon 10K races were held in February (see the race reports in this issue). Wade Dauberman came in and took over for Joe Lento in 3rd place for the men. And Brittany Streufert got bumped by Cheryl Ritter for the 3rd place slot for the women. Lisa Petrillo currently holds a 110 point lead for the ladies and Shane Streufert holds a 200 point lead for the men.

BUT, this month until the end of the season will start to prove interesting... The Runner of the Year series allows for three drops out of the ten races. So, after the Downtown Melbourne 5K race, we could possibly see some movement as the drop races are factored into the equation. By the time the 10th race happens, each runner's seven highest scoring races are considered. From the looks of it, this means Shane Streufert must win all three of the last four races to stay first. Otherwise, John Davis may climb his way to the top.

So, at this point it is still anyone's game or rather race!! Good luck SCR runners!

ROY Standings are through the **Eye of the Dragon 10K**. 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](mailto: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

## FEATURED SCR RACE OF THE MONTH ►



**Space Coast Walk of Fame 8K & 2-Miler** is the ninth race of the 2014/2015 Runner of the Year Series. This year's course has been USAT&F certified, and this year, in addition to the standard awards, all finishers will receive a **Space Coast Runners Finisher Medal**.

**WHERE ►** Space View Park, Titusville—Indian River Avenue and Broad Street

**WHEN ►** Saturday, April 11 at 8:00 AM

Both the 8K and 2-Miler will start at the same time. A free competitive event for children 10 years and younger will follow as part of the SCR Youth Series.

**WHAT TO EXPECT ►** Prize Money and Door Prizes!

- 1st place Overall M&F—\$100
- 1st place Master M&F—\$75
- 1st place Grand master M&F—\$50
- 1st place Sr Grand Master M&F— \$25

**HOW TO PARTICIPATE ►** [Sign Up Today](#)      [View Video of Course](#)



# SCRVIP



## 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!

### 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.

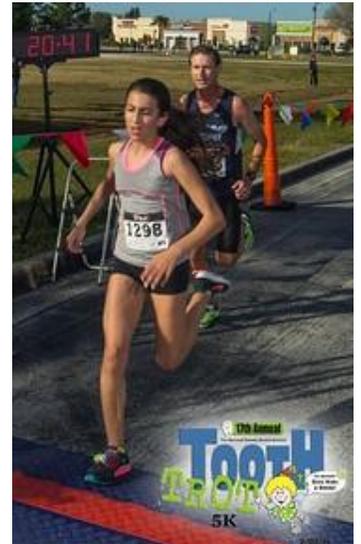
### SCRVIP OPPORTUNITIES

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 \* Chik-Fil-A voucher \* Free Slice from Viera Pizza

\*\*For more information contact Linda Cowart at [linda@daddyultraruns.com](mailto:linda@daddyultraruns.com).



## Miles of Smiles

On February 7th, the 2015 Tooth Trot took place on a sunny and warm day, and Space Coast Runners Club gained a few new members at the race through recruitment efforts of Jerry Bird. A delicious and plentiful breakfast was served and over 60 gift cards were given as door prizes from Starbuck's, Carrabba's, Outback Steakhouse, Dunkin Donuts, Publix, Olive Garden and more. The Tooth Trot strives for awards that runners can use and this year it was a Brook's lightweight running beanie for those colder runs. The top overall and master's winners also received Running Zone gift cards.

The first and second place finishers competed to the very end as usual with Shane Stuefert edging out John Davis by 1 second in a time of 16:46. John followed in 16:47, and third place went to Steve Hedgespeth in 17:56. On the women's side, first place was Lana Rukab, a Holy Trinity Track Team member, in 20:41, followed by Lisa Petrillo in second place with a time of 21:28. Third place was Kristin Tinker in 21:47. Male Master's and Female Master's were won by Joel Fenlason in 18:17, and Cheryl Ritter in 22:22, respectively. The male Grand Master's division was won by Robert Longstreet in 18:31 and Marie Thomas on the women's side in 22:24. In addition to top three winners in all age group categories getting awards, the top ten walkers were also recognized with awards.

Rachel White organized the SCR Children's race with three distances the kids could select from, 1 mile, 1/2 mile, and 1/4 mile. Judging by the competition, we have some very talented up and coming SCR members.

Bob Rall was the official race announcer and finish line D.J. Barry Jones of Trihokie Photography provides great photos each year which are free to download courtesy of the Tooth Trot. Merritt Island dentist, Dr. Gary Herbeck, served as DJ in the pavilion to make for a festive and fun event. Of course a run like this is only as successful as all the volunteers that put out the food, participate as



# RACE REPORT

## Tooth Trot 5K — continued

course marshals and all the SCR Members that attend the event. Special thanks to the Holy Trinity track kids, Satellite distance kids and Viera High's dental club kids. We couldn't do it without them!

This was the 17th running of the Tooth Trot 5K, and the proceeds for this race once again benefited Give Kid a Smile. In 2003, the American Dental Association launched the Give Kids a Smile (GKAS) campaign as a way for dentists to join with others in the community to provide dental services to underserved children. The program initially began as a one-day event in February (Children's Dental Health month), but has since grown to local and national events year-round. Dentists and other team members volunteer their time, and services, to provide screenings, treatments and education to children throughout the United States. Brevard County began their own Give Kids a Smile free clinics shortly thereafter. In Brevard County, over 150 children are provided free care each year and approximately 350,000 children benefit from GKAS nationwide.

The Alliance of the Brevard County Dental Society began the Tooth Trot in 1998 to provide

funds for children's dental health through the efforts of Children's Medical Services dental services and Brevard County dentists. In 2008, the decision was made to dedicate the funds from the Tooth Trot to Give Kids a Smile. This year's proceeds of \$5500 enables the purchase of dental health education materials for the parents and children as well as dental health consumables to provide care during the GKAS clinics provided by member dentists and volunteers of the Brevard County Dental Society.

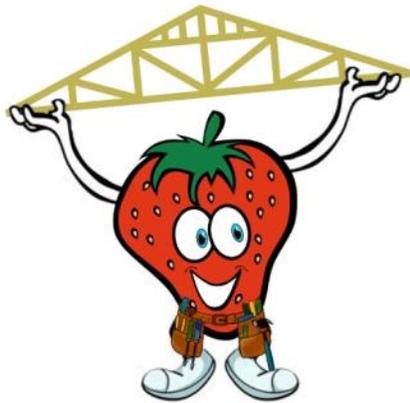
Next year's race will be held on January 30th, 2016 in hopes to avoid many large races in early February of next year. The Tooth Trot 5K was honored to have the Space Coast Runners booth to stimulate interest and to gain new members for best running club in Florida. The Tooth Trot continues every year to support the mission of the Space Coast Runners Club "by promoting fitness, through running and walking at the community level" and at the same time "Give Kids a Smile" for better Children's Dental Health.

For a complete 5K race results, [click here](#).

Race report by Jerilyn Bird, Race Director.  
Race photos courtesy of Trihokie Photography.



Left: SCR members gather during the post-race festivities. Right: Overall winner, Shane Streufert accepts his prize winnings.



Brevard Habitat for Humanity

# Raise the Roof 5K

A world where everyone has a decent place to live

Sunday March 15, 2015 Race Starts at 8am

Wickham Park Pavillion (2500 Parkway Dr. Melbourne, FL)  
T-Shirt & Pancake Breakfast for first 250 entrants

*Award Ceremony to immediately follow race.*

Awards include: Top 3 Overall Male and Female; Top Masters (40+) Male and Female; Age Groups Male & Female 1st, 2nd & 3rd

## To Register:

Go to:  
<http://secure.runningzone.com>  
321-751-8890

Form can be mailed or dropped at:

Habitat for Humanity Office  
4515 Babcock Street  
Palm Bay, FL 32905  
or  
Running Zone  
3696 N. Wickham Rd.  
Melbourne, FL 32935

## Contact:

Race Director: Heather Felix  
321-394-8663  
[raisetherooft5krun@gmail.com](mailto:raisetherooft5krun@gmail.com)

RACE MANAGEMENT BY



All Proceeds Benefit:



## Time Table:

Now until March 10, 2015  
Registration fee \$25

March 11, 2015 through race day  
Registration fee \$30  
\*\$5.00 discount is 12 or under on race day

March 13 & 14, 2015  
Packet Pickup & Registration at  
Running Zone

March 15, 2015  
Registration & Packet Pickup  
Starting at 6:45am  
Race Starts at 8am

Immediately following race  
Awards Ceremony and Pancake  
Breakfast



Come see what's in ReStore for you!

## ENTRY FORM (Please Print)

**SEND APPLICATION TO:** Habitat for Humanity of Brevard County, Inc, 4515 Babcock St., Palm Bay, FL 32905 (or drop off at Running Zone). Checks payable to Habitat for Humanity of Brevard County, Inc., \$25 until 3/10/2015, \$30 through race day. Sorry, no refunds. Part of your fee may be tax deductible.

**NAME::** \_\_\_\_\_ **BIRTH DATE:** \_\_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ to Habitat for Humanity of Brevard County, Inc. Payment enclosed \$ \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **SEX:** Male Female (circle one) **SHIRT SIZE:** YM S M L XL (circle one)

**WAIVER:** I know that running in a road race is a potentially hazardous activity. 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 safely completing 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 weather, including heat and/or humidity, traffic and conditions of the road, all 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 Habitat for Humanity of Brevard County, Inc., Running Zone and Sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature: (parent if under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_



## 2 Days, 4 Races & Lots of Music

Many musical acts filled the course at the 7th annual Publix Melbourne Music Marathon weekend, which was held Saturday, January 31st and Sunday, February 1st. The weekend consisted of the Florida Today 5K and 8K along with the half marathon, half marathon relay, full marathon and hand cycle marathon. There even was a race for mascots that included some well known celebrities such as Florida Tech's Pete the Panther and UCF's Knightro.

Over 2,000 people participated in the weekend races and were encouraged to take off their headphones to listen to soothing jazz, spicy Latin, peaceful piano, edgy rock or harmonious

bagpipes. In total, thirty musical acts serenaded runners as they ran their way towards the finish line. All courses were USATF certified and were mostly flat, except for the runner's favorite part: a causeway or two.

The event featured an expo and the post-race party had delicious offers for race participants such as pizza, beer and strawberries. Awards fit right in with the musical theme. Bongos were awarded to overall winners as well as the top three winners in each age category.

The race was held during Super Bowl weekend, therefore a "Super Bowl costume contest" was in effect where runners were encouraged to display their support for the teams in the big game. Runners donned their jerseys and ran to defeat the causeways with some crossing

them four times (full marathon participants).

Saturday – The Melbourne Music Marathon weekend kicked off with the Florida Today 5K and 8k, which featured at least six musical acts along the courses. The races started at Front Street Park and although runners were not running long distances, they still got to enjoy the relaxing and peaceful causeway. A Dunkin Dash Kids Run was held so even the little runners could participate in this fun weekend. Although it started out as a chilly morning, the sun peeked amongst the clouds and it cleared up to be a beautiful day of 72 degrees. It was a great way for families with kids, mothers with strollers, walkers, recreational runners and avid competitors to start off their Saturday morning and Super Bowl weekend.

### 5K:

Female Open Winner – Catherine Lanzilotti – 20:53

Male Open Winner – Zach Braswell – 16:50

Female Masters Winner – Devra Fain – 23:19

Male Masters Winner – John Wall – 18:59

### 8K:

Female Open Winner – Alendra Doepp – 34:37

Male Open Winner – Robert Velasco – 30:45

Female Masters Winner – Holly Hartman – 34:46

Male Masters Winner – Roger Travis – 33:05

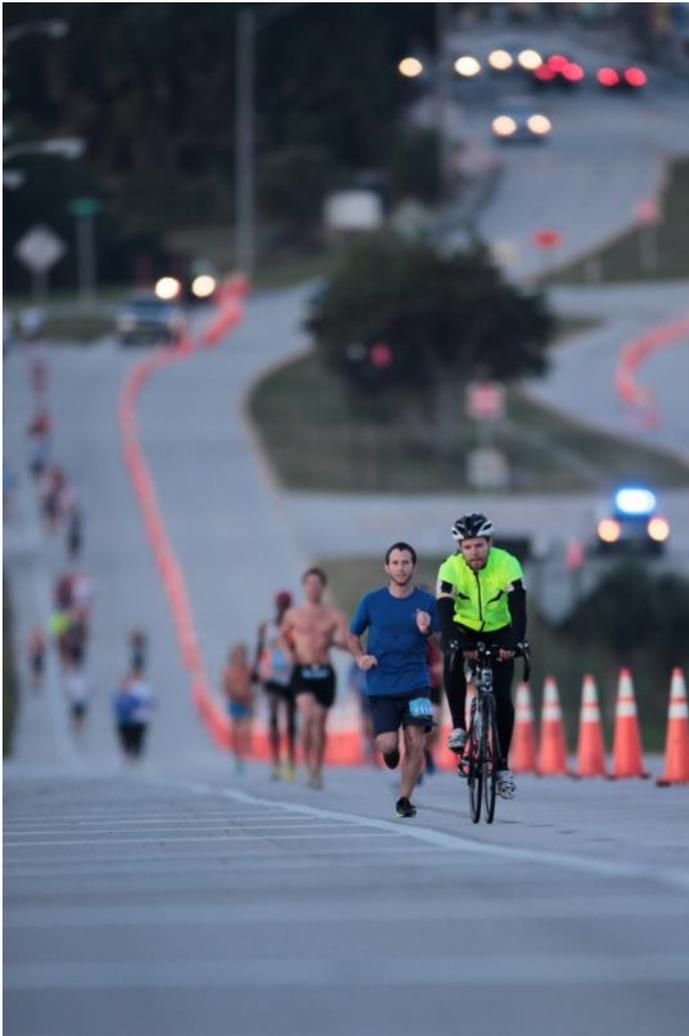
Sunday – Sunday was the day for the longer races, which entailed the half marathon, half marathon relay, full marathon and hand cycle marathon. It was a cold morning, but racers soon knew the temperatures would rise as the day passed. The course was new this year, but still USATF certified and a Boston qualifier. The full marathon started before the half marathon, but the half marathoners quickly caught up to their full marathon friends and soon all



were running together. However, after completing the course once, half marathoners went on to sprint towards the finish at Front Street Park while full marathoners went on to complete the course one more time.

Half/full marathoners, relay participants and cyclists were required to run and peddle over the causeway. The view was breathtaking as the waters were calm and the winds light. It was





quite a spectacle to see especially with the piano playing soothing melodies on top of one of the causeways. It was tough, it was long, but it was worth it. Not only did you have sweet bragging rights that you went over the causeways (full runners went over a causeway four times), but also the experience from the musical acts was something that you quickly didn't forget. Plus, those cheering from the sidelines were a wonderful motivator and it felt that the whole community was involved in this international event.

Don't miss the 2016 race weekend, which will be held February 6 & 7!

### Half Marathon:

Female Winner – Heather Schulz – 1:23:20

Male Winner - Christopher Rego – 1:14:37

### Full Marathon:

Female Winner – Karen Sobrino – 3:09:44

Male Winner – Janis Actins – 2:48:46

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

Race report by Michelle Au and all photos are courtesy of Al Larson, [allarsonphoto.com](http://allarsonphoto.com).





RACE BENEFITS COCOA BEACH H.S. PROJECT GRADUATION

# LUCKY LEPRECHAUN 5K RUN/WALK

**Saturday, March 14, 2015**

**8:00 am - 5k Run/Walk**

**9:00 am - Family Fun Run**

**Race benefits Cocoa Beach  
High School Project Graduation**

## Registration

### By Mail

Mail entry with check payable to  
Cocoa Beach Project Graduation  
220 Jamaica Drive  
Cocoa Beach, FL 32931

### On-Line

[https://runsignup.com/Race/FL/  
CocoaBeach/LuckyLeprechaun](https://runsignup.com/Race/FL/CocoaBeach/LuckyLeprechaun)

### Race Day Registration

From 7:00 to 7:45 am at Bailiwick Plaza  
20 N. Brevard Avenue, Cocoa Beach

## Awards

**Overall** 1st, 2nd, 3rd Male and Female

**Master** 1st Male and Female 40+

**Age Group** 1st, 2nd, 3rd Male and Female in age groups 1st, 2nd, 3rd Male and Female in age groups 0-9, 10-14, 15-19 and 10 year age groups from 20-29 through 80+

*No Duplicate Awards*

## Amenities

T-Shirt with 5k entry (*T-shirts not guaranteed for race day or packet pickup days registration*)

Post race refreshments

Door prize drawings

**For More Information, contact Linda Bunting  
(321) 783-6899 or  
cbprojectgraduation@gmail.com**

### Entry Fee

	Postmarked by 2/21/15	After 2/21/15
5k Run/Walk	\$20	\$25

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

Email \_\_\_\_\_

Age on 3/14/2015 \_\_\_\_\_ Male Female

T-Shirt: Pre-register early to guarantee your shirt size!  
*T-shirts not guaranteed for race day registration.*

Circle one. Youth sizes: YM YL

Adult sizes: WS WM WL WXL WXXL

MS MM ML MXL MXXL

(Women's size typically run 1 size smaller)

Release form: I assume all risks associated with my participation as a participant in the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road. All such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_



## Runners Have a Blast in Rockledge



**R**ockledge High School hosted its annual Lindsay Brown Winter Blast 5K on February 7 at 8:00 A.M. Starting at the high school, runners got to enjoy a scenic run down Rockledge Road.

Seventeen was the winning number for the males. The overall winner of the race was Zach Braswell, 17, with a winning time of 17:03. Second place Mike Davis, 17, was not far behind with a time of 17:26, and Corbin Kramer, 17, finished up in third place with a time of 17:38. Vincent Avitabile ran 19:14 which was good enough to secure the male Master's title.

For the ladies, the top three was a close race. The overall female champion was Sadie McLaughlin, 15, with a time of 20:31. Kendall DeSoto, 16, was a mere two seconds behind McLaughlin with a finishing time of 20:33. Following just ten seconds behind DeSoto, was Katarina Jernbery, 17, with a time of 20:43. Tonya Bandy was the female Master's winner with a time of 26:38.

Although the annual race began in 2000, it was renamed in 2012 to honor Lindsay Brown, who died in a car accident at age 19. Brown was a student athlete at Rockledge High who had run the 5K as a student as well as helped with the race.

The race was organized by Rockledge High School. The proceeds help benefit the Rockledge Key Club with their service projects. For complete race results [click here](#).

Race report by Angela Leeds. All race photos courtesy of City of Rockledge/City Hall Timeline Photos.



Runners wait at the starting line for the Lindsay Brown Winter Blast 5K to begin.

Fly Fish 5K  
February 8, 2015



## Thomas takes win at first Fly Fish 5K

**B**rad Thomas, 36, and Sarah Batt, 50, both of Cocoa won the overall male and female titles at the inaugural Fly Fish 5K to support Casting for Recovery.

Thomas, a Space Coast Runner, completed the course in 18:43 beating runner-up Harry Prosser, 46, of Rockledge and Roy Meeks, 48, of Titusville by more than two minutes. Randy Wasserman, 43, of Cape Canaveral came away with the Master's title with his time of 23:27.

Thomas said, "I thought I might win, but I underestimated how difficult it is to run out front and maintain pace so I didn't PR. The course was clearly marked and fun." Since it was an inaugural race, Thomas is now the course record holder.

Batt posted a winning time of 22:16, with Danielle Dean, 17, of Titusville second in 22:55 and Aimee Nagy, 33, of Edgewater third in 23:26. Mims' Christine Kennedy was the female Master's champion with her time of 23:49.

Sunday's 5K course was not your typical one. Held at Knight Enterprises, runners were able to traverse the normally restricted grounds which included running along forested perimeter roads, past historic testing facilities, storage bunkers, test fire ranges and a tank.

Fly fish casting demonstrations were held throughout the morning. 108 participants ran or walked the event. Proceeds from the race went to benefit breast cancer survivor rehabilitation through Casting for Recovery Florida ([www.castingforrecovery.org](http://www.castingforrecovery.org)).

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



**Top:** Overall winner Brad Thomas with his wife, Heather and son celebrate his victory.

**Bottom:** Lots of ladies had new fishing lures to take home which were awarded to overall and age group winners. Pictured left to right: Rosanne Bessenaire, Marcia Jeddrie, Brittany Streufert, Charis Gaines, Marie Thomas and Molly Kirk.

**Left:** Runners ran on trail, grass and pavement during the 5K.

Race report and photos by Brittany Streufert.

## Li, Gannon Win on Valentine's Day

**C**old weather could not keep runners from celebrating Valentine's Day with an early morning race in Merritt Island.

About 190 people signed up for the inaugural Crazy Cupid 5K, which raised money for Merritt Island High School's Project Graduation. Race Director Heidi Ifland said she received many compliments from avid runners about how well the event was organized, and she thanks the volunteers for their dedication. Parents from the Project Graduation Committee, members of East Coast Christian Academy, and other community volunteers helped cheer and provided water as runners left East Coast Christian on Richland and dashed toward Merritt Island High School and back.

The overall winner of the inaugural race was David Li of Merritt Island. His winning time of 17:09 was just thirty seconds faster than Cocoa's Frank Silva's 17:39 finish. Kolby Miller of Rockledge took third place by running 18:27.

Michael Brown, who is also from Cocoa, ran 20:31 to secure the male Master's title.

For the ladies, the overall female champion was Merritt Island's Sandra Gannon who flew like Cupid into a 22:16 first place finish. Also from Merritt Island, Stacy-Anne Zeller dashed into second place in 23:39 which was eight seconds ahead of Cocoa's Rachel Merad who ran 23:47.

Jane Randall of Merritt Island was the female Master's winner as she ran 24:10.

After the race, runners were treated to good music, great food, and an awards ceremony which included a Best Dressed category for those who showed up in their Cupid costumes.

Just over 160 ran or walked the event. Proceeds from this race benefit Project Graduation for Merritt Island's graduating class of 2015. Project Graduation gives graduates a safe place to celebrate their accomplishment. Ifland hopes to see the event grow bigger and better each year, so other classes will benefit. For complete race results, [click here](#).

Race report by Angela Leeds and photos by Space Coast Event Management.



**Top:** David Li races to cross the finish line first. **Center:** David Li gives a high five to second finisher Frank Silva. **Bottom:** Sandra Gannon crosses the finish line to come in first for the women.



# CRAZY CUPID 5k

Valentine's Day brings the sweetest people out for a run, even on the coldest of days.

Runners dressed up in their best Cupid Costumes to raise money for Merritt Island High School's Project Graduation.

Photos by Space Coast Event Management.





Entries Awarded  
to Overall  
Male & Female Winners

All proceeds  
benefit Gemini's  
Technology Fund

Finish Line  
Management by  
**RUNNING  
ZONE**



Walkers Welcome!  
Stroller Friendly!

# Gemini Elementary JetStars 3rd Annual 2015

## 5K Sunset Run and Walk

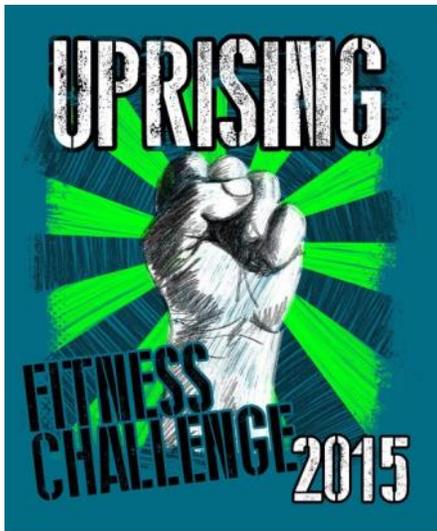
Saturday, March 14, 2015

5:30 PM @ Gemini in Melbourne Beach

To register online, become a sponsor and for more info:

[www.geminiPTO.org/sunset5K](http://www.geminiPTO.org/sunset5K)

Gemini Elementary PTO is a 501(c)3 Not-for-Profit Organization



## Not Your Average 5K!

The Third Annual UpRising Fitness Challenge was the morning highlight on Saturday the 21st. An effort in conjunction with CrossFit Rise Above and the Up & Running Race Management crew.

There were 2 divisions that participants could choose from—the Open Division and the Prescribed Division (Rx). The Open Division allowed participants to perform exercises to the best of their ability and the Rx Division participants were required to perform the exercises according to CrossFit standards and were judged. The challenges included a 200 meter ball toss, a mile run, tire carry, a mile run, ball squats, mile run, long jump burpees/lunges, and finally a tunnel crawl in the sand.

Annie Caza, winner of the Open Division said “For me it’s a great race, it combines running and core exercises. Being a runner is a definite advantage, hence my first place finish in the open division. It’s a lot of fun and I hope it will grow in popularity. I think there might be a misconception that it is mainly for CrossFit athletes. It is actually a nice balance between the two sports”.

Matt Mahoney who participated in the Rx Division, added “It was awesome. The Rx division was just the right level of difficulty”.

Top three in the Open Division were Annie Caza (24:35.6), Frank Hosey (26:20.1) and Jeanie Booth (26:41.4). And on the Rx side were Ahmad Nagi (21:37.4), Sophia Lockerby (22:14.6) and Kelsey Turner (23:09.1).

The event benefited the Children’s Home Society of Florida. For complete race results, [click here](#).

Race report by Lisa Hamelin with input from Annie Caza.



Top: Jessica Frank and Jennifer Clark running one of their mile legs. Middle: Participants taking on the ball toss challenge. Bottom Left: The winners. Bottom Middle: Getting sandy on the tunnel crawl. Bottom Right: Awesome growler awards.





## 5K Highlights Autism Awareness



It was a perfect day. The temperature was not too sunny or too cold and as Goldilocks would say, “it’s just right.” It was the ideal day for a 5K and those residing in Melbourne, Merritt Island, Cocoa Beach and even Waycross, GA did just that and came down to the 5K Run/Walk for Autism Awareness. This 5K provided awards and even held a fun kid’s run. All funds raised by the 5K were utilized to help support individuals with Autism Spectrum Disorders, their families and the professionals assisting them.

The overall male winner was Jonathan Howse with a super speedy time of 17:56, which is a 5:47 per mile pace! Shortly behind were Keith Gelzinis (18:35) and Jonathan Goldfarb (18:37). The Jonathans were dominating the race! To not forget the females, Melanie Turner led the women to victor with 21:28. Laura Golitko (22:11) was second and Kelly Piper (23:07) was third. Both men and women categories stepped up and ran their fastest for this fabulous 5K with a meaningful cause.

With about one out of every 88 children currently having autism in the U.S. (NICHD.nih.gov), this 5K affected so many close to the heart. It was great for the family, especially since they just added a family team competition, and best buds (high school team competition as well). They even had yummy donuts to snack on at the end of the race! Don’t miss 2016’s 5K Run/Walk for Autism Awareness next year!

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

Race report by Michelle Au and photos by Doug Carroll.



**Top Left:** Howse (#4675) takes an early lead in the 5K.

**Top Right:** Winners took home a trophy for their efforts.

**Center:** Mary & Jim Clamons socialize after the 5K.

**Left:** The kids in the fun run gave it their all.

# PIRATE PLUNDER 2-MILER— APRIL 4, 2015 at 6:30 pm

**Fees:**  
 Individual: \$30 - Race Day \$35 | Kid's: \$15 - Race Day \$20  
 Team/School: \$25 - No Race Day | Gecko Club: \$25 - Race Day: \$30

## OFFICIAL ENTRY FORM

Send completed entry form with fee to:  
**Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935**  
**Make check payable to: Running Zone.**

**Firecracker 5K** - July 4th, 7:00am \$ \_\_\_\_\_  
**I Run For Pizza Football Kickoff 5K** - August 9th, 7:00am \$ \_\_\_\_\_  
**Ghostly Gecko 5K** - October 18th, 6:30pm \$ \_\_\_\_\_  
**Jingle Bell 2 Miler** - December 20th, 5:45pm \$ \_\_\_\_\_  
**Brevard Zoo's Zebra Zoom 3K** - February 14th \$ \_\_\_\_\_  
 Choose race:  
 7:00am (<20 min. finishing time) \$ \_\_\_\_\_  
 7:35am (>20 min. finishing time) \$ \_\_\_\_\_  
**Pirate Plunder 2 Miler** - April 4th, 6:30pm \$ \_\_\_\_\_  
**Run for the Gecko Hawaiian Luau 5K** - May 9th, 7:00am \$ \_\_\_\_\_  
**Entire Series (all 7 races):** \$165.00 \$ \_\_\_\_\_

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_  
 Email (required) \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Sex:  Male  Female

**Firecracker 5K Hero Awards:**  Firefighter  Police  Military

**Team Name:** \_\_\_\_\_  
 (Minimum of 5 participants and at least one of opposite sex)

**Elementary/Middle School Names:** (If entering School Team Challenge) (Students only)  
 \_\_\_\_\_

**Shirt Size (Select One)** Shirts have limited availability.  
 XS  SM  MD  LG  XL  XXL  
 Unisex sizing and technical shirts will not shrink.

Cotton:  Youth Medium  Adult Small  
 Available for 12 years old and under only.

**Firecracker and Run for the Gecko ONLY:**  
 Gender specific:  
 Men's:  XS  S  M  L  XL  XXL  
 Women's:  XS  S  M  L  XL  XXL

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**  
 in consideration of any entry being accepted. I intend to be legally bound, and hereby accept my name, and execution, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of the race (and any representatives, successors, or assigns for any and all damages and injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in a Running Zone Race Series event (if I intend to enter any or these). 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 certify 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, aerial, videography, 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 that I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_

## Directions

**FIRECRACKER 5K:** US1 to Hibiscus Street. Plenty of parking at the Melbourne Auditorium on the left approach. 1/2 mile after turning off of US1 on Hibiscus Street.

**I RUN FOR PIZZA FOOTBALL KICKOFF 5K:** Wickham Road to Lake Andrew Drive. Turn left onto Judge Fran Jamieson Way. Turn Right onto Stadium Parkway. Viera High School is on your right.

**GHOSTLY GECKO 5K:** From Interstate 95, take the Eau Gallie Exit East. Cross US1. Turn left on Highland Ave. Plenty of parking at the Civic Center and downtown Eau Gallie.

**JINGLE BELL 2 MILER:** Satellite Beach Library: From A1A, heading North, turn left on Desoto Road. Approx. 1/2 mile turn left on Jamaica Blvd. Approx. 1/2 mile, library will be at end of Jamaica Blvd.

**BREVARD ZOO'S ZEBRA ZOOM 3K:** Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. heading east. The Zoo is 1/2 mile on the right.

**PIRATE PLUNDER 2 MILER:** Heading south on US 1 turn right onto New Haven Avenue, approximately 1/4 mile on right hand side is Meg O'Malley's.

**RUN FOR THE GECKO HAWAIIAN LUAU 5K:** Eastern Florida State College, Wickham Park Pavilion. Eastern Florida State College is on the left between Post Road and Parkway Road heading south on Wickham Road.

## Pickup

Race Packets will be available for pickup the week before each race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at [www.runningzone.com](http://www.runningzone.com) or call (321) 751-8890.

## More Info

For further information, please visit us on the web at [www.runningzone.com](http://www.runningzone.com) or contact Race Director, Denise Piercy at Running Zone by phone at (321) 751-8890 or by email at [info@runningzone.com](mailto:info@runningzone.com)

## Gecko Club Members

Very Important Geckos (VIG's) will have a special member meeting area to include a tent, bag drop, drinks and when the venue allows, a VIG Party!

## Themed Side-Panel Technical Shirts



**Running Zone FOUNDATION**  
 Promoting health & fitness in our community.  
 ESTABLISHED 2008  
 BREVARD COUNTY, FLORIDA

For more information, visit us online at:  
[www.runningzone.com](http://www.runningzone.com)  
 or contact:  
**Denise Piercy, Race Director at Running Zone**  
 321-751-8890  
 email: [info@runningzone.com](mailto:info@runningzone.com)

**Running Zone**  
 3696 N. Wickham Road, Melbourne, FL 32935  
 321-751-8890 • [www.RunningZone.com](http://www.RunningZone.com)

**THE 10TH ANNUAL RACE SERIES 2014-2015**

Join us for all 7 races!

**July 4, 2014**  
 Firecracker 5K  
 I Run For Pizza Football Kickoff 5K

**August 9, 2014**  
 Ghostly Gecko 5K

**October 18, 2014**  
 Jingle Bell 2 Miler

**December 20, 2014**  
 Brevard Zoo's Zebra Zoom 3K

**February 14, 2015**  
 Pirate Plunder 2 Miler

**May 9, 2015**  
 Run for the Gecko Hawaiian Luau 5K

[WWW.RUNNINGZONE.COM](http://WWW.RUNNINGZONE.COM)



Health First Health Plans and Running Zone Foundation welcome you to the 10th Annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5ks, one 3k and two 2 milers. We offer these shorter distances to promote participation among both walkers and runners of all ages and abilities.

And, knowing that being part of a team can provide a sense of camaraderie and extra encouragement, we also offer awards in two team categories for each race as well as the overall Series. Our **Team Challenge** lets any five friends, family members and/or co-workers enjoy the fun of competing together against other teams in the same category.

The **School Team Challenge** provides fitness and increased self-esteem for those 14 and under. More than 1500 children in elementary and middle school participated last season and Running Zone can help your school develop a walking or running program for your students. Parents and teachers can form an open team under the school name.

To commemorate our 10th Anniversary of the series we have beautiful technical shirts with unique designs and artwork for each of our seven series events.

Team division details appear later in this brochure or can be found in the Running Zone Race Series section of our website at [www.runningzone.com/series/](http://www.runningzone.com/series/)

## Our 2014-2015 Series offers:

- FIRECRACKER 5K**, Friday, July 4th at the Liberty Bell Museum, 7:00am (across from Holmes Regional on Hickory St.)
  - Start the race with the ringing of a replica of the Liberty Bell
  - American flags and poppies to all finishers
  - Most Patriotic Costume Contest
  - Special awards to top 3 Local Heroes (Military/Fire/Police)
  - Free LI Firecracker Kids' Run with Zippy the Gecko
  - Breakfast catered by Einstein Bros Bagels!
  - Honor America Parade after the race
  - Benefits Honor America
  - Random giveaway of one iPad!

## I RUN FOR PIZZA FOOTBALL KICKOFF 5K

- Saturday, August 9th at Viera High School (7:00am)
  - Support your favorite Football Team on Race Day
  - Awesome Football Awards
  - Special award for the Most Supported Team!
  - Zippy the Gecko Mascot to lead the Kids' Run
  - Special anniversary finisher Hand Towels!
  - Tailgate Party after race catered by Pizza Gallery & Grill!
  - Benefits Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries
  - Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

## GHOSTLY GECKO 5K, Saturday, October 18th

- at the Eau Gallie Civic Center (6:30 pm)
- Best Halloween Costume Contest for adults
- New this year! Separate Costume Contest for KIDS!
- Halloween Trick or Treat Bags to all finishers
- Fun Ghostly Gecko Awards
- Free LI Gobblins Kids' Run with Zippy the Gecko
- Free Food provided by Squid Lips!
- FREE BEER on the beach at Squid Lips!
- Awards Ceremony following all races on Squid Lips beach
- Benefits Eau Gallie High School Health & Wellness Academy
- Random giveaway of Halloween Horror Night Tickets and 1 Hotel night stay for two!

## JINGLE BELL 2 MILER, Saturday, December 20th

- at the Satellite Beach Library (5:45 pm)
- Santa Hats to the 1st 500 Entrants
- Jingle Bells for everyone's shoes
- Best Holiday Costume and Fun Stocking Awards
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Santa Arrival on fire truck
- Cookies provided by Long Doggers!
- Benefits Special Olympics Brevard County
- Random Christmas Present giveaways LCD TV, Go Pro Camera, iPad, Mini iPad and iPod Shuffle!

## BREVARD ZOO'S ZEBRA ZOOM 3K, Saturday, February 14th

- at the Zoo (7:00am - Zoom = less than 20 minutes OR 7:35am - A Little Less Zoom = more than 20 minutes)
- Check out Zoo animals during the Run/Walk
- Zoo Zebra Awards
- 50% Off Admission for all participants on Race Day!
- Free LI Zebra Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Benefits Brevard Zoo
- Random giveaway of one day Disney Tickets and 1 Hotel night stay for two!
- \*Must show participants race number for discounts to Zoo

## PIRATE PLUNDER 2 MILER, Saturday, April 4th

- at Meg O'Malley's (6:30 pm)
- Best Pirate Costume Awards
- Fun Pirate Awards
- Free LI Pirate Plunder Kid's Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefits Girls on the Run
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

## RUN FOR THE GECKO HAWAIIAN LUAU 5K, Saturday, May 9th

- at Eastern Florida State College, Wickham Park Pavilion (7:00 am)
- Hawaiian Luau with hula dancers!
- Festive leis for all finishers
- Dress in your favorite Hawaiian attire
- Fun Gecko Awards
- Zippy the Gecko Mascot to lead the Kids' Run
- Hawaiian Breakfast catered by Pizza Gallery & Grill
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random giveaway of a Paddleboard from Paddleboard House!

## Amenities

All races provide participants with awesome technical (moisture wicking/non-cotton) tee shirts, Chronotrack D-tag timing and a festive post-race party. In addition, there will be a guest appearance by Zippy, our Gecko mascot, to start each of the free kids' runs and to help with the awards presentation. Our standard overall and age group awards will be presented for each race along with door prizes and giveaways. There is a \$10,000 purse in prizes and gift certificates for the top series finishers.

## Series Awards

Overall Male & Female	\$1000 CASH & Free Entry to the 2015-2016 Race Series
2nd Place Overall Male & Female Winners	\$500 CASH & Free Entry to the 2015-2016 Race Series
3rd Place Overall Male & Female Winners	\$350 CASH & Free Entry to the 2015-2016 Race Series
Top Male & Female Masters Winners	\$250 CASH & Free Entry to the 2015-2016 Race Series
Age Group Male & Female First Place	\$100 Gift Certificate to Running Zone
Age Group Male & Female Second Place	\$50 Gift Certificate to Running Zone
Age Group Male & Female Third Place	\$25 Gift Certificate to Running Zone
Team Awards:	1st, 2nd & 3rd Place Plaques
School Participation Awards:	1st, 2nd & 3rd Place Plaques

## Registration

Please use the back page of this brochure to register for any of Running Zone Foundation Race Series races. Registration is also available online at [www.runningzone.com/series/](http://www.runningzone.com/series/). Day of race registration opens 1 hour before all races. Late registration closes 10 minutes before each race begins. Award ceremony will begin immediately following each race.

Please mail all registration forms to:  
**Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935**  
**Please make checks or money orders payable to: Running Zone**

**Fees** (Entry fees are non-refundable and non-transferable.)  
 Series Registration: \$165.00\* (\$23.57 per race versus \$30.00)  
 Individual Registration: \$30.00 (before Race Day)  
 Gecko Club Members: \$25.00 (before Race Day)  
 Individual Registration: \$35.00 (Race Day)  
 Gecko Club Members: \$30.00 (Race Day)  
 Team/School Registration: \$25.00 (No Race day registration)

\*Receive a \$45.00 discount for signing up for all seven races in the series at once. **MUST BE** received by July 3rd, one day prior to the start of the 2014-2015 series.  
 Kid's Registration: \$15.00 (see restrictions below)\*\*  
 \$20.00 (Race Day)

\*\*Children 12 years old or under will receive a cotton shirt. You may upgrade to a technical shirt by electing an individual or team registration. (Youth Medium & Adult Small sizing only in cotton)

Corporate/Organizational Group Rate:  
 Put together a group of 10 or more participants and receive a group rate. Call Running Zone for more details.

## Start A Team

Being a part of a team can be very rewarding. All you need is a minimum of 5 people (1 person of the opposite sex) that want to be part of the team. Everyone on the team saves \$5.00 on the entry fees and you may be able to start training together for one or all of the upcoming races.

## Team Competition

Gather your family, friends and co-workers! Teams must participate in at least four series races to be eligible for the series award. Awards will be given to the top three teams. Each team consists of at least five members with one of the members being the opposite sex. The top four of the same sex and the 1st member of the opposite sex will be scored.

**School Team Challenge:** (Elementary and Middle Schools Only)  
 An award will be given to the top three elementary or middle schools that have the largest participation. The School Team Challenge applies to each race as well as the series. Schools must participate in at least four series races to be eligible for the series award. Students only count towards participation challenge. Parents and teachers can form an open team.

(No Team Race Day Registration)

## Eligibility

Series races are scored for runners and walkers in all age categories. Participants in the series must run a minimum of FOUR series races to be eligible for the series awards.

## Standard Race Series Age Divisions

8 & Under	9-11	12-14	15-19	20-24	25-29
30-34	35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	80+	

## Scoring & Points

The first 10 runners/walkers overall will receive 100, 90, 80, 70, 60, 50, 40, 30, 20, and 10 points in the open competition. The first 10 runners/walkers within each age group will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point in their age group competition.

## Race Drop

Scoring will be based on 6 races. If you participate in all 7 events, your lowest score will be dropped.

Note: Your age group for the Series is determined by your age in the first series event in which you participate in during the season. At the end of the series, individuals who accumulate the most points receive awesome cash, gift certificates and prizes and are recognized by Running Zone in June 2015.

## Standings

The standings after each race will be calculated and displayed on Running Zone's website at [www.runningzone.com/series/](http://www.runningzone.com/series/)





## Running Dragon

**W**ind, cloudy skies, and drizzle didn't dampen the enthusiasm of the 550 runners and walkers who came out to Pineapple Park for the 27th annual Eye of the Dragon 10k/Tail of the Lizard Two Mile races. Dragon-slaying participants were very enthusiastic, giving the new PR bell such a workout that it broke!

The race is, as race director Barbara Linton says, "a fabulous local race with a USAT&F certified 10K course that starts and finishes at Pineapple Park near the western end of the Eau Gallie Causeway. The first half of the 10k goes out and back along the Indian River. The second half sends the runners out and back over the Eau Gallie Causeway, providing a spectacular view of the barrier islands." EoD has both a run and a race walk division; and the Central Florida Walkers in Orlando even include this event in their series. The Tail of the Lizard two-mile course included the challenging bridge section. Barbara wants this event to be an inclusive one, stating "The two-mile Tail of the Dragon can be run competitively, and we have lots of awards for all of our events, but it is also intended to be a fun event for people of all levels of fitness. I call it the gateway to health event, because I want folks to have a good time without being intimidated."

This race, presented by Space Coast Runners, was the seventh race in this year's SCR series. The Runner of the Year duel between John Davis and Shane Streufert continued in the 10k, with John edging out Shane for the win, and Steve Chin rounding out the top three. On the ladies' side, Kelsey Turner, Dina Viselli, and Mem Nix were the top three finishers. Jim Miller, Phil Young, Lisa Petrillo, and Marie Thomas



**Top Right:** And they're off!

**Top Right:** Ringing the PR bell with enthusiasm.

**Bottom Right:** Chuck McLaughlin competes in the walking division.

# RACE REPORT

were our master's and grand master's winners. In the two-miler, the youngsters led the men, with teenagers Christian Lake, Jared Hayes, and Tyler Adams taking the top three spots. For the ladies, Jonelle Plauta, Dr. Tina Kraver, and Erin McCarthy were the top three finishers. Rick Neale and Molly Kirk took master's wins. For the competitive walkers, Greg McGowan, Dave Farrell, and Chuck McLaughlin were the top three men, and Lisa Farrall, Sally Chapin, and Helen Kwiat were the top females. For both races, there was a team challenge as well, with the Intersil Dragons and Team Kraver coming in first for the team divisions.

With packet pick-up available two days before

the event, pick-up the morning of the event went smoothly. This stellar race featured finishers' medals for all, fierce red technical shirts, and temporary dragon tattoos applied by our wonderful volunteers. The unique awards continue to be mantel-worthy! As well, race director Barbara had a wealth of door prizes, and in a method that runners loved, let participants choose which door prize to throw their raffle ticket in for, and everyone was able to see if they were a winner immediately after their event. Once again, Barbara did a fantastic job with this SCR race!

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

Race report by Marisa Flint and photos by Doug Carroll.



**Above:** The lead males, John Davis and Shane Streufert head out to take on the Eau Gallie Causeway.

**Top Right:** Getting ready to run the Youth Series

**Bottom Left:** Race swag

**Bottom Right:** SCR Volunteers are ready and waiting for the runners to pass by the first water stop.

# Long Distance Relationships

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

Article by Jim Schroeder



## On the Road Again

**T**he Iron Horse trail run was held primarily in Etonia Creek State Forest lying Northeast of Florahome, Florida, containing 8,679 acres of various natural vegetation, harboring sunny grassy forests of oak and pine, sand hills, and swamp land. These habitats are home to many native plants and animals.

Several streams can be found in Etoniah Creek State Forest, such as Etoniah Creek, Rice Creek and Falling Branch. The headwaters are George's Lake. The forest is home to a variety of wildlife including black bear, white-tailed deer, bobcat, fox squirrel, wild turkey, diamondback rattlesnake and great horned owl.

The race distances were 100 and 50 miles, plus a 100K. Camping was allowed at the Start / Finish line for no cost, a popular feature. The cut off time this year increased from 26 hours to 28 hours so I thought that I might actually lodge my first Iron Horse 100 finish. Two previous efforts resulted in a 50 mile and a 100K finish.

Race Director Chris Rodatz, one of the best in the business and his crew of dedicated and cheerful volunteers (even at 3:00 am in the freezing cold!) worked the aid stations.

Chris set up three manned and stocked aid stations over the 25 Mile loop with drink and food and one un-manned station with water only. Food consisted of PB&J sandwiches, salted boiled potatoes,

# Long Distance Relationships

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



hot soups, potato chips, nuts, candy, cookies, bananas and oranges. The fluid available was water and HEED. Additionally, pain relievers and electrolyte tablets were set out at each aid station. At the start / finish line hot dogs, burgers and brats were grilled for runners and their families at no charge. Beer and soft drinks were also available. Burn barrels were made available all night.

Iron Horse is a comparatively “easy” trail run consisting of approximately 7 miles of paved bike path and 18 miles of forest roads with some single track trail. Some sections were sandy due to fire breaks having been cut in by the forest service. The weather was in the mid 60s w/ high humidity and bright sunshine. The night was in the upper 30s to low 40s under mostly cloudless skies. The nearly full moon was very beautiful and greatly aided nighttime visibility.

Thirty Five runners finished the full 100 miles within the 28 hour cutoff and one DFL at just under 31 hours. Praise goes to the volunteer who stayed at the finish line an extra 3 hours after having stayed awake all night! IH credits the runner with 100K or 50 miles by rounding down in the event 100 miles is not finished. IH was a well managed and fun event for all. The aid station food was very good and plentiful; the aid station volunteers superb and enthusiastic. AS # 3 featured a disco theme complete with flashing lights and dance music throughout the night!

The great ultramarathoner Oswaldo Lopez, currently living in California, entered Iron Horse with a goal to beat the course record of 13:14:31 set in 2013 by Floridian Mike Morton. Oswaldo came in at a very fast 15:58:56, a full 16 minutes ahead of 2nd place finisher Dennis Gamroth from Oregon. Dave Krupski handled the pacing for Oswaldo. Sandra James Garrett, Tampa, running her first 100 Miler took female 1st place in 21:37:26 (6th OA). Greatest distance traveled belongs to Ellen Cottom and Lisa Hewitt from Portsmouth, UK, finishing in respectable times. Many will remember Ellen’s effortless 100 Mile finish at Wickham Park a few years back. Barbara Gay Neel, Brandon, also finished her first 100 miler in a respectable 27:00:55.

Bonnie Sun Collins, Delray Beach, blew the field away to take 1st Overall in the 100K at 11:10:15. Bonnie passed me a few times on the 25 mile loops, lapping me; I was truly amazed at how effortlessly she was running. First time 100K finishes included Scott Krouse, Orlando, in 12:54:00 for 4th OA, Laura Hanson, Indialantic, in 19:20:01, Kayte Branch in 19:20:01 and Luis Gomez in 19:20:00. In all for the 100K there were 55 finishers, a good showing.

In the 50 mile event first place Overall went to Robert Millican, Simons Is, GA, in 7:30:40 and first female (2nd OA) was taken by Daniele Chernia, Cohoes, NY. In all, 51 runners finished the 50 mile trail run.

I finished 75 Miles in 23:55:52; rounding down I was officially credited with a 100K Trail Run in 23:55:52 (no way to estimate my true 100K time) for 54th out of 55 finishers. Well, 75 miles is “close” to a 100 miles, however there were just 4 hours remaining on the clock so that was it that for me, my 3rd Iron Horse DNF.

For full results for all three events [click here](#).

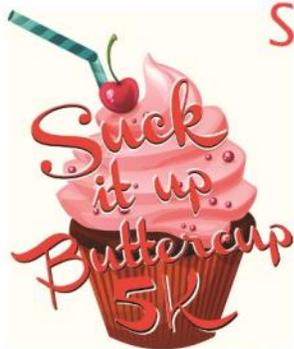
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# SUCK IT UP BUTTERCUP 5K

Sponsored By:



**SATURDAY, March 28, 2015 • 8:00 AM • Chain of Lakes, Titusville**

### PROCEEDS BENEFIT

Titusville residents and community volunteers Terry and Joe Biggi need your support. Joe is a cancer survivor having lost a kidney in 2000. But he now has stage 4 cancer in the same area, which will require additional bouts of chemotherapy. Joe works part time at the Village Square Condominium community. Joe's wife, Terry, was diagnosed with Parkinson Disease and her work as a Pre-Kindergarten teacher at the Good Shepard Early Learning Center will soon have to come to an end.

### COURSE

The race will start & finish near the pavilion next to the dirt parking lot. The 5K runs on the pedway with the exception of a quarter mile on a well maintained trail

### LOCATION

Chain of Lakes, Truman Scarborough Way, Titusville, FL

### EARLY PACKET PICKUP

Friday, March 27th, 4:30-7:00pm Chain of Lakes

### PACKET PICKUP AND LATE REGISTRATION

#### DAY OF RACE

Saturday, March 28, 6:30 – 7:45 am.

#### AID STATIONS

Near the 1.5 mile mark.

#### ENTRY FEES\*

- \$ 30 Day of Race Registration
- \$ 28 Registration (by March 27<sup>th</sup>)
- \$ 23 Early Registration (by March 14<sup>th</sup>)

#### AWARDS

Male & Female: Top 3 Overall, Top Master, top Grand master. Age Group awards top 3 in each of 17 age groups, U9, 10-14, 15-19 and 5 yr age groups thru 75+. Shirts guaranteed to pre-registered participants.

#### CONTACT

Dennis Filler 907-388-0484 dfillerc@gmail.com,  
Marty Winkel 321-537-3526 sceventmgt@gmail.com

**Chip timed & managed by Space Coast Event Management**

**Enjoy a Suck It Up Buttercup cupcake after the race**

**Online registration available through [www.sceventmgt.com](http://www.sceventmgt.com)**

## Suck It Up Buttercup 5K

**SATURDAY, MARCH 28, 2015 • REGISTRATION FORM**

Last Name

First Name

Address

City

State

Zip Code

Male

Female

Amt. Enclosed

Date-of-Birth

Age/Day  
of Race

Telephone (Area Code + Number)

Adult Shirt Size

 XS  S  M  L  XL  2X

Email

Make checks payable to:  
Space Coast Event Management,  
7 Indian River Ave #605,  
Titusville, FL 32796

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, officers, 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 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, video tapes, 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 (Parent, if under 18)

Date

# Long Distance Relationships

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



Article by Barbara Linton

The Louisiana Marathon weekend was billed as “A Running Festival with Lagniappe”, which is that little extra something something. It definitely delivered!

There were several events on both days, including a Kids’ Marathon, a quarter Marathon and a 5K on Saturday, and the Marathon and ½ Marathon on Sunday. The ½ Marathon course was beautiful and flat, winding around lakes and through historic, tree lined neighborhoods and the LSU campus. The course was reminiscent of the Gainesville, FL Points of Life ½ Marathon, which threads through the UF campus, but this UF grad has to give it to Baton Rouge. It’s a much prettier city than Gainesville!

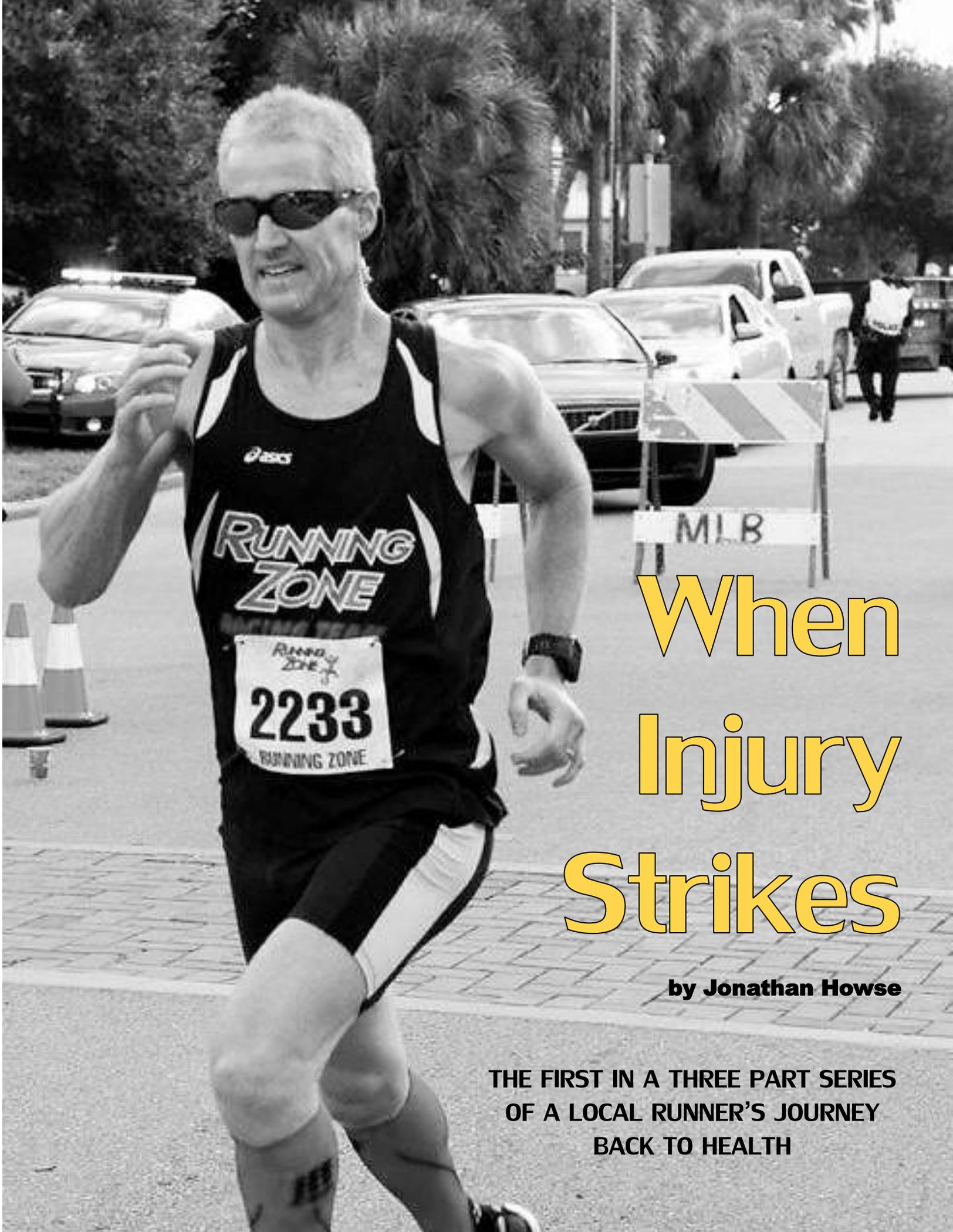
The expo was held in the Baton Rouge River Center, which is a lovely Performing Arts Center across the street from the Mississippi River. The area is surrounded by outdoor art and a long walking/running trail that snakes along the river. Baton Rouge is a very runner friendly city with over 30 miles of designated paths for running and walking, consisting of a mixture of hard surface and trails.

The event was well organized from registration to post-race party. Packet pickup was quick and painless, and the expo was well attended and organized

so that there was plenty of room between the booths. Race day was beautiful, with starting temps around 45°, reaching a high in the 60s with lots of sun. The start was controlled, which helped with congestion, and the starting mood was cheerful and fun.

The post-race party was truly a festival, with a live Jazz band and food ranging from Alligator chili to the offerings at the Vegan Village. Theoretically, each vendor was supposed to cross off one of six ‘shoes’ on the race bib when they handed out food, but many did not bother to do so. It was an interesting way to control the amount of food required. The food was also staggered; some booths did not open until later so that there was plenty of variety for the later marathoners.

Facebook coverage of this race was outstanding! Not only were there continuous posts before the event, but they also posted photos of the first runners who crossed the line and updated the race status continuously. There were 2852 ½ Marathon finishers and 1363 Marathon finishers so it was a good sized race without being too large. This was the 2015 RRCA Louisiana Marathon. State Championship race, and was definitely deserving of this honor.



# When Injury Strikes

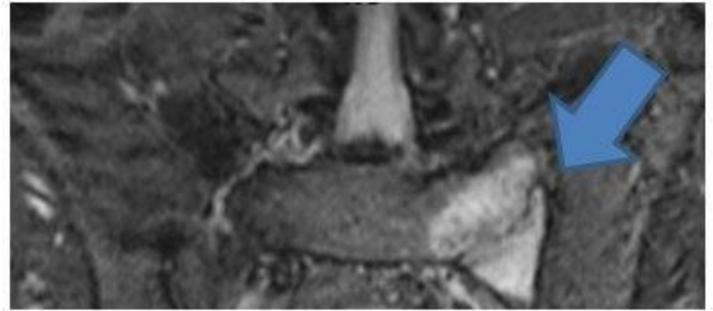
by **Jonathan Howse**

THE FIRST IN A THREE PART SERIES  
OF A LOCAL RUNNER'S JOURNEY  
BACK TO HEALTH



**Left:** Despite the injury Howse was able to complete the 2014 Space Coast Marathon and enjoy post-race festivities.

**Below:** MRI showing the stress fracture in the sacrum.



I am writing this account of my injury in hopes that you, my fellow runners, may benefit from my experiences and from what I have learned. This will be a three part series on my particular injury. This month will feature what I did when I sustained my injury and what I did to begin my healing journey.

Many of you know that I was training very hard for the 2014 Space Coast Marathon. I had debuted at the marathon distance with a highly successful 3:14:47 in 2013, coming close to a BQ and also earning one of the 3 Space Coast Runner's overall awards given at the race.

This success drove me to train at an elite level for Space Coast. I mapped out all of 2014 in terms of high mileage. I set a goal for a sub-3 hour time, and to get there, I paid close attention to John Davis' training article about high mileage training. I also took tips from Coach Butler's presentation given at the Running Zone 2013 awards, and I picked up a copy of Daniels' book. I downloaded the Daniels' tables Excel spreadsheet and arrived at my training paces. I also received many great tips and advice from all of you, my wonderful running friends. My race numbers for 2014 from the Harris Family Medical Center 5K in January through the Space Coast Classic 15K in November told the tale of my training. I went from 60 mile weeks in February through gradual progression to 80 mile weeks in October without issue. I had logged several 20+ mile long runs throughout the year. At the peak of my training, I was ready to con-

quer Space Coast and not only beat 3 hours, but perhaps even sub-2:50!

On November 8, I set out for my last 20 miler. I pushed the pace sub-7 as I knew this would be my last really hard effort. The run went well, though I noted a slight tightness in my left hip towards the end. When I finished, I felt my left side was about to collapse from under me. I figured I had just worn out my left Piriformis, and I just needed to do some yoga to work that out. Pigeon pose anyone? I almost skipped my next run, but it was an opportunity to run in the rain. The first half of it hurt, but things improved as the run went on, and so that went for my first week of taper, but I noticed that nagging feeling got a little worse on my last run of the first taper week. I should have faced the music, then, but I had my sights set on the marathon. I still decided to back way off in the spirit of the taper.

I had a sports massage done, and I focused heavily on my yoga, foam rolling, trigger point release, and other forms of torture in hopes of releasing my left hip in time for the marathon. I did go on four more runs with varying levels of success. Some went better than others, but the pain never fully resolved. I decided that the last week of taper would be a time of rest from running. It even got warm enough for me to do a little deep water running in my neighborhood pool. I also swam throughout this time. I was confident that the marathon would go OK, perhaps still a BQ, but maybe not sub 3. Unfortunately, race day was a disaster. When my half

split was too slow to succeed in achieving the BQ, I stopped to walk for most of the rest of the day. Had I known then what I know now, I would have volunteered on race day and not even started the race. I did know at the end of the marathon to seek medical treatment. This was something I should have done the first week of taper.

The very next day after the marathon, that is what I did. The doctor wanted me to go to PT, but I pushed back, stating that we didn't know what was wrong. I suggested we do the steroid pack to kill the inflammation, and that I get an MRI of the area to rule out a ligament tear or a stress fracture. My doctor consented. I figured the steroids would get rid of this issue, and I would be back out there by Christmas. The MRI had a different answer: Stress fracture on the left side of my sacrum. This meant no running for at least 6-8 weeks. That's a prison sentence for a dedicated runner! I did know, however, that non-weight bearing cross training that didn't cause pain would be OK.

I then went to see an orthopedic surgeon, who confirmed that non-weight bearing cross training was fine so long as it didn't cause pain. As for nutrition, I did my homework and arrived at the following supplementation that I used to promote my healing:

Drop all coffee and replace with green tea. This beverage is second behind soda at robbing calcium from your bones.

1200 mg Calcium and 1000 mg Vitamin D supplements per day. Lots of water to prevent kidney stones!

50 mg Zinc per day (taking pre injury for immune system boost)

Multivitamin per day (taking pre injury) containing many nutrients for bone healing and growth

250 mg Magnesium (as magnesium citrate) per day. Magnesium citrate has higher absorption rates than magnesium oxide.

500 mg L-lysine per day to help with protein production to help with bone healing.

Mama Joe's Sunshine Herbal's bone healing compound that contains many ingredients to include Comfrey root. At this point, I'm using everything that \*might\* promote healing!

Blood tests done after my supplementation showed normal results. As such, I've concluded that I'll need to continue Calcium, Vitamin D, and Magnesium supplementation so long as I wish to run to armor up my bones against another stress fracture.

So what can one take from this? For me, I hit 80 miles way too soon and stayed there for way too long (7 weeks with 5 at 80 and 2 at 60 as cutbacks). I should have hit 80 miles for exactly one week right before the taper. Also, looking back on my log, I ran way too many 20+ mile runs. I also forgot the rule about pain when running. Pain that goes away is fine, but "going away" is within a few steps or maybe a minute or two, not 4-5 miles into the run. I also shouldn't have attempted the marathon or at least stopped at the half and taken the DNF instead of walking the second half. Additionally, I should have sought medical help that very first week instead of waiting until after the marathon. Runners can be stubborn creatures!

To be fair, I did do a few things right. I did get it right to stop running in the marathon when things went badly. I also did get it right to go to the medical tent after crossing the finish line. I also was correct in getting to the doctor and strong arming an MRI. I found that sacral stress fractures in runners are rare injuries that are left untreated for a quite some time due to a seeming prevalence of a PT first approach. They still are common enough. Kara Goucher, an elite marathoner, also sustained a sacral stress fracture, last year, so I had an idea of what to expect.

Come back, next month, to investigate what I did to stay in shape while I couldn't run.

# 28<sup>th</sup> Annual Melbourne Art Festival 5K Flamingo Run/Walk

## Saturday, April 25<sup>th</sup>, 2015. Starts at 7:30 A.M.

### Registration and Check-in:

Register by April 18<sup>th</sup>, 2015 to reserve your spot and a MAF 5K T-shirt. Only the first 1000 runners are guaranteed. Register on-line at [www.melbournearts.org/5k.asp](http://www.melbournearts.org/5k.asp); in person at *Running Zone*, 3696 N. Wickham Road, Melbourne FL 32935; or complete application below and mail to *Running Zone*, Attention: Melbourne Art Festival. Race day check-in, registration, & packet pick-up starts at 6:00 A.M. at the MAF stage on E. New Haven.

**\*\*\* CONVENIENT ADVANCE PACKET PICKUP 4/23 thru 4/24 at *Running Zone* \*\*\***

**Race Course:** Starts The race starts and ends at the Melbourne Art Festival in downtown Melbourne and goes out and back over the Melbourne Causeway offering a spectacular view of the Indian River.

### Entry Fees & Amenities:

\$25 by April 18<sup>th</sup>, 2015 (postmarked)

\$15 by April 18<sup>th</sup>, 2015 for 9-years or younger and 65 or older

\$23 per person by April 18<sup>th</sup>, 2015 for teams of 3 or more (special rate for teams of 25 or more, contact [flamingo5kracedirector@gmail.com](mailto:flamingo5kracedirector@gmail.com))

\$30 for ALL runners after April 18<sup>th</sup>, 2015 and day of race

- MAF 5K shirt to the first 1000 registrants
- Ample breads, fresh fruits, water, juices and complimentary beer
- Festivities, numerous door prizes, music by Timmy Vee

### Awards:

- OVERALL - 1st, 2nd, 3rd place (male & female)
- MASTER (40 or older) - 1st place (male & female)
- TEAM CHALLENGE - 1st, 2nd, 3rd place
- AGE GROUPS - 1st, 2nd, 3rd place (male & female)
 

9 & under	10-14	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+



**Team/Corporate Challenge:** Each team consists of at least three members with three fastest runners scoring. *Runners must mark the "Team" box and complete team name on the application.* Please make sure all team members use the same team name when registering.

#### 2015 MELBOURNE ART FESTIVAL 5K FLAMINGO RUN APPLICATION

*Make check payable to: Melbourne Art Festival*

*Mail Application to: Running Zone, 3696 N. Wickham Rd., Melbourne, FL 3293*

*Attn: Art Festival 5K Run*

Last Name	First Name	Middle Initial	Team Name (if applicable)
Street Address			Phone
City	State	Zip Code	E-MAIL Address
Date of Birth: <u>   </u> / <u>   </u> / <u>   </u> Age: <u>   </u> Male: <u>   </u> Female: <u>   </u>			

Circle Shirt Size:	
Adult	Child
SM MED LG XL XXL	MED

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against Melbourne Art Festival, Inc., the City of Melbourne, Florida and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Melbourne Art Festival 5-K Flamingo Run. 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 responsibility for this action. I attest that I am physically fit and have sufficiently trained for the completion of this event. 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 whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

\_\_\_\_\_  
APPLICANT SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE (IF APPLICANT IS UNDER 18 YEARS OF AGE)

# RUN A MILE WITH... *Danny Barrett*

**Name:** Danny Barrett

**Age:** 50

**Family:** Son Wade 22,  
Daughter Casey 20, Rescue  
Lab Mix Penny 3

**Originally from:** Cocoa, FL

**Grew up where?:** Cocoa,  
Florida

**Occupation:** Logistics Spe-  
cialist Lead for ERC, Inc. at  
Kennedy Space Center

**Dream profession:** Doing  
it, growing up here on the  
Space Coast I always wanted  
to work for the Space Pro-  
gram in some way. Been for-  
tunate to have done that for  
28 years so far.

**Number of Years Run-  
ning:** 16

**Began Running Be-  
cause/To:** Was looking for  
a change in life and I found it  
with running. Feel like running  
made me a better person/  
father. Made me feel good  
about myself and I had a more  
positive outlook on life.

**I Knew I Was Hooked**

**When:** After my first run that  
I think might have been less  
than a half of a mile and I had  
that feeling that I couldn't wait to do it again.

**Race PRs (personal records):** 15k 60:15,  
Half 1:26, Marathon 3:18

**Most Satisfying Race Performance(s):**  
OBX Marathon 06, I finally got a  
BQ after 12 tries and it came on  
one of the worst weather races I  
have ever run. A cold front  
moved in after the start and the  
temp drop from 60 to low 40's.,  
head wind was super strong and



*Chicago Marathon 2014*

a driving rain that you couldn't see more than a few feet ahead of you. If not for Coach Bernie having me in top shape that finish never would have happen.

**Favorite Race(s): Why?** Gate River Run 15K. I have run it every year for the past 15 years. I find the course fun to run on and I love having the Hart Bridge (Green Monster) in the last mile and a half. Great spectator support.

**Favorite Race Distance: Why?**  
26.2 For me nothing is better than running a marathon. To date I have run 38, last year I ran seven plus a 50K. Five of those and the Ultra came in the last three months of the year. I was finding that the more I ran the quicker I recovered.

**Favorite Place(s) to Run:**  
Max Brewer North Titusville, I run there three to four times a week. Something very relaxing to me running over the water and with the park and wild life refuge there you can mix up your mileage so that it isn't always the same run.



*Max Brewer Bridge Photo by Beverly Patchin*

**Running Goals:** Stay healthy and get that 3:15 marathon that I believe I can run.

**Running Partner(s):** Tammy Foster who I met at Bernie Sher first marathon camp in 2003. She has only run four marathons in the time since but has come out to help me train for every



# RUN A MILE WITH... *Danny Barrett*

marathon I have run since then. Runs my pace, loves mileage and will run in any weather, not hard to see why I like running with her so much.

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

My cousin Ray who passed away from cancer little over a year ago at the age of 28. We had talked for years about me going out to San Antonio his home to run a marathon together. I kept putting it off because I was running other races in November, then right after I committed to running that marathon with him he was diagnosed about a month later. He passed away about a week and a half after I came out to run that marathon.

## **Funniest or Oddest**

**Thing I've Seen While Running:** I have been known to get lost on trails runs. One time Gary Stutte and I were out running in Christmas, FL and I was leading on what I thought was a trail. When the heavy rain and lightning started it was apparent that I had been running us off trail for a long time. Because of the cloud cover we couldn't tell which direction to go to get back to our cars. We found our way out by using his Garmin that showed a kind of map with a line and we would back track to see if we were following the line. Had we of kept going the way I said to go we would have ended up at the St Johns River miles away from where we started.

**Training Philosophies:** Have a plan, be consistent and stick to the schedule.

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

Don't be in a hurry, for most of us it takes



*The Mastertaters Keys 100 Relay team*



*Danny & his kids at finish of Niagara Falls Marathon*

time to be a better runner. Don't hesitate to ask advice from other runners you see. I have found that runners are very helpful and positive people.

## **Other Sports & Interests:**

When my daughter was young it was any sport she wanted to play, now that she is an adult I really don't have any

other sports than running. I like the Orlando Magic when they win.

**Favorite Reads:** George Sheehan One Man's Journey to the End of His Life.

**Favorite Movies:** I see around a hundred movies a year at the theaters so picking a favorite is hard. 2014 - The Railway Man. So far in 2015



American Sniper & Whiplash two great

movies.

## **When Nobody is Looking I Like to:**

When people hear the music I like to listen to they seem surprised. Right now on my iPod groups like Slipknot, Killer be Killed, Machine Head, Hellyeah, Lamb of God

**Favorite Meal:** Anything Mexican or Italian

**Dream Vacation:** My next marathon somewhere else...not really trying for a fifty state total but really like running in places I haven't been.

**Why did you join SCR?** Years ago it was because I liked to race in the SCR series but now it is just to show support to a group who provides water/Gatorade to all who come out on Sunday to enjoy a run or walk along the river. Thank you SCR's.

## **I Think That SCR Could Do A Better Job:**

SCR already does a great job for everyone in the area.

# Where in the World?

ARE SPACE COAST RUNNERS RUNNING

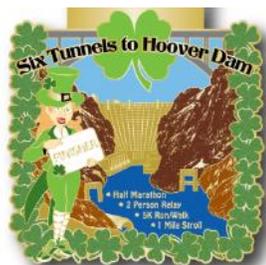


## MARCH 2015

### Gate River Run

3/14—Jacksonville, FL

Rick Foresteire, Daryl Gilbert, Kelly Hunter, Loran Serwin, Nancy Wingo, Christy Zieres



**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



**The Intimidator Half Ironman** 3/21— Clermont, FL

Daryl Gilbert



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

Dick White, Marlene White, Rachel White



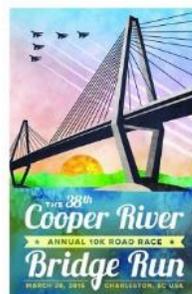
**Georgia Marathon & Half Marathon** 3/22— Atlanta, GA

Katrina Morrell



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

Wade Dauberman



**Cooper River Bridge Run** 3/28 — Charleston, SC

Karen and Rick Suarez

**Austin 10/20** 3/29 — Austin, TX

Kimberly Prosser



## APRIL 2015

**Carmel Marathon** 4/18— Carmel, IN

Ilse Berube, Cindy Bishop, Brittany Streufert, Marie Thomas



**Boston Marathon** 4/20— Boston, MA

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

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



## Where in the World are Space Coast Runners Running?

### APRIL 2015



**St. Jude Country Music Marathon & Half Marathon**  
4/25— Nashville, TN  
Monique Pridgin

**Kentucky Derby Festival Marathon**  
4/25—Louisville, KY

Ed Jerdonek



**St. Anthony's Olympic Triathlon**  
4/26— St. Petersburg, FL  
Daryl Gilbert

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



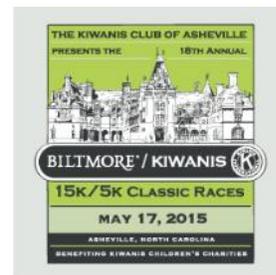
**Rock 'n' Roll Madrid Half Marathon**  
4/26 — Madrid, Spain  
Mitch Varnes

### MAY 2015



**Run To Remember Half Marathon**  
5/25— Boston, MA  
Rick Foresteire, Nancy Wingo

**Biltmore Kiwanis Classic 15K**  
5/17—Biltmore, NC  
Daryl Gilbert



### JUNE 2015



**Grand Teton Half Marathon**  
6/6— Jackson Hole, WY  
Dick, Marlene & Rachel White



**Echo Half Marathon 6/7— Osteen, FL**  
Mike Acosta, Naweed Akram, Molly Kirk, Susie Meltzer, Brittany Streufert, Dave & Marie Thomas

**Yellowstone Half Marathon**  
6/13—West Yellowstone, MT  
Loran Serwin, Christy Zieres, Dick, Marlene & Rachel White



**Grandma's Marathon**  
6/20— Duluth, MN  
Carol Ball, Cheryl & Ron Ritter, Brittany Streufert, Micah Vanatta

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



## Where in the World are Space Coast Runners Running?

### JULY 2015



**Peachtree Road Race**  
7/4—Atlanta, GA  
Daryl Gilbert

**The Scream Half Marathon**  
7/18—Asheville, NC  
Daryl Gilbert



### AUGUST 2015

**Lake Logan Half Ironman**  
8/8—Canton, NC  
Daryl Gilbert



### SEPTEMBER 2015



**ARX Half Marathon**  
9/5—Asheville, NC  
Daryl Gilbert

**Berlin Marathon**  
9/27—Berlin, Germany  
Shane Streufert



### 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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The Rall Capital  
Management Team



Marty Winkel  
321-537-3526  
[sceventmgt@gmail.com](mailto:sceventmgt@gmail.com)



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

# U.S.A. BEACH RUNNING CHAMPIONSHIPS

## 10K • HALF MARATHON

May 10, 2015 | COCOA BEACH, FL



Live **Calyпсо**  
music on the beach!



### Medals to all finishers!

- Tech shirts and running hats to all pre-registered
- Low-tide, out and back runs on hard packed sand
- Open to all runners/walkers (No qualifying) • Barefoot division
- Mother's Day mimosas • Post race party and light brunch!

[RunOnTheBeach.com](http://RunOnTheBeach.com)



# 3 Reasons Beach Running Makes Us Happy

By Brittany Streufert  
Photo by Doug Carroll

Not everyone has the opportunity to run on the beach like the Floridians do. Take a moment to think about the last time you ran on the sand. If you haven't, give it a try. If it's been a while, make a date to head to the beach. Here's why...

1. **You're Surrounded by Beauty**—Running near the water can bring a sense of deep contentment. The beach's beauty gives you a chance to check all your emotional baggage away and simply run.
2. **Less Stress**—The color blue has been shown to produce feelings of security and relaxation. Researchers have also found that the most pleasurable sounds for humans have predictable wave patterns much like the characteristics of the ocean's waves and rhythms. (Shelley Batts, Ph.D., Stanford University)
3. **It's Good for the Body**—When the sand moves beneath your feet it engages your ankles, arches and calves and causes them to become stronger. Plus, several studies have found that you burn more calories running on sand than running on asphalt. (Livestrong.com)

# Race Calendar



3/6	<b>NEON Re-Run 5K</b>	6:30 pm	Eau Gallie Square, Melbourne	5krun@jlsb.net
3/7	<b>Ultimate Hero 1 Mile Challenge</b>	2:30pm	Wickham Park, Melbourne	swimsafeforever@gmail.com
3/7	<b>Splash Dash 5K &amp; Water Safety Day</b>	4:45 pm	Wickham Park, Melbourne	swimsafeforever@gmail.com
3/7	<b>Thinga-ma-Jogger</b>	8:00 am	Manatee Elem School, Viera	manateept5k@gmail.com
3/7	<b>Ben Strong 5K</b>	5:00 pm	Chain of Lakes Park, Titusville	runsalot@cfl.rr.com
3/12	<b>Corporate 5K</b>	6:45 pm	FIT Aviation, Melbourne	info@runningzone.com
3/14	<b>Brianna Marie Foundation 5K</b>	8:00 am	Wickham Park, Melbourne	contactus@briannamariefoundation.com
3/14	<b>Lucky Leprechaun 5K</b>	8:00 am	20 N Brevard Ave, Cocoa Beach	cbprojectgraduation@gmail.com
3/14	<b>Gemini Jetstars Sunset 5K Run/Walk</b>	5:30 pm	Gemini Elem, Melbourne Beach	geminijetstars5k@gmail.com
3/15	<b>Raise the Roof 5K</b>	8:00 am	Wickham Park, Melbourne	raisetherooft5krun@gmail.com
3/28	<b>Downtown Melbourne 5K</b>	7:30 am	Municipal Lane, Melbourne	webbe@fit.edu
3/28	<b>Suck It Up Buttercup 5K</b>	8:00 am	Chain of Lakes, Titusville	dfillerc@gmail.com
3/28	<b>HabiTrot 5K &amp; 10K</b>	7:30 am	South Beach Park, Vero Beach	pgibbs@irchabitat.org
4/4	<b>Pirate Plunder 2 Miler</b>	6:30 pm	Meg O'Malley's, Melbourne	info@runningzone.com
4/4	<b>Egg Scramble 5K</b>	5:30 pm	Palm Bay Regional Park, Palm Bay	eggscramble5k@gmail.com

Inaugural

# Cocoa Beach



# Half Marathon

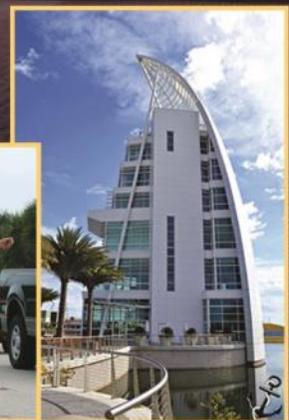
Sunday, October 25, 2015

**First in a collectable medal series:  
Genie bottle!**

## Finish on the beach!

Run up scenic coastal Hwy A1A past the Atlantic Ocean, Banana River, Port Canaveral, by the channel, cruise ships and more!

- Tech shirts and hats to all pre-registered runners
- Live music and party at the finish



[CocoaBeachHalfMarathon.com](http://CocoaBeachHalfMarathon.com)



# 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.*



# March 2015

Birthstone: Aquamarine

Flower: Daffodil

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Robin Pace Kerry Martin	2 Doug Butler	3	4	5 Jessica Barone	6 Marc Boucher
7 John Healey Joseph Hofmeister	8 Kira Juranek Maxwell Walker	9 Michael Walker	10 Kirk Russell Kari Heminger Carly Armbruster	11 Bruce Furrow Diane Hardos Janiene Pape Zoe Willingham	12 Suzie Enlow	13 Aubree Piepmeier Katie Hagerty
14 Loran Serwin	15 Julie Bramble Jayna Hils Keri Robinson	16	17	18 Lisa Hamelin Susan Larkin	19 Susie Meltzer	20
21 Gary Perry Judy Leavitt	22 Ragan Krupp	23 Stacy Irwin James Pope Taylor Armbruster	24 Jason Collins	25 Matthew D'Avis Kara Springer Kimberly Yates	26 Annelise Buchanan Tena Hochard Susie O'Connell	27 Tony Bils Lillian Krupp Dana Maughn Patti Sponsler JoelKinnunen
28	29 Mary Ann Alukonis	30 Shannon Roff Shana Crovo	31 Denise Miller Mary Wills			

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