

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

MAY 2016



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6 Race Reports

— **BOSTON** —
Every Marathon
Has A Story

Run a Mile with
Steve Hedgespeth



SPACE COAST RUNNERS

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

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



Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, Twitter and now Instagram. 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!

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**SPACE COAST
RUNNERS**

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On Our Cover: Rachel Redlien proudly displays the completed inaugural Space Coast 33K Challenge medal set. She earned the special medal for completing the Space Coast Classic 15K, Eye of the Dragon 10K and the Space Walk of Fame 8K.

Above: SCR members and other local participants lined up to collect their 33K medal and to have it assembled by the member volunteers after the SWOF 8K.



RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

May 1

Eat My Crust 5K

VOTED BEST LOCAL 5K by SPACE COAST RUNNERS 2015



June 4

Awards Night

Tickets go on sale



See the complete ROY series ranking by clicking [here](#).

For more details, [click here](#).

The SCR Runner of the Year Series was first run in 1982. It's one of the best local road race series with distances ranging from the 5K to the half and full marathon. Participants get the Brevard County experience with our wide variety of courses in Melbourne, Indialantic, Melbourne Beach, Cocoa, Titusville and Viera.

EDITOR'S LETTER

May 2016

GETTING TO KNOW YOUR SCR BOARD MEMBERS

Kaitlin Donner



Name: Kaitlin Donner

Favorite SCR series race:

Eat My Crust 5K

**Favorite Space
Coast area to**

run: South
Tropical Trail

Running partner(s):

My husband Ed and the
Sunday morning crew

**Little known fact/secret
about yourself:** I can po-
go stick 400 meters
around a track.



I am excited to welcome Kristen Klein to the newsletter team! She is a phenomenal runner on our Space Coast Runners team, as well as a volunteer for many organizations, including our own. She will be helping with writing content; check out her report on the Village Has Lost Its Idiot 5K this month! When you see her on the road, make sure you wave and say 'thanks'!

Our issue this month is chock-full of fun stuff! The big news in April was the Boston Marathon of course. Guest writer and longtime SCR member Patti Sponsler, contributed our Boston article—make sure you read it. We also have a reprint of an article about legendary John Ouweleen in SCR Central.



Last but not least, want to learn more about Steve Hedgespeth?? I know I do—he's one of our more humble SCR members who kicks butt on the race course every time. He's our spotlight Run a Mile With participant for May.

Our Annual Awards Night Banquet is set for June 4, 2016 and we are pretty excited about it. More details are in this issue and we'll be sending out eBlasts about it. And, upcoming summer social fun runs will be back as well! Stay tuned for those details.



Keep moving forward!

Lisa Hamelin

Editor-in-Chief

lisahamelin@gmail.com

**Our mailbox is always
open to our readers.**

If you have a comment, correction or critique or would simply like to tell us what running topics matter to you



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ACROSS FROM BREVARD COMMUNITY COLLEGE

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

Another month has come and gone, and it is time to GET BUSY!!

Did you get your 33K medal? 145 people did! They all finished the 2015 Space Coast Classic 15K, the 2016 Eye of the Dragon 10K and the 2016 Space Walk of Fame 8K to complete the Inaugural Space Coast Challenge 33K!! Space Coast Runners are very proud of our Three Flagship Events and we are looking forward to an even greater trifecta next year - although the 23 recipients of the 4 Beer Glass sets (a door prize/lottery gift from the unequaled Carol Ball) might believe that NOTHING can top this year's prize!

We are very busy at this time preparing for the Runner of the Year Awards Banquet. Do you have your ticket yet? You can check your position or that of your rival or training partner - at spacecoastrunners.org

We will be looking forward to seeing you there for all of the award presentations, including Hall of Fame Inductions and Golden Shoe Presentations.

There was a very interesting article in the Wednesday, April 20th edition of the Florida Today concerning Race Mishaps caused by baby-joggers, children lining up in the front, people running with their dogs and even Galloway followers abruptly pulling up without pulling over. Michelle was not faulting anyone in particular, she was asking for input on how to regulate these occurrences WITHOUT alienating runners. She is truly interested in YOUR suggestions so I will reprint her email below. This is a serious issue that the Road Runners Club of America states "affects our ability to obtain adequate liability insurance". Contact: mmulak@florida.today.com.

This article was particularly timely as SCR recently received a rather irate letter from a baby jogger-pushing mom that "didn't notice" prior to entry that baby joggers are not allowed in "this race". The race director patiently

explained that baby joggers are not allowed in any race for the above listed reason, but that races are run on public roads, so we do not have the authority to remove them from the course. The irate mom did not appreciate the RD "making up excuses".

PLEASE, people - is there no consideration for the other runners on the course? When my daughter was little, I pushed her through countless races - including a Disney Marathon (got her picture taken being held by Pocahontas)- I ALWAYS lined up in the back and never passed anyone unless it was safe to do so.

Please understand that I appreciate all forms of running and walking - I have been beaten by Galloway programmers more than once - but as today's races become more and more crowded, a little courtesy could go a LONG way without a race director having to be a referee.

In case you have not heard, the new race in Downtown Cocoa that was to take place on Saturday evening May 21st, 2016 - The Shine the Light 5K has been cancelled.

Hope your spring training is going well. CONGRATULATIONS to ALL of the SCR member FINISHERS of this year's Boston Marathon! YOU ROCK!!

Run Strong, Run Long,

Dick

Dick White, SCR President

dickwhite@cfl.rr.com



JUNE BOARD MEETING

June 20, 2016 at 7:00pm

Pro-Health Viera

All members are welcome
to attend.

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.

Join us for the last race in the 2015-16 Running Zone Foundation Race Series:



**REGISTER
TODAY!**



*Celebrating
13 Years!*

RUN FOR THE GECKO 5K

This is the race that started it all!

- 13th Anniversary Celebration Party
- Pancakes & Eggs for All Finishers After the Race
- Breakfast Sponsored by Pizza Gallery & Grill
- Strawberries & Champagne for Finishers 21 & older
- Birthday Cake for All Finishers
- Free Kids' Run with Zippy the Gecko
- Random Giveaway of a Dell Laptop



Finishers of all 7 Running Zone Foundation Series races will receive the special medal at the finish line.

Benefits Leukemia & Lymphoma Society's Team in Training (Brevard County Chapter)



#gecko5k

www.runningzone.com/series

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890

May 7th, 2016 at 7:00am, Eastern Florida State College /Wickham Park Pavilion

————— 2015 - 2016 —————

SPACE COAST RUNNERS

AWARDS NIGHT

**SATURDAY, June 4th at 6PM — TICKETS GO ON SALE MAY 9TH
\$15 adults \$5 kids**

Location — The Indian Harbour Beach Community Services Center

Mail cash or check to P.O. Box 541837 Merritt Island, FL 32954. Checks made payable to Space Coast Runners.

NOMINATIONS OPEN MAY 8, 2016 FOR:

**Best Local Race * Most Inspiring Athlete * Best Weekly Fun Run
Most Improved Runner * Best Finish Line Photo**

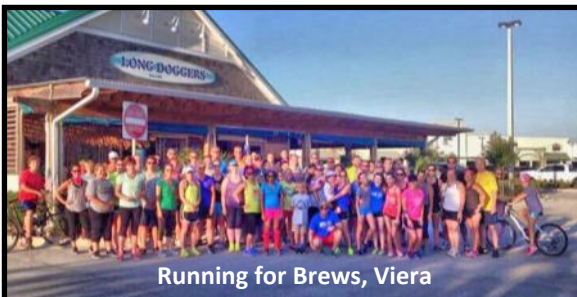
Local Fun Runs & Walks



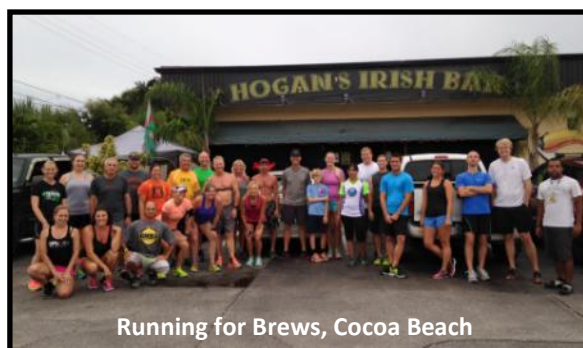
It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Please contact lisahamelin@gmail.com to add your fun run!

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Kim Badgett (kbadisrunning@gmail.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	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues	LongDoggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

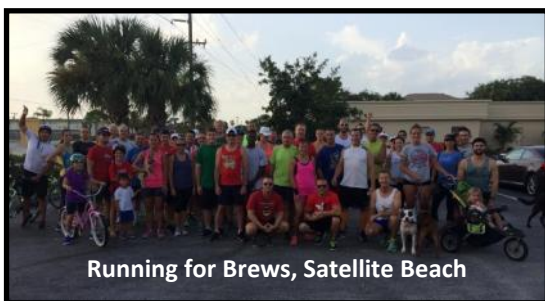
Local Fun Runs & Walks



Running for Brews, Viera



Running for Brews, Cocoa Beach



Running for Brews, Satellite Beach



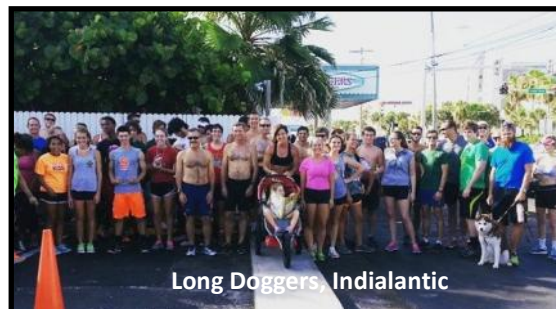
Running for Brews, Melbourne



Cocoa Beach Runners, Cocoa Beach



Intracoastal Run Club, Melbourne



Long Doggers, Indialantic



Village Idiot Pub, Cocoa Village



Running Zone, Melbourne



Up & Running Fitness, Indian Harbour Beach

SCR Central

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



welcome!

NEW MEMBERS!

We look forward to running with you!

Bryony Edwards
Paul Edwards
Sandra Edwards
Hillary Eisbrenner
Sandy Green
Wilma Green
Dianna Green
Samantha Reasoner
Dylan Reasoner
Tammy Reasoner
Esther Wilkinson
Bruce Wilkinson

If you are a new member to SCR
and have not picked up your

Space Coast Runners



Space Coast Runners will be hosting a **Global Running Day** event in Cocoa Village to celebrate this special day. Mark your calendars to attend!

Global Running Day is the evolution of National Running Day in the U.S., which was started in 2009 by leading running organizations and races throughout the nation. Last year we had tons of runners throughout the county join us for our big event.

JOIN US

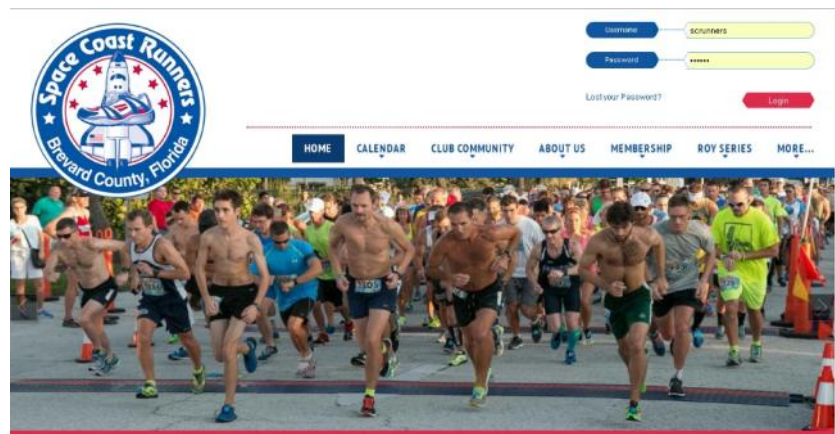
SUNDAY

SPACE COAST RUNNERS FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

Hydration stations are set out SOUTH River Road
at approximately Mile 2 & Mile 4

COMING SOON!



NEW SCR WEBSITE

SCR Central

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



Castner's Streak Continues

Congratulations to all the SCR members who ran in the 39th annual Gate River Run 15K on March 12, 2016. We are happy to report that Gary Castner kept his streak alive and completed his 39th Gate River race. Castner has run every race since 1977. He finished this year in 1:41:25.

Two members placed in the age group categories that were awarded five deep. Gary Gates ran a time of 56:36 to take first place in the men's 50-54 division. Steve Chin placed third in the 45-49 division with his 55:45 time.

Other noteworthy local times came from Sara Trane's 58:56 for third age group in 30-34 year olds and Tracy Dutra who ran 1:05:27 which was fast enough for second in the women's 40-44 age group.

SCR Finishers included: Judy Bailey (1:38:13), Carol Ball (1:19:07), Danny Barrett (1:07:57), Ilse Berube (1:16:23), Jerry Bird (1:32:57), JoAnne Boland (1:22:43), Cristina Canales (1:24:24), Keith Flint (2:08:25), Marisa Flint (2:08:25), Kathy Gay (2:00:45), Greg Griffin (1:22:01), Sara Griffin (2:09:46), Austin Hahn (1:47:19), Scott Larson (1:03:18), Denise Laventure (2:30:45), Alysson Lyons (1:41:05), Dana Maughn (1:39:05), Doug Nichols (1:04:36), George Oswald (1:37:21), Marion Oswald (1:34:38), Shona Price (1:35:19), Chris Reesh (1:16:23), Cheryl Ritter (1:18:20), Ron Ritter (1:04:05), Ron Roff (1:33:57), Tom Sim (2:34:49), Veronica Sim (1:20:17), Candy Smith (1:36:15), Philip Smith (1:28:17), Keith Snodgrass (1:01:57), Ana Stark (2:10:59), Jara Tomana (1:22:30), Micah Vanatta (1:10:34), Cami Waldon (1:27:52), John Wall (58:05), Dean Worm (1:13:52)

Congratulations to the inaugural finishers of the Space Coast Challenge

145 participants finished all three of the Space Coast Runners' races.



SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

Best Way to Display Your Awards, Medals, Bibs, Shirts, Etc. Winner



In last month's newsletter, Editor Lisa Hamelin asked readers to share photos of unique and creative ways to display everything race related. Our winner was **Annie Caza**.

Annie told us her "wall of fame" as she calls it is located in her home gym, not in the living room... LOL. She hangs plaques and other knickknacks like old license plates she's collected along with pictures, or sayings to break down the monotony of the race awards (she has many!). Annie also has a couple of bookshelves with medals, trophies, and other treasures in her gym.

Finally, Annie saves her bibs. She's done this for many years. She puts the bib along with the printed results and notes (weather, health, injuries, etc...) in a binder. Every single race has a page in a plastic sleeve and she readily admits she may not be right in the head. No judging allowed.

We however think it's great and organized! A lot of times, before a certain race, Annie can go back to the album and retrace all her times/paces for that particular race. It is faster than looking online. And, it allows for a trip back down memory lane. Congratulations Annie! Enjoy your Paddling Paradise rental compliments of the newsletter.

This month's contest is all about shoes. [Email](#) in a photo showing us all of your *running shoes* (and a count if there's too many that we can't even begin to tell). Person with the most WINS!

SCR Central

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



TRUE BLUE & GOLD

Article reprinted with permission from Lt. George J. Wren, Jr., editor of the Former New Jersey State Troopers Association's newsletter True Blue & Gold (April 2016 edition).

I continue to keep in contact with our own 'Marathon Man,' Lt. John Ouweleen, #1759 (Ret), and here's his latest update of April 5th:

As I mentioned at the winter party, my last marathon turned from sheer disappointment to jubilation. It all started with the morning of January 3, 2016, Race Day, Jacksonville Bank Marathon. I awoke to pouring rain, so bad that I could not see the parking lot from my hotel room at the Embassy Suites. However, I had to go thru with it. At the 5K marker, I already knew it was going to be a long day. I finished the race with a disappointing time of 3:32:56. So downtrodden was I, since I had run a 3:23:40 at Twin-Cities three months earlier that I considered quitting.

When I got home, I cleaned up my emails, and went to my Facebook site. There, in comments was an entry that my finishing time had placed first in multiple age groups. I went into the results, and discovered that not only had I won the 75-79 age group, but also the 70-74, 65-69, 60-64, and placed third in the 55-59 age group. This brought a complete attitude change, and needless to say jubilation. Furthermore, I found that all the times across the board suffered from the existing conditions.

Since then I have raced in two shorter races. The first of the year, I acquired the services of a personal training coach. To measure my progress, I raced in a 10K on February 28, 2016 in Vero Beach FL. I placed first in my age group, as well as multiple age groups with a 44:26, 7:10 average mile, and on March 26, 2016, Downtown Melbourne, multiple age groups, with a 21:43, 7:00 average mile. In doing so, I broke the course record in the 75-79 age group by two minutes and 5 seconds.

On April 21st, I fly to London for the Virgin Money London Marathon, scheduled for April 24th. I feel great, have super confidence, and based on my two recent shorter races, and am ready to race. The only deficit I face is that I am unable to race in my age group. London cuts it off at 70, so I must compete with competitors almost six years younger. I was aware of this prior to entry, and this is the reason I sought

professional help. Hopefully I will overcome. London will be my sixth and final World Major. Wish me luck, and I will certainly report my results for your upcoming newsletters. After London, it will be Amsterdam, Holland on October 16, 2016, and rounding out the year will be the Space Coast Half Marathon on November 27, 2016. Have a great summer!

After receiving that amazing overview from John he further added that he was just featured on the cover of the running club he belongs to, the Space Coast Runners. Well, I couldn't help but contact the Space Coast Runners to request permission to reprint that newsletter cover in our newsletter. Conversing by email with Lisa Hamelin, it wasn't hard to see that the Space Coast Runners are very proud of John and his accomplishments. Lisa replied: Absolutely! I've attached the .jpg of it for your use. If possible, I would love to see the article you're doing on John when it's published - we are proud of our local phenom and I'm sure many of our SCR family would love to know more about him. John may have told you about that particular race, but if not - the race was Downtown Melbourne 5K on March 26 and he won his age group and smashed the course record by over 2 minutes! He got 21:43 in the male 75-79 category, which shattered Roger Rouiller's 2014 record of 23:48.

Having had the opportunity to review the Space Coast Runners newsletter, I found it very telling that the article ended with, "It was Roger who convinced his friend, Johnny O to run the 5K which is a short race for him. John, of course, is the reigning USATF #1 ranked marathoner in the age group." There is no doubt that the Space Coast Runners are a close-knit family, one John always speaks very highly of.






Best of Luck in London John, we'll be rooting for you, every step of the way!

Lt. George J. Wren, Jr., #3680 (Ret)

SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ♦ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. The May event is the Honor and Remember Virtual Run— 5k/10k/Half Marathon distances to benefit Family Lives On Foundation. 
- ♦ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 6/11—Marathon (Seminole State Forest), 9/10—Half Marathon and 1/7/17 — Ultra. 
- ♦ Receive a 10% discount on any [MultiRace](#) event. Coming up is the Tri Cocoa Village Sprint & Olympic Triathlon on 5/22. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor) 
- ♦ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Annapolis Half Marathon + 10K (6/4/16) Annapolis, MD; ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount. 
- ♦ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**. 

Please note: Discounts are negotiated exclusively for Space Coast Runners members only. Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.

SCR Sunday Run Update May 22, 2016

There will be **NO** water out on River Road due to the Cocoa Village Tri event taking place that morning.

Mark your calendar SCR Sunday Run Direction Change

June 5, 2016

Will run **NORTH** on River Road.

STAY CONNECTED WITH SPACE COAST RUNNERS



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Instagram



Find us on
Facebook



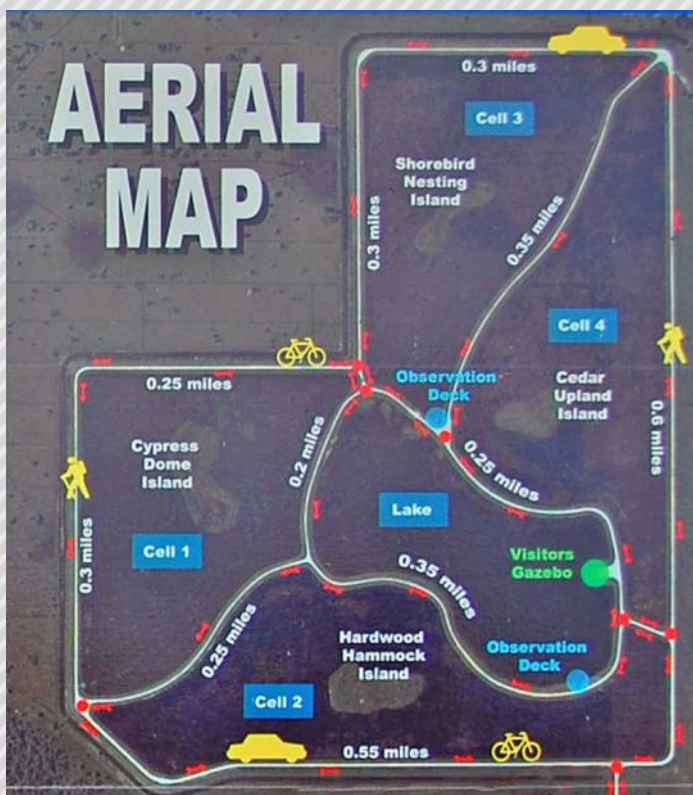
RUN LOCAL



RITCH GRISSOM MEMORIAL WETLANDS at VIERA

Looking for a run outside of suburbia? If you head west and go way down Wickham Road you'll discover the beautiful Ritch Grissom Memorial Wetlands at Viera. Located near the Moccasin Island Tract of the River Lakes Conservation Area, the Wetlands are a popular site for runners, walkers, birders, photographers, and eco-tourists. Both the Wetlands and nearby Supplemental Ponds are accessible by automobile so don't be surprised if you're out on a run and see a car. You're also likely to see a bunch of Indiana Jones-looking guys taking wildlife pictures out there.

The Wetlands consists of 200 acres divided by berms into four cells (ponds) around a central lake. The cells are numbered Cell 1, Cell 2, Cell 3, and Cell 4. It's open 7am to dusk, seven days a week. The area is very scenic with lots of wildlife. While you run on the hard packed gravel surface, you may observe the likes of deer, raccoon, a plethora of birds and the occasional snake or alligator. The outside loop is a little over two miles. Bring along your own hydration if you plan on doing more than a few miles as there is no water fountain or shade. A porta potty at the entrance is accessible. There are benches along the roadside to rest or take in the view. Dogs are allowed but must be kept on leash. Remember, alligators are often spotted at the wetlands.



Report by Brittany Streufert. Photography by Daryl Gilbert. Viera Wetlands is located at 3658 Charlie Corbeil Way, Viera.

For the Girls

Girlfriends Guild Inc.
Empowering Women & Young Girls

For the Girls 5k

Run like a Mother!
5k Run/Walk at Wickham Park
Saturday, May 21st 2016
6:30 pm

Doctor of Women's Health



Physical & Occupational
Therapy Services



Proceeds to Help Breast Cancer Patients Prevent Lymphedema.

All funds go to our Scholarship Program helping Breast Cancer Patients Prevent Lymphedema and providing them with Treatments &/or Compression Garments they could not otherwise afford.

Contact our Clinic for more info:

Doctor of Women's Health

(321) 802-5655

Register online at secure.runningzone.com

Awesome Amenities!

- Sporty Dri Fit Shirts: Gals (pink) Guys (Black)
- Post race snacks & drinks
- Raffle drawing & Awesome Giveaways

SCR MEMBER DISCOUNTS!

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



SAVE 10%
at these local
businesses



SAVE 10%
off one item per
member

GET MOVING!
Group Fitness & Personal Training



SAVE \$10
on a zoo
membership



SAVE 10%
on Hammer
products at
Nutrition Leaders
in Indialantic

THE 57TH RRCA NATIONAL CONVENTION

MARCH 17—20, DALLAS, TX

By Carol Ball

This years' annual Road Runners Club of America National Convention was held in Dallas, Texas and was hosted by the Dallas Running Club. Space Coast Runners was represented by Carol Ball, Brittany Streufert, and Barbara Linton (pictured below).



We flew into Dallas on Thursday, March 17. We checked into the convention at the host hotel, the Crowne Plaza Downtown. We were given a snazzy Leslie Jordan navy half zip long sleeved shirt, a pair of Feetures socks, our credentials and a bag of goodies. First thing was the Regional meetings, of which we are the Southern Region. Following was a Welcome Reception and Meet and Greet. For dinner we found a nice pizza restaurant that was fabulous!

Friday morning was a well-attended morning run through the downtown area, led by Dallas Running Club pacers of a wide variety of speeds. When we returned, we were given a Leslie Jordan convention short sleeved tech shirt, and a medal compliments of Ashworth medals! After a continental breakfast, the first session was RRCA Insurance Program and Risk Management - always interesting and informative. A portion of your membership dues pays for this insurance protection when you are attending a

SCR Event.

The Friday and Saturday convention education sessions are tailored to different areas of interest. I attended the Governance Series; 3 sessions focused on club boards, financial management, legal responsibilities, etc. Barbara and Brittany attended other sessions such as "Creating a Fitness Community", "Social Media Engagement", "Club Training Programs", etc. Each 1.5 hour session was packed with good information.

Friday Luncheon Keynote Speaker was Ben Rosario (pictured below), an elite athlete and coach currently with Northern Arizona Elite training Olympic hopefuls. His moving talk was "Running Changes Lives!"



Friday evening we were treated to a real Texas Barbeque at Eddie Dean's, with an open bar sponsored by Active Network. It was not what you would typically call barbeque, featuring a huge variety of down home cooking, with little pies for dessert!

Saturday morning the fun runners were greeted with 42 (feels like 38) degree temps. I opted for the indoor yoga session, but many brave souls ran! This time the reward was an RRCA "Roadie" shirt and an-

THE 57TH RRCA NATIONAL CONVENTION

other convention created medal!

The convention expo showcased several industry vendors such as timing, awards and medals, and clothing. A great place to get ideas and speak with vendor reps!

Gilbert Tuhabonye (pictured left) was the inspirational speaker for the Saturday Luncheon. Gilbert grew up in East Africa and was an accomplished runner there. He was also a one of the many victims of the horrific Burundian Civil War, where he was burned, tortured, witnessed mass genocide, and where running literally saved his life through escape. He came to the US as part of an Olympic Development Program in 1996. He now coaches and speaks to his motto, "Run with Joy".

The last, and one of the best, education session I attended was "Running Well Beyond Health Challenges and Chronic Diseases" presented by Gary Westlund. He taught us how to overcome and use running and other exercise to strengthen not only our bodies, but also our minds!

The BIG announcement of the convention as far as Space Coast Runners is concerned was that our Space Coast Marathon was selected as the RRCA National Marathon Championship for 2017! We already won the bid for the 2016 event as the Florida State Championship for the Marathon and Half Marathon distances! These championships give us notoriety and sponsorships.

One of the most fun parts of the convention is the Silent Auction, held throughout the day on Saturday. Club representatives from across the U.S. donate a myriad of running merchandise, race entries, and local goodies. Attendees play the bidding war game all day, with downright battles as the auction timeline grows near! It is a great fundraiser for the State Reps Fund. Our donated entry to the Space



Coast Marathon drew a \$400 winning bid!

The Annual Awards Dinner Saturday evening was a gala affair with lots of inspirational award winners. The next convention will be held in Detroit, Michigan March 9-12, 2017. The Weekend Finale was the Dallas Rock n Roll Half Marathon on Sunday morning. It was a bit cool for us Floridians, but afforded some fast times! Not an easy course, with a few challenging hills, but a lot of crowd support! Overall, a good weekend with good friends, and a good race!



Runner of the Year Series

ROY RACE #9 — TERRIFIC WEATHER GREETES RUNNERS AT SWOF

2015—2016 ROY Men's Leaderboard

OVERALL

- 1 John Davis
- 2 Shane Streufert
- 3 Steve Hedgespeth

AGE GRADED

- 1 Shane Streufert
- 2 Joe Hultgren
- 3 John Davis



John Davis

2015—2016 ROY Women's Leaderboard

OVERALL

- 1 Annie Caza
- 2 Lori Kruger
- 3 Cheryl Ritter

AGE GRADED

- 1 Annie Caza
- 2 Lori Kruger
- 3 Carol Ball



Lori Kruger and Annie Caza

UPCOMING SERIES EVENT

06/04/16 Awards Night

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.

If you have any series questions, please email Loran Serwin at lservin@cfl.rr.com.

WATCH THE ROY SERIES ANALYSIS ON FACEBOOK!

[Click here](#) to check out Molly's reports in the video section on the SCR Facebook page.

Heading Into The Final Stretch

Nobody quite expected the cool temperatures that greeted runners the morning of the Space Walk of Fame 8K & 2 Miler.

Runners took full advantage of the good weather and race their hearts out in Titusville.

John Davis secured his 7th overall win in the Men's race series with his first place finish. Steve Hedgespeth edged out Shane Streufert which means the battle for second overall will be decided at the Eat My Crust 5K.

The women's series saw Kristen Klein return to racing to the front of the pack although Julie Hannah took the win and scored a new PR in the 8K. For points, Lori Kruger and Tricia Rydson both scored higher than series leader-to-date, Annie Caza.

Stay tuned for our post-Eat My Crust 5K report. There are some very close races up for grabs at the grand finale of the Runner of the Year series. Watch the men's battle for second place. See what happens in the women's race for Masters, Grand Masters and Senior Grandmasters as upsets could happen. And don't forget to check out the age-graded standings. Both the men and women's overall standings are too close to call at this time.

Youth Series

Run the Track!

The last of the SCR series races, Eat My Crust, is fast approaching and along with it, is the last of our Youth Series runs for the season. The Lil' Pepperoni run offers 200 and 400 meter options for children 12 and under. The 200 meter race will take place at 8:10 am followed by the 400 meter. As if running isn't fun enough, your hungry little athlete can refuel with delicious Viera Pizza!

This fun run is free, but an entry form is required. If your child has participated in five of the series races, he or she can earn an award, which will be presented at our annual awards night dinner in June.

For more info, contact Rachel White at (321)292-2999 or [click here](#) to email.



Photo credit: Brittany Streufert



NEWSLETTER STAFF

Is looking for an individual to look up out-of-town race results of SCR members each month to publish in the newsletter.

[Apply here](#) (Photo from BlueGurus.com)

Have you ever wanted to be a race director?



Space Coast Runners is looking to interview serious applicants for the position of race director of the Eye of the Dragon 10K and Tail of the Lizard 2 Mile. We are looking

for a person with a strong passion for running and event management. The position is volunteer and is an integral part of the SCR race series.

To inquire, please contact [Barbara Linton](#).



Space Walk of Fame Medals Are Out of this World

The Space Walk of Fame Run was a race of fame at Space View Park in Titusville on April 9.

As a part of both the Titusville Racing Series and the Space Coast Runners Runner of the Year Series, almost 400 people crossed the finish line. The race is also popular because of its different running distances. Runners can choose from an 8K run, 8K walk, 2 mile run, or 2 mile walk. All distances offered a scenic route beside the river.



The morning of the run was cold and windy, but runners quickly appreciate the weather as the race heated up. The 8K was a double loop and then 3 miles beside the Indian River. At the end of the race, runners received a Space Walk of Fame medal. Winners received a special medal that could also clip off and become a belt buckle.

Runners who completed the Inaugural Space Coast Challenge—Space Coast Classic, Eye of the Dragon, and Space Walk of Fame—received a special 33K medal at the Space Coast Runners tent.

Photographs provided by Angela Leeds, Brittany Streufert and Space Coast Event Management.



Top: Jessica Raleigh Frank crosses the finish line.

Bottom: Runners wear their 33K medals with pride.



Race report by Angela Leeds

8K Run

OVERALL MEN

John Davis, 27:27
Steve Hedgespeth, 27:55
Daniel Eagan, 28:46

OVERALL WOMEN

Alison Nolan, 29:52
Sara Trane, 30:59
Sarah Simareth, 32:43

MASTERS

Shane Streufert, 28:06
Julie Hannah, 32:49

GRAND MASTERS

Joe Hultgren, 31:24
Angela Wells, 35:35

SENIOR GRAND MASTERS

Sal Farino, 33:44
Anne Dockery, 38:25

Complete 8K race results, [click here](#)

2 Mile

OVERALL MEN

Zane Salyers, 11:29
Michael Girard, 13:44
Max Walker, 14:00

OVERALL WOMEN

Kara Hedgespeth, 15:40
Madden Lorraine, 15:48
Karon Pittman, 17:19

Complete race results, [click here](#)



RACE REPORT

Space Walk of Fame 8K & 2 Miler — continued





Race
report by
**Kristen
Klein**

OVERALL MALE

Joe Harkin

OVERALL FEMALE

Kristen Klein

The evening of Friday, April 1st April Fools Day, I found myself standing in a crowd of 244 runners wearing costumes, kilts, and animal mascot heads. This untimed 5K race was mocked by hand drawn clocks on brown butcher paper and the start became official as we counted down in unison: “3...2...1....Idiot!!” Scanning the other runners as we took off running, I quickly realized that the tutus probably outnumbered the Garmins.

The Village Idiot Pub’s Second Annual Village Has Lost its Idiot Again 5K Run and block party featured the band Hot Pink (local favorite!); vendors; food trucks; beer; pinup girls; and the Molly Roger Rollergirls. Money raised from this race was kept local and donated to Cocoa Main Street this year.

The “Idiot proof” 5K course consisted of 3 laps through historic Cocoa Village starting and ending outside the Village Idiot Pub. This race definitely is a spectator sport, however the sky opened up about 5 minutes into run. As a runner, the downpour and puddle jumping only added to the fun but we were the “Idiots”...right? The rain and darkness made it difficult to see, but I knew I was chasing a guy in a kilt. The crowd was encouraging each time we completed a lap on Harrison Street and the temptation to join the party in the dry and warm Village Idiot Pub grew stronger and stronger with each lap.

After three laps, Joe Harkin, from San Francisco was the first male to finish. It was his birthday and he had caught the redevye and had just arrived in Florida! I finished first female. All participants were given ‘medals’ made of an empty Dale’s beer can tied to a Mardi Gras beaded necklace. It’s one of my favorites!

A shout out to Race Director, Shelley Hudson with Village Idiot Pub and owners Rebecca and Jason and their staff for organizing a fun, creative, and safe race! Also thanks to police, city officials, Hernan, and volunteers. Looking forward to this race next year! My race advice: grab your tutu or costume and leave the Garmin at home!



Challenge Accepted!

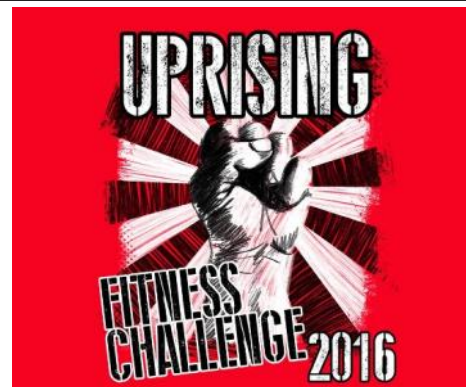


The Uprising Fitness Challenge was a morning filled with sweat and hard work by its participants. Athletes gathered to crawl, jump, carry sandbags, hoist kettle bells, run through tires, move cinder blocks and then run either a 3 mile or 1 mile distance.

It may sound difficult but there were tons of smiles and a fun time was had by all. At the finish line, participants were treated to hot dogs, chili, and ice cold beer. Overall and age group winners received an awesome growler to fill at Intracoastal Brewing Company. The event benefited the Children's Home Society of Florida.

For event results, [click here](#).

Photographs courtesy of Up & Running Race Management.



Race report by Brittany Streufert

OVERALL 3 MILE MEN

Joe Harkin, 27:51
David Bils, 29:28
Shawn Wilson, 31:59

OVERALL 3 MILE WOMEN

Carla Stapleton, 29:52
Laurie McGee, 33:08
Maddie Maratta, 35:36

OVERALL 1 MILE

Matt Mahoney, 19:15
Patrick Mondor, 23:12
Stephanie Mondor, 23:59



For the Girls

Girlfriends Guild Inc.
Empowering Women & Young Girls

For the Girls 5k

Run like a Mother!
5k Run/Walk at Wickham Park
Saturday, May 21st 2016
6:30 pm

Doctor of Women's Health



**Physical & Occupational
Therapy Services**



Proceeds to Help Breast Cancer Patients Prevent Lymphedema.

All funds go to our Scholarship Program helping Breast Cancer Patients Prevent Lymphedema and providing them with Treatments &/or Compression Garments they could not otherwise afford.

Contact our Clinic for more info:

Doctor of Women's Health

(321) 802-5655

Register online at secure.runningzone.com

Awesome Amenities!

- Sporty Dri Fit Shirts: Gals (pink) Guys (Black)
- Post race snacks & drinks
- Raffle drawing & Awesome Giveaways

THANK YOU

HEALTH FIRST PRO-HEALTH & 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 ga to swim lessons for the kids. mind and body weight-loss pro-join any Pro-Health & Fitness



classes, from kick-boxing to yo-And there's even a complete gram called LIVFIT. When you Center, you become a member

New Course Makes For Plankin' Good Times



Fair winds and following seas were with the 1,028 participants at Running Zone's Pirate Plunder on a beautiful Saturday evening. This sixth race in Running Zone's seven-race series is a popular evening event taking place at Meg O'Malley's, which offers a great pirate party after the two-mile race to quench the thirst of the pirate runners. Pirate awards were the booty for the winners, and Running Zone sponsored a costume contest as well as a Li'l Pirate kids' run. More treasure was to be found with the giveaway of a three-day cruise for two!

For some hardy souls, this was the second race of the day; these buccaneers started the morning at the SCR series race Space Walk of Fame 8k and 2-miler before taking to the streets of Melbourne in the evening. Chris Cacciapaglia scorched the course in a blazing 10:07, while Shane Streufert added a second place overall at this race to his master's win at Space Walk. Jaymes Cole rounded out third place just two seconds behind Shane. Sara Trane scored the overall win for the women after warming up with her second place overall women finish at Space Walk, followed by Melissa Taylor and Kim Hunger. Julie Hannah made hers a double with master's wins at both races.

Next up for the Running Zone race series is the last of the season, Run for the Gecko 5k, which will take place on May 7th.

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

PIRATE  PLUNDER
2 Miler
APRIL 9, 2016

Race report by Marisa Flint

OVERALL MEN

Chris Cacciapaglia, 10:07

Shane Streufert, 10:30

Jaymes Cole, 10:32

OVERALL WOMEN

Sara Trane, 11:34

Melissa Taylor, 11:53

Kim Hunger, 12:13

MASTERS

Jonathon Howse, 11:36

Julie Hannah, 12:25

TEAM DIVISION

Long Doggers Club

Running Zone

The Has Beens

SCHOOL PARTICIPATION

Westside Elementary

Team Covenant

Indian Harbour Montessori

Pictured above: These lovely lady buccaneers take to the streets at the Pirate Plunder.

Photo courtesy of Running Zone and Barry Jones.

Energetic Runners and Walkers Support 4th Annual Sunset 5K

As Winnie the Pooh would say, it was a blustery evening indeed for a run at the SunSet 5K, which took place through the neighborhood surrounding Gemini Elementary. A little wind didn't scare off the 222 finishers of this race though, and the proceeds benefitted the Gemini Technology Fund. The energy was high and it was evident at the start line how enthusiastic the students were to participate; as race director EB Ring says, "one of the best parts is that everyone got involved: the parents, the teachers, and their students!"

Austin Camps was the overall male winner in a time of 19:46, followed by 12-year-old Deve Oswald in 21:07 and Alexander Federov in 21:15. Another 12-year-old, Brooke Slviter, won on the women's side in 21:30; Sarah Young took second place and SCR member Anne Dockery rounded out the top three in 23:31.

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



Participants ran like the wind at the SunSet 5k!

Photos courtesy of Up & Running Race Management.



Race report by Lisa Hamelin

OVERALL MEN

Austin Camps, 19:46

Deve Oswald, 21:07

Alexander Federov, 21:15

OVERALL WOMEN

Brooke Slviter, 21:30

Sarah Young, 22:44

Anne Dockery, 23:31

MASTERS

Gary Whalley, 22:38

Michelle Chenard, 25:50



What or For Whom Do You Run?

TO
WRITE
LOVE
ON HER
ARMS.



Race report by Lisa Hamelin

Runners run for all different reasons. On Saturday, April 16th, runners and walkers gathered together to run for a great cause.



The Longstreets prevailed at the finish line—Rob Longstreet won overall male with a time of 18:51 and his wife, Michele won female masters with a time of 22:33. Rounding out the men were Ralf Tuennermann and George Mason for second and third place. Art Anderson took male masters with a time of 20:07.

The overall females were Lindsay Issac, Tracy Dutra and Nicole Demars for first, second and third respectively. Lindsay and Tracy were only offset from each other by one second! Nicole came in with a 21:54.

The participants were invited to write down what/who they run for. Their writings were up for display so that all could see.

The race benefits the non-profit, To Write Love on Her Arms. TWLOHA is a non-profit organization dedicated to helping people that are struggling with depression, addiction, self-injury and suicide. Local, Jamie Tworkowski started it back in 2006. They aim to encourage, inform, inspire and to help those struggling into a treatment and recovery plan. More information can be found [here](#).

Photographs provided TWLOHA.



Left: Machelle and Emily Deruelle from Melbourne cross the line.

Right: Emily Murray from Tallahassee and Gillian Flanagan from Estero, along with 585 other participants, get the race started.

OVERALL MEN

Rob Longstreet, 18:51
Ralf Tuennermann, 19:20
George Mason, 19:36

OVERALL WOMEN

Lindsay Isaac, 20:39
Tracy Dutra, 20:40
Nicole Demars, 21:54

MALE MASTERS

Art Anderson, 20:07

FEMALE MASTERS

Michele Londstreet, 22:33

TEAMS

The Has Beens, 1:20:39
Clemente Fun Run, 1:31:36
Praestantia, 1:36:01



RUN A MILE WITH STEVE HEDGESPETH

Name: Steve Hedgespeth

Family: Wife Kelly, daughter Kara (age 9) and son, Colin (age 7)

Age: 37

Originally from: Baltimore, MD

Currently reside: West Melbourne

Number of years running: 24

Began running because: I wanted to be on a high school sports team and cross country didn't cut anybody.

I knew I was hooked when: I made the varsity cross country team my sophomore year in high school. In my first race, I ran a PR in the first mile of the three mile race and just kept going.

Race personal records (PRs) :

5K Collegiate: 15:33, Post-Collegiate: 16:33

10K Collegiate: 32:39, Post-Collegiate: 34:55

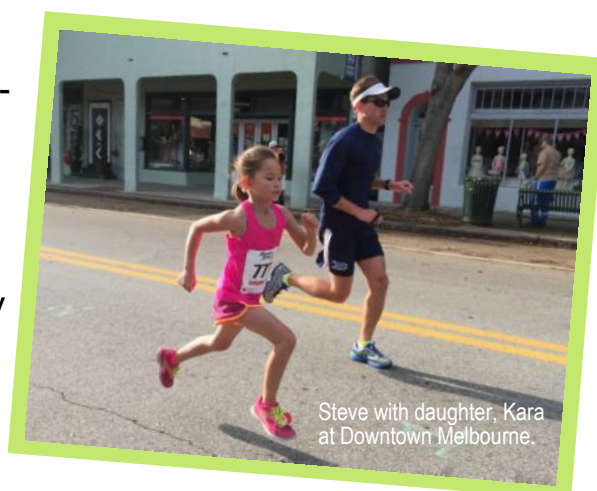
10-Mile Collegiate: 54:28, Post Collegiate: 58:34

Marathon Collegiate: 2:39:01, Post-Collegiate: 2:48:52

What has been my biggest running accom-

plishment to date: I would say my biggest running accomplishment was making the cross country and track teams at the University of Maryland. I was cut from the team at walk-on tryouts my freshman year despite winning the 4-mile try-out race (no walk-ons made the team that year).

I doubled my weekly mileage and did some pretty insane workouts and made the team my sophomore year.



Steve with daughter, Kara at Downtown Melbourne.

RUN A MILE WITH STEVE HEDGESPETH



Favorite local and/or out of town race: I like all the ROY series races, but my favorite is probably the Turtle Krawl 5K. The Running Zone races are a lot of fun for my kids, but I really don't have the speed to compete at the shorter distances.

Favorite places to train: I usually do my long runs in the neighborhoods of Indialantic and Melbourne Beach. There's no stop lights, little traffic and the asphalt is a little softer than the concrete sidewalks that prevail around where I live. I actually do most of my faster paced workouts on the treadmill now. It seems to be better for my joints and I have to go fast or fall off! I listen to music so it's not quite so boring.

Running Goals: I always want to do well in the ROY standings and would like to set some more course PRs in the races left to go this year.

Training Philosophy: Everybody's different, but for me the key seems to be to get at least 2 quality workouts in every week: a long run and either a tempo



Steve racing in the Space Coast Half Marathon.

RUN A MILE WITH STEVE HEDGESPETH

run or interval workout. The rest is usually recovery runs or the elliptical machine. It's important to train consistently, but I'm not afraid to take a day off. It's also important to take some longer recovery periods occasionally. I usually take at least a couple of weeks off at the end of the ROY series each year and take a few mini breaks throughout the year. It keeps me fresh.

Running Partners: I run by myself most of the time. It's hard to coordinate around work and family schedules. I try to squeeze my run in whenever I can.

One piece of advice that I would give to a new runner: It all depends on the person's goals. If the goal is to get fit, lose weight, etc. , then my advice is to be consistent. Establishing the routine is often the hardest part of starting to run for the first time, or getting back into it after some time off.

Funniest or oddest thing I've seen while running: I remember one time I was running through a torrential rainstorm and could barely see a thing. I was running along the side of the road, when all of a sudden I was in water up to my shoulders. I was in kind of a zone, and I just kept going and I don't think I even broke my stride. I still don't know what I fell in. It must have been pretty amusing if anybody saw me.

Other interests: I spend most of my free time doing stuff with the family. We do a lot of day trips to the amusement parks and such, as well as the occasional weekend getaway. It seems we're always planning some sort of vacation.

Last movie I saw: Race (the Jesse Owens movie). I'd recommend it. It was pretty inspiring.

Favorite pre-race meal: For the longer races, any kind of pasta is good. I don't think it really matters for the shorter races.

I can't live without my.... I've gotten pretty addicted to my GPS watch.

Last time I took a selfie: I let my wife handle all the photography. She's an expert at it!



Steve and Colin enjoy being out on the course.



If you would like to be featured in a future "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa Hamelin](mailto:Lisa.Hamelin@spacecoastrunners.org).

Long Distance Relationships

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

A Long Running Southern Tradition

Looking to go with a group of running friends to a racefest and make a weekend out of it? The Charlotte (NC) Racefest, one long day's drive or a short flight may be an enjoyable option. The particular attractions of the Charlotte Racefest are two-fold: the concurrent start of all three races which accommodates participants of different running and walking abilities, as well as the very accessible location with hotels, post-race activities and dinner options at only a few minutes' walking distance



The 15th annual Charlotte Racefest was held on Saturday, April 16, under a very cool blue sky, with the start and finish next to the upscale South Park shopping mall and the host hotel, the Hilton Double Tree. All races – a 5K, a 10K and a half marathon – started at 7:30am, which made for a somewhat crowded start with just under 1,800 participants. The course took runners through a leafy residential suburb with slightly rolling hills of Charlotte, with the 5K branching off at mile 1 and the 10K going its own way at mile 3. There were plenty of water and Gatorade stops along the way, but only bananas and oranges afterwards, with energy bars limited to the half marathoners. However, there was beer for everyone and an excellent rock band added to the post-race ambience.



Article by Skip & Marion Oswald

This racefest has no expo, but early packet pick-up was handled efficiently at Dick's Sporting Goods at the mall the day before. This being the 15th anniversary of the RaceFest, a pair of running socks was added to the short-sleeved technical shirts given to all runners. There were finisher's medals too. Awards by five-year age groups consisted of hoodies and regular cotton t-shirts. Results were posted on www.rmssports.com.



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



MAY 2016

May 1

New Jersey Marathon
Oceanport, NJ

Carol Ball, Cindy Bishop

May 1

Mountain Goat Run
Syracuse, NY

Skip & Marion Oswald

May 7

Grand Canyon Half Marathon
Tusayan, AZ

Beverly Glenn

May 8

Tinkerbelle Half Marathon
Anaheim, CA

Kelley Lake

May 14

Ragnar Relay Tennessee
Chattanooga to Nashville, TN

Lori Kruger

May 29

Rio de Janeiro Marathon
Rio de Janeiro, Brazil

Cindy Bishop

May 29

Boston Run to Remember Half Marathon
Boston, MA

Rick Foresteire, Nancy Wingo

JUNE 2016

June 4

Pelee Island Winery Half Marathon
Pelee Island, ON, Canada

Lori Kruger

June 5

Echo Half Marathon
Osteen to Debary, FL

Brittany & Shane Streufert

June 18

Grandma's Marathon
Duluth, MN

Joe Hultgren, Micah Vanatta

June 25

Life's a Beach Triathlon
New Smyrna Beach, FL

Cris & Kirt Zecman

July 2016

July 10

Utica Boilermaker 10K

Utica, NY

Skip & Marion Oswald

September 2016

September 10

Great Smoky Mountains Half Marathon
Townsend, TN

Beverly Glenn

September 17

Bar Harbor Bank & Trust Half Marathon & Fall 5K
Acadia National Park, ME

Rhonda Creek

See your next
out-of-town
race listed.

It's easy! Just click
on the link.

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BOSTON



Chris Cacciapaglia

Every Marathon Has A Story

By Patti Sponsler

On April 18, some 30,000 global athletes lined up at the Boston Marathon start for the 120th running of the world's most richly historic and oldest annually contested marathon. By day's end, each had their own story to tell. Here are a few from Brevard:

2:42:40 - Chris Cacciapaglia, 26, Melbourne

It's hard to get Brevard's fastest 2016 Boston athlete to talk about his accomplishments. Cacciapaglia will mention he has run four marathons now and that he's a grad student at FIT and does some triathlons. But it took some digging to discover that he cranked a 2:33:52 PR at the 2014 Five Points of Life Marathon in Gainesville; he is actually a Dec. 2016 Ph.D candidate and that five days after running Boston this year, he competed in the USA Triathlon Nationals Collegiate Olympic-distance triathlon in Clemson, South Carolina.

Oh, and he only began running about six years ago.

"I actually didn't run until my junior year," said Cacciapaglia, a student transplant from Vashon, Washington. "I was a soccer player and I decided that I wanted to get on the team but couldn't. I then went and talked to the (FIT head cross-country) coach, Pete Mazzone, and he said 'yeah, come join the team'.

Turned out Cacciapaglia was a natural and, like most every other

runner, became attracted to the 26.2-mile siren song.

Last year was Cacciapaglia's first taste of Boston.

"I ran a 2:40:33 but had a really, really bad race, or felt I did," he said. "I didn't run smart at all and I didn't really train for the race but was doing a lot of biking and swimming for triathlon."

This year, Cacciapaglia changed tactics.

"I trained for quite a while and then planned to start the race more conservatively," he said. "I went with Shane (Streufert) and John (Davis) and we were planning on going about to the half together and then I was going to lower the pace a little bit. But it turned out to be a really tough day and I think it was at mile six where we were all like 'wow, this is a lot harder than it should be'."

And the Ph.D Biological Science candidate who studies coral reef ecology and how it interplays with climate change offered his final thought on the slower pace.

"I think it was the warmer weather, mostly," he said. "My time was two minutes slower but I placed about 100 people better this year. Last year I was 295th OA and this year 190th."

3:15:17 - Julie Hannah, 42, Melbourne

When Betsy Butler crossed the finish line of the 2014 Boston Marathon, she carried a photo of her dear friend, Julie Hannah, emblazoned with the words 'warrior princess' and 'go, Julie!' peeking out from the back straps of her jog bra.

Hannah, who had qualified to run that year, was forced to remain home, undergoing chemotherapy for the breast cancer that had been diagnosed four months earlier. Although she began running again in June of that year, the mother-of-two and owner/ designer of Maddie Kay handbags (<https://www.etsy.com/shop/MaddieKayHandbags>) still had to endure multiple rounds of radiation and then targeted therapy until January 2015.

You have only to look at this year's Boston Marathon results to know that Hannah - now declared cancer free - is, indeed, a warrior.

"My A goal was a 3:10 which I was training for but the weather being what it was, I knew I had to adjust my goal," she said. "So my B goal was to at least try to set a PR and that is what happened."

On the undulating and unusually warm Boston course, Hannah knocked 37 seconds off her previous marathon PR set on the cooler, flatter Grandma's course last June.

"I've run 10 marathons now and I've never been as comfortable physically and mentally as I was in Boston," she said. "At mile 22 I got a second wind and I just picked up the pace and said 'let's see what I can do these last few miles'."

"I told Doug (Nichols) that there was a photographer there where you turn on to Boylston and that I should tell Coach (Doug Butler) that sometimes it is ok to smile during a race. The look on my face in that photo just sums up my whole entire day."

Hannah's performance is a great advertisement for good nutrition. Post-cancer, she cleaned up her diet and began growing many of her own vegetables.

"I think my body is maybe performing at a better level now that I've gotten all the junk out of my system," she said. "I stay away from all the processed foods and sugar and stuff like that. Anything I eat I try to make sure it is nutritious and good for me."

For this year's race Hannah also upped her highest mileage weeks to 70-75 miles and added some of Florida's rare rolling hills to her training.

"We did all of our last longer runs - 22 miles and higher - in Clermont and I think that really helped because the hills in Boston, honestly, did not affect me that much."

Hannah plans to run Boston again next year - in person - with Betsy Butler.

3:23:00- Shane Streufert, 44, Viera

After Cacciapaglia crossed the finish line, locals were checking social media for two more of Brevard's best - Davis and Streufert - to come rolling through. Davis pulled in at 2:53:54 with Shane nowhere in sight.

As the clock kept ticking, six more locals - including Hannah - ran across the big yellow and blue finish line painted on Boylston Street.

But where was Streufert?

At 3:23:00, more than forty minutes off his personal best, the Plan-Source CFO's chip finally registered his completion.

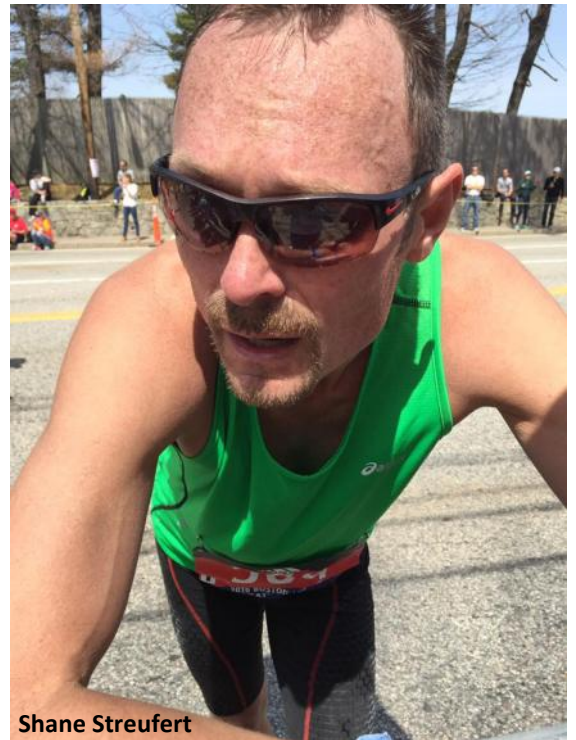
The question became 'what happened'?

While other folks may have made up excuses, over-played an injury or blamed others for an off-day, Streufert's after-race Facebook post came from an honest, hurting heart.

"Today was a very humbling run for me", he wrote. "I just thank God for the strength to finish. It's been a long time since I ran a race that it



Julie Hannah



Shane Streufert

was all I could do to finish.”

That simple post drew a tremendous response from the local running community showing support and encouragement for Streufert as well as genuine appreciation for the acknowledgement that sometimes, despite our best efforts, even the fastest of athletes can have a bad day.

A week later, Streufert still wasn’t quite sure why his body betrayed him - especially since he had the best marathon training cycle to date and felt fairly confident going in.

“It was warmer than I liked but I don’t think I can blame it all on heat,” he said. “Some days it’s just not there. Maybe your goal is too aggressive or you weren’t in the shape you thought you were and sometimes your body just doesn’t respond.”

He postured that racing three marathons in the past 10 months also might have taken a toll.

“Last time I ran a big PR was at Grandma’s,” he said. “I had a fourteen month (marathon) lag there from the last Boston. I may try taking a year off now and run only halves and shorter distances.”

5:05:30 - Anne OConnor-Smith, 50, Satellite Beach

It may be going out on a limb here but the guess is that no one enjoyed Boston’s course this year more than Anne OConnor-Smith. The woman who had dreamed of running the historic route for more than 16 years has also been fighting a very rare

disease, Niemann-Pick (NP), a lysosomal storage disease that affects the spleen, liver, lungs, heart and, in some cases, the bones and central nervous system.

The closest OConnor-Smith came to qualifying for the race was in 2007, when she missed her goal by seven minutes.

“I was in my first clinical trial then and the physician directing it wrote a letter to the BAA asking for a waiver due to my medical condition,” she said. “I wanted to be the first person with NP to finish Boston. We never received a response.”

As the disease progressed and her race times deteriorated, OConnor-Smith tried to enter the race via a charity related to her condition. Unfortunately, she was then enrolled in a second clinical trial and was told that her participation would be considered a conflict of interest.

It was probably just as well as for the first three months of the trial - an enzyme dose escalation study - OConnor-Smith laid in bed at Mount Sinai hospital in New York from Monday through Thursdays attached to a cardiac monitor while the enzyme was injected and multiple vials of blood were withdrawn.

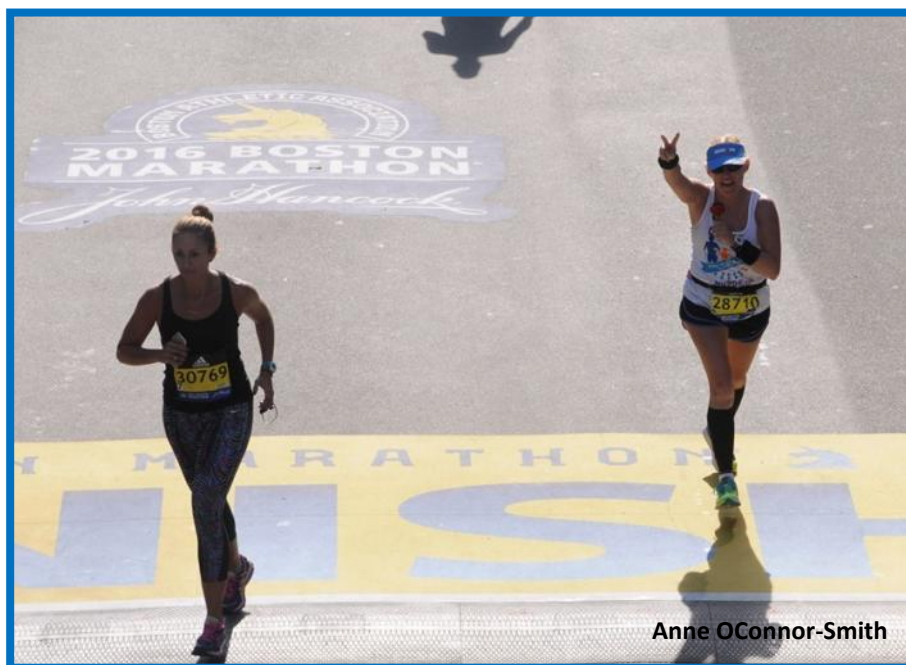
“As time went on they let us leave earlier and earlier in the week but it was still so hard to work out,” she said. “I remember trying to just run four miles and thought it was impossible.”

This year - thanks to the clinical trial - a healthier OConnor-Smith was accepted to run Boston for the National Organization of Rare Disorders, Inc.

“Running Boston was the coolest thing I’ve ever done,” she said tearing up. “I had been wanting so long to go there and it was obviously the time to go. Our team was treated like rock stars.”

OConnor-Smith wore a singlet with the name of one of her patient partners, Cassie, who had passed away from the disease in Dec. at only 21 years-old.

“Her dad told me that she would be running with me and I could feel her on the course the entire race,” she said. “No matter how fast or slow I’ve run a marathon I’ve never run the entire thing. Always during the last four to six miles I’ve dragged myself



Anne OConnor-Smith

BOSTON



through. This time I ran the whole way - even with the hills."

"It was so fun with all the people - kids handing out water and orange slices and candies and chews. One lady had both arms amputated above the elbow and only one leg. I hugged her so tight. This woman has no arms and one leg and she was cheering for me. I went back and hugged her again."

It was one of the best days of my life for so many reasons," she said. "Cassie was with me; the crowds were just crazy awesome; I was on an amazing team; because I'd been wanting to be there so long; because I wanted to be the first person with NP to do it; because it was a beautiful day. The planets just aligned for me."

OConnor-Smith is living proof the charities that support research can help prevent or cure a disease and improve the quality of the lives for those who live with the disease.

"My spleen has shrunk in half - it had been eight times the normal size. My liver was 1.5 times normal and is now fine. My lung functions went back to normal. My platelets, which often were low, got better. And I used to be anemic and now no longer have to take iron."

OConnor-Smith has only raised about half of the \$5000 required by the charity. She is able to continue to raise funds

until May 17. If you would like to contribute log on to <https://www.crowdrise.com/runningforrarediseas/fundraiser/anneoconnorsmith>

Congrats to all of Brevard's athletes who completed Boston this year including Danny Barrett, Titusville, 3:49:00; Ilse Berube, Merritt Island, 4:07:43; Tony Bills, Indialantic, 3:41:18; Chris Cacciapaglia, Melbourne, BQ, 2:42:40; Lindsay Carl, Melbourne, 3:39:09; Jonathan Campbell, Viera, 4:17:33; Steve Chin, Satellite Beach, BQ, 3:01:25; John Davis, Cargo City, 2:53:54; Sal Farino, Cape Canaveral, BQ, 3:32:14; Julie Hannah, Melbourne, BQ, 3:15:17; Joe Hultgren, Melbourne, 3:49:19; Tory Johansen, Melbourne, BQ, 2:58:57; Howard Kanner, Rockledge, 4:13:36; Jackie Kellner, Melbourne, 5:15:30; Scott Larson, Melbourne, 3:03:15; Doug Nichols, Melbourne, BQ, 3:17:57; Alison Nolan, Indialantic, BQ, 3:03:55; Anne OConnor-Smith, Satellite Beach, 5:05:30; Steve Oliver, Satellite Beach, 4:04:24; Abe Oros, Palm Bay, BQ, 3:51:08; Cheryl Ritter, Viera, 4:13:36; Ron Ritter, Viera, 3:21:32; Shane Streufert, Viera, 3:23:00; James Stofel, Merritt Island, 3:27:28; Cheng Ten, Viera, BQ, 3:42:18; Kristen Tinker, Merritt Island, BQ, 3:27:30; Micah Vanatta, Titusville, 3:41:28; Dina Viselli, Melbourne, 3:49:01; John Wall, Viera, BQ, 3:07:26; Midori Wiles, Melbourne, 4:16:04.

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Running Can Ruin Your Life!

By Angela Leeds

You read that headline correctly—Ruin. For those of you who have read my other “3” articles (thanks to both of you), you know that I still consider myself a newer runner. I began my new running life in November of 2013. At the time, I had two expectations: get skinny and run easier. Still waiting for both.

What I didn't expect was how much running would change my lifestyle. No longer do I worry about getting concert tickets; I worry about races selling out. I don't wonder what I'll do this weekend; I have a race scheduled. Spill something on my favorite shirt, no big deal, it was free.

There are a lot of benefits to being a runner, but the fact is— if running is a passion, you are giving up things that the rest of the world takes for granted.

1. **Shopping**— Who has time to browse the mall for hours when you could be adding up miles on your Garmin? If you do make it to Marshall's with plans to buy a new outfit for a special outing, you'll find yourself in the workout section within ten minutes. Who wants to spend \$60 on something you will wear only a few times? A good sports bra and pair of socks are a much more practical investment.
2. **Sleeping In**— Florida has three seasons of hot and a season of warm. What are you do-

ing this weekend? Running a 5k? Be there by 6:30 A.M. A training run? Get out the door before 7 or earlier. Of course, you can't roll out of bed and just show up. For a simple hobby that you were told just requires shoes, the packing list is extensive: shoes, outfit, bib, watch, inhaler, hat, socks, safety pins, towel, water bottle, arm band, headphones, phone. Take away another 15 to gather and 15 to eat.

3. **Comfort Zone** — Whether you run alone or in a group, running pushes you mentally and physically. The thoughts fly, and soon, you are thinking about ways to solve the problem you were avoiding. Also, you can't spend hours with running buddies and not have crazy conversations about crazy things. Runners talk about poop, sweat, and body aches more than any group I know. In addition, runner friends show their love by coaxing you to push through pain or encouraging you to keep going, even though you would prefer to take a cab to the donut table at the end of the race.

As the rest of the world sleeps and shops, runners laugh and make new friends while waiting in line to use the Porta-Potty. After all, we are the only ones who understand us. Pay to run 13.1 miles, post pictures with no make-up, and eat pizza and drink beer at 8 A.M.? Sign me up!



Race Calendar

5/1	USA Beach Running Championship Half Marathon/10K	6:41 am	Shephard Park, Cocoa Beach	info@thefloridamarathon.com
5/1	Eat My Crust 5K	7:00 am	Viera Pizza, Viera	brittanystreufert@gmail.com
5/7	Run for the Gecko 5K	7:00 am	EFSC Pavilion, Melbourne	events@runningzone.com
5/7	AIDS Orphans Mud Run	8:00 am	Teen Missions Int, Merritt Island	mudrun@teenmissions.org
5/8	Mother's Day Fun Run and Virtual Run	6:30 pm	305 S. Washington Ave, Titusville	runsalot@cfl.rr.com
5/14	Outrun the Sun 2 Miler	7:30 am	Pro Health Fitness Center, Viera	events@runningzone.com
5/15	Blueberry 5K	8:00 am	Holland Farms, Mims	runsalot@cfl.rr.com
5/15	Run for the Responders 5K	8:00 am	Wickham Park, Melbourne	jpasko@familiesoftheshield.org
5/21	Rescue Warrior 5K	7:30 am	Duke's Smokehouse BBQ, Satellite Beach	rescuewarrior5k@outlook.com
5/21	No Child Left Behind 5K	8:00 am	Max K Rodes Park, W. Melbourne	ncwb@changingtidespros.com
5/21	For the Girls 5K	6:30 pm	Wickham Park, Melbourne	jennyalmond@gmail.com
6/4	Health First CPR 5K	7:00 am	Space Coast Stadium, Melbourne	Dana.KelleyAshley@health-first.org



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.



CUT HERE

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.*



May

Welcome to those in **RED**,
who are moving up to a
new age group!

1	Tom Ward, Debra Sloane	16	Jerilyn Bird, Roz Chapman
2	Keith Kowalske	17	Karen Stokes , Lacey Higgins
3	Steve Hedgespeth, Chuck Mathews, Brandon Philbeck, Kristin George	18	Jack Starr, Jessica Levi, Devin Karla
4	Molly Kirk, Tara Clark	19	Monique Pridgin
5	Wolfgang Jensen , Eric Larkin, Shelia Hamblin	20	Kira Furton-Sparks , Patricia Lucas, Rhett Collins, Ben Yeargin , Michael Kisner, Amy Pederson
6	Connie Harvey, Chris Reesh, Robert Schneider, Megan Hecht	21	James Chiravalle , Devon Engel, Janna Griffin, Maria Dishaw, Mark Dent, William Hickman
7	Paul Kennedy, Maria Alemang	22	Xavier Cabrera , Kathy Bils, Kris Hansen, Anna Squires, CJ Mitchell
8	Virginia Lamb, Jennifer Benthall	23	David Bills, Sami Kuperberg, Linda Kegut, Sebastian Cooper
9	Patricia Mankowski, Lea Anne Richard, Tyler Heminger, Daniel Watts, Anuhea McDowell	24	
10		25	Jennifer Penna, Michael McNeese, Michelle Moore, George Jarman
11	Anne Dockery, Rachael Breckinridge, Callie Hardwick	26	Tristan Webbe, Ed Springer, Nancy Wingo, Michael Higgins, Jessica Frank, Aiden Fischel
12	Marion Oswald	27	
13	Katie Jacobus , Matt Logue	28	Norman Miller, Kelley Lake, Marty Ransom
14	Patricia Kiesselbach, Ember Michaels	29	Tyler Piercy, Sandy Walker, Pono McDowell
15	Tim Unrue , John Lucas, Riley Higgins , Ron Getska, Patty Garten	30	Pat Mister, Monica Hall , Anjay Karla
		31	Rick Foresteire, Ron Ritter, Bethany Demoss, Richard Doyle