

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

APRIL 2017



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Bagels are an Athlete's
Go-To

Run a Mile with
Jackie Schmoll

Castner's 40 Year
Streak at Gate River
Run



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Make sure you're registered for Saturday's Space Walk of Fame 8K!

On Our Cover: The 35th running of the Downtown Melbourne 5K took place on the streets of downtown Eau Gallie this year. Men ran their 5K first, starting on Highland Avenue.

Above: Kenny Brodrick is happy to receive his third place medal he won for his 19:51 finish in the men's 50—54 age group.

Photo credits: Brittany Streufert

SCR Membership Information

Renew your annual membership with no extra fees! The website no longer charges any additional online fees. Now, save the cost of a postage stamp and renew online.

www.spacecoastrunners.org

SPACE COAST RUNNERS

Design Director **BRITTANY STREUFERT**

Contributing Editor **MARISA FLINT**
Contributing Editor **ANGELA LEEDS**
Contributing Editor **KRISTEN KLEIN**
Contributing Editor **KRYSTI DIXON**
Race Results **ANNE DOCKERY**
Photography **DOUG CARROLL**
Advertising **LISA HAMELIN**

WEBSITE

Website: SpaceCoastRunners.org

Runner of the Year Series **LORAN SERWIN**
L.Serwin@cfl.rr.com

Results/Calendar **MATT MAHONEY**
MattMahoneyfl@gmail.com

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.



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](https://www.facebook.com/spacecoastrunners) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

Follow us on [Instagram](https://www.instagram.com/spacecoastrunners) and [Twitter](https://twitter.com/spacecoastrunners) for ongoing pictures, tweets and updates from SCR. Feel free to tag us in your posts by using **#spacecoastrunners**.

Check out the [SCR Blog](http://SpaceCoastRunners.org) on our website for good stories and interesting tidbits.

HOWARD KANNER
SCR President

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KIMBERLY TOMLINSON



SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954



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 most, email us by [clicking here](#).

Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.

Advertise in this newsletter.

* FREE Ad * \$25 Half Page *
\$50 Full Page (includes 1 eBlast)

To advertise your business or race in the SCR newsletter contact Lisa at lisahamelin@gmail.com.

Newsletter Positions Available:

Editor In Chief
SCR Series Writer

Social Media Positions Available:

SCR Social Reporter—capture the excitement of race day

Website Positions Available:

SCR Blogger—twice monthly posts

If you have any interest in our open positions please email:

info@spacecoastrunners.org



MELBOURNE



She has arrived! Roberta Osterling takes control of the throne after completing the Dragon Slayer 2 Mile on Sunday, March 19th.
(Photo credit: Simple Media/Running Zone)



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



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

Are you superstitious? Do you perform some ritual before each race to ensure a quality run? Anything from special pre-race meals (I happen to like sushi :-), warm up routines, wearing specific articles of clothing (hopefully they get washed between races), to running one last workout have all been seen and done by most of us. There are folks who like to preview the course, to learn every turn, every tangent, every hill, and every Port-O-Let too! Maybe your results were not up to snuff, possibly because your banana was too green, or Publix did not have your favorite Pop-Tart flavor?

You put a lot of time and effort into preparing for your events, and no one likes to fall short of their expectations. If the only guaranteed way to not fail is to not start, do you think mankind would have crawled out of the primordial ooze to bask in the Florida sun, and rise up on two legs to chase their dreams, hopes, and dinner? Every race that you run is a success. You do not have to be in it to win it, but you do need to get off your tush, rise up from

your La-Z-Boy, and go, go, go!

It's easy to make up excuses. Do you have kids? Put them in the stroller, on their bicycle, or get them to run with you.

Is the distance more than your current fitness level can manage at your goal pace? Walk-jog the event. Are you intimidated by the crowds? Go with a group of friends. Can't get anyone to join you? Their loss - go and meet new people who share your love of the sport.

A race does not need to be about winning (unless you are that fast), but it does have to be about setting goals, and reaching for the Brass Ring!

See you on the road.

-Howard

Howard Kanner, SCR President
president@spacecoastrunners.org

PS — The SCR ROY Series has only two more great events; Space Walk of Fame and Eat My Crust - I hope to see everyone there :-)



Space Coast Runners Runner of the Year Series

Race #10 is the Eat My Crust 5K on 05/07/17.
To register online: www.eatmycrust5k.com



APRIL BOARD MEETING

April 17, 2017 — 7:00pm, Pro-Health Viera

Learn more about your club. All members are invited and encouraged to attend this meeting.



Join us for the last race in the 2016-2017 Running Zone Foundation Race Series:

REGISTER TODAY!



#runforthegecko5k



Run for the Gecko 5K

14th Anniversary Celebration!



Health Plans

Saturday, May 13, 2017 @ 7:00am

Wickham Park Community Center, Melbourne, FL



- Pancakes & eggs for all finishers by Pizza Gallery & Grill
- Champagne (21+), strawberries & birthday cake!
- Free Kid's Run with Zippy the Gecko
- Random Giveaway of a Dell Laptop!

Benefits Leukemia & Lymphoma Society's Team In Training

www.runningzone.com/series

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890

A BIG Thanks to our SCR Sponsors!



THANK YOU FOR YOUR GENEROUS SUPPORT

LOCAL FUN RUNS

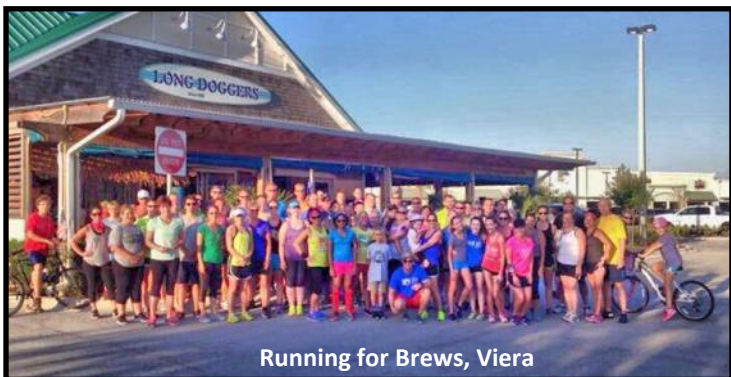
It's always better to run and walk with friends! The Brevard fitness community offers tons of free fun runs and opportunities to find a group to train with.



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
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	Sandpoint Park, Titusville	6:00 am	Janet Canfield— jcanrun@hotmail.com 321-745-0122
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://goo.gl/HHfG3C
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	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club , Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Charlie & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues (1st/3rd of each mo.)	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	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amuck Running Group, Taco Bell across from Titusville High	6:30 pm	Robert Schneider (rschneider85@gmail.com)
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 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)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

Email socialmedia@spacecoastrunners.org to add or update your fun run information.

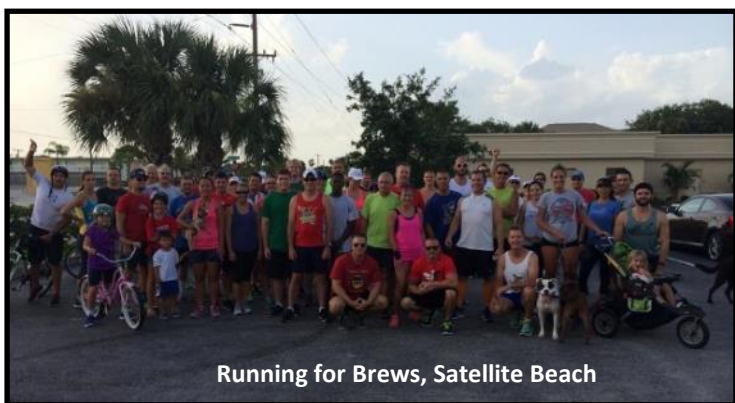
LOCAL FUN RUNS & WALKS



Running for Brews, Viera



Intracoastal Run Club, Melbourne



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Long Doggers, Indialantic



Running Zone, Melbourne



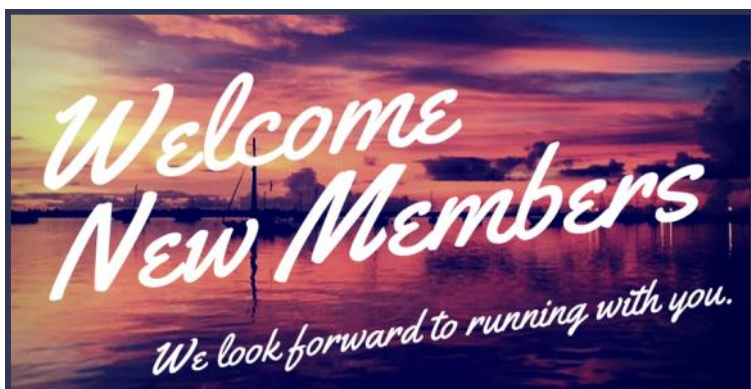
Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

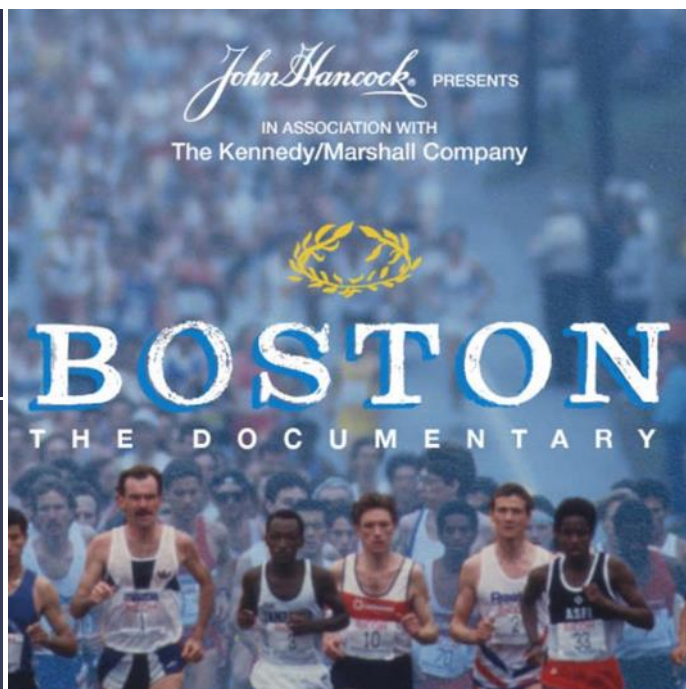
SCR Central

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



Steffanie Brown
Kathy Compton
Andy Dutra
Tracy Dutra
Waverly Dutra
Stephanie Hahn
Rob Hannon
Jo Kiel
Ryan Kiel
Becky Oguete
Joel Oguete
Ian Oguete
Noah Oguete
Greg Scott
Kaimakani Tavares
Katherine Tavares
Kia Tavares
Kate Vandiver
Jake Willingham

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 Running Zone in Melbourne.



Join us for "A Night Out with Space Coast Runners" on Wednesday, April 19

Dinner & Drinks at Pizza Gallery
at the Avenue Viera
6:00pm- 7:15pm

Then it's on to the ONE EVENING ONLY nationwide showing of Boston: An American Running Story

7:30pm Showtime
at the Avenue 16 AMC Theatre
2241 Town Center Avenue

Purchase tickets ahead of time at:
<https://www.fathomevents.com/events/boston>

In addition to being a FUN evening, this will be a 'Pizza with a Purpose' Event. 15% of dinner sales to members that evening goes back to SCR! Facebook event: <https://goo.gl/hY7vyH>

SCR Central

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

Ouweleen Sets 76 Year Old Course Record at Gate River Run 15K

Space Coast Runners know that every time Johnny-O steps up to a starting line there's a good chance of a record-setting run happening. And happen it did at the 40th Gate River Run 15K in Jacksonville on Saturday, March 11, 2017. The race is the USA Championship 15K event and Ouweleen ran the course in a time of 1:11:15 which secured the Sebastian speedster first place in the men's 75-79 age group.

Along with the first place time goes the USA 15K Age Group Title. In addition, his time of 1:11:15 bests the previous 76-year old runner's individual course record which was set sixteen years ago in 2001 by 10 seconds. As the official course record holder for 76-year old men, Johnny tells us he is proud to represent "Space Coast Runners".



Record-setting John Ouweleen (left) catches up with fellow SCR member, Sal Farino (middle) who placed in the men's 60-64 age group and Michael Reynolds (right). Photo credit: 904 Fitness

CADENCE KITCHEN



Lori Nedescu is obsessed with cappuccinos, beets, and fun cycling kits! She holds a master's degree in human nutrition and practices as a consult dietitian, recipe developer, and elite athlete. As a sub 3-hour marathon runner and CAT1 road cyclist, Lori knows how important quality nutrition is to athletic performance as well as overall well-being. When she's not training or consulting clients, you can find Lori putting her creativity and photography passion to use in the kitchen making delicious, colorful, and nourishing whole food based meals.



Visit her at TheCadenceKitchen.com or @CadenceKitchen for more!

SCR Central

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

SCR Members Celebrate Triathlon Success

March 26, 2017 — Cocoa, FL

In its second year in Cocoa Village, MultiRace featured a variety of events for local and out-of-town competitors at the scenic Tri Cocoa Village Sprint and International Triathlon | Duathlon | Aquabike competition. Not surprisingly, Space Coast Runners members produced impressive results at the event.

In the Tri Cocoa Village International Triathlon, SCR's Tricia Rydson was fabulous a day after winning her age group at the Downtown Melbourne 5K. She took the overall win for the women in 2:18:36. The event was comprised of a .5 mile swim, 24.9 mile bike and a 6.2 mile run. For the men, Joel Kinnunen showed good form in the longer distance with his second overall finish in 1:58:30.

Next up in Sprint Triathlon (swim .25 mi, bike 12.4 mi, run 3.1 mi) eight SCR members made it to the podium in their respective age groups and Mandy Gillespie scored a third overall victory in the women's Fat Tire division in 1:53:28.

In the Duathlon (run 1 mi, bike 12.4 mi, run 3.1 mi) Michelle Smurl ran and biked her way to third place overall for the women in 1:21:10 and Keri Owen captured the Female Masters title by completing the course in 1:26:11.

SCR Results: International Distance — Anne Dockery, 3:01:40 1st AG; Lori Kruger, 2:31:43 55-59 1st AG; Matt Mahoney, 2:37:40 2nd AG; Ned Voska, 2:54:39; Mei Wong, 2:55:23 50-54 3rd AG.

SCR Results: Sprint Distance — Janet Berner, 1:28:08 55-59 3rd AG; Robin Fratto, 1:28:16 50-54 1st AG; Timothy McGee, 1:18:22 35-39 3rd AG; Willy Moolenaar, 1:53:33 75-79 1st AG; Susie O'Connell, 1:56:21 65-69 3rd AG; Joseph Pelletiere, 1:26:18 45-49 3rd AG; Tom Ward, 1:58:09 80+ 1st AG; Joseph Werner, 1:46:21 60-64 1:46:21

SCR Results: Sprint Duathlon — David Farrall, 1:42:33 65-69 2nd AG; Elaine Ferriola, 1:36:44 45-49 1st AG; Greg Griffin, 1:54:64 60-64 3rd AG; Sara Griffin, 1:52:44 2nd Female Fat Tire; Alysson Lyons, 1:39:58 35-39 1st AG; George Oswald, 1:32:29 1st Male Fat Tire; Marion Oswald, 1:40:54 1st Female Fat Tire



SCR Member, Mei Wong (pictured right) celebrates her third place podium finish at her very first attempt at racing in the International distance division.

Photo credit: Erin Hu.

Share your finish line success with SCR. If you have results you would like featured in an upcoming newsletter, email socialmedia@spacecoastrunners.org

SCR Central

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



On February 25, SCR president, Howard Kanner presented Deb Spence, County Coordinator for [Special Olympics Florida - Brevard](#)

[County](#) with a donation of \$7,175 from Space Coast Runners. The proceeds will be used to support the athletes' development, events and travel as they compete in the Special Olympics games. SCR has been giving to the charity since 2010.



As you can see at a quick glance, **Ceal Muldoon Walker** wasn't racing your typical 5K course in Florida on March 25th. She was in fact racing at the **U.S. Snowshoe Nationals** in Bend, OR. Ceal raced a course covered parts of Mount Bachelor in Central Oregon.

Amazingly the Floridian (the only one in the entire competition) placed 8th overall in the Senior Women 10K and first on the U.S. National Women's Snowshoe Team with her time of 1:11:53. Congratulations Ceal and way to represent!

HELP SATELLITE BEACH HIGH SCHOOL REACH THEIR GOAL!



Satellite High School is in the middle of a fundraising effort to raise \$300,000 to repave and rubberize their track. They are 2/3 of the way there with fundraising but could use help getting to their goal before March so construction can begin in May.

With the upgrade, SHS will be able to host meets that will benefit every track athlete in Brevard County. Plus, the track will be open year round 2 nights a week, Tuesday and Thursday, to ALL residents of Brevard. **To make an online donation:** Go Fund Me page: <https://www.gofundme.com/sdrbc-tuf?ssid=849417984&pos=8>

Direct donations: Make check payable to: Satellite Distance Runners Track Refurb
Mail to: Satellite High School, 300 Scorpion Court, Satellite Beach FL 32937. Any questions please contact Doug Butler at 321-749-9778 or email him at coachbutler@gmail.com.



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SCR Central

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

Recognize Outstanding Club Members!



HALL OF FAME GOLDEN SHOE AWARD

We're looking for members to nominate fellow members to the SCR **Hall of Fame** for the accomplishments and work they have done in support of the running community.

The nomination must include:

- 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
- 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.

The **Golden Shoe Award** recipient does not have to be a member of SCR. The only requirement to be selected as the recipient 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.

Nomination Deadline: April 15, 2017

Email: president@spacecoastrunners.org

SCR BOARD ELECTIONS

The 2017/2018 SCR Board Member elections will be held in May.

SCR is currently accepting nominations for Board Members. If you are interested, please contact SCR Secretary, Lisa Hamelin via email at lisahamelin@gmail.com and provide the following information:

1. Short bio with a picture of yourself.
2. Why you would like to serve on the SCR board.

All interested candidates will be put on the electronic ballot which will be sent to all current members for voting. Results will be announced in June.

Board of Directors Expectations

- Support SCR's mission, purposes, goals, policies and programs.
- Serve actively on committees.
- Attend activities and events sponsored by SCR whenever possible.
- Prepare for and participate in monthly board meetings and committee meetings.
- Serve SCR as whole rather than any special interest group or constituency.

SCR Central

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



RRCA DETROIT 2017



Three weeks ago I had the chance to represent Space Coast Runners at the Road Runners Club of America's annual convention which was held in Detroit. It was a chance to meet running club presidents, board members, and race directors from all over the US along with the opportunity to hear from running personalities like cross country legend, Craig Virgin, Olympian Desi Linden and Boston's Dave McGillivray.

The atmosphere is all about running and I walked away once again inspired after attending the different educational talks, the awards dinner and the freezing cold morning fun runs. It's so obvious that there is a true passion in the running community. I've returned with lots of ideas for our club and more importantly have shared with the SCR board members all the great things I learned.

Want to hear more about the convention? Shoot me an email or ask me the next time our paths cross. I would be happy to share.
— Brittany Streufert (brittanystreufert@gmail.com)



Fashion Police:

Men in Skirts

When it comes to run fashion, Jeff Cook enjoys taking a style risk or two. As he walked to the starting line of the Excalibur 10 Miler, Cook was in full Braveheart mode in his blue and red tartan sport kilt. When questioned about his choice of running attire Cook explained, "It was very comfortable." The 57-year old Satellite Beach resident was not slowed by the Scottish garment as he battled his way to third in his age group at the race.

We're not sure if Cook went the extra Highlander mile by running commando (no knickers underneath). Hemline watchers take note: The kilt falls right at the knee.

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.

EGG 5K SCRAMBLE

Saturday, April 15th 2017

5:30 PM- Start

Location: Palm Bay Regional Park-
Ted Whitlock Community Center
1951 Malabar Rd SW Palm Bay,
FL 32907

AMENITIES

- All Registrants receive technical performance shirt (if signed up by 03/25/17, otherwise while supplies last)
- Unique individual and team awards (Fastest Team, Most Spirited and Largest Team)
- FREE Kids Run (cotton t-shirt available for purchase - \$10)
- FREE Dinner and other refreshments
- FREE Childcare during the race, bounce house and kids workshop*
- Free Twilight Easter Egg hunt (pre race)
- Electronic Bib Chip Timing provided by Space Coast Event Management & Timing

*Pre-registration is required to receive childcare.

TIME TABLE

- 3:30 pm Packet Pick up & day of registration at Palm Bay Reg. Park-Community Center
- 4:30 pm Egg Hunt begins
- 4:45 pm Child Care Opens
- 5:00 pm Registration Ends
- 5:30 pm Race Start
- 6:45 pm Kids Run
- 7:00 pm Awards Ceremony
- 7:15 pm Child Care Ends

Race packets can be picked up prior to race day at
Chick Fil A : 835 Palm Bay Rd NE West Melbourne, FL 32904// Friday, 3:00pm-6:30 pm or day of race at Park

ONLINE REGISTRATION IS AVAILABLE AT WWW.EGGSCRAMBLE5K.COM OR WWW.SCEVENTMGT.COM

Last Name _____ First Name _____ M.I. _____
 Address _____
 City _____ State _____ Zip _____
 Telephone _____ Email _____ D.O.B. _____
 Which event are you participating in?: 5K Kid's Fun Run(FREE) Male Female T-shirt(Male):YS YM YL S M L XL XXL
 Team Name and Captain: _____ Wheelchair Competitor: T-shirt(Female):YS YM YL S M L XL XXL

WAIVER

I assume all risks associated with my participation in the Egg Scramble 5k 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 on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the Egg Scramble 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) _____



REGISTRATION FEES

Early (ends 03/11/17).....	\$25
Timely (ends 03/25/17)	\$28
Late	\$30
Team of 4 or more	\$25/pp

Mail Checks to:

Wesley United Methodist Church
Attn: Egg Scramble 5K
2075 Meadowlane Ave
West Melbourne, FL 32904



For more information go to:
www.eggscramble5k.com



Proceeds Benefit:



***RUNNER
RECIPE OF
THE MONTH***



BAGELS ARE AN ATHLETE'S GO-TO...

**BUT ALONE THEY CAN BE BORING
AND NOT NUTRITIONALLY SOUND.**

**HERE'S A BALANCED, FILLING, AND NUTRIENT RICH OPTION
THAT'S QUICK, SIMPLE AND APPROPRIATE FOR ANY MEAL OF
THE DAY!**

(RECIPE ON NEXT PAGE)

INGREDIENTS: SERVES 1

- + 1 Bagel, toasted – Opt for a whole grain, sprouted version if possible!
- + 2 tbsp Hummus – Try something exciting like this HOPE FOODS Thai Curry flavor.
- + 1 cup Greens – I opt for a peppery mix of arugula with baby spinach.
- + 2 oz Smoked Salmon/Lox
- + 1 tbsp Caesar Dressing – I like 'Just Caesar', Amy's or Bolthouse
- + ¼ - ½ Avocado
- + 1 tsp Bee Pollen
- + 1 tsp Hemp Seed
- + Sprinkle of Salt + Pepper

INSTRUCTIONS:

- + Toss your Caesar with the greens.
- + Spread the hummus on one side, smash the avo on the other and fill with everything else.
- + Enjoy!

Are you an #AvoToast fan? Read more about that topic [here](#).



Lori Nedescu, MS RDN LD

Fit foodie behind
CADENCE KITCHEN

Whole food nutrition for
active bodies

DIETICIAN

Wellness Coach



SATURDAY, APRIL 8, 2017 — TITUSVILLE

Runner of the Year Series Race #9

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** The **Striding Dead Virtual Run** presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefit the Brain & Behavior Research Foundation which is committed to alleviating the suffering caused by mental illness by awarding grants that will lead to advances and breakthroughs in scientific research.
- ◆ Save 15% on the [SoCal Mountains 2 Beach Marathon or Half](#) on 4/5/17. This lightning fast Boston qualifier begins at 700 feet and gradually descends to sea-level. Use Code: **SPACOA4m2b2017**
- ◆ Receive a \$10 Discount to the 2017 [Rock the Parkway Half Marathon](#) in Kansas City, KS, on 4/8/17. Huge cash prizes for the top 5 male & female and the top 4 Male and Female Masters! Use code: **Space Coast**.
- ◆ **NEW!** The 5th annual [Run For It 5K](#) to benefit the mental health non-profit, To Write Love on Her Arms is on April 15th. Use code **SPACECOAST** to receive an exclusive \$4.00 off the registration price, dropping it from \$27 per runner to \$23.
- ◆ **ARE YOU TOUGH ENOUGH on 4/22/17?** [Blue Ridge Marathon/Half/Anthem Star 10K](#) offers a 15% discount to SCR. The marathon course is not for the faint of heart. The course begins and ends in downtown Roanoke, VA. In between, runners will enter the Blue Ridge Parkway, where they will make three significant climbs and descents, with a total elevation gain of 7,430 ft. Use Code: **SPACECOAST**.
- ◆ Receive a 20% discount on the [Atlantic City April Fools Oceanfront Half Marathon](#) (4/23/17), 11K, 7K & Kids 1 Mile Run (4/22/17). All races start and finish on the historic Atlantic City Boardwalk in front of Resorts Casino Hotel. To register use code: **SCRAC**.
- ◆ **EXTENDED!** SCR Members can now save \$10 on any and all of the [Rock 'n' Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts do not tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 07/15/17.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Yellowstone Half Marathon (06/17), Rocky Mountain Half Marathon (08/17) or the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACE-EMOAT**. Events are on 4/22 (Half Marathon), 7/16 (Marathon), 10/22 (Half Marathon)..
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Exclusive \$5 SCR club discount to the [Riverside Dash](#) races — choose the 5K or 15K distance. You'll get to run along the mighty St. John's River on roads that are unavailable to runners at any given time. To register for the April 2nd races make sure to use code: **SpaceCoastRun**.
- ◆ Receive a nice 10% discount to the [Shipyard Maine Coast Marathon and Half Marathon](#) (and 39.3 Challenge) on 5/13-14/17, in Kennebunk and Biddeford,

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS



Maine. Experience the Maine Coast in May. Use code: **SpaceCoastRunners**.

- ◆ Run into the KSU stadium in the only half marathon in Manhattan, KS on 5/20/17. The [Bill Snyder Half](#) point-to-point race will take runners into town on the Bill Snyder Highway. You will then wind around City Park, through Aggieville, through KSU campus and finish at the Bill Snyder Family Stadium! \$10 off the Half or 5K using code: **original**.
- ◆ Girls—grab your girlfriend for the [Thelma & Louise Half Marathon](#) on 6/3/17 in Moab Utah. Runners World named this one of the 10 races to do with your girlfriends. Don't miss the Brad Pitt water stop! Register before 5/3/17 and SCR gets \$10 off using code: **TENOFFHAKU**
- ◆ Run Maine this summer! [Black Bear Marathon, Half Marathon & 10K](#) will take place on 6/4/17. Start in the UMaine Football stadium track and a run through the beautiful campus, along the river and return to campus via a paved bike path through the woods. SCR members get a 25% discount through 5/4/17. Use Code: **Spacecoast17**.
- ◆ Receive a 10% discount to the [Shipyard Old Port Half Marathon and 5K](#) on 6/8/17, in Portland, ME. Portland's premier summertime running event cuts through the heart of the old port district, featuring sweeping views! Use code: **SpaceCoastRunners**.
- ◆ Baseball lovers, this is for you: [Race the Lake Marathon & Half Marathon](#) (6/10/17) in Cooperstown, NY.
- ◆ Run around beautiful Otsego Lake, past many famous landmarks, including The Baseball Hall Of Fame! \$10 discount to SCR. Use code: **Spacecoast**.
- ◆ Receive a 10% discount to the [Rock Lobster Relay](#) (200 mile team relay from Bar Harbor to Portland, Maine) 6/23 & 24/2017. You and your friends will be running and enjoying Maine's eastern rocky coast in its most beautiful time in the summer. Use code: **SpaceCoastRunners**
- ◆ Run the September 2017 [Pocatello Marathon, Half Marathon, 10K or 5K](#) in Idaho and receive a \$10 discount on any race. Fast, scenic course awaits you. Great late summer running weather. Use code: **SCR10**.
- ◆ Receive a 10% discount to the [Pumpkinhead Trail Relay](#) at Pineland Farms (128 mile, 8 person relay teams) on 9/8 & 9/2017, in New Gloucester, Maine. Unique trail relay race in the woods of Maine! Grab your tent, running shoes, and 7 friends to complete this fun two day relay race. Each person on the team must complete three independent loops during the race. Use code: **SpaceCoastRunners**
- ◆ [Atlas Trail Series](#) is extending a 10% discount to SCR. With miles of amazing trails, incredible food and camp life at every main hub, and 3 days of racing, you and your friends will form memories to last a lifetime. Do this trail event in St. George UT, 10/27-29/2017. Use Code: **space4atlas10**

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.

SILENT AUCTION ITEMS 

Mark your calendar!

SCR Awards Night is on **Sunday, June 4th**. We're excited to announce this year's event will include a **Silent Auction**. We've created a Facebook event for **Awards Night** which can be found at: <https://goo.gl/nSSG9Z>

We need your help!

The **Procurement Team** is looking for unique, creative and/or run-related auction items. If you or your workplace has something to donate, please talk to or email Nancy Foresteire at wingon@bellsouth.net.



Space Walk of Fame 8K & 2 Mile

This is a Space Coast Runner of the Year Event



Sponsored by



Saturday, April 8, 2017
8:00 AM • Space View Park
Titusville, Florida



USA Track & Field Certified Course (FL14001TY)

8K and 2 Mile runs through old, mostly shaded residential Titusville and along the Indian River. 8K double loop course, Loop 1: 2 miles, Loop 2: 3 miles.

LOCATION

Titusville, Florida - Indian River Avenue and Broad Street (Space View Park)

SCHEDULE OF EVENTS

EARLY PACKET PICKUP & LATE REGISTRATION

Friday, April 7th, 4:30pm - 7:00pm Space View Park

DAY OF RACE

6:30am - 7:45am, Packet Pickup & Late Registration
8:00am, Start of 8K & 2M Run & Walk
9:00am, Awards 2 Miler Run & Walk
9:15am, Space Coast Runners Youth Series Runs
9:30am, Awards 8K Run & Walk

SPACE COAST RUNNERS YOUTH SERIES RUN

Open to ages 12 & under, 1/4 mile, 1/2 mile or 1 mile run.
Parents must sign waiver on site. Participation awards to all.

ENTRY FEES*

Early registration by March 24th

8K: \$30 - Late: \$35

2M: \$25 - Late: \$30

Students (17 & under) 8K & 2M: \$20

* SCR Members Receive a \$5 Discount for Early Registration (3/24/2017)

8K AWARDS

Top 3 M/F Overall, Top M/F Master, Top M/F Grand Master, Top M/F Senior Grand Master. Top 3 Clydesdale (200 lbs) Top 3 Fillies (150 lbs). Age group awards top 3 M/F in each of the 17 age groups. Under 8, 9-11, 12-14, and 5 yr age groups thru 80+. Awards presentations at 9:30.

8K Walk, 2 Mile Run, 2 Mile Walk Awards

- Top 5 Male & Female. 2 mile awards presentation, approximately 9:00am.
- All Finishers in The 8K Run, Walk & 2M Run, Walk Will Recieve A Finisher Medal

Set The 8K Course Record M&F

Overall \$100

Alison Nolan 29:51 (2016)

John Davis 27:27 (2016)

Master \$75

Julie Hannah 32:49 (2016)

Shane Streufert 28:06 (2016)

Grand Master \$50

Angela Wells 35:35 (2016)

Joe Hultgren 31:24 (2016)

Sr. Grand Master \$25

Sal Farino 33:44 (2016)

Anne Dockery 38:25 (2016)

Contact:

Space Coast Event Management - www.sceventmgt.com

Marty Winkel

(321) 537-3526 • runsalot@cfl.rr.com

Proceeds to benefit Space Walk of Fame Foundation

Online registration available through www.sceventmgt.com

SPACE WALK OF FAME 8K & 2 MILE RUN • SATURDAY, APRIL 8, 2017 • REGISTRATION FORM

Last Name: _____ First Name: _____ MI: _____

Address: _____ City: _____

State: _____ Zip: _____ Clydesdale Fillie SCR Member

Telephone: _____ Email: _____ DOB: _____

\$ _____
Amt. Enclosed

Male Female T-shirt: YL XS S M L XL 2X

Check One: 8K Run 8K Walk 2M Run 2M Walk

I assume all risks associated with my participation as a participant in the 2017 Space Walk of Fame 8K/2M including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards on 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 Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved 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, if under 18)

Make checks payable to:
"Space Coast Runners Club"
Mail to: Space Coast Runners
P.O. Box 2
Titusville, FL 32781



RUN LOCAL



Viera Walking Trail



The route winds around a lake.



The sunny path



Park near PetSmart.

Viera walking trial is located behind the Avenues Viera. You can park anywhere behind Total Wine and PetSmart to access the walking trail.

The walking trail is 1 mile long and loops around a small lake. There were many dog walkers out, so be prepared to share the paved walkway. There were also quite a few birds that stay around the west end of the trail, but they move when you pass by.

It is a very nice run, but it can also get very hot, depending on what time you go, because there is no shade. There are a few benches placed along the trail, if you need to take a break or just want to feed the birds while on your walk or run.

Next time you are in Viera shopping you might want to take a peek at this hidden gem.

**The Viera Walking Trail is located at:
7161 Lake Andrew Drive
Viera, FL 32940**

Report & photos by Krysti Dixon



Beyond the Musculoskeletal System: How to Intelligently Improve Performance

Dr. Richard Clarke, DC
Clarke Chiropractic & Wellness

In life, and especially running, we oft get caught up in haphazardly making narrow minded assumptions based upon the obvious, somewhat tangible, direct correlations. These beliefs then dictate our actions which can eventually end up harming us if a full on, knowledgeable approach is not properly implemented. To truly blend optimization with longevity, we must look beyond the heavy pavement pounding sprinkled with mindless stretching and old school carb loading.

Much of what was accepted as truth 20, 10, even 5 years ago, no longer holds weight. This doesn't mean we were necessarily wrong. Based upon the information we had at the time, theories were devised and implemented accordingly. However, when more scientific knowledge naturally becomes elucidated as we perpetually grow via learning, we would be best served to swallow our pride, move our egos aside, and utilize this information to modify our approach in our quest to perform and live better.

Like it or not, running, especially distance, although viewed as a healthy thing, can wreak havocs on our bodies, including beyond the obvious musculoskeletal system. Now don't get me wrong. I too run and therefore am a runner. I don't plan on stopping anytime soon. I get it. However, if we are going to take part in activities that we love, regardless of the potential deleterious effects, it would be to our utmost advantage to not turn a blind eye to physiology. To not take into consideration the entire body (which, last time I checked, all of which is involved in running), will lead to subpar performance, higher chance of injury, longer required recovery (which we are all so good at), and breakdowns beyond the musculoskeletal system. Ignorance is bliss, until you're injured, always in pain, sick, and in search of the port-a-poddy.

When it comes to supporting an active running lifestyle, the importance of adrenal health cannot be overstated. I've spoken, written, consulted about, and revived these stress workhouses in the past. They serve as an undeniable focal point in

any one's life, but especially the constantly physically stressed, faithful runner.

We won't be directly addressing the adrenals today per-say (although it's all connected), but will be focusing our attention on a system that is just as effected by running, and has an even more comprehensive reach on our performance and the rest of our health; including many seemingly unrelated, not so obvious issues we referenced in the opening. Sit tight while we simplify a complicated system in order to connect the dots between running and gut health and why if you want to sustain an optimal running career and healthy life, you would be best served to pay it the attention it requires to thrive.

The first thing we need to acknowledge is the fact that when we run or perform any moderate to intense exercise, we are activating the sympathetic nervous system. This is known as the "fight or flight" nervous system and is also activated due to emotional and chemical stressors. When this occurs, we are inhibiting the parasympathetic nervous system, also known as the "rest and digest" system. When the sympathetic response is activated, oxygen rich blood is shunted from the parasympathetic innervated digestive tract (along with many other organs) to our skeletal muscles in order to carry out the task at hand, whether it be escaping a predator or cranking out causeway repeats.

The issue arises when the stressor persists. This can be in the form of constant emotional stress from the job, bank account balance or relationships, or from the constant bombardment of chemical stressors from an undiagnosed food sensitivity or heavy metal exposure.

In our case we are referring to the constant physical stressor of training; some may call it overtraining. You couple this high volume training with inappropriately inadequate bouts of recovery and we have the recipe for a nervous system that loses its preferred autonomic balance between sympathetic and para-

Beyond the Musculoskeletal System: How to Intelligently Improve Performance

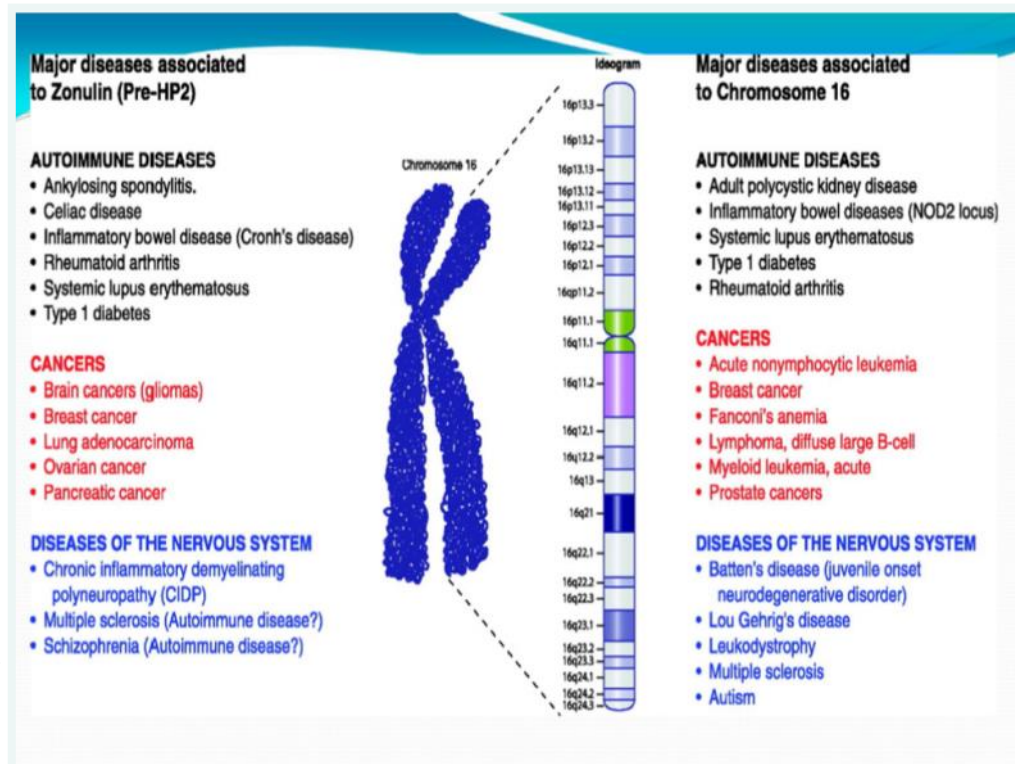
sympathetic. We are left with a nervous system that not only shunts blood from the GI tract (gastrointestinal aka gut) during training, but now has a carry-over effect into non-training times as we have up-regulated and enhanced the stress response. (If you add in the other previously mentioned likely sources of chemical and emotional stressors, one can comprehend how this can get out of hand rather quickly.)

Why does this matter? Well, the digestive tract has one of the fastest turnover rates in the body. It also serves as a major barrier system from our external environment, as such it is exposed to and damaged by many harmful, unwanted guests throughout the course of any day. As such, it requires a strong supply of oxygen and nutrients in order to fuel this constant and necessary turnover. This is supplied by way of blood, which as we previously noted can be inhibited by overtraining (constant sympathetic nervous system), and inadequate recovery (lack of parasympathetic nervous system).

Let's dig deeper and make the empowering and hopefully motivating connection. With less blood flow providing the gut the fuel it needs to keep up with the constant cellular turnover, the structural integrity of the gut wall begins to become compromised; commonly referred to as intestinal permeability or leaky gut. Other than the obvious digestive issues (bloating, constipation, diarrhea; particularly on race day due to that increase in sympathetic fight or flight and consequential less blood flow to the gut) that can occur, we will begin to see issues outside of the GI tract that can start to hamper other areas of your life.

Let's go to the science for a more detailed view of these far reaching potential detriments. First off, what's become the gold standard for determining the presence of a leaky gut is a biomarker called zonulin. When zonulin is high, it is telling the tight junctions of the intestinal wall to open, increasing permeability, and changing the slew of the immune system. When the digestive tract becomes compromised, and this can be due to many reasons, but especially the decrease in blood flow that comes with overtraining, this zonulin begins to show up in our blood and throughout or body.

One study out of Scientific American involving endurance cyclists



illustrated that the high volume training appeared to lend itself to increased levels of zonulin that was linked to subpar performance, increased inflammation and thus larger levels of discomfort and longer recovery. When the athletes were then supplemented with probiotics as a means of re-establishing their gut integrity, zonulin was decreased, along with the associated major markers of inflammation and oxidation, and training times improved.

[Link to study:](#) Probiotic supplementation affects markers of intestinal barrier, oxidation and inflammation in trained men; a randomized, double blinded, placebo-controlled trial.

Zonulin Related Conditions

Autoimmune	Cancer	Neurological	Infection	Metabolism
Ankylosing Spondylitis	Glioma	Chronic Inflammatory Demyelination Polyneuropathy	Sepsis	Obesity
Celiac Disease	Breast	Autism		
Crohn's Disease	Lung (adenocarcinoma)	Multiple Sclerosis		
Rheumatoid Arthritis	Ovarian	Schizophrenia		
Systemic Lupus Erythematosus	Pancreatic			
Type 1 Diabetes Mellitus				

Beyond the Musculoskeletal System: How to Intelligently Improve Performance

One of the reasons an overtraining induced leaky gut can be such a detriment for the professional athlete to the weekend warrior is due to the malnutrition and increased systemic inflammation that occurs concurrently. If intestinal permeability exists, function suffers, and when it comes to the gut, we're talking about nutrient absorption and proper fuel utilization for the rest of our body; from muscle to brain.

The body must also now exhaust its depleting fuel in order to attack and dispose of what has gained access through the compromised integrity of the gut wall. This causes inflammation throughout the body, in addition to that sustained courtesy of your workout. We are now looking at an inflamed body. And what is the major underlying factor behind the vast majority of pathology and dysfunction here. Inflammation.

Two other key markers that begin to show up in the blood due to this up regulated, constant shunting of the blood away from the GI tract, are LPS and Diamine Oxidase.

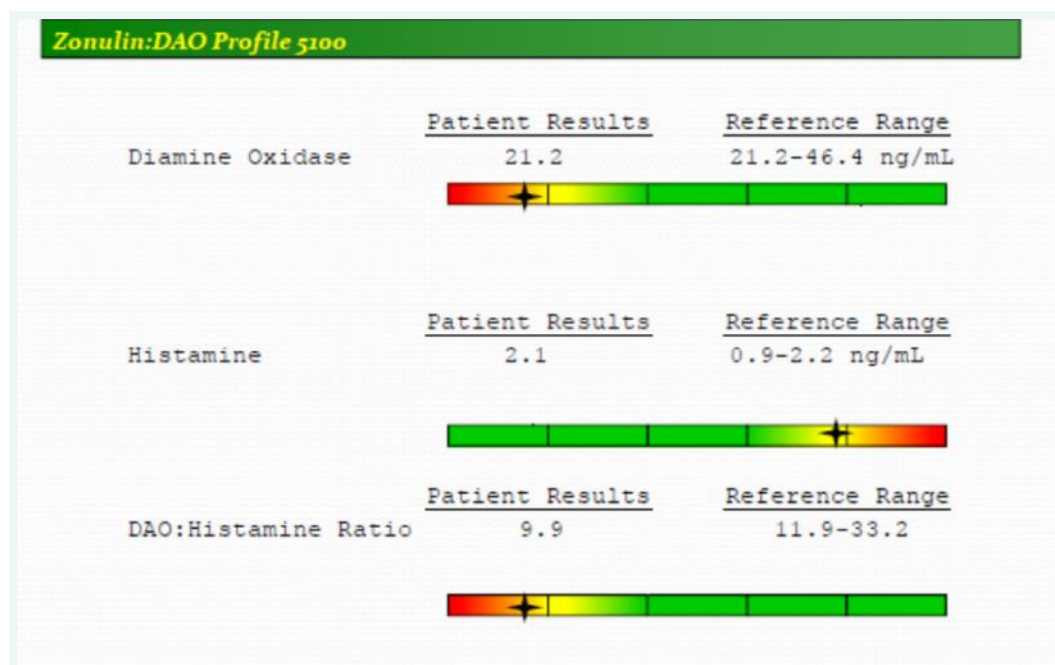
When LPS (lipopolysaccharides) escape the gut due to permeability, they trigger the release of more inflammation, including specific mediators called cytokines that can cross our blood brain barrier and start to negatively affect our neurotransmitters, like dopamine, acetylcholine, serotonin, and gaba. When these are off we begin to see depression, anxiety, sleep disturbances, brain fog and fatigue, problems with memory and focus, etc. There is also a notable correlation with LPS and America's number one killer, cardiovascular disease.

DAO (diamine oxidase) is molecule known as an enzyme that can be notably decreased due to lack of blood flow, and subsequent damage to the gut. This enzyme is directly responsible for the degradation of histamine. This means if you are lacking in DAO due to a damaged intestinal barrier, you will become hypersensitive or over-reactive to histamine driven reactions in the body. Now we are looking at allergies (new or worsening), increased sensitivity and allergenicity to histaminergic foods (many fish, cheeses, sausage, salami, sauerkraut, spinach, eggplant, tomato ketchup, red and white wine, top and bottom fermented beer, and champagne), and other issues associated with histamine intolerance like Crohn dis-

ease, Ulcerative Colitis, colorectal neoplasms, vertigo, hyper and hypotension, headaches (especially concurrent with the monthly cycle), and disruption of circadian rhythm.

If I haven't lost you yet, I tip my hat to you. This is crucial, beyond musculoskeletal information that can prove empowering for everyone, but especially in a population of people who voluntarily shunt blood away from the foundation of optimal health and function, the digestive system.

The question is, what can you do about it? Because I know and you know, we're damn sure not going to stop running.



The first thing you can do is test for intestinal permeability. In our office we run a blood test that measures the three markers mentioned above (zonulin, LPS, DO). This can provide insight into if a leaky gut truly exists, and may provide some comfort as far as an explanation for various, frustrating and unexplainable symptoms.

The second thing to do is to start being proactive based upon the aforementioned understanding of physiology and how it can be negatively affected by the activities we choose. It's the same as a marathoner taking an adrenal support supplement in order to continue to do what they love to do, but understanding and accepting the fact that certain support is needed due to the increase demand imposed upon the body.

We know this heavy training coupled with inadequate recovery is destructive to the gut, which we have also shown, leads to ramifications well beyond the typical GI issues. A quality probiotic, L-

Beyond the Musculoskeletal System: How to Intelligently Improve Performance



glutamine, digestive enzymes, curcumin, a high quality omega3 oil, identification and elimination of any fungal, bacterial or parasitic overgrowth that may flourish in the presence of a damaged gut, are all proactive ways to not only enhance your running and recovery, but the rest of your life.



ONE BODY
Functional Healthcare

We all want to keep doing what we love to do. That's what life is all about. Don't leave it to chance when the knowledge exists to tilt the scales in your favor. Investigate. Understand. Implement. Enjoy. We only get One Body. Treat it right.

As always, it's been a pleasure. If you have any questions, comments or concerns, I encourage you to reach out (321-848-0987; Dr.RClarke@gmail.com). Step your approach up beyond the musculoskeletal system, and begin to truly thrive.

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
Instagram



Find us on
Facebook

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016

**Overall Male & Female Winners:
John Davis, Alison Nolan**

Turtle Krawl 5K

Saturday, September 10, 2016

**Overall Male & Female Winners:
John Davis, Alison Nolan**

Space Coast Classic 15K & 2 Mile

Sunday, November 6, 2016

**Overall Male & Female Winners:
Chris Cacciapaglia, Holly Davis**

Space Coast Marathon & Half Marathon

Sunday, November 27, 2016

**Overall Half Marathon Male & Female Winners:
Brian Atkinson, Kaitlin Donner**

**Overall Marathon Male & Female Winners:
David Kilgore, Karolina Viquez**

Reindeer Run 5K

Saturday, December 10, 2016

**Overall Male & Female Winners:
John Davis, Holly Davis**

Tooth Trot 5K

Saturday, January 28, 2017

**Overall Male & Female Winners:
John Davis, Holly Davis**

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

Sunday, February 19, 2017

**Overall Male & Female Winners:
John Davis, Holly Davis**

Downtown Melbourne 5K

Saturday, March 25, 2017

**Overall Male & Female Winners:
John Davis, Holly Davis**

Space Walk of Fame 8K & 2 Mile

Saturday, April 8, 2017

at Space View Park
Titusville

Eat My Crust 5K

Sunday, May 7, 2017

at Viera Pizza/Viera High School
Viera



Runner of the Year Series

RUNNERS LOOK FORWARD TO COOLER TEMPS AT THE 15K



Space Walk of Fame 8K & 2 Mile

FEATURED ROY SERIES RACE

Series Race #9 is almost here! Space Walk of Fame 8K and 2 Mile race blasts off on April 8. Finishers will receive a special medal that depicts the Mercury project.

If you ran the Space Coast Classic 15K and the Eye of the Dragon 10K, then you are eligible for the Space Coast Runners 33K Challenge if you finish the Space Walk of Fame 8K. A unique 33K medal stand, designed to display all three race medals will be given to those deserving finishers.

The 8K course is USA&T certified. There are additional categories for Clydesdale and Filly. Cash prizes for those that beat the current 8K course records. Proceeds benefit Space-walk of Fame Foundation.

WHERE► Space View Park, Broad Street, Titusville

WHEN► Saturday, April 8th 8:00am

COST► 8K registration \$35; 2 Mile \$30

WHAT TO EXPECT► The course is a double loop for the 8K in old, mostly shaded residential Titusville.

SCR YOUTH SERIES► Will follow the 8K and 2 Mile.

EVENT WEBSITE► <https://www.sceventmgt.com/events>

8K COURSE RECORDS►

Overall:

Alison Nolan – 29:51 (2016) — John Davis – 27:27 (2016)

Master

Julie Hannah – 32:49 (2016) - Shane Streufert – 28:06 (2016)

Grand Master:

Angela Wells – 35:35 (2016) — Joe Hultgren – 31:24 (2016)

Sr. Grand Master

Anne Dockery – 38:25 (2016) — Sal Farino – 33:44 (2016)

2016—2017 SERIES SCHEDULE

04/08/17 Space Walk of Fame 8K
05/07/17 Eat My Crust 5K

2016—2017 ROY Leader Board

OVERALL

- 1 John Davis
- 2 Steve Hedgespeth
- 3 Jonathan Howse

MASTERS

- Joe Lento

GRAND MASTERS

- Sal Farino

SENIOR GRAND MASTERS

- Matt Mahoney

2016—2017 ROY Leader Board

OVERALL

- 1 Annie Caza
- 2 Mary Hofmeister
- 3 Cristina Canales

MASTERS

- Ilse Berube

GRAND MASTERS

- Lori Kruger

SENIOR GRAND MASTERS

- Roz Freas

2017/2018 ROY UPDATE

Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event. The relay is not an eligible ROY race.



ROY Series: No one but Davis is worthy of the top spot

John and Holly Davis have 4 straight first place finishes in ROY series.

John Davis is on a run. He recorded his fourth straight first place finish in the eighth race of the Runner of the Year series at the Downtown Melbourne 5K. It's the longest streak Davis has had since his six race streak was broken last year at the very same race by Shane Streufert. With the 1,000 points added to his ROY standings, Davis essentially clinched the top spot for a record eighth year.

Not to be outdone, Holly Davis also lodged her fourth straight series victory. This is her first year competing in the ROY series as she only became a member late last year which means Davis can only score ROY points for the second half of the season. The leaderboard top three are currently Annie Caza, Mary Hofmeister and Cristina Canales but don't count out Alison Nolan. She's lurking in fifth place in the standings having missed the Reindeer Run 5K in December. If she competes in the last two races of the season she will most likely be crowned the series winner.

Another notable leaderboard change was Sal Farino moving up to the Grand Masters position which brings Matt Mahoney into the Senior Grand Master slot. For the women, Cristina Canales leaped one spot ahead of Ilse Berube to land in third overall.

In the Age Graded division, John Davis, 38 is first with Steve Hedgespeth, 38 in second. Sal Farino, 61 also moved ahead in this category to third place. For the women the top three positions remained the same with Annie Caza, 55 in first, Ilse Berube, 51 in second and Mary Hofmeister, 49 in the third.

Please note: the series standings reflect your age on August 27, 2016, the date of the first race of the 2016-2017 ROY series season. If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.



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The Rall Capital Management Team



Join us for the next race in the 2016-2017 Running Zone Foundation Race Series:

REGISTER TODAY!

#pirateplunder2miler



Pirate Plunder 2 MILER



Health Plans

Saturday, April 8, 2017 @ 6:30 PM
Meg O'Malley's, Downtown Melbourne, FL



Benefits Harmony Farms

- Best Pirate Costume Contest
- Fun Pirate Awards
- Free Lil Pirate Plunder Kids' Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the run!
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral

www.runningzone.com/series

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890



Holly Davis takes the women's win, less than one second ahead of Alison Nolan.



Report by Brittany Streufert

OVERALL MALE 5K

John Davis, 16:40.6
Derek Beckett, 16:42.8
Steve Hedgespeth, 16:46.9

OVERALL FEMALE 5K

Holly Davis, 17:55.1
Alison Nolan, 17:55.7
Jennifer Absher, 18:59.4

MASTERS

Shane Streufert, 17:09.0
Tracy Dutra, 20:41.5

MALE TEAM RESULTS

Viera Pizza Race Team, 1:09:25

FEMALE TEAM RESULTS

Run Like A Girl, 1:25:48

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

Davis Duo Run Down Beckett & Nolan

Two races. Two showdown finishes in the final stretch. Two wins for the husband and wife that share the last name Davis.

The 35th running of the Downtown Melbourne 5K certainly had its fair share of excitement as it ran on a very "undowntown" Melbourne course. Earlier this year, race director, Frank Webbe was denied the permit to once again host the race on its fabled, fast course by the City of Mel-



bourne. Instead the special events permit was given to the Festival of the Arts on New Haven Avenue which left Webbe scrambling for a new location. With the help of Running Zone's Don Piercy, a downtown Eau Gallie location appeared to be a viable option. Participants would race an established course and post-race festivities could be held at the Eau Gallie Square Park.

The men took to the starting line first on the sunny Saturday morning of the race. Lisa Farrall sang the national anthem and the horn sounded soon after. Twenty four-year old, Derek Beckett of Melbourne took off fast, establishing a lead ahead of the other frontrunners which included ROY series points leader, John Davis.

Davis had arrived to the 5K a little later than planned and had to rush through his warmup. The 3.1 mile specialist had won four times this season in the Runner of the Year series' 5K races but it looked like Beckett could beat him today.

Beckett continued to lead much of the race, even staving off a surge by Steve Hedgespeth, until Davis made a move in the final mile. Racing down the stretch of road to the finish, he passed Beckett who tried to hold on. With a final push, Davis broke the young athlete and crossed two seconds ahead of Beckett (16:42) in 16:40. Ste-

ve Hedgespeth (16:46), Shane Streufert (17:09) and Gary Gates (17:49) rounded out the top five.

Forty-five minutes after the men's start, the ladies lined up for their 5K. From the get-go Alison Nolan and Holly Davis led the pack. The two have been battling it out much of the ROY season and today would be no different. Davis who ran cross country for UCF was in good shape but had broken her wrist two weeks earlier in a car accident. It would be anyone's race as the two headed to the finish.

Nolan owned the lead as they came around the final corner. As the two ladies pushed hard to finish, Davis had some gas left in her tank and she caught Nolan with 100 meters to go and slipped by for the win. The difference was less than a second — 17:55.1 to Nolan's 17:55.7.

Third place, Jennifer Absher ran a personal best time of 18:59. Amy Fuller (20:17) and Tracy Dutra (20:41) completed the top five for the women.

In team competition it was the Viera Pizza Race Team taking the top spot for the men. Run Like A Girl won it for the women.

So what did you think of the new location? Send your feedback to SCR president Howard, as we'd love to hear your thoughts.

president@spacecoastrunners.org

THANK YOU TO ALL THE VOLUNTEERS. PHOTO CREDITS: BRITTANY STREUFERT



Keith Kowalske accepts his award



Race director, Frank interviews Kara Hedgespeth



Gary Gates & daughter

NEW VENUE: Brings in more runners and maybe more headaches



Space Coast Runners Team

The Corporate 5k has been running strong for 7 years. Last year it took place at FIT Aviation, but has had many different locations including Harris Corporation, Intersil and Lighting Science. This year, because of no hosted/sponsored location it took place at Wickham Park.

With over 2,000 runners/walkers registered for this race and a 6:15 start time brought a lot of traffic to the area around rush hour, a lot of frustration, late starts for registrants, and some missing the race altogether.

Once you were able to start the race, it was a nice sunset race around a beautiful park with lots of fun afterwards. Post-race celebration included live music and free green beer. There were also food trucks, where you could grab a bite to eat. It was a great setting for comradery and celebration among lots of Brevard's small and large businesses.

Teams were giving high fives, snapping pictures, wearing the same shirts all in support of each other. Space Coast Runners placed 12th in the Co-Ed division.

If you have not run this race before, join a group or represent your company next year at the race! The traffic and organization of the race has been acknowledged and the Corporate 5K is taking all feedback, good and bad into preparing for next year's race.



Report by Krysti Dixon

OVERALL MALE CHAMP

Jacob Dordick, 16:33

OVERALL FEMALE CHAMP

Angela Cobb, 19:39

OVERALL MALE CEO

Paul Sikoski, 20:50
Palm Bay Animal Clinic

OVERALL FEMALE CEO

Angela Coram, 25:07
Pepper Tree Sandwich Shoppe

CO-ED TEAM

Northrop Gruman
Harris
Health First

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





FEATURED IN  **USA TODAY & THE RUNNER'S BUCKET LIST**

U.S.A. BEACH RUNNING CHAMPIONSHIPS

10K • HALF MARATHON

April 30, 2017 | COCOA BEACH, FL



Shepard Park at SR-520 & the Beach

REGISTER NOW RUNONTHEBEACH.COM

Finisher's Medal



Tech shirts & embroidered caps to runners
Low-tide, course on hard packed sand
Open to all runners. No qualifying!
Walkers welcome in the 10K
Shoes are optional! Enter the Barefoot division!
Live music, light brunch, champagne, mimosas and more!
Medals to all 10K and half marathon finishers



Photo credit: Family Promise of Brevard



Report by Kristen Tinker

5K OVERALL MEN

Gage Sasenick, 19:54
 Chad Deo, 20:47
 Peter McMahan, 20:52

5K OVERALL WOMEN

Carolyn Reiderman, 22:51
 Ashley Nolan, 23:46
 Kathleen Shoda, 24:59

5K MASTERS

Haskell Walker, 22:10
 Cathie Poor, 26:19

TEAM COMPETITION

Faith Fellowship Church
 Faith
 CAVRunners

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

What better way to spend a Friday evening than running a local 5K to benefit and to support the homeless families of Brevard? On March 10, Family Promise of Brevard, hosted its inaugural 5K at the Church of Viera. Nearly 500 runners participated in the night of fun to provide safe shelter, nutritious meals, and overall support for homeless families working with local non-profit, Family Promise. The weather, race course, and festivities were all ideal...a race Director's dream come true. Even weeks later, Tara Pagliarini, the Race Director and Executive Director of Family Promise, exclaimed she is still "reeling" from the success of this 5K.

Tara shared, "Our goal for creating this event was to raise awareness about family homelessness in the county, which is why we chose the theme of Emerald City, There's No Place Like Home," said Pagliarini. "We hoped to connect our mission to at least 250 runners, so to have this impact at our first race far exceeded any expectations." The turnout amounted to raising just over \$30,000 towards helping local families find their way back into permanent housing. Runners had the option to donate and create a fundraising team in addition to participating in the 5K.

The race started promptly at 6:00 p.m., with runners headed north on Stadium Parkway, past Duran Golf Club, and returning back to the Church in an "out and back" fashion. While the race was largely run on the sidewalk, the size of the race and volunteers along the course made this both a safe, fast, and easy route. Most of all, the perfect March weather provided a cool breeze, a gorgeous sunset and a zippy pace too. Local runner, Gage Sasenick from Palm Bay, captured first place bragging rights for the men with a finish time of 19:54.5, a 6:25 pace, followed by Chadd Deo (20:47) and third place finisher Peter McMahan (20:52). Carolyn Reiderman from Palm Bay claimed the number one place for Females with her 22:51:9 finish, nearly one minute later Ashley Nolan finished second and Kathleen Shoda grabbed third place, clocking in at 24:50.1 (8:00pace).

This race provided it all, in its first season! All runners and their families were happy to revel in its glory for many hours afterwards in the Church's lawn, enjoying the Kids' Race, a super fun raffle, live bands, Food Trucks and vendors, Free Chick-Fil-A sandwiches, Knockerball, Inflatables and top finisher award presentations. Fastest and best costumes from Wizard of Oz also won top honors. This was most definitely a family event to support other families.

As the sun set on the night, hope swelled for the many families supported through this wonderful event from Family Promise. Look for the Emerald City 5K event to increase in number of runners and overall popularity in its second year as word of its fun venue and fast course spreads throughout Brevard. To learn more about Family Promise of Brevard, go to www.familypromiseofbrevard.org.



Addison Tinker races as the sun slowly sets.

Brianna Marie 5K: Raising Funds for Fetal Therapies

The Brianna Marie 5k continues to get better each year and attract people who love to run and love to support healthy babies.

In its fifth year, runners and volunteers gathered at Wickham Park for the race, which included a butterfly release and silent auction. Gabe Montague, 13, dashed across the finish in first place with a time of 17:38. Joel Kinnunen followed him in second with Gabe's father, Aidan, not far behind in third place. For the women, Sarah Sinoneth was the first place finisher with Jimena Rocha about a minute behind.

The Foundation was created in memory of Brianna Marie Hissan who was diagnosed with Fetal Hydrops. Brianna Marie was born March 16, 2012, and passed away 15 hours later. Her memory lives on through the efforts of her parents Patrick and Aran Hissan to advance the field of fetal medicine.



Report by Angela Leeds

OVERALL MEN

Gabe Montague, 17:38
 Joel Kinnunen, 18:25
 Aidan Montague, 19:31

OVERALL WOMEN

Sarah Sinoneth, 21:06
 Jimena Rocha, 22:12
 Catherine Hargreaves, 23:59

MASTERS

Art Anderson, 20:52
 Stephanie Kinnunen, 26:15

TEAM RESULTS

Team Brendan
 Be Well
 Harris

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



Runners come together to run and support the Brianna Maria Foundation.





BLUEBERRY 5K RUN / WALK

Holland Family Blueberry Farm

4400 Bouganvilla Drive, Mims, FL 32754

Saturday, May 6, 2017

Registration 6:45am | Race 8:00am

Pick a **FREE** Pint of Blueberries



Benefiting

All proceeds will benefit Parrish Early Care and Education at The Children's Center, a partnership of seven agencies that provides services to children of all abilities and their families. Our vision is to develop "strong families for life!" For more information, visit: parrishchildrenscenter.com



Entry Fees

Early Bird: \$25 by April 21* \$30 by May 5
\$20 up to 12 years old \$35 Day of Race

*T-shirts only guaranteed if registered by April 28

Chip timed and managed by Space Coast Event Management.

Contacts

Questions: 321-264-0855

Sponsorship Inquires: 321-269-4066

Packet Pickup – Friday, May 5

8:00am-1:00pm – The Children's Center
5650 S. US 1, Titusville, FL 32780

4:30pm-6:30pm – Playalinda Brewing Company
305 S Washington Ave., Titusville, FL 32796

For online registration or more information, visit www.runsignup.com. Make checks payable to JPMF.

The 6th Annual Blueberry 5K Run/Walk Registration Form – May 6, 2017

Last Name _____ First Name _____ M.I. _____ Male Female

Address _____ City/State/Zip _____

Telephone _____ Email _____ PMC/NBMS/PMG Employee

Date of Birth _____ Age on Race Day _____ Adult T-shirt Size: XS S M L XL 2XL

Signature (Parent, if under 18) _____ Date _____

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with any 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 doctor's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other recording of this event for any purpose 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.

Excellent Day for Excalibur 10 Miler



Masters winner, Jeff Lessie, overall and new course record holder, Troy Smith and second place finisher, Shane Streufert relax after taking on the 10 mile course.

On Sunday, 2,000+ runners were greeted with mild temperatures at the annual Excalibur 10 Miler & Dragon Slayer 2 Mile presented by Running Zone. As soon as the horn sounded to start the 10 mile race, Rockledge's Troy Smith unleashed a fast pace that quickly put a gap between himself and all the other runners. The 16-year old, who had celebrated his birthday the day before, took the field by storm by clocking 16:52 at the 5K split and barely slowing as he ran through the 10K in 34:10.

Report by Brittany Streufert

10 MILE OVERALL MEN

Troy Smith, 54:52
Shane Streufert, 58:50
Maximillian Diaz, 1:04:00

10 MILE OVERALL WOMEN

Stefanie Shimansky, 1:07:56
Tracy Dutra, 1:09:50
Megan Romesberg, 1:10:36

MASTERS

Jeff Lessie, 1:04:20
Josephine Holtzclaw, 1:11:52

10 MILE RELAY

Co-Ed: The Funky Fartlecks
Male: Beckett Boys
Female: Unicorn Mode

2 MILE OVERALL MEN

Robert Velasco, 10:59.8
Travis Winans, 13:38.1
Keith Kowalske, 13:40.2

2 MILE OVERALL WOMEN

Daria Cuellar, 13:43.3
Madden Lorraine, 14:33.3
Brittany Streufert, 14:35.7

MASTERS

John Hoibraten Jr, 15:00.1
Elaine Ferriola, 16:08.6

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

Race Report

Excalibur 10 Miler & Dragon Slayer 2 Mile - continued

Smith was able to keep up his pace to finish in 54:53 which set a new course record by a jaw dropping 3 minutes and forty seconds, earning him the Excalibur crown. His record beat Steve Hedgespeth's time of 58:33 which was run in the race's inaugural event in 2014.

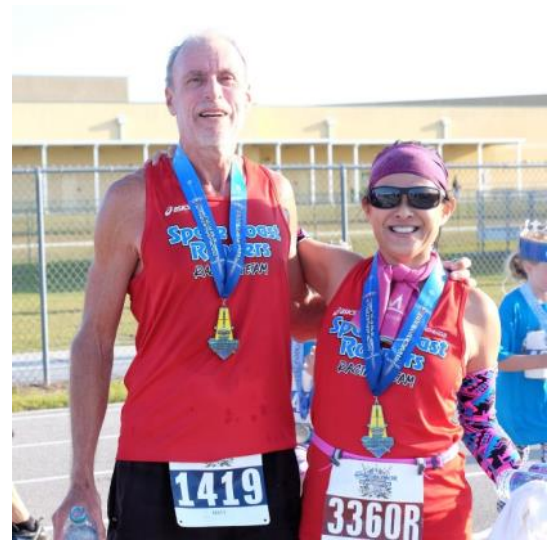
Space Coast Runners were well represented in all three of the day's racing events which included the 10 miler, the relay and the two mile. In 10 mile action, Shane Streufert, 44, captured second place running his fastest Excalibur to date in 58:46. He was joined by returning SCR member, Tracy Dutra who also finished second in the women's division with her time of 1:09:50.

There were three divisions in the relay which included co-ed, all male and all female. The team of Sal Farino and Molly Kirk took third in the co-ed relay, running as The Lone Wolf & One Black Sheep. The All Male division saw the nine and ten-year old Girard brothers finish in second place.

In the Dragon Slayer 2 Mile, Oviedo's Robert Velasco ran uncontested to an overall victory in 10:59 while 14-year old Daria Cuellar from Orlando won for the ladies in 13:43. SCR members made it to the stage by placing second and third in the women's division - Madden Lorraine (14:33) and Brittany Streufert (14:35) and Keith Kowalske (13:40) ran in third for the men. Melbourne's Elaine Feriola was awarded the women's Masters award for her 16:08 finish.

SCR Age Group awards were given in the 10 Miler to: Eric Montes (1st AG 25-29), Joe Lento (1st AG 45-49), Joel Kinnunen (1st AG 50-54), Keith Snodgrass (2nd AG 50-54), Kenny Brodrick (3rd AG 50-54), Art Anderson (1st AG 55-59), Jeff Cook (3rd AG 55-59), Matt Mahoney (2nd AG 60-64), Michael Miller (3rd AG 60-64), Ray Brown (2nd AG 65-69), Thomas Stokes (3rd AG 65-69), Anthony Cantanese (2nd AG 75-79), Paige Murrill (3rd AG 1-14), Caroline Agid (2nd AG 20-24), Paula Shenbaum (2nd AG 40-44), Robin Potter (3rd AG 40-44), Ilse Berube (2nd AG 50-54), Tricia Tezel (3rd AG 50-54), Janet Erlacher (3rd AG 55-59), Debra Stokes (2nd AG 60-64), Lori Jones (3rd AG 60-64).

SCR Age Group awards were given in the 2 Mile to: Michael Shenbaum (1st AG 15-19), Joel Oguete (3rd AG 55-59), Bruce Snyder (2nd AG 65-69), Michael Petrillo (1st AG 70-74), Gabriela Shenbaum (2nd AG 9-11), Kailyn Lake (1st AG 15-19), Beth Walker (3rd AG 60-64), Lorraine Petersen (1st AG 65-69), Suzanne Johnson (2nd AG 70-74), Mary Joseph (3rd AG 70-74), Dodie Johnson (1st AG 75-79), Roberta Osterling (1st AG 80+).





VOLUNTEER WITH SPACE COAST RUNNERS

There are 2 Ways to Win!

VOLUNTEER OF THE YEAR – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2016-2017 season. The top two members will receive a \$100 Amazon gift card. Volunteer point standings will be posted at spacecoastrunners.org. Winners to be announced at Awards Night 2017.

RUN&1 PROGRAM – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2016-2017 season
- ◆ Volunteer at 1 SCR race or designated event during the 2016-2017 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2017-2018 SCR Runner of the Year series or into

RULES & RESTRICTIONS

- Be an active member of SCR by May 1, 2017.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/24/16 to 5/31/17.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

AREAS TO VOLUNTEER & EARN POINTS

- Packet stuffing/Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew
- Youth Series assistance



For more information, email info@spacecoastrunners.org.

Castner Keeps 40 Year Streak Alive

at the Gate River Run 15K



The Streaker (aka Gary Castner) celebrates with fellow SCR members at Gate.

He did it again. Gary Castner ran his 40th consecutive Gate River Run on Saturday, March 11, 2017. His streak began in 1978 when at the age of thirty one he ran Jacksonville River Run 15K. And if you asked him back then if he thought he would be among 41 other men and women to have run what has become the largest 15K in the county he probably would have shook his head no and just smiled.

Castner's ties to Jacksonville date back to when he attended high school there. His parents remained in the area so he would often visit. He signed up and ran his first race and continued the tradition of running and visiting his parents each year after. Gary says the course has remained almost exactly the same with the start and finish lines moving from time to time depending on what was happening in the city. He's run many of the races solo but he's also run the race with his wife, Stephanie and his kids, Joe and Donnie.

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On the Tuesday before this year's race, Gary was honored along with 31 of the other streakers. Mayor Lenny Curry presented him with a commemorative plaque and he also recognized these athletes for putting in more than 363 miles of sweat and perseverance on the pavement. Think about it. 363 miles is the equivalent to the distance between the Jacksonville International Airport and Miami.

The streakers became a part of the Jacksonville Sports Hall of Fame in the new Veterans Memorial Arena location. Castner said the youngest of the Gate River streakers is 59 and the oldest is in his early 80's. They were first recognized as "streakers" at the 10th anniversary and have twice been recognized with jackets or a mug before this year's fortieth celebration. He thinks everyone secretly wants to be the last one standing.

At the age of 71, Gary crossed the finish line of his 40th Gate River in 1:40:43. Many Space Coast Runners members were there to celebrate this huge accomplishment with Gary. Carol Ball had a celebratory banner made in Gary's honor which now hangs in his home along with other special race memorabilia. It was a beautiful, all-be-it windy day on Saturday, March 11th and it was a historical one for Gary. Congratulations on this epic accomplishment!





RAIRC
REALTORS® Association of Indian River County, Inc.

8th Annual REALTORS®



EARTH DAY 5K



Raise the Roof For Habitat "Earth Day" 5K

Saturday, April 22, 2017; Race Starts at 8:00 AM
South Beach Park, Vero Beach, FL 32963

Proceeds Benefit Indian River Habitat for Humanity

Course: Begins & Ends at South Beach Park. 1 juice station; gummy worm hunt, free plant & refreshments following the race. **Entry Fee:** \$25; \$30 race day. Groups of 5+ Pre-Registration is \$20/runner; \$25 race day.

Shirts guaranteed to the first 125 registered!

Register at REALTORS® Association of Indian River County (RAIRC), and Billero & Billero Properties, 1021 Beachland Blvd, Vero Beach 32963

Race day entries will be accepted starting at 7:30 am

Awards: Age group awards to top 3 Male & Female finishers in the following categories: **Runners:** Male/Female Overall, and Overall Masters; Under 9; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & Over. **Walkers:**

Top 3 Overall Finishers **Packet Pickups:** Friday April 21st at Runners Depot from 10AM-5PM. Located: 436 21st St, Vero Beach, FL 32960

Send Race Entries & Check(s) Payable To: RAIRC, 3250 67th St, Vero Beach, FL 32967

Contact Hollie Billero (772) 633-3203 or Don Evans at RAIRC (772)567-3510 with questions pertaining to the race



Raise the Roof for Habitat "Earth Day" 5k registry form, April 22, 2017,

Please Check: Runner Walker

Name _____ Sex ____ Race Day Age ____ Shirt Size S M L XL XXL

Name _____ Sex ____ Race Day Age ____ Shirt Size S M L XL XXL

Name _____ Sex ____ Race Day Age ____ Shirt Size S M L XL XXL

Name _____ Sex ____ Race Day Age ____ Shirt Size S M L XL XXL

Address: _____ City & ST: _____ Zip: _____

Phone: _____ Email: _____

By signing of the application, I, for myself, my executors, administrators and assigns, do hereby discharge and release RAIRC 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.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____



Jackie Schmoll

Active Runner, Mother of Three

Name: Jackie Schmoll

Family: Husband, Steve, daughters Delaney (8 years) and Caleigh (6 years) and new son Nathaniel (3 months!)

Age: 36 (for a few more days!)

Originally from: New York (Suffolk and then Rockland County)

Currently reside: Melbourne

Number of years running: 17!

Began running because: I always ran as part of a sport (field hockey and lacrosse) until 2000 when I started running to race the Long Island Half Marathon with my dad. That started a love of running and caused me to try out for the D1 Cross Country and Track Team at the University of Maryland after playing D1 Field Hockey there for the first three years of undergrad.



Top: Jackie with Delaney and Caleigh are on the go.
Bottom: The entire Schmoll clan

I knew I was hooked when: I started seeing my times and distances improve. I was hooked after my first marathon in 2001 in Honolulu, HI.

Race personal records (PRs):
5k 21:06; Marathon 3:36 (BQ)

What has been my biggest running accomplishment to date:

I've run 9 marathons and qualified for Boston Marathon in 2004. But my biggest accomplishment has been running through all three of my pregnancies. I ran until the day I had both of my daughters. With my new son, I needed to stop running at 29 weeks because my SI joint went out. So I aqua jogged in the deep end of the pool daily. Aqua jogging has been my go-to any time I've been injured.

Favorite local and/or out-of-town race: I loved the Philadelphia Marathon where I qualified for Boston. It was flat, fast and had a lot of local support.

Favorite place to train: I travel a lot for work and I love running in new places. Locally, the beach is a beautiful place to run (at low tide) and River Road is a favorite as well.

Running goals: In addition to getting back in shape this year after baby #3, I'd like to run a Sprint and Olympic distance triathlon before I turn 40.

Training philosophy:

When increasing distances, I will increase for 3 weeks in a row (no more than 10% per week) and then on the fourth week, I'll drop back down to distances from week 2. I'll repeat that 4 week cycle until I am at the training distances that help me to achieve whichever race I am training for. I also run hard when I have intervals and run easy when I don't. I always take off at least one day per week, and usually take off 2.

Running partners: I was a regular on River Road until I had my second daughter and



couldn't get the kids out of the house early enough. Now I run close to home with my friend Megan Bolin. I also sometimes meet up with the Spacecoast Moms Run This Town (MRTT) Chapter.

If I could run a mile with any other person(s), dead or alive:

I loved running with my Cross Country teammates at University of Maryland

Funniest or oddest thing I've seen while running:

In Florida, I'm always amazed by the wildlife I see early in the morning. I recently saw a Bobcat jump over a 6 foot fence.

One piece of advice that I would give to a new runner: Start out slowly and always listen to your body.

Other interests: I love teaching fitness classes. I teach outdoor circuit training on Mondays and Fridays at a local park (10% off for Spacecoast Runners members!) www.getmovingfitness.weebly.com.




Last movie I saw: I honestly can't remember... but it was a G-rated kids movie!

Favorite hero: My mom... she raised my sister and I on her own and she has helped me out with my three kids. I am forever grateful to her.

Favorite pre-race meal: oatmeal with a scoop of peanut butter and a banana (pre-marathon). For a 5K I usually get by with half of a banana.

I can't live without my....Kids and Husband

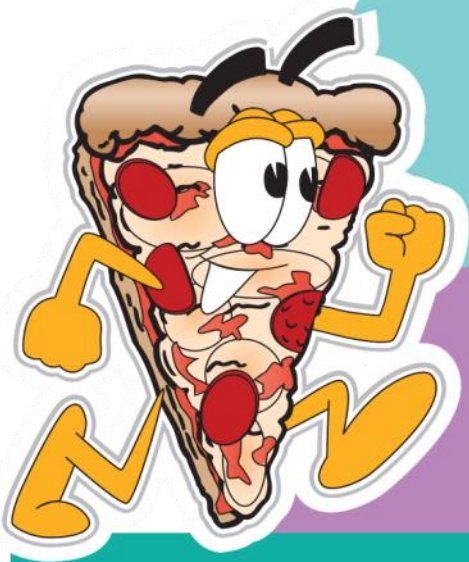
Last time I took a selfie: Today!



We would love to feature YOU in an upcoming issue! To share your "Run a Mile with" story, please contact SCR at socialmedia@spacecoastrunners.org.

STAY CONNECTED SCR





Eat My CRUST

5K 2017 Viera, FL



MAY 7, 2017 — 7:00 AM

REGISTER TODAY AT EATMYCRUST5K.COM

- Run or Walk the Only Point-to-Point 5K Course in Brevard County!
- Benefits Viera High School Athletics, Special Olympics and the Early Steps program of Brevard County.
- Free race shirt guaranteed with pre-paid registration
- Free Lil' Pepperoni Run for kids (8 & under)
- Super Post-race Pizza & Breakfast Buffet at Viera High School
- Finisher medal option available to commemorate the event
- Grand finale of the Runner of the Year series



**OVERALL & AGE GROUP AWARDS | PIZZA DELIVERY CHALLENGE | FAST TRACK AWARD
TEAM COMPETITION | TOP HIGH SCHOOL FINISHERS | SCR YOUTH SERIES RUN**

Long Distance Relationships

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

Blue Angels Rock N Fly Half Marathon

The Soul Train delivers to Pensacola

by Sam Kozaitis



Although a number of years have passed, I still don't know what to make it. Donna Summer, a Soul Train regular, and the progressive rock band Rush shared the same stage at the 2013 Rock & Roll Hall of Fame induction. To top it off, Rush's drummer began his career by playing soul music, and even the punk rock band the Ramones performed a soul song cover, so I knew the Blue Angels Rock N Fly Half Marathon-Soul Train Tour must have potential. *(continued next page)*

Sam Kozaitis finishes the Blue Angels Rock N Fly Half Marathon.

Long Distance Relationships

Blue Angels Rock N Fly Half Marathon



Runners ran along the Pensacola Bay during the half marathon.

The race took place on the Pensacola Naval Air Station, home of the Blue Angels flight demo squad. The course was mostly flat with a long out and back section along the white sands of Pensacola Bay and two separate loops near the beginning and end. The loops traversed very scenic areas, however they offered no shade.

There were about 1300 runners for the combined half and 5K, and the weather was a nice 55 degrees. Big hair and funky fashions abounded; however, I have my conservative image to protect so I refrained. At the start of the race, there was a rockin' electric guitar national anthem followed by a dramatic three-plane flyover. I quickly got my groove on as I went up a small hill by Fort Barrancas, which was flying a 34-star American flag from 1862. Shortly afterwards at mile 1.5, I passed the rib station. Yup, pork ribs and Gatorade. I kept my beat along the course past the National Museum of Aviation, the Pensacola Lighthouse, and a few DJ stations beside the Bay. It was easy to stay on course due to the number of guards watching as if someone intended to steal something. At about mile nine, the course passed back by the start where a Jumbotron was playing an episode of Soul Train. With the clear sky, it had begun to warm up quickly, so going through the water spray station there felt great.

In the final loop I was starting to fade with about two miles left to go. Two, the same number of lines Dee Dee Ramone had in the movie Rock 'n Roll High School. So, I got down and boogied to a new PR with Barry White on the Jumbotron. I received my rocker medal from a Marine and hobbled over to the post-race party and dance-off contest with Caesar Brothers Funk Box.

The Soul Train tour delivered excitement, competitiveness, and charity-giving wrapped up in a half-marathon.



The Medal Bling

SPACE COAST CHALLENGE 33K



If you ran the
Space Coast
Classic 15K &
Eye of the
Dragon 10K
you're almost
there!

Complete all
3 SCR Races &
Receive the
Challenge
Medal Stand

Space Coast 33K Challenge
information available at
spacecoastrunners.org.

Run 3 Races — 3 Different Distances



SCR Out-of-Town Race Recap

Thanks a ton to Anne Dockery, who is researching and writing up these results! If you have any results and would like to be featured in the newsletter, send your email to info@spacecoastrunners.org.
No race is too big or too small.

BEST DAMN RACE, Orlando on 3/4/17

Half Marathon

Jasmin Jarman 60-64 2:09:17 **2nd**

AG

Susan Snodgrass 50-54 2:03:41

Jennifer Devine 40-44 2:19:34

Sharon Smith 50-54 2:36:59

10K

Rhonda Creek 45-49 52:25

George Oswald 65-69 57:04

Marion Oswald 55-59 1:03:58

Gary Tumlinson 45-49 1:04:35

Valerie Eastman 45-48 1:07:41

Angela Leeds 45-49 1:08:32

Jessica Vanatta 45-49 1:08:33

Patty Garten 45-49 1:20:47

Nilgun Leavitt 55-59 1:29:30

Lori Rattay 5-54 1:33:30

John Leavitt 50-54 2:39:12

5K

George Oswald 65-69 28:31 **2nd**

AG

Marion Oswald 55-59 34:13

RUN AWAY WITH THE CIRQUE DU SOLEIL 5K,

Las Vegas, NV on 3/11/17

Thomas Stokes 26:57

Debra Stokes 28:10

BILTMORE ESTATES HALF MARATHON,

Asheville, NC on 03/11/17

Hilary Eisbrenner 2:21:04

40TH GATE RIVER RUN 15K

Jacksonville, FL on 03/11/17

John Ouweleen 76 1:11:15 **1st AG/AG CR**

Female

Holly Davis 20-24 58:58

Alison Nolan 25-29 59:03

Tracy Dutra 44 1:04:57

Julie Hannah 43 1:05:45

Kimberly Prosser 49 1:22:29

Carol Ball 60 1:22:56

Molly Kirk 52 1:23:29

Shelley Christian 61 1:23:35

James Elmer 60 1:26:03

Anne Mitchell 44 1:26:08

Emily King 40 1:26:55

Cami Waldon 1:27:53

Sherry Thorpe 51 1:32:29

Terri Howell 56 1:32:54

Dana Maughn 25-29 1:34:49

Shona Price 40 1:37:07

Monica Hall 50 1:39:02

Marion Oswald 59 1:39:12

Lisa Hamelin 45 1:39:59

Jennifer Schneider 50 1:41:13

Charis Gaines 50 1:41:54

Nancy Forestiere 63 1:42:15

Laurie Paul 55 1:43:00

Jennifer Smith 42 1:50:46

Kathy Gay 59 2:05:40

Dawn Niehoff 35.39 2:17:47

Kelly Ferrin 50 2:26:55

Paula Collins 56 2:26:56

Male

John Davis 39 52:59 **2nd AG**

Jonathan Howse 41 58:43

Scott Larson 45 1:00:42

Ron Ritter 44 1:02:07

Keith Snodgrass 51 1:02:09

Robert Pike 56 1:04:38

Sal Farino 61 1:04:59 **5th AG**

Harry Prosser 48 1:15:04



At the start of the Gate River Run
(l to r: Nancy Forestier, Harry Prosser, Kimberly Prosser)

SCR Out-of-Town Race Recap

Dean Worm 46 1:15:28
Tyler Smith 13 1:16:55
Robert Schneider 54 1:18:31
Jim Christian 68 1:28:24
Jim Westermeyer 51 1:29:02
George Oswald 65 1:32:01
Jerry Bird 62 1:32:53
Gary Castner 71 1:40:43
Andy Clay 48 2:38:56

CORKTOWN RACES, Detroit, MI on 03/12/17

Emerald Mile & Corktown 5K
Brittany Streufert, 6:55, 25:02

YUENGLING SHAMROCK MARATHON WEEKEND,

Virginia Beach, VA on 03/18/17

Marathon

Charlene Anstett 4:39:27

Half Marathon

Heather Felix 2:39:11
Elisha Gould 3el:02:07

TOMOKA MARATHON & HALF MARATHON,

Ormond Beach on 3/25/17

Marathon

Carol McCauslin, 3:56:34
Michael McCauslin, 3:56:35 **3rd AG**

Half Marathon

Steven Shenbaum 48 1:36:30
Marie Thomas 52 1:43:40 **2nd AG**
Pauline Shenbaum 44 1:45:35 **1st AG**
Molly Kirk 52 1:53:37
Lisa Rose 41 1:55:07
Christine Kennedy 51 1:56:39
Ron Getska 68 1:57:29 **1st AG**
John Leavitt 40 1:58:28
Yasmin Jarman 62 2:09:27 **2nd AG**
Debbie Molina 63 2:20:05
Donna Scott 52 2:26:12
Marty Ransom 62 2:27:17
Shannon Leathlean 44 2:46:07
Heather Mitchell 42 2:53:59
Beth Walker 61 3:01:59
Lorna Mazza 61 3:04:15

Trisha Jones 46 3:20:53
Tina Theobald 48 3:21:34

ST FRANCIS TRAIL RUN 13K in Deland, FL on 3/26/17

Sean Black 1:04:21, **Masters, 2nd Male**
Nancy Buonanni, 1:13:12 **4th OA, 1st Female**
Sondi Ryersee, 1:13:14 **5t OA, Masters**
Jeff Cook 1:16:05
Christy Tagye 1:22:45
Janet Erlacher 1:30:44
Christine Zieres 1:35:19
Loran Serwin 1:38:35
Linda Cowart 1:40:31
Marisa Flint 1:40:35
William Buonanni 1:50:12
Robert Schneider 1:57:43
Christina Russell 1:30:01

ZKS WINTER PARK ROAD RACE 10K, Winter Park, FL on 3/25/17

10K

Heather Akram, 26 47:52
Naweed Akram, 61, 53:24
Jeanne Higbie, 35 1:01:41
Linda McKee, 56 1:03:28
Barbara Linton, 61 1:03:33
Carol Souve, 50 1:09:38
Ginger Bailey, 46 1:09:44
Jessica Vanatta, 46 1:11:25
Pat McKee, 59 1:15:08



Naweed and Heather Akram have a Father Daughter day at the Winter Park 10K.

2 Mile

Jeanne Higbie, 35 19:25

Distance Dare

Jeanne Higbie, 1:21:05

MARINE CORP 17.75K in Washington D.C. on 3/26/17

Harry Prosser, 1:36:44
Kimberly Prosser, 1:48:18
Ron Roff, 1:53:03

PIZZA WITH A PURPOSE

SPACE COAST RUNNERS

FUND RAISER NIGHT

Wednesday April 19th, 5pm-9:30pm

**A special Pizza with a Purpose
Movie Premier event!**

Join us before or after the movie,
mention Pizza with a Purpose and
we'll donate 10% of your tab!



Outreach

We Enrich Our Community and
Provide Incredible Dining Experiences

2250 Town Center Ave.
In the Avenue Viera
321.633.0397

WHAT - Movie Premier "Boston" (An American Running Story)

WHEN - Wednesday April 19th, 7:30pm

WHY - Support Space Coast Runners

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



April 2017

April 14
Boston Marathon
Boston, MA

Jonathan Howse



April 30
Big Sur International Marathon
Big Sur, CA

Molly Kirk, Marie Thomas



May 2017

May 7
Eugene Marathon
Eugene, OR

Doug Nichols



May 7
Mountain Goat Run
Syracuse, NY

Marion Oswald, Skip Oswald



May 7
IRONMAN 70.3 St Croix
St. Croix, Virgin Islands

Lori Kruger



May 20
Fargo Marathon
Fargo, ND

Micah Vanatta



June 2017

June 17
Grandma's Marathon & Garry Bjorklund Half Marathon
Duluth, MN

Brittany Streufert, Shane Streufert



July 2017

July 9
Boilermaker 15K Road Race
Utica, NY

Marion Oswald, Skip Oswald



September 2017

September 24
Berlin Marathon
Berlin, Germany

Micah Vanatta



October 2017

October 8
Chicago Marathon
Chicago, IL

Doug Nichols



October 15
Detroit Free Press Marathon & Half Marathon
Detroit, MI

Mike Acosta, Carol Ball, Molly Kirk, Brittany Streufert, Marie Thomas



November 2017

November 5
New York City Marathon
New York, NY

Lori Kruger



Get your next race on the list!

Email your race, date & city/state or country to:

socialmedia@spacecoastrunners.org

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

They allow SCR to use a meeting room in one of their facilities for our 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 info, visit [Health First Pro-Health & Fitness Center](http://HealthFirstPro-Health&FitnessCenter.com).

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



GET MOVING!
Group Fitness & Personal Training



ALL ABOUT YOU PHYSICAL THERAPY, LLC
Specializing in Orthopedic and Sports Injury Rehabilitation

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
Instagram



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

4/1	Fun 'n the Sun 5K	8:00 am	Suntree United Methodist Church, Melbourne	Joellusz@me.com
4/1	Clash of the Titans 5K	6:00 pm	Field of Dreams Park, West Melbourne	megrego25@gmail.com
4/8	Space Walk of Fame 8K & 2 Mile	8:00 am	Space View Park, Titusville	runs alot@cfl.rr.com
4/8	Pirate Plunder 2 Miler	6:30 pm	Meg O'Malley's, Melbourne	events@runningzone.com
4/9	Ron Jon Cocoa Beach Triathlon	7:00 am	Cocoa Beach Country Club, Cocoa Beach	Info@thefloridamarathon.com
4/15	Run For It 5K	8:00 am	David R Schechter Center, Satellite Beach	elizabeth@twloha.com
4/15	Navy League 5K	7:30 am	Exploration Tower, Cape Canaveral	juddls@gmail.com
4/15	Egg Scramble 5K	5:30 pm	Palm Bay Regional Park, Palm Bay	www.eggscramble5k.com
4/22	Melbourne Art Festival Flamingo 5K	7:30 am	Wickham Park, Melbourne	MAF5KRaceDirector@gmail.com
4/23	Gateway to Space 5K & 10K	8:00 am	Kennedy Space Center, Titusville	www.wildsideonline.net
4/29	Calvary Chapel Wild 'n Wacky 5K	7:30 am	Malabar Community Center, Malabar	blong@calvaryccm.com
4/29	Run Thru the Ranch 5K	7:30 am	Nail Ranch, Palm Bay	Jennifer.Cahoon@ffbic.com
4/30	USA Beach Running Championships 13.1, 10K	6:00 am	Shepard Park, Cocoa Beach	info@thefloridamarathon.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.*



April

Happy Birthday

1	Bernadette Beck, Jared Gannon, Anthony McCormick	16	Eric Bissonnette, Gus Diaz, Rachel Redlien, Christina Russell, Liz White
2	Cyndi Bergs, Marcia Bryant, Judy Koh, Anne Doreflein, Sara Geilow, Glen Wright	17	Lisa Farrall, Joan Meadows, Jeff Roselip, Debra Stokes, Larry Timmons, Laura Tubbs
3	Keely Crovo, Doug Nichols, Rachel Williams	18	Brent Fodor
4	Gary Jones, Madden Lorraine, Susan Then	19	Alexandra Myers, Kevin Tezel
5	Cissy Collins-Geiger, Victoria Deen, Bryony Edwards, Cory Patrick, Cathy Rauback	20	Maryjane Cole, Jason Dieterle, Connie Pitcher, Lillian Robertson
6	Channing Black, Nilgen Leavitt, Charlotte McClure, Travis Pond	21	Ethel Clark, Lynnda Floyd, Zachary Unrue
7	Andy Clay, Robert Daniels, Jeff Hizer, Dawn Kosa, Jacqueline Maisto, Estee Newton, Tim Speed, Dick White	22	Matthew Reynolds, Kelly Rich
8	Solana Hosburgh, Tony Tagye	23	Robin MacDonald, Christina Martin, Claudia Vargas, Laura Whittington
9	Erin Berube, Garrison Gates, Steven Raymond, Thomas Stokes	24	Patti Chapman
10	Barbara Brotherton, Bailey Castner, Nancy Lee, Noah Wells, Wright	25	Aaron Netterstrom, Jessica McCaskill
11	Kim Bissonnette, Stephanie Kinnuen	26	Kati Craig, Suzanne Johnson, Kimberly Newton, Daniel Redlien
12	Kalli Owen, Mitch Varnes	27	Susan Baker, Linda Laird
13	Angela Leeds	28	Colleen Embi, Erik Prince
14	James Michonski, Bruce Wilkinson	29	Sandra Edwards, Bob Harvey, Steve Oliver, Charles Parker, Paula Shenbaum
15	Liam Buchanan, Roger Rowan, Leisha Sinclair	30	Verena Faure