

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

August 2017



IN THIS ISSUE

Running the 3 big 40th anniversary 15K races

Run a Mile with Timothy McGee

3 Ways Running is like Teaching



DEPARTMENTS

- 04 [From the Editor](#)**
- 05 [Lisa's Musings](#)**
- 24 [SCR ROY Series Calendar](#)**
- 49 [Local Race Calendar](#)**

RESOURCES

- 03 [SCR Board Members](#)**
- 07 [Local Fun Runs](#)**
- 18 [Member Race Discounts](#)**
- 40 [Member Local Discounts](#)**

FEATURES

- 09 [SCR Central](#)**
- 20 [Run Local](#)**
- 21 [Long Distance Relationships](#)**
- 23 [Runner of the Year Series](#)**
- 34 [Run A Mile With...](#)**
- 36 [Out-of-Town Race Recap](#)**
- 37 [Where in the World?](#)**
- 38 [3 Ways Running is like Teaching](#)**

RACE REPORTS

- 30 [Indialantic Boardwalk Triathlon](#)**
- 31 [Firecracker 5K](#)**



On Our Cover: Runners charge up the Melbourne Causeway at the Firecracker 5K on the 4th of July. Photo credit: TriHokie Images

Above: SCR members, Marissa and Keith Flint go totally patriotic for the Firecracker 5K costume contest. Photo credit: TriHokie Images

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

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

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



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.

LISA HAMELIN
SCR President

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SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954



About 10 years ago, one of the greats of Brevard County journalism and an editor at FLORIDA TODAY, Mark DeCotis, told me something to the effect of, “You won’t be going anywhere this Thanksgiving weekend” and so to the Space Coast Marathon I went.

It was a revelation, so . . . joyous. There, on a Sunday in pre-dawn Cocoa Village, when they could have been planning trips to the mall or stringing lights, were thousands of people of all ages, colors and shapes, with no fancy uniforms or equipment, no bells and whistles, no trash-talking.

They simply did what comes naturally to human beings: They ambulated – ran, jogged, walked, whatever – 26.2 or 13.1 miles, breathless but elated in the end and only too pleased to talk about it. When they did, you couldn’t really get them to say anything about other runners, only that they had passed or not passed them.

Preening? Bravado? Self-congratulations? Oh no. Delight at the success of others? Oh yeah. The battle, someone mentioned, swimmer-like, is not against another runner, but against the clock, and ultimately against yourself. It was inspiring.

It wasn’t as if I didn’t know these things, but somewhere along the line, forgot.

I ran every night for years, even a little in college, if that’s what sliding on ice in downtown Milwaukee is. Heck, I’d even raced (bwahaha!) one of the first 5Ks in the Fort Lauderdale area, in the 1970s. It took place at a treatment plant in the boondocks because, what, close down streets for a couple of dozen people out for a jog? Heaven forbid!

My favorite place to run, for what it’s worth, was early-morning Epcot, with its leg-friendly surface and so much to see that you could go around three times before you realized you’d run three miles. My favorite way to run was in boots,

behind a flag. If you deploy, you run.

But I was slow. Turtles rolled their eyes as they flew by. In 1984, someone said, “Jim Fixx had a heart attack!” I replied, “He saw me run?”

I’d written about it too: interviewed Bill Rodgers, spoke to Grete Waitz, worked with the then-Gayle Olinek (third among women at Boston in 1977), shared a cab in New York with Filbert Bayi, blah blah.

I rediscovered this wonderfully human endeavor and its wonderfully human participants as we went along, thanks to Mark and now to Tim Walters. If you give out a Patron Saint Award, hand it to that SCR stalwart, who assures Brevard County that running is noticed because it is worth noticing.

At this age, you stick to writing about subjects you find worthwhile, and running is.

Because it’s stupid to be a mere observer, I’m working on getting back to it. Because I believe strongly in what SCR can do for the community as well as its members, I’m working on this newsletter. Thank you, Lisa Hamelin and the monumentally patient Brittany Streufert for that.

Thank you, SCR members for taking the time over the years and now. I promise you’ll never see this many personal pronouns in a column again.

Go get some PRs.

- Lyn Dowling



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, send the staff an email — info@spacecoastrunners.org.



LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin

Welcome to the start of a new race season!

I am very excited to be your new President. I am here to serve you, the illustrious member! Please let me know what you want to see this upcoming season and I will do my best, along with our Board of Directors, to ensure we are doing what is in the best interest for our membership.

I have a few goals for the club. I didn't run for the President spot for nothing ☺ I will need everyone's help and support though. I want all runners to feel welcome to join and be included in activities.

- **What can Space Coast Runners do to help improve that?**

I would also like to make being a member of Space Coast Runners more appealing to the masses.

- **What benefits are you looking for and what are your friends and peers looking for that we aren't offering?**

I'm looking for input!

I also have a few personal goals that I'm going to share so that it will make me just a tad more accountable. I would like to try to run all the races in the SCR series. There are a select group that does this each season and I'd like to attempt it! Now that the Space Coast Classic is in the safe hands of the Power of Pizza Charities team, I can actually run it. Plus, there are races that I have never attended and it is high time that I do – Reindeer Run 5K and Space Walk of Fame 8K.

Another one of my goals is to visit each weekly fun run that happens around Brevard County at some point this season. And it will take the entire season, since I'm an early morning runner. Timewise, it's difficult to do things after work, but I want to make the effort.

Hope to see/meet everyone at Running on Island Time – it is one of my favorite races. It's certainly a hot one, but those Oreos with peanut butter and banana...they're calling!

See you on the road.

- Lisa

Lisa Hamelin, SCR President
lisahamelin@gmail.com

AUGUST BOARD MEETING

August 21, 2017 — 7:00pm,
ProHealth Merritt Island

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

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.

RUNNING ON ISLAND TIME 5K
SATURDAY AUGUST 26

DIVINE MERCY CATHOLIC ACADEMY MERRITT ISLAND

ISLAND TIME

SCR Runner of the Year SERIES

RUN. SWEAT. SMILE!

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Store Hours: Monday - Friday 10:00am-6:30pm
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

LOCAL FUN RUNS

all over Brevard County

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

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)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
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, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller lmliller4435@gmail.com 321-749-7591
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:00 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, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 Eriksonjaquays@gmail.com
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:45 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com www.facebook.com/groups/1423502080999358
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

LOCAL FUN RUNS

spotlight run of the month



WEDNESDAY NIGHT

VILLAGE IDIOT PUB RUN

MEETS WEEKLY AT THE VILLAGE IDIOT PUB, LOCATED IN COCOA VILLAGE AT 4 HARRISON STREET.

RUN STARTS AT APPROXIMATELY 6PM AND HEADS DOWN RIVER ROAD. ENJOY A BEER OR WINE AFTERWARDS.

THE VILLAGE IDIOT HAS OVER 30 BEERS ON TAP, 100+ IN THE BOTTLE, CIDERS AND WINE.



SCR Central

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



Welcome New Members

We look forward to running with you.

Jennifer Absher
Ralph Billings
Lois Boxer
Bob Brown
Elizabeth Brown
Jonathan Brown
Janet Carman
Abigail Compton
Carol Compton
Hannah Compton
Mary Compton
Tim Compton
Tim Compton
Sarah Compton
Mickie Cooksey
Kimberly Flynn

Kole Hughes
Maureen James
Samantha Kervin
Elle Marcotte
Nathan Marcotte
Whitney Marcotte
John Murphy
Ron Osler
Rebecca Quintero
Margaret Sadowski
Tracy Smith
Telia Suarez
Jeremy Tucci
Ivoriann Wooley
Timothy Wooley

Photo credit: Marissa Flint

Wednesday
August 2 7:00pm
SCR Prediction
Fun Run



Join Space Coast Runners at Wickham Park for the 2nd annual guess-fest known as the **Prediction Fun Run!**

You don't have to be the FASTEST to win this one!

Surprise course distance - you'll find out when you get there! The course will be between 2.5 - 4 miles.

The Prediction

Participants will sign up at the SCR registration tent and write down next to their name how long it will take them to complete the fun run course.

The Rules

No one is allowed to wear, carry, or have in their possession watches, Garmin's, FitBits, timing devices, sun dials, measuring devices, phones, headphones, etc.

Last year's winner was Greg Griffin.



Join us for the next race in the 2017-18 Running Zone Foundation Race Series:



PRESENTED BY



Health Plans

REGISTER TODAY!

Sunday, August 20, 2017
7:00am Start Time, The Avenue Viera



- Fun football medal awards
- Tailgate Party with pizza, wings & beer from Pizza Gallery & Grill
- Zippy the Mascot to lead the Kids' Run
- Autographed football giveaway
- Random giveaway of \$500 NFL Package



Benefits Suntree Viera Youth Football & Cheerleading League

www.runningzone.com/series

#tailgate2miler



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

Health First

SOLD OUT!

Thursday, August 10 at 7:00pm

Holmes Regional Medical Center

Auditorium A | 1350 South Hickory Street, Melbourne

This free SCR member event is sold out! If you would like to be put on the event waitlist, you can send an email to info@spacecoastrunners.org.

Want to learn about runner's nutrition and how you can make better choices when it comes to eating healthy? Join SCR for this completely **FREE** event!

April Kashdan, a Health First dietitian will speak to Space Coast Runners about nutrition and leading a healthy lifestyle. Health First has provided a space at Holmes Regional for the free event so there's room for up to 50 members to attend.



SCR Central

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



Showcase the race medals you earn running and walking the great events here in Brevard County with this one-of-a-kind medal hanger. The exclusive "Space Coast" design was created by Allied Medal Hangers in collaboration with Nancy Foresteire for the Awards Night Silent Auction.

Not only did the hangers bring in lots of bids but the members who didn't walk away as winners wanted to know where they could purchase one.

They are now available to order on the SCR partnership page of Allied's website. Simply click on the url below and you'll find the different size and style options that are available to purchase.



<https://www.medalhangers.com/shop/partner/Space-Coast-Runners>

Many thanks to Joel and the team at Allied Medal Hangers for creating such a cool way to display those highly coveted finisher medals!

**Long Doggers Satellite Beach
LOCALS RUNNING CLUB**

Walk or Run Every Tuesday at 7pm.
Young, Old, Family, Friends, Schools, Teams
We meet in the parking lot behind Long Doggers.

1 FREE DRAFT Eat with us after and every 5th entree is FREE!
Mich Ultra, Bud Light or Hatteras Red, or
1 FREE ICE CREAM
For Participants

PLUS: It's T-Shirt Tuesday! Wear your LD tee for 10% OFF!
Follow us on Facebook and at longdoggers.com

TWO FUN RUNS NOW ON TUESDAY IN SATELLITE BEACH

Fun run changes have happened in Satellite Beach. Running For Brews is now hosting its weekly Tuesday night run from Beef 'O' Brady's at 7pm. Their former location, Long Doggers Satellite Beach has launched its own walk/run on the same day and at the same time.

Both runs are free to the public and offer participants post-run refreshments and dining specials.

Running for Brews: 724 South Patrick Drive
Long Doggers: 1201 South Patrick Drive

SCR Central

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

Thanks for taking our newsletter survey!



The newsletter staff really appreciated those members who took the time to respond to our survey that was sent out in July. We learned a lot from your responses and comments. Overall you scored the newsletter **4.29** out of **5** stars, not too shabby.

Each month our volunteers are hard at work trying to bring you the best coverage of the local running scene. The more we know about, the more we can cover. So take the time to send in your upcoming race schedule for Where in the World are Space Coast Runners Running?, write to us if you think there's a topic that we should cover or better yet, a member profile.

For those of you following SCR's Facebook page, we've reinstated our Sunday night **Spotlight Runner**. Everyone has a story and the club wants to hear it!

If you would like to contribute some volunteer hours to the newsletter, we would love to talk to you. Email socialmedia@spacecoastrunners.org.

NEW LOGO MAKES ITS DEBUT!

The Space Coast Classic 15K & 2 Mile debuted a new logo for 2017 which sports iconic images of Florida and Brevard County in the design. It has received very positive feedback from both our young and old members.

The SCR race, which is the third event in this season's Runner of the Year Series, is being managed by Mike Acosta and Brittany Streufert through their Power of Pizza Charities. They've announced this year's race beneficiary will be The Children's Hunger Project and there will be a race day food drive to benefit the Space Coast Basket Brigade. The race is looking for area businesses who would like to be sponsors. Please contact spacecoastclassic@gmail.com if you are or know of anyone interested in supporting the November 5th event.





Photo credit: Terry Ray.



Christian Lake

1996—2017

Christian Lake was an athlete, student and member of our running club.

A graduate of Rockledge High School, he retained his many friends there (“Everybody was Chris’s friend,” in the words of one Rockledge alumnus) while he studied at Eastern Florida State College and then Florida Institute of Technology, and he was a member of cross country teams at both. Last year, he joined Florida Tech’s track team.

Florida Tech cross country coach Pete Mazzone said, “He came to us in the fall of 2016 and quickly established himself as one of our most durable and hardest working athletes on the team. Christian quickly made lasting relationships with his teammates and got along with everyone.”

He was not unknown at local races, either, and he became a protégé of Coach Doug Butler and a member of his Set Goals Not Limits program.

He died in an automobile accident July 19.

Friend and neighbor, Space Coast Runner and scholar, Christian Lake will be missed.

SCR Central

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



Photo credit: Terry Ray.

a fond farewell run...

On Saturday, July 29th the running community along with friends and relatives of the Lake family, gathered together at Riverfront Park to run and walk as a final farewell to Christian Lake. Over 200 people attended the beautiful, emotionally uplifting event. Shane Streufert spoke to the crowd before the start and recited the Runner's Prayer.

There was laughter and tears in a morning filled with love as everyone offered their support to Les, Kelley, Nick and Kailyn Lake. Christian will be forever connected to SCR and remembered in our hearts.

In Christian's memory, gently worn shoes and running clothes were collected to be donated.

Pictured above: Nick (far left) and Kailyn Lake (fifth from right) feel the support of friends and fellow runners.

Right top: The Lake family before the start of the farewell run.

Right bottom: Kelley Lake is surrounded by her Moms Run This Town crew.



Photo credit: Terry Ray.



Photo credit: Shannon Parks



ENTER SOON AS RACE
HAS SOLD OUT THE
PAST TWO YEARS



2017 Evil Twin Sister Jeannie
Bottle Finishers Medal

THIRD ANNUAL RON JON

COCOA BEACH HALF MARATHON

SUNDAY, OCTOBER 29, 2017 | 7:30AM START TIME



SUNDAY, OCTOBER 29, 2017

CENTRAL FLORIDA'S ONLY ALL COASTAL HALF MARATHON

START TIME 7:30AM

FINISH ON I DREAM OF JEANNIE LANE AT LORI WILSON PARK

- VOTED BREVARD'S BEST RUNNING EVENT BY READERS OF FLORIDA TODAY NEWSPAPER
- NAMED AS CENTRAL FLORIDA'S BEST HALF MARATHON BY SPACE COAST LIVING MAGAZINE

COCOABEACHHALFMARATHON.COM



RACE DAY AMENITIES

TECH SHIRTS
TO ALL REGISTERED
RUNNERS



◀ AWESOME
EVIL TWIN SISTER JEANNIE
BOTTLE FINISHERS MEDAL



CUSTOM
EMBROIDERED EVENT
RUNNING CAP TO ALL
REGISTERED RUNNERS



LIVE MUSIC
ON THE COURSE AND
GREAT AFTER PARTY!

PIZZA
AND FLORIDA BEER AT
THE FINISH LINE

SCR Central

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



**SCR
Runner
of the Year
SERIES**
2017 - 2018

All-In-One
**SERIES
SPECIAL**
Register by August 13, 2017

RUNNING ON ISLAND TIME 5K
TURTLE KRAWL 5K
SPACE COAST CLASSIC 15K & 2 MILE
SPACE COAST MARATHON & HALF MARATHON
REINDEER RUN 5K
TOOTH TROT 5K
EYE OF THE DRAGON 10K &
TAIL OF THE LIZARD 2 MILE
DOWNTOWN MELBOURNE 5K
SPACE WALK OF FAME 8K & 2 MILE
EAT MY CRUST 5K

The deadline for savings has been extended!

Register for the 2017/2018 Runner of the Year series races for one special, limited-time [All-In-One price](#). It's simple, super convenient and SCR members receive over \$40 in race registration savings. And, that doesn't include the time you SAVE by filling out one registration form, instead of nine. It doesn't get any better!

1 registration, 9 races. Every runner should take advantage of the ROY special. Register online at: <https://goo.gl/NneAAb>. Special ends on 8/13/17.

get involved.
join a committee.

SCR has several committees led by our board members in need of volunteers.

Would you consider joining one of the following committees?

- **Communications**
- **Community**
- **Marketing**
- **Planning**
- **Race**
- **Social**
- **Strategic Partnerships**

For more information, please contact Lisa Hamelin via email:
lisahamelin@gmail.com





EXCLUSIVE SCR RACE DISCOUNTS

save \$ = run more races

- ◆ **NEW!** **Quest for the Lost Scroll 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 benefits Ocean Conservancy.
- ◆ **NEW!** Ready for a cool seashore marathon? **Rehoboth Beach Marathon** in DE is for you! Held on 12/2/17, it should delivery a cool run. The after-party includes unlimited food (breakfast items, Mac & Cheese, burgers, veggie burgers, fruit, and other assorted items). Each person 21 and over gets 3 beer tickets. Get \$15 off using code: **spacecoast2017**.
- ◆ **NEW!** **Cheesehead Run:** Wisconsin's "CHEEZIEST" half marathon, two-person half-marathon relay, or 5K on Saturday, 8/19/17. This boutique-style race delivers all the benefits of a big city race with small-town charm. SCR gets \$10 off the 1/2 and 1/2 relay and \$5 off the 5K with Code: **SPACECOAST2017**.
- ◆ **NEW!** The **AthHalf** on 10/22/17 in Athens, GA will have you enjoying a gorgeous autumn-time run through downtown, the UGA campus, past the "Pumpkin Patch Church" and the gorgeous Greek houses. There will be live music throughout the course to keep you energized and having fun! Get \$10 off the half marathon or the half marathon/5K combination registration using code: **SPACECOAST**.
- ◆ **NEW!** The **Bay State Marathon** in Lowell, MA, on 10/22/17, is a double loop of a fast, flat course, where each year 25% of the field gets a BQ. All that, along with a mean average temperature of 47°, make this a great choice for a New England Fall marathon. Get 10% off the full or half marathon with code: **BSM2017SCR**.
- ◆ **NEW!** Use code: **SPACECOAST032017** to receive 10% off any **Sommer Sports** event like the Nightmare on the Clermont Trails 5K. The discount is available to SCR members through 9/30/17.
- ◆ This summer the Auburn Ski Club is putting on two great back-to-back weekend running events, the **Sierra Crest 30k/50k Ultra Run** on August 5th. We want to offer your group the chance to try some amazing runs in the Tahoe area. We are offering 10% off to your members with the code: **runclub10** Squaw Mountain Run: More info at: squawmountainrun.com
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Rocky Mountain Half Marathon (08/17) or the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ [Wausau Marathon](#) on 8/26/17 in Wausau, WI is extending a special discount to SCR members. Still want to run Boston in 2018? It's one of the last northern Boston Qualifiers prior to 2018 Boston Registration opening in September. They send final results to the BAA office. Get \$20 off the full & half using code: **SPACECOASTRUNNER**. Get \$60 off the marathon relay using code **SPACECOASTRELAY**.
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ 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 Pine-land 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

Exclusive SCR Race Discounts

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**

- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ The 5th Annual [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any

of the 3 distances.

- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 10/22 (Half Marathon).
- ◆ MultiRace will extend a 10% discount to all its events! Save on the [Key Biscayne Half Marathon & 10K](#) on 10/01/17. Use code: **SCR17**
- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.

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.



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RUN LOCAL



The Linear Park Trail

Who knew there was a trail located in the same parking lot as the Brevard Zoo? And that it has actually been there for over 3 years now! If you turn into the drive of the Brevard Zoo, the road will dead end at the beginning of the trail.

The trail is made from recycled plastic and covers 1.1 miles. It's the perfect place to feel like you are actually on a trail, but without the dirt and small paths. The boardwalk provides a smooth, mostly shaded run, with lots of room. I ran with a stroller and could easily maneuver around people. I also saw bikes on the trail.

This 1.1 mile stretch is just phase one. Phase two will be an extension to Pineda and phase three takes the trail south to Turtlemound Road in Melbourne. This trail will also be a connector to where you can get on your bike in Viera and ride all the way to the beach.

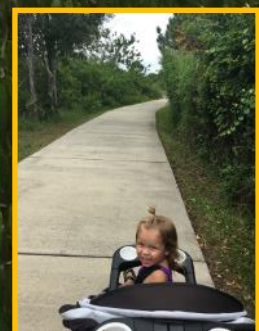
The trail is free to use. It was very clean and had a few spots with trashcans and benches. There were no public restrooms located on the trail though, so make sure to go before the run.

This was a great find within our own backyard.

For more information about the trail and extensions follow the link:

<http://www.vieravoice.com/May-2014/Linear-Park-trail-opens-at-the-Brevard-Zoo/>

**Linear Park Trail is located at
8225 N Wickham Rd,
Melbourne, FL 32940**
Report & photos by Krysti Dixon



Long Distance Relationships

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

Running the 3 large 40th anniversary 15K races

by Marion & Skip Oswald



The Space Coast Classic is the only 15K race in Brevard County.

Not your ordinary distance, is it?

So is it coincidental that three of the largest 15K races in the US celebrated their 40th running this year? We wonder...

Marion and Skip were fortunate enough to be able to run all three 40th editions which started way back in 1978!

This is our take on these large, very unique races.

Largest 15K in the US – Gate River Run, Jacksonville, FL – 14,435 finishers (2016)

It's all about the "Green Monster" finish. One of the best organized large races you will ever run with starting corrals that you have to earn by submitting your qualifying time. And you'd better believe that the organizers check it too! This

seeding allows for a smooth start and a fast pace even on the narrow course. The "Green Monster" is actually the Hart Bridge over the St. Johns River which comes at the 7 mile mark. You have to earn this finish! With the start next to the Jacksonville Jaguars football stadium, there is plenty of room for parking, as well as for the after party with bands, good food and of course beer. Started as the Jacksonville River Run, the first race in 1978 was won by running guru Bill Rodgers. The 40th race had a special exhibit at the expo with the history of the race. One of our Space Coast Runner members, Gary Castner, has run ALL 40 editions. We are all very proud of him and feel inspired.

2nd Largest 15K in the US – Boilermaker Road Race – Utica, NY – 11,357 finishers (2016)

It's all about the crowd support and the beer at the end. This race was launched to celebrate the 50th anniversary of the Utica Boiler Company. It



ends at the West End Brewing Co. which supplies the beer. The Boilermaker is given the best crowd support of any non-marathon we have ever run, with the course being lined with spectators, bands, and water stops, for the entire 9.3 miles. The course is hilly and narrow, and almost always sunny, humid and hot. The finishers and their supporting family and friends are treated to 350+ kegs of beer and food until noon on Boilermaker Sunday. It is estimated that 40,000 attend the after-party! The 6th edition in 1983 was won by Bill Rodgers and he raced again this year in Skip's age group. (Yes, he beat Skip.) Today the race continues to offer attractive prize money which brings a large elite field to the starting line. This is the race to test yourself against some of the best elite athletes in the world!

6th Largest 15K race in the US – Gasparilla Distance Classic – Tampa, FL – 5,516 finishers (2016)

Part of the Gasparilla Pirate Festival which takes place over several weeks in February, this race is all about the flat course and the large expo, and gives runners the chance to participate in additional races during the same weekend. This is an out-and-back course along Tampa Bay and is perfectly flat. If you wish for a PR on the 15K, this is a good race to try and go for it. Skip set his 15K PR here on a cool morning in 1993. This well-filled race weekend also offers a 5K, an 8K and a half marathon, and the races are scheduled in such a way that you can run all of them, if you feel tempted. There also is a big after party with of course beer. The first Gasparilla 15K in 1978 was won by Bill Rodgers. Him again...

Conclusion: We still wonder how these races all came about in the same year. Was it because history tells us that a 15K is somewhat close to a 10 miler, a popular distance at the time? Or because a nice course of exactly 15K could be laid out between two sponsoring companies, like at the Boilermaker? Or simply because running took off as a popular athletic activity for more and more people and 15K was just not as frightening as, say, a half marathon? All we can say is, these three races have a long history, are great to run, and we encourage everyone to do so. Marion and Skip certainly plan on it!



SCR Runner of the Year SERIES

Runner of the Year Series

Article by Brittany Streufert



In its 35th year, the Space Coast Runners “Runner of the Year” Series showcases 10 races around Brevard County, ranging from 2 miles to the marathon distance. SCR Members score points based on their finishing place overall or in their age groups.

As we head into the 2017/2018 season, eight-time series winner, John Davis is on the verge of making history. With last season’s title, he tied Doug Butler as one of the most winningest runners in ROY series history. John Davis is 39 years old.

Although he’ll readily admit that he never thought he would make it to compete 8 years in the series, much less win it as many times, those of us who know John know his fierce competitive nature. As his times dropped he began to believe he could win a series title. In his early running days, John was coached by Doug Butler who pushed him to get faster. Still, Butler’s ROY title record seemed insurmountable to the new runner.

Davis kept at it and became one of the top local runners at the races. “After a few seasons I thought, holy crap. I might actually have a shot at getting eight”, he said. As he notched series win after series win, it became a goal. In 2012 his streak of four title wins was broken which he says gives Doug Butler an edge in the record book. Butler’s 8 title wins were consecutive. Plus, he graciously admits, “I’m not at the same level of runner competitiveness that Doug Butler ran in his day. I have a lot of respect for what he accomplished.”

When asked if he felt any pressure during the 2016/2017 season with the record on the line he shook his head. “I actually felt less pressure. It’s the only season I’ve scored 1,000 points at every race I had to run in the series.”

So what lies ahead for John Davis in 2017/2018? He knows that coming into the season he has some work to do and that he has no room for error given the competitive landscape in Brevard. “The SCR series is a solid line up of races. I like that there is a variety of distances. SCR is doing a good job.”

As the leaderboard appears after the ROY kickoff at the Running on Island Time 5K, many will be watching to see if John Davis can make it number nine.

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2017—2018

Running on Island Time 5K — 8/26/17

Turtle Krawl 5K — 9/9/17

Space Coast Classic 15K & 2 Mile — 11/5/17

Space Coast Marathon & Half Marathon — 11/26/17

Reindeer Run 5K — 12/9/17

Tooth Trot 5K — 1/27/18

Eye of the Dragon 10K — 2/18/18

& Tail of the Lizard 2 Mile

Downtown Melbourne 5K — 3/24/18

Space Walk of Fame 8K & 2 Mile — 4/7/18

Eat My Crust 5K — 5/6/18

Runner of the Year Series

IT ALL STARTS ON AUGUST 26 AT THE RUNNING ON ISLAND TIME 5K

THERE ARE SEVERAL WAYS TO PLACE IN THE ROY SERIES



ROY OVERALL

Space Coast Runners awards the top three overall male and female runners of the prestigious series. The open division winner will be presented an award and will receive a \$200 check. The second and third place finishers will also be presented an award.



AGE GRADED COMPETITION

Age Graded awards are given to the top three male and female runners.

What is age grading? Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender (Runner's World).



AGE GROUP AWARDS

The ROY series presents age group awards to the top 50% of the "eligible" runners or three deep, whichever is greater. Runners will receive points based on their finish in their age group and must run five series races to qualify for an age group award.

Age groups will be 0-9 years, then 5-year increments up to 79 and then 80 and over.

Members 14 years or younger cannot score points at the Space Coast Marathon or Half Marathon and will only score points for the Space Coast Classic, Tail of the Lizard and Space Walk of Fame 2-mile series races. Those ages 75+ have the option to score at either race distance.



MASTERS DIVISION AWARDS

For the veteran runners, once the first three places are decided, awards will be presented to the top **Master** (age 40+), **Grand Master** (age 50+) and **Senior Grandmaster** (age 60+) based on the open division points for male and females.

First, the Master award will be given to the runner with the highest number of points who is 40 or older, then the Grand Master will be given to the runner with the highest number of points who is 50 or older, and finally the Senior Grandmaster will be given to the runner with the highest number of points who is 60 or older.

Please note: the series standings reflect your age on August 26, 2017, the date of the first race of the 2017-2018 ROY series season. If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.



Join us for the start of the 2017-2018 **SCR Runner of the Year Series**. Now in our 35th year of competition, the ten race schedule features the very best events and a total of seven different distances from which to choose over the course of the season.

The kickoff will be held on Saturday, August 26th in Merritt Island at the Running on Island Time 5K.

Run at least five qualifying races on our schedule and you'll be eligible to place in the Runner of the Year series. The open division male and female winners receive an award of \$200. Series is open to all **active** members of Space Coast Runners. Inactive? No points. Visit our website for all the [official series](#) info.

Runner of the Year Series

Space Coast Runners RACING TEAM

2017/2018 ROSTER

Carol Ball	Bill Laws
Jessica Barone	David Lerret
Audrey Bernstein	Tiffany Lerret
Stephen Bernstein	Andrea Lucas
Jerry Bird	Alysson Lyons
Paul Boucher	Matt Mahoney
Kimberly Budnick	Hazel McNees
Erin Canfield	Mike McNees, co-captain
Sarah Compton	Brenda Nelson
David Farrall	Marjorie Nelson
Heather Felix	Jodi Noe
Betsy Fisher	Bob Rall
Elisha Gould	Ashleigh Schenck
David Grant	Amanda Shagena
Greg Griffin	Cameron Shagena
Sara Griffin	Steven Shenbaum
Jason Hart	Allison Spratt
Mary Hofmeister	Tom Ward
Yasmin Jarman	Charlotte Walters
Pat Kiesselbach	Debbie Wells
Keith Kowalske	Shelley Williams
Lori Kruger	

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.



Running on Island Time 5K

FEATURED ROY SERIES RACE

It's the 12th annual **Running on Island Time 5K** and it's starting at 7AM this year!

Last year there was almost 400 runners and walkers (there is a competitive walking division). Tech shirts are guaranteed to the first 350 registered entrants this year. Listen to island music playing as part of the pre-race festivities. The race proceeds benefit Divine Mercy Catholic Academy.

WHERE ► Divine Mercy Catholic Academy, Merritt Island

WHEN ► 7:00 AM—Saturday, August 26

COST ► **Save \$5.** Early discounted registration for SCR members is \$30 thru 8/17/17.

WHAT TO EXPECT ► Florida summer heat at its finest BUT a nice out and back course with no hairpin turns. Plus, the special Oreo peanut butter banana treats are always awesome. Lots of raffles are to be awarded.

COURSE RECORDS

Male: Steven Cross - 15:39 (2015)

Female: Jessica Crate – 17:28 (2010)

Reigning Team Competition Champs — Running Zone

SCR YOUTH SERIES ► Featuring 1/4 mile and 1/2 mile distances for the little runners. 8:15 am start time.

ONLINE RACE REGISTRATION ► [Click here.](#)

12th Annual "Running on Island Time" 5K Race/Walk

Benefiting Divine Mercy Academy



Visit www.dmccs.org/5k for more information

Saturday, August 26th, 2017 **7:00 AM**

1940 North Courtenay Parkway, Merritt Island



2017 - 2018 SCR Runner of the Year (ROY) Kick-off Race

SCR Youth Series featuring ¼ mile and ½ mile distances

- Electronic Timing by Running Zone
- Technical shirts guaranteed for first 350
- Door Prizes & Yummy Post Race Refreshments

FEES:

Early Register (postmarked 8/17): \$30
\$5 Discount for SCR Members for Early Registration
After 8/17 or Day of Race Registration: \$35
Students (17 & Under): \$20
SCR Youth Series – Must Register FREE
Kids Fun Run – No Register FREE

TIMES:

Early Packet Pickup: Running Zone on 8/25 10A – 6:30P

RACE DAY 8/26:

5:30AM: Packet Pickup and Day of Registration

6:45AM: Day of Race Registration Ends

7:00AM: 5K Run/Walk Begins

8:15AM: Youth Series and Kids Fun Run Begins

*Awards to Follow Kids Run

RUNNER AWARDS:

Top 3 Overall M & F, Masters M & F,
Grand Masters M&F, Senior Grand Masters M&F

Age Groups (Top 3 M&F)

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

WALKER AWARDS: Top 5 M & F

TEAM AWARDS: Five Fastest Team Members
Top 3 Teams

MAIL: Registration forms and payment to
Divine Mercy Academy c/o 5K Race
1940 N. Courtenay Parkway, Merritt Island, FL 32953

ONLINE REGISTRATION:

<http://secure.runningzone.com>

Running on Island Time Official Entry Form

First _____ Last _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Age on Race Day: _____

Team Name (if applicable) _____

Sex (circle): Male Female Shirt Size (circle): YM YL AS AM AL AXL AXXL

Register me as a Competitive Walker per USATF Race Walking Rules. I must walk the entire 5K and will be eligible for the Top 5 Men and Women Overall Competitive Walker awards ONLY and NOT the standards Age Group Awards.

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

Signature

Signature of Parent for those under 18

Date



Running is Cool for kids!



Physical activity is so important! It's one of the reasons why SCR initiated the Youth Series program along with the hopes that having kids participate in fun runs would instill in them a love of the sport.

This year every child who participates in one of the FREE Youth Series runs will take home a super cool run bracelet featuring the name of the race at which they just ran.

Our goal is for every kid, ages 12 & under to take a bracelet home. Sure some of the older kids actually participate in the series' races, but we know how important it is for the younger runners to see other kids doing it so we hope the big kids will join in too.

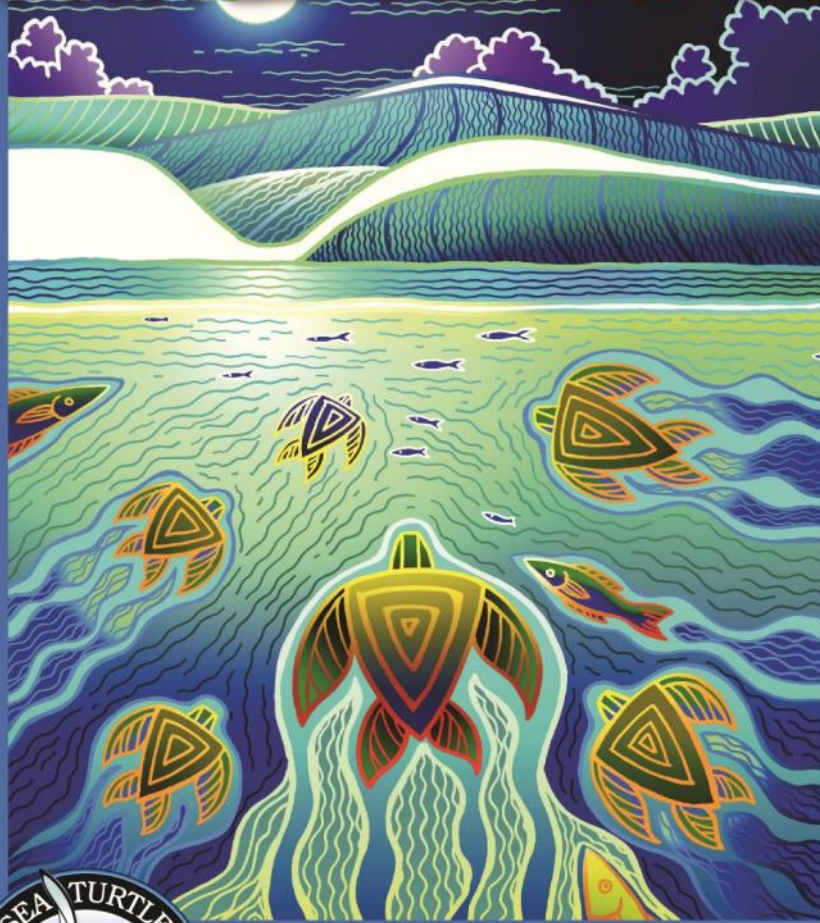
We've ordered 400+ bracelets and we would love it if we had zero on hand at the end of our season. Kids can collect every bracelet and wear them to school all at once, or change them out daily, weekly or monthly. There's a total of 9 different styles. Plus, if a kid runs in 5 of the 9 races they'll receive a special year end participation award. It's going to be awesome.

Learn more about the SCR Youth Series and how your child can participate this season by clicking [here](#).

Participation waiver can be printed in advance for the Running on Island Time fun run on 8/26. Click [here](#) to download.



TURTLE KRAWL 5K



© Michael Nemnich



SEPTEMBER 9, 2017

7:30 a.m. - Nance Park, Indialantic

To Benefit: The Sea Turtle Preservation Society

Beautiful technical shirts (including women's fitted sizes) featuring original artwork by local artist Michael "Nemo" Nemnich*

HUGE sea turtle medals for nearly 200 Award Winners, including age group winners 5 places deep

Awesome sea turtle finisher medals are available for \$15 while supplies last!

Can't make the race? Run or walk the Turtle Krawl VIRTUAL 5k anytime, anywhere you want!

Finish line DJ spinning great tunes

ICE COLD washcloths for finishers

Free breakfast and massages after the race

Free Kids Run (ages 12 and under): 1/4, 1/2, and 1 mile distances, plus a finish line sprint with prizes for all participants

Electronic race timing (net times) and course management provided by Running Zone

**Shirts are guaranteed for the first 2,500 registrants only!*

For more information and to register, visit: TurtleKrawl.com





Lowery, Sandos podium at

Boardwalk Triathlon

Who says only local people do local triathlons? Certainly not anyone connected to the Indialantic Boardwalk Triathlon & SUPnRun.

Blake Lowery of Gainesville took the one-third mile swim, 13-mile bike and 3-mile foot race June 25 at one hour even, 49 seconds ahead of Chris Loy, also of Gainesville, Andrea Ugazio of Kissimmee finished at 1:02.08.

On the women's side, Robin Sandos of Massachusetts, who is in the process of moving to Clermont, made her presence felt with a time of 1:10.48, ahead of 17-year-old Satellite High School runner-swimmer Chelsea Basford, who runs for Satellite High School (1:12.59). the redoubtable Tasha Camps of Melbourne Beach (1:14.28) finished third in the women's race.

On the stand-up paddleboarding/running side, Dylan Geiger took top honors among with a time of 54:06, followed by Kevin Woodin of Merritt Island (54:17) and Danny Smith (1:05.36).

Smith edged Robin Moran of Melbourne (1:05.37) by the merest of margins, and she crossed ahead of Jeanne Gunning of Merritt Island (1:20.07) and Tina Campanile of Melbourne Beach (1:32.12).

About 300 people participated in the event.



Report by Lyn Dowling

TRIATHLON MEN

Blake Lowery, 1:00:00
Chris Loy, 1:00:49
Andrea Ugazio, 1:02:08

TRIATHLON WOMEN

Robin Sandos, 1:10:48
Chelsea Basford, 1:12:59
Tasha Camps, 1:14:28

TRIATHLON MASTERS

Tom Lowery, 1:04:15
DJ Depuy, 1:16:00

TRIATHLON FAT TIRE

Charles Hanzel, 1:34:02 (M)
Verena Faure, 1:33:50 (F)

TRIATHLON FIRST TIMER

Zachary Kossiver, 1:22:47 (M)
Louann Meli, 1:43:15 (F)

CLYDESDALE/ATHENA

Kris Hansen, 1:24:44 (M)
Janet Carman, 1:43:15 (F)

TRIATHLON RELAY

Secret Squirrel
Die Tri-ing
Three Be Determined

SUPnRUN MEN

Dylan Geiger, 54:06
Kevin Woodlin, 54:17
Danny Smith, 1:05:36

SUPnRUN WOMEN

Robin Moran, 1:05:37
Jeanne Gunning, 1:20:07
Tina Campanile, 1:32:12

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

Photo credit: GS Campbell, Olde Tyme Photo Revival



Hot Day at the Firecracker 5K

Any race that takes runners over the Melbourne Causeway, into the sun on the Fourth of July and back, is going to be a Firecracker, and this year's Firecracker 5K really was.

Recent Duke University graduate Daniel Moore, who starred for Doug Butler at Holy Trinity Episcopal Academy, ignored the heat and took advantage of the new course with a time of 16 minutes, 18 seconds, ahead of Daniel Dordick (16:45) and Derek Beckett (16:56), both also of Melbourne.

Katlin Donner took her fifth Firecracker in a row, this time out-racing Holly Davis of Viera, 18:12 to 18:25. Natalie Bress of Melbourne (20:03) finished third.

Shane Streufert (17:56) and Tracy Dutra (21:32) were male and female grandmasters' champions respectively in the colorful annual race, which started and finished at Front Street Park near downtown Melbourne.

About 1,300 runners participated in the Running Zone Foundation Race Series season opener.



Report by Lyn Dowling

5K OVERALL MEN

Daniel Moore, 16:18
Daniel Dordick, 16:45
Derek Beckett, 16:56

OVERALL WOMEN

Kaitlin Donner, 18:12
Holly Davis, 18:15
Natalie Bress, 20:03

MASTERS

Shane Streufert, 17:56
Tracy Dutra, 21:32

HERO AWARDS

Lucas Vannorsdall, 21:55
Stephen Bernstein, 22:00
Berlin Aniciete, 22:35

TEAM AWARDS

Viera Pizza Race Team
Running Zone
Slug Club Race Team

SCHOOL PARTICIPATION

Indian Harbour Montessori
Manatee Elementary
Westside Elementary

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

All photos courtesy of TriHokie Images. Pictured above: Jacob Dordick (446), Daniel Moore (1099), Austin Camps (1154) and Costa Stathis race to take on the first half of the 1-92 Causeway.

Firecracker 5K - continued *Race Report*



Alysson Lyons and Sarah Griffin compete in the Firecracker costume contest.



Maureen James and Tracy Smith celebrate at the finish line.



Timothy McGee

50 lbs. lighter, smoke-free success story

Name: Timothy McGee

Age: 35

Originally from: Georgia

Grew up where? Grew up in a Military family. We moved around a bit but mostly in Georgia.

Occupation: Radiology

Number of years running: I tried out for cross country in high school and made it 2 weeks before throwing in the towel. I did not enjoy running then like I do now. I have been running for 6 years.

Began running because: I got diagnosed with high blood pressure in my mid-20's, was overweight and smoked. I started running to have a healthier lifestyle. I was able to lose 50 pounds, stop taking the medication all together and quit smoking.

I knew I was hooked when: I ran my first race on March 17, 2011. It was hot. I had to walk many times and it hurt...but I loved it.



Race personal records (PRs):

5K: 21:25, 10M: 1:14:42, Half Marathon: 1:43:43

Most satisfying race performance:

Cherry Blossom Festival 10 Miler

Favorite local and/or out-of-town race: Burgess Half Marathon in Kalamazoo, Michigan. I went to run this race with a friend. His family, living locally, had previously run this course many times. We saw them at the start line and then they would travel by car to the next location to cheer us on again and again.

We must have seen them at least 8 times while running the course. At one time, they were in the car driving by screaming out the window at us. They made the race a truly memorable one.

Favorite race distance? Why?: 10 mile or half marathon. I'll use the Goldilocks story here — not too much, not too little, but just right.

Favorite Place(s) to Run? South Tropical Trail and Heritage parkway

Running goals: Signed up for my first full marathon taking place in March 2018.

Training philosophy: Make and follow a training plan. Run with friends, it makes one more accountable and the time seems to go by faster.

Running partners: Jeff Hizer

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



Funniest or oddest thing I've seen while running: A group of men wearing a woman's one piece bathing suit.

One piece of advice that I would give to a new runner: Be patient when it comes to time and distance. Remember your better runs; it will help you make it through the bad ones.

Favorite meal: Pork chops with mashed potatoes and veggies

Other sports & interests: I enjoy doing triathlons.

Dream Vacation: I wouldn't call them dream vacations but I would like to visit more national parks.



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

SCR OUT-OF-TOWN RACE RECAP

email your results to:
info@spacecoastrunners.org



RUN FOR THE PIES 5K

Jacksonville, FL on 6/10/17

John Davis, 16:48

Holly Davis, 17:57 **4th OA elite div.**

SAC 4TH OF JULY FREEDOM 5K

Sebastian, FL on 7/4/17

John Ouweleen, 22:01 **1st AG**

MASTERS OF ALL TERRAIN HALF MARATHON

Sorrento, FL on 7/16/17

Brad Thomas, 1:36:26 **2nd AG**

Andrea Lucas, 2:50:11

Karen Stout, 2:59:12

5 MILER

Joshua Maitlen, 44:21 **3rd AG**

Rebecca Maitlen, 57:23

Lori Rattay, 1:23:39

TRIATHLONS

USA TRIATHLON DUATHLON NATIONALS SPRINT

Bend, OR on 6/17/17

Joel Kinnunen, 1:03:17 **1st AG**

USA TRIATHLON DUATHLON NATIONALS

DRAFT LEGAL SPRINT

Bend, OR on 6/18/17

Joel Kinnunen, 1:04:21 **2ND AG**

HEARTLAND SPRINT TRIATHLON

Seabring, FL on 6/18/17

Jerry Bird, 1:17:33 **3rd AG**

Stephanie Bird, 1:18:50 **1st AG**

Rebecca Maitlen, 1:38:25

Willy Moolenaar, 1:55:51 **1st AG**

Kelly Semenko, 3:09:21 (Olympic distance)

NEW YORK CITY OLYMPIC DISTANCE TRIATHLON

New York, NY on 7/16/17

Mei Wong, 2:54:57

RACE THE RIVER SPRINT TRIATHLON

Coeur d'Alene, ID on 7/23/17

Joel Kinnunen, 1:15:18 Elite Div **1st Masters**

Stephanie Kinnunen, 1:42:27 **2nd AG**



JOEL KINNUNEN FINISHING AT THE USAT DUATHLON NATIONAL CHAMPIONSHIPS



WILLY MOOLENAAR COLLECTING HER 1ST AG SWAG AT HEARTLAND

WHERE IN THE WORLD

are Space Coast Runners
running?

August 2017

August 19
**News & Sentinel
Half Marathon**
Parkersburg,
WV



Carol Ball, Bob Rall, Gina Rall,
Kara Springer

September 2017

September 24
Berlin Marathon
Berlin, Germany



John Ouweleen
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, Cristina
Canales, Molly Kirk, Bob Rall, Gina
Rall, Corinne Rios, Brittany
Streufert, Shane Streufert, Marie
Thomas

November 2017

November 5
**New York City
Marathon**
New York, NY



Holly Davis, John
Davis, Lori Kruger

To keep this feature
going we need your
help. Please take the
time to email us info on
your next out-of-town
race.

Email the newsletter at
info@spacecoastrunners.org.

To have your results
listed in the newsletter,
please email us that in-
fo too.

It helps make Anne
Dockery's research job
a lot easier!

THANK YOU

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PRO-HEALTH & FITNESS
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*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
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you join any Pro-Health & Fitness Center,
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like having three gyms in one!

For more info, visit Health First Pro-Health & Fitness Center.

GET YOUR NEXT RACE LISTED

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

info@spacecoastrunners.org

3 Ways Running is like Teaching

By Angela Leeds

Have you ever noticed that quite a few teachers are also runners? Chances are you have teachers in your running group, or you have shared laughs with a few over bananas at the finish line. The fact is running is a lot like teaching, so teachers are drawn to the race course.

1. Calendar— The basic timeline of school and racing is the same—August to May. These months are times for weekday training followed by weekend races. As I begin creating my lesson plans, I'm also planning my racing schedule that includes weekend races that are a mix of new challenges and reliable favorites.

June and July are used as times to research new running routines and routes or research and refresh lessons. This similar schedule fits the teacher lifestyle.

2. Data— Ask almost any teacher and he or she will tell you that gathering data is an unavoidable part of the job. Teachers constantly check scores for growth and look for ways to reach improvement.

Therefore, recording race times and studying training performance numbers come naturally for teachers. Most of them have a Garmin, Fitbit, and/or Runkeeper account ready to go.



For me, in addition to my technology, I use my reliable favorite runs—the Space Coast Half Marathon, Excalibur, Space Walk 8K, Eat My Crust—to set goals and check achievement.

3. Encouragement— Occasionally, nonrunner friends will point out that one could run without paying race fees. Although solo runs can be a good chance to clear the mind, the environment surrounding races is uplifting in a different way. Races and classrooms should both be filled with positive energy and positive comments to help everyone reach his or her full potential. The environment of the classroom must also be a mix of instruction, positive reinforcement, and goal celebration. Teachers are attracted to this environment of collaboration.

Running is filled with people from all professions, and we all some skill or words of wisdom to help others reach their potential. It's this attitude of perseverance that makes running attractive to all.

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



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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



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Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

8/2	SCR Prediction Fun Run	7:00 pm	Wickham Park, Melbourne	info@spacecoastrunners.org
8/2	Friends of Freddy 5K Fun Run	7:00 pm	Beef 'O' Brady's, Satellite	(321) 777-7107
8/12	Runningal Memorial Red Solo Kup 4K	8:00 am	Pavilion at Port Orange, Port Orange	runsalot@cfl.rr.com
8/20	Tailgate 2 Miler	7:00 am	Avenue Viera, Viera	events@runningzone.com
8/26	Running on Island Time 5K 	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.com
9/2	Be Your Own Superhero 5K	7:30 am	Wickham Park, Melbourne	
9/9	Turtle Krawl 5K 	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
9/9	Cocoa FD 9/11 110 Floor Climb	6:00 pm	Cocoa High School Tiger Stadium, Cocoa	aclark@cocoafl.org
9/16	Eagle Pride 5K & 1 Mile	7:30 am	Ascension Catholic School, Melbourne	ascensioneaglepride@gmail.com
9/16	Cats on the Prowl 5K	7:30 am	Cocoa YMCA, Cocoa	https://goo.gl/3rwCkC
9/23	Rainbow Run 5K	7:30 am	Eau Gallie Civic Center, Melbourne	Up & Running (321) 426-8112
9/23	Run with Hope 5K	7:30 am	Church at Viera, Viera	runwithhope5k@gmail.com
9/30	Long Doggers Kids Marathon & Half Marathon (2.62, 1.31 mi)	7:30 am	David L. Schechter Center, Satellite Beach	info@runningzone.com
9/30	For the Girls 5K	5:00 pm	Wickham Park, Melbourne	brittanystreufert@gmail.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.*