

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

DECEMBER 2016



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7 Tips for Running with your Dog

Run a Mile with Jim Schroeder

3 WAYS

Forrest Gump Still Motivates Runners



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On Our Cover: The Morrison Family is all smiles at the Space Coast Classic.

Photo cover and above credit: TriHokie Images

Above: Ring that bell Tom Ward! Participants at the Space Coast Classic 15K & 2 Miler could ring the PR bell after they crossed the finish line.

SCR Membership Information

Head to spacecoastrunners.org to 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 do it online.

www.spacecoastrunners.org

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Results/Calendar

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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](#) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](#) on our website for good stories and interesting tidbits.

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SCR President

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

21ST ANNUAL REINDEER RUN



PROCEEDS BENEFIT THE BREVARD COUNTY SHERIFF'S OFFICE POLICE ATHLETIC LEAGUE

RACE INFORMATION:

FRIDAY, DECEMBER 9, 2016

10: 00 AM – 6:30 PM - PACKET PICKUP and REGISTRATION (cash/or check only)

RUNNING ZONE

3696 N. Wickham Road, Melbourne
(Across from EFSC)

SATURDAY, DECEMBER 10, 2016

6:45 AM - REGISTRATION AND PACKET PICK UP BEGINS

7:45 AM – REGISTRATION CLOSES

8:00 AM - 5K RUN/WALK

9:00 AM - SCR YOUTH SERIES FUN RUN

9:15 AM - AWARDS PRESENTATION

9:45 AM - DOOR PRIZES

AGE GROUPS:

0-9 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+



**CHERIE DOWN PARK
8492 RIDGEWOOD AVENUE
CAPE CANAVERAL, FL.**

PRE-REGISTRATION BY 11/30.....\$25.00

Space Coast Runners Receive \$1.00 Discount

Pre-Registration Only

REGISTRATION 12/1 – RACE DAY....\$30.00

SCR KIDS FUN RUN.....FREE

First 500 Registrants Receive Race Shirts

RAIN OR SHINE – No Refunds

REGISTER ONLINE by 12/8/16

<https://secure.runningzone.com/>

**SATURDAY, DECEMBER 10th
8:00 AM START**

**www.bcsoscharity.org
beachteachc104@aol.com
321-360-9936**

2016 REINDEER 5K RUN/WALK

OFFICIAL ENTRY FORM

Make check payable to: **BCSO PAL YDC**

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

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____

Male _____ Female _____ Age on Race Day _____ D.O.B _____

Please Check Shirt Size: ___XS ___S ___M ___L ___XL ___XXL

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Brevard County Sheriff's Office Police Athletic League, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 20th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE _____

(Signature of parent or guardian is required if participant is under 18 years of age)

DATE _____

December. The end of 2016, can you believe it? Although we say this every year. This is what I love though—a lot of people use this as an opportunity to get geared up to turn over a new leaf by starting something new or getting back to their regularly scheduled program. I say, don't wait until the New Year to do that. We have an opportunity on a daily basis to restart, refresh. No better time than the present to get going. Yes, the holidays are coming and that might set you back, but then just get back on track. There will ALWAYS be something; the important thing is learning to get through whatever that something is and then move on. Don't wait until Jan 1 or the next Monday. Do it today. Start now. Why wait.

Enough of my rant. Big news from November is that the 45th Annual Space Coast Marathon and Half Marathon was a complete success, yet again. We also had the Space Coast Classic at a new location, which was well-received by the participants. Coming up is the 5th race of the ROY Series—Reindeer Run 5K on December 10th.

Read all about local legend, Jim Schroeder in our Run a Mile With article on page 36 and see what tips Dr. Clarke has for us this month on page 17. Also, we love our dogs and many of them are our running partners. Get good tips from resident experts on page 39.

We are sad to report that we lost another longtime Space Coast Runner and local legend —Jack Lightle on November 13th. Our thoughts and prayers go to his family during this difficult time.

I hope all of our readers have a special holiday season and are able to enjoy it with loved ones. See you next year!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com



HELP WANTED NEWSLETTER EDITOR

The award-winning eNewsletter is a collaborative effort but it takes time and dedication. Lisa Hamelin has served as our editor the past TWO years and is ready to take a step back to focus on other areas of the club. She currently is Club Secretary, Race Director for the Space Coast Classic as well as a busy, working mother of three children.

We're looking for someone interested in working with Lisa as she transitions to a newsletter contributor. If you have interest in finding more about this position, please email her at lisahamelin@gmail.com for more information.

Duties include: Willingness to be a part of and work with the best team out there, manage the monthly newsletter tasks, provide a monthly editor column on any subject you want, and come up with new/fresh ideas for content. Experience with MS Publisher is helpful.

**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](#).

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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



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

GREETINGS FROM THE OVAL...TRACK

Your heart is racing, your breathing is steady, but labored... you look down at your watch and realize "wow, I am having a great race!" Then you look up, and there, blocking the route ahead is super-dad, pushing a double-wide stroller, wearing headphones, zig-zagging unpredictably around the potholes. Or maybe it is the group of 4 friends, walking/jogging/tempo-running arm-in-arm? ARGH!

I think we have all experienced this frustration at one time or another. Sometimes, you can shout "On your left," but can they really hear you?

Running etiquette is very important, and it goes both ways, whether you are giving or receiving. We have to share the roads, trails, and sidewalks, with walkers, runners, bicycles, cars, motorcycles, and critters (squirrels, snakes, dogs, etc).

Amazing quantities of information is available at your fingertips (or you can have Siri look it up for you ;-). You can look up any number of articles about Runner Etiquette online (or follow this link to the RRCA article, <http://www.rrca.org/education/etiquette-for-runners>).

With this knowledge, you will find out what is the most accepted way to pass someone, which side of the road or trail to run, or even how long to wait for that one friend who is never on time for the group run, and you can learn how to tactfully advise those violators (i.e. do not yell "hey knucklehead, share the road").

But, at the same time, you need to be sensitive to that fact that some people have very good reasons for not following the above codes of conduct too, such as an injury that acts up if the road is too sloped, hearing impairment, or they come from a country where the rules of the road are backwards.

See you on the roads, and be safe.

Howard

Howard Kanner, SCR President

president@spacecoastrunners.org

PS — While your pride might take a hit when getting beat by a stroller-pushing dad, I have heard a story about a guy getting passed just before the finish line by a stroller-pushing mom - and that is just awesome!



Space Coast Runners Runner of the Year Series

Race #5 is the Reindeer Run 5K on 12/10/16

To register online [click here](#).



DECEMBER BOARD MEETING

December 12, 2016 — 7:00pm, Pizza Gallery & Grill

This is a closed meeting.

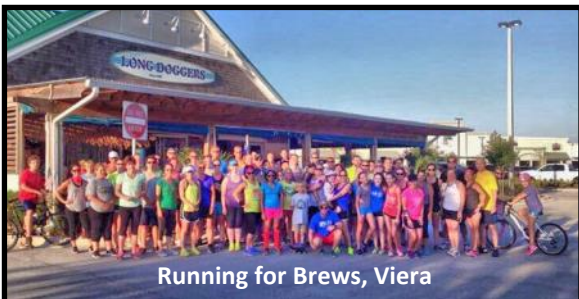
LOCAL FUN RUNS

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. [Email us](#) to add your fun run.



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	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	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	http://goo.gl/ayyQao
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 (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Charley & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
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

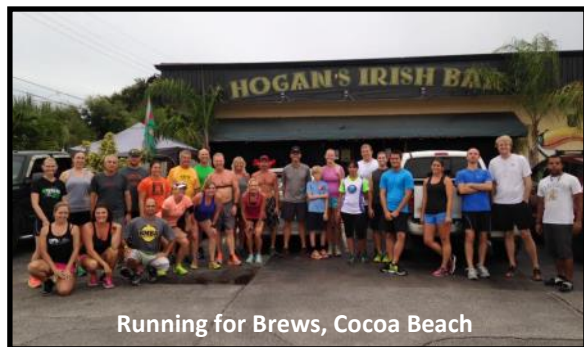
LOCAL FUN RUNS & WALKS



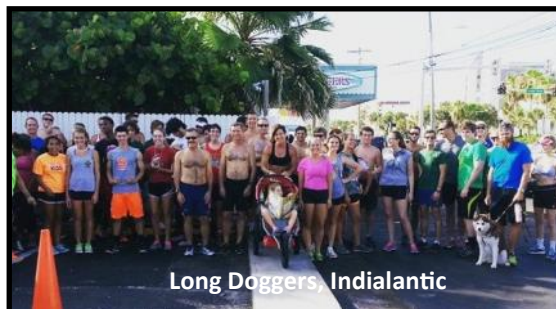
Running for Breds, Viera



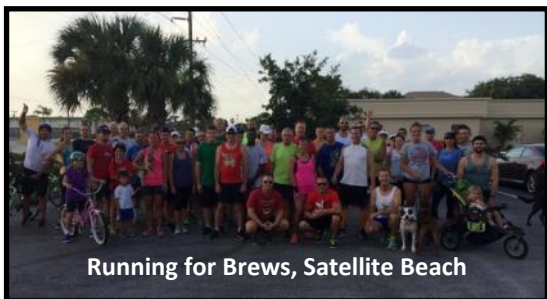
Intracoastal Run Club, Melbourne



Running for Breds, Cocoa Beach



Long Doggers, Indialantic



Running for Breds, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Breds, Melbourne



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



Paula Crane
Holly Davis
Suzanne Dawes
Bill Laws
Michael Miller
Paul Pirillo
Julie Switzer
Kevin Switzer
Kenneth Winn
Vicki Winn

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.



CONGRATULATIONS SCR BOSTON 2017 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon.

The list of SCR qualifiers continues to grow.

Marie Thomas 3:42:13
Philadelphia Marathon

Molly Kirk 3:59:42
Philadelphia Marathon

33K SPACE COAST CHALLENGE IS BACK!




Don't miss out! The 33K Space Coast Challenge's next race is the Eye of the Dragon 10K in February. Runners and walkers who have completed the Space Coast Classic 15K and then also complete this race along with the Space Walk of Fame 8K will receive this unique medal stand (shown above) to commemorate their efforts.

Advertise in this newsletter.

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

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

STAY CONNECTED WITH SPACE COAST RUNNERS

SCR Central

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



NEW DIRECTION!

JOIN US SUNDAY

SPACE COAST RUNNERS FUN RUN

6:30 AM | COCOA VILLAGE | RIVERFRONT PARK

HYDRATION STATIONS ARE SET OUT ON SOUTH RIVER ROAD
AT APPROXIMATELY MILE 2 & MILE 4

RRCA Running Safety Tips

Run with a partner.

Run with a dog.

Carry a noisemaker.

Get training in self-defense.



THANK YOU MARATHON MEDAL UNWRAPPERS



COMING SOON!

SCR Winter Social
Early Registration for 2017
Space Coast Marathon
& Half Marathon

We've had a few questions about the dates of the SCR Winter Social and early registration for the Space Coast Marathon & Half Marathon. The Social Committee is working on the date(s) and will be announcing them very soon.

Stay tuned.....



**\$10 OFF 1/2 Marathon, 1/2 Relay and Marathon
Entry for SCR Members! Enter Code:
SCRISTHEBEST (Not valid on 5k & 8k)**

February 4 & 5, 2017

"One of the prettiest half-marathon courses around." -
Bill Rogers (4x NYC & Boston Marathon Winner)

OUR CHARMING FINISHER MEDAL GOES TO ALL 1/2 MARATHON, MARATHON, AND 1/2 RELAY FINISHERS!



1/2 MARATHON * FULL * 5K * 8K * 1/2 MARATHON RELAY



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RUNNERS

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**Florida Theme Collectible medals
Tech tees**

Embroidered Florida Marathon & 1/2 Marathon logo hats

Post-race concerts both race days

Pizza and fruit to runners on Saturday

Kids Race and Mascot Race

Pollo Tropical, Pizza Gallery Pizza, Publix nutrition and brews courtesy of

Florida Beer to runners Sunday

Gatorade, water and Clif Shots at each stop Sunday

Pacers (for BOTH the 1/2 Marathon and full marathon)

One of Florida's Top Boston Marathon qualifying rate – four 5-mile

straightaways in the marathon

Fun, Fun, Fun in Florida in February

*** Run Both Days and Earn the Floridiot Challenge Medal! ***



www.TheFloridaMarathon.com

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** Operation Enduring Warrior 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 will benefit the December charity, Puppy Rescue Mission which helps military soldiers bring their furry friends home .
- ◆ **NEW!** Take part in your choice of races at the [St. Pete Beach Classic](#) and you'll save 15%! You can run the half marathon, 10K, 5K or Beach Run or all of them! Use code **SCR2017** now thru January 1st.
- ◆ **NEW!** Run down A1A in South Florida and save! Receive a 15% discount for the [Fort Lauderdale A1A Marathon, Half Marathon & 5K](#) on Sunday, February 19th. Use club discount code: **SPACECOAST**.
- ◆ **NEW!** The [Clearwater Distance Classic](#) is offering lots of discounts on their races. Use code **SPACE5** for \$5 off the Clearwater 5-Miler (Jan 22) or the Florida Beach 5K (Mar 12). Use **SPACE10** for \$10 off any of the upcoming half marathons (Holiday on Dec 11; Clearwater on Jan 22; and Florida Beach on Mar 12). **SPACE15** can be used to save \$15 on the Clearwater Marathon & Clearwater 50K Ultra.
- ◆ SCR Members can now save \$10 on any and all [Rock 'n Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts don't tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 12/31/16.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 1/7/17 — Ultra.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races, use code **16VACRC145**.
- ◆ Local Discount! Save \$10 off the registration price for [The Florida Marathon & 1/2](#) on February 5, 2017. Use code: **SCRISTHEBEST** to receive your discount on the marathon, 1/2 marathon or 1/2 relay.
- ◆ Runners get ready to race and save at the [Daytona Beach Half Marathon](#). Use **DBHspace17** for \$5 off the 2017 event on February 5th.
- ◆ 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**.
- ◆ 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**.

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.

We'll Miss You Jack!

Jack T. Lightle Cocoa Village, Fla.

Jack T. Lightle, 85, passed away on Sunday, November 13, 2016, in Melbourne. He was born in Webb City, MO, and was a retired BellSouth Senior Manager and International Telecommunication consultant. Jack was a graduate of the Citadel and earned his master's degree from Duke University. Jack was an avid runner and could be seen running daily on River Road. He was a member of Space Coast Runners, where he was honored as Runner of the Year on several occasions. He served in the U.S. Navy and was a veteran of the Korean War. Jack is survived by his wife of 59 years, Nell, sons and daughters-in-law, Brian and Debbie Lightle, and Craig and Chris Lightle; seven grandchildren; twin brother and sister-in-law, Ted and Bernice Lightle; nephew, Ted and his wife Gail Lightle. In Jack's memory, donations may be made to the American Cancer Society .



Jack Lightle
1931 - 2016

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



Jingle Bell 2 Miler

REGISTER TODAY!

DRIVEN BY



#jinglebell2miler   

PRESENTED BY



- * Santa Hats to the 1st 500 Entrants
- * Jingle Bells for Everyone's Shoes
- * Best Holiday Costume Contest & Fun Stocking Awards
- * Santa Arrival on Fire Truck
- * Free Santa's Little Helper Kids' Run with Zippy the Gecko
- * Benefits Satellite High School Running Programs
- * Random Christmas Present giveaway LED TV
- * Cookies provided by Long Doggers!



www.runningzone.com/series

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

Saturday, December 17th, 2016 at 5:45 pm, Satellite Beach Library



RUN LOCAL



Wickham Park

is one of Brevard County's largest parks. It is a park that is a great host for almost all outdoor activities.

There are tons of trails that can be used for running, walking, and even biking. It has an asphalt loop that circles the park that measures about 1.3 miles. The loop was shared with everyone: bikes, cars, runners, and walkers.

The park has just finished a new "pedway" (estimated 1.6 miles) that circles the park and is a much safer option for runners and walkers. The pedway does share with bikers also. This weekend saw tons of walkers, runners, and bikers alike using the new 8 ft. wide paved loop.

The park has amenities that everyone can enjoy: including clean restrooms, pavilions, a park, a disc golf course, sand volleyball, and a dog park.

Bring the family out to see the lights this Holiday season and see the new pedway yourself.



**Park is located at:
2500 Parkway Drive
Melbourne, FL 32935**

**Report & photos by
Krysti Dixon**

Christmas Fit-Mas 3K

To Benefit **SUNTREE VIERA YOUTH ATHLETICS
& HOSPITALITY LIFE**

**Sunday, December 11th
at Viera Regional Park**



Online Registration at RunningZone.com

www.runsignup.com/Race/FL/Melbourne/ChristmasFitMas3K

Adult 3k Run/Walk \$30
Child 3k Run/Walk \$15



4:30-5:30 pm

Sign up and Registration

(In front of The Viera Community Center)



6-7pm

Start of the Race!



7-8:30 pm

Family Fun Celebration!



Fun Holiday Race Packets



Best Santa Costume Contest



Free Little Elf Fun Run for all Kids



Christmas Fit-Mas Awards Ceremony



Moisture wicking Race T-Shirts For all Participants



After Race Food and Drink by Pizza Gallery & Grill



Great Random Give Aways and Prizes!

Presented By

**Pizza Gallery
& Grill**

WHERE FOOD BECOMES ART

A Biohacker's Christmas

by Dr. Richard Clarke, DC – Clarke Chiropractic & Wellness



In keeping with the generous theme of the now upon us, "most wonderful time of the year," we're going to keep it a little lighter this article and bestow upon you some easily implementable biohacking tips that can enhance your quality and quantity of life, training included.

The term **biohacking** is a relatively new term with a wide range of interpretations and definitions depending on who you talk to. For the purpose of this article, we will refer to biohacking as anything you can do to hack into or alter the way your body works. You can literally apply knowledge and attempt to hack into your biology, leading to beneficial internal cellular and chemical consequences. This is no doubt a loaded topic with a variety of approaches, but for the sake of this article, we will touch on four of the main pillars of health; diet, exercise & training, sleep & stress.

GET YOUR ZZZs

We all know how important adequate sleep can be, and how detrimental it can be to get a lack of it, especially for the recovery process, but also implicated in a host of chronic issues from mental fatigue, obesity and diabetes to immune dysfunction and cancer. In addition to triggering your circadian rhythm by getting natural light exposure during the day, (which leads to the formation of the feel good hormone serotonin, the precursor of the sleep hormone, melatonin) it turns out exposure to artificial blue light, especially in the evening, has a major effect on how you sleep.

According to Authority Nutrition:

"It turns out that perhaps the **single** biggest contributor to our collective sleep problems is the use of artificial lighting and electronics at night. These devices emit light of a blue wavelength, which tricks our brains into thinking that it is daytime."

This wave length of light emitted by our phones, tablets,



It should be

computer monitors and TVs actually inhibits the body's ability to manufacture melatonin and thus can disrupt restorative sleep. This blue light can also induce photoreceptor damage to your eyes which is one of the main reasons we are seeing a market demand for and built in phone settings that block this type of light.

If decreasing or eliminating all unnecessary usage of blue light emitting devices in the evening isn't possible, there are apps such as iflux or the nightshift setting on the iPhone that actually block the blue lights. You can also take it a step further and purchase a pair of blue light blocking glasses to fashionably don around your domain in the evening. This \$12 pair pictured below are the ones I've been utilizing to optimize potential for deeper regenerative & restorative sleep; much to the comical delight of my family.

DON'T UNDERCUT YOUR TRAINING

We all have our reasons we get after it the way we do. Some are motivated by performance, some to keep the weight off and stay fit. No matter what your motivation, we never want to be put in a situation where we undercut our own efforts and performance.

We often find ourselves at a crossroads between choosing the path that favors optimal athletic performance or life longevity. One is commonly sacrificed for the other and most are constantly striving to find that perfect balance between the two.

This is never more so true than when it comes to the fuel we chose to power our bodies. The GU & Gatorade roller coaster ride may do the momentary energizing trick, but it is in no way, shape or form the best way to fuel the body. These are high carb, high sugar substances that lead to a spike in blood sugar and subsequent insulin, that peaks and dips, leading you to repeat the cycle continuously.

It is now well known and acknowledged that spikes in blood glucose and insulin can be detrimental to your health. What can be even more frustrating about this carb spiking habit is that the release of insulin inhibits the body's ability to burn fat as fuel; rather it encourages the opposite, in the form of fat storage. So you are admirably doing all you can to get after it out there, with hopes of knocking or keeping the pounds off, but are actually continuously utilizing high carb fuel sources that block your body's ability to do so.

Without getting into suggesting ketogenic diets and intermittent fasting, there do exist better options to provide a steady supply of slow burning energy, without the insulin spike and subsequent blockage of fat burning. There are more and more athletes (present company, and a number of our patients included) successfully utilizing products like UCAN, which provide this type of fuel source, divorcing you from the energy spikes and drops and enabling you to encourage your body to burn that unwanted fat for fuel.



stated, that other than making it available to our patients, we have no stake in UCAN. However, we were so impressed with its fascinating conception out of necessity, along with the physiologically sound science and research behind it, that we were excited to add it to our own regimen and offer it to those who might also find benefit in its utilization.

BIOHACK BONUS:

Let's face it, for many people a major factor or added benefit from working out and intelligently fueling with items that enhance the body's ability to burn fat, is the weight loss and a better body. You can also ramp up the body's fat burning ability by taking a 5 minute cold shower post training session.

Many wellness enthusiasts and top thinkers implement this form of therapy first thing in the morning in order to bombard the nervous system with sensory stimuli and heighten alertness and focus. However, it is the metabolic benefits we are focusing on here.

If you are willing to withstand the initially uncomfortable temperature, you can reap the benefits of the body generating and activating brown fat cells as a way to create heat to counteract the cold waters. You have two main types of fat or adipose tissue, that being white and brown. White adipose tissue is less metabolically active and plays more of an energy storage role in the form of body fat. The more metabolically active brown fat not only generates body heat by burning calories, but has been correlated with better blood glucose control and insulin sensitivity, as well as increased metabolism.

Top this off with having limited carbohydrates derived from a slow burning source like UCAN or even having done your pre-frozen shower workout first thing in the morning before eating and thus in a mini fasted state courtesy of the previous night's slumber, and those

calories being burned to generate the heat can be derived from the catabolic breakdown of body fat; a state of metabolic nirvana if you will. But let's climb out of this rabbit hole and get back on track.)

STOP MOUTH BREATHING!

Tweaking the oft overlooked action of proper breathing is another quick easy biohack. We touched on the benefits of proper, diaphragmatic, abdominal breathing in October's SCR issue, and here we will take it one step further and make the case for breathing through your nose, especially when training.

When performing any physical activity we would all be well served to possess the ability to utilize the oxygen we breathe in the most efficient manner. Subsequently, we would also greatly benefit from that oxygen being delivered to our muscles with speed and volume.

When we breathe through our nose it triggers the release of Nitric Oxide (NO) in our bodies. This **NO** cause bronchodilation, meaning it opens or expands the passage ways in your lungs, allowing more oxygen to reach the blood. Bronchodilation is such a useful biohack that many competitive athletes utilize an inhaler normally reserved for asthmatics in order to exogenously prompt and increase this phenomenon. Conversely, many asthmatics have found benefit and attenuation of symptoms by training themselves to nose breathe, despite the fact that on the surface it appears to be counterintuitive if you are having trouble breathing.

NO production prompted by nasal respiration also triggers vasodilation. This is an expansion of the blood vessels to your tissues, especially those muscles being utilized during physical activity. This is good news as it provides more oxygen rich blood that the muscles can use as fuel for energy via aerobic respiration.

Nose breathing throughout the day will also lessen the likelihood of over breathing, which can disrupt the intricate balance of oxygen and carbon dioxide in your body. It also increases tolerance to CO₂, which can lead to more stamina and decreased occurrences of fatigue during those all-out efforts.

SLOOW DOWN

To truly embrace a comprehensive approach to optimizing performance, the full body must be addressed. Never is this so true than with runners, as the need to strength and stabilize outside of the repetitive uniplanar movement pattern, can prove advantageous for better form, stability, strength, and thus better function.

One of the most common excuses for not incorporating cross training is lack of time. Being a father of two, and owner/operator of a small business, I get it. However, if you recognize the benefits to be gained and choose to make a cross training session a priority, you can make it happen, especially if you implement the time saving

strategy described below.

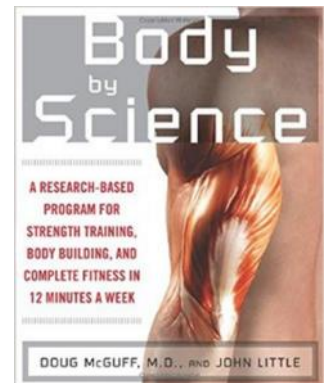
An S3 (Super Slow Strength) session is a time efficient and convenient way to increase strength and stability in as little as 1 to 2, 20 minute sessions per week. You can also utilize body weight, bands, kettle balls or free weights so the inability to get to the gym can be eliminated from the list of potential excuses.

An S3 session consists of performing an exercise at you guessed it, a relatively super slow speed. This equates to a 10 second concentric contraction, followed by a 10 second eccentric contraction. That ends up being a 20 second repetition, and depending on the exercise and weight used, a 3 minute set if 9 reps are performed. You can play with the configuration to your liking or goals, but if you perform just 1 set for 5 different body parts at the intervals laid out above, with a minute in between each set, you have yourself a 20 minute session.

Performing at this super slow speed enhances the cross bridging between individual muscle fibers, increasing strength and stability while limiting some of the needless wear and tear put on joints as speed increases. Eliminating momentum and continuously having to generate power activates full body muscle recruitment and regardless of the body part worked, all muscles play a role and thus also reap the benefits.

Still not convinced?

Check out the book in the references by Dr. Doug McGuff which touches on the cardiovascular benefits obtained through this type of strength training, which are noted as being comparable to those gained during a long run. Other worthwhile benefits include increased mitochondrial density (another topic for another time, but just rest assured this is a very good thing) and improved lactic acid buffering.



If it sounds too easy, give it a shot. As with anything I suggest, I have implemented this approach as well, and can attest to not only feeling that "good hurt" the following day, but always appreciate breaking up the sometimes mindless "picking things up to put things down" that can eventually serve as an impediment to continuing a much needed strength training session.

LAST BUT NOT LEAST...

We've covered biohacks aimed at sleep, exercise and diet, but we would be remiss if we didn't touch on another major player in the whole body approach; stress. The internal chemical consequences of stress

is not restricted to the emotional or mental disruptions that we commonly refer to as stress. Environmental toxins, food allergies and sensitivities, as well as physical stress from overtraining can all have the same consequences. And while these are all different ways to generate stress, our biohack here will be aimed at the traditional sense of the word.

Study after study shows one of the best ways to combat the emotional and mental stressors is through some sort of meditation. The word can intimidate or outright turn off a lot of people, but it's best thought of as a general term for finding a way to reset or quiet and calm down mentally. This method is highly individualized and can be thought of as anything from the aforementioned meditation to reflection, prayer, zoning out, calming the mind pond, becoming a silent observer of one's thoughts, or simply being still and in the moment.

If you are having trouble finding your way with this, simply being outside is a good place to start. Nature therapy where children spend more time outdoors has been shown to quiet the mind and attenuate symptoms of ADD and ADHD. The simple act of removing your shoes and "grounding" or "earthing" also provides an anti-inflammatory and calming effect through the exchange of electrons that occurs between your body and the grass or sand.



The trick is to find a method that works for you. Do not be turned off by traditional definitions or get hung up on adhering to one method or another. These should simply serve as ideas to apply towards your own practice. This should be all about you and provide a moment of quiet clarity in an otherwise noisy chaotic world. As stated, those who report meditating in some way, shape or form report benefits across the board. And in a constantly changing world filled with inevitable stressors and the subsequent internal consequences including inflammation and disease, adding

some sort of routine

game plan to approach general stress is a must for any truly holistic approach.

If you still experience symptoms of stress, or other issues with your endocrine system (thyroid, sex hormones, blood sugar handling, circadian rhythm disruption, etc.) and can't seem to get over the hump, addressing the adrenal glands may also provide some help. We have witnessed many patients respond well to various herbs known as adaptogens and the guidance of diagnostic tests like the adrenal salivary index (ASI), enabling us to tap into and positively alter the physiology of the internal stress work horses, the adrenal glands.

So there you have it. From one biohacker to another, I wish you happy holidays and success in implementing any of the strategies we touched on. Obviously books could be written on each topic and you should always consult with your trusted healthcare provider before making any major changes, but hopefully these will fuel your curiosity to master one's biology even further. If you ever have any questions about any of these topics or more, feel free to reach out ([321-848-0987](tel:321-848-0987), Dr.RClarke@gmail.com) as these are only the tip of the iceberg as far as empowering yourself towards true holistic health.

In the meantime, perhaps I will run into you nose breathing, with blue light blocking glasses on while running barefoot on the beach.

Enjoy the holidays and have a safe and healthy new year.

Good luck in 2017.

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SATURDAY, JANUARY 14, 2017

Health First, The Children's Hunger Project and the Sharing Center of Central Brevard are teaming up so that kids in our own backyard do not go hungry. Proceeds from this run will be shared equally between:



Sign up at fightchildhunger5k.org

VIERA HOSPITAL SATURDAY, JANUARY 14, 2017

Sign up at fightchildhunger5k.org

- 6:00 am Packet Pick-up & Registration Opens
- 6:30 am Pre-registered Check In and Day of Event Registration Begins
- 7:15 am Late Registration for 5K Ends
- 7:30 am 5K Run, Walk & Wheels Start*
- 8:45 am **Free!** 1 Mile Run, Walk & Wheels Start

*Awards ceremony per age group immediately follows 5K

	TILL JAN 13	RACE DAY
5K Run/Walk	\$10	\$15
Youth 6-18 yrs.	\$5	\$10
Children 5 & under	Free	Free

BE PART OF THE BREVARD 100

You'll be stepping up to fill a real need for many hungry children in Brevard! A \$1000 donation gets 10 participant entries & supporters will be listed online with both charities and in pre-race media.



Proud Partners of United Way of Brevard



Fight Child Hunger 5K, Run, Walk & Wheels

INAUGURAL EVENT

Saturday, January 14, 2017 (8 a.m. START)
 Health First Viera Hospital Plaza
 8745 N Wickham Rd, Viera, FL 32940

*Bring the whole family for a fun morning!
 Raise awareness of the efforts to fight childhood hunger by
 The Children's Hunger Project and the Sharing Center of Central Brevard.*

TIMETABLE

Friday, January 13 from 10 a.m. to 6:30 p.m.
 Packet Pickup & Registration at Running Zone
 (3696 N. Wickham Rd, Melbourne)

Saturday, January 14 at Health First Viera Hospital Plaza
 (8745 N. Wickham Rd, Viera)

6:45 a.m. — Packet Pickup & Registration Opens

7:45 a.m. — Late Registration for 5K Ends

8 a.m. — 5K Run*

9 a.m. — Free Walk & Wheels Fun Run (Approx. 1 Mile)

**Awards ceremony immediately follows race.*

5K AWARDS

Male & Female: Top 3 Overall, Top Masters (40+),
 Age Groups (Top 3 Male & Female):

8 & Under	25 - 29	50 - 54	75+
9 - 11	0 - 34	55 - 59	
12 - 14	35 - 39	60 - 64	
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	

FEES

	Until Jan. 13	Event Day Jan. 14
Adults	\$10	\$15
Youth 6-18 yrs.	\$5	\$10

Children 5 and under Free!

Sorry, No Refunds

OFFICIAL 5K ENTRY FORM

Fight Child Hunger 5K, Run, Walk & Wheels

OFFICIAL 5K ENTRY FORM

Send completed entry form to: Running Zone - 3696 N Wickham Rd, Melbourne, FL 32935

Make check payable to: **Fight Child Hunger 5K**

First _____ Last _____ Phone (daytime) _____

Address _____ City _____ State _____ Zip _____

Email address _____ Sex: Male Female

Date of Birth ____/____/____ Age on Race Day _____

Please check shirt size: YM S M L XL XXL



INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

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

SIGNATURE _____

SIGNATURE OF PARENT/GUARDIAN (FOR THOSE UNDER 18) _____

DATE _____



To learn more visit: Health-First.org

Tooth Trot 5K

FEATURED ROY SERIES RACE

A **NEW** location for the 19th Annual Tooth Trot 5K!

Fun, fast-paced course and the best place to be to start your day! No other race like it. Includes a walking division as well as a team competition.



WHERE ► Wickham Park Community Center, Melbourne

WHEN ► 8:00 AM Saturday, January 28

COST ► Early discounted registration for SCR members is \$22 thru 1/20/17.

WHAT TO EXPECT ► Finisher medals for all participants. Tech shirts for first 280 registrants. Food in abundance – Krispy Kreme donuts, apples, oranges, bananas, Rice Krispie treats, breakfast bars, orange juice, coffee, hot cocoa, bagels and more! More than 50 gift cards to giveaway. Dr. Gary Herbeck will be DJ.

LAST YEAR'S WINNING TIMES ►

Male: John Davis - 16:20.5

Female: Julie Hannah - 19:51.4

SCR YOUTH SERIES ► Featuring 1/4 mile, 1/2 mile and 1 mile distances for the little runners. **9:00 am** start time.

ONLINE REGISTRATION ► www.toothtrot.com

2016—2017 SERIES SCHEDULE

12/10/16	Reindeer Run 5K
01/28/17	Tooth Trot 5K
02/19/17	Eye of the Dragon 10K & 2 Mile
03/25/17	Downtown Melbourne 5K
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 Shane Streufert

MASTERS

- Joe Lento



Sal Farino

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Sal Farino

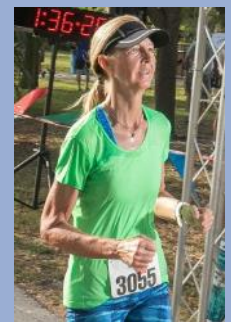
2016—2017 ROY Leader Board

OVERALL

- 1 Alison Nolan
- 2 Annie Caza
- 3 Kristen Klein

MASTERS

- Michelle Longstreet



Roz Freas

GRAND MASTERS

- Lori Kruger

SENIOR GRAND MASTERS

- Roz Freas

CAN YOU DO IT?

33K SPACE COAST CHALLENGE

Run the 3 SCR races & receive the 2016-2017 special medal stand.



Davis and Nolan stay atop series standings despite second place finishes at the Classic

After the Space Coast Classic 15K the Runner of the Year Series race is really heating up with new faces on the leader board and new members looking to score points.

John Davis and Alison Nolan continue atop in the series rankings after both finished in second place for the first time this season at a ROY race. With overall wins at the Running on Island Time 5K and the Turtle Krawl 5K, the pair saw their winning streaks snapped by Melbourne's Chris Cacciapaglia and new SCR member, Holly Davis. However, Davis and Nolan maintain a comfortable lead after three races.

In the men's competition, Gary Gates was a no show at the Classic which caused him to slip in the standings and fall off the leader board. Steve Hedgespeth slides easily into second place and Shane Streufert secures the third spot leaving Masters open for Joe Lento. The 46 year-old Lento has been running well and it shows. Keith Snodgrass remains in the Grand Masters position while Sal Farino, 60, makes his leader board debut in the Senior Grand Masters division.

On the women's side of things, there were a few change ups as well. An injured Kristen Tinker saw her second place leader board position taken over by Annie Caza. Tinker was able to finish the 15K but was in much pain doing so. Kristen Klein remains solid in third place. First year member, Michelle Longstreet now sits in the Masters slot while Lori Kruger keeps her position in Grand Masters. Roz Freas, 61, makes her first appearance on the leader board for Senior Grand Masters.

In the Age Graded division, the top three men are John Davis, 38, followed by Robert Pike, 56, and Shane Streufert, 44. For the women, top spot honors goes to Annie Caza, 55 with Alison Nolan, 27 and Lori Kruger, 54 following closely behind. Janet Canfield is only two points behind Kruger so she'll be looking to improve her position over the next six races.

January's newsletter will include both the Space Coast Marathon and Half Marathon results as well as the upcoming Reindeer Run 5K.



Check out the latest race reports on www.SpaceCoastRunners.org. We'll also be posting new analysis online on the Space Coast Runners Facebook page in the upcoming weeks.

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.

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

Overall Male & Female Winners:
Chris Cacciapaglia, Holly Davis

Space Coast Marathon & Half Marathon

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
at Cherie Down Park
Cape Canaveral

Tooth Trot 5K

Saturday, January 28, 2017
at Wickham Park Senior Center
Melbourne

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

Sunday, February 19, 2017
at Eau Gallie Civic Center
Melbourne

Downtown Melbourne 5K

Saturday, March 25, 2017
at Holmes Park
Melbourne

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



Photo credit: TriHokie Images



Kids Reach Top Speed at classic

Lots of little runners made like hot rods and tore up the shaded paths at Gleason Park at the third race of this year's SCR youth series, the Space Coast Classic. Classic car buttons were awarded to the little speedsters to add to their collections; participants can rack up nine of these by participating in all the runs in the 2016-17 SCR Youth Series. Children who run five of the nine SCR series races can also qualify to win a series participation award!

Soon it will be the most wonderful time of year when Santa will need all the little helpers he can get to join in at the next youth race on December 10th, the Reindeer Run in Cape Canaveral. This race benefits BCSO PA, which is a non-profit that focuses on making a positive impact on the youth of Brevard County. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#).



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



REGISTER TODAY!

#komodokrawl3k



DRIVEN BY



KOMODO KRAWL 3K

Saturday, February 11, 2017 at Brevard Zoo

PRESENTED BY



2 START TIMES | 7:00am – Not Krawl like = less than 20 minutes to finish OR 7:35am – More Krawl like = more than 20 minutes to finish

- Check out Zoo Animals during the Run/Walk
- Fun Komodo Dragon Awards
- 50% Off Zoo Admission for All Participants after the Race (must show race number)
- Free Li'l Komodo Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Random Giveaway of one day Disney Tickets and 1 hotel night stay for two!



Benefits Brevard Zoo

www.runningzone.com/series

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

SPACE COAST CHALLENGE 33K



**If you ran
the Space
Coast Classic
15K you're
on your
way!**

**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





Photos courtesy of TriHokie Images

Runners race Space Coast Classic on new route

The Space Coast Classic 15k and 2-mile races fell on the first morning after the time change; that extra hour of sleep combined with the excitement of running Brevard county's classic race on a new course had runners ready to go on a beautiful fall morning. Held at Gleason Park, the new course took runners out of the park over to run along the mostly-shaded river. This out-and-back allowed runners to cheer each other on as they headed back past Gleason Park to add on a bit more before finishing in the park. The fast course aided Chris Cacciapaglia in his decisive win in 51:08; nearest competitor was John Davis, who finished in 53:36, followed by Nathan Adams who took third in 54:26. The ladies' finish was a bit tighter, with Holly Davis winning in 59:19 and Alison Nolan coming in second in 59:28; Sara Trane finished third in 1:01:38. A total of 332 athletes accomplished the completion of this SCR Runner of the Year series race.

After the 15k runners took off, 81 participants enjoyed the two-mile portion of the course for their race. Christopher Daniele breezed through race to win in 10:39; Julio Castillo was almost a minute behind in 11:35, followed by Noa Miller-Caraballo in 12:14. Melissa Taylor zipped through in 12:22; Jessica Davis was second in 14:51, and Jennifer Carrington rounded out the top three in 16:14.

The Space Coast Classic has been a fixture on the running scene for 31 years, indeed making it a classic event. During this time, the location has changed venues before landing in Indian Harbour. All of the logistical planning by race director Lisa Hamelin paid off as participants praised the new course and finish area. They received



Report by Marisa Flint

15K OVERALL MEN

Chris Cacciapaglia, 51:08

John Davis, 53:36

Nathan Adams, 54:26

15K OVERALL WOMEN

Holly Davis, 59:19

Alison Nolan, 59:28

Sara Trane, 1:01:38

15K MASTERS

Shane Streufert, 56:05

Julie Hannah, 1:05:46

15K TEAM DIVISION

Female: Miss Viera Pizza

Male: Viera Pizza

Coed:

High-Altitude Training Institute

Running Zone

Chilly Spoons

2-MILE OVERALL MEN

Christopher Daniele, 10:39

Julio Castillo, 11:35

Noa Miller-Caraballo, 12:14

2-MILE OVERALL WOMEN

Melissa Taylor, 12:22

Jessica Davis, 14:51

Jennifer Carrington, 16:14

2-MILE MASTERS

Kenneth Vercarmen, 14:15

Mindy Struwas, 18:03

2-MILE TEAM DIVISION

Harris

Running Zone

Harris

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

finishers' medals in the shape of the classic Chevy Camaro. Our youngest runners were also able to join in the fun by participating in the free youth race, earning another button in the series. Participants were able to enter their raffle tickets in their choice of many prizes. Extra raffle tickets could be earned by bringing food donations for the Space Coast Basket Brigade, a volunteer community event which provides Thanksgiving baskets to families in need. The Space Coast Classic is the third race in this year's SCR ROY series; the next race will be the Space Coast half and full marathon on Sunday, Nov. 27th in Cocoa Village.



Rick Suarez is hard at pre-race prep work.



Chelsea Marcan & Amy Garson run happy



Overall Masters



Holly Davis leading the women's 15K race

400+
race at
SCC



Joe Lento has a slight edge on Chi Cam just past mile 7 of the 15K course



David Kearns promotes his running at the 15K



Saturday, January 7th
Race Starts @ 4pm

To Benefit
**HOSPITALITY
 LIFE**

3-4 pm

Sign up and Registration
 (In front of museum
 on Highland Ave. in the
 Eau Gallie Arts District)

5-8 pm

Post Race After Party

Adult 3k Run/Walk \$30
 Child 3k Run/Walk \$15

Online Registration
 at RunningZone.com



AWARD CATEGORIES

T-Shirts & Restaurant Gift Card for ALL Participants

Top Male & Female in different age groups

Top Finisher in each Hospitality Category

Hospitality Team Challenge

Busser/Dishwasher

Chef/Cook

Server

Bartender

Host

**POST RACE
 CELEBRATION IN THE
 EAU GALLIE SQUARE PARK**

Featuring:

Live Music, Food Trucks,
 Family Fun Zone, Photo Wall,
 Restaurant Themed
 Games and More!

SPONSORS



Run to Share Brings Community Groups Together to Run for a Good Cause



The Run to Share 5K was held on October 29 at Chain of Lakes in North Titusville at 8:00 A.M. The run weaved through a pleasant course around the lakes and trees in the park, ending up at the finish line near the softball fields.

The new local run club, Run Amok Run Club, brought many members out for the race in order to support North Brevard Charities. Another group with a large presence was the Park Avenue Christian Academy. The students were excited to participate in the race, and most won medals.

Although a glitch in the system initially recorded incorrect finishing times, things were soon fixed, and runners got to enjoy the awards ceremony.

North Brevard Charities sponsored the race and reminded runners to give back to their communities with discounts for the thrift store.



Report by Angela Leeds

OVERALL MEN

Trevor Branam, 22:41

Jaylen Avelar, 25:32

Bailey Jackson, 25:32

OVERALL WOMEN

Mendi Patterson, 27:23

Suzanne Carlson, 27:46

Trina Tardif, 28:15

MASTERS

James Westermeyer, 25:58

Becky Martin, 29:09

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



Photos courtesy of Space Coast Event Mgmt.



Maria Rigogliosi making her way to a 3rd place finish in her division.

Sprinting for a Cause

The 6th Annual Sprint for Sight 5K kicked off the weekend on Nov. 5th. Gleason Park was the venue and the day was perfect. A new feature added was pacers. The first local 5K to utilize pacers and the participants were happy to have them.

Andy Wiles from Melbourne came in first in the visually impaired division with a time of 31:05. Andy ran with Anne Dockery, who said it was one her most enjoyable runs ever! The first women in that division was Jennifer Cleveland from Melbourne with a time of 49:54.

For the men overall, Walker Cummins from Satellite Beach took the win with a time of 19:00 even. And for the women, Cami Waldon, also from Satellite Beach came in with a time of 24:53. Art Anderson from Melbourne and Tara Forcier from Indian Harbour Beach were the overall masters winners and the fastest team was Up & Running Fitness.

The post-race party was filled with food, music, giveaways and fun. The major grand prizes given away were a membership to the Brevard Zoo, a Fitbit and an overnight stay at the Crowne Plaza Oceanside. The music was provided by Outtsight.

All of the proceeds from the race went towards supporting the recording department at the Brevard Association for the Advancement of the Blind. The department records magazines for the Talking Books Library program.



Cami Waldon and Kristen Faust battling it out to the finish line.



Report by Lisa Hamelin

OVERALL MEN

Walker Cummins 19:00
Roderick Allen 20:07
Dan Knight 20:23

OVERALL WOMEN

Cami Waldon 24:53
Kristen Faust 24:54
Linda Decker 25:09

MASTERS

Art Anderson 20:43
Tara Forcier 25:36

VISUALLY IMPAIRED

Andy Miles 31:05
Jennifer Cleveland 49:54
Maria Rigogliosi 52:28

TEAMS

Up & Running Fitness 2:18:00
Adirondackers 2:36:50
Eye Institute 2:44:12

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

Photo credits: Doug Carroll and Space Coast Channel



Participants enjoy running for shade



Report by Krysti Dixon

Additional photos courtesy of Smooth Running.

OVERALL MEN

Matt Mahoney 21:34
Marc Giguere 21:54
Kian Cartwright 27:26

OVERALL WOMEN

Danielle Kraus 23:22
Nicole Fetchko 30:32
Marion Oswald 31:41

MASTERS

Charley Hoce 28:13
Ok Sharpe 32:48

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



The Sherwood Elementary community along with locals, family, and friends were out in full force November 5th to support the school's first 5k event. The proceeds of the race will benefit the purchase a shade cover for the school's playground.

The course was a loop up Wickham Road to the Senior Center in Wickham Park and then back to Sherwood Elementary. Matt Mahoney led the pack coming in first overall with a time of 21:34, but no matter what time you finished there were cheerleaders and loud supporters that celebrated all race finishers.

Once the race was complete and awards were given out. You could attend the Fall Festival held behind the school. The festival had games, food, and a large blow up slide for the kids. It was a day that brought the local community together and a day the whole family could enjoy.



Thanksgiving Holiday Starts with Turkey Trot through Cocoa Beach

Hoping to burn some calories before dinner, over 1,600 people gathered in Cocoa Beach to run the Turkey Trot. Race Director Marlene White said this number surpassed expectations.

With many dressed as turkeys or pilgrims to celebrate the holiday, everyone was in great spirits as the race began. While many runners headed off on their own, some worked in groups of four as part of a Turkey Team to carry a 12-pound turkey over the course.

The day was warm for November, but runners were all smiles and laughter as they ran through the course. Additional motivation came from the volunteers and residents along the course.

After the race, runners enjoyed refreshments and cheered on the winners at the award ceremony.

Proceeds from the race will be donated to the Cocoa Beach Jr/Sr High School cross-country and track teams.

For race photos and complete race results, [click here](#). Photographs provided by Space Coast Event Management.



Report by Angela Leeds

OVERALL MEN

Costa Stathis, 16:37
Nathan Paladino, 16:59
Matthew Cummings, 17:43

OVERALL WOMEN

Althea Hewitt, 20:06
Kayla Greeson, 21:08
Hilary Cooper, 21:25

MASTERS

Frank Silva, 18:21
Nicola Pyle, 21:35

TEAM Coed

Chafin the Dream

Ashley Jones
Tim Jones
Caleb Seagren
Cindy Seagren

TEAM Females

Rock Lobsters

Suzie Enlow
Kelly Hunter
Theresa Miller
Christy Tagye

TEAM Males

Don't Trot on Me

Diego Carrillo
Sean Sheldon
George Ringhoff
Charlie Stankie

TEAM Cocoa Beach Business

Dharma Buns

Jackie Beatty
John Hearin
Isabelle Borer
John Hearin



Top: First-place finisher Costa Stathis sprints across the finish line. Bottom: Team Turkey Hunters carry turkey to finish line with a dinosaur on their heels.



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.



Jim Schroeder

Ultra Runner with 6 Decades of Running

Family: Sarah (Spouse of 42 years), Sunny (Daughter, age 30 and her husband Blake), two granddaughters (Jamie and Harley, 5 and 7 years) and Tae (Son, age 28)

Age: 69

Originally from: Waverly, Iowa

Currently reside: Indialantic, FL

Number of years running: 60+

Began running because:

Originally, in track, simply because I enjoyed running. As life progressed I ran for physical health and mental stability.

I knew I was hooked when: I finished my first Marathon, The Adelaide Marathon, at age 53.

Race personal records (PRs):

Melbourne Music and Beaches Marathon in 3:42, Manasota Track Club 50K in 4:52, Chicago Lakefront 50 Mile in 9:52, Long Haul 100 in 26:19 and Icarus 6 Day at 304.24 Miles

What has been my biggest running accomplishment to date:

Finishing the Icarus 6 Day, 2015, in 304.24 Miles.



Favorite local and/or out of town race:

SCR Eye of the Dragon, 15K Classic, Melbourne Marathon and SCR Marathon. Out of Town: There are several including the Big Sur Marathon, Half Moon Bay Marathon, Stinson Beach Marathon, Napa State Park Marathon, Boston, The Adelaide 24 Hour and the Icarus 6 Day.

Favorite place to train: Wickham Park Trails, usually on the course Matt Mahoney laid out many years ago.

Running Goals: Keep running ultras until I need to cut back.

Training Philosophy: Time on feet. Time in heat.

Running Partners: Sarah Schroeder, Scott Maxwell, Laura Hanson, Justine "Dusty" Hardman, Matt "Swamp Ape" Mahoney, Dana Matthews, Mark "Action" Jackson.

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

Funniest or oddest thing I've seen while running: Me in track practice running only in a jock strap after I took off my sweat pants and somehow did not notice I had no running shorts on. I heard all this laughter and finally figured out that I was the source of the entertainment! Obviously I had my Game Face on.

One piece of advice that I would give to a new runner: Start slow, then taper.

Last movie I saw: Dusk till Dawn with Quentin Tarantino, George Clooney and Harvey Keitel plus numerous others excellent character actors.

Favorite hero: Neal Armstrong

Other interests: Writing running books. Photography.

Favorite Pre-Race Meal: Bacon, egg & cheese on



English muffin w/ strong Peet's whole bean French Roast coffee.

I can't live without my.... my New Balance 993s, sadly no longer in production. I only have a few pairs remaining.

Last time I took a selfie: Icarus 6 Day crossing 175 Miles in exactly 100 Hours — four hours into Day 5, a nice coincidence involving a bunch of round numbers. I like numbers.



If you would like to be featured in an upcoming "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa Hamelin](#).

Rall Capital Management

Fee-Only Investment Management and Financial Planning Services

Contact Us:

Online: www.RallCapital.com

Phone: (321) 452-1251

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7 Tips for Running with your Dog

If you've never run with your dog but are thinking about it, here are some great tips from our members who do. Don't be surprised if your favorite running buddy turns out to have four legs, fur and enjoys racing just as much as you do.



Ruby Tuesday

Ruby Tuesday and Shane Streufert

Use a short, non-retractable leash and have a good harness for your dog that's made for running. Be really cognizant of hot weather and how it affects your dog.

Curry and Joan Meadows

Use an Easy Walk harness and the Stunt Puppy Runner hands free leash. You can put it around your waist so it is much easier on your arms. The harness and leash work well together. I can really control her this way which is very important especially in races. Another tip is to run more in the road vs near the grass when possible. Results in less stopping to sniff, tinkle, etc. Do not run too far or too fast on these hot Florida days. Always carry water for both you and the dog.



Curry

Daisy and Seher Swenson

Use a leash that can go around the waist and do not run on high heat summer days.

Vader and Erin Schuck

If your dog has sensitive paws, use Mushers Secret to protect them from burns and injury. I also suggest investing in a durable leash that is reflective, has some give and is easy to maneuver. The Stunt Puppy leashes and collars at Running Zone are perfect.



Vader

Carl and Dana Maughn

Best tip for running with your dog is to make them go to the bathroom before you leave for a run. Nothing's worse than having to pick up poo mid-run.

Bailey and Lori Kruger

This photo is not Bailey running (see next page), obviously. But he does run with me regularly. I just love how he got right up on the podium like a pro. My tip is don't let them get in front of you and stop short and trip you. Been there. Done that. Use a gentle leader type collar to keep them from pulling.



7 Tips for Running with your Dog



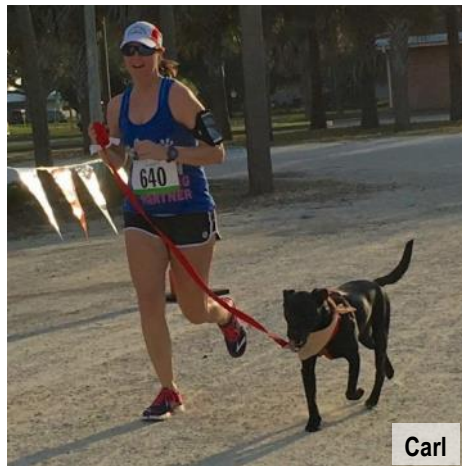
Olive

Olive and Annie Caza

I have a few, but the most important one is research. I recommend selecting a breed that matches your goals. Most people get a dog, then tailor their running according to the dog's ability; I did the reverse. I was training for marathons and running at 5 am. It was both lonely and unsafe and I needed both companionship and safety. Based on my research, the Dalmatian came out as a dog with great stamina and endurance. Sadie was my first Dalmatian. I started running short distances with her when she was 6 months old. By the time she was 1, she could easily run longer distances and eventually ran full marathons. I also followed the same regimen with my second Dalmatian, Keekoh. Now that my marathon days are over, my third Dalmatian, Olive, only has to train for half marathons. At the end of the day, I think dogs are just like people; they have an inherent skill set and have to be trained appropriately.



Bailey



Carl

Upcoming dog-friendly races:

Bayfront 5"K9"

1/22/17

Move Your Mutt 2-Miler

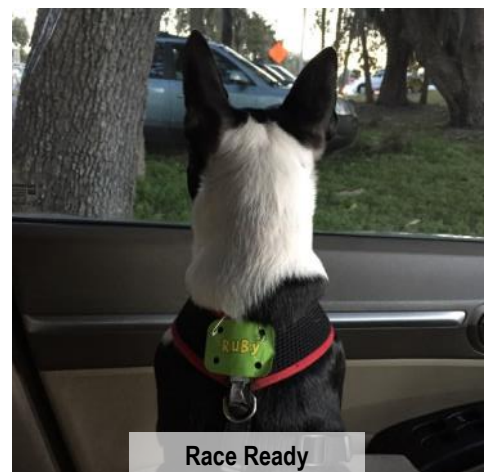
3/4/17



Daisy



Alternate option if your dog doesn't run



Race Ready

SCR Out-of-Town Race Recap

We love covering our members' out-of-town races!
Submit your race name, date, city/state and finishing
time to info@spacecoastrunners.org.
No race is too big or too small.

NYC MARATHON, NYC, NY – NOV 5

Micah Vanatta 3:44:24
Kelly Semenko 5:56:29
Patricia Lucas 5:56:29
Seher Swanson 6:00:45

DISNEY LUMIERE TWO COURSE CHALLENGE, ORLANDO, FL – NOV 5-6

Heather Felix 10K – 1:17:27, Half – 2:53:54

ROCK 'N' ROLL SAVANNAH HALF MARATHON & MARATHON & 5K – NOV 5

Jill Brown — 3:56:36 — Half
Jill Brown — 52:03 — 5K
Rick Foresteire — 5:38:27—Full
Rick Foresteire — 34:25 — 5K
Elizabeth Gmerek — 6:01:18 — Full
Allyson Lyons — 5:42:15 — Full
Allyson Lyons—34:10 — 5K
Allyson Lyons—9:52 — 1 Mile
Anne Mitchell — 2:36:09—Half
Ana Stark — 2:46:27 — Half
Daniel Wood — 1:55:46 — Half

EVERGLADES HALF MARATHON—NOV 11

Felicity Cunningham — 1:58:39
Janet Erlacher — 2:36:02
Cathie Poor — 2:12:06
Jeff Poor — 2:00:21
Seher Swanson — 2:45:00
Karen Suarez — 2:45:17

PHILADELPHIA MARATHON

Molly Kirk — 3:59:42
Marie Thomas — 3:42:13

ICARUS 6-DAY RUN, FT LAUDERDALE, FL – NOV 14-19

Jim Schroeder - He completed 375 laps which is 242.5 miles in a time of 144 hours. He was 9th overall and 6th male.

NEW ZEALAND MARATHON, Queensland, NZ – NOV 19

Cindy Bishop — 5:09:09

ZOOMA FLORIDA 5K, FERNADINA BEACH, FL—OCT 22

Karen Stokes — 52:36



PHILADELPHIA MARATHON 2016

SCR Membership Information

Head to spacecoastrunners.org
to 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 do it online.

www.spacecoastrunners.org

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



December 2016

December 3
Savannah River Bridge Run
Savannah, GA



Howard Kanner, Micah Vanatta

December 4
Divas Half Marathon
St. Augustine, FL



Heather Felix

December 4
Rock 'n' Roll San Antonio Marathon & Half Marathon
San Antonio, TX



Marion Oswald,
Skip Oswald

January 2017

January 7 & 8
Goofy's Race and a Half Challenge
Lake Buena Vista, FL



Heather Felix

January 17
Shark Bite Half Marathon
New Smyrna, FL



Molly Kirk, Marie Thomas

January 29
Celebration Marathon & Half Marathon
Celebration, FL



Mike Acosta,
Naweed Akram, Brittany Streufert, Marie Thomas,
David Thornberry

February 2017

February 25 & 26
Gasparilla Distance Classic
Tampa, FL



Brittany Streufert,
Shane Streufert

March 2017

March 11
Biltmore Estates Half Marathon
Asheville, NC



Hilary Eisenbrenner

March 11
Gate River Run
Jacksonville, FL



Jonathan Howse

March 19
Yuengling Shamrock Marathon, Half Marathon & 8K
Virginia Beach, VA



Charlene Anstett,
Heather Felix,
Elisha Gould

April 2017

April 14
Boston Marathon
Boston, MA



Jonathan Howse

April 30
Big Sur International Marathon
Boston, MA



Molly Kirk, Marie Thomas

Send us an email and we'll add your next race to our calendar.

Click here to tell us where you're running.
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.

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



follow us on
twitter



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

12/3	Run 4 the Future 5K	4:00pm	EFSC Pavilion, Melbourne	ddavis@sa18.org
12/3	Get Up & Go Jingle Run 5K	5:00 pm	Sand Point Park, Titusville	www.hopenb.org
12/10	Reindeer Run/Walk 5K	8:00 am	Cherie Down Park, Cape Canaveral	Beachteachc104@aol.com
12/11	Christmas Fit-Mas 3K	6:00 pm	Viera Regional Park, Viera	events@runningzone.com
12/17	Jingle Bell 2 Miler	5:45 pm	Satellite Beach Library, Satellite Beach	events@runningzone.com
12/24	Run Run Santa 1 Mile	7:30 am	Calvary Chapel, Viera	runrunsanta1mile@gmail.com
12/31	SCR New Year's Eve Fun Run	11:45 pm	2990 S A1A (next to 7-11)	mattmahoneyfl@gmail.com
1/1	New Year's Day Solar Bear Fun Run	12:00 pm	Front Street, Melbourne	stz180@msn.com
1/7	Cops and Robbers 5K	7:00 am	Wickham Park, Melbourne	www.uprunningracemanagement.com
1/7	Hospitality Hustle 3K	4:00 pm	Eau Gallie Square, Melbourne	events@runningzone.com

3 Ways Forrest Gump Still Motivates Any Runner

By Angela Leeds



Recently, I have discovered many new excuses to **not run**: slight blood pressure issue, sore shoulder, daylight savings time, Facebook surfing, paying bills, etc. **It happens**. Sometimes, I use those excuses; sometimes, I know they are an excuse and lace up my shoes anyway.

Have a nice day. On Thanksgiving, I woke up early and celebrated by running a Turkey Trot 5k. During and after the race, I kept thinking about the looming Space Coast Half Marathon. Although excited, the self-doubt started popping in. Will I be able to run for 10 more miles than this in just a few days? Why haven't I been following a training plan? Will I be too miserable to enjoy the drink gifts from the neighbors' tables? Fortunately, Forrest Gump was on television Thanksgiving night, and as I watched, he reminded me that life and running should be appreciated but not taken so seriously. Honestly, I'm pretty sure we bonded, and he looked through the television and said, "Run, Angie, Run." But I might have imagined it—awake early for that 5k and all that turkey tryptophan, after all.

Forrest does have some good advice though to get everyone motivated to think "I just felt like running."

You have to put the past behind you before you can move on.

Don't get stuck on PR times and lousy runs. When you are going out to let go of the stress of the day, enjoy the moment. Appreciate the power of your legs, the sound of your music, and the feel of your body coming alive. Each day and each run will have some special moment. Don't miss it.

Mama said they was magic shoes. They could take me anywhere.

When I started running, I was only hoping for better health. However, there is magic in running shoes: deeper friendships with your closest friends, and new friendships with some of the most caring people through the running community. In addition, those running shoes can take you to race destinations anywhere.

I'm pretty tired. I think I'll go home now.

Know there is a start and stop to every run. If you push yourself and have a great run, head home with the satisfaction that you met your goal. Post it on social media if you want. It will keep you motivated when you reread the post later. However, if you are injured or overexerting yourself, know when to stop and run another day.



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.*



December

Happy Birthday

1	Kurt Peterson, Lauren Berube, Michael Shenbaum, Garrett Tinker	17	Karen Speed, Dawn Oliver
2	Aiden Arrington	18	Chris Epler, Tina Federico, Mary Collins, Jeremy Michel
3	Terri Howell, Karrah Hudkius	19	Michael Petrillo, Debbie Wennerstrom, Alan Myers, Max Hofmeister
4		20	Paul Woodbury, Zechariah Dennis
5	Eugene Ramba, Les Lake	21	Missi Fischel
6		22	Bud Timmons
7	Rick Suarez, Vishwa Ramachandran	23	Sal Farino, Stephen Bernstein, Timothy McGee, Roxy Williams
8	Michael Morrison, Ruth Rodriguez, Todd Bogue	24	Thomas Reif, Michelle Henderson, Kam Schreiber
9	Elizabeth Ring, Susan Petracco, Kelly Stanton, Michelle Mulak	25	Suzie Biery, Sandy Aguinaga, Kimberly Guodace
10	Jacquelyn Kellner, David Lerret	26	Bob Alexander, Linda McKee, Derik Smith
11	Delori Dulany, Joni Hils	27	Tom Winkelspecht, Marie Thomas, Patricia McBride, Rob Armbruster, Tyler Dutter, Alex Berube
12	Jeff Cook, Suzanne Dawes, Joshua Ogburn	28	Kathy Reif
13	David Grant, Rhonda Creek, Ginger Bailey	29	
14	Betty Green, Jo-Anne Boland	30	Debbie Ambro, Alan Nelson, Edward Jerdonek, Mark Trautman, Michelle Higgins
15	Dianna Green, Kelly LaMaster	31	Kenneth Rhoden, Carol Souve, Tammy Michonski, Tonya George, Ryan Buchanan
16	Don Tasker, Wesley Carpenter		