

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

NOVEMBER 2016



1938—2016

BERNIE SHER



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On Our Cover: Remembering Bernie Sher. Photo cover credit: TriHokie Images

Above: These sporty medals will be waiting for you at the finish line of the Space Coast Classic on Sunday, November 6th.

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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MattMahoneyfl@gmail.com

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

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



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](#) 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

31st Annual



Sunday Nov. 6, 2016
@6:45am
Gleason Park in
Indian Harbour Beach



A classic car-themed Space Coast Runners series race! This year is the iconic Chevy Corvette! NEW location starting at Gleason Park and heading north on serene S. Tropical Trail and finishing back at the park. Finisher medals for all participants (15k and 2 mile)! Shirts for first 400 participants, Running Zone timing, giveaways, food and more! Visit our website for all the details of this Classic race—www.scc15k.com

TIMETABLE:

Thursday, November 3rd

Online registration closes at midnight

Friday, November 4th 10:00 am—6:30 pm

Packet Pickup & Registration at Running Zone (3696 N. Wickham Rd, Melbourne, FL)

Saturday, November 5th 10:00 am—5:00 pm

Packet Pickup & Registration at Running Zone

Sunday, November 6th

Packet Pickup & Registration at Gleason Park (1223 Yacht Club Blvd, Indian Harbour Bch, FL)

6:00 am — Packet Pickup & Registration

6:30 am — Race Day Registration Ends

6:45 am — SCC 15k Start

7:00 am — SCC 2 mile Start

8:00 am — 2 mile Award Ceremony

8:30 am — Youth Series Kids' Runs (free)*

9:30 am — 15k Award Ceremony



A Space Coast Runners-owned race and part of the ROY series!

AWARDS:

15k—Overall, Master, Grandmaster, Sr. Grandmaster and Age Groups (0-9 and then 5 year intervals from 10-80+)

2 Mile—Overall and Age Groups (10 year intervals from 0-80+)

FEES:

Sorry NO refunds

Postmarked By 10/30 Postmarked After 10/30

15k \$30 \$35

15k SCR Member \$25 \$30

15k No Shirt \$25 \$30

2 Mile \$25 \$30

2 Mile SCR Member \$20 \$25

2 Mile No Shirt \$20 \$25

Student (thru grade 12) \$20 \$20

* SCR Youth Series—open to age 12 and under, 1/4, 1/2, 1 mile runs. Parent must sign waiver. Participation awards to all!

A portion of the proceeds benefits Space Coast Basket Brigade (https://www.facebook.com/SpaceCoastBasketBrigade)

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member Yes No

Email _____

Event (circle): 15k 2 Mile No Shirt Student

Age on 11/6/2016 _____ Male Female

Birthdate: ____/____/____

Shirt (Adult sizes): None XS S M L XL XXL

I assume all risks associated with my participation as a participant in the 2016 Space Coast Classic including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date _____

Please make check payable to Space Coast Runners and mail to: Space Coast Runners 303 Triton Ct. Indian Harbour Bch, FL 32937

Race Director—Lisa Hamelin—spacecoastclassic@gmail.com

Welcome to November. The humidity is lowering and the temperatures are finally getting to a comfortable cool. This is when I start to truly enjoy the run again. Sweltering heat is great for training, but it's really hard to find the joy in running when you are melting on the street.

We have some great content this month. Our guest contributor is Lori Nedescu, a registered dietician who makes fabulous looking, healthy food. She was previously a Brevard resident and was the Space Coast Marathon overall female winner last year with a time of 2:58:26. Read her article on taper nutrition. And make sure you check out her blog at www.thecadencekitchen.com.

Meet the Longstreets, a winning husband and wife running couple. You can find out more about them in our Run a Mile With... article on page 39.

This month is a double Space Coast Runners whammy with the 31st Annual Space Coast Classic 15K & 2 Mile and the 45th Annual Space Coast Marathon & Half Marathon taking place. Be sure to get involved in both—whether it's running or volunteering!

On a very sad note, we all just learned that Bernie Sher passed away on Wednesday, October 26th. Bernie fought a very long and courageous battle with cancer over the years. Coach Bernie was such a well-respected member of the running and triathlon community and a huge inspiration for others. But not only that and more importantly, he was a friend to many. Those that knew him will certainly miss him.

Our thoughts and prayers go to his wife, Patti Sponsler and family.



Keep moving forward!

Lisa Hamelin
Editor-in-Chief
lisahamelin@gmail.com

GETTING TO KNOW NEWSLETTER CONTRIBUTING EDITOR

Krysti Cooper Dixon

Favorite SCR Series race?

Space Walk of Fame 8k

Favorite place to run on the Space Coast?

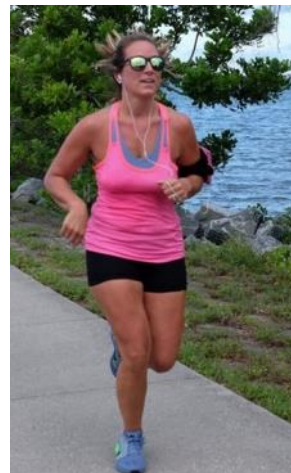
Eau Gallie bridge, Wickham Park, and anywhere on the beach

Running Partner(s):

Most days I run with my 1 year old daughter, Ayla, in the stroller. My husband, Joe joins some days, and my partner for long runs is Eroica Davis.

Little know fact or secret about yourself:

Obsessed with chicken wings. I probably eat a pound a week. "Homemade in the broiler with Franks Red Hot"... so so good!



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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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

Fall is in the air! We have officially had several mornings with air temperatures below 60°F, and the race season is in full swing, with many choices of events every weekend. Does a specific distance catch your fancy? Or do you just need a race to check out how your training is progressing? Perhaps there is a race with a must-have finisher's medal that motivates you? Maybe you want to support the charity sponsor of an event? Or show off your "mad skillz" in running costume design? It does not matter the reason, just grab your running shoes, your racing watch, and go, go, go!

November brings us two awesome and unique Space Coast Runner Series races; The Space Coast Classic (Space Coast Classic 15K & 2 Miler) and the Space Coast Marathon & Half Marathon. But, you may prefer to dress up like pilgrims and native Americans, and schlep a 12-pound turkey for 3.1 miles (Cocoa Beach Turkey Trot 5K). Be sure to look at the local race calendar on spacecoastrunners.org and pick a smaller race that may be better suited to help you reach your goals, such as a race that might have pacers to keep you on target.

Of course, you can always join the runners of Brevard at any [fun run](#) which we have listed on the SCR website as well. I, personally, enjoy sunrise runs every Sunday, along the Indian River, starting in Cocoa Village. You not only get a scenic route with hydration stops (water and Gatorade), but also some varied terrain (with hilly neighborhoods), friendly neighbors, and the occasional dolphin splashing in the river. Motivation and inspiration come in many forms... Here is to finding yours in this terrific weather.

See you on the roads.

Howard

Howard Kanner, SCR President

president@spacecoastrunners.org



Space Coast Runners Runner of the Year Series

Race #4 is the Space Coast Classic on 11/27/16

To register online [click here](#).



NOVEMBER BOARD MEETING

November 21, 2016 — 7:00pm, Pro-Health Viera

All members are welcome to attend.

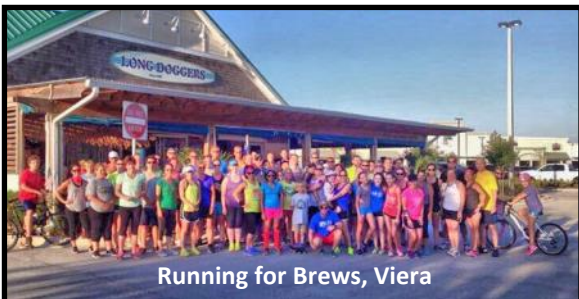
LOCAL FUN RUNS

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

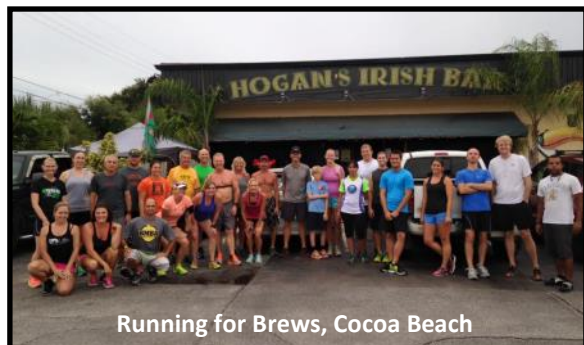
LOCAL FUN RUNS & WALKS



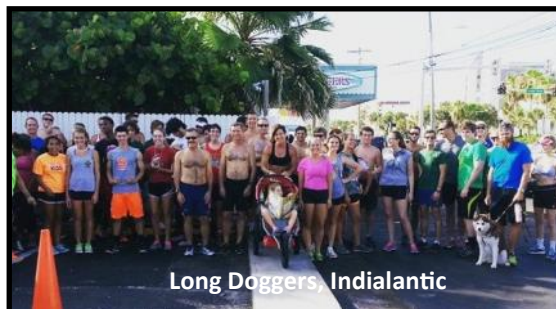
Running for Brews, Viera



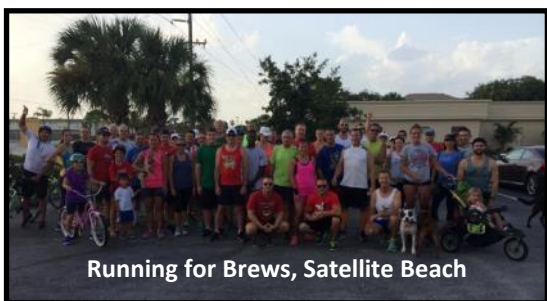
Intracoastal Run Club, Melbourne



Running for Brews, Cocoa Beach



Long Doggers, Indialantic



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

HE ALWAYS LIVED STRONG

REMEMBERING
BERNIE SHER

1938 — 2016

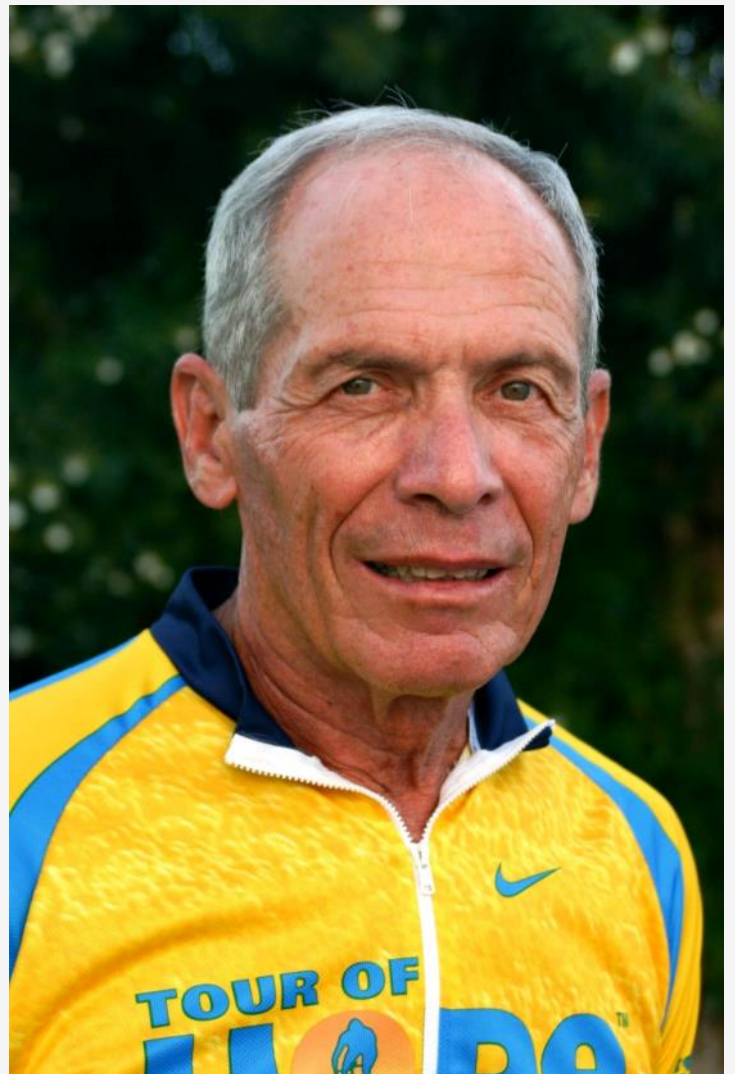
Bernie Sher was an integral member of Space Coast Runners and was the driving force behind the great success that is the Space Coast Marathon & Half Marathon today. Having earned the Lifetime Achievement Award as well as a member of the Hall of Fame, take some time to learn about Bernie and the contributions he made to SCR. He will be missed. Our deepest condolences to his wife, Patti Sponsler.

“I joined Bernie’s running camp to help me prepare for my first half marathon, which was the Space Coast Half Marathon in 2011. What struck me about him was not just the vast knowledge and experience he had, but his gentle soul.” — Lisa Hamelin

I was part of Coach Bernie's first graduates. He trained Graham Partain, my wife Brenda and myself for Ironman Utah on June, 8 2002. I always said, he practiced on us. But seriously, other than the professionals, we were probably the best prepared athletes at the race.

For those who don't know, a front moved in on race day and winds were gusting over 40 mph. Race officials stopped the race during the swim (first time in IM history). It was chaos with buoys blowing loose and swimmers everywhere. Rescue boats were flipping. A veteran on Ironman Hawaii actually drowned. You get the picture. What I'm getting at is, Bernie had us so prepared that I never worried about the conditions. I remember looking at my watch and my only thought was I wouldn't meet my swim time goal.

And like a loyal friend, Bernie was at the finish line waiting for us. He was also on the road training with us and heard more than his share of Jones family banter. He was also a guy I could call for advice on life. He will be greatly missed. — Barry Jones



SCR Central

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



Lynn Barratt
Brian Bessenaire
Raymond Bessenaire
Rosanne Bessenaire
Ryleigh Curtis
Stephen Curtis
Joseph Guarine
Stefanie Jansson
Alex Lipford
Adam Meischeid
Caroline Noack
Gwendolynne Noack
Shelley Rodden
Nina Rossini
Cindi Rossini
Hani Samarah
Mohammad Samarah
Laura Tubbs
Mike Walker

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.



SCR Racing Team Runs Fall Into Winter

October 22, 2016 — Cocoa Beach

The SCR Racing Team was out supporting the local 5K race scene at the Fall Into Winter 5K in Cocoa Beach. The team was all grins after spending a beautiful 3.1 miles on the hard-packed sand followed by a delicious breakfast at Coconuts.



33K SPACE
COAST
CHALLENGE
IS BACK!

Don't miss out! The 33K Space Coast Challenge starts on Sunday, November 6th at the Space Coast Classic 15K. Runners and walkers who complete this race along with the Eye of the Dragon 10K & the Space Walk of Fame 8K will receive this unique medal stand (shown above) to commemorate their efforts.

SCR Central

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



NEW DIRECTION!

JOIN US SUNDAY

SPACE COAST RUNNERS FUN RUN

*We're now
running
SOUTH
y'all!*

6:30 AM | COCOA VILLAGE | RIVERFRONT PARK

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



The **Space Coast Marathon** is right around the corner which means we need **50** volunteers for the **Post Marathon Cleanup!**

It's your chance to make a difference at the **club's biggest event of the year.** The more volunteers we have, the easier the job.

Be a part of this year's crew & get a **FREE** shirt! 46 slots are open and available for **11AM** or **1:30PM**. We need your help. Sign up online: <https://goo.gl/DKNr1f>

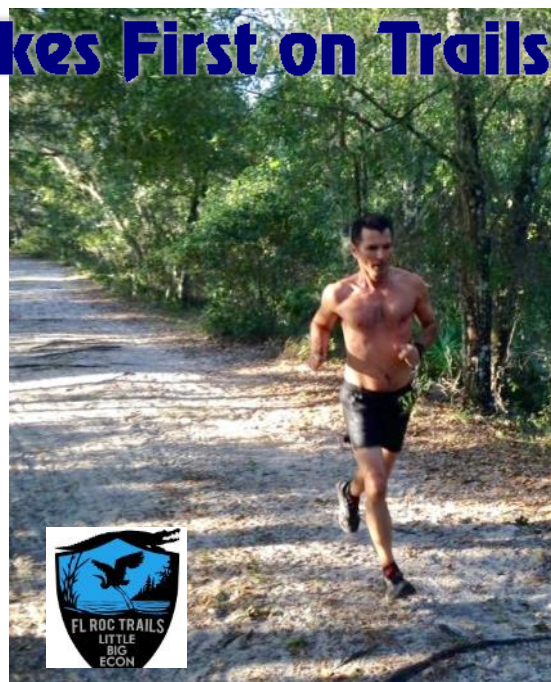


Snodgrass Takes First on Trails

Saturday, October 29, 2016

Keith Snodgrass won the Little Big Econ Half Marathon on the trails up in Geneva, Florida with his time of 1:38:04. Ironically, the second and third place finishers were also from Brevard County and SCR members. Jack Lee was second in 1:46:32 and Sean Black came in third in 1:47:34.

The race was rescheduled due to Hurricane Matthew and flooding in the Little Big Econ Forest. Snodgrass reported the race went off without a hitch and that it was a great race.





A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Youth runs of 1/4, 1/2, and 1 mile for the little gobblers. Get your Thanksgiving off to a healthy start and create a great holiday tradition with family and friends!

THANKSGIVING DAY 8:00 AM

Benefits the **Cocoa Beach HS Cross-Country and Track teams** and
Kiwanis Foundation Scholarships

Location & Schedule

Race starts and ends at 20 N. Brevard Ave in Cocoa Beach on Thanksgiving, Nov 24

- 6:30 - 7:50 am Registration at **20 N. Brevard Ave**
- 8:00 am 5k Run / Walk
- 9:15 am Free Little Gobbler Runs and
- 9:30 am Awards Ceremony

Amenities

- Unisex 3/4 sleeve Tri-Blend race shirt for adult sizes. Youth shirts are cotton/poly blend.
- Timing by Space Coast Event Management
- Dozens of fabulous and festive door prizes

Awards

Seasonal Thanksgiving awards presented to:

- Top 3 Overall Male and Female
- Top Master Male and Female
- Top 4 Turkey Teams: All Female, All Male, Coed, Cocoa Beach or Cape Canaveral Business
- Top 3 Male and Female in Age Groups: 0-8, 9-11, 12-14, and 5 year age groups from 15-19 thru 80+
- Best costume: Adult and Youth Male and Female, Turkey Team (must be present to win as costume)

Packet Pickup

- Tuesday, Nov 22, 4:30 to 7:30 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Avenue
- Wednesday, Nov 23 from 10:30 am to 7:30 pm at **Cocoa Beach Health & Fitness**
- Race day morning from 6:30 am - 7:50 am

Register by Mail, On-Line, In Person

Entry Fees

- \$25 Individual entry mailed after Oct 23
- \$30 Individual entry on race day
- \$100 Turkey Team of 4 mailed after Oct 23

(Entries for teams will not be accepted after Nov 22)

Turkey Team must carry a 12 lb. turkey over the course (supplied on race day). Turkey must stay with the team and the team must stay together throughout the 5k. *The turkey may not be pushed or pulled in a wheeled vehicle.* Team keeps the turkey.

Mail

Check payable to **Cocoa Beach Kiwanis Foundation** and mail to:
Cocoa Beach Kiwanis Foundation
30 Country Club Road
Cocoa Beach, FL 32931

On-Line

www.cocoabeachturkeytrot.com or
<https://runsignup.com/TurkeyTrot5k>
On-line registration closes Nov 22 at midnight

In Person

Tuesday, Nov 22 from 4:30 to 7:30 pm or Wednesday, Nov 23 from 10:30 am to 7:30 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Ave
Race day from 6:30 to 7:50 am at 20 N. Brevard Ave

Race hotline 321-783-6535

Email race director at TurkeyTrot5k@cfl.rr.com

Results Posting www.sceventmgt.com

www.cocoabeachturkeytrot.com

2016 Cocoa Beach Turkey Trot 5k

Name _____ Address _____ M F Age ____ DOB _____

City _____ State ____ Zip _____ Phone _____ Email _____

Race Shirt YM XS S M L XL XXL Team? Yes Team Name _____

Team Division (circle one): Coed Female Male Cocoa Beach or Cape Canaveral Business

Release form: I assume all risks associated with my participation as a participant in the Cocoa Beach Turkey Trot 5k including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. *(Race fees are non-refundable)*

Signature (Parent or guardian if under 18) _____

Date _____

SCR Central

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



Frightening fashion? We think not. Seven Catrinas (skeleton ladies) including SCR members, Lisa Hamelin and Cami Waldon fused the Mexican Day of the Dead (Dia de los Muertos) holiday with Halloween to fashion costumes for the Ghostly Gecko 5K.

Now if you're wondering why the Fashion Police declared these looks our favorite this month, let's talk about the details. The ladies sported and ran in lots of intricate sugar skull makeup, colorful attire and variations of the traditional flower crown. Each face had an interesting design element ranging from a stunning mix of colors and shapes to additions of dramatic studs and glitter. When grouped together you could feel the symbolism of that eternal cycle of life, death and rebirth that the Mexican celebration represents really come through.

In true Dia de los Muertos form, the race was an opportunity to gather and celebrate. Well done.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.

RRCA Running Safety Tip

Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.



SCR Central

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



RUNNING FOR REDEMPTION + A NEW PAIR OF SHOES

Cristina Canales ran her first Boston Marathon back in April and it didn't go exactly as she had planned. After receiving an IV at a medical tent on the latter part of the course for dehydration, Canales against the advice of the medical team, went back out to complete the last miles of the marathon. She crossed the finish and received her medal

but the course had closed and she did not receive an official finishing time.

Looking for some redemption, Cristina signed up for the Mohawk Hudson Marathon in Albany, NY. She trained with a vengeance for the October race. Before her marathon she found out about the Strava Back Half Challenge in which the Strava app and New Balance would send you a free pair of NB shoes if you ran the second half of your marathon faster than the first half.

With this added incentive Cristina ran Mohawk with what can be said as Boston fury and strength from Strava. She smashed her PR by 15 minutes and finished Mohawk in 3:43:30. And yes, she negative split the 26.2 miles so she qualified for the free pair of New Balance shoes which she's proudly displaying in the photo above. Congrats Cristina!



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.

Cristina Canales 3:43:30

Mohawk Hudson River Marathon

Doug Nichols 3:13:13

Medtronic Twin Cities Marathon

Scott Larson 2:56:10

Chicago Marathon

Betsy Butler 3:48:36

Chicago Marathon

John Ouweleen 3:29:51

TCS Amersterdam Marathon

1st AG 75-79

STAY CONNECTED WITH SPACE COAST RUNNERS



SCR Central

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

MINNESOTA MARATHONS COMPARED

Doug Nichols shares his thoughts after having run Minnesota's top two marathons.

I just completed the **Medtronic Twin Cities** in Minneapolis and St. Paul. In 2012, I ran the **Grandma's Marathon** in Duluth Minnesota. Brittany Streufert asked to give a short write-up comparing the races.

The courses are fairly similar in that they have some rolling hills but are relatively flat and fast. Both races are well organized with good volunteer support. Twin Cities has a little more crowd support but that's a result of Minneapolis and St. Paul being a lot bigger than the Duluth area.

If you like running marathons in cooler weather, you have a better chance to get good weather with Twin Cities as it's run in October and Grandma's is run in June. This year, Twin Cities was about 35 degrees at the start and got into the low 50s by the end of the race. From what I remember of Grandma's, it was in the 60s and humid during the race.

There wasn't much difference in the swag. The one thing that stood out to me is that both races gave you your shirt after the race, not at packet pick up. I've run 14 marathons in 8 states and these are the only 2 races I've run that do this.

If I had to choose one of them to run again, I would probably pick Twin Cities, but only by a slight margin. The reasons for picking Twin Cities are that with Twin Cities, you don't have to make a 2.5 – 3 hour drive to Duluth and the weather should be cooler. If you're a 50 stater and you haven't run a marathon in Minnesota yet, you may want to consider Grandma's as there are fewer good marathons in June as compared to October, when Twin Cities is run. However, they're both great races and you won't go wrong running either race.



Nichols has run marathons twice in Minnesota and has set a PR both times.



Join the Medal Unwrapping Party!

SCR will once again hold a "party" to unwrap all of the Space Coast Marathon & Half Marathon medals.

Come be a part of this good time at the Running Zone on Saturday, November 12th starting at 1pm.

Sign up online: <https://goo.gl/t2fsAh>

SCR Central

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



customized kicks

These shoes are seriously stylish

Ever think about running down Tropical Trail in a pair of custom shoes or perhaps sprinting to a finish line in shoes like no other?

It can happen.

Anthony Bennett is a former FedEx worker who now custom paints athletic shoes for a living inside his 160-square foot tool shed over in Bradenton. He started his business, AB CUSTOMZ in March of 2014, and has since done shoes for NFL players and pro players in soccer and basketball as well as customers from around the world.

After hearing how the 27-year-old Anthony was making his American dream come alive, we contacted him to find out if any running shoes had crossed his artistic painting path. Surprisingly the answer was no — although he's had some pretty odd requests.

Bennett shared that he was once commissioned to put someone's face on the inside of a pair of shoes on the insole. "This was a really weird request because no one would ever see it", he said.

Run in style.

If fitness and fashion are two of your top priorities you should think about adding a pair of AB CUSTOMZ shoes to your Christmas list. To check out more of Anthony's cool kicks visit his Instagram: @ABCUSTOMZ. He's maxed out with 5,000 friends on Facebook so you'll have to join the waiting list there.

— by **Brittany Streufert** | Photos by AB Customz

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



4:30-5:30 pm

Sign up and Registration

(In front of The Viera Community Center)

Adult 3k Run/Walk \$30

Child 3k Run/Walk \$15



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



A BLOODY TRAIL RUN FOR THE BOOKS

Former local standout runner and last year's Space Coast Marathon winner, **David Kilgore** may have relocated to NYC but his running accomplishments as well as this gruesome race finish face are still being talked about.

In early October, David was competing in the **Cat's Tail Trail Marathon** in Catskills, NY. While firmly in the lead, he hit his head on a fallen tree that was stuck across the trail. Kilgore said, "I was wearing a Satchels Pizza hat (awesome pizza in Gainesville FL) during the race and when I was ducking under the tree I didn't see a sharp knob poking out from under the brim of the hat. The knob smashed into my head. I fell on the ground, but just thought I had hit my head and wasn't too concerned, but seconds later blood started flowing all over me and the ground."

Coherent but bleeding profusely, Kilgore was ok but was very concerned about how much blood he was losing. "I continued to walk down the rough and rocky trail with pressure applied with my hand to my head", he said. Behind him in second place, Ben Nephew, an experienced trail runner saw blood on the trail and became alarmed at the amount he was seeing and began following it. He called out and soon found David who "looked like a scene from the Stephen King movie, Carrie".

"He gave me his beanie and I washed a lot of blood out of my eyes in a small puddle. We walked together for a little while with me still applying pressure to my head. My hair, the hat, and beanie finally slowed the bleeding down and we began to run."

They made it to the mile 17 aid station where volunteers were alarmed to see the injured runner but they joked around and even took some candid shots of David's injury. Kilgore wanted to continue and with Ben by his side they picked the pace up for the remaining 9 miles of the race.

The two men came through the finish together in 4 hours, 41 minutes. Kilgore said it was great to get to know yet another great guy in the running community. When asked what advice he might give to other trail runners after this harrowing experience David told us, "I would be careful running with a hat on rugged trails. I'm wearing mine backwards on the trail from now on. I would also say look out for each other out there and make sure you are prepared for whatever comes your way." Unbelievably Kilgore also ran into two bears earlier that same day. It was "nothing scary and a really cool interaction", he told us. "They just closed the trail right in front of me." Other than that David says, "Have fun and keep getting out there, it's all part of an awesome adventure!"

Look for David as he tries to repeat as the overall winner at the Space Coast Marathon later this month. To read Ben Nephew's full incident report from the Cat's Tail race, [click here](#).



Photos provided by David Kilgore.



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 November charity, Operation Enduring Warrior (EOW) whose mission is to honor, empower, and motivate our nation's wounded veterans through physical, mental and emotional rehabilitation.
 - ◆ **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 like the inaugural Everglades Half Marathon (11/19/16), use code **16VACRC145**.
 - ◆ Receive a 20% discount on the [3rd Annual Honey-moon Half Marathon](#) and 10K in Dunedin on 11/5/16. To request the Space Coast Runners discount code, simply send an email to xanaduracemanagement@gmail.com.
 - ◆ 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.



RUN LOCAL



Living on the east coast with beautiful beaches that run through our county, it was time to do a beach run. **Hightower Beach Park** is located off A1A in Satellite Beach. Greatest things about beach runs are that you decide which way you want to go and how far, there's no loop to follow or specific turnaround spot. Take in the natural beauty of the surroundings and leave the music at home, listen to the waves instead. The endless view of ocean and sand can turn anyone's day around.

This run consisted of going north towards Patrick AFB. The sand was packed well, but you had to run closer to where the tide was coming in, so I wouldn't wear your best shoes.

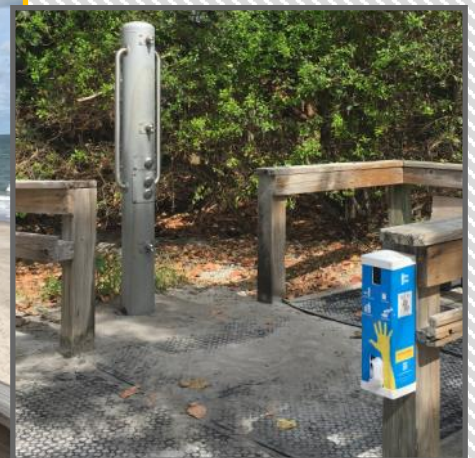
There is plenty of parking for early and evening runs now, but parking fills up fast during the days and especially peak beach times on weekends. If you don't want to worry about parking you could always bike to the park, there are plenty of bike racks! Amenities include clean bathrooms, showers, water fountains and a covered lookout pavilion.

**Park is located at:
815 Florida A1A,
Satellite Beach, FL 32937**

**Report & photos by
Krysti Dixon**



And make sure to check the [tide tables](#) – low tide or close to low tide is when you'll want to be out there running!





**\$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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PART OF THE USA TODAY NETWORK

RUNNER'S

*** Runner's World: Bucket List Top 10 Waterfront Race ***

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

TAPER NUTRITION



by Lori Nedescu, MS RDN LD – The Cadence Kitchen



Lori Nedescu was the 2015 Space Coast Marathon women's champion. She'll be back again running this year with her eyes set on the course record.

You spend weeks, months or even longer training for this event. Race day is approaching, meaning it's time to taper; to let your mind and muscles rest up for optimal performance. As a determined athlete, you were diligent about your diet and nutrition throughout training. You ate clean, made healthful choices, practiced proper training nutrition and developed a race day eating plan. But what about this in-between time known as the taper? You're not really training, but you're not really not training either. It's crucial to keep in mind that this isn't an 'off' period. You might not be logging miles, but going into the race strong and ready doesn't include eating whatever you want. To ensure you get the most out of your body on race day, nutrition should be the focal point of your taper. What you eat or don't eat during this time can have an effect on overall performance and be the difference between bonking, feeling sluggish, or hitting up every port-a-loo on course.

Key Components:

Here are the main areas that cause the most nutrition confusion and can have the biggest impact leading into your race day.

Energy Intake

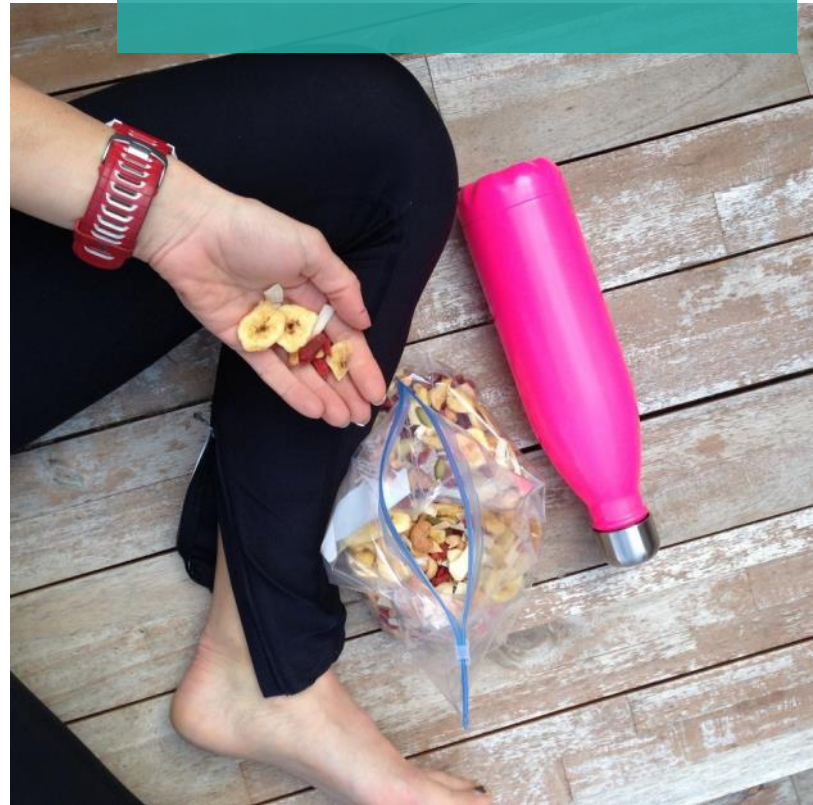
Training is decreased during this time by 50-75%. That means your body is burning less calories and energy needs drop. To avoid feeling heavy, sluggish, and gaining too much weight prior to the race, you should decrease your caloric intake during the taper. This doesn't mean starve yourself or obsess over calorie counting. It means to balance your new activity level with your food choices. For tapering runners, this can generally be accomplished by skipping the sport drinks and sport foods (bars, chews, gels) that were consumed while training. Your taper training shouldn't be high enough to warrant much (if any) of that extra fueling.

Beyond reducing (or forgoing) pre, during, post fueling, look at cleaning up your overall intake by choosing simple, whole foods. For example, eat a refreshing apple instead of a dense shake as a snack or choose roasted root vegetables with salmon over a chunk of gooey lasagna. Opting for simple, whole foods will keep your energy levels high and your digestion efficient leading up to race day.

As a trained runner, your body is likely accustomed to consuming calories every few hours. While you shouldn't need this constant intake of fuel during periods of reduced training, it is best to keep your body consistent to maintain efficient metabolism. Aim for small meals and small, simple snacks such as a banana, cottage cheese, or almonds throughout the day.

Carbohydrates

Every runner knows that carbs provide the energy to click off strong, speedy miles. During your taper, you aren't logging many of those miles, so carb intake should decrease slightly. As discussed above, the decrease should really come from removing the currently unneeded sport fueling products from your diet. Beyond that, you should focus on overall balance. Make sure each meal has a carbohydrate source, protein source, and fat source. During your taper, the source of your carbohydrates should progress from complex (brown rice, squash, quinoa, beets) to simple sources (pasta, bagel, white rice, banana, dairy). Transitioning to simple carbs towards the



end of your taper will allow the body to have more usable energy with less digestive strain, however, choosing simple carbs for the entire taper period will create a sluggish, nutritionally deprived body with a potential for excess weight gain.

But what about the CARB LOAD??? 'Loading' is a poor choice of words. Runners should never be gorging on simple carbohydrates; however, it is important to top off usable energy before race day. Aim to increase the amount of carbohydrates in the 2-3 days leading up to your race. This does not mean eat bowls of pasta for breakfast lunch and dinner. It means to simply reduce the amount of fat and protein you consume and replace those foods with a source of carbohydrate. This will keep your caloric intake steady while prepping the body for optimal energy use. For example, if a normal balanced meal is sweet potato + chicken breast + Kale with salad dressing, your carb focused meal might be sweet potato + brown rice + 1 egg + avocado. The meal stays generally the same, but there is less emphasis put on the protein, fat, and more emphasis put on easy to digest carbohydrates. Many foods thought to be high in carbs are often high in fat (baked goods), so make sure to choose straight forward carbs (rice, pasta) to get the

Sample Taper Plan:

most out of your fueling.

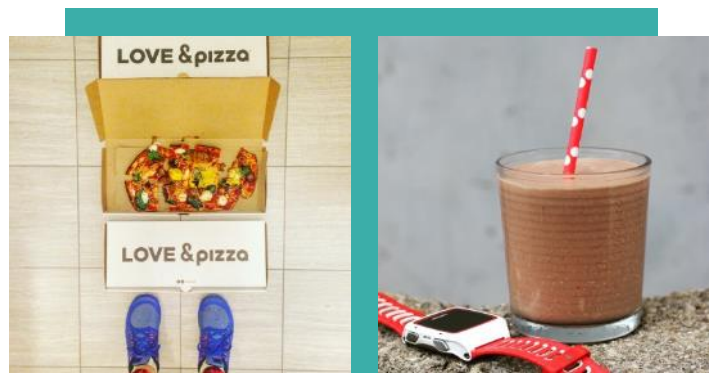
Hydration

While you should skip the sport products due to decreased training, you shouldn't skip drinking just because you're not out sweating. Aim to sip fluids (mainly water) throughout the day. Adding electrolyte tablets or drinking mineral water is a great way to ensure your fluid and electrolyte balance is in order. Hydration should not be a race day only consideration. By focusing on hydration throughout the taper, you'll lessen your risk of race day cramping and dehydration issues. Checking your urine color is also a useful tool to gauge hydration status. Aim for a pale yellow color. Anything darker and you may need to increase water intake. Eliminating alcohol is a good option during the taper as it promotes dehydration, adds excess empty calories and creates a dull mental state.

Weight

Most athletes obsess over their weight during the taper. While losing weight is generally considered to improve running performance, the taper is not the time to do so. You should aim to maintain whatever weight you are at the start of your taper on race day. However, there is no need to fret over a pound or two in either direction. It is extremely common to gain a small amount of weight if you're eating correctly for your taper as every ounce of glycogen (that useable race day energy) stored, your body also stores 3 ounces of water. So as your carb intake increases leading up to race day, your water should increase, and therefore the number on the scale will as well. This is good, usable energy and not stored fat.

Most tapers last 10-14 days. While I am a big fan of the 10-day taper, beginner athletes will likely benefit from a full 2 weeks. This is a suggested plan of how to structure your diet leading up to race day.



Start of taper to 3 days prior to race day:

Intake should be balanced and consisting of complex, whole foods.

Breakfast

Option 1 – 2 eggs with hash (try diced apple, sweet potato, onion)

Option 2 – 1 cup old fashioned oats, ½ cup Greek yogurt, 1 cup berries, 1 tbsp honey

Lunch

Option 1 – Turkey & cheddar sandwich on whole grain, sprouted bread, apple, carrot sticks

Option 2 – Bean salad, greens, baked sweet potato

Snack

Option 1 – Whole milk latte, handful almonds

Option 2 – Hard boiled egg, handful pretzels

Dinner

Option 1 – Brown rice stir fry with salmon, vegetables, and coconut aminos

Option 2 – Chicken and wild rice vegetable soup

3 days out:

Begin to limit fiber (complex carbs/vegetables) while increasing amount of calories from simple carbs. Stick to familiar foods.

Breakfast

Option 1 – Carrot Muffin with yogurt

Option 2 – Cereal with milk and banana

Lunch

Option 1 – Tomato soup with pita and hummus

Option 2 – Rice and bean burrito with salsa

Snack

Option 1 – Yogurt and a granola bar

Option 2 – Pretzels with hummus

Dinner

Option 1 – Pasta with tomato sauce and small green salad

Option 2 – Rice with eggs, avocado and salsa

Sample Taper Plan:

Day before:

Most calories should come from easy to digest carbohydrate sources. Aim to eat small frequent meals with dinner being early in the evening and a simple snack being consumed before bed time.

Breakfast

Option 1 – Pancake with maple syrup

Option 2 – Rice pudding with banana

Snack

Option 1 – Granola bar

Option 2 – Fruit smoothie

Lunch

Option 1 – Bagel with nut butter and jam, vanilla latte

Option 2 – Butternut Squash soup with white rice

Snack

Option 1 – Sport drink and piece of fruit

Option 2 – Banana bread

Dinner

Option 1 – Pasta with tomato sauce

Option 2 – Non greasy pizza

Snack

Option 1 – Toast

Option 2 – Milk and cereal

Marathon Morning:

Wake up early to fuel! Consume a substantial meal 3 hours before race start if possible and top off energy just before the start! Do not try any new foods. Anything you eat now, you should have previously tried eating before a training run.

Pre Race Meal

Option 1 – Plain bagel with honey and banana

Option 2 – Super smoothie (I love a blend of maca, Bee Pollen, Coconut milk, Sunflower butter, banana, avocado).

Top Off

Option 1 – 2 gels

Option 2 – Banana + sport drink



Need a personalized nutrition plan to optimize your upcoming race day?

Reach out to Lori at Thecadencekitchen@gmail.com or check out thecadencekitchen.com for recipes, tips, and more topics.

HELP WANTED

NEWSLETTER EDITOR

The award-winning eNewsletter is looking for someone interested in managing the staff as our newsletter editor. If you are a people person and have interest in finding more about this position, please email our current editor, Lisa Hamelin at lisahamelin@gmail.com for more information.

Duties include: Managing 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.

[To inquire about the position, click here.](#)

SPACE COAST CHALLENGE 33K



**Starts with
the Space
Coast Classic
15K on
11.06.16**

**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



Reindeer Run 5K

FEATURED ROY SERIES RACE

The only **5K** in Brevard County where Santa Claus makes an appearance for the children on a fire truck! We've seen really chilly weather at this race and some not so cold temps...regardless this is a super fun, holiday-themed 5K for everyone in the family. Use hashtag **#ReindeerRun5K** to post and/or find info and photos on Facebook.



WHERE ▶ Cherie Down Park
8330 Ridgewood Ave, Cape Canaveral

WHEN ▶ 8:00 AM Saturday December 10

COST ▶ Early discounted registration for SCR members is \$24 before 12/1/16

WHAT TO EXPECT ▶ Expect cool weather, a fast course and a Santa sighting at the 21st anniversary of this fabulous race! First 450 registrants receive a tech shirt. Entertainment by Light Rock 99.3. Lots of raffles! Race benefits the Brevard County Sheriff's Office Police Athletic League.

COURSE RECORDS ▶

Male: John Davis - 16:32.6 (2014)
Female: Holly Wooley 17:32.9 (2014)

SCR YOUTH SERIES ▶ Starts at 9:00am with ¼, ½ and 1 mile races and will conclude with Santa arriving on the back of a fire truck.

ONLINE REGISTRATION ▶ <http://goo.gl/HGSCyr>

2016—2017 SERIES SCHEDULE

11/6/16	Space Coast Classic 15K & 2 Mile
11/27/16	Space Coast Marathon & Half Marathon
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 Gary Gates
- 3 Steve Hedgespeth

MASTERS

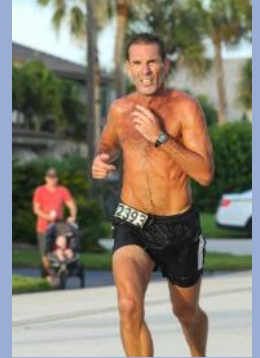
- Shane Streufert

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Matt Mahoney



Gary Gates

2016—2017 ROY Leader Board

OVERALL

- 1 Alison Nolan
- 2 Kristen Tinker
- 3 Kristen Klein

MASTERS

- Annie Caza

GRAND MASTERS

- Lori Kruger

SENIOR GRAND MASTERS

- Debra Stokes



Alison Nolan

CAN YOU DO IT?

33K SPACE COAST CHALLENGE

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



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The Rall Capital Management Team



Kids Run coming to the Space coast classic

Space Coast Runners will have an extra special button for those kids running the entire Youth Series and wanting to make the Do-It-Yourself ribbon holder we showcased in last month's newsletters. The big button toppers are in so have your child stop by the Space Coast Runners tent at the **Space Coast Classic** to pick one up. They are limited in supply so please don't wait!

The **limited-edition** SCR Youth Series participation button for the Space Coast Classic features a super fast car that the kids will absolutely love. The non-competitive runs will be held at Gleason Park after the adult races. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#).



MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Turtle Krawl 5K

Saturday, September 10, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Space Coast Classic 15K & 2 Mile

Sunday, November 6, 2016
at Gleason Park
Indian Harbour Beach

Space Coast Marathon & Half Marathon

Sunday, November 27, 2016
at Cocoa Village Riverfront Park
Cocoa

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

Sponsor Spotlight

SCR is proud to showcase its 2016-2017 "Runner of the Year" Series Sponsors. These companies are committed to sponsoring our three club races and series events.



BLUE LIGHTNING

DEVELOPMENT



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



Report by Brittany Streufert

OVERALL MEN

Robert Toenjes — 30:24
Brian Landkammer — 38:29
Anthony Miceli — 39:26

OVERALL WOMEN

Nicole Lewis — 39:06
Carrie Callahan — 45:38
Julia Greco — 46:04

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

GETTING DOWN AND DIRTY!

Hundreds of participants gathered on the first day of October ready to get down and dirty at the Melbourne Mud Bash. The race did not disappoint. Mud flew in all directions, as runners both seasoned and first-timers navigated the course that wound through Wickham Park.

Most of the day's participants went out for fun. There was a competitive division in which thirty athletes gave it their all to record the day's fastest time. Robert Toenjes was the event's overall winner. Nicole Lewis not only was the top female finisher but she was also third overall.

Designed to test strength and endurance, the obstacles ranged from participants having to belly crawl under nets in a mud pit to monkey bars over yes, more mud. Finishers were caught with big muddy smiles on their faces as they washed up to hand out and enjoy the post-race festivities.



Photos courtesy of Melbourne Mud Bash.

Run Raises Awareness of Violence Against Women & Girls

Orange was the color of the day at the Will Run for Chocolate, Won't Stand for Violence 5K as participants donned orange in support of the Zonta Club of Melbourne's campaign to raise awareness of violence against women and girls. Zonta International has members in 67 countries, and they are committed to preventing and ending violence. There was even a prize for the brightest orange costume!

The race was held at the Field of Dreams park in West Melbourne. Roderick Allen won the race in 20:19, followed by Art Anderson in 21:41 and Haskell Walker in 23:21. On the women's side, Michele Longstreet took the top spot in 23:43. Ashleeigh Triplett was second overall female, finishing in 27:14, and Claire Sausville was number three with a time of 28:30.



ZONTA SAYS NO
TO VIOLENCE AGAINST WOMEN

Report by Marisa Flint

OVERALL MEN

Roderick Allen, 20:19

Art Anderson, 21:41

Haskell Walker, 23:21

OVERALL WOMEN

Michele Longstreet, 23:43

Ashleeigh Triplett, 27:14

Claire Sausville, 28:30

MASTERS

Paul Woodbury, 24:40

Kathy Conti, 29:53

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



Photos courtesy of Zonta Club of Melbourne



Runners gather before the start of the race.

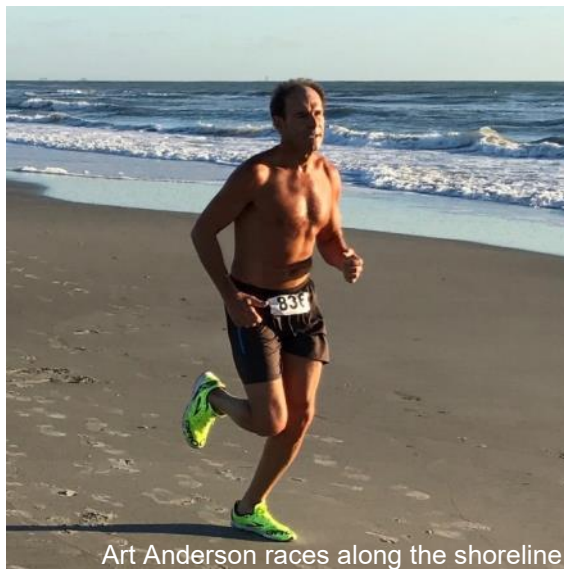
Best on the Beach

means surfboards for Dordick and Grochowski

Fall into Winter 5k is one of the oldest 5k's in Brevard. It has been taking place for over 30 years and benefits children programs at the City Recreation Department. This race was also the first race in the Holiday Beach Classic Series. Holiday Series includes: Fall into Winter, Cocoa Beach Turkey Trot, and Reindeer Run. Participants who participate in all three races are awarded a custom Holiday Series medal.

This year the race drew out a crowd of nearly 250 runners and there were lots of opportunities to win great awards! Ron Jon Surf Shop contributed the prizes for the Overall Awards. 1st place was awarded a Surfboard, 2nd place a Skimboard, and 3rd place a Bodyboard. Family teams of 2 was also a category you could place in, as well as Best Costume, and Best Carved Pumpkin!

The after party was held at Coconuts on the Beach, where a delicious breakfast was provided for all finishers and all age group awards were given out.



Art Anderson races along the shoreline.



Report by Krysti Dixon

OVERALL MEN

Jacob Dordick, 18:35

Joe Lento, 21:15

Oswaldo Zapata, 21:30

OVERALL WOMEN

Renee Grochowski, 26:39

Yvette Green, 27:29

Janet Berner, 27:37

MASTERS

Randy Dowdy 22:36

Shannon O'Boyle 28:51

TEAM DIVISION

Joan & Robert Meadows,
1:05:04.1

Skip & Marion Oswald,
1:05:09.7

Ron & Mary-Lou Walker,
1:17:36.7

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



Second Half Marathon a Hometown Success



A 1A from Hangars Beach in Satellite Beach to Ron Jon Surf Ship in Cocoa Beach was teeming with runners and walkers on October 23rd. The 2nd Annual Cocoa Beach Half Marathon had another successful showing. There were more than 2000 finishers, including about 160 runners dressed as Jeannie and Major Nelson.

Race Director, Mitch Varnes said, "We were fortunate to get the first cold front of the year, which kept temperatures in the 60's race morning and led to some good times and running conditions. The runners seemed to enjoy the new course, which extended further south on A1A, and the new mobimats that we purchased for the event were well received, too. All in all, it was a great morning with a lot of happy looking faces."

The overall winner for the men was Brian Zickerfoose from Denver, Colorado with a time of 1:19:53 and Sara Trané from Satellite Beach for the women with a time of 1:25:13. Complete results can be found [here](#).

"Given that the storm impacted us in Brevard County, we wanted to in some way help others who were more severely affected by Hurricane Matthew. We announced about a week before the race that we would hold a shoe and clothing drive for Haiti, and the response was tremendous with about 1,500 pairs of shoes and hundreds of pieces of clothing donated."



Report by Lisa Hamelin

Additional photos courtesy of Smooth Running.

OVERALL MEN

Brian Zickerfoose, 1:19:53

Joseph Dreher, 1:22:33

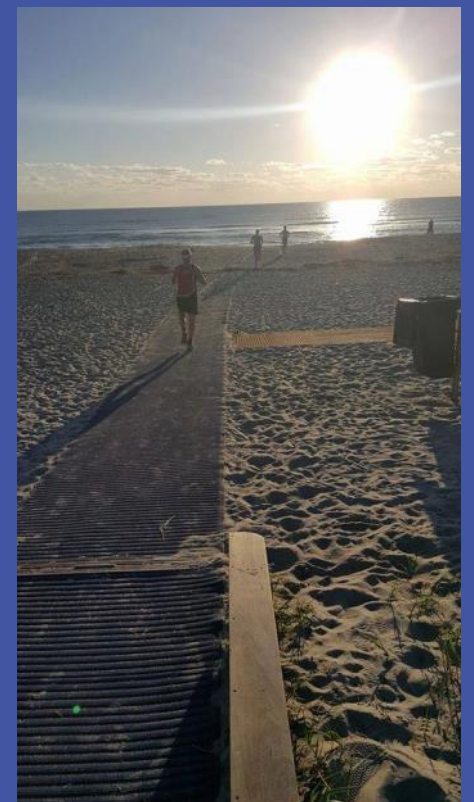
Marcus Dasilva, 1:22:37

OVERALL WOMEN

Sara Trane, 1:25:13

Heather Schulz, 1:26:44

Marie Cecile Benimeli 1:32::27





Early morning enthusiasm at the start.

1,800+ finishers!



Above: Donations made by participants for Haiti hurricane



Right: Post-race festivities had something for everyone.

A Ghoulish Good Time

One of the crowd favorite races of the year—who doesn't love dressing up in costumes and then attempting to run in them?? Every possible character was out on the course for the Ghostly Gecko 5K on a warm October evening. Surprisingly, I only saw one Clinton and Trump get up (but they were great)!

It was warm, but as always there were fast times. John Davis came in first with Christopher Daniele coming in only 10 seconds later. Steve Hedgespeth took third. Shane Streufert won the masters slot. For the ladies, Kaitlin Donner was there to take the overall with Angela Cobb and Alison Nolan coming in second and third, respectively. Julie Hannah won the women's master title.

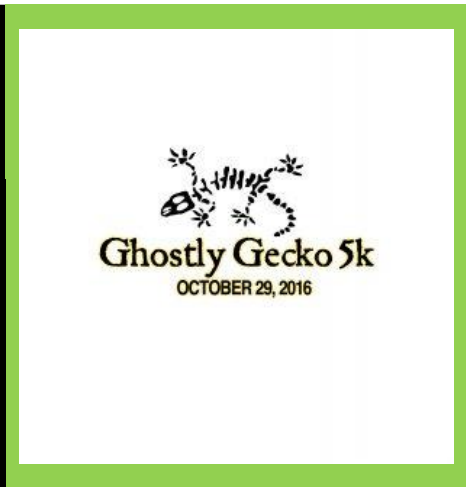
The once a year special bib "666" award was given before the race started to the lucky participant with that bib number. The finish line offered a Halloween tote with a handful of good, old fashioned candy. There were special awards for adult and kid best costumes, along with the normal Halloween-esque tombstone awards. The big prize was a pair of Universal Studios Halloween Horror Night tickets with a hotel night stay.

The after-party was held at Squid Lips, with beer and wings. Proceeds from the race will go towards Eau Gallie High School Health & Wellness. For complete race results and photos, [click here](#).

Photographs provided by TriHokie Images.



Left: Donald Trump and Hillary Clinton, Middle: Start of the race, Ghostbusters, Right: Awards, Far Right: Kids run



Report by Lisa Hamelin

OVERALL MEN

John Davis, 16:33
Christopher Daniele, 16:43
Steve Hedgespeth, 16:56

OVERALL WOMEN

Kaitlin Donner, 17:47
Angela Cobb, 18:29
Alison Nolan, 18:41

MASTERS

Shane Streufert, 17:12
Julie Hannah, 20:05

TEAM DIVISION

Running Zone
Viera Pizza Race Team
The Has Beens

SCHOOL PARTICIPATION

Indian Harbour Montessori
Westside Elementary
Manatee Elementary



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.



Rob & Michele Longstreet

Long-time Runner, Loves her Garmin

Family: Married, 2 sons ([Rob](#))

Age: 54 ([Rob](#)) and 45 ([Michele](#))

Originally from: West Milford, NJ and raised in Miami, FL ([Rob](#)); Westbury, Long Island NY ([Michele](#))

Currently reside: Indialantic, FL



Rob and Michele hanging out at the beach.

Number of years running: 47 ([Rob](#)) and 30 ([Michele](#))

Began running because:

R: I had to stay fit between football and soccer seasons.

M: The high school track coach saw me in gym class and persuaded me to join the team.

I knew I was hooked when:

R: I always felt better after I ran

M: I was competing in cross country and it boosted my confidence.

Race personal records (PRs):

R: My wife, Michele! Secondly, multiple successful races at various distances

M: 5K—19:27; 10K—42:10; 15K—1:06; 4 Mile—25:53; 5 Mile—32:12; Half Marathon—1:38, a day after the PR in the 5000 on the track in the Jr. College Regional and running 3 other events! I couldn't walk the day after the half.

What has been my biggest running accomplishment to date:

R: I've been running 47 years without any major downtime or injuries.

M: Still running and I love it! I had a knee injury at 30 at my peak that took me out of running for 2 long years and am so grateful to be able to run again.

Favorite local and/or out of town race:

R: Eye of the Dragon 10K; Out of town—Oktoberfest 10K in Hickory, NC

M: Turtle Krawl 5K, Out of town —China Grove, NC Main Street Challenge 5K in June at 9 pm! Flat and fast out and back unlike most NC races, which are hilly!

Favorite place to train:

R: Eau Gallie Causeway

M: The Running for Brews Satellite Beach Tuesday 7 pm 3 miler- Good, fast course and a fun social event!

Running Goals:

R: To remain healthy and fully capable of running daily until I leave this earth.

M: To keep running injury free!

Training Philosophy:

R: Sometimes you're the bug and sometimes you're the windshield, only you determine which one you are! (Remember, always be humble. There's definitely someone faster than you). In addition, if at the end of your training run/race, if you feel no pain, there was very little gain.

M: Train shorter and faster rather than longer and slower.

Running Partners:

R: My wife, Michele

M: My husband

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

R: Jim Thorpe

M: Desi Linden—very inspiring after coming back from injuries.

Funniest or oddest thing I've seen while running:

R: One time I was running the Wickham Park trails and I came across a tortoise and a rabbit chilling together. It made me ponder which one was really faster and does it really matter.

M: Seeing Rob run backwards in a 10k. It was out and back so I saw him while I was on the other side. He pulled a hammy and ran backwards and forwards multiple times in order to finish. He still ran a sub 40 10k!



One piece of advice that I would give to a new runner:

R: Do not forget the Lord who enables you to run. Work hard and remain humble. Run for the love of running and not for the trinkets you receive at the end of the day.

M: Never quit! Consider it a privilege, not a right!

Other interests:

R: Church/faith, surfing, soccer, basketball, fishing, working out at the gym, anything that involves motion.

M: Remaining faithful to the Coastline Community Church family, taking pictures, working out at the gym, traveling, eating decadent sweets like cake from the Green Turtle which is next door. I am always on the go and love watching Rob surf.

Last movie they saw: Deepwater Horizon

Favorite hero:

R: Michael Landon's character on Little House on the Prairie

M: Rudy Giuliani for cleaning up NYC and shouldering the tragic event of 9/11!

Favorite Pre-Race Meal:

R: Pizza

M: Cookies or cake or chocolate!

I can't live without my....

R: wife and kids

M: Support from Rob! (and red velvet cake! Lol)

Last time I took a selfie:

R: Never

M: On my birthday 10/11 of Rob and I!



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

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.



Saturday, January 7th
Race Starts @ 4pm

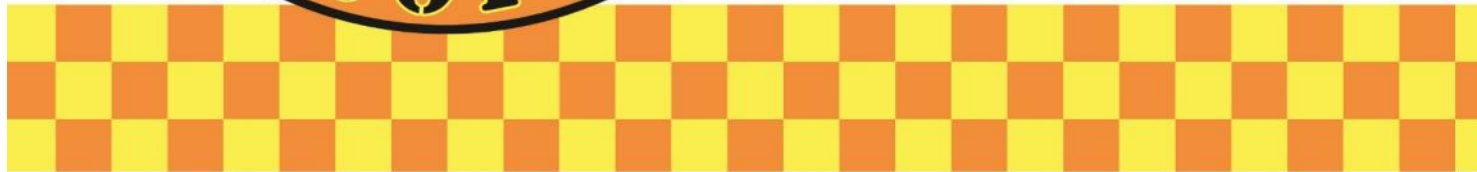
To Benefit
**HOSPITALITY
 LIFE**

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



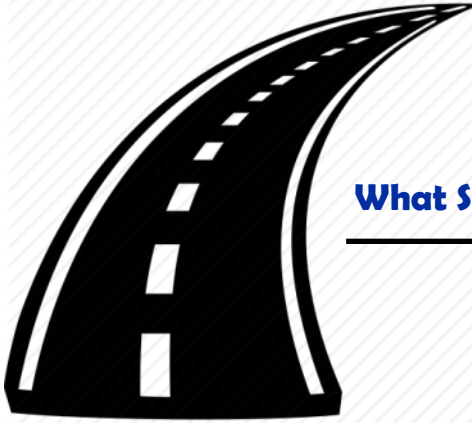
**POST RACE
 CELEBRATION IN THE
 EAU GALLIE SQUARE PARK**

Featuring:

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

SPONSORS





Long Distance Relationships

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

Pocatello Marathon

“Running the Gap” in Idaho was an exhilarating yet tough marathon experience for a Florida runner used to flat roads and humidity vs. downhill slopes and altitude.

by Brittany Streufert



Pocatello, Idaho is known as “The Gateway to the Northwest” and it’s where me and Shane traveled to run over the Labor Day weekend. The race appealed to me as I have hopes to one day graduate from being a “50 States Club” member to an actual finisher. I’m happy to say Idaho has been crossed off my list.

We flew into Salt Lake City and made the drive into Idaho on Friday for the Saturday race. Pocatello is a thriving town and is home to Idaho State University. The locals are friendly and the weather was quite nice. As you drive in you’ll see both the Portneuf and Bannock Mountain Ranges. Race weekend includes the full marathon and a half along with 10K, 5K and 1 mile distances. There were 220 full marathon finishers and 235 in the half.

Saturday morning was cool as overnight temperatures dipped to 55° by the time the shuttles dropped me at the Buckskin Saddle starting line which sits 6,070 ft. in the mountains. In the dark at 6:15am the race began. The course drops 1,500 ft. over the first 13 miles, then it becomes flat and rolling for the second half.

The altitude never bothered me and the landscape and sunrise in the first half of the race was awesome. We ran by horses, sheep, hens, llamas and two women and a dog that were dressed up like cows cheering us on. The last bit of the race was less scenic but I had heard that the very best baked potato was waiting at the finish line so the thought of it kept me preoccupied, although the hill at mile 22 was quite distracting too.



COURSE ELEVATION



Pocatello Marathon 09.03.16

The baked potato did not disappoint along with a ton of food and drink for the finishers. My legs were trashed and I knew walking would be difficult for the next few days but it was worth it. Shane enjoyed the half marathon experience and had a great time eating steak and baked potatoes while he waited for me to finish.

With medals in hand we headed to Portneuf Valley Brewing to sample the local craft beer. For the rest of the holiday weekend we toured Idaho. It's a wonderful state and a great place to vacation if you're looking to see beauty and nature.

The Pocatello Marathon race director has been kind enough to extend a \$10 race discount to SCR members for the 17th annual event in September 2017. See [page 19](#) for more info and visit www.pocatellomarathon.com for full race details.



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

Jingle Bell 2 Miler

REGISTER TODAY!

DRIVEN BY



#jinglebell2miler



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- * 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

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.

MEDTRONIC TWIN CITIES MARATHON, Minneapolis, MN
Doug Nichols, 3:13:13

CHICAGO MARATHON, Chicago IL
Scott Larson, 2:56:10
Betsy Butler, 3:48:36
Jeanne Higbie, 4:48:24
Tracy Geiger, 5:51:35
Karen Stout, 5:53:18

MOHAWK HUDSON MARATHON, Albany, NY
Cristina Canales, 3:43:30

ST LOUIS HALF MARATHON
Audrey Bernstein, 2:29:59
Stephen Bernstein, 1:40:06

COLUMBUS MARATHON & HALF MARATHON
Ilse Berube, 4:14:17
Lea Anne Richard, 4:19:26

HALF
Carol Ball, 1:57:19

FL.ROC TRAILS HALF MARATHON & 5 MILE, Geneva, FL
Keith Snodgrass, 1:38:04 **1ST OVERALL**
Jack Lee, 1:46:32, **2ND OVERALL**
Sean Black, 1:47:34 **3RD OVERALL**

BEACHSIDE HALF MARATHON, Vero Beach
Matt Mahoney, 1:41:13 **1ST AG 60-64**
Yasmin Jarman, 2:25:12 **2ND AG 60-64**
Joan Meadows, 2:25:17
Suzie O'Connell, 2:53:31
Lorna Mazza, 3:20:27
U CAN FINISH 2 & 5 MILE, Orlando

5 Mile
Greg Griffin, 43:48
Ryan Miller, 44:32
Susan Snodgrass, 46:33
Kimberley Prosser, 46:38
Jennifer Devine, 48:09
Sharon Smith, 52:23
Alysson Lyons, 54:07
Nancy Foresteire, 57:31
Andy Clay, 1:05:18
Sara Griffin, 1:06:24
Yvonne Martinez, 1:28:15

2 Mile
Greg Griffin, 14:56 **1ST AG 55-59**
Susan Snodgrass, 17:09 **3RD AG 50-54**
Jennifer Devine, 17:24
Alison Vogelbacher, 17:38
Kimberley Prosser, 18:15

Nancy Foresteire, 18:15 **1ST AG 60-64**
Alysson Lyons, 19:09
Sharon Smith, 20:08

AMSTERDAM HOLLAND MARATHON
Johnny Ouweleen 3:29:51 **1ST AG 75-79** (by a full 13 minutes!)

IRONMAN NORTH CAROLINA
Kelly Semenko - 10:19:27

IRONMAN LOUISVILLE
Ed Donner - 9:36:02
Suzie Enlow - 12:13:36
Kelly Miller—13:50:12

FRIGHTFUL 4K, Vero Beach
Anne Dockery, 18:19 **SENIOR GRAND MASTERS**

LIGHTHOUSE LOOP HALF MARATHON & 5K, Port Orange
Bret Halliday, 1:35:25 **1ST AG 55-59**
Aidan Montague, 1:38:21 **2ND AG 45-49**
Matt Mahoney, 1:39:06 **1ST AGE 60-64**
Shane Streufert, 1:39:17
James Chiravalle, 1:49:37
Teen Sum, 2:00:29 **2ND AG 65-69**
Charlene Anstett, 2:03:49
Kristen Faust, 2:03:42
Frank Hosey, 2:05:45
Christine Kennedy, 2:09:36
Chuck Mathews, 2:09:45
Candice Smith, 2:16:21
Brittany Streufert, 2:19:07
Liz White, 2:22:04
Yasmin Jarman, 2:25:38
Judy Bailey, 2:26:57
Marty Ransom, 2:36:17
Tena Hochard, 2:39:23
Donna Scott, 2:39:48
Sandra Walker, 2:40:30
Nadia Hosey, 2:47:53
Jessica Frank, 2:47:54
Debbie Knight, 2:49:48
Heather Mitchell, 2:55:04
Joni Hils, 2:55:19
Kathy Gay, 2:55:31
Karen Stout, 3:02:32
Teresa Murphy, 3:04:08
Shannon Leathlean, 3:39:17
Trisha Jones, 3:39:17

5K
Susan Snodgrass, 25:12 **MASTERS**
Jennifer Devine, 27:27 **3RD AG 40-44**
Gabriel Good, 28:24 **2ND AG 10-14**
Allison Vogelbacher, 28:33
Karl Anstett, 37:26
Tabitha Good, 43:16

"I absolutely love Chicago! I ran the NYC marathon last year and it's like comparing apples to oranges. The course was beautiful and the crowds kept me well entertained since I don't run with music. I would run this marathon again every year if I could."
— Jeanne Higbie

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



November 2016

November 5 & 6
**Disney's Lumiere's
 Two Course
 Challenge**
 Lake Buena Vista, FL



Heather Felix

November 6

**TCS New York City
 Marathon**
 New York, NY



Micah Vanatta

November 20
**Philadelphia
 Marathon**
 Philadelphia, PA



Molly Kirk, Marie Thomas

December 2016

December 3
**Savannah River
 Bridge Run**
 Savannah, GA



Howard Kanner, Micah
 Vanatta

December 4
Divas Half Marathon
 St. Augustine, FL



Heather Felix

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 Symrna, FL



Molly Kirk, Marie
 Thomas

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

**List your next
 out-of-town
 race.**

**[Click here](#) to tell us
 where you're running.**

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



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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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Find us on
Facebook

Race Calendar

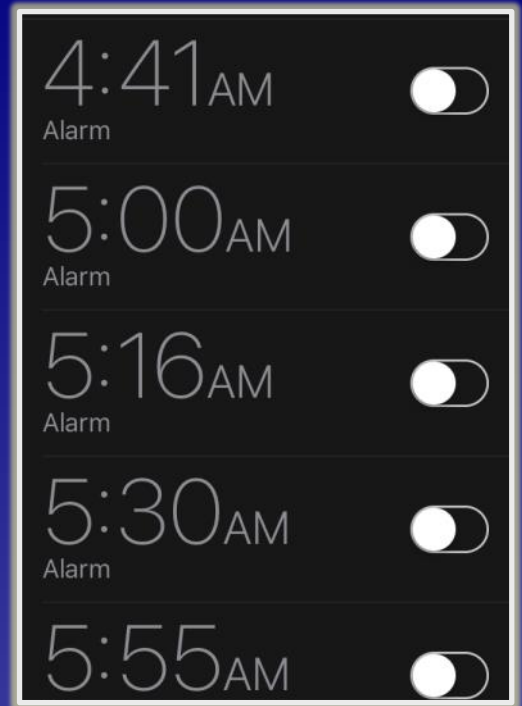
DATE · EVENT · TIME · LOCATION · CONTACT

11/6	Space Coast Classic 15K & 2 Mile	6:45am	Gleason Park, IHB	spacecoastclassic@gmail.com
11/6	Zombie 5K	3:30pm	Wickham Park, Melbourne	www.raceentry.com
11/12	Turkey Creek 5K Trail Run	7:30am	Palm Bay Comm Center, Palm Bay	Mike.cosumano@palmbayflorida.org
11/12	Represent 321 5K	8:00am	Pelican Point, Satellite Beach	runsalot@cfl.rr.com
11/12	Run Domestic Violence Out of Brev 5K	4:00pm	McKnight Complex, Rockledge	cindy.mitchell @uss.salvationarmy.org
11/13	SUP n RUN 5K	8:00am	Paddling Paradise, Melbourne	dansmith@paddlingparadise.com
11/19	Canna-Wellness 5K	9:30am	Wickham Park, Melbourne	http://www.canfest.org
11/19	Delaura Dash 5K	4:00pm	Delaura Middle, Satellite Beach	runsalot@cfl.rr.com
11/20	Space Coast LightFest 5K	6:00pm	Wickham Park, Melbourne	Shanna.richardson@scouting.org
11/24	Cocoa Beach Turkey Trot 5K	8:00am	Baliwick Mall, Cocoa Beach	turkeytrot5K@cfl.rr.com
11/24	Suntree Turkey Trot 5K & 10K	8:30am	Suntree Country Club, Melbourne	steve@baerst.com
11/27	Space Coast Marathon/ Half Marathon	6:00am	Cocoa Village, Cocoa	info@spacecoastmarathon.com
12/3	Run 4 the Future 5K	4:00pm	EFSC Pavilion, Melbourne	ddavis@sa18.org
12/4	Lumberjack 5K	10:00am	Wickham Park, Melbourne	Eduardo@mudrunfun.com

3

Reasons to Run in the Morning

By Angela Leeds



Very rarely do I attend a meeting of the Early Morning Club on a work day. However, if a runner wants to get the feel of fall, he/she must lace up the shoes before the sun comes out, so I let October woo me with her promises of a great run in the dark.

Here are the 3 reasons I discovered were benefits of the EMC:

Solitude: I love casual runs with my friends where we sort out all of our goals in life. However, the tranquility of running alone before the day gets loud and crowded is a benefit that I had not expected. As a teacher, I'm rarely alone during the day, so I'm finding this time to sort out my day helps me to be more productive. If you feel that the hustle and bustle of the work day leaves you frazzled, take some time for a peaceful morning run before the day starts.

Nature: If you have not run under the stars with a cool breeze blowing, you are missing a special gift from Mother Nature. No sun. No sunglasses. Few, if any, bugs. On mornings with a clear sky, the stars and moon seem to guide you through the run and remind you to look around and appreciate all of the beautiful things around you. When it is a long-run morning, you can get the added benefit of seeing the color bursts as the sun comes up over the horizon.

Satisfaction: Every run is a celebration of a job well done, but an early-morning run sets you up for a successful day. After all, you only hit that snooze button three times this morning before you managed to get up and get out there. Your motivation is up, and you are more likely to make healthy decisions for the rest of the day.

At the end of the run, you remember why you love it. You look around and once again, get the happy buzz of being with people wearing neon who love waking up at 5 A.M. and are not afraid of a porta potty. Race day is your holiday.

This month, there are a lot of great races coming up: the 15k, Turkey Trot, Space Coast Half or Full. The weather is perfect in the early morning, so join the EMC and add the training miles in the morning. You'll thank yourself for it on race 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.*



November

Happy Birthday

1	Terri Caruana	16	Grace Shagena
2	Laszlo Kosa, Colton Anderson	17	Nikolas Garten
3	Joe Hultgren, Colby Enlow	18	Jacob Nelson, Jackson Bainbridge
4	Jason Hart, Makana Sierra	19	Karen Daniels
5	Nathan Pignone, Kaleb Daniels	20	Shaina Anderson
6	Carol Ball	21	Stephanie Castner, Janet Erlacher, Marjorie Nelson, Sandy Walker, Shelby Precost
7	Lisa Petrillo, Dana Ashley, Carmine Lento	22	Arlene Allen-Buono
8	Jill Brown, Fiona Wright, Kurt Tezel, Gina Rall, Laura Tasker, Christian Lake	23	Chenna Cook
9	Kevin Beermann, Pat McKee, Lucy Haddock, Dante Holmquist	24	Keith Dutter, Charlotte Walters, Rebecca Healey, Jack Girard
10	Kristen Faust, Sean Myers	25	Jo Ellen Kanner, Howard Kanner, Christy Compeau
11	Robert Bruckart, Ned Voska, Mike Acosta, Michael Thomas	26	Michelle Toppi, Mandy Gillespie, Samantha Lucas, Juliette Gates
12	Jorge Abreu, Seth Netterstrom	27	Esther Wilkinson
13	Ray Brown, Naweed Akram, Jane Garrard, Janet Bainbridge, Julie Hanna, Ditte Thomas	28	Nancy Rowan, Tricia Tezel, Tamara Pope, Brandy Willis
14	Patty Piepmeier, Kristie McCain, Kerry Philbeck, Joy Boucher	29	
15	Sue Perry, Shelley Williams,	30	Cristina Canales