

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

OCTOBER 2016



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On Our Cover: John Davis celebrates his victory at the Turtle Krawl 5K, the second race in this year's Runner of the Year Series. Davis is the overall men's series leader after the first two races.

Above: The 2016 Turtle Krawl 5K awards medal
(Photo cover credit: TriHokie Images, Above: Doug Carroll)

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

SPACE COAST RUNNERS

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

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



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](#) 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.

HOWARD KANNER
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

* 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 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

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

I have an exciting opportunity for the right person out there – how would **YOU** like to work with the best team there is? And be in-the-know of all things Space Coast Runners? Sadly, I am going to give up my position as the Editor in Chief for the newsletter. But, I feel like this is a great opportunity for someone that has the motivation and enjoys seeing the fruits of labor come together in a beautiful newsletter! I also think that in order to keep things fresh, it's always good to bring in new people and different ideas. If you are interested, please contact me for more details.

Don't worry, I'm not leaving entirely. Just a reduction in responsibilities. I do love to volunteer and will continue to help out, but I also want some additional time to spend with family as well as do some more running! There are only so many hours in the day, apparently.

OK, so now that the admin stuff is out of the way – let's talk October! I'm thinking leaves, crisp air, apples, bonfires, hayrides, layers of clothing...who's with me? We may have to be a little more patient, but I feel like it's going to happen soon (fingers crossed!).

The second race of the series (and largest 5K in Brevard County) – Turtle Krawl – had many krawlers in attendance! Check out our race report in this edition. November 6th marks the third race – Space Coast Classic 15K and 2 Mile. Make sure you register for that one. You will be guaranteed a personal course record with the new location!

Take the time to Run a Mile With Christine Kennedy this month. Learn about the 3 Stages of a Runner's Run by our very own Angela Leeds. I'll bet you can relate. Dr. Clark has provided some tips to enhance your running as well. Have a fantastic October and talk to you again next month!

Keep moving forward!



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

GETTING TO KNOW SPACECOASTRUNNERS.ORG



CLUB COMMUNITY

Step 1: Log-in to your account and you'll have access to exclusive club discounts on upcoming races both in and out-of-town.

Step 2: Click on Club Community then Club Discount Links

Step 3: Check out new sections of the site like Forums where you can start member discussions.

MEMBERSHIP RENEWALS

Step 1: Log-in to your account and you can renew your membership online with no extra fees. It's easy. Plus, update all your information at the click of a button.

**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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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, if you leave Florida, and many of you are preparing for out-of-town races. It is always great to hear about these experiences, whether you found a race that aligns with a family vacation or a business trip, a running destination, or a combination of the above. Heading north, after training with our local heat indices, is a wonderful feeling, as well as running through areas where the trees actually turn all of the fall colors that we Floridians only see in pictures.

As you prepare for your out-of-town race, you can still get very good training locally! You can run pseudo-hills, either causeway/overpass repeats, such as Max Brewer Bridge in Titusville, Rt 520 Causeway in Cape Canaveral, Eau Gallie Bridge or the Rt. 192 Bridge in Melbourne, or through local neighborhoods like High Point in Cocoa by Rt.1 and Rt. 528.

You can hit some of the really nice trails as well around the county, such as Chain of Lakes and Enchanted Forest in Titusville, Pine Island and Ulumay in Merritt Island, Don Griffin Trail in Rockledge, Moccasin Tract and the Wetlands in Viera, and Wickham Park in Melbourne, to name a few (<https://goo.gl/dfllFH>).

And, of course, you can always run on the beach (although I prefer low tide, which can be determined from many websites such as <http://www.tides.net/florida/559/>). Even if you are only planning on road racing on flat courses, different terrain will only benefit you, strengthening different muscles, and providing a larger variety of scenery than running through suburbia.

Plus, by expanding your running routes, you can try out new places to regroup with your fellow runners, eat a good meal, and catch up on the latest SCR ROY standings, or talk about the critter sightings, such as dolphins, manatees, hawks, eagles, pileated woodpeckers, and all types of snakes ;-)

See you on the roads, trails and beaches.

Howard

Howard Kanner, SCR President

president@spacecoastrunners.org



Space Coast Runners Runner of the Year Series

Race #3 is the Space Coast Classic on 11/06/16

To register online [click here](#).



OCTOBER BOARD MEETING

October 17, 2016 — 7:00pm, Pro-Health Merritt Island

All members are welcome to attend.

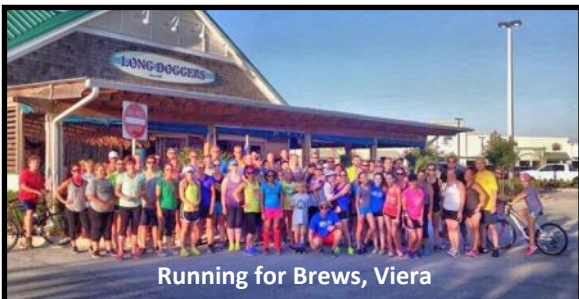
LOCAL FUN RUNS

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	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

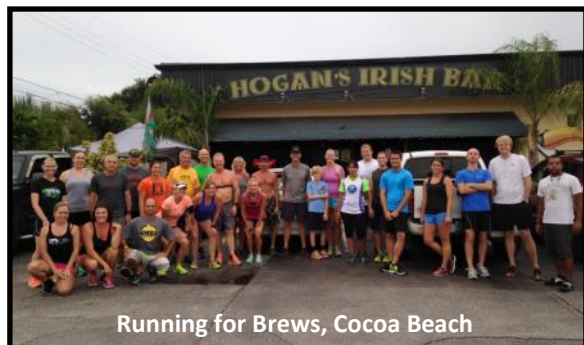
LOCAL FUN RUNS & WALKS



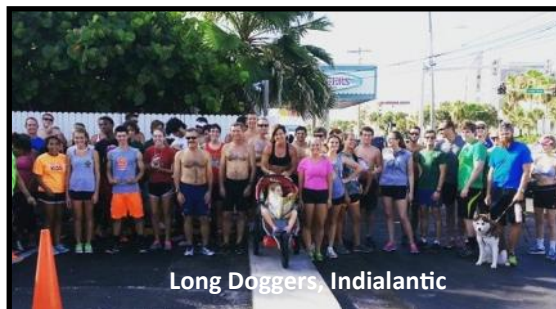
Running for Brews, Viera



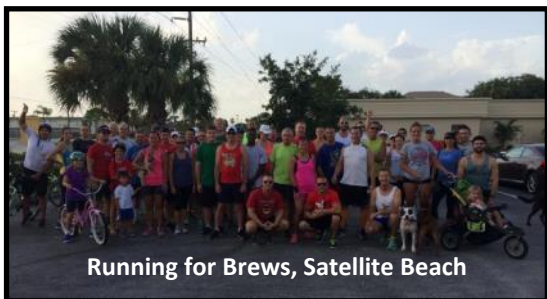
Intracoastal Run Club, Melbourne



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

SCR Central

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



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

CONGRATULATIONS!

JIM CHIRAVALLE + TABITHA GOOD



Photo credit: TriHokie Images

Saturday, September 10

SCR member, Jim Chiravalle finished the Turtle Krawl 5K in 25:57 but there was little time to hang around. Jim Chiravalle had a plan.

Upon finishing, he went back out on the course to find his girlfriend, Tabitha Good. The two crossed the finish line together in 46:43 and then it happened. Chiravalle got down on his knee and proposed to Tabitha. Cheers erupted as she said YES!

Congratulations to you both!



33K SPACE COAST CHALLENGE IS BACK!

We've taken #RunForTheMedals to a brand new level! Runners and walkers who complete the three SCR races will receive the unique medal stand shown above.

Registration is now open for the 33K Space Coast Challenge which includes: Space Coast Classic 15K, Eye of the Dragon 10K and Space Walk of Fame 8K. You can sign up for all 3 races at once to save you time, energy and individual online fees. You will still be eligible for the 33K Challenge if you register for the races individually. We'll be tracking all the finishers.

The super awesome medal stand will display all of the medals you collect at the finish lines and it's FREE. Full details can be found at: <https://goo.gl/wZZWMw>. Tell all your friends!

SCR Central

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



Jason Hart
Liz White

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.

Stay up-to-date on club news and all the happenings at SpaceCoastRunners.org

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.

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





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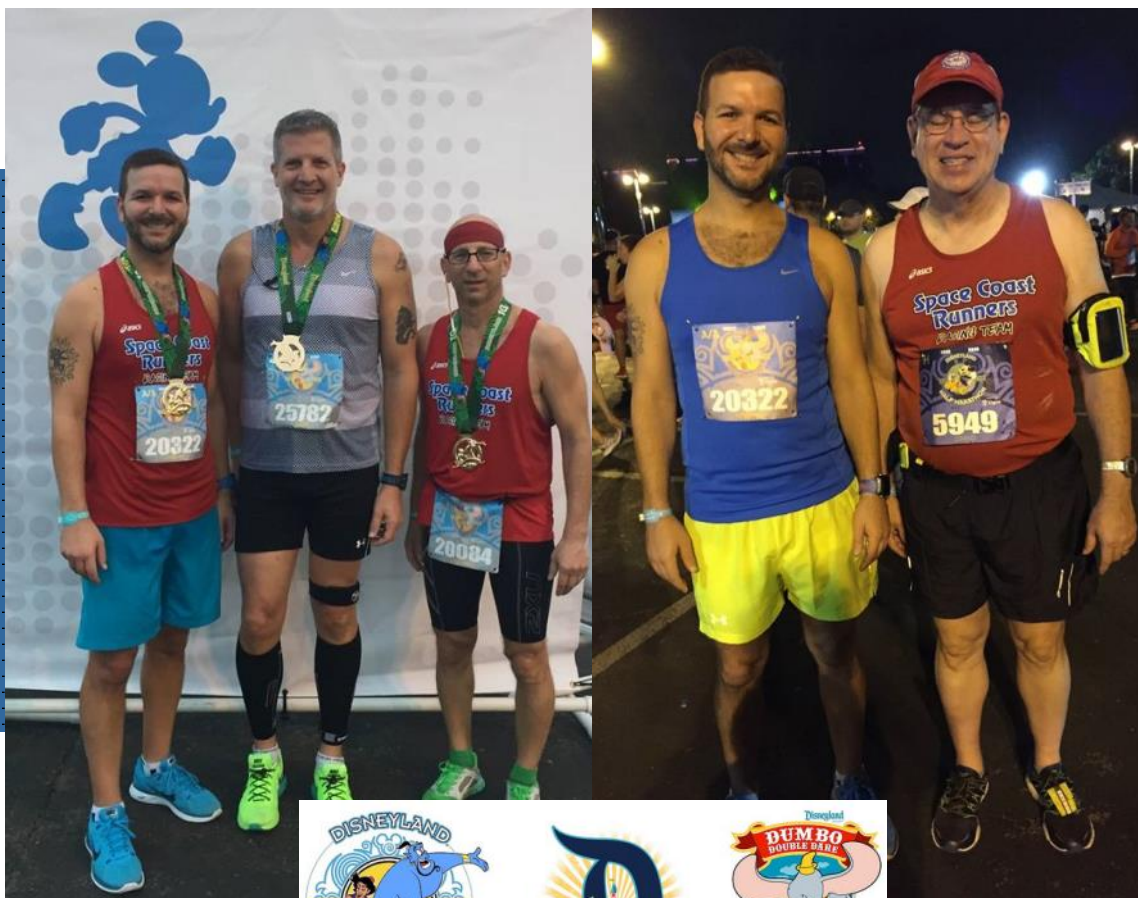
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321-544-6385 | info@uprunningfitness.com 

SCR Central

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



McGee, Hizer and Bernstein

McGee and Lerret

Team SCR West Coast Meetup

September 3, 2016 — Anaheim, CA

YOU NEVER KNOW WHEN YOU MIGHT SPOT A SCR RACING TEAM SINGLET AT THE MOUSE HOUSE

Running at the Happiest Place on Earth is always exciting but it gets a little better when you find a friend or in this case, a Space Coast Runners member when you're getting ready to run at Disneyland. Over Labor Day weekend, Timothy McGee and Jeff Hizer traveled out to California to earn some medals in the Dumbo Dare Challenge. To their surprise they ran into both David Lerret and Steve Bernstein from the Space Coast. McGee, Lerret and Bernstein are on the SCR Racing Team.

RRCA Running Safety Tip

Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.



SCR Central

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

WELCOME NEW SOCIAL MEDIA CONTRIBUTOR, ELISHA GOULD



In the world of social media things are constantly changing so SCR is excited to announce that Elisha Gould is joining the staff as a social media contributor. In her new role, she'll

be a content provider on Instagram and Facebook, as well as serve as a blog contributor at SpaceCoastRunners.org.

STAY CONNECTED WITH SPACE COAST RUNNERS



CAPTION THIS PHOTO CONTEST

Readers submit your best photo caption to this photograph in 20 words or less and win a prize.

HOW TO ENTER: Email your caption entry in 20 words or less to socialmedia@spacecoastrunners.org beginning Oct. 1, 2016 through Oct. 25, 2016. All entries will be judged by the Newsletter staff, whose decisions are final based on the following criteria: (50%) Originality; (50%) Creativity. Winner will be notified via email and winning caption will be published in the following month's newsletter.



WANTED VOLUNTEERS

The Space Coast Marathon is right around the corner which means it's time to put out the call for Marathon Cleanup volunteers. It's your chance to make a difference at the club's biggest event of the year. It's easy to sign-up for the early or late shift. The more volunteers we have, the easier the job. Look at the picture above of last year's 11AM volunteers. Do you see the smiles? Be a part of this year's crew! Slots available for 11AM or 1:30PM. We need 50 volunteers. To sign up, email Shane Streufert at [sstreufert@hotmail.com](mailto:ssstreufert@hotmail.com) or Keith Dutter at kdutter@cfl.rr.com.



3 Holidays, 3 Classic Races



in the Beach Communities of Cocoa Beach & Cape Canaveral

Run or walk all three races to earn the Holiday Beach Series medal!

FALL INTO WINTER 5k

October 22, 8:00 am

Cocoa Beach

COCOA BEACH

TURKEY TROT 5k

November 24, 8:00 am

Cocoa Beach

REINDEER RUN 5k

December 10, 8:00 am

Cape Canaveral



Custom medals awarded at the REINDEER RUN for registering for *all three races*.

Races have their own amenities in addition to the series medal. See race websites for details.

Registration

\$70 Entries postmarked on or before October 2

\$75 Entries postmarked after October 2

For more information or on-line registration:

<https://runsignup.com/HolidayBeachSeries>

Enter by mail to:

Check payable to **Cocoa Beach Kiwanis Foundation**

30 Country Club Road
Cocoa Beach, FL 32931

(Race fees are non-refundable)

Races benefit

Cocoa Beach Recreation Department Youth Camps, Brevard County Police Athletic League, Cocoa Beach High School Cross-Country & Track Teams

To contact race directors by email:

Fall Into Winter 5k:

lmclean@cityofcocoabeach.com

Turkey Trot 5k: turkeytrot5k@cfl.rr.com

Reindeer Run 5k: beachteachc104@aol.com

FALL INTO WINTER 5k

COCOA BEACH TURKEY TROT 5k

REINDEER RUN 5k

Name _____ Address _____ Male Female Age _____

City _____ State _____ Zip _____ Phone _____ Birthdate _____

Email _____

Race Shirts (includes one for each race) S M L XL XXL (additional sizes for Turkey Trot include YM and YL, XS for Reindeer Run)

I assume all risks associated with my participation as a participant in the Fall Into Winter 5k, Cocoa Beach Turkey Trot 5k, and the Reindeer Run 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 and sponsors 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.

Signature (Parent if under 18) _____

Date _____



SCR Central

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

Fashion Police:

Sweat, Sea Turtles & Streetwear

Runners released totally rad sea turtle looks onto the streets of Indialantic at this year's highly anticipated Turtle Krawl 5K. Both men and women arrived at the race sporting turtle-themed tops.

Out on the 3.1 mile course we spotted the ladies opting for pink and green pairings that looked

casually chic despite the humid temps. For the men we saw them adding visual intrigue to their turtle shirts with fluorescent running shorts. Even sweat didn't stop their statements, it actually brought an oceanic feel to their ensembles.

Take note as these participants proved that a tiny bit of turtle goes a long way in adding fashionable flair to a run outfit.

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.



Join the Medal Unwrapping Party!

SCR will once again hold a "party" to unwrap all of the Space Coast Marathon and Half Marathon medals. If you would like to be a part of this good time in November, please email Carol Ball at cball1@cfl.rr.com.

Date/Time to be determined. We've typically held the party on a weekend day.

SCR Central

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



So, you opened the mail and were delighted to see Florida Running & Triathlon awaiting you! You rushed indoors and turned to Florida's fastest to see how you and fellow SCR runners had performed this year.

Shock and horror!

Where are all the SCR runners??? Tracy Dutra, John Davis, Kristen Klein, Mary Ramba, Tom Ward and so many others.....Not a trace of them!

Willy Molenaar made it as did Suzie Koontz, Shane Streufert and a handful of others. Do not panic! They will return. Let me explain the situation as I understand it.

It appears that a new group took over the FL Running & Triathlon earlier this year. They realized that the Fastest pages need to be for the current year (in the past they were printed almost a year later) and also that they needed to have a better way to choose which race results to use.

Hurrah for them! They chose to use results from the USATF website (USATF and go to Past events to look up races) as those races should be quality races

and would use USATF sanctioned courses.

Great idea. Unfortunately none of our SCR 2016 races are on that web site (and I did not see any RZ races there either) and that is why there are so few SCR names in this edition. The only local 5k was the Game Day 5K. The Max Brewer Bridge run is there as is the February music half and the Beach running 10k and half.

I spoke with Neel who explained all this to me. He says that they have had several enquiries of this nature and they are looking into ways to choose races and make sure they have reliable results. The main thing is that he assures me that SCR members will be back in their rightful spots soon.

I will keep in touch with Neel and let you know what decisions are made. His response was very positive and the group are obviously keen to do a good job. We wish them luck with their endeavors and look forward to seeing hoards of SCR members in Florida's Fastest soon! — submitted by Anne Dockery



DECEMBER 24, 2016

**Viera's first and only
all-Santa race!
The inaugural 1 Mile race
will run at 7:30am
Christmas Eve.**

www.runrunsanta.com

All participants receive a full Santa Claus suit to wear during the race. Suits available in men, women & youth sizes. Santas will be everywhere!

**Space limited to 500 participants.
Register today.**

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES

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MARATHON SERIES®

MultiRace

zooma
women's race series

VR Vacation Races
Run where you play



- ◆ **NEW!** Run of the Dead Virtual Run presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which will benefit the October charity, Be The Match, operated by the National Marrow Donor Program. It's dedicated to helping every patient get the life-saving transplant they need.
 - ◆ **NEW!** 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**.
 - ◆ **NEW!** Run the 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**.
 - ◆ Run through the streets along the eastern coastline of Volusia County and save! Receive a \$10 discount for the [Lighthouse Loop Half Marathon](#) in Port Orange on Sunday, October 30th. Use club discount code: **SCR**.
 - ◆ 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. Coming up is the [Key Biscayne Half Marathon & 10K](#) on 10/2. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
 - ◆ Special savings for all the SCR ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
 - ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Lake Powell Half Marathon (10/15/16) and 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.
- 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



**Report & photos by Krysti Dixon.
Park is located at 4400 Fox Lake Rd,
Titusville, FL 32796**

Fox Lake Park is the perfect spot for runners or walkers. It is secluded and has the perfect half mile paved loop that circles the park. While running you have the opportunity to see lots of wild-life. Gators are a pretty regular sighting at the park, along with cranes, bunnies, and ducks.

Fox Lake Park offers great scenic water views and has a fishing dock and a boat ramp, but the lake is not for swimming! Better to just keep your feet pounding on the pavement. Facilities include five picnic areas, grills, sand volleyball courts, two parks for kids, and clean bathrooms.

If you are looking for a shorter, secluded running path, then Fox Lake Park is worth adding to your list.

SPACE COAST CHALLENGE 33K



3 Great Races — 3 Different Distances

Starts with the Space Coast Classic 15K on 11.06.16

Complete all 3 & Receive the Challenge Medal Stand

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

Register for all 3 races at one time! [Click here.](#)



How To Enhance Your Running — When Not Running.

By Dr. Rich Clarke, Clarke Chiropractic & Wellness



If you're reading this article it is highly likely that you partake in some level of physical activity throughout your week, mainly of the running variety. This is all well and good, but what about the other 90-95% of your day? What about the days when you don't run at all? What are you doing for the majority of your time to not only help boost your running performance, but enhance your life and longevity?

This brings us to the topic at hand: an emphasis on, explanation for, and examples of non-exercise movement that help counteract the pitfalls that so many of us fall victim to due to our modern ways entrenched in one of the worst metabolic and postural positions we can assume, sitting.

The phrase move it or lose it has been around for years and for good reason. The concept is contingent upon the process of adaptability or plasticity. Without moving or utilizing certain processes within our bodies, over time we lose it. On the flip side, when we utilize certain muscles or nervous system connections known as pathways, we have the ability to strengthen or enhance them.

This concept is illustrated by observing what happens when you train a muscle. If you are constantly doing arm curls, naturally your biceps brachia will grow, as it is your body's way of adapting to the increased demand. However, if you neglect a muscle or movement, the muscle or process will become weakened and eventually atrophied. This is your body's clever way of adapting. In our miraculous design, the body is designed to be as efficient as possible. Lack of an activity provides feedback that we don't need to devote any energy or memory to this process; thus not moving it or using it, leads to losing it.

Mounting research has implicated extended periods of uninterrupted sitting as a major deterrent to your health. We are not just talking about a culprit behind back and neck pain, and headaches. We are not just referring to it being a contributing factor to various diseases or conditions like osteoarthritis, diabetes, and obesity. The eye opener here should be the fact that research has shown that **REGARDLESS OF FITNESS LEVEL**, individuals who spend their days logging long hours of uninterrupted sitting actually have **SHORTER LIFE SPANS**.

I don't know about you but that's all I need to hear to perk up

and pay attention. Being someone who has always been active and involved in some level of daily fitness or sport activity, it is quite alarming (yet logical) to hear that even if you do get after it multiple times per week, and are fueling that body with the optimal fuel it deserves; if you're logging long hours at a desk without moving, you may just meet your maker sooner than expected.

I say logical because when you think about it, it does make sense that what we do the majority of our day (sitting) would have more of an impact than what we do during a relatively small fraction of the day (a workout). Joan Vernikos, former director of life sciences at NASA and author of, *Sitting Kills, Moving Heals*, states that the deterrents of microgravity situations that the astronauts encounter during space travel are most comparable to the sitting position, as far as postural and metabolic effects. Quite frankly, when you sit you are not using the majority of your muscles and as such your body's metabolism also slows. On all fronts, you are not using it so you are trending towards losing it.

From a biomechanical perspective, there are a variety of reasons why this position is bad news but let's emphasize those that could prove detrimental to your pavement pounding performance.

Sitting with your hips at a 90 degree angle leads to shortening of the hip flexors, especially the psoas. This can lead to a stride that is longer out in front and thus the instability and injury susceptibility of the lengthened swinging pendulum that is your leg. Conversely this limits your ability to extend the hip and generate maximum power and efficiency when firing the flexor antagonist and chief hip extensor, the gluteus maximus.

Additionally when you stand up these shortened hip flexors now pull down on your lumbar spine, creating the sensation of low back pain and the misconception that standing up is the problem. While standing up does actually trigger the discomfort, it is actually due to the prolonged sitting and subsequent shortening of the hip flexors that the dysfunction and manifestation of pain as a symptom occurs. Addressing the

hip flexors is commonplace at our office, more often than not due to the prevalence of sitting.

It is currently estimated that some 80% of the population will, at some time or another, suffer chronic low back pain. This widespread prevalence does not exist in other countries that are not sitting all day, every day. This should tell us something. I don't know about you, but if "normal" is having an 80% chance of low back pain, I want no part of it. I also don't want any part of the other culturally "normal" issues cited in the previous paragraphs.

How about the effects of sitting on the opposite side and two of our most coveted running muscles; the gluteus maximus and hamstrings. When sitting in a traditional manner we completely disengage or glutes. Remember earlier when we touched on the use it or lose it phenomenon? Well here is a prime example of it. We spend hours upon hours with our running workhorses asleep and being pancaked to a chair. Then we expect them to fire up optimally when we beckon them for a training session. However they are weakened and deformed more and more each day while sitting and as such, function suffers.

The hamstrings are another critical contributor in many of our athletic endeavors and are another posterior chain muscle group that becomes laminated due to bearing the full load of your abdomen and up. Sitting with your knees bent also gets these muscles more accustomed to a half contracted length, which doesn't fly when we utilize them in an extended or quarter contracted length during most of our runs. This is clearly evident in the number of hamstring related issues that walk in our door on a daily basis.

The key to getting this right is to acknowledge, accept and act on the fact that if we want our bodies to perform better in a certain position, we need to spend more time in that position. If we want certain muscles to respond in a more efficient, pain free and powerful manner, we need to spend more time with those muscles engaged and in more advantageous positions; most of which is the opposite of sitting.

Hopefully the preceding, detailed explanations serve as motivation to literally stand up and do something. (Not to mention we haven't even touched on the deleterious metabolic side of prolonged sitting, contributing to everything from obesity and diabetes to poor focus and subpar cognitive functioning.) There are ample studies and informative articles to back up these statements. The explanation for potential dysfunction is logical, and making changes in this regard should be a priority to everyone's holistic approach to improving quantity and quality of life, as well as tapping into peak performance potential.

So what now? Well, there are entire books written on the topic (see references) that delve into more detail, ideas, and tips for transitioning. As with anything new or unfamiliar there is a learning curve. This new way of life may be uncomfortable, even tiresome at first, but just like you got your body into this

mess, you can get it out. Just keep in mind, neither occurs overnight.

TIP 1: THE STAND-UP DESK

The easiest way to combat this is to eliminate or drastically cut back on all optional sitting whenever possible. A stand up desk is a powerful way to kick start your journey of enhancing the other 95% of your non-running life. Many options and price ranges exist so find one that best suits you and take a stand today.

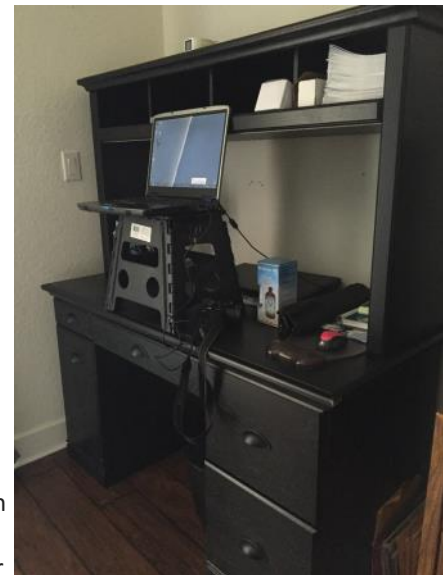
If you don't want to commit or the employer doesn't want to cough up the cash, you have options in sampling and transitioning. (An added bonus for employers is that by avoiding sitting and the constricted posture it lends itself to, your ability to take in and deliver more oxygen to the brain is enhanced, along with circulation. This has been shown to increase focus, memory, creativity and productivity; but I digress) Boxes, books, files, counter tops, step stools (my current pictured home remedy), etc., all can be utilized to elevate your work space and you from a sedentary majority.

Once standing you can focus on optimizing your body mechanics as far improving your performance. Your hip flexors and hamstrings are now in a favorable neutral position. The glutes are no longer being inhibited and weakened and can routinely be engaged as you contract them while beginning the sequence of bracing your spinal and pelvic framework. Once the glutes are engaged you can now focus on proper abdominal and diaphragmatic breathing (aka belly breathing), and the proactive list goes on.

TIP 2: MOVE MORE

Whether you are standing or sitting the key is to keep moving. Sustaining any position for too long is subpar. As humans we were designed to, and thrive when we are moving more often than not. This is easy to do when already standing as you will naturally be shifting positions and more apt to move.

If confined to the chair, break up the long periods of uninter-





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SCRISTHEBEST (Not valid on 5k & 8k)**

February 4 & 5, 2017

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Bill Rogers (4x NYC & Boston Marathon Winner)

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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 Cliff 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

rupted sitting by simply standing up. Obviously the more movement, the better but I realize in many situations, getting up from your chair and busting out some air squats isn't always conducive to your surroundings. Although, it is a good idea...the new "normal," if you will.

Set an alarm on your phone for every 20-30 minutes that reminds you to stand up for at least 60 seconds. Take it a step further and incorporate a simple movement like the oft prescribed Bruegger or Founder in order to reverse some of that anterior muscle tightening and posterior weakening.

TIP 3: ACTIVE SITTING

Now for those of you sentenced to the chair for prolonged periods, there are a few tips to help quell the collateral damage.

First off, reset your posture as often as possible based on these guidelines:

Sit with your gluteal fold or crease on the edge of the chair, placing more weight on your ischial tuberosities aka the "sit bones." This will allow your pelvis, the base of your spine to assume a more neutral and stable position. This will also attenuate the lamination and flattening of the glutes, which everyone can appreciate.

Next do a simple point check making sure the ears are in line with and directly above the shoulders, which are slightly posterior to your pectorals. The spine should be in a neutral, yet slightly braced position with the ears being relatively lined up with the anterior third of the iliac or pelvic crest (what some may refer to as the ridge of the hip, immediately inferior to the obliques).

This last portion of active sitting involves the oft overlooked art of proper breathing. This is done by utilizing the main muscle designed for breathing, the diaphragm. This muscle separates your chest cavity from your abdomen and descends on inhalation (creating negative pressure in the chest cavity and drawing oxygen in) and ascends on exhalation (forcing the carbon dioxide out).

When you breathe properly, you allow the muscles of the chest and neck to relax and not be forced to work all day in order to aid in your respiration. Unlike the diaphragm, these muscles were not designed to work with every breath. When they are forced to do so because of faulty breathing mechanics, it can lead to neck pain, muscle tightness and more of the hunched forward posture we are trying to avoid.

(Added bonus: Being that the abdomen is heavily innervated by the parasympathetic nervous system, belly breathing will also enable us to relax and physiologically de-stress.)

TIP 4: STAY HYDRATED

Remaining properly hydrated is key to help you sustain optimal health. This will assist in keeping your soft tissue and joints lubricated and keep your discs (which absorb so much

of your seated weight) hydrated. In addition to providing you an excuse to move to refill your water, natural physiology will also kick in and force you to break up the sitting in order to revisit the restroom. (Unless of course, corporations begin to implement a toilet-chair, which wouldn't surprise me.)

In addition to these simple and practical suggestions, beginning to execute movements that support proper posture and movement are a must as well. Virtually all patients we see are prescribed a progressive exercise regimen that concentrates on the core and relearning the harmful faulty movements brought on due to prolonged sitting.

If sitting, standing or any position for that matter causes you pain or discomfort, it is definitely time to listen to your body and address it. That is where we can intervene to assist you in getting out of pain and on the course to preventing recurrence.

While this may not seem like a typical training tip article, I hope the point has been made crystal clear that refining the position you spend the "other 95%" of your waking hours in can prove just as beneficial as the blood, sweat & tears you pour into the training sessions. Remember, it's alright if it's uncomfortable or feels unnatural at first. The key is repetition and consistency in creating a new normal. Join me in enhancing your life by making the other 95% of your time part of a movement movement.

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ABOUT THE AUTHOR

Dr. Rich Clarke has owned and operated Clarke Chiropractic and Wellness (clarkechiropracticwellness.com) in Rockledge, FL since 2013. It has been his pleasure to collaborate with individuals from all walks of life, including many SCR members. He received his doctorate from Palmer College of Chiropractic, and provides customized plans implementing chiropractic, soft tissue techniques (Graston, ART, etc.), functional neurology and nutrition to optimize results for many injuries from head to toe; as well as to address underlying, potentially contributing metabolic dysfunction. He can be reached for an appointment or any other inquiries at 321-848-0987 or Dr.RClarke@gmail.com

**Saturday
October 15th**

6:00 PM

**Field of Dreams
Park**

3053 Fell Rd, West Melbourne
(Across Minton Road from Calvary Chapel)

WILL RUN FOR CHOCOLATE



WON'T STAND FOR VIOLENCE 5K

Hosted by Zonta Club of Melbourne

<http://www.zontaspacecoast.org/>



This campaign is to raise awareness of violence against women and girls around the world. Zonta International and its nearly 30,000 members in 67 countries worldwide are committed to preventing and ending violence against women and girls.

TIMETABLE:

Friday, October 14th 10:00 am – 6:30 pm

Packet Pickup & Registration at **Running Zone**
3696 N. Wickham Road in Melbourne (Just south of the King Center)

Saturday, October 15th

Field of Dreams Park- 3053 Fell Rd, Melbourne

4:45 pm Packet Pickup & Registration Opens

5:45 pm Registration Closes

6:00 pm 5K Start

*Awards Ceremony immediately following the race

FEES:

	Until 10/14	Race Day
5K Adult	\$25.00	\$30.00
5K Child (Age 12 & Under)	\$15.00	\$15.00

SORRY, NO REFUNDS



AWARDS:

M-F: Top 3 Overall, Top Masters (40+),

Age Groups (Top 3 M-F)

8 & Under	30 - 34	60 - 64
9 - 11	35 - 39	65 - 69
12 - 14	40 - 44	70 - 74
15 - 19	45 - 49	75 +
20 - 24	50 - 54	Award for brightest
25 - 29	55 - 59	orange outfit/costume

Register Online at:

<https://secure.runningzone.com/zonta5k/>

Zonta's Will Run for Chocolate, Won't Stand for Violence 5K OFFICIAL ENTRY FORM

Send completed entry form with fee to: **Zonta Club of Melbourne, P.O. Box 417, Melbourne, FL 32902-0417**

Make check payable to: **Zonta Club of Melbourne**

First _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Sex (circle one): Male Female Date of Birth ____/____/____ Age on Race Day ____

Please check shirt size: (circle size) XS Small Medium Large 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 Zonta's 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 FOR THOSE UNDER 18

DATE

Series Leaders Easily Stay Atop Standings

John Davis and Alison Nolan both surged ahead of the Runner of the Year Series field of competitors with decisive victories at the Turtle Krawl 5K. The second race in the series scored 253 SCR members which was a slight increase over 2015.

Davis, who won the first series race in August, provided another strong performance with his 17:21 finish. He leads the series standings, 30 points ahead of Gary Gates and Steve Hedgespeth. Of note, Gates and Hedgespeth basically switched places in the standings after Gates finished in 17:41 to Hedgespeth's 17:49. At the Running On Island Time 5K, it was Hedgespeth who took second in 17:41 and Gates in 17:48. Because of that one second difference, Gates now has his stake planted in the number two spot on the leader board.

Shane Streufert and Keith Snodgrass remain in their Masters and Grand Masters' positions. However, 61 year-old Matt Mahoney leapt to the top of the Senior Grand Masters standings. This came

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

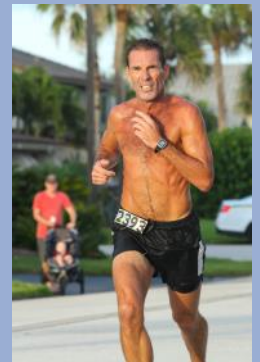
- Shane Streufert

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.



after a furious finish of the men in the 60-64 age group. Eight seconds separated the top three age group leaders — Matt Mahoney (21:38), Mike McNeese (21:39) and Sal Farino (21:46). Ralph Miller who had topped all three of the gentlemen at ROIT did not run the Turtle Krawl. Spectators beware! It looks like there is going to be a serious Senior Grand Masters race this year!

For the women, Alison Nolan may have a commanding lead of the ladies but another battle is brewing between two Kristens for second place. SCR Racing Team co-captain, Kristen Klein (21:20) finished two seconds behind Kristen Tinker of Merritt Island (21:18). Klein had bested Tinker at the ROIT 5K so the series will have to play out to see who will have the faster feet over the next eight races.

Lori Kruger lost her Masters position to Annie Caza as Caza relinquished her Grand Masters position to Kruger. Debra Stokes makes her leader board debut with her 28:31 run at the Krawl.

The next series event takes place at the Space Coast Classic (see right) on Sunday, November 6. Youth participants 14 and under will earn points in the 2 Mile race while adult participants 70+ can choose to run either the 15K or 2 Mile to score.

Remember you must be an active member to earn points. If you run at least five qualifying races on our schedule you'll be eligible to place in the Runner of the Year series. Visit our website for all the [official series](#) info.



Check out the latest race analysis online by Cristina Canales. You'll find the link on the SCR website or on the Space Coast Runners Facebook page.

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.



Space Coast Classic 15K + 2 Mile

FEATURED ROY SERIES RACE

The only **15K** in Brevard County is just around the corner—**Space Coast Classic 15K & 2 Mile!**

The first race of the Space Coast Runners 33K Challenge and a Runner of the Year Series race! Tech shirts are guaranteed to the first 400 registered entrants this year. Finisher medals with classic Corvette theme for all participants.

Proceeds benefit the Space Coast Basket Brigade. Bring a food item on race day and earn an extra raffle ticket—boxed mashed potatoes, canned corn, canned green beans, canned yams, canned cranberry sauce, canned/jarred gravy, dry stuffing.

WHERE ► Gleason Park, Indian Harbour Beach

WHEN ► 6:45 AM Sunday, November 6

COST ► Early discounted registration for SCR members is \$25 thru 10/30/16.

WHAT TO EXPECT ► Hopefully pleasant temperatures! An out and back course along South Tropical Trail and the residential neighborhood in Indian Harbour Beach. Post-race food and award ceremony. New team category (coed, male and female) and new course, so EVERYONE will have a personal course record!

COURSE RECORDS (old Melbourne Beach course) ►

Male: John Davis - 53:12.7 (2014)

Female: Sara Trane – 1:03:15.0 (2015)

SCR YOUTH SERIES ► Featuring 1/4 mile and 1/2 mile distances for the little runners. 8:30 am start time

ONLINE RACE REGISTRATION ► [Click here](#)

SCR YOUTH SERIES



KIDS DASH

on the beach and the street!

Space Coast Runners continued the SCR Youth Series with the second run of the season at the **Turtle Krawl** on Saturday, September 10th. Dozens of children, ages 12 and under, dashed toward the finish line to earn their **limited-edition** SCR Youth Series participation button, the second of this year's series.

The non-competitive runs were held on the beach and on a road giving the youth their choice of surface — something not even the adults were privy to. This year's push for Youth involvement is to promote the love of running. Studies show a person is more likely to stick with a physical activity if he/she enjoys it.

The next Youth Series fun run will be after the **Space Coast Classic 15K** on Sunday, November 6th. The race button features a fast, furiously cute car. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#).





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The Rall Capital Management Team

DIY PROJECT for kids who run!

If your child is collecting the limited-edition Youth Series buttons we have a great do-it-yourself project!

Create this super cool Space Coast Runners button hanger that can be hung on the wall, displaying all the different button your child earns at the races.

Stop by to check out the button hanger at the Space Coast Runners tent at the Space Coast Classic. Carol Ball has put together an example of the button hanger for you to see. Plus, she has red ribbons that she'll be handing out for FREE as well as SCR Series Buttons to place at the top of the hanger.

How cool will this look hanging up! It's a great way to showcase your child's running achievements.



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, Allison Nolan

Turtle Krawl 5K

Saturday, September 10, 2016

Overall Male & Female Winners:
John Davis, Allison 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

VIRTUAL STRIDES



Virtual Strides offers virtual races that benefit a different featured charity each month. Participants register online, complete their run or walk whenever and wherever they want, and then upload their results to the website. All registrants receive a custom bib and a 4" medal after they upload their results or at the end of the race period, whichever comes first. Founded by SCR Member Mark Petrillo, Virtual Strides has had participants from all 50 states and several other countries, and has raised more than \$167,000 for various [charities](#) so far since its inception in 2014.

SCR Members are encouraged to use promo code SCRmember20 to save 20% off of their Virtual Strides event registrations, past or present. For more information or to register for any of Virtual Strides' events, visit VirtualStrides.com.

Join us for the next race in the 2016-17 Running Zone Foundation Race Series:



DRIVEN BY



Ghostly Gecko 5k

Join us for a Spooktacular good time at this a Halloween themed evening race!

REGISTER TODAY!

PRESENTED BY



- Best Halloween Costume Contest
- Separate Costume Contest for KIDS!
- Awards Ceremony will be at Eau Gallie Civic Center at 7:45pm!
- FREE BEER for Participants 21 yrs & older on the Beach at Squid Lips!
- Trick-or-Treat Bags to All Finishers!
- Fun Ghostly Gecko Awards
- Free Goblins Kids' Run with Zippy the Gecko

- Food provided by Squid Lips!
- Random Giveaway of Universal Tickets & One Hotel Night Stay for Two!

Benefits Eau Gallie High School Health & Wellness Academy



#GhostlyGecko   

www.runningzone.com/series

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

Saturday, October 29, 2016 • 6:30pm • Eau Gallie Civic Center, Melbourne

Runners, a Turtle, & a Marriage Proposal: This Year Was Unforgettable



Report by Angela Leeds

OVERALL MEN

John Davis, 17:20
Derek Beckett, 17:35
Gary Gates, 17:40

OVERALL WOMEN

Alison Nolan, 19:20
Jennifer Absher, 20:06
Kelsey Turner, 20:36

MASTERS

Joe Lento, 18:45
Kristen Tinker, 22:17

GRAND MASTERS

Dave Gierling, 19:20
Brenda Wilson, 22:20

GREAT GRAND MASTERS

John Lachance, 21:37
Stephanie Hahn, 23:49

WALKING DIVISION

David Farrall, 35:47
Tricia Ochipa, 37:24
Lisa Farrall, 38:01

TEAM DIVISION

Running Zone
Viera Pizza Race Team
Chilly Spoons

MIDDLE OF THE NEST

Jeffrey Wilbert

YOUNGEST FINISHERS

Ava Mcgeough
Curtis Henry

Mention a race with a turtle theme and people listen. Mention a race with a turtle theme, artistic shirts, unique medals, a sea turtle release, and contributions to sea turtle preservation and over 2,000 people show up.



In it's 15th year, the Turtle Krawl at Nance Park is as popular as ever. It's also the second race in the Space Coast Runners series.

Runners arrived early to meet with friends, stretch, and take pictures of the sunrise over the ocean before finding their pace groups and heading out with their 7:30 wave.

As runners weaved through the course, they were inspired by volunteers who waved humorous signs, sprinklers with cool burst of water, and ice cold rags at the finish line.

One of this year's surprises came from James Chiravalle's proposal to Tabitha Good at the finish line. (See article in SCR Central.)

After the race, runners enjoyed refreshments and cheered on the winners at the award ceremony. However, the highlight for most was seeing the sea turtle get released. The Sea Turtle Preservation Society was the benefactor of the race.

For a video of the results, photos, and complete race results, [click here](#). Photographs provided by TriHokie Images.



Top: Alison Nolan claims the top female spot for the second race in a row.

Bottom: Runners cheer and take photos as the sea turtle is released.



This year's medal on full display.



Stuart's Brenda Wilson strides to the finish.



Go team!



Dave Gierling (check out those shoes) and Gabe Montague run strong.

2,000+
turnout
for the
turtles



Success! Runners and walkers celebrate completing the 3.1 mile course.



Charlotte Walters strikes a smile post-race.



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.

Space Coast Pride Week Kicks Off With a Rainbow Run!

The inaugural Rainbow Run 5K kicked off Pride Week on the Space Coast. Presented by Up & Running Fitness, it did not disappoint. Smiles, rainbows, tutus, wings, colorful socks—all were included. The course ran through the historic art district in downtown Eau Gallie.

The overall winners were BJ Graham for the men finishing in 18:33 and Annie Caza for the women with a time of 20:56. And David Bills for male masters at 19:47 and Michele Chenard for female masters at 23:33.

Post-race refreshments, including those famous Oreos-with-peanut-butter-and-banana-slices were a hit. There were raffles given out at the award ceremony and an after-party disco brunch at KC Peats in downtown Melbourne.

Proceeds from the race went towards Space Coast Pride, which is the lesbian, gay, bi-sexual and transgender community organization for Brevard County. It's focus is to foster a sense of community among LGBT residents and to help bridge the divide.

Photos courtesy of Up & Running Race Management. For full race results, [click here](#).



Report by Lisa Hamelin

OVERALL MEN

BJ Graham—18:33
Ron Ritter—18:44
Art Anderson—19:12

OVERALL WOMEN

Annie Caza—20:56
Lisa Petrillo—22:04
Syl Corr—23:03

MASTERS MEN

David Bills—19:47
Keith Snodgrass—20:20
Matt Mahoney—20:41

MASTERS WOMEN

Michele Chenard—23:33
Cristina Canales—23:33
Cheryl Ritter—23:34





Photo courtesy of Tamsin Photography.

Van Veen, Bender Conquer Ascension Course

Runners soared at the 7th annual Ascension Catholic Eagle Pride 5K and 1-mile race. For the last four years it has been held mostly on the school campus, with the one-mile entirely on campus and the 5K going out into the neighborhood. Between the two races, there were more than 450 registered participants.

Jim Van Veen won the men's race in 18:17, followed by Ryan Thomas in 19:35 and Dillon Helzeman in 19:50. The women's race was an exciting one with Rachel Bender finishing in 23:55 and Marie Thomas a close second in 23:58. Dina Viselli rounded out third place in 24:08.

The Eagle Pride featured unique raffle prizes for lucky winners, including a beach cruiser donated by Regions Bank, plus 3 months of long-stemmed roses from Bella Fleur Design Studio, 12 months of cupcakes from Cake Krush, 30-day camp certificates from Parisi Speed School for both adults and young people, and gift cards to various restaurants and stores—score!

This race, which benefits Ascension's school athletics, is truly a team event, with a student singing the national anthem, pastor Father Tobin starting the race with prayer, and the eagle mascot joining the little ones for the fun run.

This race is a success for the participants and the Ascension Catholic School family. Last year it raised close to \$11,000, and it looks as though this year the amount will be similar. The proceeds last year funded middle school uniform for players. As co-race director Liz White says, "We love this race and hope it continues to grow every year! It is such a fun family event!"



Report by Marisa Flint

OVERALL MEN

Jim Van Veen, 18:17

Ryan Thomas, 19:35

Dillon Helzerman, 19:50

OVERALL WOMEN

Rachel Bender, 23:55

Marie Thomas, 23:58

Dina Viselli, 24:08

MASTERS

Kenny Brodrick, 20:22

Dede Henrich, 25:46

ONE-MILE MALE <11

Jacob Samler, 7:15

ONE-MILE MALE 12-19

Rolando Gomez, 7:14

ONE-MILE MALE 20-99

Andrew Pittman, 8:43

ONE-MILE FEMALE <11

Johanna McGarry, 8:08

ONE-MILE FEMALE 12-19

Sophia Delpozo, 9:47

ONE-MILE FEMALE 20-99

Theresa Samler, 8:56

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



For More Information:
Email: EyeoftheDragon10k@gmail.com

29th Annual

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

Sunday, February 19th, 2017
Eau Gallie Civic Center
1551 Highland Ave, Melbourne
ONLINE at [FaceBook](#), Register [Running Zone](#)



<http://spacecoastrunners.org>

Join Space Coast Runners in
Celebrating the 29th anniversary
running of the Eye of The Dragon
10K!

Schedule of Events:

Friday, 10:00 am-6:30 pm; Saturday, 10:00 am – 5:00 pm
Packet Pick Up & Registration @ Running Zone, 3696 N.
Wickham Road, Melbourne, FL 32935

Sunday, February 19th, RACE DAY:

5:45am: Packet Pick up and Day-Of Registration Opens
6:45am: Eye of the Dragon 10K Registration Closes
7:00am: Eye of the Dragon 10K BEGINS!
8:15am: Tail of the Lizard 2 Mile Registration Closes
8:30am: Tail of the Lizard 2 Mile BEGINS!
9:15am: Kids' Runs: SCR Youth Series Event
FREE Quarter, Half and 1 mile runs for children 12 & Under (with parent waiver)

Important Details:

10K: You must be able to maintain a 20-minute mile pace. If you cannot maintain this pace, you must do the 2-mile event.
Teams: A minimum of 3 team members required to score. No SBC Teams.
For Safety Reasons: No animals, baby joggers, skates or headphones permitted.

Fees:	Postmarked 2/13	After 2/13
10K:	\$30	\$35
2M:	\$25	\$30
SBC (2M + 10K):	\$45	\$50

SCR Member & Students 12th grade & Under: \$5 off all fees above.

Amenities:

- ***Back this Year*:** Complete the 2 Mile and 10K to complete the Slay the Beasts Challenge (SBC)
- Men and Women's cut technical race shirts for first 600 registrants (pre-registration is suggested)
- Electronic D-Tag Timing for both the 10K and 2M
- Great Post-Race Refreshments
- You pick the door prize you want to win!

Awards:

10K Awards: Top 3 M & F Overall, Top Masters M & F (40+), Top Grand Masters M & F (50+), Top Senior Grand Masters M & F (60+) and Top 3 in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 70-74, 75-79 & 80+
SCROY points for 15 & Over only for 10K

2 Mile Awards: Top 3 M & F Overall, Top Masters M & F (40+), and Top 5 in the following age groups: 8 & Under, 9-11, 12-14, Top 3 in 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 70-74, 75-79 & 80+
SCROY points for 14 & Under only for 2M

Team Awards: Top 2 Teams in 10K and 2M / No SBC Teams

Slay the Beast Awards: All SBC finishers will get a unique Slay the Beasts Challenge Finisher Medal and Top 3 Male and Female finishers get an award.

OFFICIAL ENTRY FORM **Eye of the Dragon 10K/ Tail of the Lizard 2M** INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

CHECKS PAYABLE TO: Space Coast Runners, MAIL TO: Running Zone, c/o: Eye of the Dragon, 3696 N Wickham Rd, Melbourne, FL 32935

SELECT RACE: Eye of the Dragon 10K Tail of the Lizard 2 Mile Slay the Beasts Challenge 2M + 10K (SBC)

FIRST _____ LAST _____ SCR MEMBER

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

SEX: MALE FEMALE DOB: ___/___/___ AGE ON RACE DAY _____ TEAM NAME _____

SHIRT SIZE: Gender Specific Shirts:

Men's: S M L XL XXL Women's: XS S M L XL XXL

Youth Shirt Sizes: Youth Medium Youth Large

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather and traffic 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 or officials involved from all claims or liabilities of any kind arising out of my participation in the vent. 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 _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

Inaugural Race Exceeds Participation Goal by 100%



Surfside Elementary held their inaugural race on September 24th. There was a 5K and a 1 mile race that started and ended at the David R. Schechter Community Center. The race proceeds are funding the purchase of shade structures for Surfside Elementary School's playground and blacktop.

The Satellite Beach community was out in full force. Race director Katie Parson said that the goal was to have 150 registrants which they more than met with over 300 runners in attendance on race day. The mayor of Satellite Beach, Frank Catino, even laced up his sneakers.

Palm Bay JROTC participated and their participation in the race won them the School Participation award. There were medals for finishing each race. And a special medal for completing both the 5K and 1 mile.

Jim Van Veen, 34 of Vero Beach, crushed the competition with the time of 18:18 for the 5K. Second place was Gabe Montague, 13 of Melbourne, with a time of 18:58 and third place went to Doug Butler, 53 of Melbourne, in 19:14. Tracy Dutra, 42 of Melbourne, was Overall Female Champion with a time of 21:06. Kendal Harder, 36 of Satellite Beach, placed second Female Overall in 22:26, followed by Megan Romesberg, 11 of Satellite Beach, with a time of 23:09.

After the 5K was completed the one mile race took place. This was a competitive race for first. The Overall winner, beating out second place by one second, with a time of 6:05 was Joseph Joseph III. 2nd went to Kenny Brodrick in 6:06, and third overall went to Justin Wilson with a time of 6:08.

Report & Photos by Krysti Dixon

OVERALL MEN

Jim Van Veen, 18:19
Gabe Montague, 18:59
Doug Butler, 19:14

OVERALL WOMEN

Tracy Dutra, 21:06
Kendal Harder, 22:26
Megan Romesberg, 23:09

MASTERS

Doug Nichols, 19:49
Michelle Longstreet, 23:09

ONE-MILE MEN

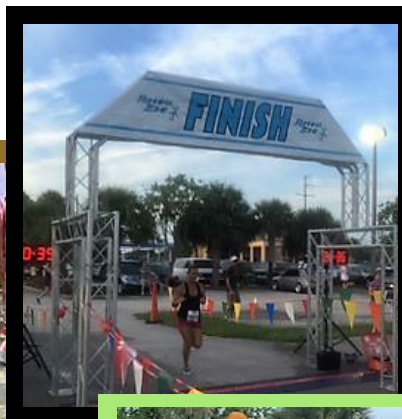
Joseph III Joseph, 6:04
Kenny Broderick, 6:05
Justin Wilson, 6:08

ONE-MILE WOMEN

Megan Romesberg, 6:55
Michelle Longstreet, 7:10
Hazel McNeas, 7:22

School Participation

Palm Bay Magnet School



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

Local Buttercup 5K Doesn't Let Anyone Down

When you are in a running slump, sign up for a local race like the Suck It Up Buttercup. Meeting people like John Parker who was the recipient of your donations and the family and friends who are there for support, reminds you to appreciate every moment.



The 5K began a little after 8:00 A.M. at Fay Lake Wilderness Park and runners completed a three-loop course around the park. The race had an even mix of runners and walkers who cheered each other on as they passed on the course. Another one of the benefits of a repeated loop course was six chances to cool down at the water station.

After the 5K, there was an energetic kids' run followed by door prizes and a raffle. Before heading home, all people present had the chance to enjoy cupcakes along with the usual bananas and bagels as they applauded those receiving medals at the award ceremony.

Race Director Kira Lucas organized the race for Port St. John resident Parker, who has been diagnosed with brain cancer. For all results, [click here](#).



Top: The Suck It Up Buttercup has become well-known for helping local residents and providing sweet cupcakes at the end.

Bottom: Walkers wear their race shirts to show support for Parker.

Right: Kaitlyn Leeds crosses finish line.



Report & Photos by Angela Leeds.

Additional photos courtesy of Space Coast Event Management.

OVERALL MEN

Brad Thomas, 18:36
Daniel Bonilla, 19:46
Robert Lenoci, 19:51

OVERALL WOMEN

Yanelly Bonilla, 24:26
Candice Harris, 27:21
Irinia Tardif, 30:34

MASTERS

Scott Patten, 21:11
Sandra Rojas, 31:53





Christine Kennedy

Long-time Runner, Loves her Garmin

Family: Married to Doug, Daughter Kara (age 20)

Age: 51

Originally from: Wheeling, WV

Currently reside: Mims, FL

Number of years running: 35

Began running because: Because I was overweight

I knew I was hooked when: I knew I just felt better mentally & physically when I ran.

Race personal records (PRs):

5K 22:22, 10K 48:46, 15K 1:13.07, Half 1:46.54, Full 3:48.15

What has been my biggest running accomplishment to date: Running Boston!

Favorite local and/or out of town race: Gasparilla Race Weekend

Favorite place to train: Max Brewer or the hill trail in Titusville or River Road in Cocoa

Running Goals: Running goals: A 1:45 half & to qualify for Boston again



Training Philosophy: Run smart, listen to your body (currently battling PF, ugh)

Running Partners: Friends or solo

Funniest or oddest thing I've seen while running: I had a face to face with a possum, staring at my headlight while running in my neighborhood in the dark once.

One piece of advice that I would give to a new runner: Keep it fun!

Other interests: Photography

Last movie I saw: The Martian

Favorite hero: Neil Armstrong

Favorite Pre-Race Meal: Ezekiel Bread with almond butter

I can't live without my.... Garmin!

Last time I took a selfie: A week ago. I was heading to a girls weekend & took a selfie to say "I'm on my way!"



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

SPRINT FOR SIGHT



**Brevard
Association for
the Advancement
of the Blind**



6th

Annual 5K Run/walk

Saturday, November 5, 2016

in beautiful Gleason Park

Indian Harbour Beach 4:00 pm

Medals for first 3 in each age group

Awesome Tech Race Shirts

Fabulous Food

Amazing Prizes

Fast Course!

Grand Prizes: Family Zoo Membership! Fitbit!

Overnight at Oceanfront Crowne Plaza!!

LIVE MUSIC BY 'OUTTASIGHT'

**REGISTER AT WWW.RUNNINGZONE.COM OR
FACEBOOK - [BAAB'S SPRINT FOR SIGHT 5K RUN/WALK](#) OR
AT BAAB OFFICE, 674 S. PATRICK DRIVE, SATELLITE BEACH, FL 32937
(321) 773-7222**





SPRINT FOR SIGHT



PLATINUM SPONSOR:



**Brevard Association for the Advancement of the Blind
6th ANNUAL 5K RUN/WALK
www.baabhelpfortheblind.org**

SATURDAY NOVEMBER 5, 2016 AT 4:00 PM

**Gleason Park, 2055 South Patrick Drive
Indian Harbour Beach, FL 32937**

TIMETABLE:

Friday, 11/04/16 — 10:00 AM—6:30 PM
Saturday, 11/05/16 — 10:00 AM—1:00 PM
Packet Pickup & Late Registration at Running Zone
Across from The King Center
Saturday, 11/05/16 — Gleason Park
2:30 PM Packet Pickup & Late Registration
3:45 PM Late Registration for 5K ends
4:00 PM 5K Starts!!!

AMENITIES:

- The 6th Annual Sprint for Sight T-shirt
- Great Beachside location
- PRIZES!!!!
- FREE Refreshments
- Fun Race Packets
- D-tag scoring
- **Live Music**
- **Grand Prize Drawing**

SPRINT FOR SIGHT 5K OFFICIAL ENTRY FORM:

BAAB—ATTN: Sprint for Sight, 674 S. Patrick Drive, Satellite Beach, FL 32937
 Team Name _____
 (Minimum 5 members on a team with at least one of the opposite sex)
 First Name: _____
 Last Name: _____
 Address: _____
 City: _____ ST _____ Zip _____
 Phone (daytime) _____
 Email address: _____
 Sex : Male Female Visually Impaired _____
 Date of Birth ____/____/____ Age on Race Day: _____
 Please check shirt size: XS S M L XL XXL

AWARDS: Medals and Prizes for M-F: Top 3 Overall., Masters (40+), Visually Impaired

Top Team awarded a plaque
Age Groups Medals Top 3 M-F each group

8 & under	30—34	60—64
9—11	35—39	65—69
12—14	40—44	70—74
15—19	45—49	75—79
20—24	50—54	80+
25—29	55—59	

FEES:	Until 10/29	After 10/29
5K Run/Walk	\$22.00	\$25.00
Students	\$18.00	\$18.00

RACE MANAGED BY:



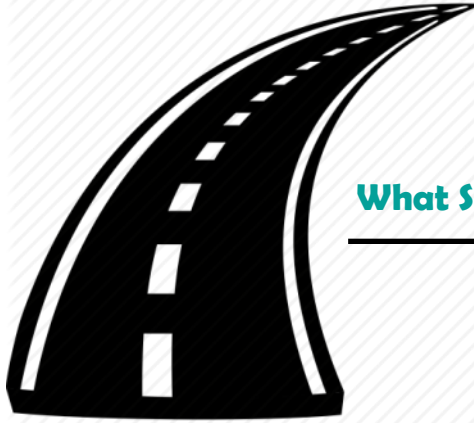
INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

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 for 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 participant in the Sprint for Sight 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 FOR THOSE UNDER 18

DATE



Long Distance Relationships

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

Tour de La Porte

Tour de La Porte is an annual multi-day biking, running and walking event to benefit patients with cancer in this small community. 100% of the funds are used for direct patient assistance and cancer screenings to members of our community. The half-marathon was the event I participated in.

by Hilary Eisbrenner



Hilary and her mom celebrating her half marathon finish.

I would suspect most readers may have not even heard of LaPorte, Indiana. It is located about ten miles south of the Michigan border at the bottom of Lake Michigan, roughly 70 miles from Chicago. A fun fact about LaPorte, in 1869 tractor maker Advance-Rumley was the largest employer. Rumley was responsible for developing the Oil-Pull tractor engine, considered to have played a pivotal role in the agricultural development of the Great Plains. Today, LaPorte is a town of about 22,000, and is where my parents were born and raised in the 1920's and 1930's.

Because the Tour de La Porte is a small local charitable event, there is no "big-race expo" or package pickup. Package pickup was an in and out no frills event at the park pavilion the day before and morning of the event.

The Race

The half marathon event begins in a local park with plenty of room for everyone to spread out almost immediately, using both lanes of the closed road to start. The road is between two small lakes and an enjoyable quiet route. The route continues into a wooded area combined with farm country before it winds you back between the lakes to the park. No neighborhoods, no city and limited cars on the race route after exiting the park. It was a peaceful safe race route. Lots of local police and volunteers on the route and sufficient aid stations along the way. I considered it to be a flat course with a starting elevation of 834 ft. with a maximum of 901 ft. and a gain of 284 ft. At the finish, the volunteers had set up a variety of post-race food. No pizza or beer like some of the big races we've all run but more than enough to satisfy all participants and then some. Overall a great experience that I would recommend if someone is looking for the at-

Tour de La Porte 8.20.16

mosphere of a small local race supporting a good cause. There were 144 half marathon finishers this year. It was an example of the mid-west at its finest.

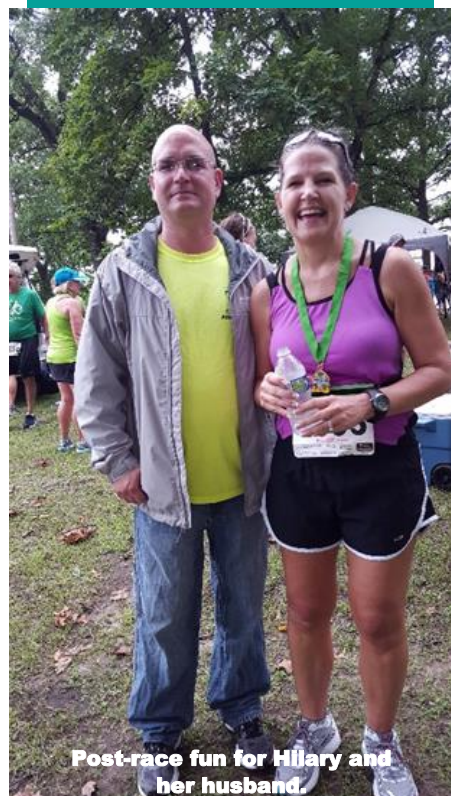
Why Indiana?

Why go so far from Merritt Island for such a small local race? I have a goal to run a half-marathon in half of the 50 states. Prior to running Tour de LaPorte I was just over halfway to my goal having completed a half marathon in thirteen states. As I mentioned, my parents were born and raised in LaPorte but they settled and raised their own family in the Metro-Detroit area in Michigan.

Dad passed some years ago at age 80 from cancer, but mom is a vibrant and active 92-year-old still living in Michigan. A few years ago my husband and I got tired of the cold and relocated south, currently living on our boat full time on Merritt Island so there are regular trips back to Michigan to visit. Typically, the visit north is combined with a half marathon along the way. After a quick search on the internet, I located Tour de La Porte, benefitting patients with cancer in mom's hometown. No better excuse to complete a half-marathon in Indiana than to take mom to her home-town and let her reminisce and visit with family that still lives in LaPorte. She's not visited family there since 2005 when her only brother passed from cancer as well. Prior to that it was 2002 when dad passed. On the trip mom also got to visit where dad, a WWII veteran, was laid to rest.



Visiting the gravesite of Hilary's dad, a WWII Veteran with her mom.

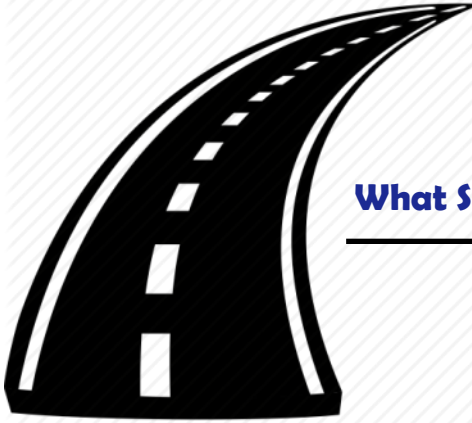


Post-race fun for Hilary and her husband.

A Family Affair

Runners have a variety of reasons for picking races, this time I picked this race for family, for mom. In this day and age when family members scatter across the globe, it seems sometimes that families only gather in one place for major life events, like funerals. I only have two first cousins and one still lives in LaPorte, Indiana. Mom was able to visit her nephew and his family for no particular reason at all, what a nice reason to visit no reason at all. We all shared a home cooked meal in their home, laughed and reminisced like families who haven't seen each other for a long time always do. The trip and the race were both a great success.

At 92, mom lives life to the fullest, she could have stayed in the hotel but chose to come out to the park pre-dawn to see the start and she was there with my husband at the finish too. Grinning ear to ear, just like I was. After completing the race in 2:15, mom pointed out to me that she gave birth to me at age 46, my age today and half her age currently. A very meaningful and memorable half-marathon in Indiana, number fourteen. I've already registered for number fifteen which will be Biltmore Estates in March 2017.



Long Distance Relationships

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

Jay Peak Trail Running Festival

Do you want to be referred to as a
“trail runner with issues”?
Maybe you are already...

by Marion Oswald



Try participating in a trail running festival and run three 5Ks at one-hour intervals on a Saturday morning; afterwards you can show off a special T-shirt that says you have issues. Add a 25K or a 50K the next day if you like. There is also a free kids' run. All of this happens at Jay Peak, a vacation resort in Vermont near the Canadian border, during Labor Day Weekend. Hike or play golf here in the summer and ski here in the winter and enjoy an awesome indoor waterpark year-round.

The three 5Ks for those runners with issues were classified black diamond, blue square and green circle, according to their level of difficulty. And were they steep, especially the first, black diamond run, which had a vertical of 1,150 ft! The blue and the green trails had verticals of 650 ft and 460 ft respectively. Participants ran – or should we say “hiked fast” - up and down ski slopes, along single file forest trails, and gravel roads, crossing streams too. All this on a beautiful, cool autumn day with spectacular views of Vermont's Green Mountains. The 25K takes you all the way to Jay Peak's summit with a vertical of 3,000 ft, and the 50K does so twice; however, there is also a more leisurely cable car option.

If this sounds a bit daunting, runners can sign up for just one 5K. There is always a T-shirt. The trails are well marked and there are adequate water stops. Snacks were plenty for the 25/50K'ers, but limited to fruit and maple water, a Vermont culinary traditional, for the 5K runners. An enthusiastic MC contributed to a lively ambiance.

Jay Peak has comfortable and affordable hotels to stay and a variety of restaurants to eat at, both at the resort itself and in the nearby town of Jay. This trail running weekend makes for a great end-of-summer cool-down trip for a Floridian family of runners in all age groups. Everyone will enjoy the indoor waterpark afterwards! The nearest airport is Burlington, VT, less than a 90 minutes' drive to and from Jay Peak.

The Jay Peak Trail Running Festival race results can be found on the Facebook page of *Sub 5 Race Management LLC*.

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.

FORREST GUMP CHALLENGE HALF MARATHON, Reeds Spring, MO

Carol Ball, 2:23:54 **2ND AG 50-59**

Donna Neill, 2:25:39 **4TH AG 50-59**

GO GIRL RUN HALF MARATHON, Kansas City, KS

Carol Ball, 2:06:52 **1ST AG 55-59**

Donna Neill, 2:30:58 **6TH AG 50-59**

GREAT SMOKY MOUNTAINS MARATHON, Townsend, TN

Beverly Glenn, 2:32:36

REVEL BIG COTTONWOOD HALF MARATHON,

Salt Lake City, UT

Heather Felix, 2:21:08

BLUE SQUARE 5K,

Jay Peak, VT

Skip Oswald, 45:58

Marion Oswald, 56:06

BAR HARBOR BANK & TRUST HALF MARATHON & 5K, Acadia National Park, ME

Rhonda Creek, 20th overall 27:11:51

DISNEYLAND HALF MARATHON, Anaheim, CA

Stephen Bernstein, 1:37:01

Timothy McGee, 1:54:23

Jeff Hizer, 2:04:26

David Lerret, 3:31:41

DISNEYLAND 10K

Stephen Bernstein, 45:43

Timothy McGee 50:03

Jeff Hizer 54:32

PHILADELPHIA ROCK N ROLL HALF MARATHON, Philadelphia, PA

John Davis, 1:15:04 **3RD AG 35-39** (27th overall)

Alison Nolan, 1:24:59

AIR FORCE MARATHON, Dayton, OH

Joe Lento, 3:28:05

AIR FORCE HALF MARATHON, Dayton, OH

John Hardos, 2:00.01 **1ST AG 65-69**

Midori Wiles, 2:00.21

Kurt Russell, 2:01.26

Chris Slusher, 2:03:05

Christina Russell, 2:14.08

Shannon O'Boyle, 2:27.28

Rick Suarez, 2:49.14

Karen Suarez, 2:51.58

Diane Hardos, 3:11.57

Christy Compeau, 3:37.07

MASTERS OF ALL TERRAIN HALF MARATHON 1X

Keith Snodgrass, 1:27:24 **1ST AG 46-55**

Christine Kennedy, 2:14:15 **3RD AGE 46-55**

Yasmin Jarman, 2:36:54 **3RD AGE 56+**

Jeanne Higbie, 2:19:43

Kelly Semenko, 2:23:25

Maria Dishaw, 2:24:05

Andrea Lucas, 2:25:24

Trisha Lucas, 2:50:26

Karen Stout, 3:04:52

POCATELLO HALF MARATHON, Pocatello, ID

Shane Streufert, 1:49:25

POCATELLO MARATHON Pocatello, ID

Brittany Streufert, 4:34:23

UMKC REGALIA RUN 5K, Kansas City, KS

Mike McNees, 21:27 **1ST AG 60-64**

DANCES WITH DIRT 100K TRAIL RELAY, Hell, MI

6th place: Trollin for Hot Chix, 8:04:00 Steve Chin, John Davis, Greg Reverdieu, Sara Trane

HIP HOP RUN 5K, San Jose, CA

Sherri Lorraine, 36:26

Rick Lorraine, 36:26

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



October 2016

October 9
Chicago Marathon
Chicago, IL

Heather Akram, Naweed Akram



October 9
Mohawk Hudson River Marathon
Schenectady, NY

Cristina Canales



October 9
Twin Cities Marathon
Minneapolis, MN

Doug Nichols



October 16
Columbus Marathon & Half Marathon
Columbus, OH

Carol Ball, Ilse Berube, Lea Anne Richard



October 16
TCS Amsterdam Marathon
Amsterdam, The Netherlands

John Ouweleen



November 2016

November 5 & 6
Disney's Lumiere's Two Course Challenge

Lake Buena Vista, FL

Heather Felix



November 20
Philadelphia Marathon
Philadelphia, PA

Molly Kirk, Marie Thomas



December 2016

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



March 2017

March 11
Biltmore Estates Half Marathon
Asheville, NC

Hilary Eisenbrenner



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

Charlene Anstett, Heather Felix, Elisha Gould



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.

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

They allow SCR to use a meeting room in one of their facilities for our Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life.



As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features. With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience.

They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations — Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more info, visit [Health First Pro-Health & Fitness Center](http://HealthFirstPro-Health.com).

See your next out-of-town race listed.
[Click here](#) to tell us where you're running.

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

10/8	Wild Shrimp Shuffle 10K & 5K	7:45 am	Chain of Lakes Park, Titusville	runsalot@cfl.rr.com
10/8	Witch Way 5K	5:30 pm	Nance Park, Indialantic	witchway5k@indialantic.com
10/13	Florida Tech Homecoming 5K	6:00 pm	Meg O Malley's, Melbourne	sbacon@fit.edu
10/15	Will Run for Choco- late, Won't Stand for Violence 5K	8:00 am	Field of Dreams Park, Melbourne	scoutantferry@ymail.com
10/15	Ryan's Hope 5K	8:00 am	Goode Park, Palm Bay	321-426-8112
10/22	Fall into Winter 5K	8:00 am	Coconuts on Beach, Cocoa Beach	lmclean@cityofcocoabeach.com
10/23	Ron Jon Cocoa Beach Half Marathon	7:00 am	Lori Wilson Park, Cocoa Beach	mitchvarnes@gmail.com
10/29	Ghostly Gecko 5K	6:30 pm	Eau Gallie Civic Center, Melbourne	info@runningzone.com
11/5	Run for the Shade 5K	8:00 am	Sherwood Elem, Melbourne	thom- as.kelly@brevardschools.org
11/5 & 6	Tough Mudder	waves	The Compound, Palm Bay	www.toughmudder.com
11/5	Sprint for Sight 5K	4:00 pm	Gleason Park, IHB	herickson@cfl.rr.com
11/6	Space Coast Classic 15K & 2 Mile	6:45 am	Gleason Park, IHB	spacecoastclassic@gmail.com
11/6	Zombie 5K	3:30 pm	Wickham Park, Melbourne	www.raceentry.com

3 Stages of a Runner's Run

By Angela Leeds

As a Space Coast Runner, the anticipation of running season is probably similar to the feelings of a five year old waiting for Christmas. You sign up for all of the runs in the series, pick a few extras, and review your old times. This year is going to be your year!

Soon, race day approaches. You look around and 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. "The Star-Spangled Banner" plays; you adjust your laces, and you dart off. As your feet guide you to the finish line, your mind takes you everywhere else.

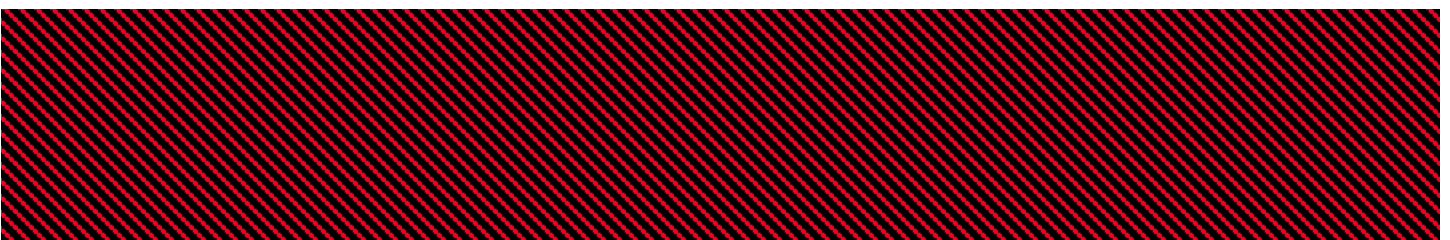


Let's Do This: The first phase of your run is exhilarating. The crowds are there, and you can feel the music pushing you forward. The pace is set and you are determined to make it -if not beat it. You begin your motivational mantras: "Better. Faster. Stronger." "I Am Healthy, I Am Strong. I Can Do This All Day Long..." "A Winner Never Quits And A Quitter Never Wins...."

Why?: The middle phase can be the toughest. Crowds are thinning out, and your friends may be ahead of or behind you. Your body has warmed up and it's ready to go faster, but your mind still needs convincing. You begin motivating yourself again, but the mantra has changed: "Everything Hurts and I'm Dying." "Just Keep Running." "Pain Feels So Much Better Than Regret..."

What's My Time?: Finally, you hit the last mile. You want to walk, but you want the finish line crowd to see you persevere. Looking around, you think about your finish line photo, and see if you can make it past a couple of people running ahead of you. You push yourself: "The Faster I Run, The Faster I'm Done..." "A Hero Holds On One Minute Longer..." "My Medal, Loud Cheers, Cold Beer..."

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.





Become a 2016-2017 Space Coast Runners Sponsor

Olympic \$3000	<ul style="list-style-type: none"> - Name and logo (large) on start/finish line banner - 18 free race entries with t-shirts (6 to each of the 3 races) - Name and logo (large) on race t-shirts - Name and logo (large) on SCR website for the season - Name and logo (large) on individual websites (3 races) for the season - Name and logo (large) on all race applications/marketing materials - Full page article in SCR newsletter - Recognition on SCR social media - Race packet inclusion - Recognition at event
Gold \$1500	<ul style="list-style-type: none"> - 9 free race entries with t-shirts (3 to each of the 3 races) - Name and logo (large) on race t-shirts - Name and logo (large) on SCR website for the season - Name and logo (large) on individual websites (3 races) for the season - Name and logo (large) on all race applications/marketing materials - Half page article in SCR newsletter - Recognition on SCR social media - Race packet inclusion - Recognition at event
Silver \$900	<ul style="list-style-type: none"> - 6 free race entries with t-shirts (2 to each of the 3 races) - Name and logo (medium) on race t-shirts - Name and logo (medium) on SCR website for the season - Name and logo (medium) on individual websites (3 races) for the season - Name and logo (medium) on all race applications/marketing materials - Half page article in SCR newsletter - Recognition on SCR social media - Race packet inclusion - Recognition at event
Bronze \$600	<ul style="list-style-type: none"> - 3 free race entries with t-shirts (1 to each of the 3 races) - Name and logo (small) on race t-shirts - Name and logo (small) on SCR website for the season - Name and logo (small) on individual websites (3 races) for the season - Name and logo (small) on all race applications/marketing materials - Half page article in SCR newsletter - Recognition on SCR social media - Race packet inclusion - Recognition at event
Supporter \$300	<ul style="list-style-type: none"> - 1 free race entry with t-shirt (pick 1 of the 3 races) - Name (small) on race t-shirts - Name and logo (small) on SCR website for the season - Name and logo (small) on individual websites (3 races) for the season - Name (small) on all race applications/marketing materials - Half page article in SCR newsletter - Recognition on SCR social media - Race packet inclusion - Recognition at event

For more information, contact [Judd Spitzer](#) or sign up online [here](#).



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.*



October

Happy Birthday

1	Susan Martin, Jim Garrard, Ed Donner	16	Jack Lightle, Dave Thomas, Bobby Willis, Alexis Shagena
2	Andrea Lucas, Joshua Thompson, Daphne Willingham, Regan Daniels, Michael Green	17	
3	Maria Smith, Jennifer Devine	18	AJ Catanese, Suellen Conant, Debra ocker, Terri Pignone, Patti Akram, Wendy Lento, Bryce Kanner
4	Nadia Hosey, Cristina Engel	19	Craig Piepmeier, Emma Logue
5	Susie Koontz, Claire Sims	20	Jim Cunningham, Sean Lamb
6	Brandon Engel	21	Michael Hauck
7	Gary Castner	22	Michael McGee, Kelly Semenko
8	Derek Stough, Donn Sardella	23	Jennie Ward, Courtney Charvet
9	Dodie Johnson, David Farrall, Katia Hakamaa, Michael Berner, Phoebe Pederson	24	Sharon Nazarek, Beverly Glenn, Audra Gass, Michelle Talbott
10	Gilberto Padua, Haskell Walker, Cathy Sweeny, Rhianon Rowan	25	Song Koh
11	Judy Bailey, Rhonda Butler, Michele Longstreet, Catherine Waldenberger, Cameron Shagena, Jackson Krupp	26	Jean Kessler, Miriam Hakamaa, Betsy Butler, Jim Martin, Cody Long, Kali Gleacher
12	Mary Ramba, Heather Mitchell, Nathan Gould, Joshua Boucher	27	
13	Frank Webbe, Julia Mrdjenovich, Daniel Wood	28	Dennis Kroskey, Karen Stout, James Krupp, Nickolas Lake, Angelo Lento
14	Daniel Hamblin, Jim Glover	29	
15	Joe Godleski, Darin McBride, Vanessa Orantes	30	
		31	Kimberly Tomlinson, Martha Belinski