

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

October 2017



## IN THIS ISSUE

**Volunteer Opportunities**

**Run a Mile with  
Brittany Streufert**

**Run Local  
Gleason Park**



## DEPARTMENTS

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

## RESOURCES

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

## FEATURES

- 10 [SCR Central](#)**
- 19 [Run Local](#)**
- 25 [Runner of the Year Series](#)**
- 33 [Run A Mile With...](#)**
- 37 [Out-of-Town Race Recap](#)**
- 38 [Where in the World?](#)**

## RACE REPORTS

- 29 [Gold Rush 5K](#)**
- 30 [Run with Hope 5K](#)**
- 31 [Eagle Pride 5K & 1 Mile](#)**



**On Our Cover:** The second annual Rainbow Run on September 23rd added lots of color to the streets of Downtown Eau Gallie.

**Above:** Eagle Pride 5K & 1 Mile race director Liz White poses with the Ascension Catholic mascot before the start of the 5K on September 16th. It was one of the few races that ran so soon after Hurricane Irma.

Photo credits: Ascension Catholic

## SCR Membership Information

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

[www.spacecoastrunners.org](http://www.spacecoastrunners.org)



## Running Safety Tip

**Ignore verbal harassment and do not verbally harass others.**

**Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.**

# SPACE COAST RUNNERS

**LYN DOWLING**  
*Editor-in-Chief*

*Design Director*            **BRITTANY STREUFERT**

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

## WEBSITE

Website: [SpaceCoastRunners.org](http://SpaceCoastRunners.org)

Runner of the Year Series **JOHN DAVIS**

Results/Calendar            **MATT MAHONEY**  
[MattMahoneyfl@gmail.com](mailto:MattMahoneyfl@gmail.com)

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

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



## Where to find Space Coast Runners on Social Media?

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

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

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

**LISA HAMELIN**  
*SCR President*

## OFFICERS

*Vice President*  
*Secretary*  
*Treasurer*

**BOB RALL**  
**NANCY FORESTEIRE**  
**CAROL BALL**

## BOARD OF DIRECTORS

*Member*  
*Member*  
*Member*  
*Member*  
*Member & ROY Chair*  
*Member*

**BOB ALEXANDER**  
**CYNDI BERGS**  
**KEITH DUTTER**  
**HOWARD KANNER**  
**HARRY PROSSER**  
**LORAN SERWIN**  
**SHELLEY WILLIAMS**



## SPACE COAST RUNNERS

*P.O. Box 541837*

*Merritt Island, FL 32954*

## Are your shoes – the ones you were able to salvage – dry yet?

When you see what people in other places have had to deal with, our post-Irma problems seem like trifles. Not too many homes here were completely flooded, nor were electricity and water service down that long; as of this writing, a friend in Bonita Springs still has no power, with a couple of feet of water throughout her house, which she finally got into last week, dressed in fisherman's waders. She is an eminent breeder of beagles, and some of her dogs (including puppies) went to welcoming homes around the state.

Her home, like those near her, is wrecked. We have nothing so awful around here.

Anyway, I was stubborn about evacuating, so a mother-daughter chef team banged on the door and told me to go to their home in Melbourne, where they have all kinds of neat things, including a gas range. Chefs. Food. Sold. How horrible is it when the proprietor of Cedar's Cafe hits you with a plate of pumpkin ravioli before you can set the computer down?

A funny thing happened that night as it started to drizzle and we waited for the worst, though. Marlene Elkhouri, who started the family restaurant, invited me to go for a walk, and she clearly was bothered by the debris that already had begun to appear in the streets as well by as the rapidly growing puddles.

"I walk and I run every day," she said. "I run the bridge."

How long had we known each other? How did I not know this? Blame prejudice. Runners are supposed to look like Brittany Streufert or Lisa Hamelin: lithe young women, not 50-something Lebanese grandmothers. Wrong.

And how can a restaurant owner have time to run? Blame stupidity. Doctors do it because it prepares them for long hours on their feet and gives them the chance to tune out all the nonsense, if only for a relatively few minutes. Why shouldn't a restaurateur, who spends eight to 12 hours a day on her feet, do the same? Plus, you

dolt (she wrote, speaking to herself), MIKE ACOSTA RUNS! How much more restaurant does it get?

"Have you ever entered a race?" I asked the chef, who seemed nearly as entertained that I didn't know she was a runner as I was about her not knowing my involvement in the sport.

Nothing like that, she replied. She simply liked to move and didn't like the idea that this Irma character would interrupt her. Now she was going to have to sit around for a couple of days.

I didn't want to seem like a salesman, but did ask if she'd ever considered joining Space Coast Runners, which is not just for people non-runners deem "competitive," I explained.

We're Brevard's advocates for all people who use their feet -- run, walk, trot or the j-word -- and although we're by no means political, we comprise a pretty big constituency. We also can be fairly vocal, without being obnoxious, about matters like downed branches, lousy sidewalks, bumps in roads and discourteous drivers.

Kim Prosser runs. What does that tell you?

Anyway, we kind of left it hanging, although I told Marlene it would be nice to run with her sometime, and she was all over that because she is a strong advocate of getting off your backside.

I never did buy Marlene and Toni, her culinary genius of a daughter who also never isn't standing, gifts for their considerable kindness, and they're overdue.

The light went on as this was being written. Denise Piercy, next time I call the shop, it probably won't be about stories. It'll be about shoes.

- *Lyn Dowling*



*Voted One of the Top 50 Running Stores in America*

# **RUNNING ZONE**



*All Your Favorite Brands*

**Shoes • Apparel • Accessories**  
**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**  
**[www.running-zone.com](http://www.running-zone.com)**

*We want you to feel good when you exercise!*

**10% DISCOUNT**  
**TO ALL SPACE COAST RUNNER MEMBERS**

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

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



# LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin



I think I speak for most when I say that we were very fortunate to have escaped relatively unscathed from Mother Nature's fury. It could have been much worse for us in the Space Coast and I'm so glad that everyone is OK and that we can get back to a sense of normal again.

Of course, other areas were not so lucky as the Space Coast. We are partnering with organizations within the county to try to help. See page 15 for our Shoe Drive. We'll be collecting shoes and sending funds to areas that are in need.

Second, I'd like to introduce Space Coast Runners new values statement. As I mentioned last month, the Strategic Planning committee has been hard at work for the past year and a half (and we will continue the work going forward). We wanted to emphasize our values, vision and mission. Here are our new values entitled **SUCCEED**:

- Safety for all runners
- United in serving our running community
- Charity

Camaraderie with members, volunteers and sponsors

Ethical, financial and organization stability

Enjoyable atmosphere for all

Diversity in our sport

Our goal is to achieve all of the above, at all times. These are our guiding principles and they apply to our membership, partners and volunteers.

As a result of impending hurricane Irma, the Turtle Krawl 5K had to be cancelled. It was to be our second race of the Runner of the Year Series. So now, we'll have a race series consisting of nine events and next up is Space Coast Classic 15K and 2 miler in early November. Looking forward to running along Tropical Trail and Indian Harbour Beach and seeing you there!

See you on the road.

*- Lisa*

Lisa Hamelin, SCR President  
lisahamelin@gmail.com

## OCTOBER BOARD MEETING

October 16, 2017 — 7:00pm,  
ProHealth Viera

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

## Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Lisa at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com).



**Our mailbox is always open to our readers.**

If you have a comment, correction or critique or would simply like to tell us what running topics matter to you most, send the staff an email — [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).



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

# LOCAL FUN RUNS

spotlight run of the month

Email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) to add or update your fun run information.

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller—lmiller4435@gmail.com 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter kdutter@cfl.rr.com
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:00 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 Eriksonjaquays@gmail.com
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:45 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com www.facebook.com/groups/1423502080999358
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Cocoa Village 6 miles @ 6 am	6:00 am	Keith Dutter 321-576-3699
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)
Thurs	The Downtown Melbourne   lululemon run club	7:00 pm	Bryan Clarke (321-956-3089)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: <a href="http://goo.gl/1vxqSL">http://goo.gl/1vxqSL</a>

# LOCAL FUN RUNS

spotlight run of the month

FRIDAY NIGHT

## ***Find Your Fitness with Gina*** ***5K Fun Run***



Looking for a great way to end the week and start the weekend off right? Get your run on Friday nights in Melbourne with the Find Your Fitness with Gina crew.

We asked Gina how the 5K fun run came to be and she told us, "I started the fun run to bring community together! It is a way to end a week of work with friends, family and even our pets. Many locations in downtown Melbourne welcome us in post-run, with all of our glistening sweat as well as our furry friends."

Runners of all paces are welcome. You'll head out from Gina's fitness studio and head over the causeway. Each week the run ends at a different location downtown so you can enjoy different aspects of the community with friends and family.

"Don't be upset with the results you didn't get from the work you didn't do." This is one of Gina's favorite quotes. "It extends out to many facets in life, even beyond our health/fitness", says Gina. "You owe it to yourself and your loved ones to be the best version of you. Come join us. Get your workout in while having some fun!"

**MEETS WEEKLY AT FIND YOUR FITNESS WITH GINA STUDIO, LOCATED AT 2101 WAVERLY PLACE**

**FREE FUN RUN STARTS AT APPROXIMATELY 5:30 PM AND RUNS OVER THE CAUSEWAY AND BACK.**

**CHECK OUT THE FIND YOUR FITNESS WITH GINA [FACEBOOK PAGE](#) FOR ALL THE INFO AND UPDATES.**





ENTER SOON AS RACE HAS SOLD OUT THE PAST TWO YEARS



2017 Evil Twin Sister Jeannie Bottle Finishers Medal

THIRD ANNUAL RON JON

## COCOA BEACH HALF MARATHON

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



SUNDAY, OCTOBER 29, 2017

## CENTRAL FLORIDA'S ONLY ALL COASTAL HALF MARATHON

START TIME 7:30AM

FINISH ON I DREAM OF JEANNIE LANE AT LORI WILSON PARK

- VOTED BREVARD'S BEST RUNNING EVENT BY READERS OF FLORIDA TODAY NEWSPAPER

- NAMED AS CENTRAL FLORIDA'S BEST HALF MARATHON BY SPACE COAST LIVING MAGAZINE

[COCOABEACHHALFMARATHON.COM](http://COCOABEACHHALFMARATHON.COM)



### RACE DAY AMENITIES

TECH SHIRTS TO ALL REGISTERED RUNNERS

◀ AWESOME EVIL TWIN SISTER JEANNIE BOTTLE FINISHERS MEDAL

CUSTOM EMBROIDERED EVENT RUNNING CAP TO ALL REGISTERED RUNNERS

LIVE MUSIC ON THE COURSE AND GREAT AFTER PARTY!

PIZZA AND FLORIDA BEER AT THE FINISH LINE

# SCR Central

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



## Welcome New Members

We look forward to running with you.



New members check your mail! SCR is now sending out new member packets via the US Mail. You'll find lots of useful goodies. It's our way of saying thanks for becoming part of the club. Packets will be mailed out the first week of every month.

.....

**Joshua Koester**  
**Riley Koester**  
**Tara Koester**  
**Seher Swenson**  
**Jeff Widener**

.....

Photo credit: Marissa Flint

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

For more information, please contact Lisa Hamelin via email: [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

get involved.  
join a committee.

# SCR Central

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



## CONGRATULATIONS SCR BOSTON 2018 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. The list of SCR qualifiers continues to grow.

### BMW Berlin Marathon Berlin, Germany

John Ouweleen, 75 — 3:39:39  
1st AG Men 75—79



## STRAIGHT TO SECOND PLACE AT HELL

Team Trollin' for trail chix faced hot conditions in Hell, Michigan on Saturday, September 23. It played to their benefit as the team of Shane Streufert, John Davis, Holly Davis and Steve Chin placed second in the 100K relay race. The team has ran in Hell the past six years and this was their highest place finish to date. The record setting temperatures made the race more difficult for those not as acclimated to heat as the SCR members were.

The four runners finished in 8:09:33 a mere 2:34 behind the first place team. Two other teams represented the Space Coast in Hell. Team Hot! (12:14:15) had SCR members Lisa Petrillo and Betsy Butler on their roster and We Got The Runs (10:44:44).

*(Pictured above: Shane Streufert, John Davis, Chris Reesh, Greg Reverdieu, Julio Castillo, Scott Larson, Betsy Butler, Holly Davis, Steve Chin, Tim Robson)*

# SPACE COAST



## 15K & 2 MILE

**Sunday, Nov. 5, 2017**  
**Gleason Park** 1233 Yacht Club Blvd  
**Indian Harbour Beach**

Race benefits **The Children's Hunger Project**.  
 Food donations will be made to the  
**Space Coast Basket Brigade.**

Register online at **SCC15K.com**

Questions? Email [spacecoastclassic@gmail.com](mailto:spacecoastclassic@gmail.com).

Join us for the 32nd running of this  
**Space Coast Runners** road race! **6:45am** start

### RACE INFO

- **ONLY** 15K race in Brevard County! 9.3 miles of fun racing brought to you by **Space Coast Runners!**
- Totally **classic** finisher medals for 15K & 2 Mile participants!
- Free race shirt **guaranteed** with paid early registration
- Free SCR Youth Series Fun Run for ages 12 & under
- Early registration ends on 10/22/17
- Awesome post-race party, refreshments & awards
- Rain or shine event, no refunds issued
- Racers are encouraged to bring one canned good or non-perishable item with them to the race or packet pickup.

**ENTRY FEES: SORRY NO REFUNDS!** Early Registration is before 10/23/17

15K Adult — \$35 All Registrations 10/23 to 11/5 \$40

15K Student (18 & under) — \$32

15K SCR Member — \$30

2 Mile Adult — \$25 All Registrations 10/23 to 11/5 \$30

2 Mile Students (18 & under) — \$23

2 Mile SCR Member — \$22

### PACKET PICKUP

Packet pickup at Running Zone—3696 N Wickham Rd, Melbourne  
 Friday, Nov 3 – 10am to 6:30pm

Saturday, Nov 4 – 10am to 5pm



### SUNDAY, NOV 5 – RACE DAY

6:00 am Packet Pick Up & Race Day registration

6:30 am Late registration ends

**6:45 am Space Coast Classic 15K starts!**

**7:00 am SCC 2 Mile starts!**

8:00 am 2 Mile Award Ceremony

8:30 am SCR Youth Series (1/4, 1/2, & 1 mile runs) — FREE!

8:50 am 15K Award Ceremony



### AWARD CATEGORIES

- Top 3 Overall Male & Female
- Top Masters (40+), Grand Masters (50+) & Senior Grand Masters (60+) Male & Female
- Top 3 in each Age Group
- **Top 3 15K Teams** for all Male, all Female and Co-ed  
*(Team must have a min of 5 members; co-ed must have 1 person of opposite sex)*



### 15K 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+

### 2 MILE AGE GROUPS

10 & under 11-19 20-29 30-39 40-49 50-59 60-69 70-79

80+



**MAIL COMPLETED ENTRY FORM TO:**  
**3268 LAMANGA DRIVE, VIERA, FL 32940**

**Please make check payable to:**  
**Power of Pizza Charities**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex (circle) M F

Race Distance (circle) 15K 2 MILE

Unisex Shirt Size (circle): XS S M L XL XXL XXXL

Team Name: \_\_\_\_\_

Team Division (circle): Co-Ed Male Female

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 Space Coast Classic 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 understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk. 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 high heat and/or humidity, traffic and the conditions of the road. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: \_\_\_\_\_

(Participant or Parent or guardian if under 18)

Date: \_\_\_\_\_

# SCR Central

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



The **CaddyShack 5K** that was originally scheduled for Saturday, November 4th, has been postponed. After communicating with city officials it was determined that, due to the overall effects from Hurricane Irma, organizers must unfortunately postpone their inaugural event.

Facing similar issues at Wickham Park due to storm damage, the **For the Girls 5K** was postponed. The race which benefits local breast cancer patients and survivors was rescheduled and will now take place on Friday, October 13th at 5pm. Registration is open.



## Fee-Only Investment Management and Financial Planning Services

Contact Us:

Online: [www.RallCapital.com](http://www.RallCapital.com)

Phone: (321) 452-1251

Email: [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

Fax: (888) 452-8851



# SCR Central

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

## Why Volunteer?

When you volunteer time and special abilities, you are helping give back to your local community. Even if you've never volunteered you can always start! The upcoming months are especially busy with the Space Coast Classic 15K and the Space Coast Marathon & Half Marathon. They are opportunities where you can still race but also show your support for SCR in the days leading up to the races and/or after the races. The benefits are many. Your volunteer efforts could lead you to be named this season's Volunteer of the Year or you could win fantastic prizes if you qualify for the Run&1 program. Check it out below.

### Run&1 Program

Volunteering can have its benefits! Plus, it's the perfect way to get involved with Space Coast Runners and to connect with other members. The RUN&1 Program is great for the member who wants to race in the Runner of the Year series but also wants to give back to the running community. Here's what you need to do...

Complete 7 of 10 Runner of the Year series races during the 2017-2018 season

Volunteer at 1 SCR race or designated event during the 2017-2018 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 Space Coast Marathon & Half Marathon in 2018 or a \$100 Amazon gift card as a prize. Winners to be announced at Awards Night 2018.

**Volunteer Opportunities:**  
Click the logo below to view & sign up.



FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

# SCR Central

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



## SHOE DRIVE

**Space Coast Runners** is proud to be partnering with **Cocoa Beach Half Marathon** and **Up & Running Race Management** to help the community! We will be collecting gently-used shoes at each of the races to help those in need. Not only that, we will get reimbursed for each box of shoes that we return to Shoebox Recycling!

All of those proceeds will go directly to **United Way** and it will be helping those areas that are affected by the hurricanes (Harvey, Irma and Maria).

Please help us to help others! Bring your gently-used shoes (any kind except for boots and flip flops) to our upcoming races:

- *Run Walk Roll Against Bullying 5K – Oct 21 @Wickham Park*
- *Cocoa Beach Half Marathon – Oct 29 @Lori Wilson Park*
- *Space Coast Classic 15K – Nov 5 @Gleason Park*





**FEBRUARY 10 & 11, 2018**  
MELBOURNE, FL

**REGISTER NOW**

THEFLORIDAMARATHON.COM

## HALF MARATHON • FULL • 5K/8K

Florida's Original Music Marathon & 1/2 Marathon

- Florida Today 5K/8K Run & Mascot Run Saturday
- 1/2 Marathon, Marathon & 1/2 Relay Sunday
- USATF Certified 1/2 and Marathon Courses
- A Top Boston Marathon Qualifier Race

- Tech Tees, Hats & Medals to Sunday Runners
- Run Both Days - Floridiot Challenge Medal
- Post-Race Party With Live Music Both Days!
- 20+ Bands Playing Over the Weekend

### AT THE FINISH LINE:

Saturday & Sunday

Publix.

Sunday



**RUNNER'S WORLD**® "Top 10 Bucket List Waterfront Races"

**MELBOURNE'S SIGNATURE SPORTING EVENT**

THEFLORIDAMARATHON.COM





# EXCLUSIVE SCR RACE DISCOUNTS

*save \$ = run more races*

- ◆ **NEW! ReRun 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 benefits The Bone Marrow Foundation is dedicated to improving the quality of life for bone marrow, stem cell and cord blood transplant patients and their families by providing vital financial assistance, comprehensive resources, educational information, physician referrals, and emotional support programs.
- ◆ **NEW! Cocoa Beach Half Marathon** is offering a 15% discount for their fun I Dream of Jeannie themed race on October 29, 2017 with a one-of-a-kind custom made and hand-painted Genie Bottle medal. Use code: **SCRSTRONG**.
- ◆ **NEW! The Town of Celebration Marathon & Half Marathon** is offering a \$10 discount to SCR members. The race runs on January 28, 2018. Use code: **SCR**
- ◆ **NEW! Smooth Running Races** is offering a 15% discount for all their Publix Florida Marathon Races on February 11, 2018, with 20 lives bands on the half marathon course! Use code **SCRSTRONG**.
- ◆ You don't want to miss the 2018 [Sarasota Music Half Marathon](#) on 2/4/18. 20 bands along the run through Selby Botanical Gardens and over the Ringling Bridge. Wicked cool medal and T-shirt, then a rockin' after-party with live music, massages, beer garden and tons of fun! SCR gets \$5 discount with code: **SCR5**.
- ◆ Beautiful Tybee Island, GA, has their annual [Critz Tybee Run Fest](#), offering something for everyone—a 1 mile, 2.8 mile, 5k, 10K, and half marathon! This February 2 & 3, 2018 race should be great weather. Get an 18 percent discount with code **SCR18**.
- ◆ The **AthHalf** on **10/22/17** in Athens, GA will have you enjoying a gorgeous autumn-time run through downtown, the UGA campus, past the "Pumpkin Patch Church" and the gorgeous Greek houses. There will be live music throughout the course to keep you energized and having fun! Get \$10 off the half marathon or the half marathon/5K combination registration using code: **SPACECOAST**.
- ◆ The **Bay State Marathon** in Lowell, MA, on 10/22/17, is a double loop of a fast, flat course, where each year 25% of the field gets a BQ. All that, along with a mean average temperature of 47°, make this a great choice for a New England Fall marathon. Get 10% off the full or half marathon with code: **BSM2017SCR**.
- ◆ **EXTENDED! Vacation Races** is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED! MultiRace** will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ [Atlas Trail Series](#) is extending a 10% discount to SCR. With miles of amazing trails, incredible food and camp life at every main hub, and 3 days of racing, you and your friends will form memories to last a lifetime. Do this trail event in St. George UT, 10/27-29/2017. Use Code: **space4atlas10**
- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ Ready for a cool seashore marathon? [Rehoboth Beach Marathon](#) in DE is for you! Held on 12/2/17, it should deliver a cool run. The after-party includes unlimited food (breakfast items, Mac & Cheese, burgers, veggie burgers, fruit, and other assorted items). Each person 21 and over gets 3 beer tickets. Get \$15 off using code: **spacecoast2017**.

# Exclusive SCR Race Discounts

- ◆ SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ The 5th [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 10/22 (Half Marathon).
- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.

*Please note: Discounts are negotiated exclusively for Space Coast Runners members only. Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.*



**DECEMBER 23, 2017**

**Viera's first & only all-Santa race!  
The 2nd annual 1 Mile race will run  
at 7:30am on 12/23/17.  
Space is limited. Register today.**

**[www.runrunsanta.com](http://www.runrunsanta.com)**



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

PRESENTED BY  
**Health First**

Health Plans

## Ghostly Gecko 5k



**Saturday, October 28, 2017**

**Eau Gallie Civic Center, Melbourne, FL**



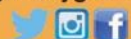
- Best Halloween Costume Contest
- Fun Ghostly Gecko Awards
- Food & Beer after the Run at Squid Lips
- Free Lil' Goblins Kids Run with Zippy the Gecko
- Halloween Trick or Treat Bags for all Finishers
- Random Giveaway of a Drone!

Benefits Eau Gallie  
High School Health  
& Wellness Academy



**[runningzone.com/series](http://runningzone.com/series)**

#ghostlygecko5k



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



# RUN LOCAL



## *Gleason Park*

Gleason Park is a 27 acre public park with lots to do! There are picnic tables, grills, covered gazebos, a playground, and most important jogging trails!

There is a picture of routes and their distances located by the parking lot. The yellow route you will run into more walkers and people walking their pets, so it might be a little slower having to dodge more traffic, but the green and blue routes bring you away from the people for more mileage. The paths are very easy to follow and are paved. The park is open from dawn until dusk. You can feed the turtles, fish, and birds at the pond, and clean restrooms are found by the recreation and pool area.

**Gleason Park is located at  
1233 Yacht Club Blvd.  
Indian Harbor Beach, FL 32937  
Report & photos by Krysti Dixon**



# Gleason Park continued



# STOP BULLYING

## #be a buddy 5K & Free Fun Run

SATURDAY OCTOBER 21ST  
WICKHAM PARK  
MELBOURNE, FLORIDA

TO REGISTER: [RunSignUp.com](http://RunSignUp.com) "RunWalkRollAgainstBullying"

TO ATTEND EXPO ONLY: <https://runwalkrollagainstabullying.eventbrite.com>

FREE  
Family  
Activities

FREE  
1-Mile  
Fun Run

### *Run Walk Roll* AGAINST BULLYING & FREE FAMILY WELLNESS AND FITNESS EXPO

\$25 5K  
After Oct.  
14th: \$30



**9:00AM 5K/FUN RUN START**

**10:00AM AWARDS**

**10:30AM - 1:00PM FREE  
FAMILY FITNESS EXPO**



**SPORTS DEMOS + ROCK CLIMBING + NINJA COURSE +  
WELLNESS ACTIVITIES + DJ + KIDS ENTERTAINMENT**

For ALL INFO Visit Facebook: @BeABuddy-STOPBullying





## Space Coast Runners RACING TEAM

### The Space Coast Racing Team is now fully sponsored!

The title sponsor for the team is **Rall Capital Management** and the supporting sponsor is Imagine Believe Realize, LLC. Space Coast Runners is appreciative of their sponsorship and commitment to support the running community. Read more about them below.

At Rall Capital Management, the focus is relationships. We are a family owned and operated firm serving other families from our offices on Florida's Space Coast and in Columbus, Ohio.

We believe that the value we place on personal relationships helps us meet your needs much more comprehensively than multinational investment firms could.

Certified Financial Planner and founder, Bob Rall, "I wanted to sponsor the racing team because I believe in their importance in representing the Club and wanted to show my support. Also, with my logo on the back of the singlets, it's like 43 little billboards that hundreds will see at every race during the season."

<http://rallcapital.com>

---

**Imagine Believe Realize, LLC** (IBR) is an innovative, agile, small business with core capabilities in systems engineering, software development and integration. We bring the experience and commitment to design, build, and operate high performance IT solutions for our customers. IBR is dedicated to establishing a supportive environment in which employees can perform and feel their best by fostering an atmosphere that recognizes the importance for overall health, well-being and work/life balance. Our Corporate Wellness Program, run by a licensed and certified Registered Dietitian, is designed to identify the employee needs and formulate plans that can aid in employee development at group and individual levels.

We have sponsored Space Coast Runners because we support the organization for its dedication to promoting a healthy lifestyle through running, eating healthy and community.

<http://www.teamibr.com/>



# 3 Holidays, 3 Races

## in the Beach Communities of Cocoa Beach & Cape Canaveral

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

*Races benefit*

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

**FALL INTO WINTER 5k**  
October 28, 8:00 am  
Cocoa Beach

**COCOA BEACH TURKEY TROT 5k**  
November 23, 8:00 am  
Cocoa Beach

**REINDEER RUN 5k**  
December 9, 8:00 am  
Cape Canaveral

### 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)*

### To contact race directors by email:

Fall Into Winter 5k: [lmclean@cityofcocoa-beach.com](mailto:lmclean@cityofcocoa-beach.com)

Turkey Trot 5k: [turkeytrot5k@cfl.rr.com](mailto:turkeytrot5k@cfl.rr.com)

Reindeer Run 5k: [beachteachc104@aol.com](mailto:beachteachc104@aol.com)

Medals awarded at the REINDEER RUN for registering for all three races (medal shown above).

**Can't make all three races?** You can enter the series and run any of the races virtually and still earn the series medal. Email [turkeytrot5k@cfl.rr.com](mailto:turkeytrot5k@cfl.rr.com) to enter one or more races virtually.

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

**Overall Series Award** compliments of Ron Jon Surf Shop for the first place male and female finisher in the series. Points awarded based on overall finishing place in each race - 1 point for 1st, 2 points for 2nd, etc. Lowest overall score wins. Virtual racers are not eligible for the overall award.

### 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 XS, 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 \_\_\_\_\_



MARK YOUR  
CALENDAR!

# SCR Runner of the Year SERIES

2017—2018

## Running on Island Time 5K

Saturday, August 26, 2017

**Overall Male & Female Winners:  
William Maltin & Jennifer Absher**

## Turtle Krawl 5K

Saturday, September 9, 2017

**CANCELLED**

## Space Coast Classic 15K & 2 Mile

Sunday, November 5, 2017

## Space Coast Marathon & Half Marathon

Sunday, November 26, 2017

## Reindeer Run 5K — 12/9/17

Saturday, December 9, 2017

## Tooth Trot 5K

Saturday, January 27, 2018

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

Sunday, February 18, 2018

## Downtown Melbourne 5K

Saturday, March 24, 2018

## Space Walk of Fame 8K & 2 Mile

Saturday, April 7, 2018

## Eat My Crust 5K

Sunday, May 6, 2018



# Runner of the Year Series

**NO CHANGES THANKS TO HURRICANE IRMA**

## 2017—2018 ROY Leader Board

### OVERALL

- 1 Derek Beckett
- 2 Steve Hedgespeth
- 3 Shane Streufert

### MASTERS

- Jonathan Howse

### GRAND MASTERS

- Keith Snodgrass

### SENIOR GRAND MASTERS

- Matt Mahoney

## 2017—2018 ROY Leader Board

### OVERALL

- 1 Jennifer Absher
- 2 Eileen Conway
- 3 Erin Canfield

### MASTERS

- Annie Caza

### GRAND MASTERS

- Betsy Fisher

### SENIOR GRAND MASTERS

- Anne Dockery



**Unfortunately the 2017 Turtle Krawl 5K was cancelled due to weather conditions brought about by Hurricane Irma.**

It's not the first time a race has been cancelled in Runner of the Year Series history but it might be the first due to an actual hurricane.

Unsafe weather conditions from Hurricane Irma, forced race organizers to cancel the Turtle Krawl 5K. Space Coast Runners agreed that the cancellation was in the best interest of its participants.

### **So how will the ROY Series work now?**

The 2017/2018 Runner of the Year Series will now consist of 9 races instead of 10. Participants will still receive two drop races of their choice and the Turtle Krawl 5K will be considered an additional drop. Those participating in the "Ran All Races" challenge will need to have completed the Running On Island Time 5K and

Please note: the series standings reflect your age on August 26, 2017, the date of the first race of the 2017-2018 ROY series season. If you have any series questions, please email John Davis by clicking [here](#).

## 2017/2018 ROY UPDATE

### Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event.

# Runner of the Year Series

then complete the remaining 8 races in the ROY series to be eligible for this season's award.

**ROY scoring is updated on the SCR website.**

Please check out the Runner of the Year points scoring on the club's website. It is located under the ROY Series dropdown box:

<https://spacecoastrunners.org/cs/spacecoastrunners/runner-of-the-year-series-results-2017-2018>

Your next opportunity to score ROY points will be on November 5th at the Space Coast Classic 15K & 2 Mile. Remember, the series is open to all **active** members of Space Coast Runners. If you are listed as Inactive, you will not be eligible to score points. Login to your SCR account at [www.spacecoastrunners.org](http://www.spacecoastrunners.org). If you need assistance getting into your account, simply send an email to [socialmedia@spacecoastrunners.org](mailto:socialmedia@spacecoastrunners.org).



## FEATURED ROY SERIES RACE

It's the only 15K race in Brevard County! Once again the race will lead participants over Mathers Bridge and down the beautiful South Tropical Trail and then back to Gleason Park.

**WHERE** ► Gleason Park, Indian Harbour Beach

**WHEN** ► 6:45 & 7:00 AM—Sunday, November 5

**COST** ► **Save \$5 on the 15K and \$3 on the 2 Mile.** Early discounted registration for SCR members is thru 10/22/17.

**WHAT TO EXPECT** ► Come run the 32nd Space Coast Classic 15K and the 2 Mile which is the third race in the Runner of the Year Series. Classic Grimaldi potato chips and truffles for the Overall, Masters, Grand Masters, Senior Grand Masters winners in both the 15K & 2 Mile.

**SCR YOUTH SERIES** ► Featuring 1/4 mile, 1/2 and 1 mile distances for the little runners. 8:30 am approximate start time (12 & under).

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

**CURRENT COURSE RECORDS** ► Male: Chris Cacciapaglia - 51:08.3  
Female: Holly Davis – 59:19.01



Just before the start of Running on Island Time, the annual Space Coast Runners Runner of the Year Series opener, a group of elementary school-aged boys approached someone they recognized.

“Remember us?” Donald Tasker said, and pointed to a place on the lawn that bordered the road into Divine Mercy Catholic Academy, or the road to the finish line, depending on perspective. “We were here last year and you took our picture. I guess we’ll run again.”

At least three of the boys did: 6-year-old Wyatt, 11-year-old Miles, 10-year-old Barrett Mrdjenovich, all of whom finished well in their age groups in the 5K race.

Some waited for their races, however: the opener of the Space Coast Runners Youth Series, in which kids 12 and under run for the health of it as well as for snazzy wristbands, handed out to participants in what would have been nine races, had Hurricane Irma not dashed the Turtle Krawl.

The only SCR race that does not include a separate youth series run in the Space Coast Marathon and Half Marathon, which means kids next will set out on quarter-, half- and one-mile runs at the Space Coast Classic Nov. 5 in Indian Harbour Beach. Children who collect bracelets at five of the races will receive special awards and be recognized at SCR Awards Night, following the current season.

And although their adult counterparts have been known to take off alongside the youthful runners, you won’t find results for Youth Series events online or anywhere else.

In the words of SCR media coordinator Brittany Streufert last year, “This is Space Coast Runners’ way of getting out there with the kids and getting the kids out there exercising with us. It doesn’t have to be competitive, just fun.”

Want more information? Go to <https://spacecoastrunners.org/cs/spacecoastrunners/youth-series>.



**Collect All 9!**

wristbands awarded at the finish line



# Christmas Fit-Mas 3K

To Benefit **SUNTREE VIERA YOUTH ATHLETICS**

**Saturday December 9th  
at Viera Regional Park**



Online Registration at [RunningZone.com](http://RunningZone.com)

[www.runsignup.com/Race/FL/Melbourne/ChristmasFitMas3K](http://www.runsignup.com/Race/FL/Melbourne/ChristmasFitMas3K)

Adult 3k Run/Walk \$25  
Child 3k Run/Walk \$15



**4:30-5:30 pm**

**Sign up and Registration**

(In front of The Viera Community Center)

**6 pm**

**Start of the Race!**

**7-8:30 pm**

**Family Fun Celebration!**

- ★ Fun Holiday Race Packets
- ★ Free Little Elf Fun Run for all Kids
- ★ Christmas Fit-Mas Awards Ceremony
- ★ Moisture wicking Race T-Shirts For all Participants
- ★ After Race Food and Drink by Pizza Gallery & Grill
- ★ Great Contests, Give Aways and Prizes!
- ★ Winter Wonderland After Party

Presented By





**No Kid  
Should Know  
Cancer Inc.**

Report by Marisa Flint

### OVERALL MEN

Mike Walker, 19:42

Matt Mahoney, 22:07

DJ Oakes, 22:40

### OVERALL WOMEN

Terra Hutcheson, 25:35

Amy Fuller, 25:36

Katrina McKay, 27:58

### MALE MASTERS

Chadd Deo, 22:58

### FEMALE MASTERS

Megan Dierick, 28:48

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



Pictured above: Smiling volunteers greet runners as they pick up their packets at the Gold Rush 5K. You can follow the organization on Facebook at No Kid Should Know Cancer Inc.

## Walker, Hutcheson rush to win

**G**leason Park in Indian Harbour Beach was the scene of the first Gold Rush 5k, a race benefitting No Kid Should Know Cancer, Inc. Managed by Running Zone, the evening race began in a drizzle as runners gathered right outside of the park, winding its way through the neighborhood before ending back in Gleason Park. The race had plenty of volunteers to help runners navigate all of the turns.

Mike Walker won the race in 19:42; he was followed by Matt Mahoney, running in his second race of the day, in 22:07. Eleven-year-old DJ Oakes snagged third place in 22:40. The ladies' finish was a tight one, with Terra Hutcheson edging out Amy Fuller by one second, finishing in 25:35. Katrina McKay rounded out third place in 27:58. The masters winners of the race were Chadd Deo and Megan Dierick.

No Kid Should Know Cancer is a new organization, started by race director Laurie Rogers after her eight-year-old son was diagnosed with acute lymphoblastic leukemia. Rogers points out that there is no pediatric facility in Brevard that treats children with cancer, so patients must travel at least an hour one way for treatment, multiple times a week for months. She plans for her foundation to help with those expenses for families plus provide for fun family outings away from the hospital, helping with family morale during treatment.

Rogers plans for the Gold Rush 5k to be an ongoing event, making it bigger and better every year. She says, "I am hoping that this starts a movement in Brevard and as a community, we are all more aware of childhood cancer and the statistics surrounding the disease."

# Run With Hope 5K - 09/23/17 - Viera *Race Report*



Brenda Nelson picks up her 2nd place age group award.



Report by Brittany Streufert

## OVERALL MEN

Daniel Moore, 17:33  
Ryan DeGregorio, 18:15  
Doug Butler, 19:06

## OVERALL WOMEN

Dina Viselli, 20:12  
Sarah Berninger, 24:46  
Jennifer Najemnik, 28:07

## MASTERS

Art Anderson, 20:53  
Jill Mimbs, 29:49

## TEAM RESULTS

Space Coast Runners

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

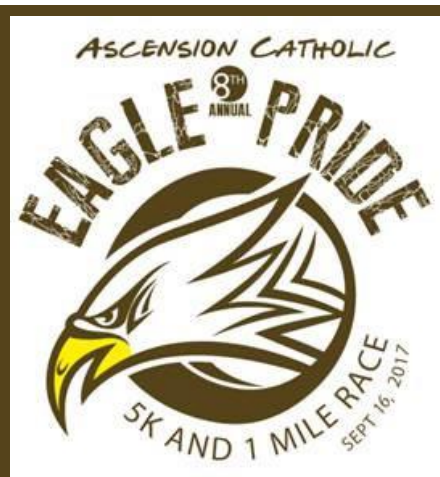
Runners took off from Church at Viera to be a part of the Run with Hope 5K. Sixty-six runners and walkers of all ages took to the 3.1-mile race path with a lot of post-storm energy. The SCR Racing Team won big at the race by taking home the “Fastest Team” and the “Most Team Participant” awards. Way to represent!

Melbourne’s Daniel Moore, 23 was the overall winner of the 5K and Dina Viselli, 32 won for the women. Art Anderson and Jill Mimbs were presented the Masters awards.

The event was a fundraiser for Community of Hope who aims to build hope and healthy families through a helping hand program of structured housing. This allows families with children to remain together in a safe and decent living environment so that they may grow strong, become self-reliant, transform their lives, and crush the cycle of homelessness and poverty.



SCR Racing Team picked up two awards at the 5K.



Report by Krysti Dixon

### 1 MILE OVERALL MEN

Quinton Williams, 5:32  
Dillon Helzerman, 5:34  
Frank Guffey, 5:35

### 1 MILE OVERALL WOMEN

Melissa Taylor, 5:48  
Lisa Girard, 7:15  
Sofia Helzerman, 7:26

### 5K OVERALL MEN

Joseph Granberg, 16:50  
Dennis McCheskey, 17:12  
Devin Stremmel, 17:32

### 5K OVERALL WOMEN

Grace Gumpel, 20:22  
Alexa Baker, 21:32  
Isabella Babilonia, 21:33

### 5K MASTERS

Art Anderson, 21:20  
Sarah Guttery, 24:23

### MEN'S CHALLENGE

Jason Garrett, 25:26 combined  
Quinton Williams, 25:28  
Timothy Maynard, 25:47

### WOMEN'S CHALLENGE

Sonia Rodas, 25:26 combined  
Sarah Guttery, 31:53  
Kara Turey, 32:25

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

Photo credit: Krysti Dixon

## Race Runs Despite Hurricane Irma's Wrath

**A**scension Catholic School held their 8th annual Eagle Pride 5k and 1 mile race on September 16, 2017, just a week after Hurricane Irma and it was a beautiful day!

Race director, Liz White told us, "We decided five days before race day to move forward with Eagle Pride given it was the weekend after Hurricane Irma! Everything was delayed: shirts, medals, food. Two days before the race, only 184 people were registered for the two distances. I was hoping this would be our best year yet, but the committee kept reminding me about the storm's impact, no school, no power and I tried to tell myself, it is what it is." Staying the course paid off for White. "Fast forward to race day, registrations are pouring in, runners are coming out of the woodwork and we ended up with 443 finishers between the two races!", she said. "There was such an amazing turnout! I'm still on cloud nine! I'm so thankful for our running community and for their support of Ascension Athletics!"

One mile race started first and top three finishers were only three seconds apart! Winner Quinton Williams, from Mims, won with a time of 5:32! Second place finisher was Dillon Helzerman, of Vero Beach, in 5:34. Third place was only a second behind with a time of 5:35, to Frank Guffey of Cocoa Beach!

The 5k started after the one mile race was over. It started with the signing of the National Anthem and then a prayer by Father

## Eagle Pride 5K, 1 Miler & Soaring Eagle Challenge continued

Tobin. The race had a police escort and went around the church parking lot and nearby neighborhoods. There were lots of supporters with signs and yells of encouragement throughout the course and finish line.

Once the race was over there were tons of goodies to be consumed! Genna's pizza was on site with hot pizza! There was always doughnuts, bagels, fruits, water, and Gatorade. There was also rock painting for anyone that wanted to participate.



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

# JINGLE BELL 2 Miler

PRESENTED BY

**Health First**

Health Plans

**SATURDAY, DECEMBER 16, 2017 • 5:45 PM • SATELLITE BEACH LIBRARY**



Benefits Satellite High School running programs.

- 🎅 Santa Hats to the 1st 500 Entrants
- 🔔 Jingle Bells for everyone's shoes
- 🎅 Best Holiday Costume Contest
- 🔔 Fun Stocking Awards
- 🎅 Santa Arrival on Fire Truck
- 🔔 Cookies provided by Long Doggers
- 🎅 Random Giveaway: LED TV

#jinglebell2miler

[runningzone.com/series](http://runningzone.com/series)



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





# Brittany Streufert

Runner + Race Director

**Name:** Brittany Streufert

**Age:** 45

**Originally from:** Detroit, Michigan

**Currently reside:** Viera, FL

**Occupation:** Homemaker, Freelancer, Race Director for Power of Pizza Charities

**Began running because:** My husband Shane had started running again so he was driving me nuts with his run schedule. A few of my friends kept asking if I would come out with them so I was guilted into it. I met some great people so I kept it up.

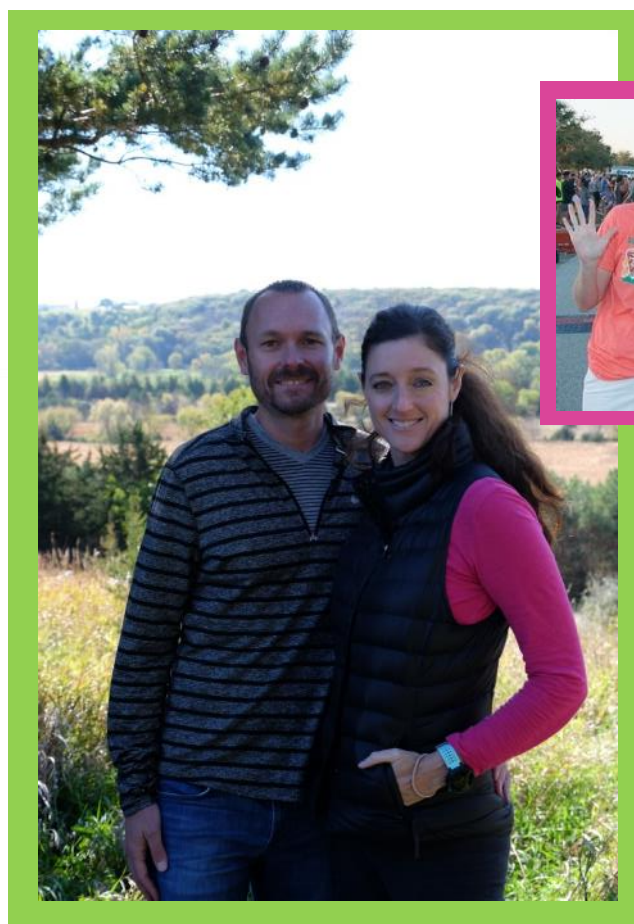
**I knew I was hooked when:** I ran 10 miles in the rain up in hilly Shelburne, Vermont with my co-worker, Jason one day before work. I couldn't believe I actually made it through that run.

**Race personal records (PRs):**

5K - 22:41, 10K - 48:06, Half Marathon - 1:45:38, Marathon—3:46:41

**Training philosophy:** "Do what you can, with what you have, where you are."

- Theodore Roosevelt



**Most satisfying race performance:**

Most recently it's the 2017 Cherry Blossom 10 Miler. I ran better than I had expected and had a great time at the race. Plus, it was cold which really makes a difference to me. I do hold my marathon PR race—Glass City Marathon in Toledo, Ohio very close to my heart. It was the first time after many, many marathons where I broke 4 hours. Running marathons for me always went a little something like this....train with Marie. Get to the marathon and Marie runs the time we trained at and I don't even come close. So we would then progress to Marie's next goal which would be a faster pace and the cycle would start all over again. It finally came together for me at Glass City so I am forever grateful to Marie, Molly, Gina and Susie for running with me and always pushing me.

**Favorite local and/or out-of-town race:**

I do love the Gasparilla Distance Challenge weekend of races. I think the Daytona Beach Half

Marathon is a really cool race. And I'll plug the local Eat My Crust 5K which I have never run but have watched you all run the past 6 years and it looks like a really good one (full disclosure: I'm the race director of it).

**Favorite race distance? Why?:**

I don't really have a favorite distance. Each one has something unique about it. If I had to pick one I would probably say the half marathon.

**Favorite Place(s) to Run?** I don't like to run the same route all the time so I like to change things up. I like running around Viera, Tropical Trail and at times River Road.

**Running goals:** I would like to run a really fast mile. I would like to do the beer mile. I would like to complete a marathon in all 50 states. I've been working on this one for a while and it's exhausting. Kudos to those who have achieved all 50!

**Running partners:** Lots of peeps on the Viera Pizza Race Team (Mike, Cheryl, Cristina, Molly, Marie, Howard, Corinne) and recently I've had the awesome experience of running with a pace pack for some of my marathon training — Shane, Keith, Micah, John W and Ron. Love them all.

**If I could run a mile with any other person(s), dead or alive:** Will Ferrell, Justin Timberlake or Bernard Lagat. I would want them to tell me stories the entire time. I would dance with Justin and Will at the end. I'm not sure if Bernard would be into that, so I'll just take his stories.

**Funniest or oddest thing I've seen while running:** One Sunday morning on south River Road a group of us came across a drawing of a man's genital spray painted on the road. The next week it was covered up with black paint but we knew it was there.

**One piece of advice that I would give to a new runner:** Have fun with it and when you're ready, find a good coach to help you get

to that next level.

**Last movie I saw:** American Made

**Favorite meal:** Pizza & a salad

**Other sports & interests:** I'm interested in one day doing a pullup.

**Dream vacation:** It doesn't have to be a "dream". I just like to travel and see new parts of the world.



**Last time I took a selfie:** I've been taking them almost daily. My best friend Becky & I are on Snapchat and we're streaking!

**Why did you join SCR?** Shane signed me up when he joined. I didn't know what SCR was at the time.

# COCOA BEACH PARKS AND RECREATION

&



Cocoa Beach, Fla.

presents...

## Fall into Winter Halloween Beach Run / Walk Breakfast Run

Saturday, October 28th, 2017

Race Time 8:00 a.m.

Coconuts on the Beach

**NEW THIS YEAR!**

Overall award to the first place finishers male and female, in the Series, compliments of Ron Jon Surf Shop.

Points awarded based on overall finishing place in each race  
1 point for 1st, 2 points for 2nd, etc.  
Lowest score wins.

Virtual racers are not eligible for the overall award.



Awards for  
**TOP 3**  
MALE/FEMALE  
in 12 AGE  
CATEGORIES

**Post Race:**  
Breakfast for All Runners



**BEST COSTUME CONTEST**



**Pumpkin Carving Contest!**

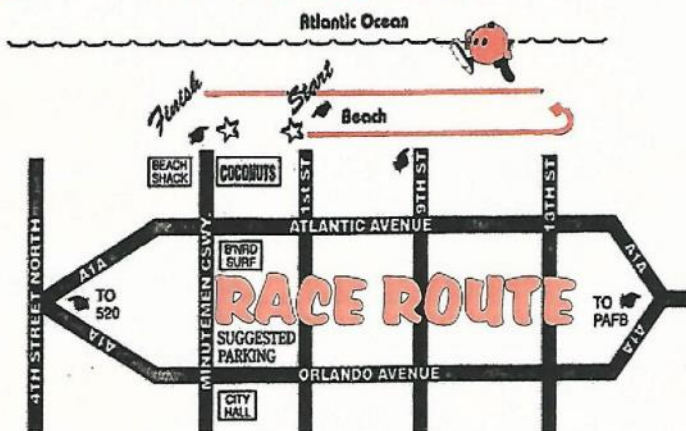
**1st - 2nd - 3rd Place Prizes!**

**Top Male and Female**

**Overall Winners**

- 1st Place...Surfboard**
- 2nd Place...Skimboard**
- 3rd Place...Bodyboard**

Courtesy of...





# 2017 COCOA BEACH FALL INTO WINTER 5K RUN/WALK

**Saturday, Oct. 28th, 2017 - 8:00 am  
Awards**

## 5K Run/Walk

**Saturday, Oct. 28th, 2017 - 8:00 am**

### Entry Fee

Cash or Check only accepted  
 Through Oct. 2nd \$25  
 Oct. 3rd-25th \$30  
 Race Day \$35  
 Family of (2) thru Oct. 13th \$45

Top Male and Female Overall  
 Top Male and Female Age Groups  
 in the following age categories  
 10 and under, 11-14 15-18, 19-24, 25-29,  
 30-34, 35-39, 40-44, 45-49, 50-54,  
 55-59, 60-64, 65-69, 70-74, 75-79, 80+

### Special Race Divisions

Best Male & Female finishing in costumes  
 Top 2 family team finishers  
 Best carved pumpkin

### Parking

West side of A1A



Packet Pick-up and late registration  
 Oct. 27th at Coconuts  
 5:00 and 7:00pm

### Tee-Shirts: To all runners

Non participants \$15  
 (size of shirts not guaranteed to  
 runners who register Day-of-Race)  
 Breakfast for non participants \$12

ONLINE REGISTRATION@ [www.RunSignUp.com](http://www.RunSignUp.com)

-----

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_

Address (street) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

T-Shirt Size **S M L XL XXL** Gender  M  F

**Entry Fee**  
 Through Oct. 2nd \$25  
 Oct. 3rd-25th \$30  
 Race Day \$35  
 Family of (2) thru Oct. 13th \$45

Date of Birth \_\_\_\_\_ Age (on race day) \_\_\_\_\_

Amount Enclosed

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release any and all rights and claims for damages which I may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the "Fall Into Winter 5K Run". If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the competition in this event. I have read the above and understand that I am entering this event at my own risk.

**Cash or Check only accepted**

Make checks payable to  
 Cocoa Beach Parks & Rec  
 (CBRD)  
 P.O. Box 322430  
 Cocoa Beach, FL 32932-2430

Date \_\_\_\_\_

Signature \_\_\_\_\_

Parent or Guardian, if under 18 \_\_\_\_\_

# SCR OUT-OF-TOWN RACE RECAP

email your results to:  
[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)



## THE GREAT CHOCOLATE RACE 10 MILER

Orlando, FL on 9/2/17  
Ilse Berube, 1:20:06  
Jo-Anne Boland, 1:28:50  
Kate Vandiver, 1:57:43  
Tracy Geiger 1:59:37  
Becky Oguete 2:00:51

## GREAT SMOKEY MOUNTAINS 5K

Townsend, TN on 9/8/17  
Ron Roff, 23:56 **3rd AG**

## BATTLE OF THE BANDS 5K

Orlando, FL on 9/16/17  
Holly Davis, 17:38  
Heather Mitchell, 38:03

## WEEKI WACHEE SPRINGS MERMAID RACE

Weeki Wachee Springs, FL on 9/23/17  
(race had timing issues)  
Nancy Foresteire, 2:25:09  
Rick Foresteire, ???

## BERLIN MARATHON

Berlin, Germany on 9/24/17  
Stephen Bernstein, 3:34:10 **1st AG**  
John Ouweleen, 3:39:39  
Micah Vanatta, 3:53:46

## DAVID HERLOCKER MEMORIAL BACHMAN VALLEY HALF MARATHON

Westminster, MD on 9/24/17  
Ron Roff, 2:07

## RUN LAKE NONA 5K

Orlando, FL on 9/30/17  
John Davis, 17:08 **1st AG**  
Greg Griffin, 24:56 **2nd AG**  
Alysson Lyons, 30:18  
Sara Griffin, 31:10  
Samantha Kervin, 32:33 **2nd AG**  
Heather Mitchell, 35:12

## MILWAKEE MARATHON

Milwaukee, WI on 10/1/17  
Tracy Geiger, 5:51



TRACY GEIGER AT THE POST RACE PARTY  
MILWAUKEE MARATHON

# EMAIL US YOUR RACE TIMES!

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

# WHERE IN THE WORLD

are Space Coast Runners  
running?

## October 2017

October 8  
**Chicago Marathon**  
Chicago, IL

Doug Nichols



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



Mike Acosta, Carol Ball, Cristina Canales, Molly Kirk, Bob Rall, Gina Rall, Corinne Rios, Brittany Streufert, Shane Streufert, Marie Thomas

October 15  
**PNC Milwaukee Half Marathon**  
Milwaukee, WI



Hilary Eisbrenner

October 21  
**Urban Bourbon Half Marathon**  
Louisville, KY



Hilary Eisbrenner

## November 2017

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

Holly Davis, John Davis, Lori Kruger



## January 2018

January 4—7  
**Walt Disney World Marathon Weekend**  
Lake Buena Vista, FL



Tracy Geiger

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

**Email the newsletter at [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).**

## THANK YOU

**HEALTH FIRST  
PRO-HEALTH & FITNESS  
CENTERS!**

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



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

They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all three locations — Merritt Island, Melbourne, and Viera. It's like having three gyms in one!

For more info, visit [Health First Pro-Health & Fitness Center](http://Health First Pro-Health & Fitness Center).

## GET YOUR NEXT RACE LISTED

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

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

# 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

10/7	<b>Sprint for Sight 5K</b>	7:30 am	Gleason Park, Indian Harbour Beach	herickson@cfl.rr.com
10/7	<b>Will Run for Chocolate, Won't Stand for Violence 5K</b>	7:30 am	Field of Dreams Park, West Melbourne	scoutantferry@ymail.com
10/7	<b>Mullet Festival 5K</b>	8:00 am	Scout House, Mims	<a href="https://goo.gl/MmxHLH">https://goo.gl/MmxHLH</a>
10/7	<b>Run Domestic Violence Out of Brevard 5K</b>	5:00 pm	McKnight Family Sports Complex, Rockledge	Cindy.Mitchell@uss.salvationarmy.org
10/13	<b>For the Girls 5K</b>	5:00 pm	Wickham Park, Melbourne	brittanystreifert@gmail.com
10/14	<b>Wild Shrimp Shuffle 10K &amp; 5K</b>	7:45 am 8:15 am	Chain of Lakes, Titusville	<a href="http://sceventmgt.com">http://sceventmgt.com</a> .
10/14	<b>Witch Way 5K</b>	5:00 pm	Nance Park, Indialantic	witchway5k@indialantic.com
10/21	<b>Run Walk Roll Against Bullying 5K</b>	9:00 am	Wickham Park, Melbourne	<a href="https://goo.gl/7vQk63">https://goo.gl/7vQk63</a>
10/22	<b>Sprint for Shade 5K &amp; 1 Miler</b>	7:30 am	David L. Schechter Center, Satellite Beach	kpparsons54@gmail.com
10/25	<b>Fundraiser for Jennifer Miles 5K fun run</b>	7:00 pm	Beef 'O Brady's, Satellite Beach	<a href="https://goo.gl/xrwbdF">https://goo.gl/xrwbdF</a>
10/28	<b>Fall Into Winter 5K</b>	8:00 am	Coconuts on the Beach, Cocoa Beach	<a href="https://goo.gl/oEE4aV">https://goo.gl/oEE4aV</a>
10/28	<b>Ghostly Gecko 5K</b>	6:30 pm	Eau Gallie Civic Center, Melbourne	info@runningzone.com
10/29	<b>Ron Jon Cocoa Beach Half Marathon and 6.55 Relay</b>	7:00 am	Lori Wilson Park, Cocoa Beach	info@thefloridamarathon.com





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

## THANKSGIVING DAY

8:00 AM

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

### Location & Schedule

Race starts and ends at 20 N. Brevard Ave in Cocoa Beach on Thanksgiving, Nov 23

- 6:30 - 7:45 am Registration at **20 N. Brevard Ave**
- 7:30 am Costume Contest Parade
- 8:00 am 5k Run / Walk
- 9:15 am Free Little Gobbler and Mascot Runs
- 9:30 am Awards Ceremony

### Amenities

- Unisex Tri-Blend shirt for adult sizes. Youth shirts are cotton/poly blend. Register early to guarantee shirt size!
- Timing by Space Coast Event Management
- Dozens of fabulous and festive door prizes

### Awards

Seasonal Thanksgiving awards presented to:

- Top 3 Overall Male and Female
- Top Master Male and Female
- Top 4 Turkey Teams: All Female, All Male, Coed, Cocoa Beach or Cape Canaveral Business
- Top 3 Male and Female in Age Groups: 0-8, 9-11, 12-14, and 5 year age groups from 15-19 thru 80+

### Packet Pickup

- Tuesday, Nov 21, 4:00 to 7:00 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Avenue
- Wednesday, Nov 22 from 12:00 pm to 7:00 pm at **Cocoa Beach Health & Fitness**
- Race day morning from 6:30 am - 7:45 am

### Register by Mail, On-Line, In Person

#### Entry Fees

- \$20 Individual entry mailed by November 1
- \$25 Individual entry mailed after November 1
- \$30 Individual entry on race day
- \$80 Turkey Team of 4 mailed by November 1
- \$100 Turkey Team of 4 mailed after November 1

**(Entries for teams will not be accepted after Nov 20)**

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

#### Mail

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

#### On-Line

[www.cocoabeachturkeytrot.com](http://www.cocoabeachturkeytrot.com) or  
<https://runsignup.com/TurkeyTrot5k>  
 On-line registration closes Nov 20 at midnight

#### In Person

Tuesday and Wednesday at Packet Pickup  
 Race day from 6:30 to 7:45 am at 20 N. Brevard Ave

**Race hotline** Call or text 321-960-0765

**Email** race director at [TurkeyTrot5k@cfl.rr.com](mailto:TurkeyTrot5k@cfl.rr.com)

**Results Posting** [www.sceventmgt.com](http://www.sceventmgt.com)

[www.cocoabeachturkeytrot.com](http://www.cocoabeachturkeytrot.com)

## 2017 Cocoa Beach Turkey Trot 5k

Name \_\_\_\_\_ Address \_\_\_\_\_ M F Age \_\_\_ DOB \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Race Shirt YM XS S M L XL XXL XXXL Team? Yes Team Name \_\_\_\_\_

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

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

Signature (Parent or guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_



# SPACE COAST RUNNERS MEMBERSHIP APPLICATION FORM

Select One:  New Member  Renewal  Address change

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Sex: M / F

Email: \_\_\_\_\_ Volunteer? YES / NO

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Membership Class/Dues (select one):  Individual (\$30/year)  Family (\$35/year)

Student (\$15/year) (*Membership benefits apply to an eligible student, under 25, enrolled in school full time*).

**If Family Membership, list family members below: Membership benefits apply to 2 adults and children UNDER 25 years of age. All family members MUST have the same mailing address.**

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F Vol? YES /NO

Email \_\_\_\_\_ Phone# \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Email \_\_\_\_\_ Phone# \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Email \_\_\_\_\_ Phone# \_\_\_\_\_

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 SCR events 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, 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 club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. *I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.*

Signature \_\_\_\_\_ Date \_\_\_\_\_