

On-line with the

# SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

November 2011



**2011 Cocoa Beach  
Fall into Winter  
5K run/walk** 



A full slate of races last month, some rescheduled and some cancelled due to the storm we had early in the month. A lot more coming this month. See inside for all the details.

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## 2011-12: WHO WE ARE

**Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness, through running and walking at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at [Space Coast Runners Club](#). We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month. **The next meeting will be held Monday, October 17th at Pro-Health & Fitness Center in Merritt Island.**

### VOLUNTEER OFFICERS AND STAFF

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# 2011-2012 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## **Running on Island Time 5K**

August 20, 2011  
Divine Mercy Catholic School

## **Tiger Dash**

January 28, 2012  
Holy Trinity High School

## **Chain of Lakes 5K**

October 15, 2011  
Titusville

## **Tooth Trot 5K**

February 12, 2012  
BCC Wickham Park Pavilion

## **Space Coast Classic 15K and 2-Miler**

November 5, 2011  
Windover Farms, Melbourne

## **Eye of the Dragon 10K and Tail of Lizard 2-Miler**

February 25, 2012  
Eau Gallie Civic Center

## **Space Coast Marathon and Half-Marathon**

November 27, 2011  
Riverfront Park, Cocoa

## **Downtown Melbourne 5K**

March 31, 2012  
Holmes Park, Melbourne

## **Reindeer Run 5K**

December 10, 2011  
Cape Canaveral

## **Space Walk of Fame 8K**

April 14, 2012  
Space View Park, Titusville

**NEW FOR THIS YEAR!** The Brevard County Series Showdown will take place June 9, 2012. The Space Coast Runners' Series, The Running Zone Series and the Titusville Racing Series will stage a Champions Race. You can qualify by winning ANY award in ANY of the 3 series. More details to follow!



You can find the complete 2011-2012 ROY rules by  
[CLICKING HERE](#)

# KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Cindy Bishop, Loran Serwin, Wendy Scheuring, and Running Zone. SPECIAL THANKS to Steve Colella of [YourPhotosNow.com](http://YourPhotosNow.com), Barry Jones of [TriHokie Images](http://TriHokieImages) and Dave Berkman, [Mayor of Indialantic](http://Mayor of Indialantic).

**HAPPY BIRTHDAY TO:** If you see these folks out running or walking this month, wish them a Happy Birthday. **11/1**—Angie Preston, Sharon Loines, Daniel Nunez; **11/2**—Randy Farner; **11/3**—Joe Hultgren, Kristen Miller, Colby Enlow; **11/4**—Scott Larson; **11/5**—Kimberly Badgett, Ric Orona, Debra Weber; **11/6**—Carol Ball, Joan Joesting; **11/7**—Lisa Petrillo; **11/8**—Trish Piercy, Fiona Wright, Gina Rall, Kristin Jalowiecki; **11/9**—Pat McKee; **11/11**—Mike Acosta, Michael Thomas; **11/12**—Kristen Badgett, Jorge Abreu, Addison Paroline; **11/13**—Ray Brown, Theresa Miller, Tammy Pierce, Julie Hannah; **11/14**—Steve Joiner, Allen Cowart; **11/15**—John Davis; **11/18**—Thaddeus Austin; **11/20**—Shaina Anderson; **11/21**—Stephanie Castner; **11/22**—Ron Abel, Heather Lewis, Anna Rodriguez; **11/23**—Chenna Cook, Daryl Gilbert, Michael Slomins, Madeline Zeuli; **11/24**—Mark Schuster; **11/25**—Taylor Gannon, Howard Kanner, Jo Ellen Kanner; **11/26**—Kimberly Budnick; **11/28**—Nancy Rowan; **11/30**—Dana Slomins; John Fricano

## WELCOME NEW MEMBERS

Robert Bruckart, Sonia Holmquist, Phil Hatcher, Edward Bohnenstiehl, Joan Thibodaux and Katie Kimmel. Welcome! See you on the roads.

## HEADING NORTH

The Space Coast Runners Sunday morning fun runs now head north along Indian River Drive from Cocoa Village. Start time is 6:30 a.m. and water and Gatorade will be provided at miles two and four along the route. All runners and walkers are welcome to join the fun!

## ADVERTISING:

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is FREE! Deadline is on the 28th of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or .psd. Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners. Contact Bob Rall at [bob@rallcapital.com](mailto:bob@rallcapital.com) for more information.

# KEEPING TABS

## LOCAL FUN RUNS

We are lucky to have a very active local running/walking/fitness community. Because of the geographic makeup of our area, it's hard to have a central spot to meet friends and other like-minded fitness enthusiasts to train with. Our community has solved that problem by offering several different locations and times for fun runs. Here's a brief summary of fun runs available in the area, but for more details on each, [CLICK HERE](#).

DAY	LOCATION	TIME	ORGANIZER
SUNDAY	COCOA, RIVERFRONT PARK	6:30AM	SPACE COAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	6:00AM AND 7:00AM	PINES PLODDERS
MON-WED-FRI	FAY LAKE WILDERNESS PK, PSJ	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	6:30PM	PEDRO TOLEDO
TUES & THURS	ISLAND STRIDE SPORTS, IHB	6:00PM	DAN SMITH
TUESDAY	PALM BAY COMMUNITY CTR	6:30PM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WEDNESDAY	EAU GALLIE CIVIC CTR	6:00PM (5:30PM STARTING 11/9)	RUNNING ZONE
THURSDAY	VARIOUS-MELB & COCOA BCH	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM (5:30PM STARTING 11/9)	RUNNING ZONE
SATURDAY	SPACE VIEW PARK, TITUSVILLE	7:00AM	PEDRO TOLEDO

If there are fun run groups that are not listed here, send an email with details to [Bob@RallCapital.com](mailto:Bob@RallCapital.com).

## SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH-FIRST PRO-HEALTH AND FITNESS CENTERS!!

They graciously allow us to use a meeting room in one of their facilities for our SCR Board Member 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 that is 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 information visit their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their Facebook page!



# Eagle Pride

## 5K & 1 Mile Run/Walk

**SATURDAY, November 12 at 8:00 AM**  
Windover Farms on Post Rd. \* Melb, FL

- "Eagle Pride" Race T-shirts (first 500 registrants)
- Awesome Race Packets & Awards
- Post Race Refreshments
- **\*FREE** – Kid's Fun Run (\*7yrs old & younger)

### TIMETABLE

**Friday, November 11: 10am – 5pm**

Packet Pick-up & Registration at **Running Zone** across from Brevard Community College on Wickham Rd.

**Friday, November 11: 6pm – 9pm**

Packet Pick-up & Registration at **Ascension Fall Festival** at Ascension Catholic Church, 2950 N. Harbor City Blvd. Melbourne

**Saturday, November 12: Windover Farms Pavilion**

6:30 am Packet Pickup & Race Day Registration

7:45 am Late Registration ends

8:00 am 5K Start!!!

9:15 am 1 Mile Starts!!!

9:30 am Kid's Run (7yrs and under) - FREE!

*Awards Ceremony immediately following all races*

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**Images**  
4 Kids

### AWARDS: 5K

M & F: Top 3 Overall, Top Masters (40+)  
Age Groups (Top 3 M&F)

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

### AWARDS: 1 Mile

Top 3 M&F in age groups:

11 & under	12 – 19	20+
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### FEES

5K Early Registration (by 11/7)	\$23
5K Reg. after 11/7 & Race Day	\$28
5K Kid's Reg. (16 yrs. & Under)	\$18
1 Mile Registration (T-Shirt included)	\$15
1 Mile Registration (NO T-Shirt incl.)	\$10

SORRY, NO REFUNDS

## EAGLE PRIDE 5K & 1 Mile Run/Walk - OFFICIAL ENTRY FORM

Make Check Payable to: Ascension Catholic Church (memo: Eagle Pride 5K)

Mail Complete Form and Check to: Ascension Catholic School, c/o Eagle Pride 5K Race  
2950 N. Harbor City Blvd., Melbourne, FL 32935

Name \_\_\_\_\_

5K       1 Mile

Address \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Male     Female

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Age on Race Day \_\_\_\_\_

Shirt Size (circle):    (youth)M    (youth)L    (adult)S    (adult)M    (adult)L    (adult)XL    (adult)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 Ascension Catholic Eagle Pride 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

# Carol's Corner

Contributed by Carol Ball, SCR President

## **Whatever the Pace, Wherever the Race, Manners Matter**

Each month at the Space Coast Runners Board meeting we review the races from the past month, and also the upcoming races. Between October 17th and November 21<sup>st</sup> there are 15 races scheduled in Brevard County!! This means lots of opportunities to test our skills and enjoy our sport.

I would like to share some information from the Road Runners Club of America's "Runners Etiquette: Rules of the Road and Races".

Follow the rules of the race outlined on the race form! All runners have a collective responsibility to keep the event safe. Most races generally discourage headphones, dogs, cell phones, and jogging strollers.

Pre-register even if same day registration is offered. This will help ease the registration process – and probably save you some money!

Arrive early for the event. Check your registration information carefully to make sure your sex, age, and number is correct.

Line up according to how fast you plan to run or walk the event. Just because you arrived early does not mean you should be at the front of the starting line.

Pay attention to the pre-race instructions at the starting line. Most participants in the back of the pack cannot hear the race director – basically because people around are talking. After the pledge or national anthem, PLEASE refrain from chatter. The race director may have an important message about the race course for you!!

Don't be a road hog – run or walk no more than 2 abreast. Do not block runners coming up behind you by swerving needlessly back and forth across the course. (Parents, please teach your children this!)

If you see someone in distress on the course, report their number to an aid station and try to recall the approximate mile marker where you saw them.



*Continued on next page...*



**Carol's Corner**—*continued*  
Contributed by Carol Ball, SCR President

**Whatever the Pace, Wherever the Race,  
Manners Matter—Continued**

If a friend is running the last stretch of the race with you and has already finished or is not in the race, he/she should move off the course well before the finish line to avoid confusion.

Stay around for the awards ceremony. You may be surprised that you won an award! All award winners appreciate an audience! If you feel that you deserved an award, but your name was not announced, don't rush on stage to debate the award with the announcer. Find a race official and discuss the discrepancy with them.

Remember - no event is perfect and people work hard to make them safe and enjoyable. Most events are staffed primarily by volunteers. If you have ideas for improving an event or concerns you would like to address, share them with the race director or race committee in a positive and productive manner.

Enjoy!

—Thanks Carol!

***“Play not only keeps us young, but also maintains our perspective about the seriousness of things. Running is play, for even if we try hard to do well at it, it is a relief from everyday cares.”—Jim Fixx, Runner and author of The Complete Book of Running***

***“Running! If there's any activity happier, more exhilarating, more nourishing to the imagination, I can't think what it would be.”—Joyce Carol Oates, American author***

***“I like to say, and I truly believe, that every run brings new experiences. You just don't know what they might be until you actually do the run. That's one of my major reasons for pushing out the front door as often as I do—the adventure of it all.”—Amby Burfoot, Editor at Large, Runner's World***



# 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 all Space Coast Runner races (pre-registered entries only) and several other races.
- 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.



Fill out the following form and return it with a check to: Space Coast Runners, P.O. Box 2407, Melbourne, FL 32902-2407

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: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Additional sponsorship options:  Supporter – \$20  Sponsor – 50  Benefactor – \$100

I would like my contribution to help:  SCR Youth Running Series  Space Coast Classic 15K  Eye of the Dragon 10K

Space Walk of Fame 8K  Space Coast Marathon

I would like to volunteer at club races (circle races above)

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.*

# Meet Your Board of Directors

## Ed Springer

In the spring of 2004 I moved from Washington, DC to the Space Coast to pursue an amazing job opportunity. While I lived in DC I was running, but not in a healthy manner. I was always running to work, running from one meeting to the next and ultimately running down my psyche. When I moved to Florida I made a commitment to enhance my physical, mental and spiritual condition since I realized my daily habits were becoming detrimental to my overall well being.

I began going to the gym a few times a week and started running or working out on the elliptical machine once a week. One of my coworkers proposed we run a few of the local 5k races for fun. Thankfully I was able to finish the races and surprisingly I usually placed top 3 in my age group. The awards were accumulating, however I realized it wasn't that I was an exceptional runner, rather there were usually only about 1 or 2 other guys in my age group. The awards were by default... not athletic greatness. Nonetheless I became hooked on bringing home paper certificates, bobble head figurines, 2 inch tall trophies, ribbons, medallions with yarn lanyards, plates with stickers on them, and the myriad of other awards that give each race a unique identity. I enjoyed the race atmosphere and became somewhat enthusiastic about running.



I heard about the Space Coast Runners (SCR) at a few local races and learned about the Runner of the Year (ROY) series. It looked intriguing so I became a member in the 2005 timeframe. I really didn't know much about the organization, or running for that matter, but did like the races in the series. I would start "training" for the ROY series about a week before the first race and after the last race of the series I would take off for several months. I certainly wasn't setting any blistering paces and I watched many runners continually excel as my times remained flat. It wasn't until I

started getting involved in the running groups and social runs that I learned proper training techniques and also realized how much more enjoyable it was to run with other people.

When running with my newfound friends I took every opportunity to ask about their running routines. I was floored when these people talked about running 25 to 30 miles a week. I thought

*Continued on next page...*



# Meet Your Board of Directors

## Ed Springer *Continued*

10 miles a week was an astronomical amount. In my mind I was thinking these people are excessive and true running fanatics but their running results spoke loudly. I became very involved with Up and Running training camps and joined an amazing team of like-minded, positive people. It is the experiences I have encountered with Space Coast Runners, Up and Running and the local running community that have keep me coming back for more.



Over the years my experiences with the Space Coast running community have shifted focus. I went from being extremely concentrated on PRs to looking at subtle accomplishments happening all around. Every runner has a story and reason why they run. For some people it is the training and competition, others run to stay healthy and some hate every step they take but they can't stand being a couch potato anymore. I have come to have equal admiration for the first and last person to cross the finish line. I now mostly run for the fun and social aspects of it. This past year has been full of changes in my life. Between moving, a new job and many other responsibilities, running has helped to keep me centered.

So now that you know a little about me I would like to take a moment to talk about SCR and being a Board member. I accepted a nomination to the Board back in 2009 not knowing what to expect. What I have found is much greater understanding of the SCR organization and a group of dedicated volunteer Board members continually striving to encourage, facilitate and promote walking, running and health within the community.

There is much value added in being a SCR member but not all members seem aware of the benefits. While there is a nominal membership fee, I have found that using your membership can work in ways to far offset the fee. Many local athletic stores offer SCR discounts and coupons on merchandise and gear that is essential for all runners. There are also many social events, with food, organized and paid for by SCR. Please take time to visit the sponsorship link on the SCR website and join the social runs and events. There are many ways to make your membership work for you and have fun along the way.



*Continued on next page...*

# Meet Your Board of Directors

## Ed Springer *Continued*

I have also been enlightened to the many ways SCR gives back to the community. Many great causes, such as the Special Olympics, receive donations from SCR that are infused directly into local community events. Being a SCR member is a way to be a part of something way bigger than just an individual runner and there are many opportunities for members to get involved with volunteer and outreach activities.

The Board is continually looking for ways to make healthy lifestyles integral in our community and if you have suggestions for improving YOUR club, please talk to a SCR Board member or attend a monthly Board meeting and share your thoughts and ideas. I wish you all many more miles of running enjoyment and good vibes.



THANKS ED!!—BR

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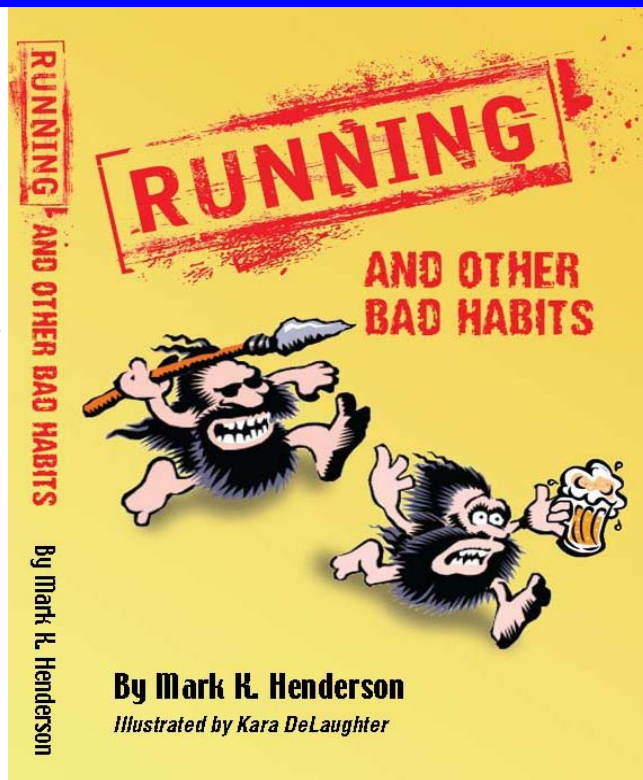
***Store Hours:*** Monday - Friday 10:00am-6:30pm  
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

# “Running, And Other Bad Habits”

By Mark Henderson; review submitted by Wendy Scheuring

While Mark Henderson has ties to many SCR members, I didn't meet Mark until 2004 when he ran by me during the Wickham Park Marathons, slowing briefly to shout, “Am I one sexy bastard or what?” While he didn't seem to have much time to chat to a reporter, I thought to myself, “Now that is one funny guy!” (I was writing an article on the race for *Florida Today* and Race Director Matt Mahoney suggested that Mark would be good for a quote. He was right, although I didn't submit that one for the article.) Mark went on to complete 50 miles a day for four days straight—the first person to complete the 4x50 200-mile version of Wickham Park Marathons, and a feat not repeated until Joe Ninke did it in 2009.



Sometime later, I learned that funny guy Mark was writing a humor book, *Running, And Other Bad Habits*, and I was eager to review it. And as I read, I quickly learned that the funny runner was also one funny author!

*Running, And Other Bad Habits* is a collection of humor short stories Mark has been tinkering with for years, finally releasing the book in 2011. They're fictional—or at least I hope they are—as he sees the woes many of us have endured over our miles of running and racing and brings them to humorous life through various characters he's created. While most find the book hilarious (don't drink beverages that hurt coming out your nose while reading!), it is interesting how so many people have so many different opinions on their favorite part or parts.

My favorites are the characters Dolf and Scritch whose dialogue is marked with a distinctly southern drawl, but whose simplistic approach to running prodigious amounts of miles and drinking prodigious amounts of beer make the reader wonder if there aren't real runners out there in Runnerland who have discovered some sort of Holy Grail of running existence. But don't worry—this is not some philosophical or heady read. Nor will it make you run a faster 10K or teach you how to run 50 miles or more. It's just plain funny. Even the “endorsements” on the back of the book are whimsical, such as endorsements by Dolf, Scritch, and even Mark endorsing his own book. Hilarious!

*Continued on next page...*

# “Running, And Other Bad Habits” *continued*

By Mark Henderson; review submitted by Wendy Scheuring

The book is small enough to make a great travel companion or a unique gift for the runner for whom you want to do something different and nice, be it a Christmas gift or to mark a PR or other achievement.

*Running, And Other Bad Habits* is available online ([www.RunningBadHabits.com](http://www.RunningBadHabits.com)) or locally at the Running Zone (Melbourne), Daddy Ultra Runs (Cocoa Village), Island Stride Sports (Indialantic), Track Shack (Orlando), Spikes Athletic Footwear (Daytona Beach), First Place Sports (Jacksonville), iRun Co. (Miami), and On A Shoestring (Bradenton).

For those of you who know Mark, you'll want to get your copy because you *know* he's one funny runner. For those of you who don't, you'll want to learn how running from bullies and grannies and love-struck emus, as well as pukin', trippin', and “the clenched-cheek shuffle” can be laugh-out-loud funny.



Mark Henderson, author of “Running, and Other Bad Habits” is 51 and now lives in Houston.

*Thanks Wendy!!—BR*



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# Run a Mile With...Erin Schuck

**Name:** Erin Schuck

**Family:** Husband Tim, son Colin

**Ages:** I am 37, Tim is younger, and Colin is 7

**Originally from:** Ocala

**Grew up where?:** When I was 4 we moved from Ocala to Belfast, Maine and then returned to Ocala when I was 16.

**Occupation:** Race Management Team and Sales Associate at Running Zone

**Dream profession:** I am enjoying what I am doing now, I am surrounded by healthy, kind people and I have time and energy for my family.

**Number of Years Running:** I was involved in competitive swimming beginning at age nine and in Florida we would always "have to" run if it was storming. I dreaded running and did my best to get out of it whenever I could. I hung up my goggles in college and started running to get in shape.

**Began Running Because:** I went to college at the University of West Florida where there are beautiful trails all over campus. I started there and did the Turkey Trot 5K in 1995- I was so excited that I won a Cornish game hen because I got 3rd place! (It was a time prediction run.) I quickly learned that running kept me in shape, helped me meet some great people and cleared my head.

**I Knew I Was Hooked When:** I can't remember when it was, but probably when I was not able to run, whether it was because of an injury or just being "too busy". I have since realized you are never too busy to run! Running is such a great sport because you can do it anywhere. I travelled a lot after college and enjoyed running in Glacier National Park, the Redwoods, through Flagstaff, as well as Guyana, South America when I was in the Peace Corps. Unlike other sports all you need is a pair of running shoes and there are sights to see and areas to run.

**Race PRs (Personal Records):** 5K 22.58, 10K 48.30, 1/2 Marathon 1:51.22



*Continued on next page...*

# Run a Mile With...Erin Schuck

*Continued...*

**Most Satisfying Race Performance(s):** I broke 23:00 at the I Run For Pies 5K in Jacksonville this summer, that was exciting. I have many satisfying races, I try to find something positive about each one I do- even if it is just a good bagel.

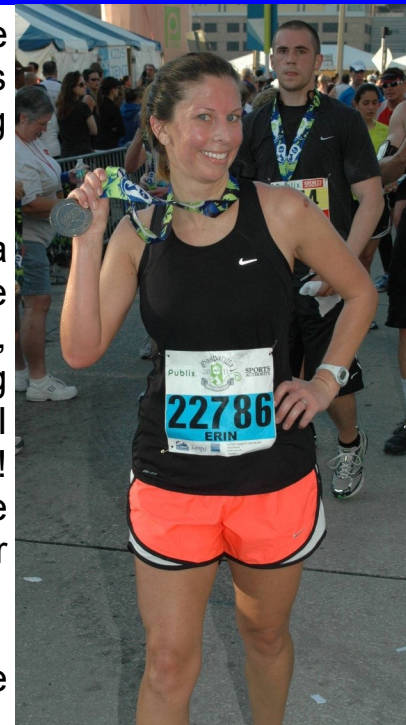
**Favorite Race(s) and Why?** I have always liked the Ocala Half Marathon- definitely not for the cold weather but for the scenery and the nostalgia of it being my first real race in 2001, and by real I mean one I trained for. Locally, the Running Zone Series races have been my favorites- even before I worked at Running Zone! I have done the Zoo 3K every year! Other than those, I love the Re-Run 5K because everyone dresses up in 80's attire and it benefits the work of the Junior League of South Brevard.

**Favorite Race Distance:** I enjoy 10K's the most because the distance is comfortable.

**Favorite Place(s) to Run:** I switch it up a lot. I currently run a lot near the old Port Malabar Country Club, but the 192 Causeway is what sold me on the move to Melbourne!

**Running Goals:** I really want to go under 1:50 for the 1/2 marathon. I have been saying that for YEARS! Realistically I would like to stay injury free and be able to run comfortably for many more years.

**Running Partner(s):** Wow, I could write quite a list! I enjoy running with enthusiastic, funny, happy, positive people. I am not sure where my dog, Vader fits into that, I guess he is one of my happiest training partners.



**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** I miss running with my sister, Rebekah- she lives too far away! Other than that, probably my grandfather, he was active with walking and basketball until he died when he was in his 90s.

*Continued on next page...*

# Run a Mile With...Erin Schuck

*Continued...*

## **One Piece of Advice That I Would Give to a New Runner:**

Find a group that you can train with at least once a week, they will encourage you and keep you honest with your training! Most importantly is to get fitted into a proper running shoe—make an investment, your feet and legs will thank you.

**Other Sports& Interests:** I have done a few triathlons but I am not a fan of the biking portion, I wish there was more interest in Aquathons or open water swimming!!!

**Favorite Reads:** I will be honest, reading puts me to sleep... So unless I am on vacation and have a good book, I usually just read Runner's World magazine.

**Favorite Movies:** I don't watch many movies, my husband is the movie guru. I do have quite an interest in reality TV like Survivor and Amazing Race with some Real Housewives thrown in.

**When Nobody is Looking I Like to:** Oh, I suppose this is where I should mention that I watch ridiculous TV shows like Real Housewives.

**Favorite Meal:** Since ice cream is technically not a meal, how about sushi and a really cold beer.

**Dream Vacation:** There are so many places that I haven't been....Europe, Africa, Australia. I would take a trip to any of them!

**Why did you join SCR?** I joined when we relocated to Brevard County in 2002, I remember eating fried pickles at a meeting I attended at Charlie and Jakes! I was looking to connect with other runners in the area and get involved in the racing scene.

**I Think That SCR Could Do A Better Job:** Since I joined it has been fun to see the club grow and change! I enjoy the electronic newsletter and learning more about my fellow runners. I guess the only suggestion I would have would be to add a couple races to the SCROY series that are in the southern part of the county (Palm Bay/Bayside).



**THANKS ERIN!!—BR**

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Here are some of the highlights for the 40th anniversary of the Space Coast Marathon & Half Marathon:

- Start your race to the roar of a Space Shuttle count down and lift off on the Jumbotron
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- A Commemorative 40th Anniversary Shuttle Patch for all Finishers!
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PAY BY DATE	FEB. 1 - AUG. 31	SEPT. 1 - OCT. 31	NOV. 1 - NOV. 26
2011 MARATHON	\$80	\$90	\$100
2011 HALF-MARATHON	\$70	\$80	\$90

Check Division Entering:  MARATHON\*  HALF-MARATHON

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

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

RACE DAY AGE \_\_\_\_\_ EXPECTED FINISH TIME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

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(Cost includes dinner and admission to the Apollo/Saturn V Center Exhibit.)

T-shirt size:

X-SMALL  SMALL  MEDIUM  LARGE  X-LARGE  XX-LARGE UNISEX SIZING (Technical shirt will not shrink)

Brevard County Resident:  (\$5.00 discount for Half-Marathon | \$10.00 discount for Marathon until Aug. 31st, 2011)

Note: Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 26th to do so. After that date, no changes will be allowed.

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2011 Marathon, Half-Marathon being accepted, I intend to be legally bound, and do 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 of participation in the 2011 Space Coast Marathon, or Half-Marathon. 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 \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 (HALF) \_\_\_\_\_

\*Eighteen (18) is the minimum age required for participation in the marathon.



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**When:** Level I: Saturday, February 11, 2012 – 9:00 am-4:30 pm

Level II: Sunday, February 12, 2012- 8:00am- 11:30am

**Where:** JCC of Greater Orlando, 11184 S. Apopka Vineland Rd., Orlando, FL 32836

**Open to:** Level I: Runners who are beginners, advanced, any age, injured or not

Level II: Runners who have taken a Chi Running workshop before

**Cost:** Level I \$225 (Early Bird Price), Level II \$175 (Early Bird Price)

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**December 3** - Viera Regional Community Center:  
"Reindeer Dash 5k & Jingle Bell Walk" (321) 433-4891

**January 14** - South Beach Community Center:  
"Shiver Me Timbers 5k & Fun Walk" (321) 952-3210

**February 18** - Rodes Park Community Center:  
"Forever Hearts 5k & Fun Walk" (321) 952-3215

**March 10** - Barefoot Bay:  
"5k at the Bay & Fun Walk" (772) 633-8748

**May 26** - Wickham Park:  
"Space Coast Sports Festival 5k & Fun Walk" (321) 433-4891

**June 16** - Ted Whitlock Community Center:  
"Hurricane Hustle 5k & Windy Walk" (321) 952-3231

**Pre-register for 5 races and receive a prize!**

**COST** : Pre-register(mailed)7 days before each race: \$14.00 RUNNER / \$11.00 WALKER

Day of Race : \$18.00 RUNNER / \$12.00 WALKER



For race details visit [www.brevardparks.com/South](http://www.brevardparks.com/South)

For more information email  
[southarea@brevardparks.com](mailto:southarea@brevardparks.com)

(321) 255-4400





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(Check the box for the race you are entering)

- December 3-Viera Regional Community Center: “Reindeer Dash 5k and Jingle Bell Walk” Viera (321)433-4891
- January 14-South Beach Community Center: “Shiver Me Timbers 5k and Walk” Melbourne Beach (321)952-3210
- February 18-Rodes Park Community Center: “Forever Hearts 5k and Walk” W. Melbourne (321)952-3215
- March 10-Barefoot Bay: “5k at the Bay and Fun Walk” Micco (772)663-8748
- May 26- Wickham Park : “Space Coast Sports Festival 5k Race and Fun Walk” Melbourne (321)433-4891
- June 16-Ted Whitlock Community Center: “Hurricane Hustle 5k & Windy Walk” Palm Bay (321)952-3231

**\*\*Website for race details: [www.brevardparks.com/south](http://www.brevardparks.com/south) (See 5K on right column)**

**Sponsorships:** See attached sponsorship package or visit website for details.

**Cost:** Day of Race - \$18 runner / \$12 walker

Pre-Registered (mailed) 7 days before each race - \$14 runner / \$11 walker

**Registration:** 7:00am - 7:45am, day of race. Race start 8:00am (except 5/26 and 6/16 – 7:30am)

**Course:** Start and finish is at each location, Race is on paved and unpaved roads through each park.

**T-shirts:** High quality cotton. *Guaranteed to first 100 Pre-Registered entrants per race.*

**Plaques:** First Place Overall & Masters & First Place Runner each age group (Male/Female)

**Medals:** Second and Third Place Runner each age groups (M/F)

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**More Info:** Call (321)255-4400 or email [southarea@brevardparks.com](mailto:southarea@brevardparks.com)

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Mail to: Brevard County Parks & Recreation 1515 Sarno Rd., Building A, Melbourne, FL 32935

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RACE DATE \_\_\_\_\_ T-SHIRT SIZE (ADULT): S M L XL (YOUTH): S M L

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SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT / GUARDIAN SIGNATURE (If under 18 yrs) \_\_\_\_\_ DATE \_\_\_\_\_

# 2011 Berlin Marathon

Contributed by Cindy Bishop

My earliest childhood memory is dancing in our apartment in Queens, NY to Chubby Checker on TV while he was singing “The Twist”. About 50 years later, I heard Chubby Checker’s voice again, urging us all to “Twist Again”, blaring out from the loudspeaker at the water stop at mile 11.24 during the Berlin Marathon. As I sipped my water, I couldn’t help myself – I danced the twist again for a few seconds, then threw my paper cup down and ran back into the street. If I could have danced the rest of the 26.2 miles I would have. It was that great of a race, a weekend, an experience.



The Berlin Marathon is one of the Five World Marathon Majors. After running two of the Majors, NYC and Boston, I thought it would be cool to complete all five, the others being Chicago and London. I also thought it was an original idea for a non-professional athlete. When I arrived at the Welcome Cocktail Party for the group of North American runners with the group from Marathon Tours and Travel at the 5 star Concorde Hotel in Berlin, Germany, I met 99 other non-professional runners with exactly the same idea.

At 7:45 AM on race morning the bus took our group to the start of the race. The only complaint any of us had about the marathon was that there were only two port potties at the start. “2 bathrooms for 40,000 of us?” an English woman said to me as we all stood in line. Always the optimist, I tried to spin this around to, “well, that’s one for 20,000!” She just glared at me, like it was my fault there weren’t more bathrooms.

But all was forgotten once the race started. In picture perfect 50 degree weather and partly sunny skies, one million spectators cheered for us as we ran the streets of Berlin. Passing government buildings and parks, museums, churches, statues, stores and restaurants, we ran and ran and ran. What kept us going, besides the cheering German people, as friendly in a group as they all were individually, was the music. There must have been at least 50 bands playing for us that Marathon Sunday, some playing traditional German oom pah music, some all drum bands, beating out a rhythm that helped us keep running (the coolest was the drum band inside a tunnel we ran through, so loud!!!), but mostly, full piece jazz bands and orchestras, some with singers, playing and singing American songs. And in the places there weren’t bands, the race organizers set up loud speakers with music. I heard everything from “Gonna Fly Now”, better known as the Rocky song, to Santana’s music, and of course, this Jersey girl’s favorite running song, Bruce Springsteen’s “Born to Run”. Those spectators and that music kept us going...

*Continued on next page...*

# 2011 Berlin Marathon

Contributed by Cindy Bishop

The runners too were entertaining. Many were wearing traditional costumes in this international marathon, such as the woman in the Hawaiian skirt and the Scottish man in the kilt. The back of one runner's shirt said: "Haile, keep up with me, Paula, keep following me". And did the Queen of Denmark tell all her people to run or watch the Berlin Marathon? The Danes were out in full force on Sunday, hundreds running with identical Danish running outfits, and the spectators literally waving the Danish flag all over the streets of Berlin. There were runners from all over the world, but most visible, after the Danes, were the Japanese, and not only their fans on the sidelines held the Japanese flag but several runners as well ran with the flag of Japan for the entire 26.2 miles. They were there, inspiring us, strong and proud, representing Japan after the recent disasters that hit their country.



We ran with champions. The two current world record holders, Haile Gebreselasse and Paula Radcliffe, started the marathon and were favored to win. Haile had to pull out of the race about 2/3 of the way through, due to exercise induced asthma. Paula, at 37 years old and a mother of two young children, came in third place and is expected to use this standing to make the British Marathon Olympic team. The race was won by two Kenyans – Florence Kiplagat, in 2:19:44, and a new world record was set by Patrick Makau in 2:03:38. My friend's husband who was watching the race said that the bicyclists hired to ride with the elite runners had trouble keeping up with Patrick's 4:43 average minute miles.



*Continued on next page...*

# 2011 Berlin Marathon

Contributed by Cindy Bishop

As I ran through the Brandenburg Gates, just a few yards or meters from the finish line (by that point I had stopped doing the math in my head, trying to calculate how many miles or kilometers I had left, when the next water stop would be in miles or kilometers, whichever unit of measurement sounded easier to my tired body) I smiled for the cameras and realized there will never be another marathon like Berlin. And it wasn't just the celeb connections, from the Pope to Chancellor Merkel to running the same course at the same time with some of the greatest runners in marathon history. It was the people I met on this journey, from Jacqui and Kelly, the amazing and efficient leaders of our group, to every accomplished and interesting runner from Marathon Tours, to every single German person I met that weekend, all incredibly helpful and nice and cheerful, that made this trip phenomenal for me. As I crossed the finish line, automatically stopping and checking my watch for my time, I missed everything about Berlin already. I hope there will be many more marathons in my future, but there can never be one that touched my heart and my soul as did Berlin.



*Editor Note: This is the abridged version of Cindy's story about the Berlin Marathon. For the full version, [CLICK HERE](#) to visit her blog. Thanks Cindy!!—BR*

*Editor Note #2: This is YOUR newsletter. If you've run an interesting race somewhere, or have some other running story, email me at [bob@rallcapital.com](mailto:bob@rallcapital.com) with your information. We love contributions!—BR*

*"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."*

*—John Bingham, Runner and author*



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# Tropical Parade Pacer 2 Mile Run & Fitness Walk

Saturday, December, 3, 2011 @ 9:15 am



Proceeds to  
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**FRIDAY, DECEMBER 2ND**

Packet pick-up at Running Zone-10-6:30  
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**SATURDAY, DECEMBER 3RD**

8:00 am - Packet Pickup & Registration  
9:15 am - Start  
Free Kids Race- 8 and under  
Award ceremony immediately following the race.

**LOCATION:** Edgewood Jr/Sr High  
180 E. Merritt Ave., Merritt Island, FL

Course: 2 mile out and back following the Merritt Island Christmas Parade Route.

**ENTRY FEES:**

Pre-registration-postmarked by Nov. 26th  
Adults \$20.00 - Students \$15.00  
On or after Nov. 27th \$25.00

**AWARDS:**

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

10 & under	11-14	15-19	20-24
25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64
65-69	70-74	75+	

**Amenities:**

- 2 Mile Fun Run/Walk
- Free Kids Race with goodie bags
- Finish line management by Running Zone
- D-tag timing
- "I Beat Santa" certificates
- Race bags
- T-Shirts (not guaranteed if not pre-registered)
- Door prizes

This is a rain or shine event.  
Sorry no refunds will be issued.



**Trek Road Racing Bike Drawing-donation: \$5 each or 3 for \$10**

Yes, I would like to purchase \_\_\_\_\_ (# of tickets) for \$\_\_\_\_\_.  
Drawing to be held 12/15/11. Winner will be notified by phone.



Make checks payable to: Tropical Realty & Investments

Mail completed entry form to: Tropical Realty & Investments, 263 N. Courtenay Parkway, Merritt Island, FL 32953

NAME: \_\_\_\_\_ PHONE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

T-SHIRT SIZE (ADULT) S M L XL XXL (YOUTH) S M L

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 Parade Pacer 2 Mile Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full 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 even at my own risk.

Signature of Participant \_\_\_\_\_

Signature of Guardian (participant under 18) \_\_\_\_\_

Date \_\_\_\_\_



**Cristina Engel, SFR**

Short Sale & Foreclosure Resource Certified  
Tropical Realty & Investments of Brevard, Inc.  
321-453-4881 Ex. 24  
407-466-1596 Direct text friendly :)  
321-453-0624 Fax  
[Cristina.Engel@TropRealty.com](mailto:Cristina.Engel@TropRealty.com)

**Click Below:**

Search for a home in Brevard County:

<http://CristinaEngel.com>

Orange or Seminole County:

<http://CristinaEngel.mfr.mlxchange.com>

<http://twitter.com/RunningRealtor1>

<http://facebook.com/CristinaEngel321>

**“I go the extra mile....  
your Running Realtor”**



**Don't forget to set  
your clocks back  
this weekend!**



Check out the [DailyMile](#) website. It's kind of like a Facebook for runners. You can connect with friends and share your workouts. I know several SCR members are already on the site. Join us!

**“Running is not, as it so often seem, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners too.”**

**—Richard O'Brien, runner**

# Chain of Lakes 5K

October 15, 2011



The 6th annual Chain of Lakes 5K, and the second race of the Titusville Running Series was held on October 15th. There were 163 finishers in the race that ended up being 3.21 miles instead of the normal 3.1 because of some rerouting that had to be done to the course due to flooding.

Steve Hedgespeth was the Overall Male Champion with a time of 17:55. Matt Horner finished second, 10 seconds later. Shane Streufert was third in 18:45. Male Masters Champ was Joe Hultgren, who crossed in 19:03. The Male Grand Master award went to Art Anderson, with a time of 19:44. And David Grant was the Senior Grand Master winner in 21:55.

For the ladies, Julie Hannah was the Overall Female Champion, finishing in 21:15. Lisa Petrillo was second, seven seconds later. Alexa Gemma finished third in 21:40. Female Master Champion was Annie Caza, finishing in 22:41. Robin Moran was the Female Grand Master winner with a time of 22:57. And Anne Dockery took the award for Female Senior Grand Master, crossing in 23:32. For complete race results,

[CLICK HERE](#),





# Chain of Lakes 5K *continued...*

October 15, 2011



# 16TH ANNUAL REINDEER RUN

PROCEEDS BENEFIT THE  
BREVARD COUNTY  
POLICE ATHLETIC  
LEAGUE



## RACE INFORMATION:

**FRIDAY, DECEMBER 9, 2011**  
10:00 AM - 6:30 PM - PACKET PICKUP  
**RUNNING ZONE**  
3696 N. Wickham Road (across from BCC)

**SATURDAY, DECEMBER 10, 2011**  
7:30 AM - HEALTH & FITNESS FAIR  
8:00 AM - 5K RUN/WALK  
9:00 AM - SCR YOUTH SERIES FUN RUN  
9:15 AM - AWARDS PRESENTATION  
9:45 AM - DOOR PRIZES

**AGE GROUPS:**  
0-9 10-14 15-19 20-24 25-29  
30-34 35-39 40-44 45-49 50-54  
55-59 60-64 65-69 70-74 75+

[www.cityofcapecanaveral.org](http://www.cityofcapecanaveral.org)  
[r.lefever@cityofcapecanaveral.org](mailto:r.lefever@cityofcapecanaveral.org)  
321-868-1226



**CHERIE DOWN PARK**  
8492 RIDGEWOOD AVENUE  
CAPE CANAVERAL, FL. 32920

## FEES:

**PRE-REGISTRATION**.....\$25.00  
Space Coast Runners Receive \$1.00 Discount  
Pre-Registration Only  
**RACE DAY REGISTRATION**.....\$30.00  
**SCR KIDS FUN RUN**.....FREE  
First 400 Registrants Receive Race Shirts  
**RAIN OR SHINE - No Refunds**

**SATURDAY, DECEMBER 10<sup>TH</sup>**  
**8:00 AM**

## 2011 REINDEER 5K RUN/WALK

## OFFICIAL ENTRY FORM

Make check payable to: **CITY OF CAPE CANAVERAL**

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age on 12/10/11 \_\_\_\_\_ D.O.B \_\_\_\_\_

Please Check Shirt Size:  XS  S  M  L  XL  XXL

**First 400 Registrants Receive Shirts**

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Brevard County Police Athletic League, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 16<sup>th</sup> Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

# Witch Way 5K

October 15, 2011

The Town of Indialantic held the 4th annual Indialantic Witch Way 5K on October 15th. 710 runners and walkers crossed the finish line of the course that began and ended at Nance Park. The race benefits in part the Nature Conservancy.

16-year old Alex Reesh was the Overall Male Champion, crossing the line in 17:15. Ron Abel was second in 17:49. Dave Chesny took third, finishing in 18:26. Ed Bickley, of Calgary, was the Male Masters Champ with a time of 18:34.

On the ladies' side, Carrie Majeranowski took the Overall Female Champion award in 19:12. Lisa Petrillo was second in 20:56. Tina Kraver finished third in 22:16. Lori Kruger was the Female Masters Champion, crossing in 23:06. For complete race results, [CLICK HERE](#).





7th ANNUAL

# “JINGLE BELL 2 MILER” RUN/WALK

## SATURDAY, DEC. 17, 2011 AT 5:45 PM

Satellite Beach Public Library \* Satellite Beach, FL

*Fourth race of the series!*



### FREE – “Santa’s Little Helper” Kid’s Run

#### TIMETABLE:

Tuesday, Dec. 13<sup>th</sup> - Friday, Dec. 16<sup>th</sup> 10:00 am – 6:30 pm  
Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

#### Saturday, Dec. 17<sup>th</sup> – Satellite Beach Library

4:30 pm Packet Pickup & Registration  
5:30 pm Late Registration ends  
5:45 pm 2 Miler Start!!!  
6:30 pm Santa’s Little Helper Kid’s Run - FREE!

\*Awards Ceremony immediately following all races

Satellite Beach Library: (From A1A, heading North, turn left on Desoto Road. Approx. 1/2 mile turn left on Jamaica Blvd. Approx. 1/2 mile, library will be at end of Jamaica Blvd.)

**ADDITIONAL PARKING - CRESPINO FIELD - IHB**

#### AMENITIES:

- Awesome LS Technical Shirts
- Door Prizes/Fun Race Packets
- Jingle Bells for Everyone’s Shoes
- Santa Hats for the 1<sup>st</sup> 500 Entrants
- Food provided by Long Doggers!
- Great Holiday Awards
- Awards for Best Holiday Costumes
- Random Giveaway of a 37” LCD Samsung TV
- Special Appearance from Santa Claus & Zippy the Gecko Mascot

#### AWARDS:

Male-Female: Top 3 Overall, Top Masters (40+), Top Wheelchair

Age Groups (top 3 male & female)

8 & Under	25 – 29	50 – 54	75-79
9 – 11	30 – 34	55 – 59	80-84
12 – 14	35 – 39	60 – 64	85+
15 – 19	40 – 44	65 – 69	
20 – 24	45 – 49	70 – 74	

#### FEES:

2 Mile Run/Walk \$28.00 / Race Day \$31.00  
 2 Mile Team Reg \$25.00 (No Race Day Team Reg.)  
 Optional Kid’s Reg. \$15.00/Race Day \$20.00  
 (12 & Under-See Below for Details)  
 SORRY, NO REFUNDS

#### JINGLE BELL 2 MILER RUN/WALK OFFICIAL ENTRY FORM

Make check payable to: Running Zone

Mail to: Running Zone 3696 N. Wickham Road, Melbourne, FL 32935

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_

Open Team Name \_\_\_\_\_ (min. of 5 team members with one person of opposite sex)

Corp Team Name \_\_\_\_\_ (same as Open Team but EMPLOYEES ONLY)

School Team Challenge: (Elementary and Middle Schools Only) \_\_\_\_\_

Please check shirt size: Sizes: XS S M L XL XXL

Optional Kid’s Registration:  \$15.00 \*\*Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical running shirt.  Youth Medium  Adult Small

#### 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 Running Zone Race Series 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 \_\_\_\_\_

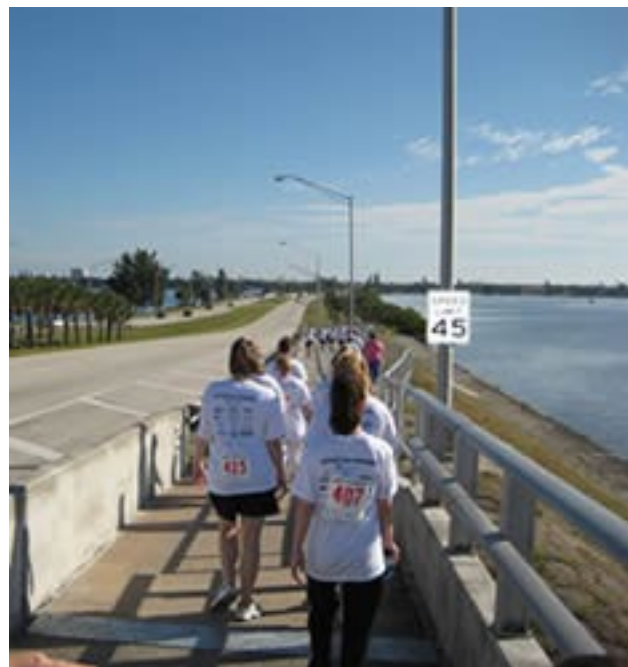
# ~ HAPPY HOLIDAYS ~

# Nana's House 5K

October 16, 2011

The 4th annual Nana's House 5K was held on October 16th, after being rescheduled from the original date due to the storm hitting our area that weekend. 75 runners and walkers finished the race, which began and ended at Front Street Park and crossed over the Melbourne Causeway. Nana's House helps neglected, abused, needy and abandoned children.

Matt Mahoney was the Overall Male Champion, with a time of 22:16. Molly Kirk was the Overall Female Champion, crossing in 25:12. For complete results, [CLICK HERE](#).





If you've never done a run, this is your chance. If you want to get the family on board, the 5K is your race. Or maybe you're looking to take your run to the next level? If so, the 8K is the challenge you've been looking for.

**Saturday, February 4, 2012**

**7:00am - 8K Start | 8:00am - 5K Start | 8:45am - Kids Run Start**

Run through downtown Melbourne out across the Indian River via the Melbourne Causeway and back to the finish line in downtown Melbourne. Unlike other races that prohibit strollers, we encourage them. In fact, we even have a stroller division. Want to walk a 5K? No problem!

**Registration for all races is now open!**

Visit [www.TheMelbourneMarathon.com](http://www.TheMelbourneMarathon.com) for more details

**FAMILY FUN**



**LIVE MUSIC**

# Fall Into Winter 5K

October 22, 2011



## 2011 Cocoa Beach

## Fall into Winter

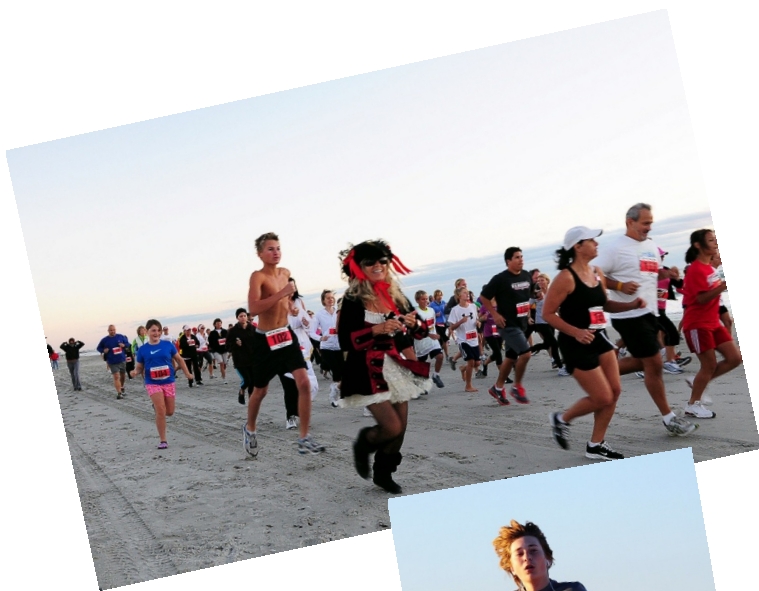
## 5K run/walk



Over 160 runners and walkers came out for the Fall Into Winter 5K put on by Cocoa Beach Parks and Recreation. The race started and ended at Coconuts on the Beach and several participants donned Halloween costumes for their jaunt along the beach since there was a Best Costume prize category.

Annie Caza was the Overall Female Champion, covering the course in 22:01. Robin Moran took second place overall with a time of 22:29, and Sue Strout was third in 24:01. Paula Steere was the Female Master Champion, crossing in 24:30.

Justin Selph was the Overall Male Champion, posting a time of 18:29. Chris Wedge was second in 18:41. Thaddeus Austin finished third in 19:13. Art Anderson was the Male Master Champ, crossing in 19:42. For complete race results, [CLICK HERE](#).



# Fall Into Winter 5K

October 22, 2011





# Ghostly Gecko 5K

October 22, 2011

Over 700 runners and walkers came out for a Halloween-themed run through the Village of Eau Gallie on October 22. Batman, Robin, Superman, Wonder Woman and a wide variety of monsters could be seen making their way through the course.

Michael Fisher was the first across the finish line in 16:14 to claim the Overall Male Champion award. Peter Clusener was second in 16:31. John Davis was third in 17:01. The Male Masters Champion was Doug Butler, who finished in 17:07.

Angela Cobb was the Overall Female Champion, with a time of 17:09. Batman's sidekick Robin (aka Jessica Crate) was second in 17:49. Beth Whalen finished third in 17:58. Cathy Friedel was the Female Masters Champion, crossing the line in 20:21. For complete race results, [CLICK HERE](#).



Photos: L—Overall winner, Michael Fisher. R—Female Champ, Angela Cobb. More scary pics on the next page.



# Ghostly Gecko 5K *continued*

October 22, 2011



# Pumpkins in the Park 5K

*October 28, 2011*

More than 600 runners and walkers came out for the 12th Annual Pumpkins in The Park 5K Run and Fitness Walk on Saturday evening, October 28th. Proceeds from the race support the Junior League of Central & North Brevard and their community outreach projects.

16-year old Nicholas Diaz, of Rockledge, led the way and took the Overall Male Champion award with a time of 17:19. Second place went to Doug Butler (who is older than 16), 7 seconds behind the leader, crossing in 17:26. Ramon Cordero took third, coming in at 19:20. Male Masters Champion was Art Anderson (I think there's a pattern developing here) with a time of 19:21.

For the ladies, Amanda Sebetka took the top honor, winning the Overall Female Champion award in a time of 20:59. Ann Ehler was second in 22:10, and 14-year old Sarah Hammond crossed third in 22:15. The award for Female Masters Champion went to Pam Meier, who finished with a time of 22:37.



# SCR MEMBER DISCOUNTS



10% off to all SCR members!  
[www.runningzone.com](http://www.runningzone.com)



10% off annual membership!  
[www.brevardzoo.org](http://www.brevardzoo.org)



Robin's Hair Illusions  
1420 Palm Bay Rd; 728-0040  
10% off to all SCR members!



10% Discount to all  
SCR members!



WHOLESALE NUTRITION PRODUCTS  
40-70% OFF retail everyday  
PLUS an EXTRA 15% off for  
SPACE COAST RUNNERS

200 S. Miramar Ave. Indialantic  
(across from Wendy's)  
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

**GET MOVING!**

Group Fitness & Personal Training

10% off an 18-class package!

[www.getmovingfitness.weebly.com](http://www.getmovingfitness.weebly.com)

# SCR MEMBER DISCOUNTS



**SCR** members receive a  
**10% discount!**

602-B Brevard Ave., Cocoa,  
321.806.3935



**SCR** members receive a **10% discount!**  
241 5th Avenue, Indialantic  
321-984-2111



MELBOURNE

**10% Discount to all  
SCR members!**

**SPORTS MASSAGE** by Paula Steere  
Licensed Massage Therapist MA59912

**WANTED  
Runners**

**Massage can help you run better**

321-917-3236 or [steerepj2@aol.com](mailto:steerepj2@aol.com)

10% discount to SCR members

Active Lifestyles Sports Massage MM23172, 721 Pinetree Dr, Indian Harbour Beach  
Owned and operated by Wendy Arteaga LMT MA55852

**YOUR BUSINESS HERE??**

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page. Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month. Contact Bob Rall, [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

# SPACE COAST RUNNING REPORT

## On 94.1 FM

Central Brevard County residents can hear the Space Coast Running Report on Windover Farms Radio - 94.1 FM.

Hear two different reports each week:

- + The Monday-Tuesday report provides weekend race results, upcoming races, interviews, high school results
- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

The 36-week series runs Aug 16-Dec 21 and, after a hiatus, from Jan 17-May 17

### AIR DAYS

Monday

Tuesday

Thursday

Friday

### TIMES

4:45, 5:45 PM

6:45, 7:45 AM & 4:45, 5:45 PM

7:45 AM & 5:45 PM

6:45, 7:45 AM & 4:45 PM



## Connect with Space Coast Runners



Are you a social media participant?

Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club happenings; area races and fun runs; set up workouts; talk with other runners and walkers; share photos; and provide feedback to the Board.

Come join us!