

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

December 2011

Space Coast Classic



Nov. 5, 2011

15K and 2 mile

EAGLE PRIDE



5K AND 1 MILE RACE

ASCENSION FALL FESTIVAL



Health First Health Plans presents

Celebrating 40 years

40

Space Coast Marathon & Half-Marathon

November 27, 2011
Cocoa, Florida



Eagles, Turkeys, Beaches, Doughnuts, Time Travel, a Homecoming and two HUGE ROY Series races last month. Details inside.

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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](http://SpaceCoastRunnersClub.com). 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, December 19th at the Olive Garden restaurant on 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](#)

Carol's Corner

Contributed by Carol Ball, SCR President

Here we are in December again (already!) and the first half of the ROY Series is nearly behind us!

Last months' Space Coast Classic 15K was a success! Race Director, Tammy Foster, did a fine job with the event coordination, shirts, awards, assembly of the wonderful volunteers, and all the other details. Profits from this event will go to supporting our SCR Youth Series. The November 2012 event is in need of a Race Director, so please let me know ASAP if you are interested!

Our banner event, the 40th Annual Space Coast Marathon & Half Marathon was a huge success. With Running Zone Race Management at the helm, race participation soared and SCR should be earning a nice profit again this year. A portion of our proceeds will go to support Special Olympics of Brevard. RZRM will be making their annual donation to the Leukemia & Lymphoma Society. A HUGE THANKS to all the SCR Members who gave their time to volunteer and make this event memorable for all the participants!! Please visit the Space Coast Marathon Facebook page and see all of the great feedback from race attendees.



Space Coast Runners recognized our distance runners with the top SCR Member Awards going to:

Marathon – 1st Thaddeus Austin (3:02), 2nd Michael McCauslin (3:29), 3rd Mike Acosta (3:54)
1st Christine Kennedy (3:54), 2nd Christy Tagye (4:13), 3rd Joan Meadows (4:30)

Half Marathon – 1st John Davis (1:20:22), 2nd Steve Hedgespeth (1:20:43), 3rd Shane Streufert (1:25)
1st Tracy Simso (1:30), 2nd Julie Hannah (1:35), 3rd Katie Craig(1:39)

A big JOB WELL DONE goes out to all SCR members who participated in the 40th Space Coast Marathon & Half Marathon, helping to push it to the highest participation ever!

Next up - ROY Race #5 - the 16th Annual Cape Canaveral Reindeer Run 5K on December 10th! This fun and fast course starts at Cherie Down Park at 8am. This years' race benefits the Brevard County Police Athletic League.

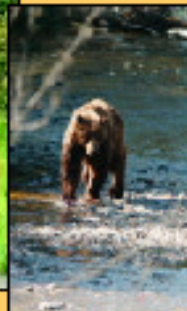
Ty and I and several other SCR members will travel to Rehoboth Beach, Delaware this month to help Marlene White celebrate the running of her 50th State Marathon!! We are so excited for Marlene! What an accomplishment she has achieved while being a wife and mother, working full time, race directing, and volunteering endless hours for SCR, her daughters' school, and church!! Go, Marlene!!

Finally, the 2011 SCR Holiday Social will be held after the River Road Fun Run/Walk on Sunday, December 18th at DaddyUltraRuns in Cocoa Village. Bring a breakfast food item to share, drinks provided. A Special Gift for all Members!

I hope everyone has a wonderful and safe holiday season!
Carol

PS We have a couple of cabins left for the June 2012 Alaska Marathon/Half Marathon/Cruise – but you need to reserve by Dec 25th!! (see ad this issue)

**SPACE COAST RUNNERS SUMMER SOCIAL 2012
 RUN THE ANCHORAGE FULL OR HALF MARATHON & CRUISE ALASKA!
 JUNE 21- 30, 2012**



SAPPHIRE PRINCESS FEATURES

- SKYWALKERS NIGHTCLUB
- VIDEO ARCADE
- PRINCESS THEATER
- GYM & FITNESS CENTER
- SPECTACULAR STAGE SHOWS
- GRAND CASINO
- MARTINI BAR
- 9 HOLE PUTTING COURSE
- LOTUS SPA
- HOT TUBS
- DUTY FREE SHOPS
- SWIM AGAINST THE CURRENT POOL
- MOVIES UNDER THE STARS

\$1,435 Per Person
**DOUBLE OCCUPANCY
 INTERIOR CABIN**

\$2,235 Per Person
**DOUBLE OCCUPANCY
 OCEAN VIEW CABIN**

\$2,485 Per Person
**DOUBLE OCCUPANCY
 BALCONY CABIN**

THIS PRICE INCLUDES

**2 NIGHTS PRE-CRUISE HOTEL
 2 BREAKFASTS IN ANCHORAGE**

**7 NIGHT CRUISE FEATURING
 ROUND THE CLOCK DINING,
 NIGHTLY ENTERTAINMENT,
 MOST ONBOARD ACTIVITIES**

ONBOARD NATURALISTS

**AIRPORT TO HOTEL TO CRUISE
 TERMINAL TRANSFERS**

**\$50 PER STATEROOM
 SHIPBOARD CREDIT!**

ITINERARY

- 21 JUN ARRIVE ANCHORAGE &
TRANSFER TO HOTEL**
- 22 JUN RACE EXPO & PACKET PICKUP,
TIME TO EXPLORE ANCHORAGE**
- 23 JUN RUN FULL OR HALF MARATHON
IN THE A.M., TRANSFER TO SHIP**
- 24 JUN HUBBARD GLACIER**
- 25 JUN GLACIER BAY**
- 26 JUN SKAGWAY**
- 27 JUN JUNEAU**
- 28 JUN KETCHIKAN**
- 29 JUN AT SEA**
- 30 JUN VANCOUVER, BC**

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**DEPOSIT
 \$250 PP INTERIOR
 \$450 PP OCEANVIEW
 AND BALCONY**

**CONTACT LANI AT
 321-622-8448
 TO JOIN THE FUN!**

**QUESTIONS ABOUT THE CRUISE? Contact Lani at 321-622-8448 or go to
 www.BestConnectionTravel.com/Join the Group/Space Coast Runners 6/12**

**QUESTIONS ABOUT THE MARATHONS? go to
 http://www.mayorsmarathon.com**

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Loran Serwin, Marlene White, Mike Acosta, and Running Zone. SPECIAL THANKS to Steve Colella of YourPhotosNow.com.

HAPPY BIRTHDAY TO: If you see these folks out running or walking this month, wish them a Happy Birthday. **12/2**—Danielle Kharman; **12/3**—Rosie Campbell; Julie Cloney; Ronald Gordon; **12/4**—Anthony Ferrisi; **12/5**—Eugene Ramba; **12/7**—Bob Racine; Joseph Werner; Bill Buonanni; Mary Conaway; Rick Saurez; **12/8**—Michael Farnsworth; Ruth Rodriguez; Michael Morrison; **12/9**—Elizabeth Ring; Les Dunne; **12/10**—Jacquelyn Kellner; Sonia Holmquist; **12/12**—Jeff Cook; Hunter French; Carl Bonds; **12/13**—David Grant; **12/14**—Karen Hedenschoug; **12/15**—Rus Scott; Kelly LaMaster; **12/16**—Aaron Prupas; **12/17**—Wayne Wright; Ken Fortmayer; **12/19**—James Croft; Luke Harmuth; Max Hofmeister; **12/20**—Todd Paroline; **12/21**—Betsy French; **12/22**—Bud Timmons; **12/25**—Suzie Biery; George McAfee; **12/26**—Linda McKee; Nancy Pecor; Joshua Crook; **12/27**—Karen Sanchez; Tom Winkelspecht; Marie Thomas; **12/28**—Cathy Friedel; **12/29**—Ian Hardos; **12/31**—Ken Rhoden

WELCOME NEW MEMBERS: Doug Grandy, Lindsay Greer, Kelly LaMaster, Karen Hedenschoug, Craig Capron, Dylan Boynton, Jill Davies, Brian Kennedy and Brad Swezey. WELCOME!!

HEADING SOUTH

The Space Coast Runners Sunday morning fun runs now head south 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!

RACE DIRECTOR WANTED!! One of the area's oldest, and best, races is looking for a new Race Director. The Space Coast Classic 15K and 2-Miler is one of the premier ROY Series events. For more information, contact Carol Ball at cball@cfl.rr.com.

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 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.

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!



One Mile at a Time Peak When It Counts

Two Unique Programs

Three Important Principles

▶ **Running** ▶ **Circuit Training** ▶ **Yoga**

Train with certified coaches Elizabeth Ring and Karen Hughes
to experience fun and innovative workouts

12-week camps begin January 17, 2012

One Mile at a Time: If you're new to running, coming back from a lay-off, or just want to be part of a great group of folks interested in improving their fitness level then the ONE MILE AT A TIME program is for you.

Peak When It Counts: For those of you that have the miles under your belt and are looking to get in MORE miles, FASTER than before, added strength and flexibility, then join our PEAK WHEN IT COUNTS program.

Both programs include:

- 12-week schedules based on your personal goals
- Weekly group workouts to help push and motivate you!
- Circuit training to strengthen your body while developing your running skills
- Yoga targeted specifically for athletes to increase strength and flexibility
- Technical tee shirt for all participants who complete the 12-week program

Fee: \$125 (register by 12/30/11 and receive a \$10 discount; refer a friend who signs up & receive an add'l 10%)

Contact us at: info@up-running-inc.com

Download registration & waiver forms at up-running-inc.com

Work hard, be strong! What are YOU prepared to do?

FIT Homecoming 5K

November 5, 2011

53 runners came out to celebrate Homecoming Weekend at FIT on a busy race Saturday. The race was held on the FIT campus and participants were treated to a breakfast and parade afterwards.

Dave Chesney was the Overall Male Champion, covering the course in 18:16. Greg Reverdiau was second in 19:07 and Sean Black finished third in 19:17. Chris Reesh was the Male Masters Champion, crossing the line in 20:20.



Florida Tech

Mandy Meyer was the Overall Female Champion with a time of 21:54. Monica Price finished second in 23:21 and Jamie Younkin took third in 23:33. Shell Johnson was the Female Masters Champion, finishing in 25:23.

For complete race results, [CLICK HERE](#). For more photos of the event, [CLICK HERE](#).





TIGER DASH

5K CROSS COUNTRY & 1 MILE TRACK

15TH
ANNUAL

SATURDAY, JANUARY 28th, 2012 8:00AM

Holy Trinity Episcopal Academy Upper School



FREE – “Li'l Tiger” Kids Run after the 1 Mile

TIMETABLE:

Friday, January 27th – 10:00 a.m. – 6:30 pm
Packet Pickup & Registration at Running Zone
across from Brevard Community College on
Wickham Rd.

Saturday, January 28th

7:00 am Packet Pickup & Registration
7:45 am Late Registration ends
8:00 am 5k Starts!!!
9:15 am 1 Mile Run Starts!!!
9:45 am Li'l Tiger Fun Run - FREE!

*Awards Ceremony immediately following all races

**Directions: Just East of Pineda Causeway and Wickham
Road Intersection**

Amenities:

- Awesome Tiger Dash Tee Shirt
- Great Awards
- After Race Refreshments
- Beautiful Holy Trinity Campus

AWARDS: 5K

Male & Female: Top 3 Overall, Top
Masters (40+), Top Wheelchair
Age Groups (top 3 male & female)

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	

Overall Male & Female – One Mile Run

FEES:

5K	\$20	After 1/21	\$25
1 Mile	\$10	After 1/21	\$15

SORRY, NO REFUNDS

TIGER DASH 5K OFFICIAL ENTRY FORM

Make check payable to: Holy Trinity Episcopal Academy

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ Please Circle Race **5K** **1Mile**

Sex: Male Female Please check shirt size: Sizes: YM S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Tiger Dash 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

Sponsor Spotlight

Paula Steere, Licensed Massage Therapist (MA59912)

Space Coast Runner and Sports Massage Therapist Paula Steere has been a regular exerciser all her life but in the early days running was her least favorite. “I ran high school cross country in Pennsylvania and didn’t enjoy the activity at all. I did it to keep in shape for basketball and softball.” Eighteen years later during a visit to PA in 2000, she decided to go for a run in the absence of a gym facility: “I absolutely loved it.” She found it liberating in its simplicity and wonderful to be outside. She hasn’t been back inside to exercise since, even in the changeable weather of the UK, where she lived for twenty-three years prior to moving to Satellite Beach in 2009. “Over there you can’t let rain stop you or you’d never train consistently. And running in all weathers has made me tougher.”

After that first run Paula decided to pick a target race to get back into regular training. So what did she do? “I chose the London Marathon! I ran the Harrisburg Marathon when I was a sophomore in high school. It was a terrible experience; I swore I’d never do another. Fortunately London was a great.”

Paula has been a massage practitioner since 1993 and has a Diploma from the London School of Sports Massage. She focuses on muscles, tendons, ligaments and fascia and employs a range of techniques to normalize dysfunctional tissue. Sports Massage is very effective for acute injuries such as muscle strains; chronic conditions (e.g. IT band syndrome, lower back pain); and overtraining, where it can rejuvenate tired limbs. It can also be extremely beneficial for work and stress related conditions, such as neck pain and repetitive strain. Regular massage is also a useful diagnostic tool, identifying problem areas before symptoms (and injuries) occur.

Paula is based at Active Lifestyles Sports Massage in Indian Harbour Beach and has recently opened her practice at an exciting new venue in Eau Gallie, CrossFit Rise Above. “CrossFit is fantastic for runners as it focuses on functional core strength. It has made me a stronger runner. I highly recommend it!” And much of it is outside. Except when it rains. **321-917-3236, steerepj2@aol.com**

We have two new sponsors of the SCR ROY Series! Welcome and THANK YOU to Body by Vi and the Melbourne Beach Rotary. You will learn more about them in an upcoming Sponsor Spotlight.



HEALTH4LIFE4U.MYVI.NET





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.*

Space Coast Classic 15K and 2-Miler

November 5, 2011

The 26th annual running of the Space Coast Classic 15K and 2-Miler was held on a cool, but clear day at Windover Farms in Melbourne. The race is the third event of the Space Coast Runner's Runner of the Year Series. There were a total of 239 runners and walkers who participated, 193 in the 15K and 44 in the 2-miler.

Space Coast Classic



Nov. 5, 2011

15K and 2 mile

In the 15K, Tracy Simso was the Overall Female Winner, covering the 9.3 miles in 1:01:53. Julie Hannah crossed second for the ladies in 1:05:26. Lisa Petrillo was third in 1:06:24. Robin Moran took the Overall Female Master award, crossing the line in 1:07:45. The Female Grand Master Award went to Annie Caza, who finished in 1:07:49, and Anne Dockery was the Female Senior Grand Master winner, with a time of 1:09:45.

For the men, Erik Blosser was the Overall Male Winner in 52:39. Ben Fish was second in 53:52 and Steve Hedgespeth finished third in 54:38. The Male Master Winner was Rory Fagan, with a time of 56:35. Joe Hultgren was the Male Grand Master Winner in 58:35, and David Grant took the Male Senior Grand Master award, finishing in 1:07:22.

In the 2-mile race, Chelsea Basford was the Overall Female Winner in 13:34. 10-year old Sydney Friedel edged her mom Cathy to finish second in 14:15.0. Cathy was third in 14:15.4.

David Basford was the Overall Male Winner with a time of 11:46. Braden Krupp was second in 13:48 and Daniel Basford finished third in 13:51.

For complete results of both races, [CLICK HERE](#).



Space Coast Classic 15K and 2-Miler

November 5, 2011

15K Winners

Female: Tracy Simso

Male: Erik Blosser



15K Master Winners

Female: Robin Moran

Male: Rory Fagan



15K Grand Master Winners

Female: Annie Caza

Male: Joe Hultgren



15K Senior Grand Master Winners

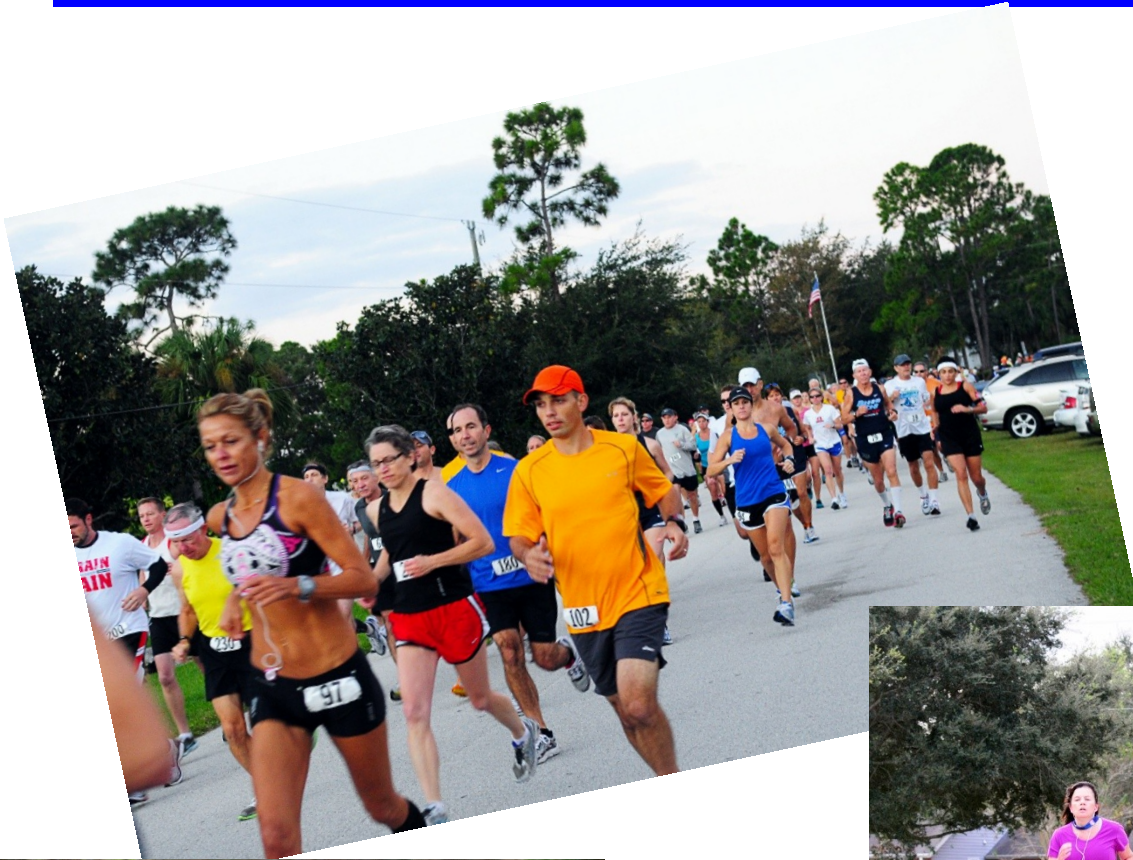
Female: Anne Dockery

Male: David Grant

More photos of the Space Coast Classic 15K and 2-Miler, courtesy of YourPhotosNow.com, on the following page.

Space Coast Classic 15K and 2-Miler

November 5, 2011



Voted One of the Top 50 Running Stores in America

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Runners • Walkers • Triathletes

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

2nd Annual A. Max Brewer Bridge 5K Run & 2mi Walk

Event Specs:

Event Date: Saturday, December 31, 2011

Day of Event Registration: 7:00am

Start Time & Location:

8:30am, Sand Point Park, Titusville

Registration Fee:

Adult - \$25

Student (under 18)- \$20

Early Bird Pre-Registration Fee (register before Dec. 19th to receive \$5 OFF):

Adult - \$20

Student (under 18)- \$15

Register & pay online by visiting www.active.com –or– complete & return adjacent form, with entry fee, to Sculptor/A. Max Brewer Bridge 5K, P.O. Box 2, Titusville, FL 32781. Make checks payable to Sculptor Charter School.

Participant Packet: Pick up on Thursday, 12/29/2011 or Friday, 12/30/2011 at desired location (see registration form).

Packet will include a *Souvenir T-shirt* and other *exclusive* participation gifts!

Every participant will receive a commemorative wristband.

Recognition Ceremony:

Immediately following run/walk end.

One Male & One Female Runner will be recognized in each of the categories below:

🏆 Top 3 Overall

🏆 Top Master(40+) Overall

🏆 Top 3 Finishers per Age Group



Registration Form

Participant Last Name

First Name

Street Address

City State Zip Code

Phone #

Email Address

(please circle:) Male / Female ~ Adult / Student

DOB

Age on 12/31/11

Route Choice: (circle one) 5K or 2mi

T-shirt Size: (circle one)

Adult S M L XL XXL

Or

Youth S M L



Payment & Packet Pick-up Details:

Packets will be available on Thursday, 12/29/2011 and Friday, 12/30/2011 at the locations below.

Select desired location:

- Sculptor Charter School-Gym 4:30-7:00pm**
1301 Armstrong Dr, Titusville, FL 32780
(321) 264-4000
- Running Zone** (during store hours)
3696 N Wickham Rd, Melbourne, FL 32935
(321) 751-8890
- Daddy Ultra Run** (during store hours)
602 Brevard Ave, Cocoa, FL 32922
(321) 806 3935
- Sand Point Park 5:00-7:00pm**
Titusville

Note: Packets not claimed from the locations above will be available on the Day of the Events at Sand Point Park from 7am to 8:15am.

Total amount enclosed: \$ _____

In consideration of the entry for the A. Max Brewer Bridge 5K, I, for myself, my heirs, executors and administrators, waive and release all claims against Sculptor Charter School (B.I.C.S.), City of Titusville, Brevard County Parks & Rec, DOT, SCEM, and all contractors (including photographers), promoters, sponsors, supporters and volunteers, for all claims of damage, injuries, demands, actions in any manner as a result of my/family's participation in the event.

Signature (parent/guardian/responsible party) _____ Date _____

Reminders: Make checks payable to Sculptor Charter School. Registration forms with payment may be returned to Sculptor or mailed to Sculptor/A. Max Brew-

Run a Mile With...Mike Acosta

Name: Mike Acosta aka Viera Pizza Mike

Family: Shay, Shane, & Xavier

Ages: I'm 34, then they are 37, 16 & 3 months, respectively.

Originally from: Merritt Island

Grew up where?: Merritt Island and Mexico City (My father is Mexican)

Occupation: Operating Partner of Viera Pizza

Dream profession: I'm in it right now. I love the people I work with; I believe in the product we sell; we have the ability to help the community; I just love Viera Pizza! I get to see my vision come alive everyday!

Number of Years Running: Almost 2 years. *(Is that it? I hate it when new runners are FAST!—BR)*

Began Running Because: The owners of Viera Mobil/ Stadium Mobil were helping to organize the Sally's House 5K and they wanted us to sponsor it. So we opted to help out and run it as well. I credit **Naweed Akram** (the Owner) to my success in running as well as with Viera Pizza, he is my true inspiration.

I Knew I Was Hooked When: When we finished the 1st Sally's 5K. It was such a sense of accomplishment. It was physical, competitive, and was for a good cause!

Race PRs (Personal Records): **5K** – 22:01 **10K** – 49:27 **½ Marathon** – 1:47:30
Marathon – 3:54:12

Most Satisfying Race Performance(s): I would say the Space Coast Marathon that just passed. It was my first road Marathon. And then also the Matt Mahoney Birthday Ultra. We did the Marathon portion which was as difficult as it was fun. But with completing that, we're going for the 50miler in 2012. Me and **Matt McDougal** (Team Viera Pizza)

Favorite Race(s): Why? Daytona Beach ½. I'm not a fan of NASCAR, but with the race starting and ending on the track, and being able to be that close to something that means so much to many people was amazing! To see ridiculous slope of the track coupled with the insane speeds they travel at was just mind blowing and gave me a new found respect for that sport. I can't wait to do it again next year!

Continued on next page...



Run a Mile With...Mike Acosta

Continued...

Favorite Race Distance: Why? ½ Marathon. It's just long enough to get both the physical and mental portion of running without having to be on the road for 4 hours. And they are always held in the most scenic and interesting areas!

Favorite Place(s) to Run: River Road of course, and then also Viera. Well manicured areas with beautiful homes...my favorite. And any course along water is soothing.

Running Goals: To continue to train and advance, injury free. To help bring other people into the sport that would otherwise not think of it. To travel with Team Black Sheep to do an out of State or out of Country Marathon.

Running Partner(s): **Matt McDougal**, Team Viera Pizza, Team Black Sheep, and/or anyone who enjoys running!

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: My older brother Tony. He was a great runner, when I was a great partier, now that I'm in a different position, I would love to run with him! He travels internationally for business now though, so time together is hard sought!

Funniest or Oddest Thing I've Seen While Running: An early morning run on River Road with Team Black Sheep at about 5:30 on a Sunday. We're running and a young man came up on his skateboard drinking a beer, us knowing he probably hadn't been to sleep yet, and we're out on a 12 miler. Hmmm.

Training Philosophies: This is from **Matt Mahoney**, and I'll never forget it. We had just finished the Tiger Dash 5K and were talking to Matt about ½ Marathon training, before we had done one and he said " You just did a 5K. If you can run 3 miles....you can run 13!" So that's the thought I took into my first half, and full. And he's right. If you want to do it, you can do it!

One Piece of Advice That I Would Give to a New Runner: Listen to your body. It will let you know when you've had enough or not enough!



Continued on next page...

Run a Mile With...Mike Acosta

Continued...

Interests: Everything Viera Pizza, My Family and my new son Xavier. These, along with running are my life!

Favorite Reads: I don't really read many books, I don't like to sit still. But magazines: Runner's World, PMQ (Pizza Magazine Quarterly), and Star (for the gossip)!
(Pizza Magazine Quarterly? Who knew?—BR)

Favorite Movies: Any comedy. I love to laugh and have a good time. All the Farley Brother classics: Dumb & Dumber, Something About Mary, & KingPin.

When Nobody is Looking I Like to: I guess we go back to the Star Magazine thing! :-)

Favorite Meal: Viera Pizza, naturally. Steak and pasta are a close second.

Dream Vacation: To go to China with my family, sight see, take in the culture and then run the Great Wall Marathon. Its on my bucket list.

Why did you join SCR? To meet more experienced runners that I could learn from, and to build quality relationships with people that have similar interests. On a side-note, I also did both of these with Team Black Sheep, who have helped me immensely! Thanks Team!

I Think That SCR Could Do A Better Job: It seems great so far. Very informative and helpful, maybe just more social events to get face time with other members, other than at races when everyone is sweaty and tired!



THANKS MIKE!!



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- Stay injury free, heal existing injuries, improve mind-body synergy
- Master proper breathing techniques and reduce all-over tension

For more information call **321.749.9642** or visit **www.BikramYogaSpaceCoast.com**

Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	
5:30 pm	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga		Hot Yoga
7:30 pm	Hot Yoga		Hot Yoga				

We are located at 4509 S. Hopkins Ave, Titusville, FL 32780 (two blocks North of Cheney)



www.rallcapital.com

Robert J. Rall, CFP®

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Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.



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321-452-1251 (ph) | 888-452-8851 (fax)

Anything is Possible 5K

November 5th and 6th, 2011

In one of the more unusual races of the season, more than 100 runners and walkers appear to have moved backward through time...finishing the race at a time earlier than they started it!



Participants gathered at The Avenue Viera for a 1:50am start (that's right AM!). At 2AM, the clocks were set back to mark the end of Daylight Savings Time. So, after a 1:50 start, most runners finished shortly after 1am. A truly remarkable feat!

14-year old Morgan Levine was the Overall Male Champion, finishing the 5K course in 19:14. Alex Colon crossed second in 19:37 and Paul Wayfield, all the way from Fairbanks, Alaska took third in 19:50. Jim Schaeffer took the award for Male Masters Champion with a finishing time of 19:53.

Karen Kozub was the Overall Female Champion in 20:01. Lisa Petrillo finished second in 20:57 and Kathryn Gonzalez was third in 24:42. Jill Gardner, from Burbank, CA was the Female Masters Champion completing her race in 24:56.

For complete race results, [CLICK HERE](#).

It should be noted that it was Joan Joesting's second race of the day. She finished the Space Coast Classic earlier in the day at age 73 and this race at age 74. Happy Birthday to Joan!

The race benefitted the Hope For The Warriors project.



"It's not about how fast you go. It's not about how far you go. It's a process."

—Amby Burfoot, the Runner's Guide to The Meaning of Life



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& Founder of Chi Running

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away with a great new skill set to help you run
injury- free!



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more information

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- Posture, Lean, Heel Lift
- Personal Check- In Tricks
- Core muscle drills and exercises
- Body Looseners and Stretches

For more information please call 866-327-7867, or visit our www.ChiRunning.com

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)

Chi Running Workshop
www.ChiRunning.com
866-327-7867



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Eagle Pride 5K and 1 Mile Run/Walk

November 12, 2011

Nearly 400 runners and walkers came out to the 2nd Annual Eagle Pride 5K & 1 Mile Run/Walk held on November 12 in Windover Farms. Hosted by the Ascension Catholic Community, this event was established last year in an effort to continue promoting community spirit and healthy living for all ages as well as to raise funds to benefit the Ascension Catholic School. The race is held in conjunction with the weekend-long Ascension Fall Festival.

In order to encourage all ages and ranges of abilities to participate, the Eagle Pride event offers a 5K race and 1 Mile race. Both races are timed and medals are awarded.

5K results: Overall Male Champion was Andy Dutra with 18:29, 2nd place was Art Anderson with 18:32 and 3rd place was Paul Wayfield with 19:04. Male Masters Champion was Sean Black with 19:08.

Overall Female Champion was Julie Hannah with 20:06, 2nd place was Kaitlin Walter with 22:39 and 3rd place was Amanda Beach with 22:54. Female Masters Champion was Marci Pesi with 23:28.

For complete race results, [CLICK HERE](#).



5K AND 1 MILE RACE
ASCENSION FALL FESTIVAL

November 12, 2011



Contributed by Pamela Gearhart, Race Director.

Eagle Pride 5K and 1 Mile Run/Walk

November 12, 2011



YOUR LIFE! RECREATE YOUR LIFE! RECREATE YOUR LIFE!
Your Life! RECREATE YOUR LIFE! RECREATE YOUR LIFE!
Your Life! RECREATE YOUR LIFE! RECREATE YOUR LIFE!
RUN BREVARD
5K RACE & FUN WALK SERIES



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

For more information email
southarea@brevardparks.com

(321) 255-4400





Brevard County Parks & Recreation presents:

"ReCreate Your Life" Race Series



Pre-register for 5 races and receive prize!

(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 (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)

Age Groups: (M/F) 0-9 then standard 5 years increments to 80+

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

Make checks to: Brevard County Parks & Recreation

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

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ DATE OF BIRTH: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ EMAIL: _____

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

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risk 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, all such 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 Space Coast Sports Festival, Brevard County Parks and Recreation Department, The Brevard County Commission, The State of Florida, Space Coast Runners, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may deemed appropriate under existing circumstances by personnel associated with the Brevard County Parks and Recreation Department. NO REFUNDS OR TRANSFERS.

SIGNATURE _____ DATE _____

PARENT / GUARDIAN SIGNATURE (If under 18 yrs) _____ DATE _____

Doughnuts for the Heart Challenge

November 12, 2011



In one of the more unusual, and entertaining races on the calendar last month was the Doughnuts for the Heart Challenge. The race was put on by the Masonic Charities of Florida and all proceeds from the race went to support the Cardiac Research Institute (a bit ironic, don't you think?). It was a 4 mile race (apparently it was actually 4.15), broken into 2-mile segments. Held at Wickham Park, the participants went out on the first 2-mile loop, then back to the BCC pavilion. There, they entered the "feeding area" where they were handed a box of 12 Krispy Kreme doughnuts. Individual participants were required to eat all 12 doughnuts, then head out for the second 2-mile loop. There was also a team division where team members shared the dozen doughnuts.

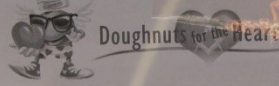
Thaddeus Austin was the 3rd competitor back to the pavilion after the first 2-mile leg. But he ate up the competition in the feeding zone, consuming his dozen doughnuts in a remarkable 2 minutes! Shane Streufert was the second runner back to the pavilion, but struggled with his doughnut-eating technique and was slow getting back out on the course. Shane's wife, Brittany, who had trained vigorously for the doughnut segment, was finally able to beat Shane and was the second female finisher overall. Mariyah Heuppchen was the first overall female in 39:19 and Audrey Stewart was third in 43:11. For the men, Thaddeus was 4 minutes faster than the next closest finisher, David Lebsack. Howard Kanner finished 3rd for the men in 32:56 after an impressive display in the feeding area. For complete race results, [CLICK HERE](#).

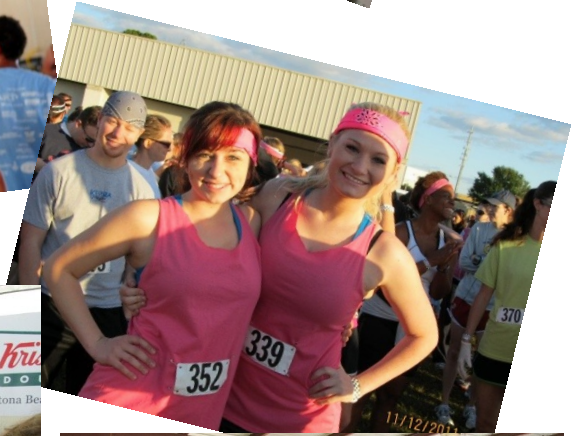
For those wondering, 12 Krispy Kreme doughnuts = 2200 calories and 100g of fat.



Doughnuts for the Heart 4-Miler

November 12, 2011


**DOUGHNUT CONSUMPTION
AREA
ALL CHALLENGERS AND
CHALLENGER TEAMS
EAT HERE**





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Attention Space Coast Walkers !!!

*Walking Group
Riverfront Park, Cocoa Village
Meets Sundays @ 6:30am*

*If you are injured, can not run, or just prefer walking,
you are welcome to join us for exercise and camaraderie!
Pre-walk stretching, walk any distance, fluids provided by
Space Coast Runners*

Contact: Carol Ball cball1@cfl.rr.com (321) 454-9461

Soaring to Make a Difference Eagle 5K

November 19, 2011

In order to attain the Eagle Scout level in the Boy Scouts, you must demonstrate leadership skills. 17-year old Joseph Marquis, of Melbourne High School decided to display his leadership skills by organizing a 5K run/walk to raise money to purchase pre-made kits for Arnold Palmer Hospital for Children. The kits will include toys and arts and crafts that will allow children to have something to play with while hospitalized.

Over 150 runners and walkers came out to support the cause. The race was held at Max Rhodes Park in West Melbourne. 16 year-old Drew Denson was the Overall Male Champion, crossing the line in 17:38. Chris Loines was the Male Master Champion with a time of 19:00.

Overall Female Champion was Sarah Guttery, coming in at 22:41. The award for Overall Female Master Champion went to Marilyn Bartot who finished in 25:54.

For complete race results, [CLICK HERE](#).



ARNOLD PALMER HOSPITAL
For Children
Supported by Arnold Palmer Medical Center Foundation



Pictures: Race organizer, Joseph Marquis addressing the crowd. Runners and walkers get ready to tackle the 5K course.





2011 Space Coast Runners Holiday

Fun Run/Walk

Potluck Social

Sunday, Dec 18th

6:30 am

We will run/walk from the park at 6:30 am

and meet at 8:00-8:30 at

DaddyUltraRuns in Cocoa Village

602 Brevard Ave

Bring your favorite breakfast dish to share!

SCR providing coffee and juice, etc!

Special Gift for all SCR Members!

Take Stock in Children Strides for Education 5K

November 19, 2011

Take Stock in Children is a drop out prevention, mentoring and college scholarship program designed to identify and assist motivated, well-deserving, low-income middle and high school students. To help raise funds to be used for scholarships, the organization held a 5K race at Brevard Community College's Melbourne Campus. Over 170 runners and walkers participated.

Andy Dutra led the way and was the Overall Male Champion, crossing first in 19:05. Jim Schaffer was second in 19:42, and Joshua Boudreau was third in 20:59. The Male Masters Champion award was claimed by Carl Davidson, who posted a time of 22:27.

A pair of sisters claimed the number 1 and 2 spots for the ladies. 16-year old Abby Fenton edged out her slightly-older sister Lexi to take the Overall Female Champion award in 24:02. Lexi crossed in 24:37. Cristina Canales was the third lady to cross, finishing in 25:24. Wanda Bibens was the Female Masters Champion, with a time of 27:50.

For complete race results, [CLICK HERE](#).



Take Stock In Children's
**STRIDES FOR
EDUCATION**
5K Walk/Run



"Why do I run? It's the best form of exercise. It's totally the core of being in shape. I really feel so good—anytime after the first mile."

—Tate Donovan, actor

"I loved the feeling of freedom in running, the fresh air, the feeling that the only person I'm competing with is me."—Wilma Rudolph, U.S. Olympian



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 for more details

FAMILY FUN



LIVE MUSIC

Beach Running World Championships

Half Marathon and 10K November 19, 2011

The Beach Running Association brought the first ever Beach Running World Championships to Brevard County on November 19th. Starting at the Cocoa Beach Pier, the out and back course offered participants a choice between a half-marathon and a 10K. There were 96 finishers in the half-marathon and 197 in the 10K. There was a separate Barefoot division for those wanting to get sand between their toes.



In the half-marathon, Jim Fullarton was the Overall Male Open Winner, crossing the 13.1 mile course in 1:23:14. Thaddeus Austin was second in 1:27:14, and Michael Cozza finished third in 1:27:59. The Overall Male Masters Winner was Art Anderson, who covered the course in 1:31:30.

Ginny Brown was the Overall Female Open Winner in 1:52:14. Julie Aycock was second in 1:55:23, and Marlene White took third in 2:00:18. Jackie Campbell was the Overall Female Masters Winner in 2:01:18. For complete Half-Marathon results, [CLICK HERE](#).

In the 10K, David Kilgore was the Overall Male Open Winner, covering the 6.2 miles in 35:43. Bob Evans was second in 37:08, and Mickey Hooke finished third in 37:51. Sean Black took the Overall Male Masters Winner, crossing in 41:18.

Alicia Weber was the Overall Female Open Winner, with a time of 44:32. Trish Evans was second in 44:39. Kristi Choate finished third in 45:24. Robin Moran took the Overall Female Masters Winner award, crossing in 46:53. For complete 10K results, [CLICK HERE](#).



A beautiful beachside sunrise greeted runners as they started the first-ever Beach Running World Championships. More pictures, courtesy of [YourPhotosNow.com](#), on following page.

Beach Running World Championships

Half Marathon and 10K November 19, 2011



10K Overall Open Winner

L—David Kilgore
R—Alicia Weber



10K Overall 2nd Place

L—Bob Evans
R—Trish Evans (juggling
the entire way)



10K Overall Third Place

L—Mickey Hooke
R—Kristi Choate



10K Masters Winners

L—Sean Black
R—Robin Moran



Beach Running World Championships

Half Marathon and 10K November 19, 2011



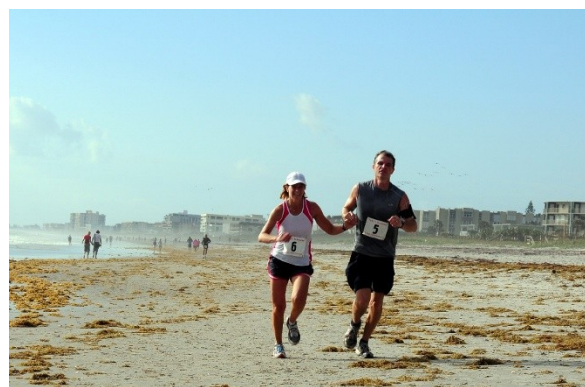
Half-Marathon Overall
Open Winner

L—Jim Fullarton
R—Ginny Brown



Half-Marathon Overall
2nd Place

L—Thaddeus Austin
R—Julie Aycock
(with 45-49 age group
winner, Rick Brewer)



Half-Marathon Overall
3rd Place

L—Michael Cozza
R—Marlene White



Half-Marathon Masters
Winners

L—Art Anderson
R—Jackie Campbell



Space Coast Art Festival Turkey Trot 5K

November 24, 2011

The 12th Annual Space Coast Art Festival Turkey Trot 5k was a huge success as nearly 1,100 runners and walkers pounded the pavement in downtown Cocoa Beach on Thanksgiving morning. Seventy little gobblers finished the mile, ½ mile, and ¼ mile races. A guest appearance by Cocoa Beach's only pet turkey rounded out the morning's festivities.



Jacob Langgle of Mims crossed the finish line first in a time of 17:12 with Cocoa Beach High School varsity cross-country runner Cory Sayyeau close behind in 17:37. A pair of ladies from Virginia claimed the first two female awards, Kerry Kelley of Chesapeake and Faith Korbel of Arlington, in 19:24 and 20:02. Cocoa Beach High School was well-represented, as the first place in the team competition went to a foursome on the varsity cross-country team, Ashley Bunting, Lindsay Burton, Althea Hewitt, and Maleia Storum.

Not everyone was vying for a killer finishing time. 47 turkey teams lugged a 12 pound turkey over the course, taking the frozen bird home for dinner at a later time. Pilgrims, Indians, and turkeys were in abundance. Many thanks to our sponsors and all the volunteers. The Cocoa Beach Cross-Country teams volunteered on the race route and water stations, and many Space Coast Runners helped out in advance of the race and on race day. We couldn't have done it without you!

—contributed by Marlene White, Race Director. Thanks Marlene!



Suntree Turkey Trot 10K & 5K

November 24, 2011

It takes a special person to wear a turkey hat out in public. There were several folks “dressing” up for this holiday run through the streets of Suntree. Over 900 runners and walkers turned out for the 8th annual Suntree Turkey Trot, which supports the Brent R. Gooch Fund of the Juvenile Diabetes Research Fund (JDRF).

SUNTREE TURKEYTROT

5 & 10K FUN RUN & WALK



The race starts and ends at the Suntree Clubhouse and offers participants a choice of a 5K (one loop) or a 10K (two loops) race.

In the 5K, Tracy Simso was the Overall Female Champion, covering the course in 19:20. Melody Jones finished second in 19:51 and Amanda Sebetka placed third in 20:53. The Overall Female Masters Champion award went to Tina Kraver, who crossed the finish line in 21:40.

For the men, the youth ruled the 5K. 19-year old James Stern was the Overall Male Champion with a time of 17:42. 13-year old (?) Samuel Shaffer was second in 18:17. Rounding out the top 3, 16-year old Sean Carroll placed third with a time of 18:38.

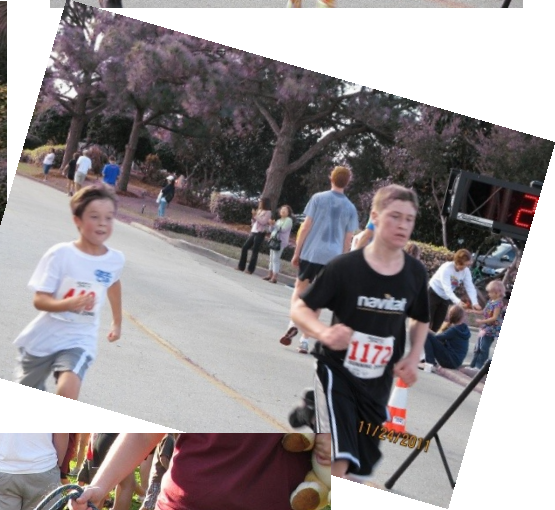
In the 10K, the “older guys” ruled. Not-so-old Robert Desanti took the Overall Male Champion award, finishing the two loops in 39:24. Jim Schaeffer crossed second in 40:08, and Randy Carmean placed third in 40:48. Jimbo Cunningham won the Male Masters Champion award, finishing in 44:46.

For the ladies, Amy Cameron crossed the line first and took the Overall Female Champion spot in 43:12. Sarah Deibner was second in 44:28 and Staci Wavering finished third in 46:12. Shannon Carmean was the Female Masters Champion, with a time of 48:23. For complete results of both races, [CLICK HERE](#).



Suntree Turkey Trot 5K

November 24, 2011



Space Coast Marathon and Half-Marathon

November 27, 2011

The 40th Annual Space Coast Marathon and Half-Marathon brought over 3000 runners and walkers to the streets of Cocoa and Rockledge on Sunday morning, November 27th. The 4th race of the Space Coast Runner's Runner of the Year Series had a record number of participants again this year. The flat, fast and picturesque course is drawing more and more attention every year.

The runners and walkers were treated to a relatively cool and overcast start to the race after former astronaut Mike McCulley wished the runners good luck before he joined them in the event. The jumbotron at the start line in Cocoa Village counted down a shuttle launch and the race was on. Full marathoners headed north to start the race, then joined the half-marathoners on the south side of River Road before finishing at the amphitheater in Riverfront Park. Some cool, light rain helped in the early stages of the race, but then the sun, and some unseasonably warm temps provided a bit more of a challenge for all.

In the Half-Marathon, Cobi Morales, from Miami, was the Overall Male Champion, covering the 13.1 course in 1:17:36. John Davis finished second in 1:20:22 and was the first member of Space Coast Runners to cross the line. Steve Hedgespeth finished right behind John, taking third place in 1:20:44. Steve Sears, of Seekonk, MA was the Male Masters Champion, finishing in 1:21:44.

Natasha Yaremczuk, of Paris, Ontario was the first to cross the line for the ladies and took the Overall Female Champion Award, posting a 1:22:36. Tracy Simso was second in 1:30:21 and was the first Space Coast Runner lady to finish. Meredith Van Veen, of Vero Beach was third in 1:30:56. The Female Masters Champion was Mylene Dally of Winter Park, who crossed in 1:35:41.

For complete half-marathon results, [CLICK HERE](#).

In the Marathon, Dirian Bonilla of Nicaragua was the Overall Male Champion with a time of 2:37:01. Sean Gallagher, of Clearwater, was second in 2:41:03 and Brandon Saltmarsh, of Los Angeles, finished third in 2:42:37. Cocoa's Bret Halliday was the Male Masters Champion, finishing in 3:01:46.

Krista Seibert of Powell, OH was the Overall Female Champion, with a time of 3:11:27. Tina Jeon of Dallas, TX was second in 3:18:13, and Jennifer Lanterman, from Tampa, placed third in 3:18:50. Michelle Mueller, who traveled from Fort Collins, CO, was the Female Masters Champion, with a time of 3:28:19.

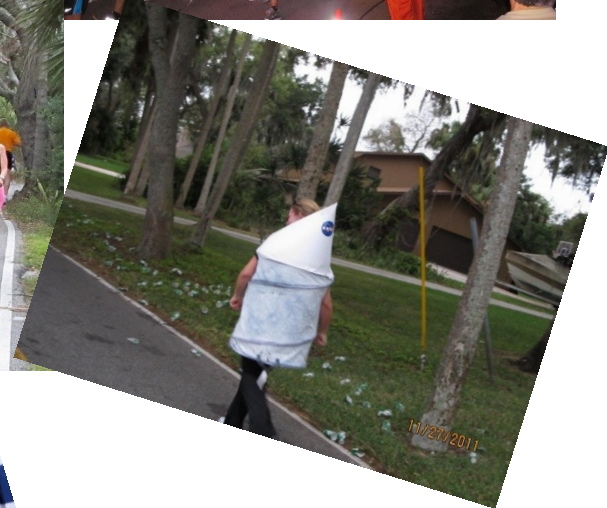
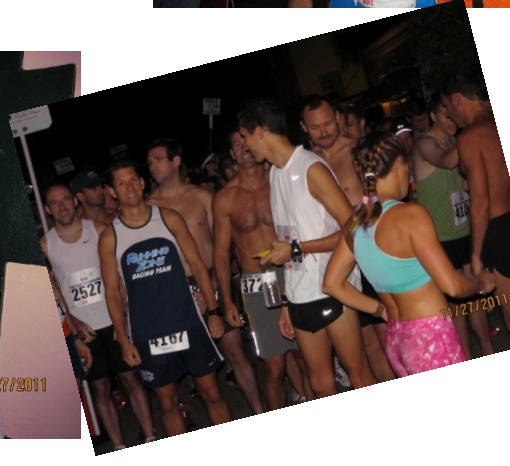
For complete marathon results, [CLICK HERE](#).

Health First Health Plans
presents



Space Coast Marathon and Half-Marathon

November 27, 2011



More SCM photos on the next page....

Space Coast Marathon and Half-Marathon

November 27, 2011



More SCM photos on the next page....

Space Coast Marathon and Half-Marathon

November 27, 2011



Even more SCM photos on the next page....

Space Coast Marathon and Half-Marathon

November 27, 2011



Space Coast Marathon and Half-Marathon

November 27, 2011



The 2011 Space Coast Marathon and Half Marathon was designated the Florida State Road Runners Club of America Championship race for the 3rd year!

Marathon

Overall	Dirian Bonilla 25	Jinotoga, NIC	2:37:01
	Krista Seibert 38	Powell, OH	3:11:27
Master	Bret Halliday 50	Cocoa, FL	3:01:46
	Michelle Mueller 50	Fort Collins, CO	3:28:19
Grand Master	Dennis Byron 53	Palm Harbor, FL	3:07:00
	Kitty Musante 55	New Smyrna Beach, FL	3:39:25
Senior Grand Master	Lyle Garver 62	Winter Haven, FL	3:37:01
	Rosa Rosa 60	Clermont, FL	4:36:48

Half Marathon

Overall	Cobi Morales 37	Miami, FL	1:17:36
	Natasha Yaremczuk 31	Paris, ON	1:22:36
Master	Steve Sears 43	Seekonk, MA	1:21:44
	Mylene Dally 40	Winter Park, FL	1:35:41
Grandmaster	Vincent Ortiz 50	Chesapeake, VA	1:29:53
	Janet Canfield 51	Titusville, FL	1:39:15
Senior Grand Master	Steve Santana 61	Fort Collins, CO	1:30:57
	Susie Simms 62	Boca Raton, FL	1:46:31

Space Coast Marathon and Half-Marathon

November 27, 211

★ UNIVERSE ★



★ MILKY WAY ★



★ SUN ★



★ MOON ★



★ SATELLITE ★



★★ A special Thank You to all of our Sponsors for making this event such a Blast!! ★★

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There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you a 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

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!