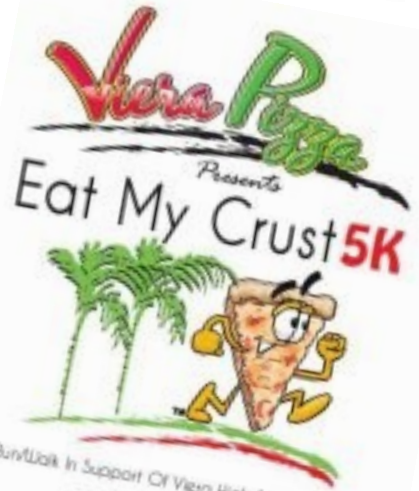




# SPACE COAST RUNNERS NEWSLETTER

*Promoting Running and Fitness  
in Brevard County, FL*

**DOUBLE ISSUE—June/July 2012**



05.06.12



**A HUGE double issue awaits you! Results and pictures of the races since our last issue. A friend of SCR Retires, Hall of Fame, Golden Shoe, SCR ROY Awards, end of the fiscal year club reports and another of our own sets a major milestone. All that and more...INSIDE!**



www.rrca.org

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A very special THANK YOU to everyone who helped with this month's newsletter including: Carol Ball, Ed Springer, Loran Serwin, Patti Sponsler, Julie Hannah, Lorna Holland, and Matt Mahoney.



# FROM THE EDITOR



You'll notice a different look to this month's newsletter. It is the first of many changes we are planning over the next several months to improve the publication. We want to improve the look, make it more fun, and take advantage of the latest in technology to introduce some new features. The idea is to provide more value for you, our readers, our sponsors and advertisers. After all, this is your club...so that means it is your newsletter. We welcome your contributions. If you have a unique/interesting/funny experience while training, or during an event, we want to hear about it. Have a gift for writing? Please don't hesitate to submit an article, or an idea for an article or a feature that you would like to see.

In order to move forward with these improvements, I have been fortunate enough to bring on a couple of Associate Editors. If you are involved in the local running community, you probably already know Brittany Streufert and Lisa Hamelin. These ladies have volunteered to lend their talents towards making this a better publication. So, don't hesitate to send any of us your ideas, stories, anecdotes, pictures, etc. You can help us make this a better newsletter. Your feedback is important...and invaluable.



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## 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 [SpaceCoastRunners.org](http://SpaceCoastRunners.org). 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 SCR Board Meeting will be held on Monday, July 16th at the Health First Pro-Health and Fitness in Viera**



## CONNECT WITH SPACE COAST RUNNERS

Are you into Social Media?

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!

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

Website Editor: Loran Serwin, [Lserwin@cfl.rr.com](mailto:Lserwin@cfl.rr.com)

Results/Calendar: Matt Mahoney, [Matmahoney@yahoo.com](mailto:Matmahoney@yahoo.com)

# Meet your 2012-2013 SCR Board of Directors



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**President**

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# Meet your 2012-2013 SCR Board of Directors



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**Les Dunne**

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**Membership/ROY Chair**

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## President's Annual Report

The SCR 2011-2012 Kickoff was our annual Summer Social/Membership Drive, held July 16, 2011 at Pizza Gallery in Viera. We were pleasantly surprised to have 84 attendees, with 28 renewals and 11 new memberships! It was a fun event.

From a Club Business standpoint, the Board adopted a new Advertising Policy, Social Media Guidelines, and a BOD Code of Ethics. I also drafted a BOD Expectations document. Links to these documents can be found on the SCR Website.

We have been trying to better promote SCR by professionally upgrading our logo and membership brochures, and producing postcards that went in every SCR, RZ, and TRS series race packet. In addition, club member Rene Dunne volunteered and distributed the postcards to South Brevard fitness businesses.

We purchased SCR visors and caps, magnets and decals to help publicize the club. We will soon have new SCR singlets for sale at RZ, printed with the new logo. If anyone has ideas for additional club promotional items or suggestions, please let me know!

The Club again underwrote the Windover Farms Radio Report. We sponsored the new Brevard County Parks and Rec "Recreate Your Life" Race Series. We renewed our membership in the Cocoa Beach Chamber of Commerce, with Jessica Crate as our representative.

We became members of RunDisney Running Club. This free membership gives our members reduced fees for Disney running events and park entrance. It also qualifies us to win prizes for most club participation, and fastest club, so be sure to use our link or code to register for races!

This year we secured several Club Sponsors, dividing the contributions among the Space Coast Classic 15K, the Eye of the Dragon 10K, and the Space Walk of Fame 8K. This helped insure profits from all three club owned races! The Board of Directors would like to thank our Club Sponsors: **Bob Rall - Rall Capital Management, John Davis - Rapid Automation Design, Melbourne Beaches and Music Marathon, Paula Steere Sports Massage, Visalus, and Melbourne Beach Rotary Club.**



# Carol's Corner

Contributed by Carol Ball, SCR President

## President's Annual Report continued

Board member Tammy Foster directed the 26<sup>th</sup> Annual Space Coast Classic 15K in November at Windover Farms Melbourne and did a great job. Tammy designated profits from the SCC to help fund the SCR Youth Series. The race will be directed by Barbara Linton this year, with the venue being moved to Port Canaveral.

Marlene Whites' 24<sup>th</sup> Annual Eye of the Dragon 10K in February was designated as the Road Runners Club of America 2012 Florida State Championship 10K. The Eye of the Dragon proceeds funded the SCR scholarships and also a donation to RRCA's Kids Run the Nation Fund. As a side note, Marlene was awarded the RRCA Volunteer Award for 2000+ hours of volunteer service to our Club!

Marty Winkel continues to direct the Space Walk of Fame in Titusville in April each year, as part of both the SCR ROY Series and the TRS Series. The SWoF contributes annually to the Space Walk of Fame Museum in Titusville and to the Titusville Race Series.

SCR continues its partnership with Running Zone Race Management for the Space Coast Marathon and Half Marathon. In 2011, thanks to RZ expert race management, event participation grew nearly 27% over the previous year. \$10,000 was donated to the TNT Leukemia & Lymphoma Society. Our share of profits allowed us to again contribute to Brevard Special Olympics.

This year, we are seeking more volunteer involvement for all of our Club races. Our races continue to grow. We need to divide the responsibilities so the race directors are not so overwhelmed. Please consider volunteering for a key chair position for at least one Club Race!

A Holiday Fun Run/Potluck Social was held December 18<sup>th</sup> at DaddyUltraRuns in Cocoa Village. SCR logo ornaments were given to all participants. We thank Hernan for his continued support of SCR.

Ty Bowen, Cyndi Bergs, and I attended the Annual RRCA Convention in Memphis, TN in March. You can find a complete report in the April edition of the SCR newsletter. Next year's convention will be held in Albuquerque, New Mexico in May.

SCR got involved with issues concerning the residents of Rockledge Drive by hosting a public meeting with the Rockledge police chief in February. As a result, we initiated an SCR Adopt-a-Road program to show our readiness to keep the roadway clear of trash. Our first cleanup was on Earth Day, April 22, and resulted in a pickup of all our beer bottles and cans, cigarette butts, candy wrappers, etc. Several residents

*Continued on next page....*



# Carol's Corner

Contributed by Carol Ball, SCR President

## President's Annual Report continued

thanked us for our efforts. We will be planning another clean up soon. We will need LOTS of volunteers for our largest River Road trash bash, on Sunday, Nov 25, after the Space Coast Marathon.

Space Coast Runners, Running Zone and Titusville Race Series joined forces to create the Brevard Series Showdown on June 9<sup>th</sup>. It was a fun event, despite the inclement weather. RZ secured Smokey Bones as a sponsor. All three Brevard Race Series awards were presented. We are seeking your opinions on the Showdown, and hope to have a survey distributed soon.

This year several members lost close family. We runners become good friends through our sport, and are all saddened when fellow runners lose a loved one. One loss was past member Don Dore's grandson, Kyle, who died from pneumonia at age 25. We also unexpectedly lost long time SCR member Ron Hoar. Ron's wife designated SCR as recipient of donations in Ron's memory. Our sympathy and thoughts go out to the Don and Elizabeth Dore family, Pam Hoar and family, and the SCR members who lost a parent this year.

Local Triathlete Pete Carrabetta was seriously injured when hit by an SUV while riding his bike, and continues to recover.

The 2012-2013 SCR season Summer Social is currently being planned for Saturday, July 21<sup>st</sup> at Fishlips at the Port. We will have reduced memberships and renewals, giveaways, reduced SCM registration, food and fun!!

In response to your suggestions, we are implementing a SCR Series Registration on a trial basis this year. For \$222, you may sign up for 11 series races (excludes the Space Coast Marathon/Half) through Aug 12 ONLY. A registration form can be found in this issue and you can sign up at the Summer Social.

I look forward to serving as your President again in the coming year, and working with the newly elected Board to continue SCR's goal of promoting recreational and competitive running & walking on the Space Coast!—**Carol Ball, SCR President**

***You know you're a runner when... "you have a drawer full of medals and other race souvenirs that you're not sure what to do with."***

A special thanks to David Grant for organizing a collection of some of those old trophies and medals to donate to Special Olympics. They have plenty for now, so we may try it again next year.



## Local Fun Runs & Walks

---

It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed.

Day	Location	Time	Organizer
Sunday	COCOA,RIVERFRONT PARK Heading North	6:30AM	SPACECOAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	7:00AM	UP & RUNNING FITNESS
MONDAY	PIZZA GALLERY AT THE AVENUES	6:00PM	RUNNING ZONE
MON-WED- FRI	FAY LAKE WILDERNESS PK, Port St. John	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	6:30PM	PEDRO TOLEDO
TUESDAY	ISLAND MULTISPORT, IHB	6:00PM	JESSE HALL
TUESDAY	PALM BAY COMMUNITY CTR	6:30PM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WEDNESDAY	EAU GALLIE CIVIC CTR	6:00PM	RUNNING ZONE
THURSDAY	SATELLITE BEACH LIBRARY	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACE VIEW PARK, TITUSVILLE	7:00AM	PEDRO TOLEDO





**SPACE COAST RUNNERS**  
**TREASURY REPORT**  
**Statement of Activity**  
**For the Fiscal Year July 1, 2011 through June 30, 2012**

<b>Membership</b>		
Membership	8,275.00	
Newsletter Advertising	3,350.00	
Website Fee	(728.40)	
Operating Expenses	(544.30)	
Promotional	(5,307.89)	
Club Insurance	(1,578.00)	
RRCA Conferences	(1,500.00)	
Fun Runs/ Socials	(1,699.38)	
<b>Net Membership Income (Expense)</b>		<b>267.03</b>
<b>Runner of the Year</b>		
SCROY Awards	(1,891.67)	
Showdown Expenses	(1,000.00)	
<b>Net SCROY Expense</b>		<b>(2,891.67)</b>
<b>Charitable Donations</b>		
Scholarships Donation	(2,040.00)	
SCR Youth Series	(454.52)	
Other Donations	(715.66)	
<b>Net Charitable Donations Expense</b>		<b>(3,210.18)</b>
<b>Races - 15k, 10k, 8k</b>		
Race Entries Income	28,257.00	
Race Sponsorship Income	4,900.00	
Race Timing Fees	(4,449.18)	
Race Awards	(4,339.47)	
Race Permits/Rentals	(1,820.08)	
Race Advertising	(1,243.24)	
Race Shirts	(10,453.75)	
Race Supplies	(1,500.30)	
Race Donations - 10K, 8K	(1,958.00)	
<b>Net Race Income (Expense)</b>		<b>7,394.98</b>
<b>Marathon</b>		
Marathon Income	9,874.76	
Marathon Donation	(2,250.00)	
<b>Net Marathon Income (Expense)</b>		<b><u>7,624.76</u></b>
<b>2011-2012 Net Income</b>		<b><u>9,184.92</u></b>



# Space Coast Runners Membership Application



### Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

### Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:  
Space Coast Runners, P.O. Box 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: \_\_\_\_\_

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

I would like to volunteer:  SCR Youth Running Series  Space Coast Classic 15K  
(check appropriate boxes)  Eye of the Dragon 10K  Space Walk of Fame 8K  Space Coast Marathon

Membership Amount: \$ \_\_\_\_\_

\*Tax Deductible Contribution: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

*\*Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*

# *Space Coast Runners*

## *Summer Social*

*Saturday, July 21st*

*3-5 pm*



*Port Canaveral*

*Come join us for food, drinks, giveaways, and fun!*

*\*Bring a friend to become a member of SCR*

*\*Or renew your Membership \$5 off*

*\*Discounted SC Marathon & Half registration*

*\*Register for the SCR ROY Series*



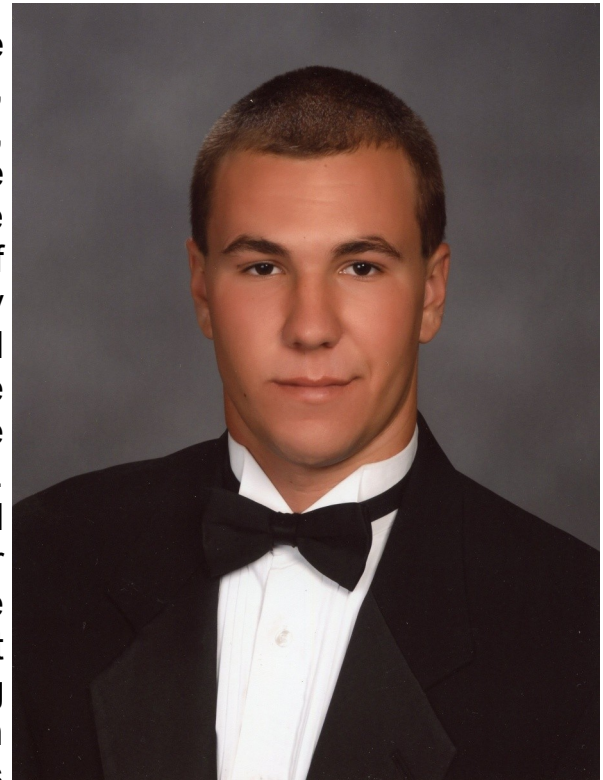
## 2012 Space Coast Runners Scholarship Recipients

This year, SCR presented scholarships of **\$1000** each to two high school Senior runners based on the essay question: **“How Do You Fit Running into Your Life?”**

Here are the winners and their essays:

**Steven Sims**  
**Cocoa Beach Jr/Sr High School**

“Many people use running as an escape from the stresses in their lives, or the challenges from their education. For me, running brings relaxation, and a clear mind like nothing else. Running provides so much more to me than simply staying in shape. When I run, I feel as if all the muscles of my body are simultaneously working to bring me to that uplifted and powerful feeling that all runners know and crave. When I’ve had a hard day at school, and start to feel the pressure coming down on me, I go for a run. Running clears all of the self doubt from my head, and also helps me train for the sports I participate in. For football, I always have to find ways to stay in prime condition and keep up my cardiovascular health, but the reason I run is for the intense mind-clearing complex that never lets me down. Because I live with my single mother and disabled sister, there is always a lot going on in my house. My mom has to watch my sister full time, and because of her limited free time she is unable to work, which is the reason we live in a two-bedroom duplex. This leaves me with little personal space, and even more of a reason to get outside and enjoy a relaxing, independent run. The alone time that running brings me, along with the relaxation, gives me the freedom I need to be happy and healthy.”



**Congratulations Steven! It’s so nice to hear that when pressures build up on a teenager, some of them opt to go for a run instead of turning to any of the other more dangerous choices available to our young.—BR**

**Please go to the next page to read the essay from our other scholarship winner.**



## 2012 Space Coast Runners Scholarship Recipients

This year, SCR presented a scholarships of **\$1000** each to two high school Senior runners based on the essay question: **“How Do You Fit Running into Your Life?”**

Here are the winners and their essays:

### **Valentina Lang Viera High School**

“I fit running into my life by making it a priority because I can’t accomplish anything without running first. To me, running ensures that I’m in the best shape I can be, inside and out. It provides that time for me to be outdoors and do what I love. Whether it’s running in the morning, after school with my cross country teammates, or alone, I find a way to run. When I’m sad, excited, tired, or stressed, a run is just a pair of sneakers away. For example, last year when I heard the devastating news that a classmate had committed suicide, I went out and dedicated my five mile run to him. It made me feel good to give something to him that was so important to me. It also allowed me to digest what had happened and try to find peace about it. Running keeps me sane amongst all the busyness and complexity of life. It’s so simple; all I need to do is move my left foot and then right foot forward. I run to prove that I can always accomplish more, go further, run faster, or do something I didn’t believe I was capable of before. Finishing the Space Coast Half Marathon was one of my proudest achievements, and reminded my why I run. After I discovered how running makes me a happier, more focused and better person, I found a way to fit running into my life, or a way to fit life into running.”



**Congratulations Valentina! Long may you run!—BR**

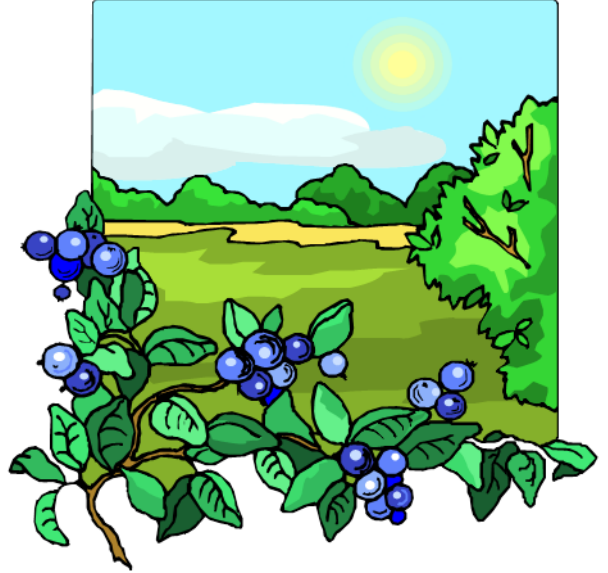
# Blueberry 5K

May 5, 2012

The second annual Blueberry 5K was held at the Holland Family Farm in Mims on May 19th. The proceeds from the race benefit the Malone family and their orphan care ministry for special needs children. The race passed through the Holland Farm and their blueberry field. After the race, each participant was invited to pick a free pint of blueberries.

Jacob Langgle was the Overall Male Champion, covering the course in 18:27. Ed Springer took second place in 19:20 and 13-year old Colten Toms places third in 20:43. Tom Thaller took the award for Male Masters Champion with a time of 23:28.

For the ladies, Sarah Hammond crossed first in 20:32 to take the Overall Female Champion award. Joama McColl was second in 20:50 and Kara Springer placed third in 21:20. Karon Pittman was the Female Masters Champion, crossing the line in 24:08. For complete race results, [CLICK HERE](#).





## YOU make a difference!

All Family Challenge proceeds support the YMCA Scholarship Program, giving families in our neighborhoods an opportunity to live and enjoy a better life.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**All triathlon participants receive a T-shirt, goodie bag, refreshments, and are eligible for door prizes. The grand prize is a 10-speed hybrid!**

### INDIVIDUAL AWARDS (male & female):

Top 3 overall

1<sup>st</sup> Master

Top 3 finishers in each age group

### FAMILY RELAY TEAM AWARDS:

Running Zone Fastest Family Award

Top 3 Family Relay Teams



## Special Thanks To Our Sponsors!

Cracker Barrel

Dixie Crossroads

Living Well Chiropractic

Merle Norman

Kathy Ojeda

Running Zone

Space Coast Event Management

Sunrise Bread Company

Ten Speed Drive Bicycle Center

Titusville Dream Team

([www.bigharv.bodybyvi.com](http://www.bigharv.bodybyvi.com))

Tropical Tees

Valentino's - Searstown Mall



Living Well Chiropractic  
presents:



8<sup>th</sup> Annual YMCA  
Family Challenge  
Triathlon



28 July 2012

Saturday, 7am

Titusville YMCA Family Center

If you can dream  
it, you can do it!

Walt Disney

## For more information:

### CONTACTS

Race Information:

Marty Winkel

[runs alot@cfi.rr.com](mailto:runs alot@cfi.rr.com)

321.537.3526

YMCA:

Ashley Kuczynski

[akuczynski@cfymca.org](mailto:akuczynski@cfymca.org)

321.267.8924

**YMCA Family Challenge Triathlon**  
**YMCA Family Center**  
 2400 Harrison Ave, Titusville FL 32780  
 (corner of Harrison & Park Ave.)

**Triathlon Schedule, 28 July 2012**

- 6 – 6:45am Packet Pickup
- 6 – 6:45am Body Marking/Transition Area Open

**7am Triathlon Start**

- Swim 100 yards YMCA pool  
*wave start, 3 min intervals*
- Bike 4 miles  
*Closed loop*
- Run 1.75 miles Out and back

Aid Stations: Transition, 1/2, 1 1/4

**Registration Fees**

**NO Day of Race Registration**

*Before July 13<sup>th</sup> July 13<sup>th</sup> – 27<sup>th</sup>*

YMCA Members

Individual	\$30	\$40
Family Relay Team	\$85	\$95

Non-YMCA Members

Individual	\$35	\$45
Family Relay Team	\$90	\$100

**Write checks to "Titusville YMCA".**

**Drop off or mail checks/forms to:**

**YMCA Family Center**  
**2400 Harrison Ave, Titusville FL 32780**

**CONTACTS**

Race Information: YMCA:  
 Marty Winkler Ashley Kuczynski  
 runsalot@cfl.rr.com akuczynski@cfymca.org  
 321.537.3526 321.267.8924

**REGISTRATION FORM**

*Each member of a Family Relay Team must fill out a form*



**Check One:**

- Individual
- Family Relay Team, Name \_\_\_\_\_

**Individuals** check gender and age group below:

- Male  Female
- ≤8  9-10  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

Name \_\_\_\_\_ Shirt Size \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Amount enclosed \$ \_\_\_\_\_ (*no refunds*)

**Athlete and Parent Release:** I, the undersigned, am fully aware of the rules and regulations governing the YMCA Family Challenge Triathlon. I am also aware the program does not provide insurance coverage for any injuries sustained during my participation in the event. I and my heirs waive and release any right to any claims I may have against YMCA and Space Coast Event Management personnel. In addition I waive any right to pictures taken of me during the competition. Further, I certify that I have no physical limitations and accept responsibility for personal equipment used by me during the competition. I understand all of the above and accept the provisions for my participation in the YMCA Family Challenge Triathlon.

Signature of Parent/Guardian (if <18 years old) \_\_\_\_\_

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

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TO ALL SPACE COAST RUNNER MEMBERS**

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ACROSS FROM BREVARD COMMUNITY COLLEGE**

# SCR's Newest 50-State Marathon Finisher Dick White

*Editor's Note:* In addition to being awarded this year's Golden Shoe award for his contributions to Space Coast Runners (see page 41), Dick White recently completed the Cleveland Marathon. The race completed Dick's quest to complete a marathon in all 50 States and DC...which is a very exclusive club and one in which Dick joins his wife Marlene, who completed hers in December of last year. CONGRATULATIONS DICK! This article is a reprint which was graciously made available to us from Patti Sponsler of [SpaceCoastMultiSport.com](http://SpaceCoastMultiSport.com) and consists of an interview with Dick shortly after his event. Thanks Patti!

*Can you share your most memorable race experiences?*

DW--Each race has special memories, but the course at BIG SUR is breath-taking. Boston is Boston, going through the Expo is like a Who's Who in running legends. We actually ran off the course to take pictures of each other with the "Old Meets Young" John E Kelley statue.

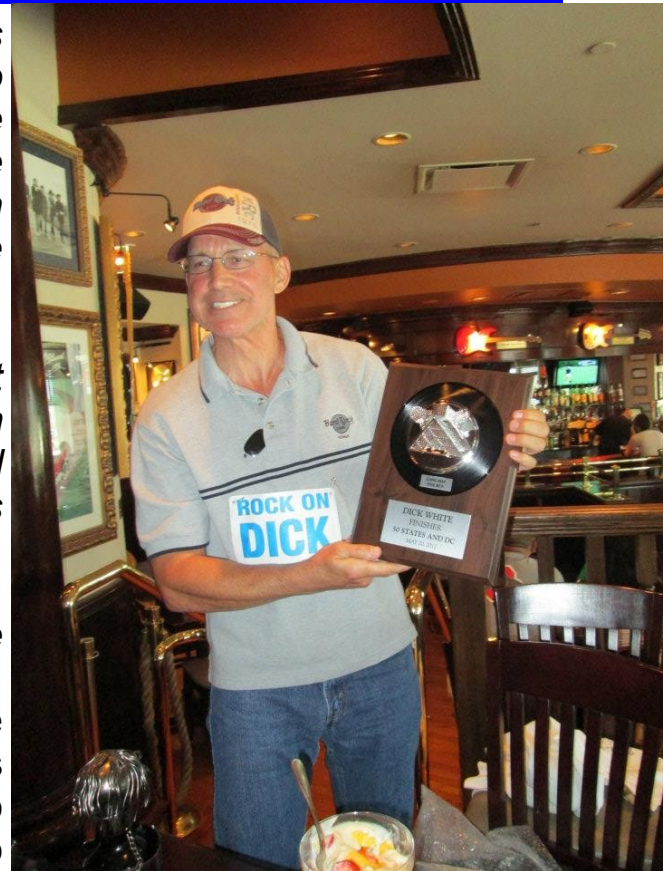
*I'm sure traveling to all 50 states allowed you to meet some incredible people. Can you talk about one or two who still stand out in your mind?*

DW--We met and and re-met Dick Beardsley in Boston, Phoenix, Chicago, at Grandma's, and most recently here at SpaceCoast. He is always so upbeat and gracious, in fact at Helena, Montana he and I shared an elevator ride. He was not announced to be at that race, he was coincidentally in town for his nephew's high school graduation. When I recognized him, he was flattered and followed me to the lobby to greet Marlene, Brett, Robin, Kim and Rachel. Marlene, of course was ecstatic, but I had to explain to the kids that this was the equivalent of meeting Dan Marino !!

*When and how did this all start for you and Marlene?*

DW--When Marlene and I met in 1993, I had never run a marathon. Marlene had already run TWO Boston and TWO Marine Corps with a couple of qualifiers thrown in. In 1994 Marlene decided that she wanted to return to Boston for the 1996 100th Anniversary Edition. Having multiple years of long distance Triathlon Training in me, I paced her to her qualifying time in a small marathon in Brandon, FL (Dec '94). We then ran Disney '95 together and settled in for the Tri-season. As the year went on, I

*Continued on the next page...*



# 50 State Marathon Finisher—Dick White

*continued*

heard “oh, you’re going to BOSTON ?” over and over and over. This MUST be a BIG DEAL ! So... Dec '95 I'm back in Brandon on a last ditch effort to earn my wings! 1996 saw us finish Disney in Jan, Charlotte Observer in Feb (where they also staged the Olympic Trials that year), then Boston in April! Let me get back to some cross-training to rest my legs! In 1997 we went out to Monterey to visit Marlene's sister. Oh, yes and run Big Sur. In Oct we went to run Marine Corps. During all of these GLORY events we were meeting people who were on their quest to run a marathon in all 50 states (plus DC). Why not? We're having a Great Time and, after all, we already have 5 states done! (heh, heh, heh)

*I'm in awe that you and Marlene raised three children, with Rachel still being a toddler when you started plus both worked full-time and volunteered countless hours into the community, particularly the running community. How did you guys balance it all? Did it get easier as you started clicking off races and the kids got older?*

DW--There an old saying that “it takes a whole village to raise a child”. In this case, it took a whole FAMILY. In Nov of 1997, Marlene discovered she was pregnant. I had to run Disney '98 alone. Rachel was born Sept 1st and slept while Daddy finished his one and only Iron-Distance Triathlon in Oct of '98. Brett and Kyle accompanied me on their bikes as I ran my only SpaceCoast in Nov '98. In Jan '99 Rachel rode the jogger through Disney 1/2 then Daddy went on to the full finish.

There's only nine months from Childbirth to Marathon ! In May of '99 we visited my family in Maine to run Sugarloaf, Oct '99 Marlene finished her only Iron-Distance Triathlon, in Nov '99 we visited Marlene's sister Nori to run Hartford. That was when I realized that we had the resolve to make this happen! No, it didn't get easier, in fact, as I got older, it got much HARDER!

*What do you hope that Brett, Kyle and Rachel have learned and taken away from watching and participating in this experience?*

DW--The adventures of traveling have made the kids look beyond the boundaries of the good ol' USA. After our first trip to Hawaii, Brett has gone on to visit Amsterdam, Ireland, Italy, Costa Rica and New Zealand, while now a full time resident of Colorado. Kyle has recently moved to California after living in Puerto Rico, Costa Rica and Colorado (CO has no surf). Rachel has enjoyed our most recent trip to Hawaii and is anxiously awaiting her 15th birthday and a promised trip to Paris.



*Continued on next page...*

# 50 State Marathon Finisher—Dick White

*continued*

*You, my friend, have always been a hard-core rocker and Aerosmith fan; did that have anything to do with choosing the Rock n' Roll Cleveland for your finale?*

DW--ABSOLUTELY – I decided early on that once completing a Marathon in every state, I belonged in the Hall of Fame – The Rock'n Roll Hall of Fame !! And there I was – Amongst the GREATEST ROCK MUSICIANS OF ALL TIME !!

I'm sure it is hard to put into words what was going through your mind during your 50th state. Wanna take a stab at it?

DW--Mechanically, it has become automatic. Go out easy, find a comfortable stride. Don't work too hard on the uphill - make up for it on the down. Take pre-decided nutrients on the hour and DRINK, DRINK, DRINK ! Adjust to the weather conditions. Cleveland saw temps in the 80's before 11AM, little shade and no breeze. Felt like home! My only thoughts were of how wonderful it was to have my wife pledged to be at my side for the duration and a circle of friends (Robin, Barbara and Dave) with us for most of the first half as we looked for attractive photo opportunities.

For most of us, training for one marathon is a big deal. You ran a few a year. How did you stay in marathon-ready shape?

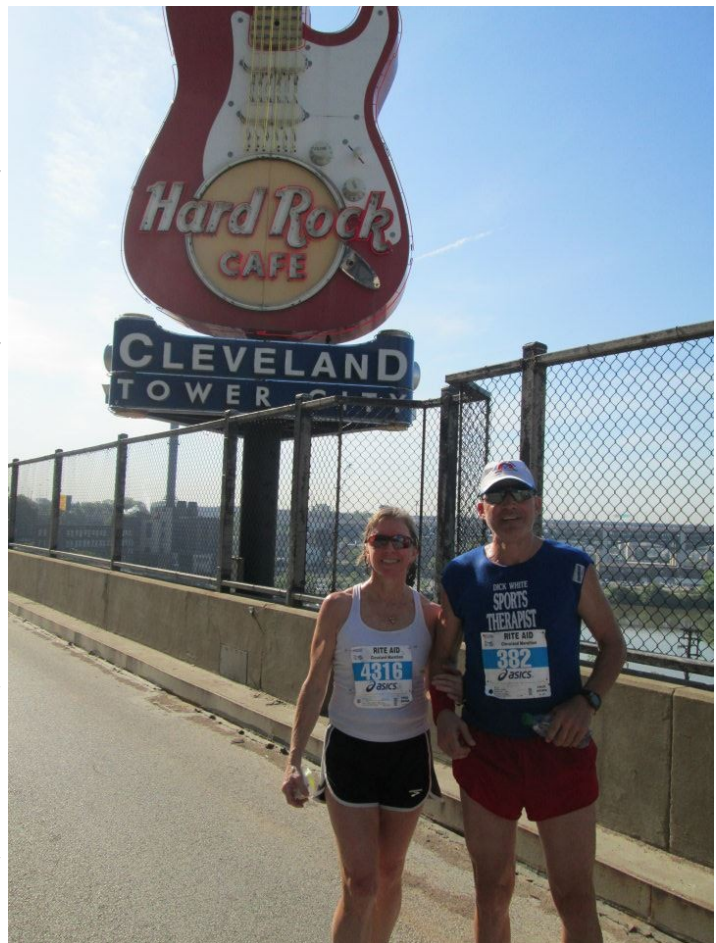
DW--This is the truly hard part. During this 16 year quest, I had two surgeries, sore knees and a recent foot injury that almost took me out ! What is the Marines say? Adapt and overcome!!

My love of running is the reason – It's the only thing that keeps me sane.

Any ultras in your future? I can give your number to Matt Mahoney and Jim Schroeder... :)

DW--No, no ultras, but I have found a love for trail runs. Trail Dawgs in Delaware is a definite repeat; I have a sandstone canyon marathon planned for next April (60th Birthday) with Brett in Moab, UT and there's the grass trail marathon near Tampa. And there's one more road marathon in Mount Desert Island, Maine. Other than that, I'll run shorter, just more frequently.

*Conclusion on next page...*



# 50 State Marathon Finisher—Dick White

*continued*

*So, what's next to fill that chunk o' time and money? Bernie asked if you're into doing all continents including Antarctica...*  
DW--Yeah, we spoke of that – Like I told him, if he flies in again, I'll go for the ride – Otherwise I AIN'T GOIN'!

*When I was in high school, I got sent to the office in the 10th grade for insisting in history class that the US interred the Japanese during WWII - talk about propaganda. Did you learn any history facts on this journey that you would not have learned in school?*

DW--The stories of the Buffalo Soldiers in Yosemite comes to mind. The Acuma Native American Pueblo near Albuquerque – The oldest continuously inhabited village in North America. The potential of the Yellowstone eruption. That Acadia (Maine) is the most visited National Park, and the air the most polluted. That the Glaciers of Alaska REALLY ARE shrinking, and the toxic gasses of Hawaii Volcanoes NP will kill you in less than 20 min if you venture down the wrong trail.

*Knowing what you know, how (if at all) would you have done this differently?*

DW--I wouldn't change a thing.

*Any advice for those contemplating the same feat?*

DW--Plan ahead. It's easier now to find out who else will be at your chosen destination. Travel in packs – it's more fun that way. And, let me know when you're doing #50 – I want to be there!!

*Any chance that we might see you two Ironmen back in multisport now that you've both nailed 50?*

DW--My running partner/neighbor is talking about pool time this summer, so maybe. I'm always looking for a DUathlon longer than 2-10-2 (I need to make it worth getting out of bed for).



**THANK YOU and CONGRATULATIONS!**





*Supporting the Sentinels of Freedom*

**RUNNER/WALKER  
REGISTRATION FORM**

Saturday, August 4th, Wickham Park

Registration begins at 6:30AM; Race begins at 7:30AM



**Entry Fees:**

Early Entry Fee.....\$25  
Day-of Race Entry Fee.....\$30

**Location:**

Wickham Park, Melbourne  
(Enter off Parkway)

**Race Directed by:**

[www.runningzone.com](http://www.runningzone.com)  
(321) 751-8890

**Contact:**

Ritch Workman- (321) 292-1880  
[ritch@ritchworkman.com](mailto:ritch@ritchworkman.com)



**All registrants receive a free Workman Warriors T-shirt!**  
(Shirts are only guaranteed to registrants that pre-register on or before July 20<sup>th</sup>)  
Early pickup available for Runner's bags at Running Zone on Friday August 3rd from 10AM-6:30PM

**Entry Form**

**SEND APPLICATION TO:** 33 Suntree Place, Suite D, Melbourne, FL 32940

Make Checks Payable to The Sentinels Of Freedom Space Coast, \$25 for Pre-registration, \$30 Day-of. No refunds; part of your fee may be tax deductible.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on Race day \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ to Sentinels Of Freedom. Total Payment enclosed \$ \_\_\_\_\_

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

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

Shirt Size: (circle one) YL S M L XL Team Name (If Applicable) \_\_\_\_\_

**WAIVER:** I know that running in a road race is a potentially hazardous activity. 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 weather, including heat and/or humidity, traffic and the conditions of the road, all 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 Sentinels of Freedom and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18 years old) \_\_\_\_\_

The Sentinels Of Freedom Space Coast is a non-profit 501(c)3 organization - [www.SentinelsOfFreedomFL.org](http://www.SentinelsOfFreedomFL.org) - TIN 26-2041849 - phone: (321) 266-8810  
A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. REGISTRATION NUMBER C128903



# **Cocoa Beach Project Graduation 5K**



**May 5, 2012 • Baliwick Plaza • Cocoa Beach**

This year for Cocoa Beach Project Graduation we decided to try something new for a fundraiser. We started the planning stages of the 5k about six months before the event. There is a lot more to planning a race than I ever thought and if it were not for the help of Marlene White who is the race director for the Space Coast Art Festival Turkey Trot and the Eye of the Dragon we probably could not have pulled it off. Being the first year for the race and the fact there were three other races going on in the County the same day we felt this was a success. This race had a small neighborhood feel to it, and we were happy with the outcome. Our feedback was good and we plan to pass this event along to next year's graduating class to continue. We figure with every year this event will get more recognition and have a bigger turnout. for runners and walkers through residential Cocoa Isles to support CBHS seniors.

*-Linda Bunting, Race Director*

Costa Stathis, 17 was the Overall Male Champion with a time of 21:50. Justin Selph came in second in a time of 21:59 and Hahns Kindt placed third in 22:00. Top Male Masters was Mark Berte who finished in 24:15.

Michelle Sirounis, 47 led the way as the Overall Female Champion with a finish in 26:19. Amanda Obloy placed second in 27:02 with Judy Bailey right behind her for third with a time of 27:12. Top Female Master was Pam Ludlow in a time of 34:08. A finish time of 29:34 earned the Middle of the Pack award for Walter Mitnick, 19.

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

**View all the Space Coast Runners Race Results**

[www.MattMahoney.net/scr](http://www.MattMahoney.net/scr)

## Where In The World?

Lots of SCR members travel to experience out-of-town events? Let us know where you are going and we'll list it here. It's always more fun to travel with friends.



**Adelaide 24 Hour Run**  
July 14—Adelaide, Australia

Jim Schroeder



**San Francisco Marathon**  
July 29—San Francisco, CA

Jim Schroeder



**Leadville Trail 100**  
"The Race Across the Sky"

**Leadville 100**  
Aug 18-19—Leadville, CO

Chuck Hannold



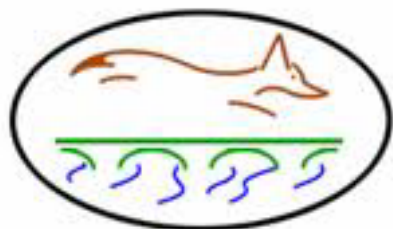
**USA Triathlon Age Group Nationals**  
Aug 18—Burlington, VT

Robin Moran



**Oregon Wine Country Half-Marathon**  
September 2—Williamette Valley, OR

Carol Ball      Ty Bowen  
Lani Ragan



**Fox Valley Marathon**  
**September 16—St. Charles, IL**

Patti Hatcher



**Half Moon Bay Marathon**  
**September 23—Half Moon Bay, CA**

Jim Schroeder



**Escape to Miami Triathlon**  
**September 23—Miami, FL**

Joan Meadows    Jessica McCaskill



**Chicago Marathon**  
**October 7—Chicago, IL**

Cindy Bishop    Mike Acosta    Heather Akram  
Naweed Akram



**John Holmes 50K Trail Run**  
**October 13—Croom, FL**

Jim Schroeder



**Atlantic Coast Triathlon**  
**October 14—Fernandina Beach, FL**

Robin Moran



**Marine Corps Marathon  
October 28—Arlington, VA**

Karen Suarez    Gina Rall    Bob Rall  
Kayla Manning



**Lighthouse Loop Half-Marathon  
October 28—Port Orange, FL**

Joan Meadows    Jessica McCaskill



**Savannah Rock 'n' Roll Marathon  
November 3—Savannah, GA**

Lisa Petrillo



**Lake Chabot 50K Trail Run  
November 3—Castro Valley, CA**

Jim Schroeder



**New York City Marathon  
November 4—New York, NY**

Suzie Enlow	Sandra Gannon	Barbara Krause
Danny Barrett	Joy Andrea	Doug Nichols
Julie Hannah	Linda Cowart	Theresa Miller
Kurt Holst	Jay Claybaugh	Lorissa Krause
John Davis	Shane Streufert	Tony Bills
Christy Tagye	Scott Larson	Christine Kennedy



**Athens Classic Marathon**  
**November 11—Athens, Greece**

Calla Hess



**Philadelphia Marathon**  
**November 18—Philadelphia, PA**

Mark O'Donnell



**The X-Country Marathon**  
**November 22—Lithia, FL**

Jim Schroeder

*"A Run Through  
the Jungle"*

**Tallahassee 50K**  
**December 8—Tallahassee, FL**

Joan Meadows Jessica McCaskill



**Jack's 50K**  
**December 12—Flagler Beach, FL**

Jim Schroeder



Walt Disney World Marathon  
January 13—Disney, FL

Jacquelyn Keller



Ocala Half-Marathon  
January 20—Ocala, FL

Rene Dunne      Les Dunne



Iron Horse 50 Miler  
February 13—Florahome, FL

Joan Meadows      Jessica McCaskill



Asheville Marathon on Biltmore Estate  
March 3—Asheville, NC

Gina Rall      Bob Rall      Kira Juranek  
Daryl Gilbert



Rock 'n' Roll USA Nation's Capital  
March 16—Washington, D.C.

Rene Dunne      Les Dunne

# Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES



## Great Grandma!

The 36th Annual Grandma's Marathon  
Duluth, Minnesota • June 16, 2012

26.2

**6** SCR runners packed their bags and headed north to run this point-to-point marathon.

Jim Schroeder had driven the marathon course but had never run it and decided 2012 was the year to do it. It was supposed to be a girl's marathon trip for Marie Thomas, Charlotte McClure and Brittany Streufert that quickly expanded to include Shane Streufert and Doug Nichols after the guys felt their April marathon experiences left something to be desired....faster times. Grandma was good to them as Doug, Marie and Shane all posted BQ PRs.



## Making the Grade



**RACE EXPO**—Lots of vendors, guest speakers, easy race packet pickup & they were even promoting pork



**COURSE**—Runs along the beautiful North shore of Lake Superior. Road is a little rough on the feet. Water, PowerAde, wet sponges, oranges, frozen grapes & more.



**FINISHER SWAG**— No t-shirt until you cross the finish line at Grandma's. Collect it & your medal for complete satisfaction.



**POST RACE PARTY**— Lots of choices including beers, chocolate milk & ice cream bars. You will not walk away disappointed.



**OVERALL**— Excellent support, incredible amount of volunteers. **A+ Event**

Unfortunately Duluth was submerged by flood waters two days after the marathon



REMEMBER TO SEND US THE INFO ON YOUR NEXT MARATHON, WE'LL ADD IT TO OUR CALENDAR!

◆ 2nd Annual ◆



Sunday, October 21, 2012  
Cocoa Beach, FL  
Half Marathon 7:15am ◆ 10K 7:30am  
[www.RunOnTheBeach.com](http://www.RunOnTheBeach.com)



(Actual race course)

- ◆ Medals to all finishers
- ◆ Shoes are optional - Barefoot division
- ◆ Low-tide, out and back runs
- ◆ Post-race party on the beach





**MAY 5, 2012 • Ryckman Park • Melbourne Beach**

Melbourne Beach's Founder's Day festivities began with the Two Mile Bulldog Pineapple Run as more than 100 runners and walkers participated in this fun event. All proceeds benefit the Melbourne High Distance Booster Club and The Greg Skufca Scholarship Fund, which honors the teacher who died in 2007 due to complications following surgery.

Alec Reesh, 17, was the Overall Male Champion, finishing a fast first with a time of 10:44. Ricardo Navajas followed second in 11:26 with Joe Castner right behind to take third place in 11:29.

Traci Knowlton, 15 was the Overall Female Champion in 13:06. Anne Dockery ran for second place in 13:11 with Katia Dubee-Hunter rounding out the top three in 15:31.

Pineapples went to the Top Finishers overall and in each age group.

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



Photos courtesy of Ken Horton of [icunphotos.com](http://icunphotos.com)



# Run a Mile with

## Julie Hannah



### THE FACTS

**Family:** Husband John, daughters Kayla and Madison

**Ages:** We're 38, the girls are 8 (yes, they're twins)

**Originally from:** Melbourne

**Grew up where?:** Melbourne



**Occupation:** Small business owner, designer, MaddieKay Handbags

**Dream profession:** I'm doing what I love now. I spent 14 yrs. as an Ophthalmic Technician. After I had my girls, I knew that I wanted to be home with them. I've always been creative so I took a leap of faith and started my business from home. It's been extremely rewarding to watch it grow and to always be there for my family. Being able to work my own hours around my running is a big plus!

### FOR THE RECORD

**Number of Years Running:** 5

**Began Running Because/To:** To help get the baby weight off, I entered a "Biggest Loser" contest at work. I ran off 30 lbs. in 12 wks. ! (I won the contest)

**I Knew I Was Hooked When:** During the contest, I signed up for my first ever race. The Tiger Dash 10k in 2007. My goal was to finish without stopping. And I did. I used to hate running but something changed in me that day.

**Race PRs (Personal Records):**

5k-19:36, 10K-44:52, 15k- 1:06,  
Half marathon 1:35, Marathon 3:29



**"Always set new goals"**

**-Julie's training philosophy**

## THE FAVORITES & MORE

**Most Satisfying Race Performance(s):** 2010 Space Coast Marathon. I ran with my training partner Lisa Petrillo. Our goal was to qualify for Boston with at least a 3:45. Coach Butler convinced us that we were in sub 3:30 shape and as always, he was right. It was nice to have her there the whole way

**Favorite Race(s):** Why? Currently, Boston. Even though I couldn't run the race the way I trained for it, the energy and excitement is indescribable. Ask me again later in the year, I may say New York. That's up next and I'm so excited

**Favorite Race Distance:** Why? The Marathon. I love the challenge of the distance.

**Favorite Place(s) to Run:** Besides Wickham Park with Coach Butler's camp, I'd have to say River Road.

**Running Goals:** Let's see, I'd like to run a 19:00 5k this fall and sub 3:20 at NYC Marathon

**Running Partner(s):** Oh my goodness, I may run out of room here. Lisa Petrillo, Doug Nichols, Barbara Krause, Kurt Holst, Jay Claybaugh, Jessica Wiedenbauer, Joe Hultgren. All of those I didn't mention in the "Set Goals Not Limits" running camp, know who they are.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Anytime I get to run with my kids is a treat. My Dad just recently got into walking so I'd like to someday run/walk a 5k with him. (he doesn't know this yet)

**Funniest or Oddest Thing I've Seen While Running:** The oddest would be during the 2010 Disney Marathon (a.k.a. The Frozen Tundra), the year when it was 29 degrees at the start, I was passed by a guy with shoulder length hair wearing a beanie hat. There were literally icicles hanging from the bottom of his hair. It looked like a chandelier.



**When Nobody is Looking I Like to:**  
Ridiculous but true, I watch the *Real Housewives* (all of them).



## LAST BUT NOT LEAST

**One Piece of Advice That I Would Give to a New Runner:** Find a group or partner. I have been running Coach Butler's "Set Goals Not Limits" running camp year round for 4 years now. It's always easier to get out there knowing there are others waiting on you. We are also good friends and I can't imagine not training with our group.

**Other Sports& Interests:** Watching any sport my kids are involved in. I volunteer with the running club at their school.

**Favorite Reads:** A Race like no other, Ultra Marathon Man, Born To Run

**Favorite Movies:** Good Fellas, The Notebook, The Help

**Favorite Meal:** Love chocolate and sushi

**Dream Vacation:** Greece



**Why did you join SCR?** Wanted to be a part and support such a wonderful organization in our community.

**I Think That SCR Could Do A Better Job:** I feel SCR has done an outstanding job in every aspect. Everything from well organized races, the youth series, the new website to keep us in touch, and we that run River Road faithfully on Sundays are forever grateful for Linda, Suzie, Bernie and Patti for setting out the water and Gatorade.



**Downtown Melbourne 5K 2012** (l to r) Patti Hatcher, Jay Claybaugh, Julie Hannah, Lisa Petrillo, Joe Hultgren, Doug Nichols

# Run Thru The Ranch 5K

May 5, 2012

The second annual Run Thru the Ranch 5K was held at the Kemper Ranch in St. Cloud on May 5th. The proceeds from the race benefit the local agricultural community. The unique course passed through the Kemper Ranch. Runners were directed by cowboys and horses along the way. All participants got to pick out their choice of cowboy hat. Winners received awards and water-melons!



Sean Black was the Overall Male Champion, covering the course in 19:56. Jonathon Howse took second place in 20:07 and Steve Oliver placed third in 22:07. Jeff Long took the award for Male Masters Champion with a time of 24:25.

For the ladies, Kathryn Donovan crossed first in 21:12 to take the Overall Female Champion award. Meredith Luther was second in 24:10 and Kristina Horn placed third in 25:12. Laura Holdsworth was the Female Masters Champion, crossing the line in 27:42. For complete race results, [CLICK HERE](#)



# SCR 2012 Hall of Fame Inductee Carol Ball

**Space Coast Runners presented the 2012 Hall of Fame Award to Carol Ball after the Series Showdown on June 9th. She is most deserving, as is evident by the collaborative nomination letter below! Congratulations Carol and welcome to the elite Space Coast Runners' Hall of Fame!**

This Space Coast Runners Hall Of Fame nomination letter is submitted to recognize and honor one of the most dedicated, and hardest working Space Coast Runners members, Carol Ball. She has made tremendous contributions to the club for many years, and we have all benefited from her efforts. She is the one that you see helping with any task at local races, and shouting encouraging words to everyone during the race. The one that thanks course workers and water stops for their help while passing by. The one who finishes a race, and then goes back to the finish line and cheers everyone on to kick it in at the end. The one who steps up to help when volunteers cannot be found, no matter how much she had on her plate to begin with. She is always looking for ways to improve the club, to give more back to the members and community, and increase public awareness of the clubs contributions to Brevard County. Countless hours are spent each week working on SCR issues, be it writing eBlasts, working with sponsors, coordinating SCR high school scholarships, responsibilities with our banner events, the Space Coast Marathon and Half Marathon, working with Brevard County race directors, keeping her fingers on the pulse of the club, proof reading monthly Newsletters, coordinating advertisements, writing articles, posting announcements and updates on the SCR Facebook page, maintaining the clubs standing with RRCA, and the list goes on.



The one that thanks course workers and water stops for their help while passing by. The one who finishes a race, and then goes back to the finish line and cheers everyone on to kick it in at the end. The one who steps up to help when volunteers cannot be found, no matter how much she had on her plate to begin with. She is always looking for ways to improve the club, to give more back to the members and community, and increase public awareness of the clubs contributions to Brevard County. Countless hours are spent each week working on SCR issues, be it writing eBlasts, working with sponsors, coordinating SCR high school scholarships, responsibilities with our banner events, the Space Coast Marathon and Half Marathon, working with Brevard County race directors, keeping her fingers on the pulse of the club, proof reading monthly Newsletters, coordinating advertisements, writing articles, posting announcements and updates on the SCR Facebook page, maintaining the clubs standing with RRCA, and the list goes on.

Carol ran her first race sometime in 1986 at the encouragement of her sister Donna. Her first "official" result was recorded in December of 1987. Carol ran sporadically until the bug really hit her early in 1993. Beginning in March of 1993 she began frequently running 5Ks and her average time dropped by 8 minutes before the end of that first year. She had discovered her competitive spirit and there was no stopping her. In fact, during the 1993-1994 season, she placed 4<sup>th</sup> in the Runner of the Year series and this was her first true year of running competitively! Carol began training in earnest with the consistent goal of winning. During every year between 1993 and 2006, Carol has placed in the ROY series either in her age division or overall Masters, frequently in first place. Unfortunately, in July of 2006, Carol was not able to outrun nagging knee pain that was getting progressively worse. She needed surgery for a torn meniscus and what should have been a fairly routine surgery, turned into years of constant pain and a hiatus from running, the sport she dearly loves. Not content to sit on the sidelines, she started the SCR walking group in the spring of 2007. This group has helped injured runners get back on their feet, motivated

# SCR 2012 Hall of Fame Inductee

## Carol Ball *continued*

non-runners to get moving and brought new members to the club. Seeing yet another opportunity to help the community of walkers, she has successfully campaigned for local races to add walker categories. Carol has proven to be a very fast walker as well. In fact, she placed in her age division in this year's Running Zone race series in spite of having walked half the races. During all these years of running and walking, Carol has inspired and encouraged countless others to take up running or walking.

At the young age of 43, Carol received the terrible news that she had breast cancer. Those close to her know that when she makes up her mind to do something, nothing will get in her way. Carol spent hours and days doing research to be totally prepared to attack this monster. She was determined to beat the cancer one way or the other, and she did. It was a rough battle, but she is a very strong willed survivor. Unfortunately, 3 years later, her sister Patty developed the same type of breast cancer. True to character, Carol supported her in any way possible, and helped her fight the disease. Happily, they are both still cancer free. This chapter in Carol's life inspired her to help others facing this terrible foe. In support of breast cancer research, Carol has participated in numerous fund raising



Above - Carol Ball accepting her award from Ty Bowen

races, countless Race for the Cure races and two Susan G Komen 3-Day events, where participants walk a total of 60 miles over 3 days to raise breast cancer awareness. It is hard to determine the exact total, but she has raised well over ten thousand dollars for this cause since her recovery. Giving back to the community has always been a thread in her life. SCR and the community of Brevard County have benefited from her generosity and desire to help those in need in many ways.

Carol will always champion the donation of race proceeds to local charities, and encourages the SCR board to be as generous as possible, to help out a worthy cause.

Carol joined the SCR Board sometime in the early 2000s. Her first role, in addition to being a board member, was that of Secretary. She then went on to serve as President for three years from 2006 to 2009. In 2009, she

# SCR 2012 Hall of Fame Inductee

## Carol Ball *continued*

became the Vice President and then became Treasurer the following year. In 2011, she again assumed the role of President and will continue to serve for the 2012-2013 term. To the best of our knowledge, Carol has the distinction of being the only SCR board member to have held every board position.

Carol is close to her family and has always had a soft spot in her heart for helping children. While her own daughters were growing up, she was a dedicated Girl Scout Troop leader and also took on regional duties when a need arose. As her daughters grew up and their interests changed, she took active support roles with their swimming and cross country teams. She would frequently run with her daughters and their classmates during practices. Years later, with her own children graduating high school and moving on to college, Carol still had much to give. In 2002, seeing a need to promote running for health and fun among young children, she created the SCR Youth Series. This series of shorter children's races increased family participation in our sport, helping to introduce children to the excitement and health benefits of running. This series, which will celebrate its 10<sup>th</sup> anniversary this coming season, has always been provided free of charge to all participants under the age of twelve.

Carol was also one of the driving forces in the transition from printed newsletters to online newsletters. The escalating costs of printing the newsletter, and the postage required, became a financial burden to the club. She realized that discontinuing the printed newsletter was a difficult decision, and would be met with resistance from some of the membership. However, Carol knew this was the correct move, and worked with the SCR board to move forward with the transition in August of 2008. The online newsletter has proven to be an asset. The content has improved, we have attracted more advertisers, local races are receiving increased exposure, and previous issues are now available online for anyone who visits the SCR website.

Based on her tremendous devotion to SCR, and support of running and walking in Brevard County, I couldn't be any prouder to nominate Carol Ball for in-



duction to the Space Coast Runners Hall Of Fame.—Nomination letter submitted by Ty Bowen, with special thanks given to Donna Neill, Patty Gay, Sara Hosburgh, Tracy Stone, Mary Ramba, and Marty Winkel for their contributions.



# SCR 2012 Golden Shoe Award Dick White



Space Coast Runners presented the 2012 Golden Shoe Award to Dick White after the Series Showdown on June 9th.  
Congratulations Dick!

Most of us have heard that behind every successful man there is a woman... Well, sometimes, behind a successful woman there is a man. This is the case for this year's Golden Shoe recipient, Dick White.

Marlene White was the 2004 Golden Shoe recipient. It was tempting to just copy Marlene's Golden Shoe write-up and make some minor changes since Dick was at her side the entire way. Whatever race Marlene directed or supported, Dick was supporting her and those same races. He was her

right hand man for months prior to the races she directed. Dick would do everything a race director would do including distribution of race posters and flyers throughout the county, and one of the hardest jobs a race has to do, getting sponsors such as Mattress Barn and others. Dick was also the main clean-up person at all of these races, taking down the course (mile markers, turn arrows and cones). This also included taking down the water stations (tables, coolers, washing out the coolers, cups, trash and trash and trash)

Race day mornings Dick was responsible for course and water station set up as well as water station volunteer coordination. He did this for the Eye of the Dragon for 9 years, Space Coast Classic for 5 years, Freedom 7 races for 5 years and Space Coast Art Festival Turkey Trot for 5 years.

Dick was also a cash sponsor for Eye of the Dragon, Space Coast Art Festival Turkey Trot, Freedom 7 and the Cocoa Beach Jr. and Sr. High School Cross Country team.

When we (Space Coast Runners Club) did the timing of races, Dick delivered equipment to many of our races as well as supporting the timing.

Dick has also supported the SCR and Melbourne Beach Expo's and I don't know how many times he has supported the Space Coast Runners information table at races throughout the county.

# SCR 2012 Golden Shoe Award

## Dick White *continued*



**Above - Dick White accepting his award**

Dick is currently starting his 4<sup>th</sup> year as a Space Coast Board member. He continues as a volunteer at many of our races, as a sponsor as well as supporting one of our more talented race directors.

For these reason and the countless other items inadvertently omitted from this Nomination, Dick White is being recognized and is most deserving of the 2011/2012 Golden Shoe Award.

**Congratulations to Carol and Dick for their awards, which recognize them for their contributions to the Space Coast running and walking community. Thanks for all you do!**



20 BANDS • POST RACE CONCERT • WALKERS WELCOME

1 - mile dog run  
on Saturday  
to benefit  
Wagstrong.org!



Qualifier for the  
Boston Marathon



5K & 8K SATURDAY, FEBRUARY 2, 2013 & **Special Sponsors** **Pen Bank**



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 3, 2013

1/2 MARATHON RELAY

LIVE STREAMING WEBCAST OF THE FINISH LINE

2012 USATF MASTERS CHAMPIONSHIP 1/2 MARATHON

♻️ A ZERO WASTE, GREEN EVENT ♻️



WWW.THEMELBOURNEMARATHON.COM

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# READY, SET, RUN!

## Eat My Crust 5K



**05.06.12**

After three short months of planning, the race was here. Did it matter that we had no idea how our inaugural event was all going to turn out?

By: Viera Pizza Mike Acosta & Brittany Streufert, Race Director

---

**PRE-RACE Predictions:** 250 participants was a dream.

**Biggest CHALLENGE:** Getting sponsors in a very short period of time & making sure we had a good course.

**What IF?:** No one showed up? It was like throwing a house party but not knowing if anyone was going to come.

**RACE DAY:** 7:30 am/ 75°F = 490 finishers

**Oops Moment:** Realizing 7 minutes before the start of the race that Joey Pepperoni wasn't outside yet, much less dressed. But...he made it.

**Number of RACERS running on their BIRTHDAY:** 2

**The HUNGRY Crowd consumed:** 50 Viera Pizzas & a gazillion Funnel Fries topped with powdered sugar

**And the WINNING TIMES:** The first to the finish set official course records. The honors go to Jonathan Campbell (shown right) top overall male & student. 17:07, Angela Cobb top female 17:37. Top Masters male & female were David Basford 19:26 and SCR Marie Thomas 22:47. Top female student was Rebecca Fleeman 21:24.

**My FAVORITE memory:** Announcing Joe Derrico's 2<sup>nd</sup> place AG finish, age 83 with a time of 46:25 and hearing everyone clap & cheer for him. Such an inspiration!

**Every RACE DIRECTOR should have:** Caffeine & a detailed schedule of the day's events



---

Between Acosta & Streufert they had run 72 5K races before they hosted the EMC5K.

# Eat My Crust 5K

May 6, 2012



Photos courtesy of [Destination Brevard](#)

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

# Run For the Gecko 5K

May 12, 2012

The ninth annual Run For the Gecko 5K was held at the BCC Pavilion at Wickham Park on May 12th. The proceeds from the race benefit the Team in Training Leukemia and Lymphoma Society and AAU Gowins Youth Foundation's M-Town Track Club. All finishers got 'lei'ed' coming through the finish line!

Peter Clusner was the Overall Male Champion, covering the course in 16:19. Michael Fisher took second place in 16:35 and John Davis placed third in 16:43. Shane Streufert took the award for Male Masters Champion with a time of 17:21.

For the ladies, Angela Cobb crossed first in 17:24 to take the Overall Female Champion award. Jessica Crate was second in 18:03 and Julie Hannah placed third in 19:47. Jackie Clifton was the Female Masters Champion, crossing the line in 19:57. For complete race results,

[CLICK HERE](#)



# Run For the Gecko 5K, continued

May 12, 2012

The Running Zone series races also have some great prizes to be had. For the Gecko, the big giveaway was for a new, shiny red surfboard. Big thanks to Pizza Gallery & Grill for providing the post-race breakfast.



Photos courtesy of Ken Horton of [icunphotos.com](http://icunphotos.com)



2011 Half-Marathon Race Medal

# 5 • 4 • 3 • 2 • 1

## Space Coast Half-Marathon Training Camp

August 12 - November 25 (Race day!)



2011 Marathon Race Medal



Running Zone Foundation and Coaches Bernie Sher, Barry Birdwell and Michele Birdwell, and Rick Foresteire have teamed up to offer the **Health First Health Plans 15-week Training Camp** to prepare both beginner and experienced athletes to run or run/walk the Space Coast Half-Marathon in Cocoa Village on Nov. 25. Read all about the beautiful Space Coast course and generous race amenities at [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com).

## First or Fastest?

*Whether your goal is to complete your **FIRST** or **FASTEST** half-marathon (13.1-mile race), this camp is for YOU and includes:*

- Daily on-line training schedules
- Mid-week and Sunday morning coached group sessions
- Running Zone 'Get Out and Run' goodie bags
- Fluids provided at all group workouts
- Fitness, fun and group camaraderie
- Various workshops with guest speakers discussing topics including:
  - Running Zone Shoe Clinic
  - Injury Prevention
  - Nutrition
  - Mental Training

**Sunday morning camp workouts** will be held at 6:30 a.m. at Oars and Paddles Park, Indian Harbour Beach and at Riverfront Park in Cocoa Village. The first group workouts are Sunday, August 12.

**Thursday evening camp workouts** will be held at 6:00 p.m. at Running Zone.

**Entry Fees:** The cost of the Space Coast Half-Marathon Training Camp is \$75.00 for Health First Health Plans members, \$100 for non-members who are former campers and \$125 for non-members taking the camp for the first time. See reverse side for entry form.

## Kick-off Meeting

Find out more at our informational kickoff meetings. During this period you will learn more about the program, meet your coaches, pick up camp materials and get answers to all your questions. Join us for one of the following at 6:30 p.m. on:

**Monday, August 6:** Melbourne Pro Health & Fitness Healthplex

**Tuesday, August 7:** Merritt Island Pro Health & Fitness Healthplex

**Wednesday, August 8:** Viera Pro Health & Fitness Healthplex

## Blast Off!!

For more information contact Running Zone at 321-751-8890.



# Meet Your Coaches



Bernie Sher

## Bernie Sher

Head Coach Bernie Sher has been coaching runners and triathletes since 1995 and is certified by both RRCA and USAT. Bernie didn't begin racing until age 40 and understands how to manage the physical and emotional effects of age. His knowledge with balancing workouts, rest, attitude and nutrition has allowed him to run multiple marathons including a personal best of 2:58 at Boston. He has also won numerous triathlon championships at all distances including a fifth place age group finish at the Ironman World Championships in Kona, HI. He will teach you how to bring the best out of yourself. Contact Coach Bernie at [baboou@cflrr.com](mailto:baboou@cflrr.com).



Barry Birdwell

## The Barry & Michele Team

Together, RRCA certified coaches Barry and Michele Birdwell have personally completed more than 30 marathons and even more half-marathons. Their individual approaches compliment each other to the benefit of the athletes they train.

Michele is a skilled neuromuscular therapist, treating patients with chronic conditions and athletic setbacks for more than 17 years. Coaching marathon groups since 2003, she has developed techniques that identify and address setbacks before they occur. Her focus on can do and steady physiological adaptation has led hundred of adult-onset-athletes to the start line and a strong finish.

Barry is a perpetual student of the best and most accomplished endurance experts. Whether it is RUN or RUN/WALK, WALK or WALK/RUN, Barry has spent more than 10 years working with marathon groups providing realistic plans and leading athletes to achieving obtainable goals. Learn more about the Birdwells at <http://www.facebook.com/birdwellsrun>.



Michele Birdwell

## Rick Foresteire

Rick is an RRCA certified running coach with several years' practical experience in multi-sport activities and has been a member of the Running Zone's Space Coast Half Marathon Camp's team of coaches for two years. Rick employs an easy-going approach to training, focusing on building endurance through a consistent and safe (injury-free) schedule suited to an individual's fitness and goals. He is a proponent of complimenting the training schedule through nutrition and cross-training. Although a former U.S. Marine, Rick's training philosophy emphasizes a fun-filled experience rather than "boot camp."

Contact Coach Rick at [lthneck689@aol.com](mailto:lthneck689@aol.com).



Rick Foresteire



## Half-Marathon Training Program Official Entry Form



- On-line registration available at <http://www.runningzone.com/training> (Gecko Club members receive a 10% discount) or
- Fill out the official entry form below and either mail to or drop off at Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935.
- Checks should be made payable to Running Zone.



Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ Email address \_\_\_\_\_

Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Health First Health Plans member?  Yes  No

### 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 training program and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Space Coast Half Marathon Training Program. 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 (if participant is under 18 yrs)

Date

# 5K in Viera

May 19, 2012

The 5K in Viera was held at the Wetlands in Viera on May 19th. The proceeds from the race benefit the East Coast Christian Center. The race was a loop around the beautiful and serene wetlands.



15-year old Morgan Levine was the Overall Male Champion, covering the course in 19:39. Andy Dutra took second place in 19:49 and Sean Black placed third in 19:59. Dave Hernandez took the award for Male Masters Champion with a time of 22:40.

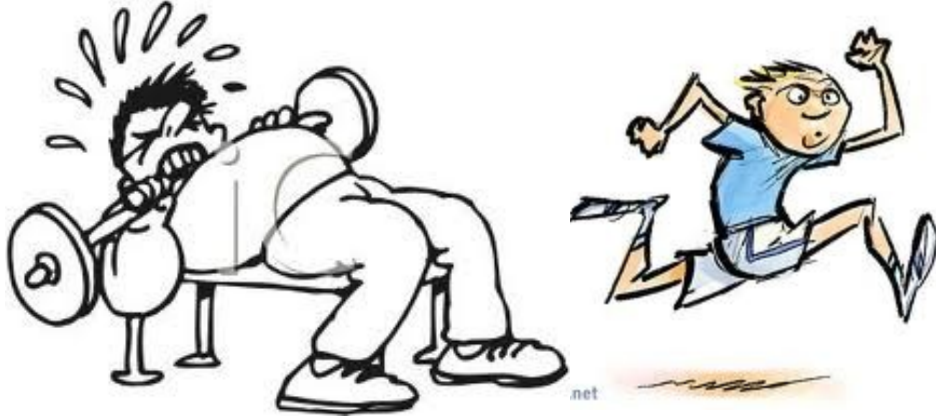
For the ladies, Sarah Hammond, also 15-years old crossed first in 21:13 to take the Overall Female Champion award. Robin Hernandez was second in 21:26 and Kristina Horn placed third in 24:10. Lori White was the Female Masters Champion, crossing the line in 27:00. For complete race results, [CLICK HERE](#)



Photos courtesy of [Destination Brevard](#)

# Pump n' Run 5K

May 19, 2012



A race with a new type of format was held on May 19th at the Titusville YMCA. Participants had the option to perform a number of bench presses, based on their weight, to reduce their running time. All proceeds from the event benefitted the Space Coast Cancer Foundation and are used to help local cancer patients in Brevard County. The chart shows the amount of weight each participant had to bench; each rep resulted in a 30-second reduction from the 5K time.

Age	Male	Female
15-18	85% of body weight	55%
19-39	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40%
70-79	60%	30%
80+	50%	20%

For the ladies, Angelika Grubel took first place with a net time of 14:16, after 16 bench presses. Rhianon Rowan was second with a net of 15:52 after 15 reps. Elizabeth Bradin was third with a net of 17:04 after 14 reps. Charlene Grew performed the most reps for the ladies, with 25.

On the men's side, Geraldo Matinez nailed 30 reps, taking 15 minutes off his 5K time, resulting in a net of 8:10. Danny Lagault was second with a 12:18 time after 27 reps. And Marshall Kemper placed third with a net of 14:05 after 24 reps.



# Not One More Child Drowns 5K

May 26, 2012



The third annual Not One More Child Drowns 5K was held at the Wickham Park Amphitheater on May 26th. The proceeds from the race benefit the Swim Safe Forever Board (SSFB), which supports water safety.

John Egan was the Overall Male Champion, covering the course in 16:11. Alec Reesh took second place in 18:21 and Joe Kastner placed third in 18:24. Brett Halliday took the award for Male Masters Champion with a time of 18:31.



For the ladies, Joanna Mc Coll crossed first in 20:26 to take the Overall Female Champion award. Krystal Sinclair was second in 23:05 and Donna Rittinger placed third in 23:45. Debbie Wells was the Female Masters Champion, crossing the line in 23:53. For complete race results, [CLICK HERE](#)



# Wickham Park Marathon 50, 100 & 200 Mile Fun Run

May 27-30, 2012

The race consists of 4 daily stages of 50 miles, held May 27-30 at Wickham Park. The course is a 3.75 poorly marked, sandy trail loop through the woods. There is no fee, no aid, and no T-shirts. Each stage started at 7:30AM and there was a cutoff of 8PM to finish 50 miles and be eligible to run the next day.

The award for the 200-mile winner, which is based upon the total time for 4 stages, is a fake rock. The 100-mile male and female winners each receive fake pebbles. The marathon and 50-mile winners receive nothing.



Out of 74 starters on the first stage, 44 finished the marathon. The winning time was 4:27. Ten runners finished 50 miles within the allotted cutoff time and one was over the 12:30 cutoff. Of the eligible runners, only Ellen Cottom of Portsmouth, England was at the start of the second stage. She finished in a total time of 19:25:51. This is a women's course record, as no other women have ever finished 100 miles on this course since the distance was added in 2000. Her two stages of 9:35:28 and 9:50:23 were both under the previous women's course record. She also won the 50 mile outright, and her marathon split of 4:45 was good enough for third overall and first female. She opted not to run the final two stages and gave up on a chance to win the coveted fake rock. For complete race results, [CLICK HERE](#).

Only two people have ever won the fake rock: Mark Henderson and Joe Ninke. They and Jeff Stephens are the only others to have ever finished 100 miles, out of 594 starts since the first race in 1995.—contributed by Matt Mahoney, Race Director



# Wickham Park Marathon 50, 100 & 200 Mile Fun Run

May 27-30, 2012





# The Heat Is On with the NEW SCR Season

## 2012-2013 Race Series

### Featured SCR Race of the Month



### Running on Island Time 5K Run/Walk

In its 7th year, the Running on Island Time 5K kicks off the 2012-2013 SCR Runner of the Year Series. New this year will be electronic bib timing! Enjoy island music, lot of post-race goodies and unique awards to the top finishers.

**WHERE** ▶ Divine Mercy Academy  
Merritt Island

**WHEN** ▶ 7:30 am  
Saturday, August 18th

**WHAT TO EXPECT** ▶ Steel drums playing pre-race to prepare you for a race filled with a little Florida heat and humidity.

- ★ **All -in-One Registration by August 12th only \$222**
- ★ 11 Events, must register for the Space Coast Marathon/Half separately. Register today!
- ★

Running On Island Time 5K	Sat, Aug 18, 2012
Turtle Krawl 5K <i>NEW!</i>	Sat, Sep 15, 2012
Chain of Lakes 5K	Sat, Oct 13, 2012
Fall Into Winter 5K <i>NEW!</i>	Sat, Oct 20, 2012
Space Coast Classic 15K	Sat, Nov 10, 2012
Space Coast Half Marathon & Marathon	Sun, Nov 25, 2012
Reindeer Run 5K	Sat, Dec 1, 2012
Tiger Dash 5K	Sat, Jan 26, 2013
Tooth Trot 5K	Sat, Feb 9, 2013
Eye of the Dragon 10K	Sat, Feb 23, 2013
Downtown Melbourne 5K	Sat, Mar 13, 2013
Space Walk of Fame 8K	Sat, Apr 13, 2013



For Complete 2012-2013 ROY Rules  
[Click Here](#)



# 2012 – 2013 SPACE COAST RUNNERS RUNNER OF THE YEAR RACE SERIES

11 Events, must register for SC Marathon/Half separately



## Running on Island Time 5K Sat, Aug 18, 2012

Select Event: 5K RUN 5K WALK  
Select Shirt Size: YM YL S M L XL XXL

## Turtle Krawl 5K Sat, Sept 15, 2012

Select Event: 5K RUN 5K WALK  
Select Shirt Size: YM XS WXS S WS M WM L WL XL XXL

## Chain of Lakes 5K Sat, Oct 13, 2012

Select Event: 5K  
Select Shirt Size: YL S M L XL

## Fall into Winter 5K Sat, Oct 20, 2012

Select Event: 5K  
Select Shirt Size: S M L XL

## Space Coast Classic 15K Sat, Nov 10, 2012

Select Event: 15K RUN 2M RUN 2M WALK  
Select Shirt Size: XS S M L XL XXL

## Reindeer Run 5K Sat, Dec 1, 2012

Select Event: 5K  
Select Shirt Size: XS S M L XL XXL

## Tiger Dash 5K Sat, Jan 26, 2013

Select Event: 5K 1M  
Select Shirt Size: YM S M L XL XXL

## Tooth Trot 5K Sat, Feb 9, 2013

Select Event: 5K RUN 5K WALK  
Select Shirt Size: YM YL S M L XL XXL

## Eye of the Dragon 10K Sat, Feb 23, 2013

Select Event: 10K RUN 10K WALK 2M RUN 2M WALK  
Select Shirt Size: YM YL S M L XL XXL

## Downtown Melbourne 5K Sat, March 30, 2013

Select Event: 5K  
Select Shirt Size: S M L XL

## Space Walk of Fame 8K Sat, April 13, 2013

Select Event: 8K RUN 8K WALK 2M RUN 2M WALK  
Select Shirt Size: XS S M L XL XXL

SCR ROY Series Entry: \$222 checks payable to SCR

Mail to: Space Coast Runners

516 S Plumosa St #15, Merritt Island, FL 32952

Must be received by Sun, Aug 12, 2012

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age at Series Start (8/18) \_\_\_\_\_

The Space Coast Runner of the Year Series, hereinafter referred to as "SCROY Series", is comprised of the following "Events": Running on Island Time 5K, Turtle Krawl 5K, Chain of Lakes 5K, Fall into Winter 5K, Space Coast Classic 15K/2M, Reindeer Run 5K/1M, Tiger Dash 5K, Tooth Trot 5K, Eye of the Dragon 10K/2M, Downtown Melbourne 5K, and Space Walk of Fame 8K/2M.

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.**

**ALL SCROY SERIES ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN ANY AND ALL OF THE EVENTS BY SIGNING THIS GENERAL WAIVER:** In consideration of my entry into the SCROY Series ("event") 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, presenters, officials, volunteers and supporters of each SCROY Series ("event") 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 SCROY Series ("event"). If I should suffer injury or illness, I authorize the officials of the SCROY Series ("event") 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 the SCROY Series ("event"). I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that SCROY Series ("event") organizers, in their sole discretion, may delay or cancel the SCROY Series ("event") if they believe the conditions on event day are unsafe. In the event the SCROY Series ("event") is delayed or cancelled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of SCROY Series ("event") organizers, there shall be no refund of entry fee or any other costs incurred in connection with the SCROY Series ("event"). I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record or transmission of this event for any purpose of the SCROY Series ("event") whatsoever.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND UNDERSTAND THAT MY PARTICIPATION IN THE SCR ROY SERIES ("EVENT") PRESENTS A RISK OF PHYSICAL INJURY; KNOWINGTHIS, I AM ENTERING THE SCR ROY SERIES ("EVENT") AT MY OWN RISK.

\_\_\_\_\_  
SIGNATURE (Signature of Parent or Guardian is required if participant is under 18 years of age)

\_\_\_\_\_  
DATE



# Series Showdown Championship and Open 5Ks

June 9th, 2012

It was quite a night of activity for the first ever Brevard County Series Showdown Championship and Open races. Everyone winning an award in any of the three county series, the Titusville Racing Series, the Running Zone Racing Series and the Space Coast Runners' Runner of the Year Series, qualified to run in the Championship Race. The Championship Race was held at 6pm. There was an open race held at 7pm.



Dillon McGee was the Overall Male Champion in the Showdown, covering the course that started and ended at the Eau Gallie Civic Center in 16:33. Michael Fisher was second in 16:39.0, barely edging John Davis, who took third in 16:39.3. Doug Butler was the Male Masters Champion, crossing the line in 17:42.

Angela Cobb took the award for Overall Female Champion with a time of 18:38. Emily Chapman was second in 19:07 and Jessica Wiedenbauer placed third in 20:09. Jackie Clifton was the Female Masters Champion, crossing the line in 20:45.

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



Photos: From top left, clockwise: Dillon McGee crosses first in 16:33. Michael Fisher and John Davis finish less than a second apart. Angela Cobb crosses the line to win the Overall Women's Champion award.

For more pictures, and report on the Open race, go to the next page...

# Series Showdown Championship and Open 5Ks

June 9th, 2012

While most of those in the Championship Race headed into the Civic Center for some air conditioning, cold beer and Smokey Bones BBQ, the drama that was to be the Open Race started to unfold. Some of our nasty Florida summer thunderstorms threatened to move into the area just before race time. After some quick assessments, the decision to start the race was made.



All was good for about 10 minutes, but then the weather struck and struck violently. Torrential rain, quarter-sized hail, winds which have been estimated between 35 and 50 mph all provided quite the challenge for the runners and walkers. But the real excitement came from the constant flashes of lightning that seemed to grow more frequent and stronger as the race went on. Race officials were able to pull some off the course and some took cover at neighborhood homes. But most plodded on towards the finish. As one of those who did, I remember thinking, as my wife and I ran side by side, that one strike of lightning near us would have the kids collecting on both of our life insurance policies. I have to admit, it was pretty scary.

Luckily, everyone eventually made it to safety and we'll all have a great story to share as we reflect on the crazy runs we've had in our running career. And the best news? There was some cold beer left when we made it back to the Civic Center in time for the Series' Awards Ceremony!

—Bob Rall





## Space Coast Runner Membership Can Pay for Itself and Beyond

-Ed Springer, SCR Board Member

During the recent SCR online voting and survey some comments were received regarding membership dues. In particular there was some feedback about membership fees being too high. The current membership fees are \$30 annually for an individual membership, \$35 for a family, and a reduced rate of \$15 for full time students. The SCR Board takes measures to keep the annual fees minimal while not compromising quality, events, perks, opportunities and the running series. SCR membership fees include Road Runner Club of America dues and insurance costs. SCR pays \$2.27 plus \$2.33 for RRCA membership and insurance, respectively, per household annually. This covers participants during any SCR club owned race, fun run, social, and meetings.

Your membership goes a long way in helping to promote running, walking, and fitness in Brevard County. SCR is comprised of a great spread of diverse members. There are toddlers to folks well into their 80s, elites and walkers, participants and supporters. SCR is an inclusive club that is heavily involved in the community and strives to positively impact the county as well as provide members value added benefits. SCR provides information, events, promotions and resources to help you make the most of your involvement with the running and fitness community. We have also supported our free Youth Series of fun runs for children 12 and under for the past 10 years.

SCR membership has tangible financial benefits that can more than offset the modest cost of membership. The compelling list of benefits includes discounts at local and online merchants, races and a great electronic newsletter. When considering how much a runner or fitness walker spends on apparel and accessories each year, the discounts you enjoy as a member of the club can more than cover the cost of your membership. Here is a list of some member benefits:

- Entry into the Runner of the Year Series (ROY)
- Awards for ROY winners and Ran All Races
- Subsidized banquet at the awards ceremony
- Social gatherings at local restaurants with food provided (at least 2 a year)
- Free hydration stops (Gatorade and Water) along River Road every Sunday morning (Thanks Linda, Suzie, Carol, Patti and Bernie!)
- Discounts on all Walt Disney World events such as \$10 off the 2013 Walt Disney World Marathon or Half Marathon
- 10% discount at Running Zone
- 10% discount at Daddy Ultra Runs
- 10% discount at Island MultiSport
- MORE BENEFITS on the next page....

## Space Coast Runner Membership Can Pay for Itself and Beyond

Continued...

Membership benefits continued:

- 10% discount at All Media Graphics
- \$10 off the annual Brevard Zoo membership
- Monthly on line newsletter that includes race results with photos, race applications, and member profiles. Also included are articles on training, racing, and health and nutrition.
- Discounts at select local races
- Coupons for \$10 off \$50 of merchandise or \$25 off \$100 of merchandise from Sports Authority.
- Club members that care and are willing to help the beginner or novice runner

So how do SCR membership dues stack up against other running clubs? A quick Google search provided the following cost data points for comparison:

- Orlando Runners Club: Individual \$30, Family \$40
- Wellington Runners Club, West Palm Beach: Individual \$40, Family \$50
- Fort Lauderdale Running Club: Individual \$35, Family \$50
- Daytona Track Club: Individual \$25, Family \$45
- Gulf Coast Running Club, Naples: Individual \$25, Family \$35
- Atlanta Track Club, Atlanta, GA: Individual \$35, Dual \$50, Family \$60
- Santa Cruz Track Club, Santa Cruz, CA: Regular \$80 and agrees to volunteer for at least 3 activities, Student \$55 and agrees to volunteer for at least 3 activities, Non-volunteer member \$140 and is exempt from the volunteer commitment
- The Buffalo Chips, Sacramento, CA: Single \$40, Family \$55, Student \$25, Lifetime Single \$355, Lifetime Family \$455

SCR membership fees are well in line and in most cases less expensive than similar running clubs across the nation.

It is important to remember SCR is a non-profit club that relies solely on volunteers. The monthly Board meetings are open to all members and the community at large. As with any club, the vibrancy and caliber of the club is dependent on the collective efforts of the members, not individuals. There are many opportunities for members to get involved and be a part of SCR events and service throughout the community. Modifying the words of President JFK, I would encourage all SCR members to ask not what your club can do for you but rather what you can do for the club. There are certainly ways to improve the club, so please take the time and effort to make SCR into the best club we can be.

Continued on next page....

## Space Coast Runner Membership Can Pay for Itself and Beyond

Continued...

As you can see there are many ways to make your SCR membership work to your advantage. In fact, based on my personal expenditures I estimate yearly savings in excess of \$60 based on the merchandise discounts and reduced race entries alone. With food at socials, capitalizing on Sunday morning hydration stops, and being associated with a great group of people, I feel I come way out on top.

Ed Springer, SCR Board Member

Did you know?

- SCR has "adopted" the 6 mile stretch of Rockledge Drive (River Road) and organizes trash pickup walks to keep the popular running stretch beautiful and work to enhance SCR's relationship with residents and the community.
- SCR is a financial supporter of Special Olympic events held right here in Brevard County.
- SCR awards two \$1,000 scholarships annually to Brevard County high school students through a running themed essay competition and financial needs evaluation.



# JOB WELL DONE

- In 2002, there were 31 road races and two triathlons in Brevard County.
- In 2011, locals had their choice of 91 road races and nine triathlons and duathlons.
- We can thank Mr. DeCotis for being the catalyst for much of the explosion.



## LET'S HEAR IT FOR MARK

At the post-Showdown awards ceremony, Bernie Sher amazes the audience with Mark DeCotis' contributions to our running community.

## Mark DeCotis retired last month -

after 37 years in the newspaper business, including a 27-year stint at Florida Today. At the awards ceremony directly following the Brevard County Series Championship Showdown, Space Coast Runners took the opportunity of a full house to acknowledge what an impact Mark has had to our community.

Presenter Bernie Sher noted that, "Many of you might not be sitting here this evening if it hadn't be for the wonder, the passion and the keen journalistic talents possessed by this grandfather of four." And with that opening he shared Mark's story as follows:

Shortly after 9-11-2001, Mark moved from the grind of the daily paper to head up the sports section of what was then known as the Florida Today Communities. It was a weekly paper inside the Wednesday edition of Florida Today. At that time, both the budget and potential for the new venture seemed limitless and Mark was given a clean, wide slate on which to create new content.

Having done a ton of long-distance running and cycling in the 80s, Mark's first choice was to introduce Brevard County to the amazing faces and races that made up our local multisport community. And he did so with brilliance.

Instead of depending on day-to-day journalists, Mark invited several local athletes - who were as passionate as he was about multisport - to bring their limited writing and photography experience to help get the stories covered. What this rag-tag bag of freelancers discovered was an editor who was purposeful, patient and open to new ideas. He was also willing to take the time to help them hone their budding skills to his demanding level of expertise.

**DeCotis** knew that all of the content that would be produced had to resonate with the readers. And, boy, did it ever. Week after week, DeCotis and his crew introduced Florida Today readers to people in the community who - just like them - had families and full-time jobs, yet still found a way to get off the couch to run, bike and swim.

Marty Winkel's KSC colleagues cheered as they learned he had completed a 26.2-mile stint in each of our nation's states plus Washington, D.C.

Mary Ramba's friends were stunned to learn that the petite sprite who had earned the moniker 'Marathon Mary' had also lost more than 100 pounds and her addiction to alcohol along her pavement-pounding journey. *(continued)*

## **JOB WELL DONE**

**“My experience has been that I’ve made some life-long friendships.”**

**Taking the mic**  
Mark says a few words



**Cancer patients** and their families were encouraged to read of Barry and Michelle Birdwell’s selfless efforts to coach hundreds of athletes to marathon finish lines to raise money to fight the desolate disease.

And everyone marveled to discover that not even aging, blindness, illness or lack of limbs could stop those who were determined to ink the words ‘marathoner’, ‘cyclist’ or ‘triathlete’ on their athletic resumes. And because those subjects were the ‘every man or woman’ in our community, their stories resonated deeply indeed.

**Readers became motivated** to write a new chapter in their own lives as they pushed off the couch and sped out the door toward their first starting line. And as they did, the local running and multisport population exploded.

To meet the increasing needs of that population, three additional elements were introduced in 2003 to form the perfect storm that changed Brevard’s multisport landscape forever.

Beachside Tri Sport, then known as C&M Multisport, advertised one of Brevard’s first triathlon training camps offering experienced and knowledgeable coaches, personalized attention and group training.

Running Zone opened its doors and the county finally had full-time touch and feel access to specialty shoes, clothing, knowledge, training, fun runs and a new type of race that was just as attractive to first-timers and fami-

lies as it was to the already uber-competitive.

A new race director – Bernie Sher – took on the failing Space Coast Marathon; moved it to the river; upped the amenities to a big-race level and then turned around and donated an unprecedented \$10,000 in proceeds to the Women’s Center.

**With Mark and company** covering it all in full pages of copy and colorful photos, athletes, wanna-be athletes, race directors and businesses realized there were no more limits.

Including DeCotis. As he wrote and edited the stories, the embers of his own athletic past began to stir and before too long we were all reading about his century bicycle rides; his progression to the finish line in a half-marathon camp and his epic battle – one that many shared – to overcome his fear of open water swimming as he gutted it out in a tri camp and then triathlons and duathlons.

But what got him the most during those heady, seemingly golden days was not the recognition or the accolades or the accomplishments of his sports section. It all boiled down to the connection he made with the others.

“When I showed up to write about the (Space Coast) marathon last fall, I was so gratified by the number of people who came up to talk with me,” Mark said a few days ago. “My experience has been that I’ve made some life-long friendships.” *(continued)*

## JOB WELL DONE

**And because Mark** was an editor and writer who is actually one of us, he understands why there is such a deep connection in our community.

"There is something that develops when you're in there sweating it out with others. It is a special bond that is created. It may be from common suffering. People who haven't experienced it don't understand it."

Although Mark has retired, we believe that bond will continue to strengthen as the roots of his effort have taken hold and continue to produce more fruit in and for the running and multisport community. For that we will always be grateful.

**Perhaps even more importantly,** though, we need to thank Pam DeCotis, Mark's bride of 40 years. Without her patience and understanding and support of Mark's odd hours and time away from home, the fire never would have been lit. Mark and Pam have three children; Tracy, Carrie and Casey as well as four (probably very spoiled) grandchildren Carter, Kaiden, Neven and Avery.

Article adapted from Patti Sponsler  
Special Recognition Speech given by Bernie Sher



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## 2011—2012 Runner of the Year Series

### Who Did It All????!!

Congratulations to all of the hardcore racers below! They ran every race in the ROY series. They each received a unique kokopelli runner award and a SCR singlet. We thank them for their loyal support!

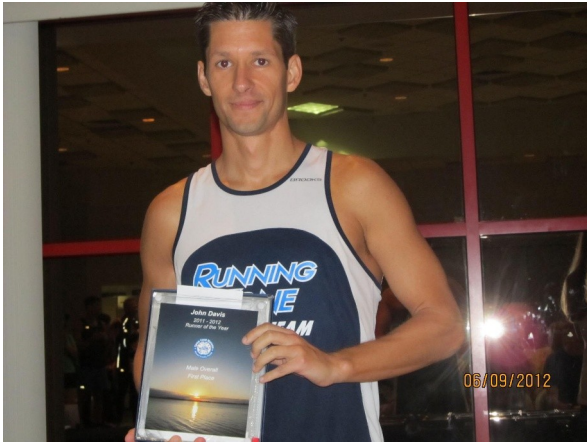
#### Female

Rene Dunne  
Joan Joesting  
Christine Kennedy  
Mary Ramba  
Michelle Smurl

#### Male

Ray Brown  
Ben Buchanan  
Gary Castner  
Joe Castner  
James Chiravalle  
Les Dunne  
Morris Johnson  
James Krupp  
Jack Lightle  
Harry Prosser  
Shane Streufert  
Frank Webbe





## 2011—2012 Runner of the Year Series Winners!!

Congratulations to all of the overall and age graded winners in the Runner of the Year Series!

### Female

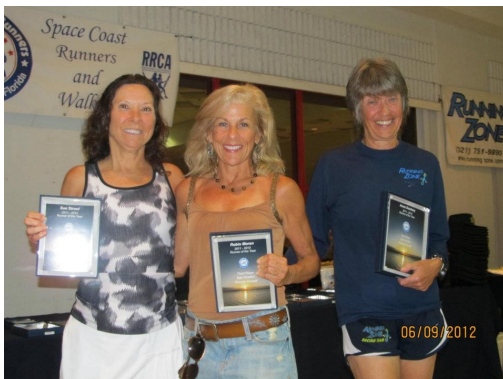
#### Overall

- First—Tracy Simso
- Second—Annie Caza
- Third—Janet Canfield
- Masters—Robin Moran
- Grand Masters—Anne Dockery
- Sr. Grand Masters—Mary Ramba

### Female

#### Age Graded

- First—Anne Dockery
- Second—Sue Strout
- Third—Robin Moran



### Male

#### Overall

- First—John Davis
- Second— Steve Hedgespeth
- Third— Shane Streufert
- Masters—Joe Hultgren
- Grand Masters—Art Anderson
- Sr. Grand Masters—David Grant

### Male

#### Age Graded

- First—Joe Hultgren
- Second— Art Anderson
- Third— David Grant



# 2011—2012 Runner of the Year Series Winners!!

Congratulations to all of the female age group winners in the Runner of the Year Series!



## Female

### Age Group

#### 10-14

First—Nyssa Holmquist

Second—Rachel White

#### 25-29

First—Patti Hatcher

#### 30-34

First—Rene Dunne

Second—Ragan Krupp

#### 35-39

First—Julie Hannah

Second—Brittany Streufert

Third—LeAnn Castner

#### 40-44

First—Mary Hofmeister

Second—Angie Preston

Third—Michelle Smurl



#### 45-49

First—Sandra Gannon

Second—Christine Kennedy

Third—Marie Thomas

#### 50-54

First—Marlene White

Second—Karon Pittman

Third—Joan Meadows

#### 55-59

First—Sue Strout

Second—Deborah Horst

Third—Lisa Farrall

#### 65-69

First—Susie Koontz

#### 70-75

First—Joan Joesting

Second—Dodie Johnson

#### 75+

First—Roberta Osterling



# 2011—2012 Runner of the Year Series Winners!!

Congratulations to all of the male age group winners in the Runner of the Year Series!

## Male

### Age Group

#### 9 and Under

- First—Aeddon Burns
- Second—Graeme Burns
- Third—Benjamin Block

#### 10-14

- First—Braden Krupp

#### 20-24

- First—Matthew McDougal

#### 25-29

- First—Andy Dutra

#### 30-34

- First—Thaddeus Austin
- Second—Mike Acosta

#### 35-39

- First—Ben Buchanan
- Second—James Krupp

- Third—Les Dunne

#### 40-44

- First—Joe Castner
- Second—Ron Roff



#### 45-49

- First—Doug Nichols
- Second—Ken Fortmayer
- Third—Dave Hernandez



#### 50-54

- First—Keith Kowalske

#### 55-59

- First—Matt Mahoney
- Second—Loran Serwin



- Third—Daryl Gilbert

#### 60-64

- First—Bud Timmons
- Second—Ray Brown



- Third—David Farrell

#### 65-69

- First—Gary Castner
- Second—Tom Ward



- Second—Morris Johnson
- Third—Darwin Tangen

#### 75+

- First—Jack Lightle
- Second—Bob Pecor







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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](http://Health First Pro-Health & Fitness Center) and become a fan on their Facebook page!

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