

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

SEPTEMBER 2016



## Runner of the Year Series

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Long Distance  
Relationship Report

Run a Mile with  
Jackie Kellner

*Don't forget to  
keep your skin fit!*





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**On Our Cover:** Jack Girard is right on pace to secure first in his age group at the ROY series' opener, Running on Island Time 5K. Jack, age nine finished the 3.1 mile course in 21:25.

**Above:** Top three say cheese! That's exactly what the first, second and third place ladies did after receiving their awards medal at Running on Island Time 5K. Pictured from left to right: Kristen Tinker (3rd), Alyson Nolan (1st) and Kristen Klein (2nd).

(Photo cover credit: Doug Carroll)

## SCR Membership Information

Head to [spacecoastrunners.org](http://spacecoastrunners.org) to renew your annual membership with no extra fees or charges. The website no longer charges any additional online fees. Now, save the cost of a postage stamp and do it online.

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



# TURTLE KRAWL 5k

Saturday, September 10, 2016

7:30 AM - Nance Park - Indialantic, FL

All proceeds benefit

Sea Turtle  
Preservation  
Society



BREVARD COUNTY, FLORIDA

## AMENITIES

- ✓ Beautiful technical shirts featuring original artwork by local artist "Nemo" - **guaranteed for the first 2800 registrants**
- ✓ Sea turtle medals for age group winners 5 places deep
- ✓ Free breakfast and massages after the race
- ✓ Free Kids Runs: 1/4, 1/2 and 1 mile distances plus a finish line sprint with prizes for all participants
- ✓ Electronic race timing (net times) and course management provided by *Running Zone*

## TIME TABLE

- 6:00 AM - Packet pickup begins in Nance Park
  - 7:15 AM - Packet pickup ends
  - 7:28 AM - National Anthem
  - 7:30 AM - Turtle Krawl 5k start for all runners, joggers and non-competitive walkers
  - 7:35 AM - Competitive Walkers start
  - 8:45 AM\* - FREE Kids Runs (ages 12 and under)
  - 9:00 AM\* - Awards Ceremony
- \*Estimated Times



Race packets can be picked up prior to race day at Running Zone:  
Tuesday, 9/6 through Friday, 9/9 from 10:00 AM - 6:30 PM

## REGISTRATION FEES

Adults.....	\$33	Register Online before 9/8 for a \$5 discount!
SCR/Gecko Club Members.....	\$30	
Students (Grade 12 and Under)....	\$25	
Procrastinators (9/9-9/10).....	\$35	



For more Information or to Register Online, visit: [TurtleKrawl.com](http://TurtleKrawl.com)



## 2016 TURTLE KRAWL - Official Entry Form

Mail or hand deliver completed entry form with registration fee to:  
**Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935**

Make checks payable to:  
**Sea Turtle Preservation Society**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_ Email \_\_\_\_\_  
 Sex  Male  Female  I am a Space Coast Runners or Gecko Club member (Discount!)  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_ I am a student, grade 12 and under (Discount!)  
 Shirt Size Youth:  M  Men's/Unisex:  XS  S  M  L  XL  XXL Women's Fitted:  WXS  WS  WM  WL  WXL  
 Team Name (Optional) \_\_\_\_\_ (minimum of five team members and must be coed)

Register me as a Competitive Walker, per USATF Race Walking Rules. I agree to walk the entire race and understand that I will be scored separately from runners and non-competitive walkers. I will be eligible for the Top 10 Overall Competitive Walker awards ONLY and NOT the standard Age Group Awards.

### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

ALL TURTLE KRAWL 5K RUN/WALK ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL AGREEMENT:  
 In consideration of my entry into the 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, officials, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that Event organizers, in their sole discretion, may delay or cancel the Event if they believe the conditions on race day are unsafe. In the event the Event is delayed or canceled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of Event organizers, there shall be no refund of the entry fee or any other costs incurred in connection with the Event. 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 AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT MY PARTICIPATION IN THIS EVENT PRESENTS A RISK OF PHYSICAL INJURY; KNOWING THIS, I AM ENTERING THIS EVENT AT MY OWN RISK.

\_\_\_\_\_  
SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN FOR THOSE UNDER 18)

\_\_\_\_/\_\_\_\_/\_\_\_\_  
DATE



# SPACE COAST RUNNERS

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*Photography*               **DOUG CARROLL**

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

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

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



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

Like us on [Facebook](#) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](#) on our website for good stories and interesting tidbits.

**HOWARD KANNER**  
*SCR President*

**OFFICERS**

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**SPACE COAST RUNNERS**  
 P.O. Box 541837  
 Merritt Island, FL 32954



One down, nine to go! Hope everyone had a great Running on Island Time race this past weekend.

Our newsletter team is happy to welcome our newest members – Krysti Dixon and Anne Dockery. Krysti has graciously accepted the challenge to help write race reports and other articles for our award-winning newsletter. Anne is our Out-of-Town Race Result Specialist. She searches and compiles the results for races held out of town that our SCR members have participated in. It's even more helpful when we know ahead of time that you're running a race somewhere else, so if you're so inclined, please send us that info! We publish it in our Where in the World section.

We need all the help we can get if we want to try to win the RRCA Outstanding Club Newsletter of the Year again (and of course, we will try)! We set the bar high for ourselves when we won it back in 2014 under the direction of Editor in Chief, Bob Rall. Now we must be more creative, innovative and newsworthy.

Speaking of newsworthy...we have the race report for Running on Island Time and Jackie Kellner is our Run a Mile With subject this month, along with other goodies. If you are interested in allowing others a glimpse into your life, please let me know and we'll interview you for an upcoming Run a Mile With article.

Last thing I wanted to touch on this month is our Youth Series. All of our series races have a free youth fun run associated with them, with distances anywhere from ¼ to a mile. You can register your child (12 and under) on the morning of the race (it's free!). If your child runs at least five out of the nine races, they will receive an award at the annual Runner of the Year Banquet. New this year is a button for each race. Your child can collect all nine! They are super cute and a nice reminder of their efforts.

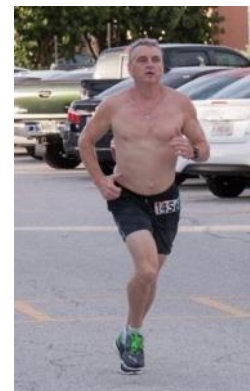


Keep moving forward!

**Lisa Hamelin**  
Editor-in-Chief  
[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

## GETTING TO KNOW THE SCR BOARD MEMBERS

### Keith Dutter



**Favorite SCR series race:** Downtown Melbourne 5K

**Favorite Space Coast area to run:** I run River Road mostly in Cocoa/Rockledge.

**Running partners?** On Sundays I run with Cheryl Ritter, Cristina Canales and Ilse Berube. On Tuesday and Thursdays I'm out there with Suzy Enlow, Cyndi Berg and others.

**Little known fact/secret about yourself:** I'm not a big amusement park guy. I worked for a company that built a lot of park rides at the attractions and I've seen all the parks I ever want to see.

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



If you have a comment, correction or critique or would simply like to tell us what running topics matter to you most, email us by [clicking here](#).



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**TO ALL SPACE COAST RUNNER MEMBERS**

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

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





# PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

## GREETINGS ALL!

Wow, another month has passed, and the race season has begun. Local schools have started, and all of the athletic teams are training hard. The Running Zone Race Series is well under way. With its second race completed, there was a great turnout too! As you read this, the SCR Runner of the Year (ROY) series will have started with Running on Island Time. In addition, I am sure everyone is counting down to the 45th Anniversary [Space Coast Marathon and Half Marathon](#), which is the 4th out of 5 races in the Big Bang Series, celebrating with a Space Shuttle Endeavour finisher's medal.

With all of these races, people are going to focus on training. Training is not just miles on your feet, but it may include speed work, longer runs than normal, and occasional aches and pains that go with the effort. Even I have fallen victim to training set-backs, when I recently felt an ache in my hamstring. It was during an awesome run, where I felt like my feet were gliding along the ground, but I was very sore afterwards. Alas, "the best laid plans of mice and men often go awry." I listened to my body, and I took a few days off. Along with a few more weeks of recovering, I am now back on track to have a successful season of running. Lesson learned, a few weeks off to let an injury heal is much better than trying to push too hard and make an ache into a significant injury.

So, what can you do to avoid injuries? You can add some [strength training and stretching](#). But you really need to make sure you have a smart training plan, and that you listen to your [body](#). You also need to plan around the [weather](#).

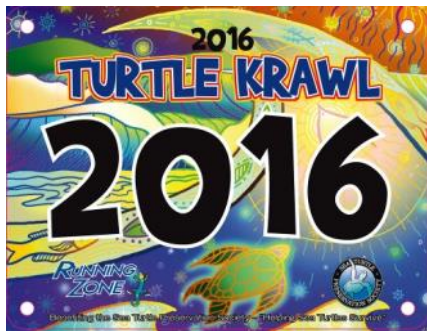
There are a lot of [local fun runs](#) that you can incorporate into your training, too. Don't be shy - come out and join the fun.

See you on the roads.

*Howard*

Howard Kanner, SCR President

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



## Space Coast Runners Runner of the Year Series

Race #2 is the Turtle Krawl 5K on 09/10/16

To register online [click here](#).



## SEPTEMBER BOARD MEETING

September 19, 2016 — 7:00pm, Pro-Health Merritt Island

All members are welcome to attend.



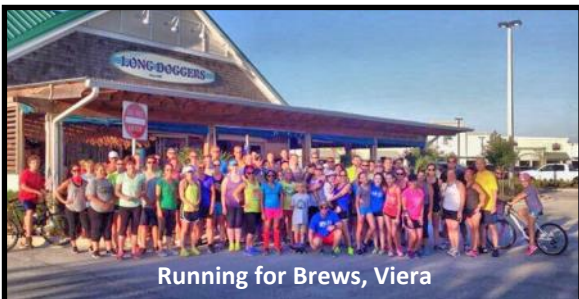
# LOCAL FUN RUNS

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. [Email us](#) to add your fun run.



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	<a href="http://goo.gl/HHfG3C">http://goo.gl/HHfG3C</a>
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	<a href="http://goo.gl/ayyQao">http://goo.gl/ayyQao</a>
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Charley & Jake's Brewery	7:00 pm	<a href="http://www.meetup.com/Running-for-Brews-Melbourne/">http://www.meetup.com/Running-for-Brews-Melbourne/</a> - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Fri	Find Your Fitness with Gina 5K Fun Run	5:30 pm	Gina: <a href="http://goo.gl/1vxqSL">http://goo.gl/1vxqSL</a>

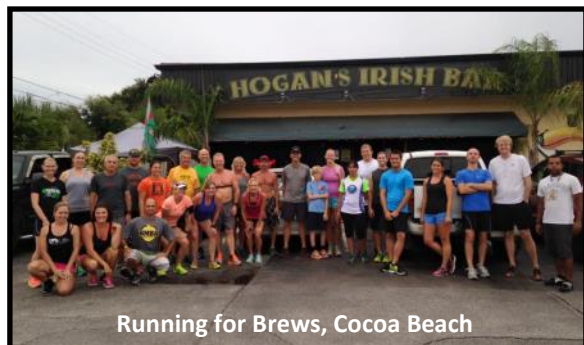
# LOCAL FUN RUNS & WALKS



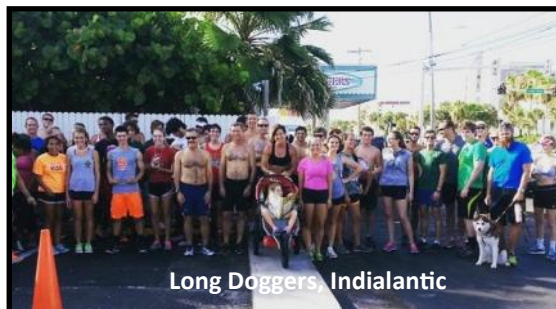
Running for Breds, Viera



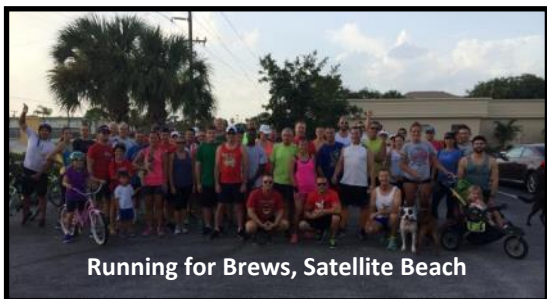
Intracoastal Run Club, Melbourne



Running for Breds, Cocoa Beach



Long Doggers, Indialantic



Running for Breds, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Breds, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach



# SCR Central

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



Amy Aldridge

Sean Black

Todd Bogue

Jill Brown

Janet Canfield

Tom Dean

Anna Dean

Cindy Dean

Max Green

Michael Green

Deb Green

Lorrie Haram

John Holmquist

Dante Holmquist

Lelia Holmquist

Risa Holmquist

Michele Longstreet

Robert Longstreet

Ralph Miller

Gilberto Padua

Francis Padua

Mark Trautman

Maya Widmeyer

If you are a new member to SCR  
and have not picked up your

**Space Coast Runners  
New Member Welcome Packet**

they're available at Running Zone in Melbourne.



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



**SOMETIMES TAKING THE FIRST STEP  
IS THE HARDEST...JUST TAKE IT.**



**GREAT GIFT  
IDEA**



**Birthday Coming Up?** The SCR singlet is a great gift to give the birthday boy or girl. The comfy run wear looks great out on the road or trail. Available for purchase at Running Zone.



# SCR Central

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



## Matt & Jim's Birthday Run

August 21, 2016 — Melbourne, FL

IT'S HELD EVERY AUGUST. THEY CALL IT A FAT ASS EVENT.  
YOU TIME YOURSELF AND DO AS MANY LOOPS AS YOU LIKE.

Participants were welcomed to Matt & Jim's Birthday Run on a steamy morning at Wickham Park. Some had traveled across the state, others were local but all were there to celebrate another year with the birthday boys, Matt Mahoney and Jim Schroeder. In honor of their age, everyone was encouraged to go the birthday distance of either 69K (Jim) or 61K (Matt) on the renowned Wickham Park trails.

Over the course of the day, runners did a lot of sweating, endured Florida heat at its finest and ran through an afternoon thunderstorm. Mahoney reported that when everyone had reported their distance, three had gone a full marathon. Brian Haack, Matt and Jim completed the 26.2 miles. Haack finished in 7 hours, 8 minutes. It was noted that this was not the slowest overall time in the record books. Mahoney still holds that title for his 1996 finish in 7:33 at the Wickham Park Marathon.

If you've never experienced a summer fun run on the Wickham Park Trails, mark your calendar for August 2017.







DIXIE CROSSROADS



# WILD SHRIMP SHUFFLE

10K & 5K  
RUN / WALK

CHAIN OF LAKES

## Titusville, Florida October 8, 2016

7:45 A.M. • 5K RACE START  
8:15 A.M. • 10K RACE START

**LOCATION:**  
Chain of Lakes

2300 Truman Scarborough Way  
Titusville, Florida 32796

**COURSE:**

The race will start and finish at the pavilion just south of the entrance off of US-1. The course is a combination of asphalt (pedways) & cross-country trails .25m 5k .5 10k

**EARLY PACKET PICKUP:**

Friday, October 7th 4:30 P.M. - 7:00 P.M.  
at Pavilion near start / finish  
Both the 5K and 10K courses are  
USATF certified # Pending

**RUN VIRTUAL**

Can't make it to the Wild Shrimp Shuffle on Oct 8? Sign up & run virtual & receive your WSS shirt & medal. Will be mailed within 24 hrs after receiving and email confirming your run.

**EARLY REGISTRATION:**

Before September 23, 2016 - \$25

**REGISTRATION:**

September 24 - October 7, 2016 -\$30  
Day of Race - \$35  
Virtual 5K or 10K - 35\$

**RACE DAY SCHEDULE:**

6:15 AM Day of Race Registration / Packet Pickup  
7:45 AM 5K Race Start  
8:15 AM 10K Race Start

**AWARDS 10K & 5K:**

All 10K & 5K finishers receive a 4 inch Wild Shrimp finisher medal.

Shirt guaranteed to pre-registered participants

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female

**AGE GROUPS:**

- 8 yrs. & under
- 9 - 10 yrs
- 11 - 14 yrs.
- 15 - 19 yrs
- Followed by 5 yr. age divisions through 80+

**CONTACT:** Marty Winkel 321-537-3526  
runsalot@cfl.rr.com

**MAKE CHECKS PAYABLE & MAIL TO:**

Space Coast Event Management  
ATTN: Wild Shrimp Shuffle 10K & 5K  
7 Indian River Ave. #605 • Titusville, FL 32796

**SPONSORS:**

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**ONLINE REGISTRATION AVAILABLE ON SCEVENTMGT.COM**

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_ DOB \_\_\_\_\_

5K  10K  5K or 10K Virtual  Male  Female T-shirt:  XS  S  M  L  XL  XXL

**WAIVER**

I assume all risks associated with my participation in the Wild Shrimp Run 10K & 5K including but not limited to injuries, contact with other participants including registered participants and volunteers, the effects of the weather, traffic and hazards of the roads, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers, Brevard Parks and sponsors of this race from having all claims or liabilities of any kind arising out of my participation in the Wild Shrimp 10K & 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_

# SCR Central

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

**YOU COULD BE THE NEXT WOMEN'S RUNNING COVER RUNNER!**



*Women's Running* magazine just kicked off a nation-wide search to find a runner to appear on its cover - and we think that runner should be a **SCR member!**

This is a contest for anybody and everybody - because every single runner is cover-worthy! The only criteria? You love to run (and are a U.S. resident over 18 years old). We know there's hundreds of you that meet this criteria.

[Enter now!](#) Submissions close September 21, 2016.

**HELP WANTED**

## YOUTH SERIES COORDINATOR

SCR is looking for an individual to help coordinate the Youth Series kids' fun runs at the ROY series races and volunteers. You would need to be available for the 8 upcoming youth series events which take place after the adult race. Duties include keeping track of youth participation, waivers, and interacting and promoting the series.

[Apply here](#)

2	47	M0204	30	Christina Lutz	M	20	Orlando FL	17:05.1	17:05.1	5:31	5:29.8	11:18.3	0.52
3	313	M0204	306	Christina Lutz	M	20	Orlando FL	17:05.1	17:05.1	5:31	5:29.8	11:18.3	0.52
4	130	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
5	230	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
6	103	M1519	426	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
7	11	M11	11	Alexander Krestan	M	18	Viera FL	18:02.8	18:02.8	5:49	5:23.3	11:30.7	0.53
8	135	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
9	330	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
10	230	M1519	426	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
11	230	M1519	426	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
12	458	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
13	458	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
14	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
15	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
16	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
17	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
18	225	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
19	238	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
20	238	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
21	238	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
22	230	M1274	367	Luke Dickerson	M	14	Melbourne FL	18:53.9	18:53.9	6:05	5:32.0	12:05.3	1.04
23	313	F0151	379	Angy Ehm	F	40	Orlando FL	19:02.2	19:02.2	6:00	6:04.4	12:40.9	0.57
24	313	F0151	379	Angy Ehm	F	40	Orlando FL	19:02.2	19:02.2	6:00	6:04.4	12:40.9	0.57
25	430	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
26	142	M0404	943	Jake Castillo	M	41	Melbourne FL	19:12.3	19:12.3	6:11	6:04.5	12:43.8	1.03
27	142	M0404	943	Jake Castillo	M	41	Melbourne FL	19:12.3	19:12.3	6:11	6:04.5	12:43.8	1.03
28	230	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
29	230	M0304	118	Brandon Kusner	M	31	Winter Park FL	18:37.1	18:37.1	6:00	5:54.0	12:19.2	0.57
30	242	M0404	943	Jake Castillo	M	41	Melbourne FL	19:12.3	19:12.3	6:11	6:04.5	12:43.8	1.03
31	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
32	128	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
33	535	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
34	535	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
35	217	M0204	8	Jordan Episcopo	M	20	Melbourne FL	20:12.5	20:12.5	6:31	5:56.5	13:07.7	1.00
36	438	M0404	943	Jake Castillo	M	41	Melbourne FL	19:12.3	19:12.3	6:11	6:04.5	12:43.8	1.03
37	157	F2529	896	Anja Drew	F	32	Melbourne FL	19:45.3	19:45.3	6:23	6:14.0	12:59.8	1.08
38	226	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54
39	226	M0359	479	John Davis	M	38	Melbourne FL	17:38.7	17:38.7	5:41	5:30.5	11:35.9	0.54



## RRCA Running Safety Tip

Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.



## Advertise in this newsletter.

FREE Ad \* \$25 Half Page \* \$50 Full Page

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



# SCR Central

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

## Fashion Police:

### Too Cool Towel Trend

The summer race scene is always ablaze with sweat and scorching temperatures so it was just a matter of time before a “cool” accessory made its way to the fashion forefront.

Men took the lead in this new sporty trend as the Fashion Police spotted three guys strategically accessorizing their run ensembles with a cooling hand towel at the Running on Island Time 5K last week. The runners kept the look low-key with a white, terry cloth towel that is carried in the left hand.

There's two ways to sport the towel — the “wrap” which is draped around the hand or the “roll” where the towel is tightly rolled for comfortable carrying. To take part in this new trend, simply make sure your white towel is chilled prior to the race and you're all set.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.



**instagram giveaway**

Enter to win a free race entry from the SCR Newsletter Staff.

HOW TO ENTER

Step 1: FOLLOW @spacecoastrunners on Instagram

Step 2: POST a photo of you with a turtle of any kind (statue, tshirt, pet) on Instagram with the hashtag #spacecoastrunnersloveturtles and mention @spacecoastrunners

Winner will be announced in the October newsletter.

## STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON

Instagram



Find us on Facebook





# 3 Holidays, 3 Classic Races

in the Beach Communities of  
Cocoa Beach & Cape Canaveral

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

<p><b>FALL INTO WINTER 5k</b> October 22, 8:00 am Cocoa Beach</p>		<p>Custom medals awarded at the REINDEER RUN for registering for all three races.</p>
<p><b>COCOA BEACH TURKEY TROT 5k</b> November 24, 8:00 am Cocoa Beach</p>		<p>Races have their own amenities in addition to the series medal. See race websites for details.</p>
<p><b>REINDEER RUN 5k</b> December 10, 8:00 am Cape Canaveral</p>		

**Registration**

\$70 Entries postmarked on or before October 2  
\$75 Entries postmarked after October 2

For more information or on-line registration:  
<https://runsignup.com/HolidayBeachSeries>

Enter by mail to:  
Check payable to **Cocoa Beach Kiwanis Foundation**  
30 Country Club Road  
Cocoa Beach, FL 32931  
*(Race fees are non-refundable)*

*Races benefit*

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

**To contact race directors by email:**

Fall Into Winter 5k: [Imclean@cityofcocoa.com](mailto:Imclean@cityofcocoa.com)  
Turkey Trot 5k: [turkeytrot5k@cfl.rr.com](mailto:turkeytrot5k@cfl.rr.com)  
Reindeer Run 5k: [beachteachc104@aol.com](mailto:beachteachc104@aol.com)

**FALL INTO WINTER 5k    COCOA BEACH TURKEY TROT 5k    REINDEER RUN 5k**

Name \_\_\_\_\_ Address \_\_\_\_\_ Male Female Age \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  
Email \_\_\_\_\_

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

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

Signature (Parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_





# SCR Member Race Discounts

**SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS**

## FEATURED RACES



- ◆ **NEW!** **Battle of the Badges Virtual Run** presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which will benefit the September charity, National Fallen Firefighters Foundation and National Law Enforcement Officers Memorial Fund.
- ◆ **NEW!** Runners get ready to race and save at the [Daytona Beach Half Marathon](#). Use **DBHspace17** for \$5 off the 2017 event on February 5th.
- ◆ Head on down to Vero Beach's 8th annual [Beachside Half Marathon](#) & 5K on 10/8 and save! Use the discount code **SCRUN** to receive your discount. Expires September 15th.
- ◆ Run through the streets along the eastern coastline of Volusia County and save! Receive a \$10 discount for the [Lighthouse Loop Half Marathon](#) in Port Orange on Sunday, October 30th. Use club discount code: **SCR**.
- ◆ SCR Members can now save \$10 on any and all [Rock 'n Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts don't tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 12/31/16.
- ◆ We are excited to bring you a discount to the 2nd annual [Islamorada Half Marathon & 10K](#) on December 11, 2016! Receive a 20% savings when you use discount code **SPACE** which is valid through 9/1. Take advantage of racing in the beautiful Florida Keys.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 9/10—Half Marathon and 1/7/17 — Ultra.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Coming up is the [Key Biscayne Half Marathon & 10K](#) on 10/2. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Great Smoky Mountains Half (9/10/16), the Lake Powell Half Marathon (10/15/16) and the inaugural Everglades Half Marathon (11/19/16), use code **16VACRC145**.
- ◆ Receive a 20% discount on the [3rd Annual Honeymoon Half Marathon](#) and 10K in Dunedin on 11/5/16. Simply email [xanaduracemanagement@gmail.com](mailto:xanaduracemanagement@gmail.com) to request the Space Coast Runners discount code.
- ◆ Local Discount! Save \$10 off the registration price for [The Florida Marathon & 1/2](#) on February 5, 2017. Use code: **SCRISTHEBEST** to receive your discount on the marathon, 1/2 marathon or 1/2 relay.

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

# SCR Race Recaps

The hot stretch of weather continued throughout August but club members took it in stride. With daily highs around 90°F throughout the month here locally, you either suck it up and race in it or head someplace cooler. This month we saw a little of both on our out-of-town race recap. Enjoy and remember if you would like to report your race, please email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) with your results. No race is too big or too small.



## MARATHON

Cyndi Bergs 4:24:13  
Marisa Flint 5:23:02  
Christine Zieres 5:25:13  
Kathryn Koontz 5:44:10 **2nd AG 70-99**

## HALF MARATHON

Robin Williams 2:10:32  
Keith Flint 2:45:38  
Richard Koontz 3:04:59 **1st AG 65-69**



## VERO BEACH, FL

Anne Dockery 14:46 **SENIOR GRAND MASTERS**  
Alysson Lyons 18:29



## MARINELAND, FL

Michelle Smurl Cocoa FL 47 F 15th 22.5 miles



## JACKSONVILLE BEACH, FL — 5 MILE

Gary Gates 31.09 **5th Overall Male**  
Garrison Gates 45.00 **2nd AG Under 11**



## CLERMONT, FL — 10 MILE

Kurt Russell Melbourne 1:31:09.3  
Joshua Maitlen Rockledge 1:47:51.7  
Judd Spitzer Cocoa Beach 1:52:09.5  
Keith Snodgrass Melbourne 1:13:09.9 **1ST AG 50-54**  
Christina Russell Melbourne 1:40:21.0

Jeanne Higbie Melbourne 1:57:36.6  
Maria Dishaw Satellite Beach 1:58:16.9  
Rebecca Maitlen Rockledge 2:10:48.4  
Karen Stout Titusville 2:02:02.4  
Andrea Lucas Melbourne 2:02:57.8  
Carrie Petzy Indialantic 2:06:36.9



# SPACE COAST CHALLENGE 33K



**3 Great Races — 3 Different Distances**

**Starts with the Space Coast Classic 15K on 11.06.16**

**Complete all 3 & Receive the Challenge Medal**

Space Coast 33K Challenge information available at [spacecoastrunners.org](http://spacecoastrunners.org). Sign up today. It's FREE!







# RUN LOCAL



Report & photos by Krysti Dixon. Park is located at 409 Interlachen Rd, Melbourne, FL 32940.



**Suntree**  
INTERLACHEN PARK  
RECREATION FACILITY RULES

- ◆ PARK HOURS DAWN TO Sunset.
- ◆ NO ALCOHOLIC BEVERAGES ALLOWED.
- ◆ NO MOTORIZED VEHICLES ALLOWED ON RECREATION AREAS.
- ◆ NO GOLF, FIREARMS OR WEAPONS ALLOWED.
- ◆ EXCLUSIVE USE FOR SUNTREE RESIDENTS & AUTHORIZED GUESTS ONLY.
- ◆ PICK UP PICNIC AREAS & GROUNDS AFTER USE.
- ◆ NO PETS ALLOWED.

This hidden gem of a park is located in Suntree and offers the perfect spot for a shady evening run. The park itself is not a trail, but there is a sidewalk that runs south and dead ends exactly at a mile into St. Andrews Blvd. Once you hit this dead end you can turn around and enjoy the shade and scenery on the way back to the park.

The run was peaceful and uncrowded. No one else was on the sidewalk for the entirety of the run and it is large enough to push a stroller. The road you run along is not busy at all and the 25 miles an hour speed limit made for a calming route. The scenery included palm trees, lakes, and the Bay-tree Golf Course.

If the two mile run isn't enough and you still want to burn some energy, there is a huge open field that would be perfect for sprint workouts!

The park has bathrooms and water fountains, but the facilities do close at sunset.

This spot is great for a quick run on a quiet night and if you do decide to bring the stroller with the kids, the park is large, well maintained, and even shaded!







**Saturday, October 29, 2016**

7:15-7:50 A.M. Day of Race Registration

8:00 A.M. -5K Start

9:30 A.M. - Award Presentation

**EVENT LOCATION**

Chain of Lakes  
2300 Truman Scarborough Way  
@ Egret Way Pavilion  
Titusville, FL 32796

**EARLY PACKET PICK-UP & REGISTRATION**

Friday, October 28, 2016

4 P.M.-6:30 P.M. @ Egret Way Pavilion or  
NBCSC Office 9 A.M.-3 P.M.

**RACE FEES**

\$25-Early Registration (Before October 15<sup>th</sup>)  
\$28-Registration (October 15<sup>th</sup> -October 28<sup>th</sup>)  
\$30-Day of Race

**AWARDS**

Male & Female Top 3 Overall & Top Master  
*5K Chipped Timed by Space Coast Event*

**AGE GROUPS**

- 8 yrs. & under                      ■ 9-10 yrs.
- 11-14 yrs.                              ■ 15-19 yrs.
- followed by 5 yrs. . Age divisions through 80+

**PROCEEDS**

All proceeds go to help the community as a whole. North Brevard Charities Sharing Center, Inc. is a 501 © (3) Nonprofit Organization.

Angels don't always have wings...  
Helping each other, one hand at a time

**MAKE CHECK PAYABLE & MAIL TO:**

North Brevard Charities Sharing Center, Inc.  
4475 South Hopkins Avenue  
Titusville, FL 32780

Or visit our website and pay online via PayPal,  
[www.nbcsharingcenter.org](http://www.nbcsharingcenter.org)

Sharing is Caring, so let's Run to Share and Help Feed Our Community! Sign up to run and bring a canned good or other non-perishable food item

**On Line Registration is Available at SCEVENTMGT.COM**

**Contact: Marty Winkel 321-537-3526**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

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

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

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

Male  Female T-Shirt: XS S M L XL XXL (T-shirt, size guaranteed if registered by October 1<sup>st</sup>)

**WAIVER**

I assume all risks associated with my participation in the 5K Run To Share including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver, I for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the 5K Run to Share. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. For safety reasons, roller blades, skateboards, bicycles, baby strollers, baby joggers, radio headsets, and animals are PROHIBITED.

Signature (Parent, if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

## Don't forget to keep your skin fit!

By Richard C Kirkpatrick MD, Brevard Skin & Cancer Center



There are all kinds of runners and many reasons to run. For most runners a common reason is to stay fit. While you're running, don't forget to keep your skin fit by protecting it from harmful ultraviolet rays from the sun. One solution is to run at night. For those that choose to run during the day, please read the following.

### **One in five Americans will develop skin cancer during their lifetime.**

About 8,500 people in the United States are diagnosed with skin cancer everyday and treated at a cost of around \$8 billion per year. It makes sense to spend some time, effort, and resources to save the inconvenience, trauma, possible debilitation and potential loss of life that skin cancer can cause.

### **There are three common skin cancer types**

- basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and malignant melanoma. BCC is the most common followed by SCC. The least common is Malignant Melanoma which is the most serious and most deadly. BCC and SCC arise in the superficial layer of the skin and are found most frequently in sun exposed areas most frequently the face, ears, bald scalp and neck. BCC usually starts as a pearly bump that grows and will not heal. SCC usually starts as a rough area that tends to turn red and refuses to heal. Both spread slowly but will lead to significant disfigurement if not caught early.

Malignant melanoma is the least common but most aggressive of the three. The rate of melanoma in the United States doubled between 1984 and 2011. Melanoma is the most common form of cancer between the ages of 25-29. If caught early the cure rate for melanoma is 98%, however, melanoma can be a deadly disease causing one American death every hour of every day.

Decreasing exposure to ultraviolet light from the sun is the most preventable of all risk factors for skin cancer including melanoma. The following steps are recommended to decrease ultraviolet light exposure.

**Run Early or Run Late:** If possible, plan to complete your run before 10AM or start your run after 4PM. If your shadow is shorter than you are then you should be in the shade.

*(Article continued next page)*



**Squamous Cell Carcinoma**



# Health Tips



**Basal Cell Carcinoma**



**Malignant Melanoma**

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**Wear Protective Clothing:** A wide brimmed hat, sunglasses, and sleeves are a start. Several clothing lines with good sun protection qualities are available for runners.

**Put on Sunscreen:** Put sunscreen on all areas that need protection 20 minutes before sun exposure. Apply a generous amount of sunscreen. You will need about one ounce (a shot glass full) for the exposed skin. Use a sunscreen with an SPF of 30 or higher and a lip balm with sunscreen to protect your lips. Look at the label to ensure the sunscreen you are using is water-resistant. Remember to reapply sunscreen after 2 hours to ensure that your sun protection will continue for long runs.

Runners spend a lot of time, energy, and resources protecting their feet and knees by using running shoes and using proper running technique. Remember to protect your skin using the tips above as a starting point. Remember to check your skin on a regular basis and have your Dermatology provider check your skin and give you information on further skin protection.

## ABOUT THE AUTHOR



Dr. Kirkpatrick joined Brevard Skin and Cancer Center in 1993. He attended the University of Miami School of Medicine and completed his medical internship and dermatology residency at the Naval Hospital of San Diego in California. Dr. Kirkpatrick is a diplomate of the American Board of Dermatology, a member of the Florida Society of Dermatologic Surgeons, and the Florida Medical Association. He can be reached for an appointment or any other inquires at 321.636.7780.



**Suck it up Buttercup  
5K Run/Walk**  
*Saturday, September 24, 2016*

**EVENT LOCATION**

Fay Lake Wilderness Park  
6300 Fay Blvd  
PSJ, FL. 32927

**CONTACT INFO:**

Kira Lucas: 321-271-6844  
KiraLucas5314@gmail.com

\*\*5K Chipped Timed by Space Coast Event Management & Timing

**SUCK IT UP BUTTERCUP ON-LINE REGISTRATION AVAILABLE AT  
<https://runsignup.com/Race/FL/PortStJohn/SuckitupButtercup5K>**

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

Address \_\_\_\_\_ DOB \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_

**T-shirt, size only guaranteed if registered by September 1, 2016**

Please Circle: Male or Female, T-shirt size: XS S M L XL XXL

I assume all risks associated with my participation in the 5K including but not limited to injuries, contact with other participants including registered participants and volunteers, the effects of the weather, traffic and hazards of the roads, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers, Brevard Parks & Recreation, Space Coast Event Management & Timing and sponsors of the race from having all claims or liabilities of any kind arising out of my participation in the 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**RACE FEES:**

\$23 - Early Registration (Before Sept 4th)  
\$25- Registration (Sept 5<sup>th</sup>-23<sup>rd</sup>)  
\$30- Day of Race

**EARLY PACKET PICKUP**

Friday, September 23, 2016, 4:00PM to 7:00PM  
Fay Lake Wilderness Park Pavilion

**RACE DAY SCHEDULE:**

Saturday, Sept 24, 2016  
6:30 -7:45AM- Day of Race Registration & Packet Pickup  
8:00AM- 5K Start Time  
9:00AM-FREE Kids Race  
9:30AM-Awards and Door Prizes

**AWARD MEDALS:**

Top 3 Overall Males & Females  
Top Master Male & Female  
Top 3 Male and Female in each age group: 8 & under, 9-11, 12-14, 15-19 and 5 year age groups through 75+

**MAKE CHECKS PAYABLE & SEND TO:**

John Parker Cancer Benefit  
7240 Badger Ave.  
Cocoa, FL 32927

**PROCEEDS:**

Proceeds will benefit 57 year old Port St. John resident John Parker. Following a seizure and stroke like symptoms on May 9th, John was rushed to the hospital and was diagnosed with Stage 4 Glioblastoma Brain Cancer. This is literally the most lethal type of cancer. He had emergency surgery 2 days later. As everyone knows, these types of procedures and treatment are very costly. With no insurance and inability to work, this has put a financial stress on John and his family. With your contributions, you are allowing us to keep John as comfortable as possible.



## SCR Opens Series on Hot, Humid Morning

The 34th Runner of the Year Series is off to a great start. With close to 400 finishers at the first race, the Running on Island Time 5K, it looks like the competition will be fierce. New member, Alison Nolan surprised the field of women racers by capturing the overall win. It looks like last year's series winner, Kristen Klein will have her work cut out for her.

On the men's side, John Davis leapt to the top of the leaderboard with his overall win. Davis is the series favorite as he goes for this eighth title but second and third place are up for grabs. We'll see Steve Hedgespeth, Gary Gates, Shane Streufert and who knows who else battling it on the roads. It's going to be exciting!

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



## Canales named new series race analyst

Cristina Canales was named the new race analyst for the SCR Runner of the Year series. She'll be replacing Molly Kirk who is leaving her position after fulfilling her one year contract. Canales is currently preparing for the race season and will be a natural fit according to a SCR insider.

Look for Canales' first report later this month on the SCR Facebook page!

### 2016—2017 SERIES SCHEDULE

09/10/16	Turtle Krawl 5K
11/6/16	Space Coast Classic 15K & 2 Mile
11/27/16	Space Coast Marathon & Half Marathon
12/10/16	Reindeer Run 5K
01/28/17	Tooth Trot 5K
02/19/17	Eye of the Dragon 10K & 2 Mile
03/25/17	Downtown Melbourne 5K
04/08/17	Space Walk of Fame 8K
05/07/17	Eat My Crust 5K

## SIGN UP, IT'S FREE!

### 33K SPACE COAST CHALLENGE

Run the 3 SCR races and receive the 2016-2017 special medal.

To complete the 33K challenge, run the Space Coast Classic 15K, the Eye of the Dragon 10K and the Space Walk of Fame 8K. Free 33K challenge registration is online. [Click here](#) to register right now!



# Turtle Krawl 5K

## FEATURED ROY SERIES RACE

The largest 5K in Brevard County is just around the corner—**Turtle Krawl 5K!**

Last year there were over 2100 runners and walkers (there is a competitive walking division). Tech shirts are guaranteed to the first 2800 registered entrants this year. Optional finisher medals can be purchased for \$15. Proceeds benefit the Sea Turtle Preservation Society.

**WHERE ►** Nance Park, Indialantic

**WHEN ►** 7:30 AM Saturday, September 10

**COST ►** Early discounted registration for SCR members is \$25 thru 9/8/16

**WHAT TO EXPECT ►** An out and back course along the Boardwalk and through the residential neighborhood in Indialantic. Lots of on-course support and encouragement. Ice cold washcloths at the finish line. Free breakfast and massages. Age group awards go 5 places deep, along with a Top 10 for the competitive walking division.

### COURSE RECORDS ►

Male: Christopher Cacciapagli - 15:21.6 (2014)

Female: Kaitlin Donner – 17:23.3 (2013)

Competitive Walker: Michael Petrillo - 34:24.1 (2012)

Team: Running Zone—1:32:16 (2014)

**SCR YOUTH SERIES ►** Featuring 1/4 mile and 1/2 mile distances for the little runners. 8:45 am start time

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



## 2016—2017 ROY Leader Board

### OVERALL

- 1 John Davis
- 2 Steve Hedgespeth
- 3 Gary Gates



Steve Hedgespeth

### MASTERS

- Shane Streufert

### GRAND MASTERS

- Keith Snodgrass

### SENIOR GRAND MASTERS

- Ralph Miller

## 2016—2017 ROY Leader Board

### OVERALL

- 1 Alison Nolan
- 2 Kristen Klein
- 3 Kristen Tinker



Anne Dockery + Annie Caza

### MASTERS

- Lori Kruger

### GRAND MASTERS

- Annie Caza

### SENIOR GRAND MASTERS

- Anne Dockery

Please note: the series standings reflect your age on August 27, 2016, the date of the first race of the 2016-2017 ROY series season. If you have any series questions, please email Loran Serwin at [lservin@cfl.rr.com](mailto:lservin@cfl.rr.com).



MARK YOUR  
CALENDAR!

# SCR Runner of the Year SERIES

2016—2017

**Running on Island Time 5K**

Saturday, August 27, 2016

**Overall Male & Female Winners:**  
**John Davis, Allison Nolan**

**Turtle Krawl 5K**

Saturday, September 10, 2016

at James H. Nance Park  
Indialantic

**Space Coast Classic 15K  
& 2 Mile**

Sunday, November 6, 2016

at Gleason Park  
Indian Harbour Beach

**Space Coast Marathon  
& Half Marathon**

Sunday, November 27, 2016

at Cocoa Village Riverfront Park  
Cocoa

**Reindeer Run 5K**

Saturday, December 10, 2016

at Cherie Down Park  
Cape Canaveral

**Tooth Trot 5K**

Saturday, January 28, 2017

at Wickham Park Senior Center  
Melbourne

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

Sunday, February 19, 2017

at Eau Gallie Civic Center  
Melbourne

**Downtown Melbourne 5K**

Saturday, March 25, 2017

at Holmes Park  
Melbourne

**Space Walk of Fame 8K  
& 2 Mile**

Saturday, April 8, 2017

at Space View Park  
Titusville

**Eat My Crust 5K**

Sunday, May 7, 2017

at Viera Pizza/Viera High School  
Viera



## SCR YOUTH SERIES



# KIDS DASH AT DIVINE MERCY!

**Space Coast Runners** were helping kids keep healthy and happy after the Running on Island Time 5K. The return of the Youth Series saw dozens of children, ages 12 & under, lined up to the start on the grassy field behind Divine Mercy Catholic Academy to race. Many had their eye on the prize which included a great goodie bag and the new, **limited-edition** SCR Youth Series participation button.

The non-competitive run ranged in distances which made it **ideal for kids** of all ages. The series event was even covered by Lyn Dowling of the Florida Today newspaper. Be on the lookout for an upcoming article on the SCR Youth Series.

The next fun run will be after the **Turtle Krawl 5K** on Saturday, September 10th. The button features a super cute turtle. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#).



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# VOLUNTEER WITH SPACE COAST RUNNERS

*There are 2 Ways to Win!*

## **VOLUNTEER OF THE YEAR** – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2016-2017 season. The top two members will receive a \$100 Amazon gift card. Volunteer point standings will be posted at [spacecoastrunners.org](http://spacecoastrunners.org). Winners to be announced at Awards Night 2017.

## **RUN&1 PROGRAM** – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2016-2017 season
- ◆ Volunteer at 1 SCR race or designated event during the 2016-2017 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2017-2018 SCR Runner of the Year series or into

### **RULES & RESTRICTIONS**

- Be an active member of SCR by May 1, 2017.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/24/16 to 5/31/17.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

### **AREAS TO VOLUNTEER & EARN POINTS**

- Packet stuffing/Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew
- Youth Series assistance



For more information, email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).



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



REGISTER TODAY!

# Ghostly Gecko 5k

DRIVEN BY



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

PRESENTED BY



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

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

Benefits Eau Gallie High School Health & Wellness Academy



#GhostlyGecko

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

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

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

Join us for the next race in the 2016-2017 Running Zone Foundation Race Series:



# Jingle Bell 2 Miler

REGISTER TODAY!

DRIVEN BY



#jinglebell2miler

PRESENTED BY



- \* Santa Hats to the 1st 500 Entrants
- \* Jingle Bells for Everyone's Shoes
- \* Best Holiday Costume Contest & Fun Stocking Awards
- \* Santa Arrival on Fire Truck
- \* Free Santa's Little Helper Kids' Run with Zippy the Gecko
- \* Benefits Satellite High School Running Programs
- \* Random Christmas Present giveaway LED TV
- \* Cookies provided by Long Doggers!



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

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

Saturday, December 17th, 2016 at 5:45 pm, Satellite Beach Library



## DAVIS, NOLAN BEAT HEAT TO WIN 11TH ANNUAL 5K

**A**lmost 400 runners and walkers gathered at Divine Mercy Catholic Academy in Merritt Island to begin the Space Coast Runners Runner of the Year Series.

The Running on Island Time 5K began its 11th year with a prayer and words of encouragement which seemed to set a tone of calm positivity throughout an anxious-to-start-the-season crowd. Runner Patty Garten, who earned her 5K PR during the run, said, "It was a clean, well-marked course with great weather. Hearing the Caribbean music at the start and finish helped give the race the island feel."

The run looped around the neighborhood beside Divine Mercy and lots of cheers of encouragement could be heard throughout the route. Runs in August are always hot, but there were multiple volunteers and water stations along the course. When runners reached the finish line, they were greeted with ice-cold washcloths, water, and healthy treats. After cooling off, the fun continued with a youth run followed by the awards ceremony. For complete race results, [click here](#).



Davis held a substantial lead as he headed to the finish.



Report by Angela Leeds

### OVERALL MEN

John Davis, 16:54  
Steve Hedgespeth, 17:41  
Gary Gates, 17:47

### OVERALL WOMEN

Alison Nolan, 19:27  
Kristen Klein, 22:08  
Kristen Tinker, 22:25

### MASTERS

Shane Streufert, 17:59  
Lori Kruger, 22:33

### GRAND MASTERS

Keith Snodgrass, 19:36  
Annie Caza, 22:46

### SENIOR GRAND MASTERS

Ralph Miller, 20:54  
Anne Dockery, 23:34

### WALKING DIVISION (M)

Dave Farrall, 34:33  
Steve Wojcicik, 47:25  
Dennis Herring, 51:14

### WALKING DIVISION (W)

Linda Madya, 37:00  
Lisa Farrall, 39:17  
Betty Herring, 44:03

### TEAM DIVISION

Running Zone  
Viera Pizza Race Team  
Chilly Spoons



The 2016-2017 Space Coast Runners Racing Team gather for a picture before the 5K start.





**Super  
start for  
the SCR  
Series**



**Pictures clockwise from top left:** Post-race fun with the awards medals; Deb Wells is stride-for-stride having fun out on the course; Marie Thomas (38), Keith Dutter (245), Betsy Butler (211) and Leslie Faletta (113) race for position as they head to home; Mary Ramba, Jackie Kellner and friend hang out at the pavilion waiting for the awards to commence.





For More Information:  
Email: [EyeoftheDragon10k@gmail.com](mailto:EyeoftheDragon10k@gmail.com)

29<sup>th</sup> Annual

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

Sunday, February 19<sup>th</sup>, 2017

Eau Gallie Civic Center

1551 Highland Ave, Melbourne

ONLINE at [FaceBook](#), Register [Running Zone](#)



<http://spacecoastrunners.org>

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

### Schedule of Events:

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

### Sunday, February 19<sup>th</sup>, RACE DAY:

**5:45am:** Packet Pick up and Day-Of Registration Opens

**6:45am:** Eye of the Dragon 10K Registration Closes

**7:00am:** Eye of the Dragon 10K BEGINS!

**8:15am:** Tail of the Lizard 2 Mile Registration Closes

**8:30am:** Tail of the Lizard 2 Mile BEGINS!

**9:15am:** Kids' Runs: SCR Youth Series Event

FREE Quarter, Half and 1 mile runs for children 12 & Under (with parent waiver)

### Important Details:

**10K:** You must be able to maintain a 20-minute mile pace. If you cannot maintain this pace, you must do the 2-mile event.

**Teams:** A minimum of 3 team members required to score. No SBC Teams.

**For Safety Reasons:** No animals, baby joggers, skates or headphones permitted.

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

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

### Amenities:

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

### Awards:

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

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

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

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

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

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

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

FIRST \_\_\_\_\_ LAST \_\_\_\_\_ SCR MEMBER

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

SEX:  MALE  FEMALE DOB: \_\_\_/\_\_\_/\_\_\_ AGE ON RACE DAY \_\_\_\_\_ TEAM NAME \_\_\_\_\_

SHIRT SIZE: Gender Specific Shirts:

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

Youth Shirt Sizes:  Youth Medium  Youth Large

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather and traffic hazards of the road all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Road Runners Club of America, and other sponsors or officials involved from all claims or liabilities of any kind arising out of my participation in the vent. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_



Zippy the Gecko gets into the spirit of the I Run for Pizza 5K. Photo courtesy of Trihokie Images.

## 5K CELEBRATES PIZZA AND FOOTBALL

**F**ootball and fast times were the two themes of the day at Running Zone's series race, I Run for Pizza as Californian David Galvez smoked the course in 16:04, 28 seconds faster than last year's winner. 874 participants joined him, a number that also topped last year's total. This can be attributed to Running Zone's commitment to continuous improvement—in addition to post-race refreshments provided by Pizza Gallery, awesome football awards, this year coveted tickets to a Florida team NFL game plus a hotel stay for two were awarded by random giveaway. Running Zone also provided free childcare so football moms and dads could get their race on.

I Run for Pizza fittingly benefited the Suntree/Viera Youth Football and Cheerleading League, plus WEGO Ministries. WEGO Ministries is a Christian missions outreach organization based in Cocoa Beach.

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

This race is the second in the Running Zone series which features a total of \$10,000 in prize money for series winners. The next race in the series will be the Ghostly Gecko on October 29.



Report by Marisa Flint

### OVERALL MEN

David Galvez, 16:04  
Austin Camps, 16:21  
Adrian Haywas, 16:47

### OVERALL WOMEN

Kaitlin Donner, 17:39  
Alison Nolan, 18:20  
Samantha Folio, 18:28

### MASTERS

Shane Streufert, 18:13  
Julie Hannah, 20:21

### TEAM DIVISION

Running Zone  
Viera Pizza Race Team  
Viera XC

### SCHOOL PARTICIPATION

Manatee Elementary  
Indian Harbour Montessori  
Meadowlane Intermediate





# SURFSIDE



## ELEMENTARY

# Surfside's Sprint for Shade

## 5K & 1 Miler

Saturday, September 24th, 2016 - 7:30 am

David R Schechter Community Center  
(1089 S Patrick Dr. Satellite Beach, FL 32937)

Bring the whole family out to the David R Schechter Community Center on September 24th!  
Help Surfside Elementary's Parent-Teacher Organization raise funds for the purchase of  
shade structures for Surfside Elementary School's playground and blacktop!

### AMENITIES:

- Race shirts guaranteed to those who register **by 9/14**
- Medal for all FINISHERS (5K & 1 Miler)
- Challenge medal for those who complete the 5K and 1 Miler
  - Earn up to 3 Medals!!!
- Free Breakfast after the race!
- Free Kids *Sprint* after the 1 Miler

### FEES:

	<u>Until 9/23</u>	<u>Race Day</u>
<u>5K</u>	\$20.00	\$25.00
<u>1 Miler</u>	\$15.00	\$20.00
<u>Challenge</u>	\$25.00	\$30.00

**SORRY, NO REFUNDS**

### TIME TABLE:

#### Packet Pickup:

Friday, September 23<sup>rd</sup> – Running Zone – 10am-6:30pm  
(3696 N. Wickham Rd. Melbourne, FL 32935)

Saturday, September 24<sup>th</sup>- David R Schechter Community Center

6:15 am Race Site Packet Pickup & Registration Opens  
 7:15 am Late Registration for 5K & Challenge Ends  
 7:30 am 5K Start!  
 8:30 am Late Registration for 1 Miler Ends  
 8:45 am 1 Miler Start!

Free Kids *Sprint* after 1 Miler

Awards Ceremony following the race

### AWARDS:

#### **5K:**

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

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

Award for the School w/ most participation  
(excluding Surfside Elementary)

#### **1Miler:**

Top 5 Male & Top 5 Female Finishers

## Surfside's Sprint for Shade Official Entry Form

Send completed entry form with fee to: Running Zone - 3696 N Wickham Rd Melbourne, FL 32935

Make Checks Payable to: **Surfside PTO**

Name First \_\_\_\_\_ Last \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_  
 Email address \_\_\_\_\_  
 School \_\_\_\_\_ Grade Level \_\_\_\_\_

Event:  5K  Miler  Challenge

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

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

### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Surfside's Sprint for Shade 5K and 1M Fun Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_





## Jackie Kellner

Marathoner, Parrothead, Grandmother

**Family:** Husband, Roy; son, Johnny; 3 step sons, Brian, Jeff and Nick; 3 daughter's in-law, Gina, Vanessa and Sarah. (Nick is not married); 8 grandchildren, Dakota, Bailey, Austin, Dillon, Riley, Cameron, Karis and Rhone.

**Age:** 67

**Originally from:** Atlanta, GA

**Currently reside:** Melbourne, FL

**Number of years running:** 35

**Began running because:** To lose weight. I was never an outdoor person until I started running.

**I knew I was hooked when:** I ran my first race, Running & Fitness Day Festival and 12K, Washington D.C. October 9, 1982.

**Race personal records (PRs):**

11/3/91— Marine Corp Marathon (my 2<sup>nd</sup> Marathon) 3:55:41 (this was before chip timing) 2014 Walt Disney Marathon placed 2<sup>nd</sup> women 65-69; 2014 Space Coast Marathon placed 1<sup>st</sup> women 65-69 and qualified for Boston Marathon. I have completed 18 marathons to date including 2 New York City.

**What has been my biggest running accomplishment to date:** Qualifying for and completing the Boston Marathon 2016

**Favorite local and/or out of town race:** I have completed the Disney Marathon 9 times. Nothing like the Disney characters cheering for you. I also have run a 5K several times in the month of November in Key West, Florida.

**Favorite place to train:** Melbourne Causeway



Post-race with flowers and a finisher's medal at the 2016 Boston Marathon



**Running Goals:** Continue with the Space Coast and Running Zone series. After Boston I don't have any other big goals at this time.

**Training Philosophy:** Keep moving every day. If I don't keep moving then I am not easy to live with. I have never lost my love of running and exercise once I got started.

**Running Partners:** Since moving to Florida in 2005, I train alone. In Maryland I ran with a group on Saturdays doing our long runs.

**If I could run a mile with any other person(s), dead or alive:** Joan Benoit Samuelson, she was the 1984 Olympic Marathon Gold Medalist (I ran my first marathon in November of 1984).

**Funniest or oddest thing I've seen while running:** Other than almost stepping on snakes I can't think of anything. I do enjoy finding money (not sharing my best spots).

**One piece of advice that I would give to a new runner:** Stretch. I did not stretch much my first years of running but over the past several years I have learned to love stretching every day. Also, see a good Chiropractor. I have had Chiropractic care since I first started running and for me has really made a big difference.

**Other interests:** Space Coast Parrothead Club (currently Community Service Director), Take Stock in Children (I have a student I mentor each week during the school year), keeping up to date with health and nutrition, taking care of my outdoor plants, reading, cooking, taking care of our home.

**Last movie I saw:** Florence Foster Jenkins (excellent) and same day My Idiot Brother. Roy and I watch lots of movies.

**Favorite hero:** I have many people I look up to. I like people who teach me something special about life and living.

**Favorite Pre-Race Meal:** veggie pasta (what else?)

**I can't live without my....** Husband, Roy. He makes me laugh from morning until night. Also, a good pair of running shoes.

**Last time I took a selfie:** I have never taken one.



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





# MELBOURNE MUD BASH

**5K MUD & OBSTACLE RUN**  
**10-01-16**

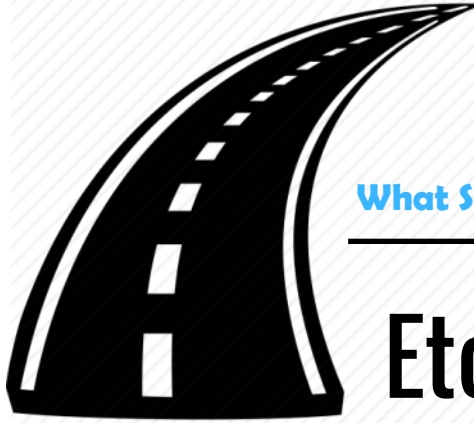
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**U.S. AIR FORCE**

**Inside Wickham Park Melbourne**





# Long Distance Relationships

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

## Eton Sprints & ITU Qualifier

**With a 750m swim, a safe closed-roads 21.2km draft legal bike course followed by a 5km run course up and down the lake, this is probably the flattest triathlon in the UK. I selected Eton Sprints as it was the British Triathlon qualifying race for the 2016 ITU World Championships in Mexico.**

by Anne Dockery

Last year I wrote a short piece about my rather poor showing in the British Master's Championship race in St Neots. I promised to return and do better! (well any excuse to see my daughter and grandson!)

I chose not to enter the British Masters championship 2016 as it was not an ITU Qualifier (I want to join Willy Moolenaar in Cozumel in September). I entered the Eton Sprints ITU qualifier on May 22nd.

I went for long bike rides every week and gradually managed to improve my times a little. I went swimming often in pool and ocean...and did not improve my time at all!

I joined the Nance Park swimmers one calm Saturday and enjoyed swimming 0.9 of a mile in the ocean... slowly...but it was beautiful...and I wore my wetsuit and removed it relatively quickly. Confidence was growing.

**All very positive.**

I flew off feeling as fit as a fiddle and arrived on Sunday 8th May. By Tuesday I was snuffling and coughing...the damn bronchitis! I got antibiotics and rested. A week later I got more antibiotics and these ones worked...hurrah! By this time, I had used up my acclimatization and training period and had only a couple of days left before the tri. No bike ride, no runs, no swims. The best laid plans, eh? But, I did think I was well enough to at least give it a go.

Friday I took my wetsuit to the Parliament Hill Lido on the Heath. What a wonderful facility. 61-meter pool practically empty. Water clear and freezing! Some people were swimming in regular swimsuits!!! I felt a bit of a wimp as I swam 10 extraordinarily slow lengths. I had a battle removing the wetsuit with cold hands. Sigh!

Saturday we travelled to Wokingham to stay with Kate's in laws, Georgie and Andrew.

Sunday morning dawned bright and clear and I wrapped up warmly in borrowed coats and hats. Georgie made me porridge and Andrew, accompanied by Jackson, a lovely whippet, drove me through beautiful green



**Dockery sprints towards the finish line of the triathlon.**

# Eton Sprints & ITU Qualifier 5.22.16

countryside to Eton Dorney. The sun was shining!

The race started at 9 and we were there before 7. I do so hate to be late! The place was buzzing with volunteers setting up stands and transition.

At 7.10 bike hire people arrived and my bike was first off the lorry... hurrah! I rode it around the carpark several times and we played with the saddle height and the gears. It seemed ok so off to register.

Soon everything was gathered and transition set up. My how time suddenly flew past. Before I knew it they were calling the first wave over. Wetsuit on, deep breaths and a little sigh of relief as the top British woman, who had qualified the week before by winning the British championship in our age group with an amazing time of 1:25:00 had not turned up. I would have been hard pressed to be within 115% of her time.

I asked Andrew to let me know how far ahead the other two ladies were when I came to the run. I was pretty certain I would not see them on the bike ride.

## The race.

The great thing about this race was that they started the swim waves 20 mins apart which meant that I did not get overwhelmed by a group of 40-year-old super-fast men in the last section.

The water was way warmer than the lido! Nice. It was the first time that I have started a swim without being able to touch the bottom which I found quite difficult as I had lined up behind faster swimmers and every time they were told to move back I got feet in my face! All started well, if, as usual slowly and I eventually got to the first buoy. I was, needless to say, last. Just keep going. Next buoy. Fine. Head for the exit. It seemed an awfully long way away. Now I had a problem. I was swimming directly in to the sun (even in UK) and I could not see the exit ramp. Kind men in kayaks came up to me and asked me if I was ok. I had to practically stop to be able to answer them! I am fine quoth I,



On her way to the first transition after the swim in Dorney Lake.



Anne celebrates her victory with her grandson.

just blind! I know I went in a wonderful zigzag as I tried to get to the bank. One kind kayaker kept by my side for a little while. Then I saw a guy waving a white flag... the ramp! I came out of that water grinning...I had made it.

On wobbly legs I stumbled towards my bike trying to undo my wetsuit and do all the things I had practiced so many times on the warm beach in Florida. 4 minutes later I deracked my bike...well it was 3 minutes faster than the previous year!

Round a short bend and the world erupted in shouts...my cheering gang had arrived! ...and boy could they cheer. The bike course was almost flat and every time I came around 'my' corner I was met with ever louder cheers.

As I came in to transition there was Andrew. One lady was 10 mins ahead, the other 2...OK I was in the 115% range...relief... now to try and overtake them. I caught the first one by 1.5 mile and then saw the other one heading back. I had her in my sights as she approached the finish and I could hear my good friend Susan Then back in Florida telling me to go get her...I tried, Susan, I tried.... almost, but not quite! She beat me by 26 seconds!

I had done my best on the day, met some great athletes in my age group and.... fingers x...I had qualified.

The next day a Q2 came up by my name on the British triathlon website. I cannot tell you how thrilled I was to see it. I felt like doing cartwheels...those were the days!

## Here we go Willy Moolenaar!

Cozumel watch out, the Brevard Dinos are heading your way!

*(Editor's Note: Anne earned a second place finish in the women's 65-69 age group with her time of 1:44:24. She made up a whopping 9 minutes on the run segment of the race.)*





**\$10 OFF 1/2 Marathon, 1/2 Relay and Marathon Entry for SCR Members! Enter Code: SCRISTHEBEST (Not valid on 5k & 8k)**

**February 4 & 5, 2017**

“One of the prettiest half-marathon courses around.” - Bill Rogers (4x NYC & Boston Marathon Winner)

**OUR CHARMING FINISHER MEDAL GOES TO ALL 1/2 MARATHON, MARATHON, AND 1/2 RELAY FINISHERS!**



**1/2 MARATHON \* FULL \* 5K \* 8K \* 1/2 MARATHON RELAY**



**FLORIDA TODAY**  
PART OF THE USA TODAY NETWORK

**RUNNERS**

**\* Runner's World: Bucket List Top 10 Waterfront Race \***

**Florida Theme Collectible medals  
Tech tees**

**Embroidered Florida Marathon & 1/2 Marathon logo hats**

**Post-race concerts both race days**

**Pizza and fruit to runners on Saturday**

**Kids Race and Mascot Race**

**Pollo Tropical, Pizza Gallery Pizza, Publix nutrition and brews courtesy of**

**Florida Beer to runners Sunday**

**Gatorade, water and Cliff Shots at each stop Sunday**

**Pacers (for BOTH the 1/2 Marathon and full marathon)**

**One of Florida's Top Boston Marathon qualifying rate – four 5-mile straightaways in the marathon**

**Fun, Fun, Fun in Florida in February**

**\* Run Both Days and Earn the Floridiot Challenge Medal! \***



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

# Where in the World?

ARE SPACE COAST RUNNERS RUNNING



## September 2016

**September 3**  
**Pocatello Marathon & Half Marathon**  
 Pocatello, ID

Brittany Streufert,  
 Shane Streufert



**September 3**  
**Forrest Gump Challenge Half Marathon**  
 Reeds Spring, MO

Carol Ball, Donna Neill



**September 4**  
**Go Girl Run Half Marathon**  
 Kansas City, KS

Carol Ball, Donna Neill



**September 10**  
**Great Smoky Mountains Half Marathon**  
 Townsend, TN

Beverly Glenn



**September 10**  
**REVEL Big Cottonwood Half Marathon**  
 Salt Lake City, UT

Heather Felix



**September 17**  
**Bar Harbor Bank & Trust Half Marathon & Fall 5K**

Acadia National Park, ME

Rhonda Creek



## October 2016

**October 9**  
**Chicago Marathon**  
 Chicago, IL

Heather Akram, Naweed Akram



**October 9**  
**Mohawk Hudson River Marathon**  
 Schenectady, NY

Cristina Canales



**October 9**  
**Twin Cities Marathon**  
 Minneapolis, MN

Doug Nichols



**October 16**  
**Columbus Marathon**  
 Columbus, OH

Ilse Berube, Lea Anne Richard



## November 2016

**November 5 & 6**  
**Disney's Lumiere's Two Course Challenge**  
 Lake Buena Vista, FL

Heather Felix



**November 20**  
**Philadelphia Marathon**  
 Philadelphia, PA

Molly Kirk, Marie Thomas



## December 2016

**December 4**  
**Divas Half Marathon**  
 St. Augustine, FL

Heather Felix



## January 2017

**January 7 & 8**  
**Goofy's Race and a Half Challenge**  
 Lake Buena Vista, FL

Heather Felix



## March 2017

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

Charlene Anstett, Heather Felix



# THANK YOU

## HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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



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

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

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



# SCR MEMBER DISCOUNTS!

Receive a discount from these local businesses when you mention you're a Space Coast Runner.

**SAVE 10% at these local businesses**



**GET MOVING!**  
Group Fitness & Personal Training



ALL ABOUT YOU PHYSICAL THERAPY, LLC  
Specializing in Orthopedic and Sports Injury Rehabilitation

**SAVE 10% off one item per member**



**SAVE \$10 on a zoo membership**



**SAVE 10% on Hammer products at Nutrition Leaders in Indialantic**



ENDURANCE FUELS & SUPPLEMENTS

**STAY CONNECTED WITH SPACE COAST RUNNERS**



FOLLOW US ON  
*Instagram*



Find us on  
**Facebook**

# Race Calendar

## DATE · EVENT · TIME · LOCATION · CONTACT

9/10	Turtle Krawl 5K	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
9/10	Cocoa FD 9/11 Stair Climb	6:00 pm	Cocoa High School Tiger Stadium, Cocoa	aclark@cocoafl.org
9/17	Eagle Pride 5K & 1 Miler	7:30 am	Ascension Catholic School, Melbourne	4haleys@gmail.com
9/24	Sprint for Shade 5K & 1 Mile	7:30 am	Schecter Center, Satellite Beach	kpparsons54@gmail.com
10/1	Long Doggers Kids' Marathon & Half Marathon	7:30 am	Schecter Center, Satellite Beach	events@runningzone.com
10/1	Hospitality Hustle 3K	5:00 pm	Museum on High- land, Eau Gallie	events@runningzone.com
10/8	Beachside Half Marathon & 5K	6:45 am	Riverside Park, Vero Beach	info@irhealthystart.org
10/8	Witch Way 5K	5:30 pm	Nance Park, Indialantic	witchway5k@indialantic.com



FOLLOW US ON  
*Instagram*





## Become a 2016-2017 Space Coast Runners Sponsor

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

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



# Space Coast Runners Membership Application



## Benefits of Belonging

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

## Your Membership Supports

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



Join now at Active.com, on our web site or fill out the following form and return it with a check to:  
Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

New Membership    Renewal    Individual – \$30    Family – \$35    Full-time Student – \$15

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

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

If Family Membership, list names, dates of birth and sex: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Membership Amount:   \$ \_\_\_\_\_

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

Total:   \$ \_\_\_\_\_

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

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

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





**September**

# Happy Birthday

<b>1</b>	Rachel White	<b>16</b>	R.C. Koontz, Erica Bernstein
<b>2</b>	Kelly Hedgespeth	<b>17</b>	Warren Lucas, Tiffany Lerret, Joseph Wingate
<b>3</b>	Morris Johnson, Doina Tanase, Eric Mckinley, Amy Aldridge, Rachel Tate, Jennifer Vu	<b>18</b>	Aiden Montague, Cheryl Ritter, Heather Felix, Giselle de la Moriniere, Kristy Taro, Laura Berner
<b>4</b>	Barbara Linton, Sammy Fischel	<b>19</b>	Joe Deen, Daniel Heidt, Andrea Abreu
<b>5</b>	Darlene Deen, Patrick Wingate, Miranda Givens	<b>20</b>	Karen Suarez
<b>6</b>	Ellen Webbe, Bob Rall, Shelley Freeman, Laken Daniels, Trey Bliss	<b>21</b>	Ian Cook
<b>7</b>	Christoher Myers, Kaulana Sierra	<b>22</b>	Elisha Gould, Kyle Butler
<b>8</b>	Preston Edelstein, Ashley Philbeck, Christopher Abreu	<b>23</b>	Donna Michaels, Mark Tinker
<b>9</b>	Teen Sum, George Oswald, Titngai Tam, Kai Cheatham, Rio Zecman	<b>24</b>	Catherine Emerick, Nicole Kuperberg
<b>10</b>	Ana Grant, Karl Anstett	<b>25</b>	Chris Bainbridge, Debbie Wells, Brian Timmons, Jordan Michaels
<b>11</b>	Philip Smith, Lance Haskins, Molly Irwin	<b>26</b>	Bruce Vu
<b>12</b>	Tammi Jerdonek, Steve Chin, Steve Geiser, Paula Cooper	<b>27</b>	Steve Jasen, Rick Lorraine, Micah Vanatta, Sean Callahan, Caroline Christian
<b>13</b>	Lorrie Haram	<b>28</b>	Mendi Patterson, Brenda Heidt, Jessica Vanatta, Erica Beerman
<b>14</b>	Giles Williams, Maria Agrid	<b>29</b>	
<b>15</b>	Sandra Lanham, Brianna Robertson, William Boatwright, Chance Eldredge	<b>30</b>	Ginger Arrington, Tabitha Dennis