

# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 30, WEB ISSUE 1

AUGUST 2008

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Video and lens-guru, Barry Jones, captured a pair of Kyle - Cooke leading Butler - as they hammered through the Set Goals, Not Limits 5K course in Melbourne on July 5. Complete results and photos begin on **Page 18**. Also check out Barry's complete race photo gallery at [http://trihokie.smugmug.com/gallery/5333395\\_6KGQ9#325908043\\_tQiDv](http://trihokie.smugmug.com/gallery/5333395_6KGQ9#325908043_tQiDv)

## Who Are We?

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## Calendars

Racing & group runs at <http://mahoney4.home.netcom.com/scr/cal.htm> Applications and ads are also in this newsletter.

## Multi-Sport Minded?

Patti Sponsler keeps tabs on local multi-sport athletes and their activities at <http://www.spacecoastmultisport.com/>

## ROY Series

Friendship, increasing fitness and fun in abundance are yours as you partake of the 2008-09 Runner of the Year Series. Check out the ROY calendar on **Page 3** or get complete series info at <http://www.spacecoastrunners.org/roy.html>

## Matt's Chat

Matt Mahoney offers a place for us to share all things running and racing at <http://sports.groups.yahoo.com/group/spacecoastrunners/>

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<http://runningzone.com/>



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



<http://mahoney4.home.netcom.com/scr/08sccl5k.pdf>



<http://www.spacecoastmarathon.org/>

EYE OF THE  
DRAGON 10K  
& TAIL OF THE  
LIZARD  
2-MILER



MARCH 14, 2009

SPACE WALK OF FAME  
8K and 2-MILER

<http://mahoney4.home.netcom.com/scr/09trs>

# WHO WE ARE



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The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness and running at the community level. SCR is a chapter of the Road Runners Club of America.

**SCR ONLINE:**  
<http://www.spacecoastrunners.org>

**SCR CLUB MEETING:** All members are encouraged to attend the monthly club meetings which are held at 7:00pm on the **second Monday** of the month at the **Cocoa Public Library**, 2nd floor.

**ADVERTISING:**  
 The On-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **10th** of the month prior to publication. Call Patti @ 784-2075 or e-mail psponsler@cfl.rr.com.



*Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.*

## Space Coast Runners Membership Application

Mail to: Space Coast Runners, Inc., P.O. Box 2407, Melbourne FL 32902-2407  
 Cost: \$15/year for students, \$30/year for individuals, \$35/year for family.  
 Membership fees include \$1.25 towards RRCA.

Name: \_\_\_\_\_ Address: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_

Family Members (if Family Membership) names, D.O.B. and sex: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Check one: Family Membership \_\_\_\_\_ Single Membership \_\_\_\_\_ Student Membership \_\_\_\_\_

Check one: New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Address change \_\_\_\_\_

Please call my family to volunteer for an event during the year: Yes \_\_\_\_\_ No \_\_\_\_\_

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 effect of the weather, including heat and/or humidity, traffic and the conditions of the road, such as risks of 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 through that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

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



## Moving With Marty

August is here and so is the heat and humidity. Might as well just suck it up and put up with it. It isn't going to get any cooler for quite a while. If you're anything like me you go through all the mental aspects of running through the summer months along the hot and humid Space Coast. The first, the worst, and most dramatic realization is that you lost "it", what ever "it" is. "It" may be your age, "I'm just getting too old and I can't run like I use to", Or "it" may be I'm too lazy, untalented, weak, too fat, too thin, or what ever. Bottom line is you feel you just can't run like you did just a few weeks ago. "It's" gone.

I try to mentally prepare myself every Spring. I tell myself that summer is just around corner and I am going to struggle, I am going to slow down even though I know I am in good shape. I know my long runs are going to get shorter due to the weather, OK, it's April and now it's May. I'm mentally ready for the hot times. Summer is on some days and some days it's still Spring.

Real time, it's now July, I'm training for a September marathon. I struggle through my standard eight-milers. I stop at five miles, sometimes six. My half mile intervals are getting slower in spite of the fact that I think I am running harder. My long runs of 15 to 20 miles turn into 10 or 12-milers. I start telling myself that my marathon career is over. I couldn't do a marathon if my life depended on it. I finally tell myself, 'hey, it's the summer, you know this was going to happen. You know this happens every year'. OK, that's right, I remember now. But wait. This year is even harder. I've never struggled this much. I never ran this slow or had to cut short so many runs and cut them so far back. It's over, I'm through running marathons. Fast forward to the evening. Check your log book over the

past few years. Wow, I'm actually running better then last year. Maybe it's not all over. Maybe I just need to start running in the mornings before work, at 5:00 AM like I do every summer. Maybe some indoor treadmill running. I know this will help. It does every other year.

This, or variations of this, actually happens to me every summer. I usually finish the summer with a marathon in a cooler and dryer climate and find that I usually run a good marathon. I realize that my marathon career is not over. I just need to make some adjustments other then moving up north and/or to a higher altitude.

Bottom line is we are here. We are in the heat of the summer and it's going to stay this way for a while. Know that you are going to struggle and slow down for a few weeks. Either accept this or make some adjustments and maybe most importantly,

Rest if you must,  
just don't quit,

Marty (filling in for Carol this month)

## 2008-09 SCR RUNNER OF THE YEAR SERIES

### Fall Into Winter 5K

September 20, Time: 7:30 a.m.  
Coconuts on the Beach, Cocoa Beach  
[See page 17 of this newsletter](#)

### Space Coast Classic 15K

November 8, 2008  
Time: 7:30 a.m.  
Windover Farms, Melbourne  
[www.spacecoastrunners.org](http://www.spacecoastrunners.org)  
[See page 22 of this newsletter](#)

### Space Coast Marathon and Half

November 30, 2008  
Time: 6:00 a.m.  
Riverfront Park, Cocoa  
[www.spacecoastmarathon.org](http://www.spacecoastmarathon.org)

### Reindeer Run 5K

December 13, 2008  
Time: 8 a.m.  
Cheri Down Park, Cape Canaveral  
[www.runningzone.com](http://www.runningzone.com)

### Run for the Light 5K

January 31, Time: TBD  
Windover Farms, Melbourne

### Tiger Dash 5K and 10K

February 7, 2009  
Time: 8 a.m.  
Holy Trinity, Pineda Cswy. Campus  
Denise Piercy, 751-8890  
[Runningzone.com](http://Runningzone.com)

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

March 14, 2009  
Time: TBD  
Eau Gallie Cswy, Melbourne  
Marlene White, 783-6535  
[marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)

### Downtown Melbourne 5K

April 4, 2009  
Males: 7:30 a.m.; Females: 8:15 a.m.  
Downtown Melbourne  
Frank Webbe, 674-8104  
[webbe@fit.edu](mailto:webbe@fit.edu)

### Space Walk of Fame 8K

April 11, 2009  
Time: 8 a.m.  
Space View Park, Titusville  
Marty Winkel, 537-3526  
[runsalot@earthlink.net](mailto:runsalot@earthlink.net)



**YOUTH SERIES  
SCHEDULE COMING  
NEXT MONTH!!!**

# THE PASSING LANE

## *With Ron Hoar*

### Tracking Mileage

From the time I began running races in late 1988, I faithfully logged my daily miles on a calendar. That habit has continued for 20 years.

While running should not really be about how many miles you run or how many races you've finished, tracking your miles and reviewing the numbers periodically can serve as an inspiration to your running program.

Running is about physical fitness. The number of miles you run is certainly symptomatic of your fitness level. You can retain a pretty good fitness level with just a few miles per week--if those runs are done with intensity. But if your goal is to be super fit, the more miles the better. And that higher mileage will translate into better performance in your races--especially the longer distance races.

In my case, as I increased my mileage during the six years of the early to mid 1990's to around 50 miles per week annual average, the PR's kept coming. (I hadn't started running races until age 50.)

With hamstring and then plantar fasciitis (heel bone spur) problems which took many months to subside, my mileage decreased by 25 to 30 %. In 1997 and 1998 I ran only nine races each year--compared to 28 per year for the 1990-1994 stretch.

By late 1998 I managed three weeks of 50 plus miles. But I could no longer run new PR's--with some exceptions. The only way to PR now was to run either distances that I had never run before or to concentrate on improving my Senior Game times. I did both.

After age 65 and without a plan that included races, my motivation for running high mileage declined severely. My miles dropped to about ten per week. I continued to log my miles after each run and would often lament on the low weekly numbers. My decline continued for about four years and I ran no more than one race each year.



Last March, accepting that I would never again have close to the race times of two decades ago, I ran six races in the spring--without expectations. Even without any substantial increase in weekly mileage--my per mile pace improved with each race--until the last one on a hot and humid day.

Whether it's my desire to stay healthy as I age or the fear from moving to the 70 age group this month I've been infused with a revived sense of motivation. I've been increasing my mileage while in Maine this summer and am looking forward to running some races this fall.

And you can bet on this--I'll be logging the mileage and my times for each run—just as I have done for the past 20 years.

*At left, Ron, number 296, and Henry Campbell, number 265 and doing the jig in tights, chat about their race at the Sports Festival 5K in Wickham Park on May 24. Photo submitted by Robin Hernandez.*

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# KIDS ON THE MOVE

The Freedom 7 Elementary School Mileage Club completed its second year by logging 4,023 miles! Eighty-seven children participated in the club during the school year. Twenty students completed more than 100 miles, with two fourth graders exceeding 150 miles. SCR members Marlene White and Theresa Ferebee manage the club, along with other volunteer parents. SCR donated club shirts from proceeds of the Eye of the Dragon 10k and the RRCA ponied up \$775 in the form of a grant for additional program expenses.

Watch for the second annual Sun 'N Fun Run this fall, which will be the primary fundraiser for the Mileage Club's 2008-2009 school year.



*We hear so much about inactive and obese kids, that it is easy to get discouraged about our youth. There are plenty of kids out there - and active parents - who are helping to reverse that trend. We want to hear about them and this is the place to tell their stories as Marlene White did above. Please send your info and photos to [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com)*

# Where Should I Stay?

## By Wayne Wright



**Congratulations! You entered a full or half marathon, trained hard and booked your flights. You picked a race in a town where good friends or relatives live. Now you face a tough decision: Should you stay with your non-running friends/relatives or go to a motel.**



**There are many good reasons to stay with them. Of course, you all like spending time with each other and they may be offended if you don't stay there. Also, they probably know the best routes to the expo, start line and tourist attractions. Plus, it eliminates the cost of a motel and possibly a rental car. But, it could be a mistake that destroys much of your previous effort. Here's why.**



**Although your non-running hosts are well meaning, they just don't understand the pre-race needs of an endurance runner. She doesn't understand that you want carbo-loading pasta (and lots of it), not a dainty dab of a "healthy" gourmet dish she has been cooking all day just for you. He doesn't understand that partying with the boys or seeing a blockbuster movie isn't part of your race preparations. "You want to go to bed how early?" "And leave for the race when?" Although most people are habitually late, starting guns aren't. The list goes on in infinite variations.**



**Example 1: After a host's kids and dogs delayed breakfast, I arrived in the staging area less than ten minutes before the start. As well as being stuck behind the slower runners (and walkers), by rushing to the gear check, porta-pottie, etc, I forgot to apply Vaseline and suffered severe chafing.**



**Example 2: A hare-and-hounds trail run with a host's club the day before a marathon led to a cramp in Mile 25 that cost me a Boston qualifier.**



**Thereafter, I adopted these rules and haven't been sorry.**

- 1. Always stay at a motel the night before the race.**
- 2. Invite your friends/relatives to intercept you on the course and/or meet you at the finish.**
- 3. Spend as much time as possible with them AFTER the race.**



**The obvious and only exception is if your host is also running the race. If so, enjoy the hospitality. Otherwise, it's your race; prepare for it your way. Your finish time will confirm your decision.**

# A Mile With...

## Christy Zieres

**Name:** Christy Zieres

**Family:** Daughter, Rebecca – Son, JJ

**Ages:** 21 & 18

**Occupation:** English Teacher and Swim Coach at Merritt Island high school.

**Number of Years Running:** When haven't I run - ? But, a little more consistently for about eight years.

**Began Running To:** lose weight, to have more "me" time, and to just have fun! Nancy Cross talked about it a lot and it just seemed like she was having fun, so I joined a Up and Running camp, and have been going ever since. Thanks Rebecca!

**I Knew I Was Hooked When:** I decided to do my first marathon in 2001.



Christy Zieres grins as she opens a bottle of wine at the 2007-08 Space Coast Runners Runner of the Year Series awards dinner in May. Photo: Robin Hernandez.

**Race PRs (Personal Records):** 5k – 25:15; ½ marathon – 1:59; marathon – 4:29 in St. Louis in 35 degree rain and sleet – what a blast!!

**Most Satisfying Race Performance(s):** St. Louis Marathon with my buddies Nancy Cross and Mary Ramba.

**Favorite Race(s):** Eye of the Dragon is a great 10k course. I also enjoy Olympic Distance triathlons – Clermont is probably my favorite for that distance.

**Favorite Place(s) to Run:** I always love to set out on running "adventures" when I'm out of town. One morning when I was in New Orleans, I just set off for a run and wound up running down Bourbon St. as the street cleaners were washing down the streets – a different way to see the city! Around home, River Road.

**Running Partner(s):** Well, although I can't run with him, I do enjoy running behind Loran Serwin, and we have put in many miles together on the bike. He is my bestest training buddy and helps keep me motivated. Nancy Cross got me into this and I still enjoy running with her. I also enjoy catching up with Mary Ramba, and chatting with Donna Neill. My tri training buddies are Sue Stidham, Suzie Enlow, and every once in a while Michelle Smurl! Generally, I have always enjoyed running for the social aspect, so I'll chat with anyone who'll put up with me!!

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Could I swim a few laps with Dara Torres? She's my personal hero right now!

**Funniest or Oddest Thing I've Seen While Running:** I wish I could think of something, I've seen! I've probably always laughed the most while running or riding with Patti Sponsler, though – Thanks, Patti, for keeping us entertained!



**Training Philosophies:** To quote Mary, “Run happy, run healthy”! Get out there and enjoy yourself, and listen to your body. It’s too easy to get injured or burned out if you don’t just relax and enjoy the ride every once in a while, or more than every once in a while if you’re so inclined J!

**One Piece of Advice That I Would Give to a New Runner:** Set a goal and develop a training schedule. Try to set up a regular schedule that you can follow, but if you have to miss a day, don’t worry! It has always helped me to have friend drag me into something or if I drag someone into a race – that way you have a buddy to keep you on track! A running or tri camp is always a great place to meet new friends, and get started with help, also.

**Other Sports& Interests:** I compete in triathlons and I’m setting a goal to do a couple of master’s swim meets this year.

**Favorite Reads:** *Beach Music* by Pat Conroy

**Favorite Movies:** *A Walk in the Clouds* – beautiful movie set in the wine country!

**When Nobody is Looking I Like to:** dark chocolate and red wine are my favorite vices, but I’m ok with doing this while others are looking (see photo - J)

**Favorite Meal:** Pasta with veggies and CHEESE!

**Dream Vacation:** It’s simple – I want to see it all! If I had to choose one, though, I’d like to run the Great Wall of China marathon.

**I Think That SCR Could Do A Better Job:** I really don’t think they could do anything “better”. They are a hard-working group, who are trying diligently to encompass all levels of runners and build up membership.

## Space Coast Marathon & Half Training Camp



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# YADA, YADA, YADA



**THANK YOU**

To all who **helped with this month's newsletter**: Apollo Realty, Carol Ball, Cedric Ching, Robin Hernandez, Ron Hoar, Barry Jones, Running Zone, Loran Serwin, Michelle Smurl, Tom Ward, Marlene White, Marty Winkel, Wayne Wright and Christy Zieres.



A red-carpet roll-out for **new members** Colby, Jennifer, Mike and Tanner Fairbank, West Melbourne; Donald and Skyler Gross, Melbourne; Bob Maggio, Palm Bay; Beth, Greg, Ty and Will Rieder, Satellite Beach; Sterling Schantz, Melbourne and Tina Schantz-Gross, Melbourne.



Enjoy your special day: (2) Stephanie Bird, Bill Floyd, Beth Timmons (3) Bob Pecor (4) Ron Hoar, James Miller (5) Joshua Stutte (6) Sandy Bailey, Sue Holstein, Audrey Kirk, Mark Taylor (7) Dudley Ojeda (8) Bob Brown, Matt Mahoney, Don Piercy (9) Holly Herrmann, Cathie Poor (10) Kaia Holmquist (11) Raymond Fleeman, Debra Johansen,

Michelle Maricic (14) Kimberly Black, Sherie Serafini-Cook, Melissa Smith (15) Pyam Brown, Rebecca Huss, Greg Maxwell, Robert Otto (16) Zach Friedel, Jack Kenworthy, Sterling Munich (17) Cynthia Flanders-Smith (18) Vince Hendricksen (19) Bob Richmond (20) Hank Serafini (21) Wayne Carroll, Stephanie Deen, Jim Schroeder, Denise Unrue (22) Mike Blanchard (23) John Chioma (24) Don Dore, Theresa Ferebee, Chuck Galy, Morgan Kirk (25) John Robson, Gary Siedlecki (26) Andy Atkinson (27) Nikolas Matosich (28) Kimberly Bress (29) Kaitlin Badgett, Austin Joiner, Greg Severson (30) Bob Ghormley, Kelsey O'Connor (31) Marisa Flint.



Club Prez, Carol Ball, became a Grandma for the second time at 4:30 a.m. on June 26. Daughter, Sara, with the help of husband, Noah, delivered eight-pound Shaw Spero Hosburgh in the privacy of their own home. Best wishes to the entire family!



Check out the write-up about this year's Space Coast Marathon and Half Marathon at [http://www.coolrunning.com/engine/1/1\\_18/9970.shtml](http://www.coolrunning.com/engine/1/1_18/9970.shtml)

Congrats to those who completed **Grandma's Marathon** on June 21 in Duluth, MN. Some of our locals received a well-deserved break in temperature as the start boasted 59 degrees and NW winds at six miles per hour.



Finishing first and second, respectively, from the sunshine state were Cocoa Beach's Rudy Behrend, and Danny Cochran who ran 3:09:36 and 3:14:54, each taking another Boston Qualifier. The duo completed their tenth Beantown pilgrimage in April. Other locals joining the finish line festivities included Ruth Rodriguez, 5:12:04;

Karen Sanchez, 5:12:03, above left in Cedric Ching photo at the 2008 Run for the Light; Fiona Wright, 4:47:41 and Wayne Wright, 4:33:52.



On July 4, more than 55,000 gathered in Lenox Square in Atlanta for the start of the 39th annual **Peachtree 10K**. The 100 or so runners who had gathered for the 10K fun run back in 1979 had no idea just how enormous their 6.2-mile jaunt down Peachtree would become. This year's race offered a total purse of \$83,100. Ethiopia's Terefe Maregu took the men's in 28:38 and Nataliya Berkut, of the Ukraine, grabbed the women's in 32:23.

**CONGRATS** to locals who completed the race within the first hour in which times are recorded including Danny Benitez, 45:02; Terry Ferrisi, 55:25; David Jones, 42:14; Pat McCormick, 42:22, left in Robin Hernandez photo of Pat winning this year's Sportsfest 5K; Leeann Nawrocki, 44:30; James Ralph, 54:51; Steven Schiff, 37:43; Kevin Valone, 57:15; Jeff Winterich, 46:41.



**CONGRATS to Daytona Beach 33rd Annual Firecracker 10K** finishers Chris Crotty, 1:16:37; Tony Stokes, 46:20 and Marty Winkel, 1st 60-64, 51:59. **Firecracker 5K** finishers included Mary Crotty, 37:03, Brenna Ginther, 2nd OA, 22:08, left; and Nancy Rowan, 2nd 45-49, 28:55.

# Third Annual



# Titusville Racing Series 2008-2009

Presented By



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and Wellness  
Center, Inc.**

### TRS RACES:

#### Get Up & Go 5K/10K

Saturday, September 13, 2008  
Christ Community Church, Titusville, FL 8 AM  
[www.christcommunitytitusville.org](http://www.christcommunitytitusville.org)

This race runs along Carpenter Road, gently rolling residential roads. Runners can enter either the 5K or 10K for series points.

#### Chain of Lakes 5K

Saturday, December 6, 2008  
Chain of Lakes, Titusville, FL 8 AM  
[www.spacecoastrunners.org](http://www.spacecoastrunners.org)

This third annual cross-country course is one and a half loops around the Chain of Lakes, one of the most scenic courses along the Space Coast.

#### Light the Way 5K

Saturday, January 24, 2009  
Park Avenue Christian Academy, Titusville, FL 8 AM  
[www.gilchristeducationalfoundation.org](http://www.gilchristeducationalfoundation.org)

This third year race is a fast, flat, scenic course run as a single loop along residential roads.

#### Run for Your Life 5K

Saturday March 21, 2009  
IRC United Methodist Church, Titusville, FL 8 AM  
[www.emergingministries.com](http://www.emergingministries.com)

This race, in its 6th year, is an out and back course run on residential roads with slightly rolling hills.

#### Space Walk of Fame 8K

Saturday, April 11, 2009  
Space View Park, Titusville, FL 8 AM  
[www.spacecoastrunners.org](http://www.spacecoastrunners.org)

This race previously known as the Indian River Festival 8K is a two loop course and is now in its thirty-first year.

### FEES

Adult Single Race .....	\$20.00
*Adult Series.....	\$80.00
Student Single Race.....	\$15.00
*Student Series.....	\$67.50

\*Receive 20% discount for adults and 10% discount for students by signing up for all liver aces in the series at one time. Series entries must be received by September 12, 2008. For team entries, see individual race applications.

### PRIZE MONEY

\$1,600 in total prize money will be awarded.

-1 <sup>st</sup> Place Male & Female.....	\$ 150.00
-2 <sup>nd</sup> Place Male & Female.....	\$ 125.00
-3 <sup>rd</sup> Place Male & Female.....	\$ 100.00
-4 <sup>th</sup> Place Male & Female.....	\$ 90.00
-5 <sup>th</sup> Place Male & Female.....	\$ 80.00
-6 <sup>th</sup> Place Male & Female.....	\$ 70.00
-7 <sup>th</sup> Place Male & Female.....	\$ 60.00
-8 <sup>th</sup> Place Male & Female.....	\$ 50.00
-9 <sup>th</sup> Place Male & Female.....	\$ 40.00
-10 <sup>th</sup> Place Male & Female.....	\$ 30.00

Points will be awarded starting at 200 for the best age grade time down to 1 for the 200<sup>th</sup> finisher of each sex. Finishers after 200 will receive 1 point. At the end of series, individuals who accumulate the most points will receive awards. The standings after each race will be calculated & displayed on the SCR web page.

### AMENITIES

Each Titusville Racing Series event will have uniquely designed t-shirts for all participants. Awards for each individual race will be given for the following places: Top 3 male/female overall  
Top male/female Master  
Top 3 male/female in 15 age groups from 8 & under through 70+

Door prizes and refreshments will also be provided. TRS awards will be given to the top ten men and top ten women determined by age graded results.

**Contact Info:** Marty Winkel: 321-537-3526 • [runsalot@earthlink.net](mailto:runsalot@earthlink.net)  
Titusville Racing Series Director  
Race Director - Chain of Lakes 5K - Space Walk of Fame 8K

Sarah Guttery: 321-917-2670 • [sguttery@cfl.rr.com](mailto:sguttery@cfl.rr.com)  
Race Director - Light the Way 5K - Run for Your Life 5K  
Get Up & Go 5K/10K

## Third Annual Titusville Racing Series 2008-2009 • REGISTRATION FORM

Last Name										First Name										Male	Female
<input type="text"/>										<input type="text"/>										<input type="checkbox"/>	<input type="checkbox"/>
Date-of-Birth		Age/Day of Race		TRS	GUG	COL	LTW	R4YL	SWOF	Youth and Adult Shirt Size				Amt. Enclosed							
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YL	S	M	L	XL	XXL	<input type="text"/>					
Address																					
<input type="text"/>																					
City				State		Zip Code		Telephone (Area Code + Number)													
<input type="text"/>				<input type="text"/>		<input type="text"/>		<input type="text"/>													



Make checks payable to:  
"Titusville Racing Series"  
Mail to: Space Coast Runners  
P.O. Box 2  
Titusville, FL 32781  
E-mail: [runsalot@earthlink.net](mailto:runsalot@earthlink.net)

### 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 on claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race (series) and my representatives, successors or my association with an entry or participation in a Titusville Racing Series event(s). 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 (series). I have read the above release and understand it presents a risk of physical injury. Knowing this, I am entering this event (series) at my own risk.

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

# RUNNING THROUGH THE GOLDEN YEARS

By Tom Ward



Above, 83-year-old John Keston shows the form that has given him the world 80-84 age group record in the half marathon (1:39:28) and indoor mile (6:48:02. The Sunriver, Oregon senior also ran his marathon PR of 2:58 when he was a spry 69.

The purpose of this writing is to provide some thought-provoking material to encourage runners to examine the entire running population in a new and enlightened manner. I'm not really sure when one turns "old". If you are 16, twenty is old! Our youth-oriented society tends to view a person's age from a chronological perspective, rather than from one of potential and performance. Independent living facilities, assisted living facilities and nursing homes certainly reflect a wide range of "old" people. Nevertheless, "old" basically involves several factors: (1) your genetic propensity for good or poor health; (2) one's psychological acceptance of the aging process (when and how you accept being "old"). The second factor could well include a thing called **attitude**. The third factor would be just how you choose to respond to your attitude.

The boundaries of this article focus on an active and mostly healthy segment of our male and female population. That's the scary part! If this very narrow segment has some thought-provoking health issues, where does that leave the rest of the population? The sport of running, being divided into five-year age groups, makes it an ideal sport to look at the various ages in terms of health and survivability. I believe we would all agree that in the older groups, the number of participants in all sports grows smaller. But just how much of a toll does age take on these groups? This writer has taken the time to analyze many races and have developed percentages of decline based on age groups; beginning with the 50-54 group, and looking forward (or backward) depending on your view of things. Recently I took the opportunity to examine the 2008 Boston Marathon just to see how reliable

my statistics were. Boston had over 21,963 finishers, which is a great sample to compare my previous results. Again, the 50-year-old age group was chosen as a start simply because, by and large, this group represents the more serious runners who are likely to continue into the later ages. If the overall base line of 21,963 was chosen as a start point, the statistics would have been too skewed to have had any meaning. For you statistics-lovers here they are:

Male	#completed	% Decline	Female	#completed	% Decline
45-49	2773		45-49	1573	
50-54	1971	28.9	50-54	736	53.3
55-59	1227	55.7	55-59	299	81
60-64	706	74.5	60-64	130	91.74
65-69	253	90.9	65-69	46	97.1
70-74	94	96.6	70-74	11	99.3
75-79	31	98.9	75-79	2	99.85
80-84	4	99.85	80-84	1	99.94

Granted these are figures from one race, which was run in perfect weather. The point is not to deal with a race, but instead with the numbers competing in each age group. These numbers do not include those runners who did not finish. However, it is reasonable to assume they would show somewhat of an even distribution among the age groups. Taking these figures and comparing them to a number of local runs, the percentages are not too far off, and just tend to demonstrate how dramatically the aging process impacts all of us. The action words here are: **IMPACTS ON ALL OF US**. If you are a male most likely only .15 percent will make it to run in the 80-84 groups. Most likely, only 25.5 % will even make it to the 60-64 groups. Only 3.4 % of us lucky souls will ever make it into the 70+ group. If you are a female then only .7 % will ever likely to make it to the 70+ elite group. At this time, the probability of a female making it into the 80-84 group is statically negligible. There is little doubt that in 10-20 years we will see a dramatic increase in those female runners competing in the upper age groups, as a result of this generations' surge of dedicated runners in the lower age groups.



Above, left to right, Bob Pecor, Mo Johnson and Henry Campbell pose with their 1st, 2nd and 3rd 70-74 2007-08 ROY Series awards.

So what does this mean to us? It would be wonderful if this article could encourage us to examine our basic thought processes, as they relate to the upper age group runners. I was guilty in my 30's and even into my 40's to a degree of arrogance. I remember, quite clearly thinking that "running" really began when you ran a sub-six minute mile. You were a jogger if you ran/jogged more than seven minutes-per-mile. Age adjusted times have helped, but they really do not tell the story. Age adjusted times tend to favor the younger runner since there are many, many more young runners near the top 100% than there are older runners near the top of their age groups. My heroes are the guys and gals who continue to run with all the over-60 stuff that impacts all of us. As we continue along the geriatric journey; bad knees, cancer, hip issues, diabetes, osteoporosis, heart disease, loss of bone density, and key hormones are just a few of the never ending issues that enter into the aging process.

Along these same lines, the March 2008 issue of *Runner's World* had an excellent article entitled "Running Through The Ages". Although this article was dealing with world class over-50 athletes, I would just summarize some of the key points:

- "Masters athletes are less depressed, angry, and fatigued than those who don't exercise.
- The average age of menopause is 51, and during that phase, women can lose up to 90 % of their estrogen, which causes bone mass to drop.
- The testosterone levels and bone density (In men) go down between .4 and .75 percent annually from age 45".
- By age 80, men have lost 20 percent of their bone mass; and women a whopping 49 %".

This article goes on in some detail to explain issues and remedies for the many issues runners encounter during this profound ageing process. This article should be on the reading list of all serious runners regardless of age. *You can read that information on-line at <http://www.runnersworld.com/cda/special/0,7889,s6-238-413-0-0,00.html>*

Life factors such as professional and family responsibilities also impact the running pyramid; however these impacts seem to be in the younger 20-40 age groups. We see folks re-entering the running game when these responsibilities diminish. So consider every race not in the race's totality, but instead as many competitions within each of the age groups. Also, there are even the more numerous individual and more personal challenges which only involve the individual runner.

Getting back to the aging process, the medical community should be challenged to direct their concerns to keeping us running and active. You have to hunt long and hard to find a doctor who is sympathetic to the idea of keeping one in the field of battle rather than the typical "quit acting like a young person, and relax and enjoy your retirement" attitude. They then pump you full of pills, suggest expensive operations, and send you out to "old person pasture". While working in a gym, I have actually had members quit because their doctor "told them to quit exercising". Our society would benefit greatly if the medical community were to spend more time practicing preventive medicine, as well as developing innovative rehabilitation techniques. However, the ultimate responsibility for one's health still lies with the individual. In reality, paying attention to your body's physical limitations is at least as important as developing training schedules and running great times.

In summary, "there are many young great runners, but very few old great runners". With few exceptions, the emphasis in most running magazines, are clearly on the younger set. Training programs are rarely appropriate for the over 60 runner. It would be interesting to discover how many of us have received injuries trying to modify these training programs to fit our capabilities and diminished VO2 max capacities. Maybe it takes an old guy to train an old guy? What do we do about these issues? With the massive influx of baby boomers into our older society maybe it is time to develop innovative educational and motivational seminars as well as training programs which target this large segment of our population. Maybe just maybe, this could not only provide a tremendous service to our aging community, but could also be profitable. We could start now by having at least one or two awards for that hardy and courageous two percent who painfully struggle to complete a 5K run. Also, maybe reversing the award process to occasionally recognize the older runners first, would not only show respect to those folks, but would recognize their unbelievable accomplishments.

All photos on this page, courtesy of Cedric Ching,



Above, left to right: Tom Ward poses with Art Anderson after receiving their 2007-08 ROY Series awards. Tom, 70, won Sr. Grand Masters (60+) while Art (48) took Masters (40+). Tom was sixth OA in age-graded rankings, while Art was 2nd.

# WELCOME TO THE RUNNING COMMUNITY

**\*ANDREA HILL\***

**By Michelle Smurl**

Like most people, exercise probably wasn't a daily routine for most in their early years. Such was the case for Andrea Hill, Marketing Director at Brevard Zoo. While in her 20s, she might walk occasionally or join a gym for awhile, but with a busy schedule, the gym membership never seemed to get much of a work out. After her 30th birthday a few years ago, she knew she needed to acknowledge the 15 extra pounds she'd gained in just 10 years.

"I realized that my age was catching up with me, and my lifestyle choices in terms of food and drink were making matters worse," she said. "I have an intense job, which often means long hours, lifting and moving things, and constantly needing to be on par. I was beginning to be tired all the time and activities that used to be easy to do, I suddenly found my body was slower to recuperate."

Andrea first learned about running while supporting her friend Jennifer, a Team in Training member, and watching her make the magical progression from non-runner to marathoner. So, when it came time to start focusing on a lifestyle change, Andrea asked her friend about the run/walk program. Andrea started her program by walking four minutes and running for one minute for two miles in her neighborhood. She refused to let those dreaded side stitches, the heat, and even a deep cut on her heel that laid her up for two weeks cause a setback. An injury might throw someone off their program permanently, but not Andrea, as of July she is walking for 1:30 and running for 1:30 for three miles.

"I'm very proud of where I am in just six weeks," she said. "Motivation in terms of exercise is not al-

ways easy for me. I'll admit I'm a slacker. And, I've never been a gym person. I can't walk on a treadmill and wear headphones watching television or listening to music. I like being outdoors and running my neighborhood where I have scenery, and I can look at houses or mailboxes further down the street and push myself to run longer."



Andrea is already seeing the benefits from the walking/running program. Her diet has improved; she is selecting better options and eating "a lot of salads." Her two-soda-a-day habit has been reduced to a rare treat in restaurants. She was turned on to Nancy Clark, MD, for nutrition advice and

Michelle Smurl captures Brevard Zoo Marketing Director, Andrea Hill, taking a rare break with two of her 'co-workers'.

now has access to running and triathlon magazines and newsletters. Her energy level has improved which is helping her to focus and stay motivated.

"I've learned that the right equipment is important," said Andrea. "I bought a pair of Asics and was amazed at the amount of cushion. I think it easier for me to run now with all that support."

And, with the help of a Garmin Forerunner, she'll be able to map out her distance, determine an average pace and even keep track of her heart rate.

The sore hamstrings from engaging new muscles did not scare Andrea away, she enjoyed the feeling. She hopes stronger muscles will prevent shin splints and other injuries from occurring during those busy and hectic events at the zoo that require her to cover miles and miles during the holidays.

People embark on a running journey for a variety of reasons. Running is an outlet to reduce stress and a way to lead a healthier lifestyle. If you are reading this article, then Andrea's journey might be similar to one you remember, are experiencing, or want to get started on. In order to stick with a running or exercise program motivation is important. What motivates you? Is it the social aspect, the desire to eat that extra piece of chocolate and drink more red wine, or in general the desire to lead a healthier lifestyle?

Andrea's approach to starting and sticking to a new running program has been a realistic one. She is matching her obligations to her goals and considering the outside demands in her life. We plan on keeping track of Andrea's progress and help her through her first 5K. Welcome, Andrea, to Space Coast's running community!

## SCR MEMBER DISCOUNTS



10% off annual membership cost



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

### YOUR NAME HERE

SCR is offering a small monthly ad space (as seen at left) in exchange for discounts on merchandise and services from your business for members of Space Coast Runners.

This is a great opportunity for all!

Contact Patti at [pspon-sler@cfr.com](mailto:pspon-sler@cfr.com)



1<sup>st</sup> Annual  
**Get Up & Go**  
**5K / 10K**

*A Titusville Racing Series Event*

**Saturday**  
**September 13, 2008**  
**Christ Community Church**  
**Titusville, FL**

**LOCATION**

Christ Community Church of Titusville, FL is located on the corner of Garden Street & Carpenter Road, directly west of I-95 on Garden Street (406). For more information contact the Race Director, Sarah Guttery, at [sguttery@cfl.rr.com](mailto:sguttery@cfl.rr.com)

**DATE AND TIME**

Saturday, September 13, 2008  
 5K Run/Walk: 8:00 a.m.  
 10K Run/Walk: 8:00 a.m.  
 Kids' Races: 9:30 a.m.

**CHECK IN AND PACKET PICK-UP**

Check in starts at 6:30 a.m.  
 Race packets may be picked up race morning at Christ Community Church.

**AWARDS**

Top 3 Male/Female Overall  
 Top Male/Female Masters  
 Top 3 finishers in 15 age groups Male & Female  
 Ribbons to all kids' race participants.

**ENTRY FEES**

Entry fees are nonrefundable  
 \$20 Adults  
 \$15 Students  
 Kids' Races Free

**REGISTRATION**

Walk, run or mail completed entry form to:  
**Get Up & Go 5K / 10K**  
 4295 Garden Street  
 Titusville, FL 32796  
Make checks payable to: Christ Community Church

<p style="text-align: center;">Get Up &amp; Go 5K 10K ♡ Saturday, September 13, 2008 ♡ Registration Form</p> <p>Last Name: _____ First Name: _____ 5K ___ or 10K ___</p> <p>Age: _____ Male: _____ Female: _____ T-Shirt Size: YL S M L XL XXL</p> <p>Address: _____</p> <p>City: _____ State : _____ Zip: _____</p> <p>Daytime Phone: _____ Evening Phone: _____</p> <p>Email Address: _____</p> <p><input type="checkbox"/> Yes! I would like to receive more information about Christ Community Church</p> <p><b><u>Incomplete or unsigned forms will not be accepted.</u></b></p> <p>I hereby release Christ Community Church, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.</p> <p>Signature (under 18 requires a parent to sign): _____</p> <p style="text-align: center;">Date: _____</p>	<p>Race Number: _____</p>  <p>Method of Payment:</p> <p>Cash: _____ Check: _____</p>  <p>Make check or money order payable to: <b>Christ Community Church</b></p>
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# Fall Into Winter 5K Run

Saturday, September 20, 2008 7:30 a.m.

Start & Finish

on the beach at **Coconuts on the Beach**

Minutemen Causeway

*Race of the Year Series*

## REGISTRATION FEE:

\$17.00 (*Before September 15th*)

\$22.00 (*After September 15th*)

\$80.00 (*Team*)

Registration & Check-in until 7:45 a.m.

## AMENITIES:

### ◆ After Race Buffet

*Catered by Coconuts on the Beach*

\$7.00 to non-participants

### ◆ Tee Shirts: To all runners.

\$8.00 to non-participants

Size of shirts NOT guaranteed to runners who register Day-of-Race.

### ◆ Trophies: Top 3 Teams . . .

Top 3 Overall Male & Female . . .

Top Male & Female Master . . .

Top 3 Male & Female in 13 age categories.

### Make Checks Payable To:

Cocoa Beach Recreation Department (CBRD).

### Mail To:

Cocoa Beach Recreation Dept.

P. O. Box 322430

Cocoa Beach, FL 32932-2430

## TEAM COMPETITION

◆ Team competition is open to area businesses and government agencies. Each team may have 4 or 5 members (members must be full time employees of the sponsoring organization). Teams must include 1 female and 1 master runner (40 or older). Teams will be scored by taking the female, master and 2 best finishing times. The lowest total team score wins. (Cross country scoring will be used).

◆ Entry fee is \$80.00 per team. This includes all entry fees for individual team members. All team members must complete an individual application and all members' applications must accompany the registration fee. Please indicate "TEAM" entry on application.

◆ All team entries must be received by **September 15th.**

### ◆ NO Day of Race Team Registration.

For more information call the Cocoa Beach Recreation Department at 868-3252 or 868-3274.



NAME \_\_\_\_\_ PHONE \_\_\_\_\_

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

AGE (DAY OF RACE) \_\_\_\_\_ SEX \_\_\_\_\_ SHIRT SIZE: ( ) S ( ) M ( ) L ( ) XL

TEAM ENTRY ( ) YES ( ) NO TEAM NAME \_\_\_\_\_

### AGE GROUP

### NUMBER

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

Date

Signature

Parent or Guardian, if under 18

# SET GOALS, NOT LIMITS 5K

## July 5, 2008

### Melbourne, FL

Results courtesy: Running Zone, Inc. [www.runningzone.com](http://www.runningzone.com)

Age Group	Name	Age	HomeTown	Bib #	Avg/Mile	Time
<b>Overall Female</b>						
1	Jessica Stern	19	"Melbourne, FL"	546	6:02	18:47.18
2	Juliana Stern	17	"Melbourne, FL"	544	6:07	19:01.81
3	Melissa Jones	16	"Rockledge, FL"	513	6:12	19:18.02
<b>Masters Female (40+)</b>						
1	Linda Cowart	45	"Cocoa, FL"	352	7:07	22:07.57
<b>11 and under</b>						
1	Emily Chapman	11	"W. Melbourne, F428		7:38	23:45.53
2	Kai Whitney	11	"Melbourne, FL"	373	8:37	26:48.03
3	Sydney Smith	9	"Melbourne, FL"	491	10:30	32:38.83
4	Mary Lowe	10	"Melbourne, FL"	485	11:29	35:41.15
5	Gabrielle Downey	11	"Melbourne, FL"	478	11:34	35:56.18
6	Sabrina Smith	10	"Unknown, NA"	553	11:44	36:29.99
<b>12 to 14</b>						
1	Sarah Day	13	"Melbourne, FL"	435	7:10	22:18.63
2	Brianna Wahy	13	"Melbourne, FL"	405	7:18	22:41.25
3	Holly Wooley	12	"Palm Bay, FL"	409	7:42	23:58.55
4	Dana Slomins	14	"Melbourne, FL"	447	7:44	24:03.55
5	Kelsie Dunn	14	"Palm Bay, FL"	470	7:54	24:35.00
6	Allyson Jones	13	"Rockledge, FL"	397	8:03	25:02.45
7	Lesley McNamara	13	"Melbourne, FL"	371	8:38	26:49.18
8	Cynthia Ballou	14	"Unknown, NA"	548	8:49	27:24.42
9	Sarah Nickloy	14	"Rockledge, FL"	505	9:35	29:48.24
<b>15 to 19</b>						
1	Teresa Ristow	15	"Unknown, NA"	496	6:21	19:46.30
2	Teresa Huff	15	"Titusville, FL"	429	6:45	21:00.61
3	Allison Shockley	16	"W. Melbourne, F353		6:45	21:00.86
4	Deanna Leafman	18	"Palm Bay, FL"	490	6:48	21:08.42
5	Elizabeth Green	16	"Rockledge, FL"	423	6:49	21:12.76
6	Stephanie Bird	17	"Rockledge, FL"	392	6:54	21:26.30
7	Lori Frazier	15	"Vero Beach, FL"474		7:08	22:11.73
8	Katie Norris	16	"Titusville, FL"	400	7:23	22:56.68
9	Erica Halvarson	15	"Titusville, FL"	441	7:23	22:59.63
10	Lesley Pepin	19	"Unknown, NA"	504	7:34	23:33.73
11	Katie Heller	15	"Indialantic, FL"	451	7:38	23:43.52
12	Brittany Patton	17	"Port St. John, FL401		7:39	23:48.84
13	Katie Trout	16	"Unknown, NA"	508	7:47	24:12.04
14	Katie Nettuno	16	"Titusville, FL"	471	7:54	24:34.72
15	Vanessa Pepin	16	"Melbourne Beac480		8:25	26:09.65
16	Kayla Drawdy	17	"Palm Bay, FL"	420	8:43	27:07.61
17	Caitlin Jones	16	"Port St. John, FL"436		8:54	27:40.95
18	Stephanie Miller	16	"Melbourne, FL"	487	10:30	32:39.70

Race photos courtesy Barry Jones [www.trihokie.com](http://www.trihokie.com)



**Jessica Stern**  
**Overall Female**



**Linda Cowart**  
**Female Master**

**20 to 29**

1	Brittany Owens	20	"Unknown, NA"	564	6:24	19:54.18
2	Carolyn Horst	22	"Palm Bay, FL"	388	6:26	19:59.26
3	Lindsay Graham	22	"Palm Bay, FL"	368	7:23	22:57.17
4	Shannon Buchanau	27	"Melbourne, FL"	475	8:50	27:29.97
5	Kimberly Weirich	25	"Unknown, NA"	552	9:01	28:01.21
6	Maegan Watson	23	"Melbourne, FL"	418	9:25	29:15.98
7	Laura Stark	24	"Unknown, NA"	532	10:38	33:03.99
8	Carrie Dier	21	"Unknown, NA"	530	11:34	35:58.58

**30 to 39**

1	Devra Fain	37	"Unknown, NA"	538	7:24	23:00.85
2	Julie Hannah	34	"Palm Bay, FL"	398	7:31	23:23.40
3	Paola Shenbaum	36	"Melbourne, FL"	550	7:57	24:42.62
4	Marah Rodriguez	31	"Unknown, NA"	542	8:06	25:11.47
5	Charlotte McClure	36	"Rockledge, FL"	380	8:31	26:29.36
6	Bettina Rodarte	36	"Unknown, NA"	567	8:58	27:53.70
7	Kimberly Frey	34	"Palm Bay, FL"	376	9:03	28:08.59
8	Donna Davis	30	"W. Melbourne, FL"	446	9:08	28:25.69
9	Michelle Kilpatrick	34	"Melbourne, FL"	440	9:24	29:13.66
10	Stephanie Rasbach	39	"Melbourne, FL"	432	9:28	29:25.95
11	Jennifer Devich	31	"Melbourne, FL"	469	9:36	29:50.60
12	Lauren Carlough	33	"Satellite Beach, FL"	425	9:37	29:55.91
13	Anne Ramsey	39	"Indialantic, FL"	381	10:48	33:33.65
14	Yvette Jarrell	31	"Melbourne, FL"	463	11:49	36:44.91
15	Tina Shantz-Gross	38	"Melbourne, FL"	364	12:01	37:21.94

**40 to 49**

1	Pam Meier	44	"Rockledge, FL"	404	7:12	22:22.90
2	Mary Wills	49	"Cape Canaveral, FL"	540	7:47	24:11.04
3	Debbie Nowlin	40	"Unknown, NA"	563	8:10	25:24.56
4	LeaAnne Richard	41	"Melbourne, FL"	434	8:14	25:35.77
5	Kelly Hunter	42	"Melbourne, FL"	359	8:46	27:16.58
6	Angie Brammer	45	"Malabar, FL"	424	8:48	27:21.66
7	Maria Huff	42	"Titusville, FL"	430	9:19	28:57.16
8	Fiona Wright	45	"Palm Bay, FL"	561	9:24	29:12.21
9	Mary Dier	46	"Satellite Beach, FL"	449	9:27	29:23.98
10	Karen Sanchez	49	"Rockledge, FL"	466	9:33	29:40.10
11	Amy Roush	46	"Rockledge, FL"	462	9:38	29:57.28
12	Janet Nickloy	47	"Rockledge, FL"	506	9:39	30:00.65
13	Karen Shamlin	45	"Merritt Island, FL"	499	9:44	30:17.65
14	Joy Drawdy	47	"Palm Bay, FL"	421	10:02	31:10.78
15	Tammy Castagnaro	42	"Melbourne, FL"	493	10:05	31:22.15
16	Tamara Hamilton	45	"Unknown, NA"	525	10:13	31:45.07
17	Barbara Jones	44	"Satellite Beach, FL"	460	10:15	31:52.99
18	Kim Robertson	45	"Melbourne, FL"	437	10:17	31:58.19
19	Brenda Boyle	49	"Unknown, NA"	511	10:18	32:01.41
20	Tracy Riazzi	45	"Unknown, NA"	527	10:22	32:14.32
21	Denise Miller	40	"Melbourne, FL"	488	10:32	32:46.06
22	Cathy Chapman	45	"Melbourne, FL"	461	10:56	33:59.38
23	Phyllis Lowe	43	"Melbourne, FL"	484	11:07	34:33.71
24	Laura White	45	"Unknown, NA"	528	11:24	35:26.86
25	Stephanie Wooley	41	"Palm Bay, FL"	410	11:41	36:20.07
26	Noel Downey	43	"Unknown, NA"	516	12:15	38:06.72
27	Susan Hohne	48	"Unknown, NA"	559	12:16	38:09.48
28	Rose Bishop	48	"Palm Bay, FL"	482	15:50	49:13.05

**50 +**

1	Annis Halvarson	50	"Titusville, FL"	442	7:41	23:52.79
2	Anne Doerflein	56	"W. Melbourne, FL"	427	8:13	25:34.21



**Brittany Owens**  
**1st 20-29**



**Pam Meier**  
**1st 40-49**



**Annis Halvarson**  
**1st 50+**

**50+ Continued**

3	Regina Hayden	51	"Titusville, FL"	356	8:28	26:20.31
4	Suzy Biery	52	"Cocoa Beach, FL"	426	8:45	27:11.73
5	Carol Kuell	52	"Melbourne Beach, FL"	415	9:15	28:45.35
6	Melanie Delman	51	"W. Melbourne, FL"	501	9:26	29:21.14
7	Jackie Watson	50	"Melbourne, FL"	419	10:22	32:15.45
8	Christina Pepin	53	"Melbourne Beach, FL"	479	10:48	33:35.86
9	Claire Keneally	52	"Unknown, NA"	565	11:04	34:23.72
10	Paula Panton	55	"Melbourne Beach, FL"	495	11:50	36:47.32
11	Dalys Dunn	51	"Melbourne, FL"	412	12:16	38:08.28

**Overall Male**

1	Kyle Cooke	18	"Melbourne, FL"	416	5:12	16:10.25
2	Chris Rego	19	"Melbourne, FL"	365	5:16	16:23.49
3	Kyle Butler	19	"Melbourne, FL"	393	5:19	16:32.51

**Masters Male (40+)**

1	Sean Black	40	"Melbourne, FL"	562	5:57	18:30.23
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**1 to 11**

1	Keaton Robb	9	"Melbourne, FL"	411	7:46	24:10.64
2	Bryce Wahy	8	"Melbourne, FL"	406	7:56	24:41.83
3	Michael Shenbaum	6	"Unknown, NA"	549	10:23	32:17.08
4	Sterling Schantz	11	"Melbourne, FL"	362	10:51	33:43.20

**12 to 14**

1	Joey Castagnaro	14	"Melbourne, FL"	494	5:27	16:58.17
2	Alex Hoffman	14	"Malabar, FL"	433	6:26	20:01.88
3	Brandon Holst	13	"Cocoa Beach, FL"	414	6:38	20:39.03
4	Josiah Britton	14	"Unknown, NA"	503	7:00	21:46.56
5	Hunter Colvin	14	"Titusville, FL"	444	7:33	23:29.94
6	Kevin Rego	14	"Melbourne, FL"	456	7:47	24:11.63
7	Matt Scardino	13	"Unknown, NA"	509	7:52	24:28.20
8	Chris Boyle	14	"Unknown, NA"	512	8:00	24:53.96
9	Alex Duschl	14	"Unknown, NA"	514	8:26	26:13.63
10	Johnny Bohne	12	"Unknown, NA"	556	8:33	26:34.61
11	Noah Davis	12	"W. Melbourne, FL"	F396	8:34	26:39.19
12	Bryce Parker	14	"Melbourne, FL"	492	8:42	27:04.70
13	Devon Miles	14	"Unknown, NA"	507	10:15	31:51.47
14	Victor Lowe	12	"Melbourne, FL"	486	11:16	35:02.81
15	George Downey	12	"Melbourne, FL"	477	12:31	38:55.63

**15 to 19**

1	James Stern	16	"Melbourne, FL"	545	5:20	16:36.91
2	Barry Quinn	19	"Melbourne, FL"	351	5:22	16:42.41
3	Nicholas Arjoon	16	"Palm Bay, FL"	476	5:22	16:43.86
4	Jeremiah Salois	18	"Palm Bay, FL"	489	5:23	16:44.71
5	David Kilgore	16	"Palm Bay, FL"	445	5:23	16:46.66
6	Tyler Truitt	17	"Unknown, NA"	535	5:26	16:55.80
7	Tommy Taurasi	16	"Titusville, FL"	468	5:31	17:10.24
8	Jonathan Brasch	18	"Rockledge, FL"	523	5:32	17:12.01
9	Charles Ballou	17	"Malabar, FL"	372	5:43	17:46.89
10	Jonathon Brown	16	"Merritt Island, FL"	F407	5:43	17:47.83
11	Justin Bishop	17	"Palm Bay, FL"	483	5:56	18:28.20
12	Joshua Friston	18	"Palm Bay, FL"	394	6:20	19:43.04
13	Mitchell Colvin	17	"Titusville, FL"	443	6:23	19:50.47
14	Justin Phillips	16	"Port St. John, FL"	377	6:23	19:51.46
15	Josh Motta	16	"Merritt Island, FL"	F497	6:44	20:57.69
16	Mike Silva	18	"Merritt Island, FL"	F464	6:58	21:39.64
17	Cody Truitt	16	"Unknown, NA"	536	7:27	23:09.01



**Kyle Cooke**  
**Overall Male**



**Sean Black**  
**Male Master**



**Joey Castagnaro**  
**1st 12-14**

**15-19 Continued**

18	Mike Simpson	19	"Unknown, NA"	534	8:11	25:26.13
19	Nicholas McNamara	16	"Melbourne, FL"	370	8:37	26:48.60
20	Patrick Dier	19	"Unknown, NA"	531	8:47	27:19.56
21	Kevin Dier	15	"Unknown, NA"	533	9:37	29:54.21
22	Trent Hunter	15	"Melbourne, FL"	358	12:06	37:37.83

**20 to 29**

1	Nick Kivit	28	"Unknown, NA"	555	5:59	18:36.03
2	Donnie McCammon	28	"Indialantic, FL"	387	6:13	19:21.20
3	Kevin Bird	20	"Rockledge, FL"	391	7:06	22:06.67
4	Steve Kopman	29	"Melbourne, FL"	543	8:56	27:45.43
5	Samuel Weirich	28	"Unknown, NA"	551	10:15	31:51.12
6	Jason Reid	29	"Unknown, NA"	537	12:45	39:39.91

**30 to 39**

1	John Davis	30	"W. Melbourne, F	395	5:41	17:40.63
2	Jonathon Campbell	31	"Rockledge, FL"	357	5:58	18:34.24
3	Thomas Jenkins	37	"Melbourne, FL"	439	7:02	21:53.70
4	B.J. Graham	31	"Unknown, NA"	526	8:22	26:00.66
5	Ray Barnwell	30	"Palm Bay, FL"	453	8:27	26:15.64
6	Kevin Terry	32	"Palm Bay, FL"	457	8:45	27:13.62
7	Chad Risch	35	"W. Melbourne, F	431	8:52	27:33.70
8	Hugh Bain	37	"Melbourne, FL"	454	9:01	28:03.29
9	Todd Whitney	39	"Melbourne, FL"	374	10:00	31:06.27
10	Eric McCarthy	32	"Unknown, NA"	521	10:23	32:17.62
11	John Hannah	33	"Palm Bay, FL"	539	10:39	33:05.04
12	Mike Weiss	37	"Rockledge, FL"	354	10:55	33:56.72

**40 to 49**

1	Art Anderson	48	"Melbourne, FL"	558	5:59	18:37.02
2	Tim Funke	49	"Melbourne, FL"	568	6:23	19:52.91
3	Kurt Holst	46	"Cocoa Beach, FL	413	6:25	19:56.97
4	Steve Karpacs	45	"Unknown, NA"	566	6:32	20:19.22
5	Tim Green	49	"Rockledge, FL"	422	6:38	20:39.92
6	Frank Miller	43	"Unknown, NA"	541	6:44	20:55.99
7	Shawn Wilson	42	"Palm Bay, FL"	560	6:58	21:40.85
8	Butch White	48	"Unknown, NA"	529	7:10	22:17.44
9	Larry Wilcox	42	"Melbourne, FL"	417	8:00	24:51.26
10	Steve Duschl	43	"Unknown, NA"	515	8:01	24:57.08
11	Rick Vaupel	46	"Melbourne, FL"	557	8:02	24:59.01
12	Steve Osmer	45	"Satellite Beach,	450	8:58	27:53.21
13	Dan Wills	44	"Indialantic, FL"	375	8:59	27:56.13
14	Gary Meier	49	"Rockledge, FL"	402	9:10	28:29.31
15	Bill McLamb	44	"Satellite Beach,	390	9:10	28:29.92
16	Dean Murphy	41	"Unknown, NA"	554	9:21	29:05.03
17	Donald Gross	45	"Melbourne, FL"	363	13:36	42:15.93

**50 +**

1	Frank Norris	52	"Titusville, FL"	399	6:46	21:04.24
2	Jerry Bird	53	"Rockledge, FL"	498	6:54	21:26.92
3	Michael Slomins	52	"Melbourne, FL"	448	7:02	21:51.78
4	Dennis Delman	50	"W. Melbourne, F	502	7:07	22:08.00
5	Ed Ruby	65	"Ft. Pierce, FL"	522	7:31	23:22.78
6	Jeffrey Fawcett	53	"Melbourne, FL"	500	7:32	23:26.76
7	R Morris	56	"Unknown, NA"	524	7:38	23:44.41
8	George McAfee	65	"Melbourne, FL"	408	7:43	24:01.01
9	Terry Hayden	60	"Titusville, FL"	355	7:47	24:12.74
10	Laumhy Pacelli	56	"Unknown, NA"	569	7:50	24:20.90
11	Tim Pancake	63	"Unknown, NA"	547	8:34	26:37.64
12	David Huss	51	"Merritt Island, F	367	9:13	28:39.61
13	Ken Flieder	50	"Cocoa, FL"	459	10:40	33:08.57
14	Robert Bruckart	56	"Melbourne, FL"	438	12:27	38:42.54
15	Raymond Parish	61	"Melbourne, FL"	465	12:45	39:39.60
16	K.Dewey Bishop	51	"Palm Bay, FL"	481	15:53	49:21.12



**John Davis**  
1st 30-39



**Art Anderson**  
1st 40-49



**Frank Norris**  
1st 50+



**Entry Fee**

- \$ 25 Registration
- \$ 20 Early Registration (post marked by October 31)  
\* SCR members \$ 5 discount if pre-registered
- \$ 15 No T-Shirt Option (**pre-registered only**)

**Registration**

**Mail** completed entry form with check payable to:  
  
Space Coast Runners  
Space Coast Classic 15k / 2 Mile  
1170 Granada Ave.  
Merritt Island, FL 32952



**On-Line** at Active.com

**Race Day** from 6:30 to 7:15 am at Windover Farms

**For More Information:**  
 Cyndi Bergs  
 (321) 514-6955  
 email: mcbergs@att.net  
 http://spacecoastrunners.org

**Race Information**

**Race Date** Saturday, November 8, 2008  
**Race Time** 7:30 am 15K 7:35 am 2 mile  
**Place** 4025 Windover Way, Melbourne, FL  
 (off Post Road at Windover Farms, 0.9 miles west of Wickham Road)  
**Course** 15k and 2 mile course through the residential areas of Windover Farms

**No Animals, Baby Joggers, Skates, or Headphones Permitted**

**Free Kids' Run** 1/4, 1/2, and 1 mile fun runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

**Awards**

**15k Awards**

- Overall** 1st, 2nd, 3rd Male and Female
- Master** 1st Male and Female 40+
- Grand Master** 1st Male and Female 50+
- Senior Grand Master** 1st Male and Female 60+
- Age Group** 1st, 2nd, 3rd Male and Female \*
- Hawaiian** 1st, 2nd, 3rd Male and Female  
(requires running the entire event in a Hawaiian Shirt— 15k and 2 mile)
- \* Five year age groups starting 14 and under through 75+ for Male and Female (14 and under do not earn SCROY points)

**2 MILE Awards**

- Overall** 1st, 2nd, 3rd Male and Female
- Age Group** 1st, 2nd, 3rd Male and Female in age groups 0-8, 9-11, 12-14 and 15-19. Ten year age groups thereafter from 20-29 through 70+.

Mail entry to: Space Coast Classic 15k/2 mile, 1170 Granada Ave., Merritt Island, FL 32952  
 Checks payable to Space Coast Runners - No Refunds *No Animals, Baby Joggers, Skates, or Headphones Permitted*

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on 11/8/08 \_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Sex \_\_\_\_ SCR Member \_\_\_\_ (members deduct \$5) email \_\_\_\_\_  
 \_\_\_\_\_15K \_\_\_\_\_2 mile

T-Shirt size (Choose one): Adult Small Adult Medium Adult Large Adult XLarge No T-Shirt

In consideration of my entry 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 be sustained and suffered by me in consideration of my association with an entry or participation in the 2008 Space Coast Classic 15k. 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 purposes 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 (parent or guardian if under 18)

\_\_\_\_\_  
 Date



# We Want YOU!

(OR YOUR FAMILY AND FRIENDS)



## Volunteer Opportunities Available for the Space Coast Marathon and Half Marathon

The success of any large event is dependent on volunteers and it takes hundreds of volunteers to host a marathon. We have the following volunteer opportunities available on November 29 or race day, November 30:

### Saturday, Nov. 29<sup>th</sup> (Radisson Resort)

- Decoration Committee
- Race Packet Pickup
- Participant Greeters
- Information Desk

### Sunday, Nov. 30<sup>th</sup> (Riverfront Park)

- Bus Greeters (Radisson Resort)
- Participant Greeters/Information
- Packet & Chip Pickup
- Setup Crew for Bag Check
- Setup/Teardown Crew for Corral System
- Cleanup Crew for Start Area
- Towel & Medal Distribution
- Food & Drinks
- Course Marshals
- Champion Chip Removal/Recovery
- Cleanup Crew (12 noon start)



We thank you in advance for your time and efforts! As a small token of our appreciation, we have put together a **Volunteer Appreciation Package** that includes the following:

- Space Coast Volunteer Tee-Shirt
- Discount Coupons to Kennedy Space Center
- \$10.00 Coupon to Running Zone
- Free Registration to one race of the SCR, Titusville or Running Zone Race Series Event
- Drawing for a free pair of shoes from Running Zone (up to \$100.00 value)

If you would like to volunteer, please send an email to [info@spacecoastmarathon.org](mailto:info@spacecoastmarathon.org) & indicate your area of interest.

If you can't volunteer but want to contribute, we also need a Donation of Baked Goods for the participants after the race. For more information, contact Patricia Kiesselbach at [p.kiessel@yahoo.com](mailto:p.kiessel@yahoo.com)

**WELCOME ATHLETES!**

Running Zone and Space Coast Runners welcome you to the 37th running of the Space Coast Marathon and Half-Marathon – the oldest marathon in Florida. We invite runners and walkers alike to experience one of the most beautiful waterfront courses on the east coast. The start and finish of the race takes place in the historic and quaint Cocoa Village, just minutes away from NASA's Kennedy Space Center. Since this is the celebrated "Space Coast," our marathon and half revolve around a space theme sure to delight and energize our participants.

5-4-3-2-1! Blast off for this year's 6:00 am start of the Space Coast Marathon!



**SPACE!**

- As part of the celebration of the Space Coast, here are some of the amenities planned this year:
- New larger astronaut medals for all finishers
  - "Space" photo opportunity back drop at the pre-race dinner and race site
  - Start of Race Countdown with a shuttle launch on a Jumbotron
  - Kennedy Space Center Visitor Complex admission discounts to participants
  - Space props along course and at finish line area
  - Volunteers in NASA-like uniforms and hats
  - Beach towels for all finishers (instead of mylar blankets)
  - Water/aid stations with space themes

**BEST "SPACE" COSTUME CONTEST!**

In addition, we will have two best "Space" themed costume contests with the top two costumes winning \$50 and \$25 respectively. If you want to participate, please make sure that your costume is safe to others, you can see clearly, can run easily and your costume will not get too hot. There will be a costume contest after the half-marathon awards presentation and another immediately after the marathon awards presentation. Any finisher of either race is eligible for either contest, but not both.

**\$7,500 IN PRIZE MONEY TO THE TOP FINISHERS!**

This year we are offering a total prize purse of \$7,500 distributed equally between males and females broken down as follows:

**MARATHON:**

- \$1000 OVERALL
- \$750 SECOND
- \$500 THIRD
- \$250 MASTERS

**HALF-MARATHON:**

- \$500 OVERALL
- \$375 SECOND
- \$250 THIRD
- \$125 MASTERS

**DICK BEARDSLEY - KEYNOTE SPEAKER**

We are very excited to announce that Dick Beardsley will be the guest speaker at this year's Space Coast Marathon & Half-Marathon. Mr. Beardsley will also be part of the Sunday morning activities including the awards presentation.

Dick Beardsley is probably best known for "The Duel in the Sun," his 1982 Boston race against Alberto Salazar. He finished in second place by a mere two seconds, running 2:08:53. The race even inspired a book, "Duel in the Sun: The Story of Alberto Salazar, Dick Beardsley, and America's Greatest Marathon," by John Brant.

**HOW TO REGISTER**

We have partnered with Active.com for online registration. Registration can also be completed by using this brochure and completing the Space Coast Marathon Entry Form. Please mail the registration form and payment to:

**Running Zone**  
 3680 N. Wickham Road, Unit C  
 Melbourne, FL 32935

Please make checks or money orders payable to **Running Zone**. To register via Active.com, search for "Space Coast Marathon" or "Space Coast Half-Marathon." Registration via Active.com closes Thursday, Nov. 27th. Registration after the 27th continues at Running Zone until 12:00 pm Saturday afternoon, Nov. 29th and will re-open at the Radisson Resort later that day starting at 3:00 pm until 7:30 pm.

**No Race Day Registration.**

**CHANGES/CANCELLATION POLICIES**

Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 27th to do so. After that date, no changes will be allowed.

**CONFIRMATION**

If registration was completed using Active.com, you will receive a confirmation email that you are registered. If you registered by mail, we will list the current registrants under the Registration tab on [www.spacecoastmarathon.org](http://www.spacecoastmarathon.org) and update it every two weeks. You can review the listing to verify that you are registered.

**FEES/PARTICIPANT PERKS**

Your entry fee to the marathon and half-marathon entitles you to the following:

- All finishers will receive a custom "astronaut" medal and a "space" certificate to recognize and commemorate their accomplishment
- Seminar with guest speaker, Dick Beardsley, at the Radisson Resort
- Pre-race pasta dinner at the Radisson Resort (open seating from 5:30 pm to 7:30 pm)
- Each runner will also receive an official long sleeve technical (not cotton) T-shirt
- Beach towels for all finishers (instead of mylar blankets)
- An awesome post-race celebration with food, drink and music

RACE	Through Sept. 30	Oct. 1- Nov. 29
Marathon	\$80	\$90
Half-Marathon	\$65	\$75

**AGE GROUPS FOR MARATHON & HALF-MARATHON**

Unique awards will be given to the top three overall male and female winners, top male and female master, top three



finishers in each of the five-year age groups, (starting with 15-19 and ending with 75+). Eighteen (18) is the minimum age for participation in the marathon.

#### **RACE PACKET PICKUP & LATE REGISTRATION**

Late registration and packet pickup will be available starting Monday, Nov. 24th through Friday, Nov. 28th (excludes Thanksgiving Day) at Running Zone from 10:00 am to 6:30 pm and Saturday from 9:00 am to 12:00 pm. Running Zone is located at 3680 N. Wickham Road. For directions, visit [www.runningzone.com](http://www.runningzone.com) or call (321) 751-8890. Registration and packet pickup will also be available at the Radisson Resort on Saturday from 3:00 pm until 7:30 pm.

**Registration closes Saturday evening at 7:30 pm.** Packet pickup starts at 4:30 am on race morning in Cocoa Village.  
**No Race Day Registration.**

#### **TRAVEL/HOTEL INFO**

Special rates have been negotiated with several hotels in the area. Please visit [www.spacecoastmarathon.org](http://www.spacecoastmarathon.org) for a listing of hotels that are offering special marathon pricing. Both the Orlando International Airport and the Melbourne International Airport are the most convenient to Cocoa, Florida.

#### **WEATHER**

Although race day temperatures have averaged 53 for the low and 73 for the high, be prepared for cool as well as warm weather. Florida weather is somewhat unpredictable in the later months of the year.

#### **TIMING AND SCORING**

Champion chip timing will be used for scoring. Both the official time and "net" time will be calculated. Both the marathon and half-marathon are USATF certified courses. You can use this beautiful flat course as a Boston qualifier. Course officially closes at 1:00 pm on Sunday afternoon.

#### **BUS "SHUTTLE" SERVICE**

We will be providing a bus service from the Radisson Resort in Port Canaveral back and forth from the race staging area in Cocoa Village Riverfront Park. If you are staying at any of the hotels on the beach or live beachside, you can utilize the shuttle service in lieu of driving to the race site. The buses will run (no pun intended) from 4:00 am until 1:00 pm Sunday afternoon.

#### **AID STATIONS**

Aid stations will be available on the course as well as at the finish line. Water and sports drink will be available at every aid station. Gels will be available at mile 8 and every aid station from mile 14 through the finish.

#### **CORRAL SYSTEM**

A new corral system at the start will be incorporated this year according to expected finishing time. Please make sure to fill in the expected finishing time on the registration form or when registering on [www.active.com](http://www.active.com). (If you are unsure of your expected finishing time, please estimate your expected finishing time based on your average pace per mile.)

#### **RACE HEADQUARTERS**

Race Headquarters will be at Running Zone, Inc. located at 3680 N. Wickham Road in Melbourne, Florida. Running Zone is just south of the King Center and Brevard Community College between Post and Parkway Road. For further information about Running Zone, visit us on

the web at [www.runningzone.com](http://www.runningzone.com). You can also contact Race Director Denise Piercy at Running Zone by phone at (321) 751-8890 or [info@spacecoastmarathon.org](mailto:info@spacecoastmarathon.org).

#### **SATURDAY ACTIVITIES, NOVEMBER 29TH**

- 9:00 am Running Zone opens for late registration & packet pickup
- 10:00 am Meet & Greet with Dick Beardsley at Running Zone (until 12:00 pm)
- 12:00 pm Packet pickup closes at Running Zone
- 3:00 pm Packet pickup starts at the Radisson Resort
- 3:00 pm Presentation with Dick Beardsley at the Radisson Resort
- 5:30 pm Pre-Race pasta dinner opens at the Radisson Resort
- 7:30 pm Dinner and packet pickup closes

Last minute instructions, weather updates and other pertinent information will be shared immediately after Mr. Beardsley's presentation at the Radisson and at numerous times during the pre-race dinner. Also, additional dinner tickets are available for \$15.00 that can be purchased with your registration or by contacting Running Zone at (321) 751-8890.

#### **RACE DAY SCHEDULE - SUNDAY, NOV. 30TH**

- 4:30 am Packet pickup opens
  - 6:00 am Race starts for both Marathon & Half-Marathon
  - 9:00 am Half-Marathon awards ceremony
  - 11:30 am Full Marathon awards ceremony
- There is a 7-hour time limit so the course closes at 1:00 pm on Sunday afternoon.

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www.asics.com

(SOUND MIND) x (SOUND BODY) x GEL-KAYANO 14 =  
**SHATTERED LIMITS**

RUNNERS

# ENTRY FORM

## 2008 SPACE COAST MARATHON & HALF-MARATHON



Check Division Entering:

MARATHON\*     HALF-MARATHON     WHEELCHAIR     HAND CYCLE

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

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

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

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

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

MALE     FEMALE

EXTRA PASTA DINNER TICKETS: # needed \_\_\_\_\_

T-SHIRT SIZE:     EXTRA SMALL     SMALL     MEDIUM     LARGE     EXTRA LARGE

(Technical shirt will not shrink)

Brevard County Resident  (\$5.00 discount for Half-Marathon / \$10.00 discount for Marathon)

Note: Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 27th to do so. After that date, no changes will be allowed.

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2008 Marathon, Half-Marathon being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the 2008 Space Coast Marathon, or Half-Marathon. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_

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

DATE \_\_\_\_\_

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