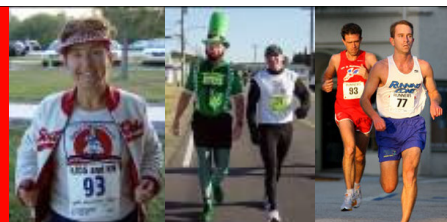


# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 30, WEB ISSUE 2

SEPTEMBER 2008

## Columns and Stories

Carol's Corner	3
From the E-Mail Truck	3
The Passing Lane: Beyond Listening to Your Body	6
A Mile With... Kathy Ojeda	8
Yada, Yada, Yada	9
To Beat the Heat, Learn to Sweat it Out	13
Space Coast Radio Report	15
SCR Member Discounts	16
Sometimes Half is Better Than Whole	19
Summer Vacation-Island Style!	23
SCR Membership Drive and Appreciation Day	24

## Race Ads

ROY Series	4
SCR Youth Series	5
Get Up & Go 5K & 10K	11
Fall Into Winter 5K	12
BK 5K	17
Pumpkins in the Park 5K	18
Space Coast Classic 15K	21
Space Coast Light Fest 5K	22
Space Coast Marathon and Half Marathon	30-32
Melbourne & Beaches Music Marathon	33

## Road Racing

I Run for Pizza 5K	25
Running on Island Time	27



Kyle Cooke looks fast and focused as he charges toward the finish line and a course record at the I Run for Pizza 5K on Aug. 16. Photo: Barry Jones at [www.trihokie.smugmug.com](http://www.trihokie.smugmug.com)

## Who Are We?

Want to know who we are, how to contact us or how to join the club? **Page 2**

## 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 4** or get complete series info at <http://www.spacecoastrunners.org/roy.html> **Youth Series Page 5**

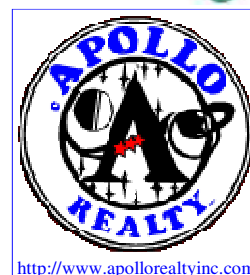
## Matt's Chat

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

SUPPORT  
OUR RACES &  
SPONSORS



<http://runningzone.com/>



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



<http://mahoney4.home.netcom.com/scr/08scc15k.pdf>



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

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



MARCH 14, 2009



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

# WHO WE ARE



**PRESIDENT:** Carol Ball, Cball1@cfl.rr.com  
**VICE PRESIDENT:** Marty Winkel, Runsalot@earthlink.net  
**SECRETARY:** Cedric Ching, Cching@cfl.rr.com  
**TREASURERS:** Mo Johnson, Johnsonmr@acm.org  
 Marlene White, Marlenewhite@cfl.rr.com  
**MEMBERSHIP/ROY CHAIRMAN:** Loran Serwin, Lserwin@cfl.rr.com

**NEWSLETTER:**  
 Editor: Patti Sponsler, Psponsler@cfl.rr.com  
 Columnists: Carol Ball, Cball1@cfl.rr.com  
 Ron Hoar, Rhoar@cfl.rr.com  
 Marty Winkel, Runsalot@earthlink.net  
 Fiona Wright, Ffilebon@cfl.rr.com  
 Wayne Wright, adrenlnjunk@cfll.rr.com  
 Photographers: Cedric Ching, Cching@cfl.rr.com  
 Robin Hernandez, Dhernandez803@yahoo.com  
 Barry Jones, www.trihokie.com

**WEB (www.spacecoastrunners.org):**  
 Editor: Loran Serwin, Lserwin@cfl.rr.com  
 Results/Calendar: Matt Mahoney, Matmahoney@yahoo.com

**YOUTH SERIES RACE DIRECTORS:**  
 Carol Ball, Cball1@cfl.rr.com  
 Marlene White, MarleneWhite@cfl.rr.com

**BOARD MEMBERS:**  
 Cyndi Bergs, mcbergs@att.net  
 Cedric Ching, Cching@cfl.rr.com  
 Tammy Foster, Tefoster@cfl.rr.com  
 Dave Hernandez, Dhernandez803@yahoo.com  
 Mo Johnson, Johnsonmr@acm.org  
 Mary Ramba, Mramba@aol.com  
 Nancy Rowan, Runningal@cfl.rr.com  
 Loran Serwin, Lserwin@cfl.rr.com  
 Charlie Van Etten, Charlie.fla@mindspring.com  
 Marty Winkel, Runsalot@earthlink.net  
 Christy Zieres, ZieresC@bellsouth.net

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 \_\_\_\_\_



## Carol's Corner

**Wanted: Members and Volunteers for the best running club in Brevard!** (Ok, the only club)

**Requirements:** A desire to support running and an active lifestyle for all. (plus, fill out an SCR Membership Application)

**Benefits:** RRCA member insurance, discounts to SCR races, Online Newsletter subscription, discounts at local businesses (ex: Run-

ning Zone and Brevard Zoo), eligibility in the ROY Series (and don't forget the pride, prestige and notoriety).

**Additional Benefits:** As a member of SCR, you are supporting scholarships for high school seniors, development of local races and fun runs, the SCR Youth Running Series, our website

[www.spacecoastrunners.org](http://www.spacecoastrunners.org), and the charities that SCR donates to: Juvenile Diabetes Camp, Freedom 7 Elementary Running Club, Challenger Elementary Running Club, Team in Training, SpaceWalk of Fame Museum, 94.1FM Windover Farms Radio running programming, local high school track renovation funds, and much more.

Your \$30-\$35 yearly membership fee does all this! Join, Renew, and encourage your non-member running friends to do the same.

**Volunteer Opportunity:** We are currently putting together a Space Coast Runners Club Display to have at our local races. We need your recent running event photos and items of interest. For Race Direc-

tors, get me your upcoming race brochures to distribute. We also need volunteers to: set up and man the display, handout giveaways, and answer potential members' questions, at as many races as possible throughout the season. With 35+ races in Brevard County, there is no way the SCR Board alone can do it. Please let me know which one(s) you will be available for.

I hope you are all enjoying the **New Online Space Coast Runner Newsletter**. The opportunities to make it bigger and better are endless. We are now able to use lots of color and photos and reach a larger audience without the huge cost of printing and mailing. Since we are no longer space limited, please feel free to send in your comments, photos, and articles. Editor Patti Sponsler is ready and eager to accept any and all material.

Hope you are looking forward to the new season starting with the Fall into Winter scheduled for Sept 20 on Cocoa Beach! See you at the races!

Carol



# FROM THE E-MAIL TRUCK

Board member, Christy Zieres, certainly appreciated Marty Winkel's column last month and wanted to let he and everyone else know how much it encouraged her. She also suggested that we start E-mail letters to the editor. If something touched you - good or bad - in this newsletter, please send your comments to [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com) Below is Christy's E-letter.

***Thanks so much, Marty!! I think we all forget just how badly this heat and humidity hurt our training. I have been kind of injured, then I went on vacation, and when I got back, I felt like I hadn't run in a year! Your article just reminded me why I was struggling so much! Only a few more weeks - right?***  
-Christy Zieres

Coincidentally, Nancy Buonanni shared with us two great articles she had read in the New York Times on-line. The first, 'To Beat the Heat, Learn How to Sweat', supplements both Marty's article and Christy's note and can be read in its entirety beginning on page 13 of this newsletter.

The other article Nancy shared, *Sometimes Half Is Better Than Whole*, explains the phenomenal growth the half-marathon is enjoying and the reasons people are migrating to what was once - but no longer- considered somewhat beneath its longer sibling. The article begins on page 19 of this newsletter. And, in case you haven't registered yet for the Space Coast Marathon or Half on Nov. 30, all the information plus an application starts on page 29 of this newsletter.



# 2008-09 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## Fall Into Winter 5K

September 20, Time: 7:30 a.m.  
Coconuts on the Beach, Cocoa Beach  
See page 12 of this newsletter

## Space Coast Classic 15K

November 8, 2008  
Time: 7:30 a.m.  
Windover Farms, Melbourne  
www.spacecoastrunners.org  
See page 21 of this newsletter

## Space Coast Marathon and Half Marathon

November 30, 2008  
Time: 6:00 a.m.  
Riverfront Park, Cocoa  
www.spacecoastmarathon.org  
See pages 29-32 of this newsletter

## Reindeer Run 5K

December 13, 2008  
Time: 8 a.m.  
Cheri Down Park, Cape Canaveral  
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

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

March 14, 2009  
Time: 10K-8 a.m.; 2M-8:10 a.m.  
Eau Gallie Cswy, Melbourne  
Marlene White, 783-6535  
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

## Space Walk of Fame 8K

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



**You don't have to be fast...  
To have fun!!**

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you nine races of varying distances that provide a goal for and gauge of fitness levels.

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information click <http://www.spacecoastrunners.org/roy.html>

# SCR YOUTH SERIES



The Space Coast Runners Youth Series consists of seven non-competitive FUN RUNS for youth ages 12 and under. The purpose is to include children in organized runs and encourage participation and an interest in running and fitness. We offer distances of a quarter-mile, half-mile, and one-mile; with some children entering all three events! If they wish, parents may run along with their children. Runs are after the associated adult race is completed.

Children will receive "little feet" participation awards at each run. All children who complete four of the seven runs will be recognized and receive an award at the SCR Runner of the Year Awards Dinner in May.

There will be NO Charge for these runs, but parents will be required to sign a waiver on the day of the run for their children to participate and a separate entry form is required for each race. Entry forms are available at <http://www.spacecoastrunners.org/roy/youth.htm> and contact Carol Ball at [CBall1@cfl.rr.com](mailto:CBall1@cfl.rr.com) if you have questions.

## 2008-09 YOUTH SERIES EVENTS

Fall Into Winter  
Coconuts on the Beach, Cocoa Beach  
Saturday, September 20, 2008  
Approx. 8:15 am

Run for the Light  
Windover Farms, Melbourne  
Saturday, January 31, 2008  
Approx 8:45 am

Downtown Melbourne  
New Haven Ave, Melbourne  
Saturday, April 4, 2009  
Approx. 9:00 am

Space Coast Classic  
Windover Farms, Melbourne  
Saturday, November 8, 2008  
Approx. 9:00 am

Eye of the Dragon  
Eau Gallie Civic Center, Melbourne  
Saturday, March 14, 2009  
Approx. 9:15 am

Space Walk of Fame  
Space View Park, Titusville  
Saturday, April 11, 2009  
Approx. 9:15 am

Reindeer Run  
Cherie Down Pk, Cape Canaveral  
Saturday, December 13, 2008  
Approx. 8:45 am



# THE PASSING LANE

## *With Ron Hoar*

### Beyond Listening to Your Body

We runners have been told over and over again that we need to “listen to your body”.

True, your body will tell you when all is not well. But by the time your body sends the message it may be too late. A running injury or other problem has already occurred. The pain comes after the injury. It's all well and good to pay attention to those pains so that more extensive damage and longer rehabilitation are prevented. Some of us have a mental tussle with totally backing off when we know we are injured and that real rest is a necessity.

But let's go beyond having our bodies send us a signal to change our ways.

When I embarked on racing after turning age fifty, I hadn't been reading the running magazines and was running alone. My goal was to be able to run 10 miles at age 50, 11 miles at age 51, 12 miles at age 52, etc.

As with most of us, Sunday mornings was the most convenient time for the long run. In short order I was up to 15 and 18 miles and preparing to run a marathon. But I wasn't running smart.

I didn't take anything to drink on those long runs. There were no strong messages from my body but I should have known that proper hydration is essential during runs of that distance.

Within a year I had joined some co-worker runners for the long runs. I was quickly advised that I wasn't a camel and I'd be wise to amend my ways. I did. In fact, from then on I never went to the daily succession of meetings at work without a big container of ice water to sip on. And on the long runs I'd have my Gatorade, diluted with water.

With retirement, my running reverted mostly to solo runs. And with reduced mileage my intake of water diminished. I forgot the lesson of hydration--until a few weeks ago.

On a recent Saturday morning I awoke, sat up in bed--and pow! Something was wrong. I felt “unstable”--not really dizzy, but lightheaded. And it didn't go away. My wife checked my blood pressure. The systolic reading was under 100. When I had my physical in the spring it was my usual 120. I gingerly made my way to my PC to search the internet for low blood pressure. A fairly quick drop of 20 mm Hg can cause dizziness and fainting according to the Mayo Clinic. Mine had dropped 20 over some unknown period of time.



I determined that the problem could be related to dehydration. I immediately (and prompted by my wife throughout the day) downed glass after glass of water. By that evening my pressure had risen to 110 and within a couple of days was back to my normal 120.

A lesson for all--don't wait for the body to tell you that you're thirsty. Drink plenty of water--not just on your long runs--but all day long.

VOTED ONE OF THE TOP 50 RUNNING STORES IN AMERICA

# **RUNNING ZONE**



***All Your Favorite Brands***

**Shoes • Apparel • Accessories**

**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**www.runningzone.com**

*We want you to feel good when you exercise!*

**10% DISCOUNT TO ALL  
SPACE COAST RUNNER MEMBERS**

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

**3680 C N. WICKHAM ROAD, MELBOURNE  
ACROSS FROM BREVARD COMMUNITY COLLEGE**

# A Mile With...

## Kathy Ojeda

**Name:** Kathy Ojeda.

**Family:** Husband-Rikki, Son-Dudley.

**Ages:** 49, 52, 15.

**Occupation:** Nutritionist for Healthy Start.

**Number of Years Running:** ~15

**Began Running Because:** One night Susie and R.C. convinced me I could run six miles the next morning.

**I Knew I Was Hooked When:** I did it!

**Race PRs (Personal Records):** ?????

**Most Satisfying Race Performance:** Last year's SCC 15K--awesome weather and ran with a really fun group!

**Favorite Race(s):** Napa to Sonoma Half Marathon.

**Favorite Place to Run:** Vineyards and redwoods of Northern California.

**Running Partner):** Tracie, Veronica, Patti, and Hernana.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Tracie, Veronica, Patti, and Hernana.

**Funniest or Oddest Thing I've Seen While Running:** The Martian Man, aka John Murphy.

**Training Philosophies:** Focus on the whole experience and don't forget to chop-chop at the water stops.

**One Piece of Advice That I Would Give to a New Runner:** Keep it fun, listen to your pieces/parts and try not to get sucked into the vortex.

**Other Sports& Interests:** Windsurfing, kayaking, drinking wine, and reading.

**Favorite Authors:** David Baldacci and John Le-croart.

**Favorite Movies:** Birdcage.

**When Nobody is Looking I Like to:** Dance with my dog.

**Favorite Meal:** Sushi appetizer and grilled sword-fish.

**Dream Vacation:** Wine Country.

**I Think That SCR Could Do A Better Job:** Being more of a presence in the community with less emphasis on competition and more encouragement of general fitness and fun.



Kathy Ojeda 'chop chops' toward the finish line of last month's I Run for Pizza 5K, taking second in the 45-49 age group. Photo courtesy [www.trihokie.smugmug.com](http://www.trihokie.smugmug.com)



# YADA, YADA, YADA



**THANK YOU**

To all who **helped with this month's newsletter**: Apollo Realty, Carol Ball, Nancy Buonanni, Cedric Ching, Dave Hernandez, Robin Hernandez, Ron Hoar, Barry Jones, Ricky McDonald, Kara Neidermeier, Kathy Ojeda, Running Zone, Loran Serwin, Rebecca Sparks and Christy Zieres.



A red-carpet roll-out for **new members** Bruce Furrow -Melbourne; Claudia Haines, Melbourne; Connie, David Dylan and Emily Maltby-Rockledge. Don't forget that **Sept. 13 is the new membership drive and SCR appreciation day at Running Zone. See page 24 of this newsletter for details!**



Enjoy your special day: (1) Natalie Bress, Rachel White; Michelle Dalton, Kelly Hedgespeth (3) Morris Johnson (4) Amanda Carrington, Barbara Linton, Roger Rouiller (5) Darlene Deen, Noah Jacobitz (6) David Maltby, Ellen Webbe (7) Rhonda Van Etten (8) Christopher Abreu, John Bailey (10) Katie Norris (12) Stephen Chin, Chelsey Joiner, Beth Rieder (13) Adam Schiff (14) Al Nuttall, Veronica Sim (15) Briana Lorenzi (16) R.C. 'Rev of the 7th Day Church of Vactionists, Koontz (17) Jennifer Sea (18) Sean Wilkin (19) Joe Deen (20) Lisa Nieves (21) Ian Cook (22) Kyle Butler (23) Linda Cowart, Tom Sim (24) Judy Ellenbrook, Frank Kapr (25) Kassandra Meyer, Mark Pippin, Brian Timmons (27) Angela Ferebee, Joseph Nieves, James Shaffer (28) Mendi Raymond (30) Hilary Swain, Amy Wasson.



Susie Koontz closes in on a 1st place age group finish at the FFW sprint tri at Ft. DeSoto Park.

## A FORT FROLIC

Close to 500 athletes showed up at Fort DeSoto Park in St. Petersburg on Aug. 16 for the start of race number six of the Family Fitness Weekend Sprint Triathlon Series. The Series offers eight races of varying distance around the state, concluding with the championship on October 11 at Cypress Gardens in Winter Haven.

The race at Ft. DeSoto included a 600-yard Gulf swim, 11-mile bike and 5K run through the mostly-shaded expansive park acreage.

Congrats to those making the trek over to race including Garry Branch, 1:08:57; Tom Downey; whose 25.5 mph bike average was the 5th fastest amateur split; 2nd 55-59, 1:03:28; Rob Downey, 1:06:05; Susie Koontz, 1st 60-64, 1:32:40, photo left; RC Koontz, 1:51:07; Loran Serwin, 1:08:47 and Christy Zieres, 1st Athena, 1:16:21.



Christina Martin and her dad, Ricky McDonald, pose with 1st place age group awards won at the sprint duathlon during the Moss Park Triathlon Festival on Aug. 23.

## DANCES WITH MOSS...AND MUD...

Although tropical storm Fay drenched Moss Park in Orlando, the fickle flooder did little to dampen the enthusiasm of the scores of energetic athletes who showed up for the two-day Moss Park Triathlon Festival.

The triathletes racing on Sat., Aug. 23 were offered a sprint-distance race including 750-yard swim, 12.5-mile bike and 2.5-mile run/slog through slippery mud and ankle-deep water while duathletes were treated to a double slide through the slippery stuff during their 2.5-mile run, 12.5-mile bike and second 2.5-mile run. The race also offered a sprint tri with the swim shortened to a quarter-mile for newbies testing their tri metal in the "My first Tri" divisions.

Congrats to Ricky McDonald and his daughter, Christina Martin, left, who both took first in their age groups in the duathlon. Ricky took the men's 45-49 in 1:24:55 while Christina grabbed the women's 20-24 in 1:42:37.

Congrats to Ricky McDonald and his daughter, Christina Martin, left, who both took first in their age groups in the

duathlon. Ricky took the men's 45-49 in 1:24:55 while Christina grabbed the women's 20-24 in 1:42:37. Congrats also to those who completed the triathlon including Jesse Delia, 1st 35-39, 1:07:00; Jason Eckman, 2nd Clydesdale, 1:24:34; Scott Krasny, 1:17:46; Joe Marcinek, 1st Super-Clydesdale, 1:13:40; Kara Marcinek, 1:31:39; Angie Preston, 1:21:42 and Kailee Smith, 1st 15-19, 1:28:46.

And showing us that it is never to late to learn something new..Titusville's Bill Colle won the 70-74 age group in the 'My First Triathlon' sprint race in 2:14:36.

The next day, longer-course triathletes completed was billed as a 1500-yard swim; 24.9-mile bike and five mile run, though most said the bike was only 22 and the swim seemed short. Congrats to local finishers Bill Buonanni, 2:34:45; Nancy Buonanni, 3<sup>rd</sup> 45-49, 2:29:12; Gina Caccamo, 3<sup>rd</sup> 50-54, 2:48:21; James Croft, 3<sup>rd</sup> 30-34, 2:09:05; Jordan Halstead, 2:33:11; Travis Hiers, 2<sup>nd</sup> 25-29, 2:18:49; Tom Hoffman, 1<sup>st</sup> 55-59, 2:10:20; Philip Mazzella, 2:19:45; Theresa Miller, 2<sup>nd</sup> 45-49, 2:26:54; Becky Moody, 2<sup>nd</sup> 35-39, 2:25:32; Debbie Rescott, 2<sup>nd</sup> 50-54, 2:39:26; Elizabeth Ring, 2:54:46; Tricia Rydson, 3<sup>rd</sup> OA, 2:14:27; Nick Smith, 2<sup>nd</sup> Clydesdale 40+, 2:21:58; Rebecca Sparks, 2:53:59.

Congrats, also, to Kim Badgett, who took second overall in the Aquabike race which included the swim and bike with her time of 1:48:02.

Right: The "Golden Girl Dream Team" gets ready to rock on day two of the Moss Park Triathlon Festival. L to R: Kim Badgett, Nancy Buonanni, Theresa Williams, Debbie Rescott, Elizabeth Ring, Gina Caccamo and Rebecca Sparks, who had to walk the run due to a torn meniscus.







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>
--	---



# 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

# TO BEAT THE HEAT, LEARN TO SWEAT IT OUT

By Gina Kolata, New York Times, July 3, 2008

<http://www.nytimes.com/2008/07/03/health/nutrition/03Best.html?ref=fitnessandnutrition>

Article submitted by Nancy Buonanni

YOU already know that if you exercise outside on hot and humid days, you should drink plenty of water. And you are probably well aware of the risk of heat stroke given the countless reports about the warning signs.

But if you're going to be out exercising anyway, you may have different questions: How long does it take to acclimate to the heat and humidity, and what is the best way to do it? How much does your performance time slow when it is sweltering and humid, and why? Does it help to douse your head with water?

Should you go out in the morning, when it is cooler but the relative humidity is higher, or at night, when it tends to be hotter but less humid?

The answers, some exercise physiologists say, are not always what you might expect.

There is no question that heat can take a toll on performance. Look, for example, at results from races on the second weekend in June, when a heat wave gripped the Northeast.

On June 7, over 4,000 women ran the New York Mini 10K race in Central Park. When the race began at 9 a.m., it was 71 degrees and the humidity was 78 percent. The winning time, 32 minutes 43 seconds, by Hilda Kibet, was the slowest in a decade.

"From the beginning, my legs were not really moving," Ms. Kibet told The New York Times.

That same day in similar weather and humidity, in Cambridge, Md., nearly 1,400 athletes raced in the Eagle Man Half Ironman — a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run. Among them was Amy Roth, 32, the director of corporate partnerships at the Whitney museum Manhattan. She had trained hard, but the run, in particular, was difficult in the intense heat.

"I felt like I was dragging along but I couldn't move any faster," Ms. Roth said.

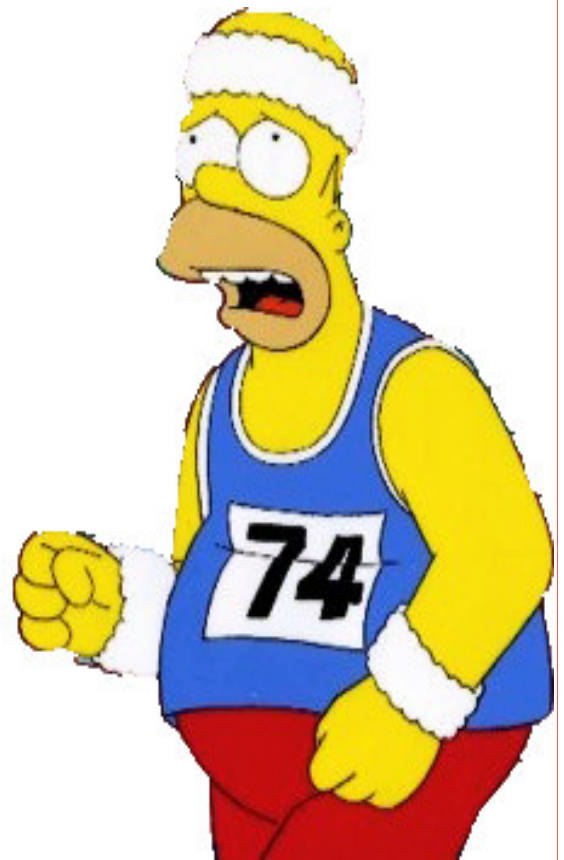
Still, she ran at a mile pace of 8:07.

"There were very fast people, very good athletes, who were walking, who just couldn't do it," she said.

Afterward, some posted comments, agonizing over their sluggish times, on slowtwitch.com "You could see the neuroses: 'Oh, my God, am I getting slower? What does this mean?'" Ms. Roth said.

The next day, 190 professional cyclists started the Philadelphia International Championship, a 156-mile race. It was 79 degrees at 9 a.m. start, and 94 degrees when the last cyclist finished in mid-afternoon. About half of the competitors dropped out. The winning time, 6:14:47, by Matti Breschel of Team CSC, based in the Netherlands, was nearly a half hour slower than last year's time, when it was cooler and drier.

One reason performance declines on sultry, humid days is that working muscles have to compete with the skin for blood. Directing more blood to the skin removes body heat and helps keep your body's temperature from rising to dangerous levels. But that can mean less blood reaches



muscles. At the same time, when your body becomes hotter, muscle enzymes speed up, burning glycogen more rapidly, depleting stores of the sugar that the muscles use for fuel.

Until now, most studies of the effects of heat on performance used treadmills or stationary bikes. If the subjects simulated a 5K road race lasting 15 to 20 minutes, their times would be 10 percent slower at 100 degrees than at 70 degrees. The longer the subjects ran, the more the performance declined.

One concern is that studies with treadmills may not accurately reflect what happens outside on a scorching day. With no wind indoors, for example, sweat will not evaporate as effectively.

Scott Montain and Matthew R. Ely, researchers at the United States Army Research Institute of Environmental Medicine in Natick, Mass., analyzed real-world data from seven major marathons, comparing performances over years when temperatures and humidity varied but the race course remained the same. Heat affected slower runners more, probably because they were on the course longer and ran in packs. Warm bodies close together make it harder for one's body heat to dissipate.

An elite runner capable of finishing in less than two and a half hours on a cool day (41 to 50 degrees) would be 2.5 percent slower in warmer climes (68 to 77 degrees.) A three-hour marathoner on a cool day would be slowed by 12 percent in the heat, the researchers reported.

It may seem like a brilliant idea, then, to pour water over your head to cool down. That is what Floyd Landis did during a grueling ride on a hot day in the Alps during the 2006 Tour De France.

And last month, on that balmy Saturday, amateur runners used the same trick, dousing their heads, in an 8K race in Moorestown, N.J. Town residents also squirted runners with their garden hoses.

It is a useless ploy, said Samuel N. Cheuvront, another researcher at the Army institute. "Sweat must evaporate to provide cooling," he said. "Dripping does not help."

In fact, he added, if you get too wet you risk hidromeiosis, when sweat pores become blocked, which makes you even hotter.

At least most races are held in the morning, when it is usually cooler and more humid, than later in the day, when it is hotter and drier.

Cold and humidity stresses the body less; you heat up less when it is cooler. Relative humidity may be greater on cool mornings, but what really matters for sweat evaporation is water vapor pressure. And water vapor pressure is lower when the air is cooler, meaning sweat evaporates faster.

Dr. Cheuvront said that if you have to choose between exercising in the morning when it is 60 degrees and 80 percent humidity, or in the evening when it is 90 degrees and 50 percent humidity, choose the morning.

Relative Humidity	AIR TEMPERATURE (F°)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							



Yet as challenging as heat and humidity are, people can acclimate. Blood volume expands, which reduces the strain on the heart from the increased demand for blood flow to the skin and muscles. And sweating increases — people who are heat adapted sweat sooner and more profusely, allowing their bodies to cool more efficiently.

For example, if you are not acclimated and run for an hour in 98-degree heat, your core temperature may go up to 103 degrees, bordering on the danger zone, said Craig Crandall, who studies heat acclimation at the University of Texas Southwestern Medical Center in Dallas. But if you are acclimated, your temperature might be 101 degrees after an hour-long run, which is well within the safety zone. Acclimation takes at least five days, Dr. Cheuvront found. He first asked participants to walk on a treadmill for 100 minutes in a room that was kept at 100 to 120 degrees.

On Day 1, Dr. Cheuvront said, they usually last 30 to 45 minutes. Then, he added, they will either request to get off the treadmill; collapse; or reach the safety-limit core temperature of 104 degrees, at which point they are stopped. By Day 5, just about everyone lasts 100 minutes.

It is possible to adapt even more. Dr. Cheuvront's subjects continued to improve when they walked on the treadmill in that hot room for five more days.

Some people naturally adapt to heat much more than others. But Dr. Cheuvront said he had never come across a person who did not adapt at all.

The key to acclimation, he said, is to exercise in the heat daily and to be sure you are sweating profusely — wearing extra layers of clothing can help if you are exercising indoors or in cooler weather. Given a choice between spending more time in the heat but exercising less intensely, or less time and exercising more intensely, it is safer to choose to go longer and work less intensely, he said.

Ms. Roth's impression that running was much harder than cycling in the heat was correct, physiologists say. And it is not just because there is more cooling wind when you ride. It is also because you don't cycle upright, so your heart has less of a fight against gravity to pump blood to skin. That is especially true in the heat, when blood vessels in the legs are distended and blood tends to pool in the feet, making the flow of blood up to the head even more difficult.

But no matter how much you train in the heat, it will never be easy, athletes and researchers say. So perhaps the best strategy is to just accept discomfort and slowness.

"Heat is the X factor," Ms. Roth said. "Sometimes you have to just forget it and move on."



## SPACE COAST RADIO REPORT RETURNS FOR FOURTH SEASON!

Thanks to sponsorship from Running Zone and Space Coast Runners, Ron Hoar is returning to the airwaves with the 2008-09 Space Coast Radio Running Report.

The Reports, which will run about five minutes, will air from September 1 to December 16 and then again from January 19 to May 19.

The Monday-Tuesday report will provide weekend race results, upcoming races, interviews, high school results. The Thursday-Friday report will promote upcoming races, runner standings, interviews, high school running news.

### AIR DAYS

Monday

### TIMES

4:45, 5:45 p.m.

Tuesday

6:45, 7:45 a.m. and 4:45, 5:45 p.m.

Thursday

7:45 a.m. and 5:45 p.m.

Friday

6:45 & 7:45 a.m. and 4:45 p.m.

# SCR MEMBER DISCOUNTS



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



10% off to all SCR members!  
<http://www.sealevelscuba.com>



10% off annual membership cost



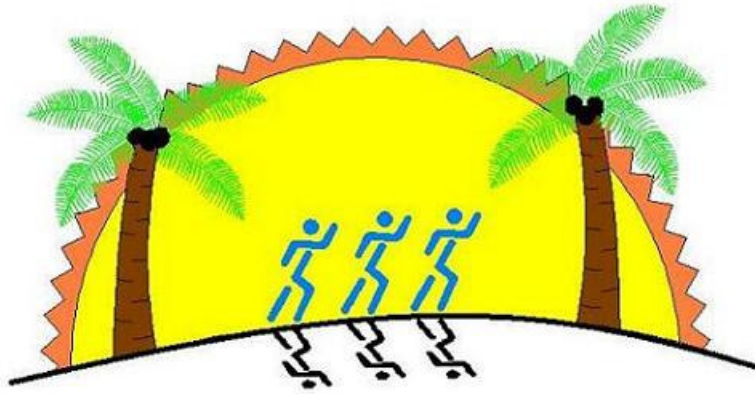
Greetings from Speedlaces! We'd like to offer members of your running club a 25% discount code (**Run2008**) to be used on our site, [www.speedlaces.com](http://www.speedlaces.com).

## YOUR NAME HERE

SCR is offering a small monthly ad space (as seen above) 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 [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com)



**2<sup>ND</sup> ANNUAL**  
**BRANDON KILLINGSWORTH**  
**“BK” 5K**  
**MEMORIAL SCHOLARSHIP RUN/WALK**

**SATURDAY**  
**SEPTEMBER 27, 2008**  
**7:30 AM**  
**GLEASON PARK**  
**INDIAN HARBOUR BEACH, FLORIDA**

**THIS 5K RUN/WALK IS TO BENEFIT**  
**THE BRANDON KILLINGSWORTH MEMORIAL ATHLETIC SCHOLARSHIP**  
**EAU GALLIE HIGH SCHOOL**

**FOR MORE INFORMATION OR RACE APPLICATION**

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

**OR**

[www.brandon-killingsworth.memory-of.com](http://www.brandon-killingsworth.memory-of.com)







The Junior League of  
Central & North Brevard

**Second race of the series!**

# PUMPKINS IN THE PARK 5K RUN & FITNESS WALK

**ACTIVE.COM**  
(Search for Running Zone  
Race Series)

**USATF Certified Course**  
(FL - 01036DL)

**FRIDAY, OCTOBER 24, 2008 AT 6:30 PM**

**Riverfront Park, Cocoa Village \* Cocoa, FL**

**FREE – “Li'l Goblins” Kids Run after the 5K**

**TIMETABLE:**

**Thursday, October 23rd – 10:00 a.m. – 6:30 pm**

Packet Pickup & Registration at Running Zone across from Brevard  
Community College on Wickham Rd.

**Friday, October 24th – Riverfront Park, Cocoa Village**

5:00 pm Packet Pickup & Registration

6:15 pm Late Registration ends

6:30 pm 5k Start!!!

7:45 pm Li'l Goblins' Fun Run - FREE!

\*Awards Ceremony immediately following all races

**Directions to Cocoa Riverfront Park:**

From Interstate 95, take Exit 201 East on to State Road 520 for 4 miles.

Turn right on Brevard Ave. The actual address of Cocoa Riverfront Park is  
430 Delannoy Avenue in Cocoa, Florida.

**AMENITIES:**

- Awesome *Technical* Shirts
- Best Halloween Costume Contest
- Fun Pumpkin Awards
- Halloween Goodie Bags to All Finishers
- A Beautiful Certified Course

**AWARDS:**

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

Age Groups (top 3 male & female)

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

**FEES:**

5K Run/Walk \$28.00 / Race Day \$31.00

5K Team Reg. \$25.00 (No Race Day Reg.)

Optional Kid's Reg. \$15.00

(12 & Under-See Below for Details)

**SORRY, NO REFUNDS**

**PUMPKINS IN THE PARK 5K OFFICIAL ENTRY FORM**

Send completed entry form with fee to: Make check payable to: Running Zone  
Running Zone, 3680 N. Wickham Road, Melbourne, FL 32935

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

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

Email address \_\_\_\_\_

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

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

Team Name \_\_\_\_\_

(minimum of 5 team members with one person of opposite sex)

Corporate Team Challenge: \_\_\_\_\_

Champion Chip# \_\_\_\_\_

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

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

Optional Kid's Registration:  \$15.00 \*\*Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical running shirt. (Youth medium and Adult Small sizing only)  Youth Med  Adult Small

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

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

SIGNATURE \_\_\_\_\_

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

DATE \_\_\_\_\_

# Sometimes Half Is Better Than Whole

By John Hanc, New York Times, July 24, 2008

<http://www.nytimes.com/2008/07/24/fashion/24fitness.html>

Article submitted by Nancy Buonanni

WHAT comes after a marathon boom? Perhaps a half-marathon boom.

Half-marathons — races of 13.1 miles — have been growing in the last five years, partly due to an influx of newer runners who consider the half a friendlier challenge than the marathon, which became a “must do” for thousands (many who hadn’t laced up a running shoe in years, or ever) after Oprah completed one in 1994. Half-marathon training is neither as hard nor as all-consuming as marathon training can be. There is less chance of injury. Recovery is faster.

But those in the running community say there is another reason the distance is catching on: veteran runners who completed multiple quests for marathon glory no longer see 13.1 miles as just a point along the journey. “A lot of people have checked the marathon off their ‘life list,’ ” said Ryan Lamppa, a spokesman for Running USA, a nonprofit organization in Santa Barbara, Calif., that tracks trends in running. “But they don’t want running out of their lives.”

According to Running USA, the 13.1 mile half-marathon is the fastest-growing distance in the sport. In 2007, there were over 500 half-marathon events and an estimated 650,000 finishers; a 10 percent increase from 2006. It was the second year in a row that the number of finishers and events increased by 10 percent and the fifth consecutive year that the distance has registered significant growth.

Participation in full marathons grew last year, too, but at a lower rate, 2.4 percent.



Russian Ramilya Burangulova, 46, happily reacts to her win at the Nov. 2007 Space Coast Half Marathon. Burangulova completed the 13.1-mile course in 1:18:57.

Mary Wittenberg, the president of the New York Road Runners, which organizes the New York City Marathon and Half-Marathon, said that in the next few years, the half could reach the stature and even the size of the marathon, which counted 38,607 finishers last year.

“We believe the half-marathon is the new hot distance,” she said. “With the right course, the New York City Half could be as big or bigger than the marathon.”

The 2008 edition of the 13.1-mile race takes place on Sunday. Nineteen thousand people (1,700 more than last year) applied for 14,000 slots in the three-year-old event, which begins in Central Park before heading south to Times Square, then down the West Side Highway to finish on Wall Street.

Achieving marathon-level success with the New York City Half-Marathon will require changes, Ms. Wittenberg said. The six-mile loop in the park causes congestion as faster runners overtake the back-of-the-packers, while making it impossible to have an elite wheelchair competition, a popular feature of the full. Also, a new date needs to be found, away from the heat of midsummer. “We’re working with the city on that,” she said. “Maybe late March, early April.”

Clearly, what makes the half-marathon attractive is that it takes a lot less time and energy than a full. Even with the minimal less-is-more marathon

programs now in vogue, participants still need to build up to long conditioning runs of at least 20 miles before tackling the 26.2-mile marathon distance on race day. A half-marathon, by contrast, can be completed by most people with a weekly long run of no more than 10 or 11 miles.

“The half-marathon gives you almost all of the satisfaction and achievement of the marathon and far less than half of the aches and pains and fatigue,” said Jeff Galloway, a 1972 Olympian who is now a popular marathon coach and the author of a best-selling book on running.

Mr. Galloway says he receives about 100 e-mail messages a day from runners asking for training advice; he also holds 250 clinics a year. The half-marathon is the biggest topic these days, he said.

He has identified three segments making up his clientele and advice-seekers. About 20 percent, he estimates, do the half-marathon as a steppingstone to the full, something half-marathons have traditionally been known for. Twice that number, about 40 percent, want to focus only on the half, with no interest in the full marathon. Another 40 percent are “people who used to run just full marathons, but are now primarily doing halves.”

Linda Ottaviano of Cold Spring Harbor, N.Y., falls into the last category. She started running in the early 1990s to help her get in shape; along the way, she became taken with the mystique of the marathon. Over a decade, she finished 12 marathons, the last when she was 50, and completed the 2005 Steamtown Marathon in Scranton, Pa., in just under 3 hours, 30 minutes.

When she crossed the finish line, she decided she was finished with marathons. “I felt I had accomplished what I had set out to,” she said. And, “I was starting to wonder just how good it was for my body.” Half-marathon training, she said, keeps her plenty fit and allows her to be competitive. “I just feel I’m a little more balanced now without the marathon training.”

The migration of runners like Ms. Ottaviano to the half is what gives Amby Burfoot, a Runner’s World editor-at-large and 1968 Boston Marathon winner, reason to believe that the distance has carved out a “niche of serious respectability.”

Among competitive marathoners, the half “might previously have been seen as a race for wimps,” he said. “Now it’s viewed as a real challenge on its own, so runners are more likely to feel content tackling it instead of the full marathon.”

This despite the fact that unlike the marathon, the half is not an Olympic distance; nor can it claim a heritage steeped in Greek lore. Its name has been an issue too — running “half” of something doesn’t sound too impressive around the water cooler.

When the US Road Sports & Entertainment Group, a Dallas company that produces endurance events, last month announced a series of 13.1-mile races, the words “half marathon” were conspicuously absent. Instead, the four-race series — which starts in Ft. Lauderdale on Nov. 16 — is called “13.1 Marathon.”

Robert Pozo, the executive director for the series, said he was inspired by the World Triathlon Corporation, which organizes the Ironman Triathlon and in 2006 began half Ironman-distance events called the Ironman 70.3 Series (referring to the total miles that competitors swim, bike and run).

Mr. Pozo and his colleagues have even come up with an informal slogan: “13.1 Miles: It isn’t half of anything.”



L to R: Mike Wasson, Robin Hernandez and Erin Shuck pose with one of the many space-themed models on display at the Nov. 2007 Space Coast Half Marathon.





**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

# Space Coast Lightfest

## 5k RUN

SUNDAY  
November 23, 2008  
Start: 6:00 p.m.

Run into holiday cheer amongst the festive lights at Wickham Park then join us for the Post Race Awards & Dinner.

Generously provided by:



T-Shirts & Dinner for 1st 500 entrants

**Location**  
Wickham Park (enter off Parkway)  
Race Day Registration at 4:45 p.m.

**Rotary contact:**  
Al Nuttall • 759-5395  
aanuttall@earthlink.net  
Samantha Hill • 446-2613  
samantha\_hill@colonialbank.com

**Race directed by:**  
www.runningzone.com  
751-8890



**Entry Fees:**  
Now until November 15, 2008 .....\$25  
November 16 through Race Day .....\$30  
\$5.00 Discount if under 16 on Race Day



Benefitting Numerous Rotary Charities • [www.spacecoastlightfest.com](http://www.spacecoastlightfest.com)

**ENTRY FORM** (Form 700)

**SEND APPLICATION TO:** Eau Gallie Rotary Club, P.O. Box EG601, Melbourne, FL 32938-0601 (or drop off at Running Zone). Checks payable to Eau Gallie Rotary Club, \$25 until 11/15/08, \$30 11/16/08 through race day. Sorry, no refunds; Part of your fee may be tax deductible.

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ to Eau Gallie Rotary Club. Payment enclosed \$ \_\_\_\_\_

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

TELEPHONE# \_\_\_\_\_ SEX \_\_\_\_\_ SHIRT SIZE Y M S M L XL (circle one)

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

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



# SUMMER VACATION - ISLAND STYLE!

## By Carol Ball

Hope you all had a great summer – I did! On June 26, I was blessed with the birth of my second grandchild, Shaw Spero Hosburgh. My daughter, Sara, and her husband, Noah, couldn't wait for help and delivered him themselves at home! I took the month of July off work to play Grandma – and it was definitely hard to go back. All are doing well.

In mid-July, Ty and I met my sister, Patty (my breast buddy and past running partner), and Paul in Kaua'i, Hawaii for a wonderful week at their time-share on Lawa'i Beach. Kaua'i is the north/western most of the Hawaiian Islands, and very beautiful, with flowering plant life everywhere. The temperature was always comfortable and we envied the many runners we saw every morning, enjoying the coastal views and ever present breezes.

Patty and Paul have been several times and had a great itinerary set up for us. They took us to Waimea Canyon, the Grand Canyon of the Pacific, where we hiked six miles with breath-taking overlooks. We snacked on mangoes and strawberry guava found along the way. We enjoyed kayaking on the Wailua River and then hiking on a trail scattered with bright orange hibiscus blossoms, to swim at the base of 100-foot Secret Falls.

Snorkeling at the beach right across the road from our place was great with lots of tropical fish, and we even swam with huge green sea turtles! One day we got adventurous and tried zip lining! It was a lot of fun with seven separate lines cascading down the mountainside. The best line was over 200 ft above the river below and 900 ft long. Fun!

We also took a sunset dinner cruise along the scenic Na Pali Coast, a 17 mile stretch of the north island coast that is only accessible by sea or air. Lining the coastline are sheer cliffs more than 4,000 feet high. From our catamaran, we were able to spot the cliff location we had hiked to the day before. The captain pointed out a school of spinner dolphins that were leaping and "spinning" in the air. Unfortunately, halfway through the cruise, I got seasick and was rather green for a couple of hours.

Of course, we had to do Smith's Luau with whole pigs cooked in "emus" buried underground for hours, along with lots of mai tais and dancers. We ate luscious fresh golden pineapple, mango, papaya, apple bananas, and coconut from the local farmer's market everyday. Nothing like Publix.

I never thought I would have the opportunity to visit "The Islands", and even though it was a long flight and six-hour time change, it was well worth it! Aloha!

Carol



Carol and Ty Bowen pause for a zip-line moment.



Above Patty Gay, Carol Ball and Paiani the Peacock enjoy another perfect morning in paradise.

If you would like to share your summer vacation stories, we would love to hear them!





**PRESENTS**

**SPACE COAST RUNNERS**

**NEW Membership Drive**

**and CURRENT Member's**

**APPRECIATION DAY**

**Saturday, Sept. 13**

**Current members:**

**stop by Running Zone and receive:**

- 15% off all merchandise on Sept. 13.
- 10% Running Zone discount card with no expiration.
- \$5 discount on membership renewal.
- Snicker's Marathon bar.
- Asics key chain.
- List of fun runs plus once-a-month pizza & potluck party.
- Raffle ticket for a free pair of shoes (up to \$100 value).

**New members: join Sept. 13**

**to receive all of the above plus:**

- Space Coast Runners tee shirt.
- Space Coast Runners magnet.
- \$5 off individual or family memberships.
- On-line resource center and monthly E-zine.
- A year of fitness, fun and camaraderie!



# I RUN FOR PIZZA 5K

## August 16, 2008

### Melbourne, Florida



Brevard County's 2008-09 road racing season kicked off on August 16 with the start of the I Run for Pizza 5K in Melbourne's Windover Farms. The race was the first in the five-race Running Zone Racing Series.

With some of the county's fastest racing up front, it was a pretty good bet that records would be broken. Sure enough. When Kyle Cooke hit the line in 15:47, he obliterated Chris Rego's 1997 course record of 16:32. He also finished 54 seconds ahead of Rego, who placed second in 16:41. John Davis, pulled in for third in 17:24. Finishing fourth, and breaking Tim Bishop's old Master's (40+) record of 18:08 was Doug Butler, 45, who charged the course in 17:31.

And it was two of Butler's Holy Trinity Episcopal Academy cross country team members who took the ladies' top spots. Grace Kucera was able to put 16 seconds on training partner and dress-like-twins pal, Melissa Jones, at the finish. Kucera came in at 19:18, followed by Jones in 19:34. Tracy Smith, 35, was third in 19:37. Karen Minor set a new female Master's record as she blew through the finish in 20:04. The 49-year-old flight attendant took 20 seconds off of Jackie Clifton's record of 20:24.

New to the Series this year is the Corporate Cup Challenge, encouraging runners and walkers from businesses of all sizes to build some camaraderie while getting fit. Top honors went to Harris Corporation, who was followed for second by Health First and third by Intersil Corporation.

Complete results are up at <http://www.runningzone.com/results.html?id=486> and race video can be watched online at <http://www.youtube.com/watch?v=m4HjfqhRbhk>



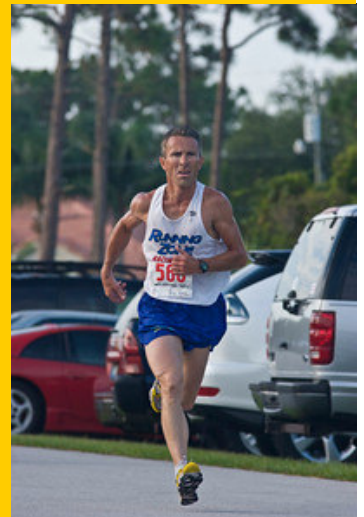
Kyle Cooke heads toward the win and a new course record as he crosses the line in 15:47. Barry Jones photo.



Chris Rego, 19, settles for second this year in 16:41. Barry Jones photo.



John Davis, 30, and a new father-to-be, took third in 17:24. Barry Jones photo.



Doug Butler charges to fourth overall, the Master's win and a new Master's record in 17:31. Barry Jones photo.





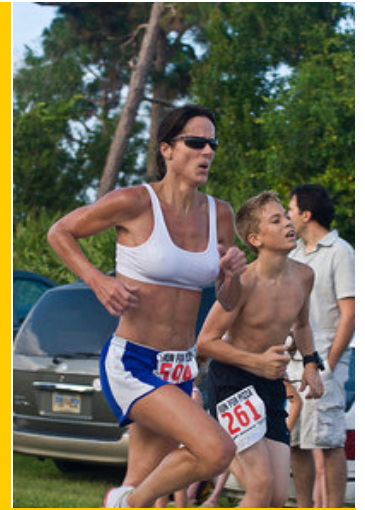
Overall female: Grace Kucera, 16, takes the ladies' win in 19:18. Barry Jones photo.



Melissa Jones, 16, runs 19:34 for second place. Photo by her father, Barry Jones.



Tracy Smith, 35, poses with daughter, Sabrina, after taking third in 19:37. Barry Jones photo



Karen Minor, 49, takes the Master's win and course record in 20:04. Barry Jones photo.



Running Zone team lovelies L to R: Cathy Friedel; Robin Hernandez; Michelle Smurl; Erin Schuck; Brenna Ginther; Anne Doerflein. Dave Hernandez photo.



L to R: Dr. Gary Stutte, sir; Veronica Sim; Kathy Ojeda and Here come da Judge, John Murphy. Patti Sponsler photo.



L to R: Dave Hernandez poses with pizza lovers Nancy Rowan and Marty Winkel. Robin Hernandez photo.



L to R: Allyson Jones, xx, shares a hug with whiz-kid photographer and father, Barry Jones. Patti Sponsler photo.



L to R: Anne O'Connor-Smith shares a hug with daughter, Kelsey O'Connor. Robin Hernandez photo.



L to R: Kathy Ojeda, Robin Hernandez and Art Anderson try to see who smells the best. Patti Sponsler photo.





# RUNNING ON ISLAND TIME 5K

## August 23, 2008

### Merritt Island, Florida

The day after flooding tropical storm Fay finally packed her bags and headed north, close to 200 walkers and runners crossed a thankfully dry finish line of the August 23 Running on Island Time 5K on Merritt Island. Race director, Kara Niedermeier, hosts this event to raise funds for the Divine Mercy Catholic School, where she is the Athletic Director. This year's race was brought together parishioners, family and the rest of the community to re-start the school year, also held hostage by Fay for four days.

At the finish line, Master's phenomenon, Art Anderson, 49, came in for the win at 18:37. 15-year-old Andrew Moran blew in 31 seconds at 19:08, taking second and James Croft, 30, was third in 19:13. (Croft also took third in the 30-34 age group at the Moss Park Triathlon in Orlando the following morning.) Kurt Holst, 46, grabbed Master's in 20:14.

On the ladies' side, 15-year-old Danielle Lusk, took the win in 22:21 followed by Shelley Hoffman, also 15, for second in 23:10. Still smoking at age 54, Sue Strout took third in 23:35 and 41-year-old Paige Sierra grabbed Masters in 23:38.

Complete race results are available by clicking on <http://mahoney4.home.netcom.com/scr/races/08island.txt> and an entire gallery of race photos are available at <http://www.dmccs.org/> Also check out race video at <http://whitedogvideos.com/RunningonIslandTime.html>



Art Anderson, 49, wins the race in 18:37 on a humid post-tropical storm Fay morning.



Andrew Moran, 15, races for second in 19:08.



James Croft, 30, took third in 19:30.



Kurt Holst, 46, wins Master's (40+) in 20:14.





**Danielle Lusk, 15, charges for the women's win in 22:21.**



**Shelly Hoffman, also 15, follows for second in 23:10**



**Sue Strout, 54, takes third in 23:35.**



**Paige Sierra goes for the Master's win in 23:38.**



**Matt Mahoney, 1st 50-54  
20:46**



**Tristen Webbe, 3rd 30-34  
22:37**



**Greg McKay, 1st 60-64  
26:51**



**Cyndi Bergs, 1st 35-39  
27:11**



**Henry Campbell, 1st 70-74  
36:52**



**Jack Lightle, 1st 75+  
27:39**



**Walkers and runners of all ages came out to support their community after tropical storm Fay passed through.**



# 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.

ASICS  
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





# INAUGURAL 2009 MELBOURNE & BEACHES MUSIC MARATHON ENTRY

## SUNDAY, FEBRUARY 8TH, 2009

### 1/2 MARATHON & 5K

Official Use Only

<input type="checkbox"/>	MARATHON
<input type="checkbox"/>	1/2 MARATHON
<input type="checkbox"/>	5-k

Register online @ [www.themelbournemarathon.com](http://www.themelbournemarathon.com)  
 Complete Entire Form Mail entries not accepted after 12/31/08

Please print neatly using capital letters. O.K. to photocopy (do not alter size). One entry per form please.  
 Mail completed form and fee to: Smooth Running, P.O. Box 33100, Indialantic, FL 32903

Name (First) \_\_\_\_\_ (Last) \_\_\_\_\_

Address \_\_\_\_\_ Apt.#/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip or Postal Code \_\_\_\_\_

Country \_\_\_\_\_ Phone(Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

M	F	*Birth Date	*Age on Race Day	Estimated Finishing Time	Fastest Previous Time

\*Age divisions calculated by birth date \*Minimum age is 18 for the Marathon \*Minimum age is 12 for the 1/2 Marathon

**WAIVER: (Must be signed)**

**RELEASE AND WAIVER OF LIABILITY AGREEMENT**

ALL PARTICIPANTS IN MARATHONS, EVENTS AND ROAD RACES OF OTHER DISTANCES CONDUCTED BY SMOOTH RUNNING, LLC AND THEIR RELATED EVENTS ("EVENT") ARE REQUIRED TO, AND HEREBY DO, ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, and successors hereby fully and forever releases, waives, discharges and covenants not to sue Smooth Running, LLC, its affiliated corporations and charities, the host city(ies), county and state, USATF, any and all municipal agencies whose property and/or personnel are used or in any way assist, all sponsoring or co-sponsoring companies or individuals related to the Event together with their officers, directors, shareholders, successors and assigns, (collectively "Releases") from all liability to the Athlete and his/her personal representatives, assigns, heirs, executors, and successors for any and all loss(es), damage(s) and any and all claims or demands therefore, on account of injury to Athlete, his/her property or resultant death, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with Athlete's participation in the Event. Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Event. Athlete is fully aware of the risks and hazards inherent in participating in the Event and hereby elects to voluntarily participate, knowing the risks associated with the Event. Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the Event. Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. Athlete acknowledges that the entry fee paid is non-refundable and non-transferable. Athlete acknowledges and agrees that Smooth Running, LLC, in its sole discretion, may delay or cancel the Event if it believes the conditions on the race day are unsafe. In the event the Event is delayed or cancelled for any reason, including but not limited to: fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including without limitation, rain, hail, hurricane, tornado, earthquake), or any other cause beyond the control of Smooth Running, LLC there shall be no refund of the entry fee or any other costs of Athlete in connection with the Event. The Athlete hereby grants to The Medical Director of the Event, and his/her agents, affiliates and designers, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. Athlete understands that they have the right to refuse medical care and advice of Event medical directors and representatives; if Athlete's medical condition becomes such that the Athlete's mental capacity is questioned, the physician has the right to recommend and initiate treatment of Athlete. It is understood and agreed that Athlete hereby assumes liability for any and all medical expenses incurred as a result of training for and/or participation in the Event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services. Athlete warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing Athlete to participate in the Event. **ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT**

Signature of Athlete \_\_\_\_\_ Parent/Guardian Signature if athlete is under 18 \_\_\_\_\_ Date \_\_\_\_\_

IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission in the Marathon, Half Marathon or 5-k. The signature has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (paragraph above signatures and by signing below intentionally and voluntarily agrees to its terms and conditions. The signature further certifies that my son/daughter is in good physical condition and is able to safely participate in the Marathon, Half Marathon or 5-k. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

**THERE IS A 6 HOUR TIME LIMIT FOR THE FULL MARATHON. IF YOU CANNOT FINISH BEFORE THAT TIME, YOU WILL NOT BE ALLOWED TO FINISH THE RACE AS ROADS MUST REOPEN.**

Additional contribution for Lance Armstrong's LiveStrong Foundation \$ \_\_\_\_\_

Additional contribution for the Brevard Symphony Orchestra \$ \_\_\_\_\_

**FEES: Shirt Size (circle one): S M L XL XXL**  
 Includes family-friendly street party and concert, plus entrant T-shirt.

Marathon Entry (to 9/30/08)	\$70	\$ _____
Marathon Entry (10/01/08 to 11/30/08)	\$80	\$ _____
Marathon Entry (12/01/08 to 01/15/09)	\$90	\$ _____
Marathon Entry (01/16/09 to 02/05/09)	\$100	\$ _____
Marathon Entry at Expo	\$120	\$ _____
1/2 Marathon Entry (to 9/30/08)	\$55	\$ _____
1/2 Marathon Entry (10/01/08 to 11/30/08)	\$65	\$ _____
1/2 Marathon Entry (12/01/08 to 01/15/09)	\$75	\$ _____
1/2 Marathon Entry (01/16/09 to 02/05/09)	\$85	\$ _____
1/2 Marathon Entry at Expo	\$100	\$ _____
5-K Entry (to 9/30/08)	\$25	\$ _____
5-K Marathon Entry (10/01/08 to 11/30/08)	\$25	\$ _____
5-K Marathon Entry (12/01/08 to 01/15/09)	\$30	\$ _____
5-K Marathon Entry (01/16/09 to 02/05/09)	\$35	\$ _____
5-K Marathon Entry at Expo	\$40	\$ _____

Any overpayment will be donated to official race charities.

**TOTAL ENCLOSED \$ \_\_\_\_\_**