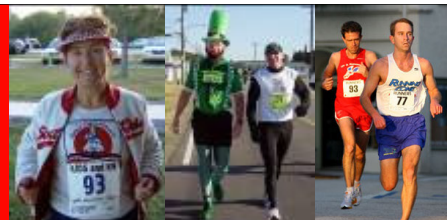


# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 30, WEB ISSUE 3

OCTOBER 2008

## Columns and Stories

Moving with Marty	3
The Passing Lane: Remembering George Sheehan	6
A Mile With... Thera Miller	10
Marathon Maniacs - 3 tales	14
SCR Discounts	19
Attention: WALKERS!	20
We Want YOU!	22
SC Radio Report	26

## Race Ads

ROY Series	4
SCR Youth Series	5
Zachery Project 5K	8
Witch Way 5K	9
Pumpkins in the Park 5K	12
Space Coast Classic 15K	13
Sun N' Fun 4/2-Miler	18
Light Fest 5K	19
Turkey Trot 5K	21
Space Coast Marathon and Half Marathon	23-25
Jingle Bell 5K	26
Reindeer Run 5K	27
Melbourne & Beaches Music Marathon	28

## Road Racing

Get up and Go 5/10K	29
Turtle Trot 5K	31
Fall N2 Winter	33



## FALL INTO WINTER KICKS OFF NEW RUNNER OF THE YEAR SEASON

Mickey Hooke, right, out-kicks Ed Springer as they approach the finish line of the Fall Into Winter 5K, the first of the nine-race Space Coast Runners Runner of the Year Series. Story and Cedric Ching photos begin on page 33. Above photo provided courtesy of Ken Horton from his gallery at <http://www.icunphotos.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.apollorealtyinc.com/>



<http://mahoney4.home.netcom.com/scr/08sc15k.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



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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

I think we have all participated in surveys asking why we run certain races or what we consider the most important factors when deciding which races to run.

Most surveys reveal that accurate and timely results are a must. Regardless of the scoring system we use, with the possible exception of chip timing, we as runners can help ensure accurate and timely results.

The only mechanism that volunteers have when doing non-chip timing is the race numbers we wear which helps ensure that the runner is registered. If the runner is wearing a race number then that runner is scored when he or she crosses the finish line.

However, if a runner decides to go back out on the course and find a spouse, son, daughter, mother father, sibling, friend, etc

and then run that runner back to the finish line for support, then that runner is wrongfully scored a second time. Let's say this person crosses the finish line for a second time and is scored as the 100th finisher. The real 100th finisher is scored as the 101st finisher.

Now when the results are tabulated using the pull tag system, we have one less runner than finishing times. We don't know where the error occurred unless the volunteers pulling the tags inserts a blank tag for the finisher who no longer had a pull tag. If the "error" is not caught, every finisher after 100 will have the wrong time.

Obviously, if this happens more than one time then this complicates the results even more. The card system has a similar problem but is a little easier to find the error. Regardless, at best, the results tabulation takes more time.

You may be thinking it's OK to cross a second time if you take your race number off. No, it still creates problems. We score/time every runner who crosses the finish line since there are runners who sometimes pin their race numbers to the back of their shirts or may have taken their shirt off during the race. So it doesn't matter if you have a race number or not, you still mess up the timing.

The same thing happens if you have a non registered runner jump in at the last minute and run with you across the finish line so you can have your picture taken with this special person. This happens a lot more

than you realize. Fortunately, we usually see the "invited guest" jump onto the course and it is usually the registered runner's son or daughter. Most of these occurrences, if not all, happen just out of not knowing any better.

However, the Bandit Runner usually does know better. A bandit is a runner who does not register for the race, runs the course and crosses the finish line with no intention of being scored.

There are times when we have an idea that someone is crossing or has crossed the finish line for a second time. We then have to have someone find this person and ask if they have crossed for the second time, or if they are registered or not and did they or did they not take a finish line card (if applicable). All of this slows down the results tabulation, at best, and often messes up the scoring for those people finishing after this person.

With the start of a new racing season, if you want to help ensure accurate and timely scoring, then do not cross the finish line more than one time and do not have a non registered runner cross the finish line with you. On behalf of all Race Directors, thank you in advance for helping.

Rest if you must,  
just don't quit,

*Marty*

Marty



# 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

### Space Coast Classic 15K

November 8, 2008  
Time: 7:30 a.m.  
Windover Farms, Melbourne  
www.spacecoastrunners.org  
See page 13 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 23 of this newsletter

### Reindeer Run 5K

December 13, 2008  
Time: 8 a.m.  
Cheri Down Park, Cape Canaveral  
www.runningzone.com  
See pages 27 of this newsletter

### 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

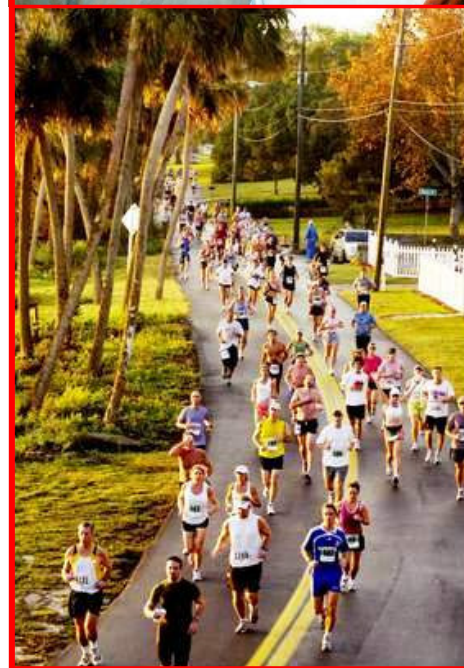
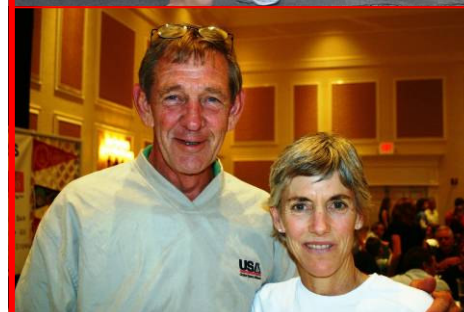
March 14, 2009  
Time: 10K-8 a.m.; 2M-8:10 a.m.  
Eau Gallie Cswy, Melbourne  
Marlene White, 783-6535  
marlenewhite@cfl.rr.com

### 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 a blast!!**

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*

### Remembering George Sheehan

I've had several running heroes over the years. Among them are Frank Shorter, who signed my San Francisco Marathon poster in 1993; Joan Benoit Samuelson, from my home state and who I interviewed for my radio program last year; Bill Rogers, who I hope to interview here in February; and *George Sheehan*.

To many of you, his may be the least known of those four names. I heard George Sheehan speak at a fitness fair in Dallas in the 1980's. And I quickly became a disciple of his as I read his monthly columns in "Runner's World". Both his talks and writings were highly inspirational.

After running a 4:19 mile in 1939 and graduating from Manhattan College in 1940, Sheehan stopped running. He gained his medical degree, served in the U. S. Navy and opened a cardiology practice in New Jersey. Then at age 45 he took up running again, completing his first Boston Marathon the next year.

In 1969 he ran a 4:47 mile--the first sub 5 minute mile ever run by a 50 year old. He began his "Runner's World" column in 1970 and his book "Dr Sheehan on Running" was published in 1975 to the delight of runners who were flocking to the running movement.

His second book, "Running and Being" spent 14 weeks on the *New York Times* Best Seller list, providing insight into the mental aspects of running and how it relates to one's overall quality of life.

At age 60, Sheehan ran the Boston Marathon in 3:01 and in 1984 completed his 21<sup>st</sup> consecutive Boston Marathon. He raced constantly, usually finishing all out and in an exhausted state as he gave his utmost effort to his addition to running.

Then in 1986, he learned from his friend Dr. Kenneth Cooper, that he had advanced prostate cancer. He valiantly battled the cancer for seven years, continuing to race until just three months before his death 15 years ago on November 1, 1993--just four days prior to his 75<sup>th</sup> birthday.

His passion for running was so great that in 1989 he stopped his cancer treatments because he thought it was slowing down his times. He proceeded to run a 2:48 800 meters in World Veterans in 1989, finishing seventh in the 70-74 age group. And he got his time down to under 36 minutes for a 5-miler.

But then the pain returned. "The pain came like a great white shark", he said. "It was ferocious and I could no longer go on without the medication".

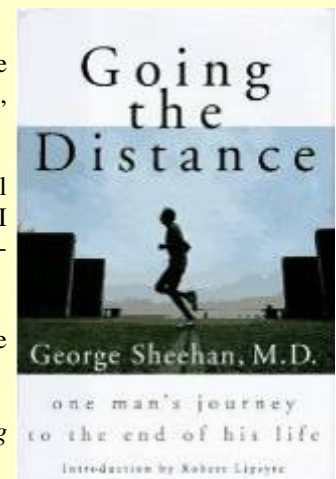
While Sheehan's discipline made him a first class runner, it was his writing that set him aside and gained him so many followers. He didn't write about the "how tos" of running, but rather about the mental aspects of running--the self-discovery that is the result of being a competitive runner--of being all that you can be.

Until the last few weeks of his life, Sheehan continued to document his feelings and experiences in the book "Going the Distance", published after his death. In the book, he shared his initial anger, his fears, and his pain as he courageously made his final journey.

In an interview about the book he was writing he said "I'm experiencing the emotional, psychological and spiritual challenges that are offered by the death experience. And I'm writing about them, just as I did about my running. The method is identical. It's just that the two experiences are diametrically opposed. One is about reaching for peak performance, the other about atrophy and oblivion".

It's a touching and inspiring book that will leave you in tears of respect and admiration for George Sheehan.

*Note: In a future article I will acquaint you with some of Sheehan's inspirational quotes on the running life.*





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***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**



**3rd Annual  
ZACHARY PROJECT MALL DASH  
5K RUN/WALK  
& FIRE DEPARTMENT OPEN HOUSE**

**ALL PROCEEDS TO BENEFIT THE ZACHARY PROJECT**

**SATURDAY, OCTOBER 11, 2008 AT 7:30 AM**

Melbourne Square Mall \* Melbourne, FL

**FREE - Junior Firefighters Fun Run Following Adult Race**

**AMENITIES:**

- Door Prizes
- Fun Race Packets
- Plenty of Refreshments

**TIMETABLE:**

**Friday, October 10<sup>th</sup> – 10:00 am – 6:30 pm**  
Packet Pickup & Registration at Running Zone  
across from Wickham BCC Pavilion

**Saturday, October 11<sup>th</sup> – Melbourne Square Mall**  
(1700 West New Haven Ave. - In the Parking Lot Between  
Dicks Sporting Goods and Macy's.)

6:00 am Packet Pickup & Registration  
7:15 am Late Registration for 5k ends  
7:30 am 5k Start!!!  
8:45 am Junior Firefighters Fun Run - FREE!

\*Awards Ceremony immediately following all races

**AWARDS:**

5K – Top 3 Overall M-F, Top Masters (40+), Top 3 Team Challenge. Fastest Firefighter and Fastest Fire Department.  
Age Groups (top 3 male & female)

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

**FEES:**

Postmarked by	Oct 3 <sup>rd</sup>	Late
5K Run	\$20	\$25

**ZACHARY PROJECT 5K OFFICIAL ENTRY FORM**

Send completed entry form with fee to: The Zachary Project, PO BOX 343, Melbourne Florida 32902

Make check payable to: The Zachary Project

Name \_\_\_\_\_ Team name \_\_\_\_\_  
 Address \_\_\_\_\_ Firefighter: Yes (please circle if yes)  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_  
 Sex:  Male  Female Please note shirt size:  S  M  L  XL

**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 Fireman Zachary Project 5k 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 \_\_\_\_\_



# First Annual Indialantic Witch Way 5K Walk/Run

7:30 a.m., Saturday, October 18, 2008

To benefit in part  
The Sea Turtle Preservation Society

### Registration and Check-In:

We encourage you to help the race organizers by using early packet pick-up which will be available at Running Zone on Friday, October 17, 2008. Day of race registration and check-in for race packet pick-up will be 6:00 a.m. to 7:15 a.m. at race headquarters at Nance Park & the Indialantic Boardwalk, Indialantic Beach.

Registration forms are available at [runningzone.com/calendar](http://runningzone.com/calendar), [witchway5k.com](http://witchway5k.com), The Running Zone on Wickham Rd., or visit Indialantic Town Hall on 5th Avenue in Indialantic in person.

### Application:

Mail 2008 Indialantic Witch Way 5K Race Applications, along with a check made payable to Town of Indialantic to the following address:

Witch Way 5K, Town of Indialantic  
216 5th Avenue, Indialantic, FL 32903

### Entry Fees:

Entry fees are non-refundable.

\$25 ages 15 - 64 years —\$30 after 9/13/08

\$20 for 7-14 years & 65 or older—\$25 after 9/13/08

### Awards:

Award packages will be given for the following categories (both male and female in each):

- Overall - 1st, 2nd, 3rd
- Master (40+) - 1st
- Age Groups - 1st, 2nd, 3rd:
  - 7-9
  - 10-14
  - 15-19
  - 20-24
  - 25-29
  - 30-34
  - 35-39
  - 40-44
  - 45-49
  - 50-54
  - 55-59
  - 60-64
  - 65-69
  - 70-74
  - 75+
- Ribbons to all participants age 2-6 in Kiddie Beach Fun Run



### Course:

A unique one-of-a-kind course will start at Nance Park and follow Wavecrest, enter the Indialantic neighborhood and take runners through parks and along a shaded bike path and back to Wavecrest to end at Nance Park.

### More information:

For additional information, contact Running Zone at 321-751-8890, [www.runningzone.com/calendar](http://www.runningzone.com/calendar) or visit [www.witchway5K.com](http://www.witchway5K.com)

### Directions:

I-95 to Melbourne exit US-192, go east on New Haven Ave. for approximately 5 miles, cross US-1 and Melbourne Causeway to A-1-A, turn left to Nance Park on right.



.....

Age \_\_\_\_\_ Gender M  F

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Street Address \_\_\_\_\_

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

Phone \_\_\_\_\_ e-mail address \_\_\_\_\_ Shirt size: S  M  L  XL

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against the Town of Indialantic, Running Zone Race Management, Inc. and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Indialantic Witch Way 5K Run. 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 responsibility for this action. I attest that I am physically fit and have sufficiently trained for the competition of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Applicants signature or  
Parent/Guardian signature - under 18 applicants \_\_\_\_\_

# A Mile With... Theresa Miller

**Name:** Theresa Miller

**Family:** Husband Jim; daughters Kristen (23), Melissa (21); son James (our Marine - 19).

**Occupation:** Software Engineer for a government contractor in Washington DC.

**Number of Years Running:** Forever.....I think!

**Began Running To:** Get a break from the kids. :)

**I Knew I Was Hooked When:** I found my Up and Running friends!

**Race PRs (Personal Records):** 5K-22:50; 10K-47:50; 15K 1:13:18; half marathon 1:50:17; marathon 3:57:23.

**Most Satisfying Race Performance(s):** Gasparilla Marathon – thanks Kim and Kara for helping to make my dream a reality! (Ed note: Theresa qualified for Boston at the 2008 Gasparilla Marathon)

**Favorite Race(s):** Gasparilla marathon, Space Coast half marathon, Disney half, Moss Park Tri's.

**Favorite Place(s) to Run:** River Road of course, thanks to Space Coast Runners (Linda and Suzie) that's where all the action is!

**Running Partner(s):** My Up and Running teammates :)

**Funniest or Oddest Thing I've Seen While Running:** Definitely the oddest thing was a police officer telling me and my daughter we had to go home and couldn't finish our run during the 2002 DC sniper attacks.

**Training Philosophies:** DIG DEEP!

**One Piece of Advice That I Would Give to a New Runner:** Take it easy!

**Other Sports& Interests:** Swimming, Biking.....I'm game to try just about any sport!

**Favorite Reads:** James Patterson.

**Favorite Movies:** You have to sit still to watch a movie!

**When Nobody is Looking I Like to:** Do gymnastics.

**Favorite Meal:** Chocolate (it's not a meal, but sometimes it counts).

**Dream Vacation:** Anywhere there is sunshine and the beach!

**I Think That SCR Could Do A Better Job:** I love that they put the newsletter online!



# YADA, YADA, YADA



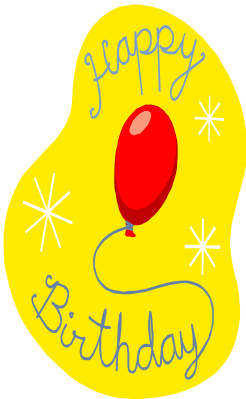
**THANK YOU**

To all who **helped with this month's newsletter:**

Rick Andrews at <http://www.andrewsphotogallery.com>/Apollo Realty, Carol Ball, Cedric Ching, Ron Hoar, Ken Horton at <http://www.icunphotos.com> Theresa Miller, Running Zone, Loran Serwin, Rebecca Sparks, Marty Winkel, and Fiona Wright.



A red-carpet roll-out for **new members** Andrew Baez, Rockledge; Carl Bonds, Merritt Island; Emily and Ethan Campbell, Rockledge; Kate Chapman, West Melbourne; Noah Davis, Merritt Island; Melanie and Dennis Delman, Melbourne, James Fain, West Melbourne; Brandon Holst, Cocoa Beach; Tanya Kuelbs, Melbourne; Brent Mitchell, Melbourne; Jeff Poor, Rockledge; Margaret Racine, Mims, Bob and Gina Rall, Merritt Island; Chad, Christine and Emma Risch, West Melbourne; Jeff, Kim, Sheila and Tom Sanders, Rockledge; Tracy Seibert, Melbourne; Gabriela, Michael, Paula and Steven Shenbaum, Melbourne, Kristen Strout, Merritt Island.



**Happy October Birthday** to (1) Gwen Severson (2) Jason Grisham (3) Dennis Delman, Drew Spray (5) Susie Koontz (7) Gary Castner (8) Gabriela Filippelli (9) Nancy Cross, Dave Farrall (10) Gina Caccamo, Savannah Hicks, Rhianon Rowan, Haskell Walker (11) Rhonda Butler, Michael Ellison (12) Mary Ramba (13) Robert French, Charlie Van Etten, Frank Webbe (14) Tracie Donnelly (15) Dylan Maltby, Nicholas McNamara (16) Dan Grieshaber, Jack Lightle, Michelle Smurl (17) Carlton Parks, (18) A.J. Cantanese, Marvin Ferebee, Terry Ferrisi, Chris Howe (19) Earl Cooley (20) Connie Maltby (21) Robert Sorrentino (23) Danny Barrett, Rich Patisaul (24) Martha Andes, Steven Schiff (25) Casey Barrett (26) Don Hawkinson, Robin Petersen (27) Jeff Poor (28) Laurie Ellison, James Fulks, Katherine Putnam.



**WANT MOUSE?** My name is Tracy Draper and I am the Team Captain for the NF Endurance Team for the Disney World Marathon Weekend. The purpose of my letter is to let you know that we have approximately 35 slots available for the Marathon and one slot for the Goofy Challenge. If you would be so kind as to pass this information on to your club members, they could get to run the race without having to pay an entry fee. The Children's Tumor Foundation will do that and the only stipulation is that the runners raise \$500 for CTF. For more information on the NF Endurance Team, go to [www.CTF.org/endurance](http://www.CTF.org/endurance), email [http://us.mc655.mail.yahoo.com/mc/compose?to=nfendurance@ctf.org](mailto:us.mc655.mail.yahoo.com/mc/compose?to=nfendurance@ctf.org) or call 800 323 7938 (ext 251).



**CONGRATULATIONS** to local Ford Ironman Louisville finishers Ray Boggs, 15:25:24; Pete Carabetta, photo left, who after months of injury placed 5th in the 60-64 age group in 15:00:02; Ed Donner, 11:24:42, right and this was his third 2.4-mile swim, 112-mile bike and 26.2-mile race this year; and Shawn Schaffner, 14:06:12.







The Junior League of  
Central & North Brevard

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

**Second race of the season!**

# PUMPKINS IN THE PARK 5K RUN & FITNESS WALK

**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

# ALOHA from the Space Coast Classic 15K & 2 MILE

A Space Coast Runner of the Year Event



## 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.*

## 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](mailto:mcbergs@att.net)  
<http://spacecoastrunners.org>

## 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



# FIFI CONQUERS THE PACIFIC NORTHWEST

By Fiona Wright  
Capital City Marathon  
Olympia, WA, May 18, 2008

Wayne and I had originally planned to run Yakima Marathon in WA, April 2007. Unfortunately Wayne had open heart surgery a couple of weeks prior to the event and so we cancelled. This left Washington State on my list of 50; not the cheapest place to get to. I carefully watched the Southwest Airline fare specials until I saw Seattle in May going for a great price. I quickly referred to my favorite web site – marathonguide.com – and discovered the Capital City Marathon was due to be run in Olympia, WA, on May 18. I made my reservations, found some friends to stay with in Tacoma, and I was off to Washington, home of Starbucks, Windows and Frasier.

I flew into Seattle on Thursday, and spent Friday exploring it. What a beautiful city. I ate lunch in the revolving restaurant atop the Sky Needle. After resisting the urge of motion sickness, my companion and I consumed a delicious lunch then walked around the viewing deck.

Saturday, my host took me to Mount Rainier State Park. Being one day before a marathon I resisted all temptation to start hiking up the mountain. I'll save that challenge for another day. After my mountain adventure I drove into Olympia to the expo which was outdoors in Sylvester Park, opposite the Old Capitol Building. Fortunately I had brought good weather with me so neither the expo nor the race were rained out.

My hosts were both marathon runners, but for logistical reasons neither of them were running this particular race. Sunday morning I ventured into Olympia for the race all by myself, but I wasn't alone for long. There was an impressive showing of Marathon Maniacs there. We all got together before the start of the race, exchanged lies and fantasies, made our standard excuses why we weren't expecting to run well (injuries, illness, etc), wished each other well and got on our way.

My first visit to WA was several years ago for a December wedding. This was the first time I'd been there in the Spring. I was delighted by all the beautiful blossoms and flowers everywhere. The city was a flood of color. The race started at Sylvester Park and proceeded through multiple neighborhoods of Olympia, running for several miles next to the Capitol Lake and finishing just past the Capitol Building on the other side of the park. It had all the charm of a small race, there being only 315 finishers. I enjoyed the course and stopped to smell/admire the flowers on multiple occasions. I crossed the finish line in 4:51. I was feeling good so I hung around the park for a while visiting with some of the Maniacs. Finally, I made it back to Tacoma for my habitual "after-marathon-nap". I was awakened a few hours later and invited to a backyard BBQ. It just doesn't get any better than that.

I've now covered all the western coastal states and after I run New Mexico I'll have the entire west done. Phew! It's a lot of time and effort going to these places but definitely worth it. Even though I wasn't born in the USA I've been fortunate to visit most of the states. This really is a great country ... thanks for letting me stay. Until the next time may your shins never splint.

On on!





# LOST DOG IN FL HELPS A PERSONAL WORST IN CT

By Fiona Wright

NipMuck Trail Marathon, Ashford, CT, June 1, 2008

Last year some of my Boston Boys told me about the challenging NipMuck Trail Marathon in Ashford, CT. If you're curious where Ashford is - or the NipMuck Trail - I can only suggest that you Google it as I have no clue. I read the web site and could not stop laughing. There's a lot of tongue-in-cheek humor that makes it worth reading. To quote one of my friends: "OMG! Have you read this? Are you really going to do it?" Of course I was! I needed Connecticut for my 50 states quest and there are rumors abound of my maniacal status. One must always live up to one's reputation, be it good, bad or ugly.



Trail marathons are slower than street marathons because of the terrain. What you lose in time you make up for in fun. Furthermore, when you're slowly pounding 26.2 miles of dirt instead of hustling the same distance on hard black-top, you tend to have minimal pain the next day. Prior trail marathons I had run between 6:00 and 6:36. My standing PW of 6:36 was the Wickham Park Marathon in May 2005.

I was originally planning on running this race with my boyfriend but the night before we were scheduled to leave, his dog decided to take a powder. We were up all night looking for her, to no avail. She just wasn't ready to come home. The next morning he stayed home to continue the search. It was hard leaving him but I had to go. As it turned out I made the right decision.

I was staying with one of the Boston Boys. The night before the race he invited a group of his friends and fellow runners over for our own little pasta party. Everyone went to great lengths to describe this challenging race to me; the excitement was rising.

Boston MA is a long drive to Ashford CT so we were up very early the next morning to get to the start line before 8 AM. I was still dealing with a sleep deficit from the night I'd spent looking for the dog. Did I ever mention that sleep prior to a marathon is just as critical as training and eating right? The obligatory pre-race talk from the RD was a mixture of humor and safety. Those of us who had never run this race before, we had "FALL RISK" stickers applied to our bibs. I'm not sure if this was a real safety feature or an excuse to ridicule the uninitiated.

The trail was up, down, twisty and full of turns. There were plenty of tree roots and rocks to trip over. I'm happy to report that even though I tripped many times, I didn't actually fall (I should have ripped that sticker off my bib). The weather was quite warm and humid which was to be expected. I ran with my Boston Boys for the first couple of miles but then I couldn't keep up. I was very tired and having a hard time maintaining my pace. Little by little I kept falling further back until I was keeping company with the back of the pack. I found a Marathon Maniac friend who was heading in the wrong direction. The trail wasn't marked very clearly but we were finally able to locate the correct route.

Trail marathons do not have miles markers. There are aid stations every few miles where the volunteers have a vague idea what mile you might be at. This makes it a bit of a guessing game. As I previously mentioned, I was expecting to run between 6 and 6.5 hours. As the 6 1/2 hour mark came and went I was still deep in the woods looking for the Gingerbread House. The volunteers were still manning their stations and the sun was shining so I knew I wasn't in the Marathon Twilight Zone. Nevertheless, it's a bit spooky being in the middle of nowhere trying to follow a sparsely marked trail and hoping the finish line might be over this next rocky ridge.

After 7 hours and 26 minutes I emerged from the woods onto a dirt road. At first I thought it was another aid station until I heard my Boston Boys cheering for me. I usually don't bore my readers with statistics but just for kicks and grins here they are: age group 11/11; gender 55/55; overall 208/212. I was 4 runners short of being DFL (dead flippin' last). In lieu of a medal, I was given a small log with a sticker on it commemorating my achievement. This caused a flurry of activity the next day at airport security, but that's another story.

Morals of the story (or plausible excuses): (1) You must get enough sleep before embarking on these endurance events. (2) Keep your dog on a leash. (3) Don't get lost in the woods.

Post Script: I was awoken at 2 AM by the phone. The dog had decided to come home unharmed. We'll never know what happened to her because she refuses to tell us. Little bitch!



## SPACE COAST RUNNERS DO GRANDMA'S

By Fiona Wright

32<sup>nd</sup> Grandma's Marathon, Duluth, MN, June 21, 2008

Wayne and I had planned on running the famous Grandma's Marathon as our MN race since 2005. For scheduling reasons we hadn't been able to do it until this year. Duluth is a small town hosting a large race. This year the marathon boasted 6,900 finishers - 114 of whom were Grandmothers – and 5,400 half marathon runners. The city's resources were stretched to the maximum accommodating so many runners. As this is typical, anyone wishing to run this race is wise to make their arrangements in advance and, if possible, share with another runner. Space Coast Runners Ruth Rodriguez and Karen Sanchez teamed up for this race as did Wayne and I.

During the course of our outward journey to Duluth, Wayne found a lone runner wandering aimlessly. Runners are easy to spot not because of their fabulous physique (yeah right) but because they usually wear interesting tee shirts. This pleasant chap was Eric from NC, and seen as we had a car he spent most of the weekend with us.

We did the usual trip to the expo, ate the free samples and socialized with other runners from around the country. That evening we enjoyed more camaraderie at the pasta dinner.

We were bussed to the start line which was just outside of Two Harbors, Minnesota, next to an auto dealership. Running parallel to the road was the railroad track where there was a tourist type of train rolling back and forth. I guess 7,000 marathon runners were a sight to behold. The race started promptly at 7:30 AM. It was a point-to-point course run on Old Highway 61 along the north shore of Lake Superior and finishing in Canal Park, Duluth. The terrain was mostly flat with a few small bumps and one large incline just before mile 22.

This being the 32<sup>nd</sup> year of Grandma's Marathon, everything was extremely well organized. It seemed as though every citizen of Duluth was involved in this race. Some were volunteering but most were cheering. Many of the spectators were in costume including Shrek and Elvis (several times over). Our being there to run their race was a cause for great celebration and vast quantities of beer were consumed (Miller Lite was one of the main sponsors). In one of the rural suburbs there was a string quintet playing some Mozart for our running pleasure. One yard we ran by featured hand-made, wrought iron fire breathing dragons. One of the water points was manned by the MN National Guard. At MM 20 there was a sign stating "YOU'RE LOOKING GOOD AT MILE MARKER 20". I looked OK ... "GOOD" would be a stretch. As we ran into Duluth we were greeted by bagpipers in full Scottish costume. I've seen bagpipers at many US marathons but not at the race I did in Scotland in 2005. I suspect this may be because the Scottish people don't like the sound. I ran past Bob Dylan Way, a footpath that courses through the town in honor of its own poet and songwriter. Finally I crossed the finish line in 4:47, right next to Grandma's Saloon and Grill AND Grandma's Marketplace. "Grandma" was quite the businesswoman. Wayne was waiting for me with a cold beer. As we wandered around the



Getting ready to celebrate their finishes at Grandma's are from left to right: Eric from NC; Ruth Rodriguez, Karen Sanchez, Fiona Wright, Wayne Wright.

finish area looking for Eric from NC, we found Karen and Ruth from FL. We all exchanged stories, compared identical medals, congratulated each other and planned to get together later.

That evening all five of us dressed in identical tee shirts and wearing our medals squeezed into Wayne's rental compact (Wayne, Eric, Karen, Ruth and me). We found a restaurant called "Grandma's". Wow! What a coincidence. That's what our tee shirts said. After a sumptuous dinner we went out drinking and having fun with another group of runners wearing the same tee shirt as us. Another coincidence!

I enjoy most of my marathons but I think Grandma's goes in my top ten of favorite races. I'd even consider running it again but not until I've finished the 50 states (13 left).

# 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)



# FREEDOM 7 ELEMENTARY SCHOOL'S MILEAGE CLUB PRESENTS THE ***SUN 'N FUN RUN***



## Race Information

**Race Date** Saturday, November 15, 2008  
**Race Time** 8:00 am - 4 Mile and 2 Mile Run/Walk  
 9:00 am - Family Fun Run  
**Location** Rusty's in the Cove at Port Canaveral  
**Events** 4 Mile and 2 Mile Run/Walk  
 Fun Run for all ages (1/4, 1/2, 1 mile)



**Race benefits the Freedom 7 Mileage Club, an extra-curricular running program for students.**

## Entry Fee & Registration

### **4 Mile and 2 Mile**

- \$ 20 Registration
  - \$ 17 Early Registration (*by November 5*)
  - \$ 13 Students through Grade 12 and Freedom 7 Staff
  - \$ 10 3rd + family member *preregistered*
- Technical Shirt with 4 mile & 2 mile entry fee

### **Fun Run**

Free - Register race day (No shirt)

### **By Mail**

Mail entry form below with check payable to Freedom 7 APT

### **On-Line**

At [www.Active.com](http://www.Active.com)

### **Race Day Registration**

from 7:00 to 7:45 am at Rusty's, Port Canaveral

**For More Information, contact Marlene White (321) 783-6535 or [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)**

## Awards

**Overall** 1st, 2nd, 3rd Male and Female

**Master** 1st Male and Female 40+

**Age Group** 1st, 2nd, 3rd Male and Female \*

**Freedom 7 Students and Staff** First Male and Female Freedom 7 Student and Teacher

\* Five year age groups as follows:

**4 Mile** Starting 0-9, 10-14, 5 year age groups thereafter to 70+

**2 Mile** Starting 0-8, 9-11, 12-14, 15-19, 10 year age groups thereafter to 70+

*No duplicate awards*

### **Sponsored by**



**GORDON & CORNELL**  
ATTORNEYS AT LAW

Mail entry to: Freedom 7 APT, Freedom 7 Elementary School, 400 Fourth Street South, Cocoa Beach, FL 32931

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on 11/15/08 \_\_\_\_

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

Phone \_\_\_\_\_ Sex \_\_\_\_ 4 Mile \_\_\_\_ 2 Mile \_\_\_\_ (*Choose One*)

**T-Shirt (Choose one):** YMed YLrg Sm Med Lrg XL XXL **Freedom 7:** Student Staff Alumnus

I hereby release Freedom 7 Elementary School of International Studies, the Brevard County School Board, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the Sun 'N Fun Run and further state that I am in proper physical health and condition to compete in said runs.

\_\_\_\_\_  
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 (Please read)

**SEND APPLICATION TO:** Eau Gallie Rotary Club, P.O. Box EG501, Melbourne, FL 32936-0501 (or drop off at Running Zone). Check 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)

NOTICE: I know that running in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the 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) \_\_\_\_\_





# **ATTENTION SPACE COAST WALKERS**

***NEW WALKING GROUP STARTING SUNDAY, OCTOBER 5, 7AM  
COCOA PUBLIC LIBRARY ON INDIAN RIVER DRIVE  
MEETING SUNDAYS 7AM, AND TUESDAYS AND THURSDAYS, 6 PM***

***IF YOU ARE INJURED, CANNOT RUN, OR JUST PREFER WALKING,  
YOU ARE WELCOME TO JOIN US FOR EXERCISE AND CAMARADERIE!  
PRE-WALK STRETCHING, WALK ANY DISTANCE, FLUIDS PROVIDED BY  
SPACE COAST RUNNERS***

***CONTACT: CAROL BALL [CBALL1@CFL.RR.COM](mailto:CBALL1@CFL.RR.COM) (321) 454-9461***



# Space Coast Art Festival Turkey Trot 5K

**Thanksgiving Morning 7:30A.M.**

## 5K Road Race / Walk and Youth Run

*A Cocoa Beach road race for runners and walkers on a certified course that goes through beautiful Cocoa Isles residential area! We will have a 1/4 and 1/2 mile Youth Run for the young gobblers and more! This is a great family affair!*

### Location & Schedule

Race starts and ends at the Bailiwick Mall  
 Located just North of Minuteman Cswy On Brevard Ave.  
 6:30 - 7:15AM Registration  
 7:30AM 5K Road Run/Walk  
 8:30AM Free Lil' Goblin 1/4 Mile Run, 1/2 Mile Run  
 8:45AM Awards Ceremony

### Awards

Unique Thanksgiving Awards will be presented to:  
 Top 10 Overall Male Finishers  
 Top 10 Overall Female Finishers  
 Top Masters Male & Female  
 and Top Turkey 12 lbs. Team  
*(No Duplicate Awards)*

### Costs

Entries Postmarked before Nov. 18th	\$18.00
Entries after that & on Thanksgiving	\$25.00
Family / Friends of Four Turkey Team	\$60.00

*(the Turkey Team must relay a 12 lb. turkey across the course, it can be swapped, rolled or tossed but must stay with the team throughout the 5K, You keep the turkey)*

**TEAMS MUST PRE-REGISTER!**  
 Make checks payable to:  
 Space Coast Arts Festival

Mail Complete Application To:  
 SIMPPA  
 600 Jackson Ct  
 Satellite Beach, FL 32937  
*(Race fees are non-refundable)*

### Pre-Registration

PRE-REGISTRATION INCLUDES  
 EXCLUSIVE ARTS FESTIVAL QUALITY T-SHIRT  
 POST-RACE REFRESHMENTS DOOR PRIZES  
 MUSIC, & MUCH MORE!

Questions? Contact Barbara Linton @ 321-223-8204

Join us Thanksgiving weekend for Cocoa Beach's  
 Annual Space Coast Art Show!!



The Turkey Trot 5K  
 Managed by:  
 SIMPPA Band Program

### Space Coast Art Festival 2008 Turkey Trot 5K

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone # \_\_\_\_\_ E-mail \_\_\_\_\_  
 Age \_\_\_\_ Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender: \_\_\_\_ Adult Sizes S M L XL Team Y N  
 Team Name \_\_\_\_\_

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

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (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.

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



# 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

**5k Run**  
**1 Mile Fitness Walk**



**Ballard Park**

**Saturday, December 6, 2008**

Race Start 8:00am. Check-in 7:00am  
924 Thomas Barbour Dr, Melbourne

**Dog Friendly ARFF-ritis Event**



**Prizes for top Finishers in 7 Age Categories**  
**Awards for Age Group Winners**  
**Fun Post Race Party with FREE Bloody Mary's and Mimosas by conch Key Grille\***

**Incentive Prizes for Fundraisers**  
**Jingle Bells & Long Sleeve T-Shirts**

\* with proper id



For information call **800-850-9455**



On-line registration: [www.arthritis.org](http://www.arthritis.org) or [www.active.com](http://www.active.com)



## 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. Tune into 94.1 FM and give them a listen!

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	TIMES
Monday	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.



CAPE CANAVERAL'S 12<sup>TH</sup> ANNUAL REINDEER 5K RUN/WALK FOR UNITED WAY OF BREVARD COUNTY

\*\*\*\*\*

L-O-N-G SLEEVED T-SHIRTS, REFRESHMENTS, KIDS FUN RUN, AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS

LOCATION: CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA. \*\*PARKING AT CAPE VIEW ELEMENTARY, 8440 ROSALIND AVENUE\*\*

TIME: 8:00 A.M. 5K RUN/WALK
9:00 A.M. SCR YOUTH SERIES RUN (1/4 mile, 1/2 mile & 1 mile fun runs) (FREE to kids 10 & under)
9:15 A.M. PRESENTATION OF AWARDS
9:45 A.M. DOOR PRIZES

DATE: SATURDAY, DECEMBER 8, 2007

PRE-REGISTRATION FEE: \$17.00 - BEFORE DECEMBER 1, 2007 (Space Coast Runners will receive \$1.00 discount - Pre-Registration Fee Only)

ON-SITE REGISTRATION FEE: \$20.00

RAIN OR SHINE!!

Complete this Pre-registration form, attach your check made payable to City of Cape Canaveral: Mail to: United Way of Brevard County, Attn. Bethanne Hull, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name First Name M.I.

Address

Telephone (Home) (Office)

Male Female Running Walking

Age on 12/8/07 D.O.B. T-Shirt Size S M L XL XXL (Circle One) \*\*The First 400 Registrants Receive T-Shirts\*\*

Restrictions: For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, 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 or entry or participation in the 12th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK. Signed Date (Signature of parent or guardian is required if participant is under 18 years of age)



# INAUGURAL 2009 MELBOURNE & BEACHES MUSIC MARATHON ENTRY

## SUNDAY, FEBRUARY 8TH, 2009

### 1/2 MARATHON & 5K

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 \$ \_\_\_\_\_**





# GET UP AND GO 10K and 5K

## September 13, 2008

### Titusville, FL



The inaugural Get up and Go 10K and 5K launched the first of the five-race 2008-09 Titusville Racing Series. Unique to this series is the fact that, although each race provides awards to the traditional top three, Masters and top three in assorted age groups, Series winners are determined by age-graded scoring.

Based on age, gender and thousands of studies, this method utilizes tables developed by the World Masters Association and converts runners' actual times to what they theoretically would have run in their prime. Tables here: <http://runningtimes.com/Article.aspx?ArticleID=8816>

It seemed appropriate that a pair of 40+-somethings took the top 10K spots. Art Anderson, 49, took his third win in four weekends as he crossed the line in 38:55 and Nancy Buonanni took the ladies with a 10K PR in 42:52. In the 5K, 19-year-old Taylor Collier grabbed the men's' in 19:46 with 54-year-old Sue Strout winning the women's' in 22:41.

Check out Rick Andrews race photos of the event and available for sale at:  
[http://www.andrewsphotogallery.com/gallery/5963383\\_i37Sw#371927191\\_ALvF8](http://www.andrewsphotogallery.com/gallery/5963383_i37Sw#371927191_ALvF8)

### 10K

**FEMALE  
OVERALL**

Nancy Buonanni	42:52:00
Angela Wells	43:17:00
Susie Enlow	48:00:00

**MASTER**

Theresa Miller	49:28:00
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**20-24**

Stephanie Crosby	50:38:00
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**25-29**

Shannon Simmons	66:00:00
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**30-34**

Lillian Ramos	70:41:00
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**35-39**

Michelle Smurl	51:51:00
Tanya Kuelbs	86:20:00

**40-44**

Bernadette Woods	52:12:00
Chiqui Behymer	54:26:00
Christine Kennedy	60:13:00
Joyce Herget	61:58:00
Angela McFall	64:53:00

**45-49**

Kathy Ojeda	51:08:00
Nancy Rowan	55:20:00

**50-54**

Barb Fisher	86:39:00
Ann Hunter	95:02:00

**55-59**

Pat Kiesselbach	58:53:00
Rhonda Howard	62:59:00
Virginia Napert	92:25:00

**MALE**

**OVERALL**

Art Anderson	38:55:00
Roger Travis	39:35:00
Frank Kapr	39:44:00

**MASTER**

Randy Farner	42:05:00
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**20-24**

Chris Guinn	64:50:00
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**25-29**

Michael Knauf	53:33:00
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**30-34**

Ivan Osores	47:47:00
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**Nancy Buonanni on her way to a personal best and the ladies' 10K win at the Get up and Go 10K. Photo courtesy <http://www.andrewsphotogallery.com/>**



**Art Anderson on his way to the top spot in the inaugural Get up and Go 10K. Photo courtesy Rick Andrews at <http://www.andrewsphotogallery.com/>**



**30-34 (Con't.)**

David Wood 48:02:00

**35-39**

Howard Kanner 43:37:00

David Hand 48:01:00

Judd Spitzer 65:32:00

**40-44**

JJ Woolsey 52:48:00

Jeff Peacock 54:27:00

**45-49**

Tony Stokes 43:15:00

John Andrews 45:13:00

David Poole 45:31:00

Bill Alexander 50:27:00

David Arteaga 52:13:00

Gary Foley 56:36:00

Bill Buonanni 58:03:00

Randall Crosby 64:53:00

**50-54**

Juan Perez 43:31:00

Michael Miller 44:23:00

Gary Stutte 46:35:00

Jorge Rivera 51:09:00

Rik Ojeda 63:13:00

**55-59**

Bud Timmons 48:41:00

Lawrence Percelli 50:40:00

Frank Spicer 50:49:00

**60-64**

Joe Beckerd 62:38:00

**5K**

**FEMALE**

**OVERALL**

Sue Strout 22:41:00

Patti Spoerle 24:12:00

Anita Travis 25:10:00

**MASTER**

Debbie Rescott 25:49:00

**9-11**

Ashley Mandernack 30:45:00

Haley Hostetter 35:08:00

Kelly Ellison 36:57:00

**12-14**

Jessica Skeldon 37:34:00

**20-24**

Rachel Bowers 38:46:00

**25-29**

Heidi Cabrera 26:45:00

Lauralyn Hudgins 28:45:00

Rachel Rayburn 33:58:00

**25-29 (Con't.)**

Selina Lenthe 36:18:00

**30-34**

Julie Pomerleau 25:44:00

Jennifer Restivo 30:22:00

Vic Stouch 44:06:00

**35-39**

Sherry Toms 26:54:00

Debi Pollard 35:54:00

Karen Loviska 43:37:00

**40-44**

Marisa Flint 28:36:00

Annie Dixon 28:54:00

Laura Matthews 29:17:00

Cathy Denson 29:35:00

Diane Klazon 31:25:00

Rebecca Brewer 32:48:00

**45-49**

Stacey Myers 27:18:00

Meredith Carter 33:59:00

Rhoda Fisher 37:45:00

Ruth Skeldon 44:02:00

**50-54**

Debbie Knochelmann 28:46:00

Nancy Sharp 31:08:00

Debbie Hutchenson 33:44:00

Suesan Ellison 41:01:00

**55-59**

Diane Spicer 27:48:00

**MALE**

**OVERALL**

Taylor Collier 19:46:00

Tim Collier 19:48:00

Pedro Toledo 20:06:00

**MASTER**

Justo Gonzalez 24:53:00

**8 and Under**

Dawson Toms 25:31:00

Jason Garrett 38:57:00

Trevor Denson 39:21:00

**9-11**

Carlos Gonzalez 23:42:00

Colten Toms 25:22:00

Ryan Garrett 28:09:00

Tristan Tindall 35:26:00

Dakota Withers 38:57:00

Zachary Onovi 39:46:00

Kyle McFall 41:49:00

**12-14**

Nick Flint 21:38:00

**12-14 (Con't.)**

Drew Denson 21:41:00

Dillon Connolly 25:05:00

Wesley Garrett 27:12:00

Jacob Langgle 28:39:00

Micah Poole 35:44:00

**15-19**

Alex Mandernack 33:57:00

Jonathan Guinn 36:04:00

**20-24**

Kyle Otwell 21:24:00

Micah Gentile 24:11:00

Trevor Williams 28:24:00

**25-29**

Reginald Shelton 23:49:00

Kyle Fears 27:09:00

Christopher Han 31:23:00

**35-39**

Dave Chapman 22:17:00

Mark Dixon 28:55:00

Mike Pollard 31:14:00

**40-44**

PJ Billings 34:59:00

Jim Maniscalco 36:42:00

**45-49**

Tim Skeldon 28:25:00

Tyrell Hawkins 30:01:00

Rich Knochelmann 32:20:00

**50-54**

Gene Grieshaber 25:16:00

Rick McCrary 28:33:00

Ken Flieder 32:24:00

**60-64**

Gary Castner 25:15:00

Ed Harrison 29:39:00

**65-69**

David Wofford 27:08:00

Emett Larson 31:55:00

Gary Fahey 27:54:00

**70+**

Jack Lightle 27:27:00



# Turtle Trot 5K September 20, 2008 Viera, FL

Every year, for a few years, a group of runners, triathletes and cyclists would collect toys and money for toys and then play Santa at the Children's Home Society in Melbourne. It was a bittersweet sort of thing. On one hand it made the kids happy to get an extra pile of presents. On the other hand, it was terribly sad as these were kids whose parents couldn't or wouldn't give them all that a child should deserve yet would not sign the papers to allow them to be adopted by those who could and would.

It was great to see the Women's Guild of the Children's Home Society bring together the community for the inaugural Turtle Trot 5K at the stadium in Viera. The goal this year was to raise the funds to pay for housing, clothes, education, etc. for two additional kids for the next year.

Luckily, people responded beyond their expectations and more than 175 registered for the 3.1-mile event that let athletes finish in the stadium, crossing home plate. Businesses also responded with generosity, providing fun, post-race amenities and treats including an ice cream truck with unlimited quantities of all things sweet and creamy.

Congrats to Viera's Joel Kinnunen and Satellite Beaches Cathy Friedel on their victories today. Kinnunen, a Lt. Col who was transferred to PAFB last April to head the 308<sup>th</sup> Reserve squadron at PAFB, ran alone through the field and then to home plate in 19:03. Friedel, left, who was second overall and first female, used the race as a tempo training run to go 20:58.

**Female**

**Overall**

Cathy Friedel	20:58.0
Kathy Ojeda	24:47.0
Stephanie Kinnunen	25:08.0

**Masters**

Jane Wood	25:16.1
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**9 to 11**

Mackenzie Baysinger	27:05.4
Jennifer Ryan	29:11.7
Kristen Owl	29:20.0
Alex Baysinger	31:05.2
Zoe Friedl	34:35.1
Hannah Onek	34:39.1
Alexandra Winters	35:59.3
Madison Miller	36:04.6
Cameron Dittmer	38:56.9

**12 to 14**

Tiara Torres	35:58.8
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**15 to 19**

Aime O'Keefe	39:52.7
Jade Johnson	44:27.4

**20 to 24**

Christa Waddy	32:24.5
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**25 to 29**

Davina Fallaw	25:18.2
Kimberly Yates	26:39.7
Darcy Dyer	27:20.0
Rebecca Epley	29:32.6
Deron Reesman	30:42.1
Heather Morgan	31:28.1
Kristin Donoghue	31:43.8
Erin Fisher	31:58.2
Megan Heronemus	32:35.6
Jennifer Ellingson	32:58.0

**25-29 (Con't.)**

Katie Halley	33:28.5
Aimee Molineaux	34:41.1
Sarah LaRoche	34:58.8
Shannon Daly	40:20.3
Stephanie Marshall	40:56.5
Katya Schmidt	44:04.7



Cathy Friedel heads for second overall and the women's win.



Joel Kinnunen one away from home plate and the win at the Turtle Trot 5K.



**25-29 (Con't.)**

Nicole Walther 45:30.0  
Christina Kelley 46:19.3

**30 to 34**

Nichole Beausaleil 29:34.4  
Leslie Bardo 31:28.5  
Mary Beth Korte 33:22.9  
Andrea Smith 34:10.7  
Lynda Schuchert 37:24.7  
Anna Hixon 41:37.0  
Autumn Kunka 1:01:43:32

**35 to 39**

Yena Morgan 31:59.5  
Erica Wolfgang 32:35.3  
Tricia Kuhblank 34:34.7  
Samantha Barrett 36:48.5  
Tina Schantz-Gross 36:55.3  
Lori Wagner 40:34.6  
Tia Plowman 41:36.4  
Claudette Keeley 45:29.3  
Gina Wood 48:04.8  
Temple Lovett 54:46.6  
Sarah Prouty 55:00.1

**40 to 44**

Karen Groppel 27:47.6  
Lori Levy 29:18.9  
Kathy Owl 29:19.3  
Jamie Williams 29:55.1  
Michelle Lamb 30:36.2  
Danielle O'Reilly 32:30.0  
Monica Pentrack 35:57.4  
Fran Ringenberg 37:55.9  
Wendy Levine 39:39.8  
Catie Webb 49:49.6  
Kim Lamon 53:59.0  
Charlene Coon 1:01:02:32

**45 to 49**

Lori White 25:27.4  
Joan Meadows 28:54.8  
Sherri Shamet 35:26.6  
Sondra D'Angelo 36:53.2  
Terry Matson 38:41.2  
Rese Schmidt 42:59.3  
Sandra Ward 44:27.7

**50 to 54**

Patty Bread 42:54.9  
Key O'Keefe 45:59.7  
Judy LaRoche 48:04.5  
Kathleen Graf 54:59.3  
Pam Crockett 56:59.7

**Male****Overall**

Joel Kinnunen 19:03.5  
Kyle Otwell 21:14.8  
Dave Chapman 22:34.7

**Masters**

Marvin Irwin 23:11.6

**8 and Under**

Larry Collamore 36:53.6  
Blake Wagner 37:37.5

**9 to 11**

Morgan Levine 23:40.7  
Michael Stewart 25:17.5  
Bailey Hewatt 26:34.5  
Ryan Miller 26:44.9  
Michael Groppel 28:12.0  
Jacob Groppel 28:54.2  
Jordan Fells 29:13.7  
Nicholas Waters 29:47.9  
Nathaniel Hammes 29:59.3  
Daniel Kuhblank 30:00.2  
Jack Wagner 30:01.0  
Marquis McClain 30:58.3  
Zachary Granchi 31:03.4  
Justen Johnson 31:46.7  
Sean Stephens 34:04.9  
Jordan Kaplan 34:57.1  
Joshua Gambrell 35:53.5  
Christian Smallwood 37:31.8  
Ryan Flynn 38:21.2  
Nick McAleenan 38:31.8  
Matthew Dillon 38:39.8  
Michael McKinney 38:47.5  
Sebastian Samuels 40:20.8  
Sterling Schantz 57:00.2  
Josh Harshaw 1:01:43:32

**12 to 14**

Tristan Adams 25:16.8  
Jacob Johnson 36:19.4

**15 to 19**

Alex Mandernack 27:29.9

**20 to 24**

Micah Gentile 24:16.2  
Aaron Nuccio 24:23.6  
Joey Waddy 25:54.8  
Michael Traines 32:48.0

**25 to 29**

Aaron Fallaw 23:52.7  
Jeffery Nunez 24:41.8  
Michael knauf 25:14.1  
Jared Lyon 25:43.7  
Andy Palacias 28:03.8

**25-29 (Con't.)**

Josh Kossman 28:36.7  
Richard Stewart 29:59.7  
Phil Stewart 30:26.2  
Joseph Arlen 54:59.7

**30 to 34**

Jamie San-Cartier 23:20.3  
Ed Cloak 28:34.2  
Brian Bridenbecker 29:58.4  
Casey Kolehmainen 33:49.0

**35 to 39**

Greg Wood 24:09.4  
William Conyers 24:31.0  
Mike Fairbank 24:35.9  
Erik Wagner 27:37.8  
Jeremy Schuchert 31:27.5  
Joseph Hammes 31:44.3  
Todd Whitney 32:13.2  
David Morgan 41:21.8  
Shawn Plowman 41:36.7

**40 to 44**

Neal Levine 23:50.8  
Gordon Hewatt 26:39.3  
Glenn Webb 28:21.1  
Andrew Collamore 28:52.9  
Jim Maniscalco 34:04.2  
Tom Pentrack 35:54.4  
John Ringenberg 37:56.3

**45 to 49**

Joseph Maskal 24:57.9  
Charles Eccleston 25:59.5  
Andy Beard 27:38.2  
Ron Ryan 29:11.4  
Selwyn Samuels 40:21.5

**50 to 54**

Ken Flieder 32:51.2  
Rick Simmons 32:56.1  
Bill Hoffman 38:40.2

**55 to 59**

Lawrence Pacelli 23:54.5

**60 to 64**

Greg McKay 25:45.6  
Fred Korte 29:14.3

**65 to 69**

Gerry Fahey 28:30.8

**70 to 74**

Jim Weir 27:02.0

## Fall Into Winter 5K ROY Race # 1 September 20, 2008 Cocoa Beach, FL

Just as he has in past races, Bradenton's Mickey Hooke blew into town, made the local crew work hard and then bid farewell with the top award in hand. The Fall Into Winter 5K was no different but this time it was Merritt Island's Ed Springer who fell victim to the kick of the seven-time Florida Master state champ. The 47-year-old Hooke covered the 3.1-mile beach course of sloping soft sand in 18:56 with Springer a mere two seconds behind in 18:58 at the line. Melbourne's Pat McCormick was third in 19:49 and Steve Chin grabbed Masters in 19:52.

In the ladies' race, Kara Niedermeier ran unchallenged, easily taking the win in 22:14. Debra Johansen followed 1:20 later for second in 23:34 with Sue Strout taking third in 24:32. Suzie Enlow took Masters in 24:35.

The race was the first in the nine-race Runner of the Year series. Even with perfect conditions on the beach, times are always slower than on pavement but this year's higher tide meant even less hard sand. On the positive side, times can now only go down for the remainder of the Series 5Ks.

All photos in this article courtesy of Cedric Ching.

### MALE

#### Overall

Mickey Hooke	18:56
Ed Springer	18:58
Pat McCormick	19:49

#### Masters

Steve Chin	19:52
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#### 11-14

Nick Flint	23:10
Noah Davis	26:38
Clay Myers	40:52

#### 15-19

Jared Torres	27:43
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#### 25-29

Josh Sulkes	26:40
Paul Nichols	26:49

#### 30-34

Jonathan Campbell	20:26
James Croft	20:44
Bruce Furrow	21:44
Dale Dukes	23:12
Adam Dokos	24:18

#### 35-39

Frank Kapr	21:17
Scott Larsen	21:22
Howard Kanner	21:48
Tristan Webbe	23:35
Eric Marquez	26:46
Micah Rockwell	27:29
Brett Henderson	35:40

#### 40-44

Bob Maggio	21:51
Mike Bauer	23:20
Doug Willard	24:15
Larry Wilcox	26:13
Brent Mitchell	26:23
Rick Foresteire	28:26
Roy Nicholas	35:11

#### 45-49

Art Anderson	20:23
Kurt Holst	21:31
Bill Alexander	23:45
Mike Toner	24:05
Keith Kowalske	24:44
Bob Torres	26:10
Paul Weston	29:50
David Cuneen	30:28
Randy Buckley	43:51

#### 50-54

Matt Mahoney	21:28
Michael Miller	22:30
Dennis Delman	23:47
Robin Petersen	24:24
Brian Perlival	36:07
Bryan Myers	37:22

#### 55-59

Bud Timmons	23:24
Wolfgang Jensen	23:44
Dave Farrall	24:47
John Fricano	24:54
Carl Bonds	28:03

#### 55-59 (Con't.)

Mark Reagan	29:54
Steve Gaines	31:16
Peter Nichols	31:55
Walter Day	32:09

#### 60-64

Jim Schroeder	24:41
Ray Brown	25:55
Gary Castner	27:42
Bobby Cameron	29:51
? Malomey	36:33

#### 65-69

George McAfee	24:22
David Wofford	28:35
Darwin Tangen	29:17
Joe Cataldo	36:54

#### 70+

Tom Ward	26:42
Jack Lightle	29:12
Bob Pecor	30:40
Don Hawkinson	31:23
Morris Johnson	34:13

### FEMALE

#### Overall

Kara Niedermeier	22:14
Debra Johansen	23:34
Sue Strout	24:32

#### Masters

Suzie Enlow	24:35
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**8 and Under**

Nyssa Holmquist 31:02

**9-10**

Kaia Holmquist 38:19  
Rachel White 46:30

**20-24**

Jessie Torres 29:20

**25-29**

Cory Huggins 26:06  
Jessica Bruso 27:57  
Dana Barrial 31:10  
Shannon Simmons 32:32

**30-34**

Melissa Kastanias 27:01  
Julie Pomerleau 27:56  
Shialine Payne 32:18  
Julie Henderson 35:39  
Christi Curtis 40:22

**35-39**

Jeanne Gunning 26:31  
Michelle Smurl 26:48  
Cindy Werling 28:18  
Devra Fain 29:29  
Rosemary Browning 45:33

**40-44**

Julie Money 24:56  
Sandra Gannon 26:28  
Molly Kirk 26:48  
Anne OConner-Smith 27:10  
Barbara Krause 27:15  
Terry Ferris 28:49  
Sharon Gillette 28:56  
Leslie Bierman 28:59  
Marisa Flint 31:29  
Cindy Nicholas 35:27  
Joni Hils 40:48

**45-49**

Theresa Miller 25:34  
Teresa Duce 27:48  
Jackie Petit 31:47  
Wendy Herrburge 38:52

**50-54**

Melanie Delman 31:23  
Nancy Sharp 35:33  
Shirley Matrigali 36:06  
Barbara Rolsing 41:50  
Alice Arbogast 41:54  
Marlene White 46:31

**55-59**

Anne Doerflein 28:06  
Susie O'Connell 30:21  
Jacquelyn Kellner 31:44

**60-64**

Anne Dockery 25:18  
Eileen Cameron 29:46  
Mary Ramba 32:07  
Susie Koontz 32:24  
Milly Krause 47:01

**70+**

Katie Marsh 45:48



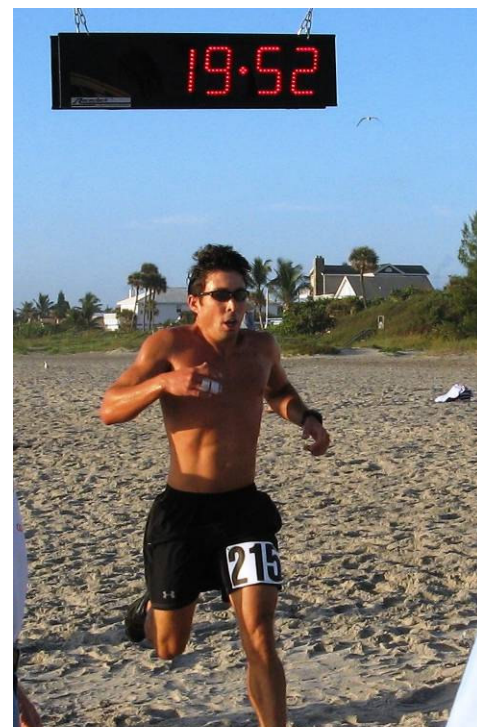
**MICKEY HOOKE**



**ED SPRINGER**



**PAT MCCORMICK**



**STEVE CHIN**



**ROVING PHOTOGRAPHER**





**KARA NEIDERMEIER**



**DEB JOHANSEN**



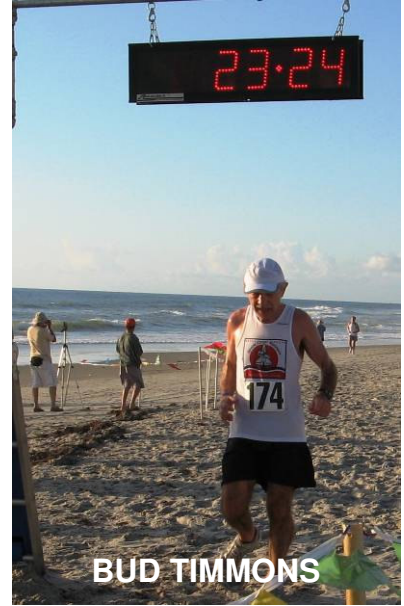
**SUE STROUT**



**SUZIE ENLOW**



**MATT MAHONEY**



**BUD TIMMONS**



**ANNE DOCKERY**



**CARL BONDS**



**MARY RAMBA**