

ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 30, WEB ISSUE 4

DECEMBER 2008

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Check out page 34 for info about this greeting

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/>

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<http://runningzone.com>



<http://mahoney4.home.netcom.com/scr/08ccc15k.pdf>

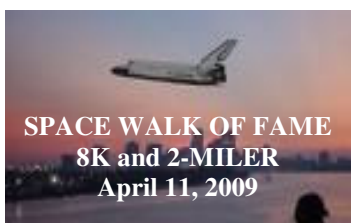


<http://www.spacecoastmarathon.org/>

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



MARCH 14, 2009



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 _____



CAROL'S CORNER

At the beginning of November, we visited my daughter, Tracy, in Seattle. It was cool and rainy the first few days, but on the last day that we were there, the sun came out and the temperature was quite pleasant. Tracy is training for her first half marathon – the Seattle Marathon - on November 30 (same day as Space Coast), so we decided to get a

run in for her, and a walk for Ty and I. We walked a warm-up mile from her apartment to the Green Lake area, past gorgeous fall foliage color of yellows, reds, and browns.

Here was a Mecca for outdoor enthusiasts of many kinds! There were ball fields, tennis courts, and a sprint track. A crowd gathered for a High School Crew competition, with parents setting up canopies and cooking hot foods and beverages for the contestants. Several boats skimmed the water in practiced rowing rhythm. Ducks and geese frolicked in the water and along the banks of the lake. People played with their dogs in a fenced play area.

Surrounding the beautiful lake was a 2.8 mile long, two-lane wide asphalt path, plus an additional lane of fine, dark gravel. The outside lane of the path was designated for “wheeled” traffic. We observed bikers, skaters, and skateboarders. On the inside two

lanes were walkers, runners, and mothers with strollers. Grassy park areas surrounded the running path with room for relaxing or games. As we were moving along, I was noticing the overall healthiness of the people. Young and old alike were out enjoying the cool, but clear day, all at their own pace, but moving in harmony. It was an inspiring, uplifting environment.

All I could think about was how wonderful it would be to have something like this in Brevard County! Imagine a place where we could run or walk or bike without having to deal with traffic! A place where families could go for a weekend afternoon outing. A place to meet with loved ones for a walk and a picnic. And, of course, a Starbucks on every corner! This is my Christmas wish.

Have a very, very happy holiday season!

THANK YOU, SUE STROUT!

By Marlene White

With the objective of giving back to Space Coast Runners, Sue Strout came up with the idea to organize a fund-raiser for the benefit of the club. With permission and support from her employer, Lockheed Martin, Sue organized a luncheon for company employees, the proceeds from which will go towards sponsorship of the Eye of the Dragon 10k.

Photo at right shows Sue receiving the 2007- 08 Space Coast Runners Runner of the Year Series Female Grand Master (50+) award.



2008-09 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Fall Into Winter 5K

Congrats to all finishers and overall winners Kara Niedermeir (22:14) and Mickey Hooke (18:56) !

Space Coast Classic 15K

Congrats to all finishers and overall winners Jessica Crate (57:23) and John Davis (55:26) !

Space Coast Marathon and Half Marathon

November 30, 2008
Time: 6:00 a.m.

Riverfront Park, Cocoa
www.spacecoastmarathon.org

Reindeer Run 5K

December 13, 2008
Time: 8 a.m.

Cheri Down Park, Cape Canaveral
www.runningzone.com

See pages 16 of this newsletter

Run for the Light 5K

January 31, Time: 8 a.m.
Windover Farms, Melbourne
www.Runningzone.com

See pages 20 of this newsletter

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 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

MORE ON GEORGE SHEEHAN

A couple of months ago I wrote about one of the heroes of running—and of living life to the fullest. George Sheehan inspired hundreds of thousands to take up running during the late 70's and 80's running boom.

He did that with words--mostly written--but in later years through speaking engagements.

A cardiologist by profession he had spent 20 years dealing with disease. Then his life changed. He returned to running. His life was never the same again and he inspired others to have that experience by espousing his philosophy of physical and more importantly mental well being.

Sheehan died from advanced prostate cancer on November 1, 1993--just a few days prior to his 75th birthday.

Here are some of his inspirational words:

"The more I run, the more I want to run, and the more I live a life conditioned and influenced and fashioned by my running. And the more I run, the more certain I am that I am heading for my real goal: to become the person I am."

"I am--just as you are--a unique never-to-be-repeated event in this universe. Therefore, I have--just as you have--a unique, never-to-be-repeated role in this world. Mine is a personal drama for which I am at once author, actor and director."

"Life is a positive-sum game. Everyone from the Gold Medalist to the last finisher can rejoice in a personal victory".

"The obsession with running is really an obsession with the potential for more and more life."

"In facing life, no one knows exactly what is going to happen, what is going to be needed, where the search for the Grail will lead. The best we can do is be prepared. Running makes you an athlete in all areas--trained in basics, ready for whatever comes, ready to live each day, fill each hour and deal with the decisive moment."

"No matter how old I get, the race remains one of life's most rewarding experiences. My times become slower and slower, but the experience of the race is unchanged: each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others."

"For those who endure, running will bring all those values sought by all men; the habit of contemplation developed in the long runs, the art of conversation found again in the running companion, the sense of community born in the communal anticipation, agony and eventual relaxation of the competitive race, and finally the development of maximum physical capabilities which in turn help us to find our maximum spiritual and intellectual potential."

"I will not last forever. But I am damn well going to know I have been here."

George Sheehan ran his last race in August, 1992--the Crim 10 miler in Michigan--a little more than a year before his death. He and an injured runner finished last. When the other runner complained about his slowness, Sheehan told the man "We're still doing the best we can with what we have."



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A Mile With...Rick Unrue

Name: Rick Unrue

Family: Debbie, Denise, Tim and Zak

Kids Ages: 19, 17 & 12

Occupation: Manager for United Space Alliance

Number of Years Running: On and off for ~ 30 years

Began Running Because: Initially ran in High School because it looked like something fun to do. I then took several years off and because of the encouragement of a friend started training to run a 5K when we lived in California. I pretty much stuck to running 5Ks until about four years ago and then got the itch to see if I could run a Marathon. Over the past four years I've gone from running a quarter-marathon (as part of a four-person team in 2005), then ran the half in 2006 followed by the full in 2007 (all three were part of the Space Coast Marathon). Although I pulled a calf muscle toward the end of October, I'm still hoping to run the Space Coast Half Marathon on 11/30.

I Knew I Was Hooked When: I was injured and couldn't wait to get back out and run again.

Race PRs (Personal Records): Mile: 4:38 (from High School), 5K: 20:20, Half Marathon: 1:41:53 & Marathon: 4:01:28.

Most Satisfying Race Performance: 2007 Space Coast Half Marathon. I was able to finish even with IT Band issues.

Favorite Race: Any race running with my sons

Running Partners: Demetri Vrotsos; Tim Collier, Steve Larchar; Dr. Sarah Guttery and my sons, Tim & Zak

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Eric Liddell from Chariots of Fire or Ryan Hall (2008 USA Olympic Marathon Qualifier)

Training Philosophies: Train hard and have fun.

One Piece of Advice That I Would Give to a New Runner: Don't increase your mileage too quickly from week to week, listen to your body and have fun.

Other Sports & Interests: Actively involved in my kids' sports (Cross Country / 5Ks, Volleyball and Soccer), and enjoy playing ping pong and spinning with my wife.

Favorite Movies: Chronicles of Narnia

Favorite Meal: Grilled Chicken and Baked Potatoes or Pasta.

Dream Vacation: Skiing in Colorado or a trip to the Bahamas.

I Think That SCR Could Do A Better Job: Working with the North end of Brevard and encouraging participation in the Titusville Running Series.



The Unrue family from left to right: Zac, Tim, Debbie, Denise and Rick.

YADA, YADA, YADA

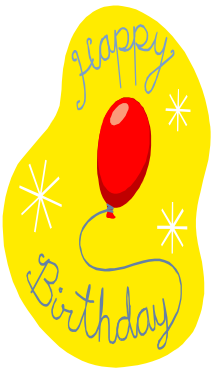


THANK YOU

To all who **helped with this month's newsletter**: Carol Ball, Cedric Ching, Theresa Ferrebe, Ron Hoar, Marlene White, Annie OConnor-Smith, Running Zone, Loran Serwin, Rick Unrue, Marty Winkel and Fiona Wright.



Roll a red carpet **welcome** for **new members** Kate Bogue, Viera; Angela Cobb, Indialantic; Amanda, Jenni, Jessica, Joshua and Kendall Crook, Titusville; Devan and Joe Gallagher, Titusville; Ken and Susan Smith, Merritt Island.



Happy Birthday to (1) Andre Baez, Dede Henrich, Michael Shenbaum (3) Kate Bogue, Rosie Campbell, Julie Cloney (4) Anthony Ferrisi (5) Alli Penovich, Gene Ramba (7) Elise Autrey, Bill Buonani, Bob Racine, Joseph Werner (8) Michael Farnsworth, Ben Beaney (9) Elizabeth Ring (10) Jacquelyn Kellner, Benjamin Nieves (12) Carl Bonds, Jeff Cook, Hunter French, Kim Sanders (16) Tania Filippelli (17) Bradley Schiff, Megan Willis, Wayne Wright (19) James Bress, James Croft, Julia Willard (20) Bob Christensen, Claudia Haines (21) Betsy French (22) Bud Timmons (23) Wade Barrett (25) Suzie Biery, George McAfee (26) Joshua Crook, Linda McKee, Nancy Pecor (27) Colby Fairbank, Bryan Myers (28) Richard Czarnowski, Cathy Friedel, Emma Murphy, Sterling Schantz (30) Walter Day.



Ironman Florida, Panama City Beach, Nov. 1 (2.4-mile swim, 112-mile bike, 26.2-mile run) **finishers** Rick Buck, 38, Melbourne Beach, 11:56:57; Sara Cleveland, 35, Melbourne, 13:22:55; Ed Donner, 10:32:31; John Jordan, 44, Cape Canaveral, 11:33:05; Walter Mahany, 43, Merritt Island, 11:45:53; Eric Martin, 35, Indialantic, 14:02:56; Susie O'Connell, left at Pineapple Man, 56, Melbourne, 16:11:49 and Linda Smith, 48, Indian Harbour Beach, 12:05:22.

Miami Man half ironman-distance (1.2-mile swim, 56-mile bike, 13.1-mile run) **finishers** Gina Caccamo, 52, Cocoa Beach, 6:54:07; James Croft, 31, Indian Harbour Beach, 5:20:51; Erika Feltz, 27, Viera, 5:34:37; Katie Fleming, 35, West Melbourne, 5:54:52;; Joey Gilio, 17, Melbourne, 3rd, 19 and under, 5:41:12; Craig Hagan, 44, Melbourne Beach, 6:34:03; Doug McMahon, 41, Melbourne, 7:28:03; Joan McMahon, 47, Melbourne, 7:18:02; Mike Melton, 33, Melbourne, 6:32:41; Wess Ott, 1st 50-54, 4:59:43; Jeff Perry, 53, Melbourne Beach, 5:56:56; Debbie Rescott, 50, Merritt Island, 6:42:12; Tricia Rydson, 35, Melbourne Beach, 3rd 35-39, 5:19:02; Tommy Turek, 32, Melbourne, 5:42:22; Trevor Widick, 31, Malabar, 6:16:31; Mark Wolfgang, 35, Melbourne, 5:15:43. Indialantic's John Goodman, 45, placed second in the 45-49 age group in the half iron distance duathlon. Those competing in the international-distance race included Katie Halley, 26, Melbourne, 3:11:28 and Debra Johansen, 47, Indian Harbour Beach, 2:50:12.

Paul DeBruyn 30K, Ormond Beach **finishers** Greg Aker, Titusville, 2:37:32; Nancy Rowan, Titusville, 3rd 45-49, 3:07:38 and Marty Winkel, Titusville, 1st 60-64, 2:37:14.

Send your race results and photos to psponsler@cfl.rr.com

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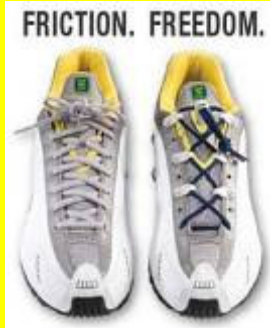
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RUNNING WITH THE SNOW ANGELS
NORTH DAKOTA
ROUGH RIDER MARATHON
 Bismarck, ND



Just to repeat a commonly recurring theme, my beautifully laid out plans for completing the 50 States were, once again, disrupted by the possibility of a conflict of a wedding in England verses an April marathon in North Dakota. Not wanting to get off track, and thinking my rapidly degenerating 40-something-year-old body could maintain this “two-marathons-per-month” madness, I went ahead and signed up for the Roughrider Marathon in Bismarck, ND.

For those of you geographically challenged, North Dakota is one of those oblong shaped states in the middle at the top with Canada to the north and South Dakota underneath. I was completely ignorant of anything outstanding or amazing about this state. I asked a young lady working at the Bismarck Starbucks what she could tell me about her city and state. She reported that most Americans erroneously think the North Dakotans ride around on buffalo. Apparently not true; I saw no evidence of such activity. I researched the subject of Bismarck and found a lot of dull statistics about population, climate and economics. I dug deeper and finally found something worth writing about. In February 2007, Bismarck broke the world record for the most Snow Angels made in one place. Almost 9,000 participants showed up to the capitol grounds for this historic event. Wow! I was going to run with Snow Angels.

Southwest Airlines does not fly to ND so I planned to fly out of Orlando with Northwest, change at Minneapolis and get into Bismarck on Friday afternoon. Unfortunately my plans went awry. I worked the night shift prior to my departure, hoping for an early release but Murphy’s Law had me working late. The delayed departure found me caught in heavy morning traffic. I made it to the gate about two minutes after they’d closed the doors. Drat! Not to worry though ... there was another flight and connection going out mid-morning. Well, good old Murphy was having some fun with me that day. The next flight had a mechanical problem. The crew assured us that the problem would be fixed promptly. It wasn’t! There I was at Orlando airport in the “Under Construction Area”, no sleep, no cell phone usage, no internet connection and lots of other stranded passengers wearing Mickey Mouse ears, trying to control their rambunctious children. I was slipping into a state of no-sleep unconsciousness, desperately trying to remain alert for the announcements.

After several hours the problem was fixed and the mid-west Disney tourists and I were in flight. I only had a few minutes to make my connection in Minneapolis so the flight attendants allowed me to sit in the first class cabin next to the exit. I ran off the airplane only to find out my connection was on the other side of the airport and getting ready to close the door. The ground crew booked me onto

the last flight to Bismarck, landing at 12 a.m. Double-drat! I had several more hours to sit around another airport.



At this point I was very concerned about my race packet. I made several frantic phone calls leaving messages with race officials. I couldn’t imagine traveling all the way to ND just to be turned away for lack of a bib and chip.

Runners who are lucky enough to travel around the country chasing marathon medals have an uncanny knack of finding each other at airports. Whilst sitting at the gate awaiting the last flight to Bismarck I was approached by another runner; I'm not sure if it was my well developed calf muscles, or the Space Coast Runners shirt I was wearing that prompted her to ask "Are you going to run the marathon tomorrow?" We immediately became friends. She was Susan, a runner from Utah. We decided to stay together and split costs. We landed in Bismarck a few minutes before midnight. Our subsequent car rental was fast and efficient (we were the only customers there). Driving through Bismarck after 12 a.m. was uneventful and we got to our hotel promptly. We were both in bed dreaming of our marathon packets shortly after 1 a.m.



A few hours after collapsing into our beds, Susan and I were up and ready for a 7:30 AM race. We made a point of getting there early seen as neither of us had our bibs yet and the web site had stated in big red bold caps: "NO PACKET PICKUP ON RACE MORNING". We were singing halleluiah when we saw the race volunteers handing out late packets. We now had time to kill so we did some socializing in and out of the potty line until the race started.



Crowd support

The course was an out-and-back through the very scenic Missouri River Valley. It followed part of the Lewis and Clark trail. It was mostly flat, paved trail or road with a reported elevation throughout of 1,643 feet. The race committee did an excellent job organizing at least 10 aid stations on the course as well as several entertainment stops: a gentleman playing his drums; cheerleaders; a little boy tap dancing; a young girl playing cello, and a mature lady with a walker in disco boots and a feather hat shaking her sleigh bells! Most of the aid station volunteers dressed up and became part of the entertainment as well. The students from the University of Mary seemed to have the most energy, especially the young men leap-frogging in the middle of the trail.

At the turnaround - 13.1 miles – I was suddenly transported to Daytona, Florida. The volunteers were waving checkered flags and there was a racing car parked on the shoulder. I guess there's at least one person north of the Mason-Dixon Line who's a NASCAR fan.

This was a relatively small race, there being just over 500 total finishers including 145 marathon runners as well as half marathon runners and relay runners. Susan ran a very good race finishing 3:51, 3rd in her age group. I ambled in over an hour later at 4:53 and although I didn't place, I was the first Florida female across the line. Susan had showered at the YMCA and left immediately so she could attend the Bismarck Mormon Temple. I hung around eating pizza, socializing and collecting Susan's award.

This was a good race to run for a BQ. It was flat, paved, un-crowded and the temps were tolerable (50's to 60's). The organization was good and the local people very friendly. Anyone who wants to lie in the snow making snow angels has to have a good heart. On, on ...



Fifi still smiling at mile 20!

This is a Titusville Racing Series Event!



CHAIN OF LAKES 5K

**SATURDAY, December 6, 2008 •
8:00 AM Start**

**Chain of Lakes • Titusville, Florida
(Behind Brevard Community College on N. US 1)**

COURSE

Distance: 5K Cross Country
Scenic, flat, double loop course
The course follows the trails around the Chain of Lakes.

AID STATIONS AND SPLITS

Splits at all mile marks. Aid station near the 1.5 mile mark.

Proceeds to benefit Boys & Girls Club

ENTRY FEES*

- \$ 20 Registration
- \$ 17 Early Registration (by December 1st)
- \$ 12 Student

*SCR members receive \$1 discount for pre-registered runners.
Sorry, No refunds!

PACKET PICKUP AND LATE REGISTRATION

Packet pickup and day of race registration will be at the Chain of Lakes.

AWARDS

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female
- Grand Masters (50+) overall - male & female
- Senior Grand Masters (60+) overall - male & female

AGE GROUPS

- 9 yrs. & under
- 10 to 14 yrs
- 15 to 19 yrs
- then, every 5 yr. age divisions through 70+

RESTRICTIONS

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

T-SHIRTS

T-shirts to all registered 5K participants

DOOR PRIZES

All participants and race volunteers are eligible for door prize drawings. You MUST be present to win. Door prizes will be drawn during the Awards ceremony.

AWARDS CEREMONY

The Awards ceremony will be held following the 5K.

TITUSVILLE RACING SERIES

This race is the second in the 5 Titusville Racing Series races. The next TRS event is the Light The Way 5K on January 24, 2009, Run For Your Life 5K on March 21, 2009 and culminating with Space Walk of Fame 8K on April 11, 2009. One drop rule will apply.

CHAIN OF LAKES 5K XC • SATURDAY, December 6, 2008 • REGISTRATION FORM

Last Name

First Name

Address

City State Zip Code

Male Female No T-shirt

Date-of-Birth Age/Day of Race

Telephone (Area Code + Number)

Amt. Enclosed

Adult Shirt Size



Make checks payable to:
"Boys & Girls Club of Central Florida"
Mail to: Chain of Lakes
c/o Space Coast Runners
P.O. Box 2
Titusville, FL 32781

I hereby release Boys and Girls Club, Brevard Parks & Recreation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent, if under 18) _____

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 or 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 run about five minutes, began airing on September 1 and will run through 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.

Running with Niemann-Pick Disease

By Annie OConnor-Smith

At age 11, a doctor told me I would die by the time I was 12 but I am 43 and still alive and running! I was diagnosed with Niemann-Pick Disease (NPD) Type B, a deficiency of the ASM enzyme. NPD is a rare, genetic, degenerative, fatal, metabolic, lysosomal storage disease. The three most commonly recognized forms are Niemann-Pick Types A, B and C. NPD Types A and C cause severe neurological degeneration and children with Type A do not usually survive past toddler-hood. Children with Type C have a slower disease progression and usually die before the age of 20, after years without the ability to walk, talk, control their body movements, or swallow food. Type B is the most variable of the diseases and children might survive to adulthood but are at risk for failure of the spleen, liver, heart or lungs along with the pain of osteoporosis. This disease is rare which makes publicity and fundraising for it very difficult. Many doctors are unaware of the disease and patients often are misdiagnosed and undergo inappropriate and ineffective treatments. Researchers are studying new treatments for Types A and B so fundraising and awareness is critical.

During the summer of 2007, I volunteered to be patient number 6 in a study to receive a single dose of a lab created ASM enzyme at Mt. Sinai School of Medicine in New York City. Although the study was seeking adult patients from all over the world, every volunteer during the next year was not healthy enough to meet study requirements and the FDA reduced the total needed for the study from 15 to 12. In the fall of 2008, three more volunteers successfully participated (1 was 19 and 1 was 23) and the study is now seeking the last 3 volunteers. This study will pave the way for a future study allowing multiple doses of the enzyme. Study details at the Foundation site: http://www.nnpdf.org/npresearch_11.html

Through specialized testing at Mt. Sinai, I found out that I have a spleen size 8.5 times normal, liver size 1.2 times normal, and cholesterol build up in my heart, lungs and gallbladder. However, my lung functioning is normal which I attribute to exercise. My other symptoms include weakness and fatigue due to anaemia, easy bruising, joint pain, thinning bones, repeated respiratory infections, intolerance of cold temperatures, and reduced coordination. Overall I am blessed with enough health to continue as an endurance athlete.

Just before writing this article, I read an email notifying members of the NPD-B Yahoo group that Kevin, a 14 year-old batboy for the Washington Nationals, passed away from NPD-C. I receive this type of email too often. Kevin's site is: <http://www.helpkevin.org/messages.htm> To see how Kevin was able to "run" around the bases please see his inspiring video at: <http://photos.imageevent.com/rpwoodjr/pilots/pilots2008/kevinedienight/Kevin-Eadie-Night-post-game.wmv>

Because NPD is rare it is very difficult to raise funds and awareness. However, I have found that through my athletic endeavours I am able to garner some publicity about this disease. My current goal is to generate media attention to help raise awareness for this disease and its fundraising foundation by being the first person with NPD to run the Boston Marathon. Two years ago, I missed qualifying by 8 minutes at the A1A Marathon. Unfortunately, I have been running much slower ever since and I see myself moving farther away from the regular qualifying times. I plan to run the Space Coast Marathon, turn in my medical documentation and see if I can qualify in a generic disability category. There is no precedent for this and I am unaware of any other endurance athletes with a lysosomal storage disease.



Annie, Timmy (26 NPD-C), and his father Ed in Germany during the summer of 2008.

Donations can be made on the Foundation site: http://www.nnpdf.org/donorinfo_07.html You can direct all or part of your United Way contribution to NPD. Look for a section on the contribution form which states "I want to direct my gift...". Write in the Foundation's name and address and specify the amount to be contributed: NNPFD PO Box 310 Fort Atkinson, WI 53538 (Tax ID number 35-1844264). If you are a Federal worker, please consider NNPFD for your Combined Federal Campaign donation. NNPFD's CFC number for this year's campaign is 10121. Also, if any of you race directors are looking for charities to benefit from a race, NPD would be ideal as our motto is "PERSEVERE".

CAPE CANAVERAL'S 12TH 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)



ACTIVE.COM
(Search for Running Zone Race Series)

Third race of the series!

4th ANNUAL
“JINGLE BELL 2 MILER” RUN/WALK
SATURDAY, DEC. 20, 2008 AT 5:45 PM
Satellite Beach Public Library * Satellite Beach, FL.

FREE – “Santa’s Little Helper” Kid’s Run

TIMETABLE:

Friday, Dec. 19th 10:00 am – 6:00 pm
Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

Saturday, Dec. 20th – Satellite Beach Library

4:30 pm Packet Pickup & Registration
5:30 pm Late Registration ends
5:45 pm 2 Miler Start!!!
6:30 pm Santa’s Little Helper Kid’s Run - FREE!

*Awards Ceremony immediately following all races

Satellite Beach Library: (From A1A, heading North, turn left on Desoto Road. Approx. ½ mile turn left on Jamaica Blvd. Approx. ½ mile, library will be at end of Jamaica Blvd.)

ADDITIONAL PARKING - CRESPINO FIELD - IHB

AMENITIES:

- Awesome Technical Shirts
- Door Prizes/Fun Race Packets
- Jingle Bells for Everyone’s Shoes
- Santa Hats for the 1st 500 Entrants
- Christmas/Gecko Cookies & Goodies
- Great Holiday Awards
- Awards for Best Holiday Costumes
- Special Appearance from Santa Claus & Zippy the Gecko Mascot

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:

2 Mile Run/Walk	\$28.00
Race Day Registration	\$31.00
Optional Kid’s Reg.	\$15.00

(12 & Under-See Below for Details)
SORRY, NO REFUNDS

JINGLE BELL 2 MILER RUN/WALK OFFICIAL ENTRY FORM
Send completed entry form with fee to: Make check payable to: Running Zone
Running Zone, 3680 C.N. Wickham Road, Melbourne, FL 32935

Name _____
Address _____
City _____ State _____ Zip _____
Phone (daytime) _____ Email address _____
Date of Birth ____/____/____ Age on Race Day ____
Sex: Male Female Please check shirt size: Sizes: XS S M L XL XXL
Team Name _____ (minimum of 5 team members with one person of opposite sex)
Corporate Challenge Team _____
School Team Challenge: (Elementary and Middle Schools Only) _____
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 (cotton) Adult Small (cotton)

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 Jingle Bell 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 _____

~ HAPPY HOLIDAYS ~



GECKO

WELL DONE!!!

Space Coast Runners congratulates Running Zone on their third consecutive year to be named by The Running Network LCC and Footwear Intelligence as one of The 50 Best Running Stores™ in America.

To be eligible for the award, stores had to first be nominated by satisfied customers and nominees were then scored based on their level of community service and quality of vendor relations as well as feedback provided by mystery shoppers who were sent to each store to make unannounced purchases.

THANK YOU, RUNNING ZONE, FOR ALL THAT YOU CONTINUE TO DO FOR RUNNERS, WALKERS, TRIATHLETES AND THE ENTIRE COMMUNITY IN WHICH WE LIVE! CONGRATULATIONS!!!



3rd Annual
Light the Way 5K
A Titusville Racing Series Event



Saturday
January 24, 2009
Park Avenue Christian Academy
Titusville, FL

LOCATION

Park Avenue Christian Academy is located at 2600 Park Avenue, Titusville, FL. For more information contact the Race Director, Sarah Guttery, at sguttery@cfl.rr.com

DATE AND TIME

Saturday, January 24, 2009
 5K Run/Walk: 8:00 a.m.
 Kids' Races: 9:00 a.m.

PACKET PICK-UP AND CHECK-IN

Race packets may be picked up race morning or Friday, January 23, 2009 at Park Avenue Christian Academy gymnasium between 2 p.m. and 6 p.m.
 Race day check-in starts at 6:30 a.m.

REGISTRATION

Walk, run, or mail completed entry form to:
 Gilchrist Educational Foundation
 P.O. Box 1769
 Titusville, FL 32781
Make checks payable to: **Gilchrist Educational Foundation**

AWARDS

Top 3 Male / Female Overall
 Top Male / Female Masters
 Top 3 Male / Female finishers in 15 age groups
 Top Male, Female, Coed, and Youth Teams
 Ribbons to all Kids' Races participants

TEAM COMPETITION

A team is comprised of 4 entrants who are affiliated with an organized team, club, organization, school, or business, or are just 4 entrants willing to claim they know each other and willing to be teammates. Team participants will still be eligible for individual awards.

ENTRY FEES


Entry fees are nonrefundable
 \$20 Adults
 \$15 Students

Light the Way 5K V Saturday, January 24, 2009 V Registration Form	
Last Name: _____ First Name: _____ Age: ____ Birthdate: _____ Sex: Male / Female T-Shirt: YL S M L XL XXL Address: _____ City: _____ State : _____ Zip: _____ Daytime Phone: _____ Evening Phone: _____ Email Address: _____ ____ YES! I am interested in learning more about the Gilchrist Educational Foundation <u>Incomplete or unsigned forms will not be accepted.</u> I hereby release the Gilchrist Educational Foundation, Park Avenue Christian Academy, Park Avenue Baptist Church, and any and all other sponsors and officials from liability for any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event. Signature (under 18 requires a parent to sign): _____	Method of Payment Race Number: Cash: ____ Check: ____ _____ Make check or money order payable to: Gilchrist Educational Foundation Team Competition: Team Name: _____ <hr/> Team Category: (Circle One) Male / Female / Coed / Youth Runner 1: _____ Runner 2: _____ Runner 3: _____ Runner 4: _____

15th Annual

Run for the Light

5K Run & 1 Mile Walk



Candlelighters of Brevard, Inc.
Because kids can't fight cancer alone...

DATE & TIME

Saturday, January 31, 2009
 8:00 a.m.

LOCATION

Windover Farms
Melbourne, FL
 (On Post Road, 0.9 mi. W. of Wickham Rd.)

AWARDS

- Male & Female Top Three Overall
- 1st Male & Female Masters
- Top 3 Runners in each 5-year age group

Sponsored by:



100% of the proceeds benefit the
Candlelighters of Brevard.

Candlelighters of Brevard, Inc. is a non-profit organization dedicated to children with cancer and their families by offering emotional support and financial assistance

For more information call
Candlelighters of Brevard, Inc.
(321) 728-5600

ENTRY FORM

Mail entry form & make check payable to:

Candlelighters of Brevard, Inc.
 P.O. Box 1353
 Melbourne, Florida 32902-1353

Entry Fees Please Check Activity	Postmarked by 1/18/09	On Race Day
<input type="checkbox"/> 1 Mile Walk	\$18	\$22
<input type="checkbox"/> 5K Run	\$20	\$24

Sorry, entry fees are nonrefundable. No changes after registration. Pacing can only be in race entered.

\$1 discount to pre-registered Space Coast Runners

In the acceptance of this entry, I waive any and all claims for myself and heirs against officials and sponsors of the race for injury and illness which further may result directly or indirectly from my participation. I am in proper physical condition to participate in this event.

Signature: _____
(must be signed by parent or guardian if under 18)

Name: _____

Address: _____

Phone: _____

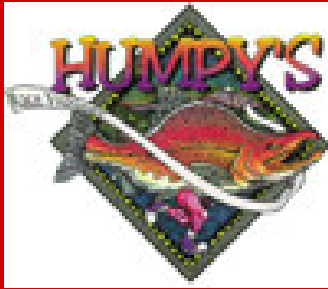
Male Female

DOB _____ Age on 1/31/09 _____

Shirt Size: S M L XL
 Shirts available to the first 300 entrants.
 Sizes are not guaranteed on Race Day

Space Coast Runner: Yes No

Kid's Run Following the 5K!



FIFI'S #38 IN USA'S #49 By...Fiona Wright Humpy's Marathon, Big Wild Life Runs Anchorage, Alaska August 17, 2008

Last month we only printed half of Fifi's lively story about her Alaskan adventure. We apologize profusely for our naughtiness and have re-run her tale in all it's magnificent splendor.

In my 50 States quest I had penciled in Alaska for June, 2009. However, an important upcoming wedding was announced which I thought would conflict. The 50 States Marathon Club was having a reunion at Humpy's Marathon in August. My only problem was affording this trip at such short notice. Southwest Airlines don't go to Alaska so I had to look for a good deal. I could fly Delta out of Melbourne to Atlanta, then direct from Atlanta to Anchorage for a really low price. I grabbed it, begged for the time off work, and set about finding a place to stay.

Even the nastiest roach motels in Anchorage were asking \$100/night. After a little research I found a married couple with a beautiful home who were happy to accommodate stray marathon runners like myself and a couple from Ohio. The Ohio runners offered to rent a car which saved me a few more dollars. The boss gave me the time off and so I was all set for a long weekend in the coldest state of the union.



I flew into Anchorage on Friday evening. There was a 4 hour time change which felt a bit strange. The Ohio couple picked me up, and after a pleasant dinner down town Anchorage, we headed to the home where we were staying. Our hosts were out of town for the weekend. Their home was very beautiful and we felt privileged to be allowed to stay there.

Saturday we went to the expo which was extremely modest. After we picked up our packets we attended an interesting movie

Fifi and pals grin as they close in on big game during their glacier hunt!

about the Northern Lights. Anchorage is quite a small town with a lot of souvenir shops, travel agents and bars. After we bought the obligatory post cards and gifts, we went to the 50 States Club Meeting. It's always fun meeting and socializing with like-minded maniacs.

Captain James Cook of England had been to Alaska 232 years before me. In his 3rd and final voyage in 1776 he sailed from England to the South Pacific, and then traveled north to explore the west coast of North America. He mapped the coast from California to the Bering Straits stopping off at Anchorage at a place later known as Cook Inlet. Many historians suggest that during this voyage Captain Cook charted most of the North American northwest coastline on world maps for the first time. He determined the extent of Alaska and closed the gaps in Russian (from the west), and Spanish (from the south) explorations of the Northern limits of the Pacific. Captain Cook was from my home town in England and something of a local hero to me and most school kids in Middlesbrough. I took the time to visit his statue overlooking Cook Inlet where I met several British tourists. Apparently British pride for Captain Cook extends beyond Middlesbrough throughout the kingdom.

The Big Wild Life Runs consisted of a Marathon Walk at 8:00 a.m., a Kid's Fun Run at 8:10 AM, Humpy's Marathon at 9:00 a.m., the Half Marathon at 9:10 a.m., and a 5K at 9:30 a.m. There were several sponsors for all these events: Humpy's Great Alaskan Ale House was the marathon sponsor. They hosted an excellent pasta dinner at their establishment the day before the race. The finish line was right outside their door which made it an obvious choice for post-race beer.

The marathon route went north through town then turned west and south. We ran alongside Cook Inlet on the Tony Knowles Coastal Trail and then through several parks and greenbelts on the Chester Creek Trail. After 13.1 miles we turned around and went back. The trail was a paved jogging/biking path with wooded areas all around. We were warned to be careful in case we encountered any wildlife. A lot of us were lucky enough to see a porcupine shyly creeping out of the woods to look at the crazy humans. It was a relatively small race with little over 300 runners in the marathon (including walkers and relay runners). As is often the case, the half marathon had more than double the participants.

On January 3, 1959, Alaska became the 49th State of the USA. On August 17, 2008, Alaska became the 38th State in which I had run a marathon. I crossed the finish line in 4:48. There were a few 50-staters there ahead of me, and soon after several more came in. There was one lady in her late 60's who was running Alaska as her 50th State. Several of us watched for her from Humpy's where we had an excellent view of the finish line. She eventually came in at 6:19 placing second in her age group, fulfilling her 50-states quest. She was greeted with cheers from her friends as she crossed the finish line.

That evening one of the local runners - Debbie Cropper - invited us to her home for a post-race party. Deb had won the women's marathon in 3:14. She is 47 years old. The second place female was a 27-year-old lady from Florida who finished in 3:22. Both of these times are very good, but what really impresses me is the 20-year age gap and an eight-plus minute lead. Incredible! Old chicks rule!

The next day I had an evening flight so a group of us went out of town for the day to explore some salmon streams, glaciers and lakes; very pretty country. I wish I'd had more time to spend in Alaska but the real world was demanding my presence. I hope to go back one day, run another marathon and go explore that magnificent wilderness.



INAUGURAL 2009 MELBOURNE & BEACHES MUSIC MARATHON ENTRY

SUNDAY, FEBRUARY 8TH, 2009

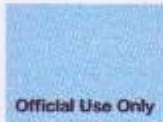
1/2 MARATHON & 5K

Register online @ 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



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

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 (01/16/08 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 \$ _____

**GREAT
Door Prizes!**

Tooth Trot 5K

Delicious baked goods, fruit and genuine FL OJ!

DATE & TIME

Saturday, February 14, 2009
5K Run/Walk 8:00 A.M.
Kid's Run (Age 3-7) 9:15 A.M.

LOCATION

Wickham Park-BCC Main Pavilion
Melbourne

ENTRY FEE

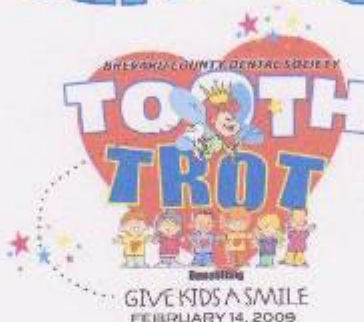
\$20.00 before February 6th
\$25.00 after February 6th
\$15.00 5K for kids 14 & under
Kid's Run Free - Register on-site

REGISTRATION

Mail completed/signed entry form with fee to:
Jerilyn Bird
1983 S. Rockledge Drive
Rockledge, FL 32955
Make checks payable to: ABCDS
Or Register online at active.com
SORRY - NO REFUNDS

PACKET PICK-UP

Pick up race number, t-shirt, & goodie bag at Running Zone the week of the race or on race day at the race site beginning at 6:30 A.M.



The 11th Annual Tooth Trot commemorates Children's Dental Health Month and proceeds benefit Give Kids A Smile in Brevard County. Presented by The Brevard County Dental Society and The Alliance of the Brevard County Dental Society.

Visit the Tooth Fairy!

Cheering participants on with a gentle tap of her magic wand!

After the race, enjoy a tasty selection of breakfast treats and fresh Florida orange juice!

This **FAMILY FUN 5K** race is ranked as a top 10 favorite in Brevard County!

SPECIAL THANKS

to each of the sponsoring Brevard County Dentists for their continued support of the Tooth Trot.

AWARDS

Top three overall male & female receive award. Top male and female master & top three finishers (0-9, 10-14, and 5 year age groups thereafter to 70+) in each age group will receive an award.

Following the race, runners & their family will enjoy fruit, bagels, danish and other goodies. Runners are also eligible for door prizes!

T-SHIRTS

All paid entrants in 5K will receive a t-shirt. Sizes & availability are not guaranteed on the day of race.

MORE INFORMATION

321.631.7000 or GWBOMS@aol.com

EASIEST REGISTRATION

register online at active.com

Tooth Trot 5K Official Entry Form

Make checks payable to: Alliance of the Brevard County Dental Society (ABCDS)
Send completed entry form with proper fee to: Tooth Trot, c/o Jerilyn Bird, 1983 Rockledge Drive, Rockledge, FL 32955

Name: _____ Age on 02/14/09 _____ Sex _____

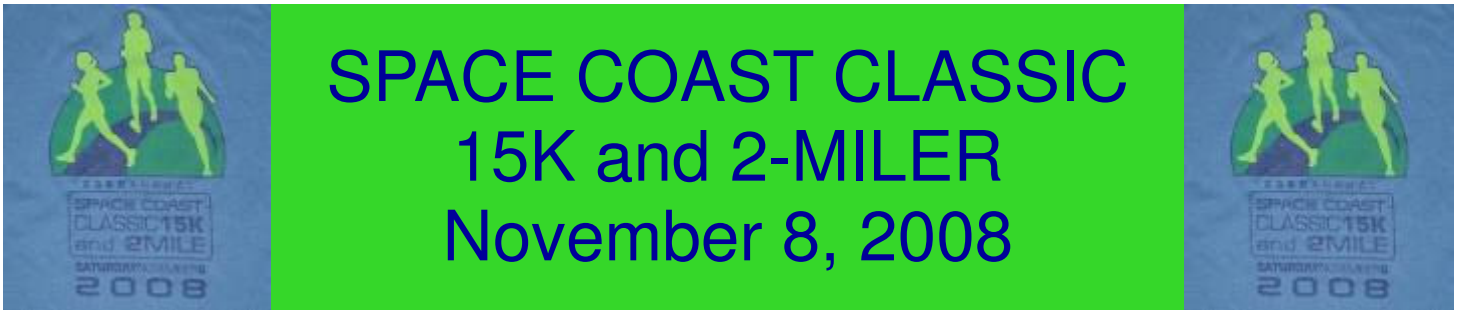
Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____ T-Shirt Size: S M L XL XXL

Incomplete or Unsigned entry forms will NOT be accepted and will be returned to you!

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 hereafter accrue to me against the Brevard County Dental Society, the Alliance of the Brevard County Dental Society, Brevard County Parks & Recreation Department, all race sponsors, volunteers, participants and all officials of the race for any and all damages or injuries which may be suffered by me in connection with my entry or participation in any Tooth Trot events. 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 my photographs, videotapes, or any other record of this event for any purposes whatsoever. I have read the above release and understand that it presents a risk of physical injury or illness, knowing this, I am entering this event at my own risk.

SIGNATURE REQUIRED! (If under 18, a parent must sign) _____ Date: _____



Maybe John Davis could learn how to hula. After all, how else would you commemorate your first overall victory at a race that boasted a Hawaiian theme? The 30-year-old new father ran alone and unchallenged at Saturday's Space Coast Classic 15K taking the top spot in 55:26 and proving to himself that the high mileage training weeks were starting to pay off.

"Doug (Butler) has ramped my mileage up, slowly increasing it each year," said Davis who has trained under Butler for three seasons. "I ran 70 miles every week this summer."

While Davis was excited about his first win, he also learned that running solo presents its own type of challenge.

"It was a little different being out there by myself," he said. "I ran a faster pace at the Tower of Terror 13K a couple of weeks ago because there were people around to push me."

No doubt he'll have plenty more opportunities to increase his mental toughness as this was race number two of the nine-race Space Coast Runners Runner of the Year series.

Port St. Lucie's Mike Kodya was second in 56:54 and Merritt Island's Ed Springer was third in 57:17.

Last year's female Runner of the Year series winner, Jessica Crate proved that missing the first season race doesn't mean she's not still plenty fast. The 23-year-old pharmaceutical sales rep had more than three minutes to spare as she took the ladies win and fifth overall in 57:23. Melbourne's Anne Houghton, 20, was second in 1:00:37 followed for third by Palm Bay's Tracy Smith in 1:00:49.

Male

Overall

John Davis	55:26
Mike Kodya	56:54
Ed Springer	57:17

25-29

Brad Daszynski	1:07:04
Thomas Walcott	1:08:12
Frank Hunt	1:15:10
Jason White	1:21:02
Brant Jeppson	1:32:06

35-39

Scott Larson	1:02:16
Howard Kanner	1:04:28
Tristin Webbe	1:06:02
Jon Hays	1:11:29
Shawn Gabel	1:22:06

Masters

Steve Chin	57:14
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30-34

Jonathon Campbell	58:40
Mark Jackson	1:03:51
Jonathon Deay	1:04:09
Javier Junco	1:05:52
Sal Sandate	1:07:34
Thomas Mayer	1:10:08
Adam Dokos	1:11:42
Dale Dukes	1:12:12
Ryan Caudill	1:12:33
Chuck Jacobson	1:13:28
Michael Minter	1:14:26

35-39

James Middlebrooks	1:24:04
Rodolfo Valentin	1:30:40
Chaz Weudling	1:39:12

Grand Master

Roger Travis	58:56
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40-44

Frank Kapr	58:54
Bob Maggio	1:07:16
John Blosson	1:09:36
David Dunkle	1:15:24
Andy ?	1:17:36
Tom Kubeck	1:40:53

Sr. Grand Master

Jon Veersma	1:11:59
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Best Dressed Hawaiian

Deke Johnson	1:01:31
Cedric Ching	1:17:45
Bob Torres	1:20:25

20-24

Christopher Montgoa	1:18:05
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Check out Cedric Ching's SCC 15K photo gallery at <http://public.fotki.com/CedricCSCFL/space-coast-classic-15k/>

45-49

Art Anderson	57:58
Pat McCormick	59:13
Bret Halliday	59:41
Randy Raczek	1:02:28
Chris Bennett	1:07:34
Bill Alexander	1:09:20
Michael Adaus	1:09:33
Bruce Barton	1:10:58
Ricky McDonald	1:14:16
Keith Kowalske	1:15:43
John Roberts	1:22:40
Charles Eccleston	1:23:38
Ed Hall	1:25:04
Bill Buonanni	1:25:08
Randall Crosby	1:37:13
Tim Collins	1:38:53

50-54

Brian Kessler	1:01:02
Matt Mahoney	1:02:10
Tim Funke	1:03:07
Dennis Delman	1:09:36
Michael Miller	1:12:04
James Ralph	1:17:42
Walker Haskell	1:18:54
Mike Smith	1:19:28
Bob French	1:20:45
Joseph Werner	1:30:38

55-59

Wolfgang Jensen	1:09:37
Don Dore Jr.	1:09:58
Thomas Winkelspecht	1:17:12
Bud Timmons	1:17:44
Don Sgobbo	1:20:05
Robert Scalero	1:26:22
Carl Bonds	1:33:03
Abe Oros	1:43:38

60-64

Jim Schroeder	1:14:28
Ray Brown	1:16:30
Gary Castner	1:24:01
Frank Webbe	1:26:14

65-69

George McAfee	1:15:56
Tony Catanese	1:25:33
Dawin Tangen	1:26:05
Marvin Ferebee	1:51:16
Paul Dimouro	2:11:31

70-74

Tom Ward	1:13:30
Jim Eir	1:22:28
Bob Pecor	1:37:45
Morris Johnson	1:38:50
Henry Campbell	1:59:47

75+

Jack Lightle	1:37:48
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FEMALE**Overall**

Jessica Crate	57:23:13
Anne Houghton	1:00:37
Tracy Smith	1:00:49

Masters

Jackie Clifton	1:04:19
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Grand Master

Cynthia Washam	1:08:21
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Sr. Grand Master

Anne Dockery	1:14:21
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Dressed Hawaiian

Cindy Werling	1:23:46
Christy Zieres	1:27:27
Shialine Payne	1:38:37

20-24

Danielle Elliott	1:13:02
Stephanie Crosby	1:14:24
Kristina Ferenczi	1:30:13
Briana Haut	1:30:53

25-29

Jackie Schmoll	1:12:47
Kimberly Yates	1:20:38
Patricia Johnson	1:21:46
Kate Brennan	1:27:20
Kate Davis	1:43:37
Christina Kelley	2:14:22

30-34

Kara Niedermeier	1:05:54
Kerstin Dea	1:08:20
Kati Craig	1:10:56
Jennifer Kalra	1:14:22
Julie Hannah	1:14:36
Lauren Carlough	1:18:44
Danielle Stern	1:20:44

30-34

Erin Schuck	1:21:19
Natalie Bobleter	1:23:40
Tamila Henness	1:35:53
Megan Campbell	1:42:43

35-39

Deborah Weiner	1:15:10
Devra Fair	1:16:27
Laurie Ann Wilamowski	1:18:10
Jen Lyons	1:22:27
Ashlyn Butts	1:25:22
Lara Surface	1:33:48
Kirsten McDowall	1:42:44
Tina Schantz	1:51:55
Daryl Davenport	1:52:23
Tanya Kuelbs	2:23

40-44

Robin Hernandez	1:06:50
Sandra Gannon	1:16:07
Mary Failia	1:16:11
Anne O'Connor Smith	1:16:59
Barbara Krause	1:17:48
Terry Ferrisi	1:17:58
Meisje Connor	1:20:04
Michelle Smurl	1:21:28
Sharon Gillette	1:22:18
Stephanie Curraway	1:23:12
Margaret Kendricks	1:23:13
Amy Minter	1:23:27
JJ. Woolsey	1:23:52
Angie Preston	1:25:10
Mary MacDonald	1:28:56
Beth Rieder	1:35:52
Megan Holtnaus	1:53:26

45-49

Nancy Buonanni	1:06:01
Kim Graham	1:10:00
Debra Johansen	1:10:01
Theresa Miller	1:13:12
Kimberly Badgett	1:14:33
Lynn Spencer	1:17:30
Lisa Saturday	1:19:58
Dede Henrick	1:21:18
Susan Reed	1:22:39
Claudia Haines	1:24:45
Hatice Foell	1:27:02
Angie Brammer	1:29:01
Joan Meadows	1:29:32
Marisa Flint	1:32:59
Betsy French	1:52:33

50-54

Sue Strout	1:11:49
Shelley Christian	1:16:34
Debbie Molina	1:22:11
Melanie Delman	1:29:04
Suzie Biery	1:29:49
Cathy Haut	1:32:29
Elizabeth Ring	1:37:20

55-59

Anne Doerflein	1:22:01
Linda Belanger	1:26:37
Nancy Huy-Perry	1:27:30
Jackie Kellner	1:30:08

60-64

Lorraine Petersen	1:29:02
Mary Ramba	1:29:55
Susie Koontz	1:29:58

65-69

Willy Moolenaar	1:30:50
Joan Mahoney	2:23

2 MILER

Male

Overall

Kenneth Vercammen	11:18:34
Brandon Halst	11:20:17
Nick Flint	11:45:31

9-11

Keaton Robb	12:15:19
Rodolfo J. Valentin	13:42:09

12-14

Noah Davis	13:01:43
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30-39

Jim Schaeffer	12:14:03
Bill Dansbury	17:55:03

40-49

Jay Clabaugh	12:10:05
Doug Nichols	13:35:13

50-59

Ken Flieder	17:51:26
Robert Grashoff	25:22:17

70+

Alan Smith	16:42:06
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Female

Overall

Barbrette Ruth	15:46
Angela Ferebee	18:00
Theresa Ferebee	18:00:02

Best Dressed Hawaiian

Marlene White	24:56
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8 and under

Madeline Zeuli	18:59:05
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9-11

Rachel White	29:56:45
Quinn Kanner	31:04:45

30-39

Tammy Foster	18:59:26
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40-49

Traci Bourke	18:06:26
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50-59

Sarah Schroeder	20:39:44
Barbara Rolsing	12:53:06

60-69

Sharon Smith	22:57:54
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70+

Roberta Osterling	36:14:06
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We're afraid to ask whose feet filled this festive ensemble in this Cedric Ching photo!



Steve Chin took the Masters (40+) with his fourth place finish of 57:14. Cedric Ching photo.



Cedric Ching and Tracy Smith quench post-race thirst. Cedric took 2nd Best-Dressed Hawaiian with his 1:17:45 PR finish. Tracy ran 1:00:49 for third overall female. Photo courtesy Cedric Ching.



Sr. Grand Master (60+) women's winner, Anne Dockery, is all smiles with her 1:14:21 victory. Cedric Ching photo.



SUN N' FUN 4-MILER and 2-MILER

November 15, 2008

Port Canaveral, FL



There was plenty of fun and sun for the second annual Sun n' Fun four- and two-miler at Port Canaveral on Nov. 15. With the sands of Cocoa Beach still beaten up from Tropical Storm Fay, race director Marlene White scrambled to move the Freedom 7 Mileage Club fundraiser to Rusty's at the Port.

Turns out many of the businesses in the Port appreciated the healthy event attracting more than 100 runners to the area and provided the race with great accommodations and raffle prizes for the athletes.

White and her crew raised close to \$2,000 which will be used to purchase t-shirts, year-end medals, 100-miler trophies and backpack tokens for the 102 students who run twice a week in her before school Mileage Club. White is hoping for a bigger turnout in 2009 as next year's race date won't conflict with soccer season.

MALE		40-44		FEMALE	
Overall		Dennis Dowdy	28:08	Overall	
Art Anderson	24:36	Robert Lefever	31:41	Heather Price	26:45
Tenadore Dean	25:17			Andrea Binney	27:51
Sean Black	25:20	45-49		Sue Strout	30:49
		John Wimmers	28:27		
Master (40+)		Bill Alexander	28:34	Master (40+)	
Matt Mahoney	26:37	Curtis Williams	28:37	Kimberly Badgett	31:02
		Kevin English	30:22		
Freedom 7 First Male Student		Bob Torres	31:59	20-24	
Michael Lynch	28:33			Sheena Harvey	34:37
		50-54			
9 and Under		Bryan Myers	36:35	35-39	
Kyler Foutch	37:50	Greg Cross	37:34	Tina Schantz-Gross	45:26
		55-59		Melanie Hardman	45:29
15-19		John Fricano	30:59	Karen Terry	1:00:01
Jeremy Flint	33:58	Carl Bonds	34:13		
		60-64		40-44	
25-29		Robert Wilcox	36:14	Linda English	36:23
Paul Nichols	32:30	RC Koontz	1:00:08	Debbie Nowlin	37:58
				Natasha Morgan	35:25
30-34		65-69		Gina Burwood	1:00:02
David Coffey	37:43	Hugh Wilson	30:42		
		70+		45-49	
35-39		Morris Johnson	40:32	Lynn Spencer	31:47
Kirk Kemmler	34:14	Henry Campbell	46:57	Christy Zieres	35:59
Micah Rockwell	35:21			Cindy Cunningham	37:40
Judd Spitzer	39:09			Vanessa Breininger	37:58
Bill Dansbury	42:03				

50-54

Debbie Rescott 34:53
 Suzie Biery 36:48
 Nancy Cross 39:57

55-59

Pat Kiesselbach 37:01

60-64

Susie Koontz 38:54

65-69

Petra Gerhard 45:34

2-MILER**MALE****Overall**

Nick Flint 14:05
 Bill Hudkins 14:29
 Davis Owens 15:55

Master (40+)

Vern Thomas 17:11

Freedom 7 First Male Student

Danny Lynch 16:04

Freedom 7 First Male Staff

Jerry Eller 18:59

8 and Under

Zane Foutch 20:59
 Cody Neiman 22:32
 Roark Corson 28:18
 Alex Zawadzki 28:19
 Pierce Corson 32:01

9-11

Deuce Foutch 20:56
 Collin Goodwin 23:22
 Daniel Breininger 24:33
 Stephan Zawadzki 25:13
 David Durrance 25:34
 Robbie Breininger 26:34
 Sterling Schantz 33:23

12-14

Michael Gordon 16:52
 Andrew Gansler 19:09
 Hunter Lucier 19:39

12-14 (Con't.)

William Kemmler 19:43
 Clay Myers 21:04

30-39

Ryan Herold 16:19
 Kyle Howlin 17:26
 Jimmy Werling 19:34

40-49

Bill Jarvis 17:38
 Keith Flint 18:58
 Bruce Hardman 21:02
 Scott Goodwin 23:22
 Caleb Corson 32:00

50-59

Paul Sherwood 24:50
 Stephan Zawadzki 30:07

60-69

Marvin Ferebee 20:35

70+

Hermann Gerhard 29:46

FEMALE**Overall**

Cindy Werling 15:59
 Shialine Payne 17:47
 Angela Ferebee 17:48

Master (40+)

Marisa Flint 18:02

9-11

Audrey Kirk 21:39

10-14

Jessica Lynch 18:11
 Sophia Najarro 19:51

20-29

Angie Hadley 20:57

30-39

Karrah Hudkins 20:05
 Tricia Watson 20:25
 Jenny Benda 20:36
 LeeAnne Herold 20:59
 Crissie Sibel 22:35
 Nidia Najarro 26:34

40-49

Cherie Cook 18:10
 Molly Kirk 21:46
 Tammy Jarvis 25:16

50-59

Mary Jane Binney 28:19

60-69

Jocie Taylor 28:18

**THANK YOU
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All the great volunteers!



Athletes, many of them from the Freedom 7 Mileage Club in Cocoa Beach, line up for the start of the Sun n' Fun Two-Miler at Port Canaveral on November 15. Photo courtesy Marlene White.



At left, Angela Ferebee, shows the after-effects of the effort that earned her third overall female at the Fun n' Sun Two-Miler. On the right, race director, Marlene White, begins to announce the results on the outside deck of Rusty's in Port Canaveral. Photos courtesy of Theresa Ferebee.

SPACE COAST LIGHTFEST 5K

November 23, 2008

Melbourne, FL

MALE**Overall**

Doug Butler	16:33.8
Charles Ballou	16:54.4
John Davis	17:22.8

Masters (40+)

Patrick McCormick	17:49.9
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9 and under

Bryce Wahy	23:46.7
Bryan Dean	26:06.7
Michael Shenbaum	28:05.0
Mitchell Irwin	28:57.7
Paul Jaime	29:55.4
David Durrance	33:59.0
John Liebler	36:33.4
Kyle Henderson	38:48.9
Dylan O'Brien	48:53.4

10-14

Jacob Smithe	18:06.7
Matt Horner	19:08.5
Coleman Sperando	19:11.9
Nick Flint	20:12.7
Jo Ivey	20:37.9
Ian Reesh	21:48.3
Connor McMahon	21:54.1
Morgan Levine	21:54.6
Brad Ivey	22:07.2
Alec Reesh	22:07.8
Keaton Robb	22:13.0
Luke Redito	22:48.3
Sean Carroll	22:50.1
Shane Hartnett	23:07.6
Logan Williams	23:38.4
Jeremy Dean	25:44.5
Ryan Wagner	26:40.0
Zachary Granchi	27:23.3
Christian Smallwood	27:26.8
Sam Crocker	28:24.2
Kai Whitney	28:42.7
Robby Filliger	29:07.9
Pj Pinchera	29:54.5

10-14 (Con't.)

Austin Dodier	31:25.7
Alec Kennedy	34:23.6
Sean Kennedy	34:40.9
Courtland Crain	35:29.4
Livingston Crain	35:37.8
Peyton Briggs	38:48.1
Sterling Schantz	53:14.9
Brandon Springston	55:39.3

15 - 19

Dylan Clark	17:29.6
Bobby Simon	17:54.7
Alex Hoffman	18:21.8
Ben Craft	18:22.8
Kurt Strzesynski	18:53.2
Matthew Bernyk	19:02.5
David Vajanyi	19:14.0
Chris Clifton	20:08.9
Michael Field	20:13.3
Alex Dunnam	20:14.1
E. Wood Turner	20:16.0
Justin Armacost	20:52.0
Harrison Briggs	20:56.3
Bo Beaugez	21:16.6
Sean Koceski	21:34.5
Jeff Fitzgerald	21:37.8
Marcus Weimar	21:41.7
Chad Combs	22:13.6
Winston Akins	22:55.0
Ivan Swenson	23:32.6
James Field	23:37.6
Kyle Galeano	24:39.0
Michael Pentrack	25:27.0
Nathan Wassmuth	31:03.6
Devin Wiebe	34:25.3

20 - 24

Joel Gayle	18:36.0
Steven Place	27:20.5
Adam Beard	28:28.5
Zack Beard	29:08.7
Daniel Tortora	43:18.1

25 - 29

Dan Lizana	22:15.5
Jeffrey Nunez	23:19.8
Charles Goodson	23:25.8
Steve Stengle	23:34.2
Jason White	23:43.0
Robert Rutherford	23:56.5
Philip Yeager	24:16.3
Josh Kossman	25:41.0
Jason Parker	25:58.3
Brett Keener	26:23.4
Jonathan Small	28:33.1
Rick Renfro	29:25.4
Andrew Sander	29:28.5
Jason Berry	30:05.8
Kizzy Parks	30:12.1
John Palishen	30:50.9
John Hightower	30:51.4
Nathanael Small	34:44.1
Eric Sorrell	40:20.4
Matt Green	41:23.4
Cletus O'Brien	49:38.3
Jeff Whitten	51:07.9

30 - 34

Ed Donner	18:18.1
Dale Dukes	20:40.3
Jason Sadowski	22:59.5
David Kolcun	24:06.7
Joshua Harmening	24:40.4
Adam Pendleton	26:24.8
Steve Kopman	26:41.0
John Matthews	28:24.7
Derek Nolek	28:26.5
Michael Beausoleil	28:29.3
Kevin Glines	28:54.0
Aaron Anderson	29:07.1
Sidney Collins	30:06.4
Eric Bower	31:04.5

35 - 39

Scott Larson	19:10.4
Mike Doyle	20:53.0
Chris Reesh	20:54.0

35-39 (Con't.)

Gary Stern	21:37.3
Jim Schaeffer	21:39.0
Randy Boozer	22:28.6
Thomas Jenkins	23:44.1
Jeff Mabry	24:23.5
Chad Risch	26:25.9
Steven Sergis	26:43.5
Jeremy Schuchert	28:41.2
Michael Monopoli	29:04.2
Todd Hill	29:51.6
Gary Cunningham li	30:24.1
Todd Whitney	30:30.9
Robert Good	30:32.4
Alex Piakis	31:56.9
Jennifer Donoghue	32:10.6
Ryan Cox	34:03.0

40 - 44

Neal Levine	22:33.8
Chester Jones	23:05.5
Larry Wilcox	23:18.0
Mark Knopf	23:45.0
Matt Rydson	25:31.3
Dean Murphy	28:27.4
Rich Reilly	31:36.8
Andrew Vajanyi	32:37.1
Will Kennedy	34:39.2
Tom Pentrack	35:27.7
Jim Ringrose	45:40.7
Mark Bergs	46:58.1

45 - 49

Art Anderson	18:09.0
Marvin Irwin	21:23.1
Ron Martin	22:02.4
Douglas Nichols	23:54.6
Brian Sullivan	24:06.0
Cain Farthing	24:07.4
Steve Ellenbrook	25:32.9
Andy Beard	25:36.5
Charles Eccleston	25:45.9
Bill Jarvis	26:03.0
Jim Haithcoat	26:20.5
Eric Turner	27:13.7
Tim Speed	28:51.9
Mark Elliott	29:45.6
Marc Jaime	29:56.4
Richard Wassmuth	31:02.4
Craig Briggs	32:24.8

45-49 (Con't.)

Tom Freeberg	35:21.0
John Schmidt	35:43.9
Roger Henderson	38:49.6
Steve Hamilton	41:22.3
Donald Douns	42:58.2
Robert C. Rutherford	44:48.8
Jerry Gandy	45:39.7
Donald Gross	54:47.3

50 - 54

Brian Kessler	18:53.9
Matt Mahoney	20:18.0
Jerry Bird	21:26.7
Dennis Delman	21:52.1
Charles Zoss	22:55.9
Robin Peterson	26:10.5
Michael Vecchione	27:00.2
Hermes Santiago	27:25.5
Joseph Werner	27:30.7
Frank Kenniasty	28:06.4
Richard Simmons	30:15.0
Brian Percival	30:55.2
Steve Horner	31:51.6
Ken Flieder	32:20.1
Dave Thomas	37:13.7
Sam Collins	44:35.6
Ed Terek	58:07.7

55 - 59

David Mauterer	20:01.1
Don Dore	22:36.6
Bob Scalero	25:01.0
Richard Marino	25:35.8
Mike Spragins	26:49.8
Patrick O'Grady	27:37.2
John Collingsworth	28:13.9
Chuck Palmer	29:20.5
W. John Small	32:47.2
Scott Means	35:55.0
Terrt Sacik	40:08.9
Steve Mielke	44:02.4

60 - 64

Charles Mabry	24:25.4
Greg McKay	25:19.4
Vern Thomas	26:57.3
Robert Cameron	27:37.9
John Redrup	29:31.3
Steven Rasbach	35:58.0
Gary Olson	1:01:04.2

65 - 69

Hugh Wilson	23:02.7
Gerry Fahey	27:09.5
George Johnson	30:58.2

70+

Tom Ward	24:04.8
Joe Cataldo	36:13.5
Hermann Gerhard	46:10.1

FEMALE**Overall**

Melissa Taylor	19:51.1
Jackie Clifton	20:15.1
Maria Harper	20:16.6

Masters (40+)

Anne Dockery	23:15.8
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9 and Under

Bonnie Wilt	29:52.6
Alex Baysinger	30:03.8
Ally Jaime	30:26.8
Maya Derenthal	30:29.4
Aurora Abraham	31:40.9

10-14

Karina Mann	20:34.7
Hannah Kaufmann	21:24.0
Mary Lewis	23:01.7
Lesley McNamara	23:29.5
Mallory Donoghue	24:49.9
Kristen Owl	24:53.0
Mackenzie Baysinger	25:53.9
Catie Sergis	26:50.8
Ruby Watts	27:01.4
Alyssa Jordan	30:10.1
Lauren Pentrack	33:39.0
Courtney Sullivan	33:54.9
Courtney Crocker	34:34.3
Caroline Sullivan	34:59.5
Lindsey Alterman	46:24.1
Jenny Alterman	46:24.8
Zoe Zimmerman	55:38.6
Mary Gerlach	56:10.3

15 - 19

Heather Farthing	20:33.6
Lindsay Iwing	21:24.8
Stephanie Bird	21:25.9

15-19 (Con't.)

Christine Apsey	21:27.4
Elle Baker	21:40.9
Sandy Champlin	21:44.4
Morgan Lott	22:05.4
Danielle Wagner	22:21.9
Alyssa Graham	22:56.7
Kaili Corcoran	23:00.9
Kelsie Dunn	23:30.5
Karah Gerhke	24:24.5
Tina Monteleone	26:16.4
Kailee Smith	26:35.6
Kristy Lawry	26:39.0
Kim Hauser	28:39.0
Michelle Matarazzo	28:58.1
Jillian Treffeisen	30:22.0
Amanda Braden	30:37.2
Ashley Williams	30:38.2
Dayna Vecehione	31:11.9
Brittney Shumaker	31:13.0
Katherine Sullivan	33:07.9
Kathryn Braddock	34:21.5
Lee Fairchild	34:22.1
Kayle Mayer	39:22.8
Sarah Hasson	39:23.4
Kara Bradley	53:11.7
Helen Gerlach	56:11.5

20 - 24

Rachel Fucile	26:25.6
Sarah Kotranza	27:29.6
Kaitlyn McNamee	30:47.7
Jennifer Nelson	34:20.8
Kate Hart	35:15.8
Crystal Doty	36:41.3
Rebecca Gamroth	37:12.2
Lauren Cosentino	38:37.5
Carly Stallings	39:54.9
Ashley Place	40:12.0
Jessica Macchione	46:35.2
Christine Palmer	52:55.3

25 - 29

Viviana Bueiz	21:55.0
Celia Mahler	24:42.3
Danielle Quinn	25:43.8
Jacqueline Boughner	26:17.3
Patricia Johnson	26:58.7
Candice Yeager	27:49.8
Suzanne Plantec	28:27.9

Kristen Oktar	28:31.4
Holly Berry	30:04.9
Chelsea Lunny	30:55.9
Brittany Garrison	31:48.8
Julie Gooch	32:09.2
Karen Alberto	32:59.9
Jamie Stengle	33:22.2
Jeanne Dure	33:57.9
Katie Farrell	35:40.6
Shannon Glass	37:33.5
Takisha Webber	37:55.0
Amy Anderson	38:35.7
Ashley McLeod	38:36.6
Stephanie Sorrell	40:34.7
Stephanie Michel	41:03.0
Beth Haulman	41:24.1
Jennifer Rutherford	44:52.8
Jenny Jackson	45:26.5
Kelly Haiber	46:45.7
Elizabeth Speed	48:24.7
Katie Nocks	49:37.6
Laura Kerstetter	51:07.0

30 - 34

Tina Hall	23:00.2
Danielle Stern	24:53.7
Bambi Wiedemann	24:55.4
Kate Chapman	25:29.9
Donna Davis	26:31.7
Nichole Beausoleil	26:34.0
Jennifer Hickey	26:36.8
Heather Cherepkai	27:18.0
Maria Sander	29:27.0
Gail Thuraphan	29:58.0
Sonia Souza	30:16.7
Ilona Gaudio	31:20.4
Laura Glines	31:38.6
Ana McHale	32:18.2
Shannan Kammer	34:51.6
Michelle Mulligan	35:11.6
Carrie Foster	35:13.4
Christina Curtis	35:23.3
Jennifer Macbride	35:24.8
Samantha Murray	35:25.8
Chanda Chadd	37:11.3
Rene Brown	37:30.5
Jillian Walsh	37:31.7
Lynda Schuchert	37:43.7
Brenda Sadowski	38:03.6
Charlene Thomas	38:39.1

Heather Sacik	40:07.1
Michelle Trapchak-Dore	41:31.2
Jennifer Mirenda	41:47.4
Kim Bower	49:18.3
Anke Hill	50:45.0

35 - 39

Cindy Werling	25:00.2
Jeanne Gunning	25:14.8
Charlotte McClure	25:20.7
Tricia Rydson	25:26.3
Mary Wathen	26:07.8
April Zimmer	26:15.8
Melissa Delker	26:52.5
Sara Cleveland	27:16.8
Ana Canales	28:09.2
Michelle Mielke	28:19.2
Angie Vomndran	28:43.6
Wendy Heatley	29:36.9
Erica Elliott	30:14.0
Tara Hamilton	30:38.8
Jessica Vanatta	30:54.2
Echo Gilliam	31:29.1
Chelsi Cacciatore	32:02.3
Tina Schantz-Gross	34:26.5
Aimee Cox	35:45.7
Shanda Brummett	35:53.2
Angela Day	36:49.2
Colleen Scolari	37:38.1
Lisa Myer	38:00.8
Tiffany Sergis	44:01.5
Cyndi Bergs	46:57.3
Angela Matthews	46:59.9
Lottie Odom	49:31.1
Kristin Marshall	50:46.1

40 - 44

Lori Sullivan	24:05.4
Terry Ferrisi	24:51.4
Kathy Owl	24:52.6
Janice Spragins	26:48.1
Donna Straka	27:27.2
Jeannette Thomas	27:48.2
Lori Hamilton	28:22.7
Lori Levy	28:56.9
Carol Roberts	29:17.5
Louise Henrikson	29:43.6
Lynn Jaime	30:33.1
Sammy Johnson	31:14.6
Kristin Lambert	32:30.3

40-44 (Con't.)

Monica Pentrack	33:42.6
Theresa Derenthal	33:56.3
Christine Durrance	33:59.9
Janice Gagnier	34:28.3
Lisa Smallwood	35:23.7
Wendy Levine	35:52.3
Stephanie Rasbach	35:53.9
Melissa Taylor	37:37.2
Cheryl Dean	38:35.3
Jocelyn Douns	43:00.4
Kelly Hunter	46:56.7
Shelagh O'Brien	48:54.1
Barbara Berry	49:16.9
Kathy Bradley	53:07.3

45 - 49

Mariangie Blake	26:09.3
Joan Meadows	26:27.4
Maritza Moreno	26:33.2
Lois Boisseau	27:02.7
Cathy Czyzewski	27:26.0
Mary Dier	28:50.2
Florence Holden	29:26.2
Karen Sanchez	30:02.8
Diana Westerman	30:36.1
Theresa Gray	30:56.9
Pamela Castellana	31:21.8
Cheri Abraham	31:42.4
Dana Neimeier	32:12.5
Nancy Mann	32:15.4
Cathy Chapman	32:59.0
Janet Kenniasty	34:49.7
Candy Thomas	35:23.0
Sally Liebler	36:34.2
Karen Speed	38:05.7
Jeanette Terek	38:58.1
Wendy Cosentino	39:54.5
Renee Koch	40:40.2
Charlene Turner	40:44.6
Tammy Jarvis	41:02.6
Pam Rutherford	44:55.1
Diana Quinn	50:59.8
Dayna Cooper	51:00.5
Marie Gerlach	56:08.9

50 - 54

Deborah Marino	25:10.5
Jill Davies	25:32.1
Eileen Johnson	27:44.9
Lesley Collingsworth	28:11.6
Rosanne Bessenaire	28:46.1

50-54 (Con't.)

Rosemarie Cocker	28:53.0
Karen Horner	29:50.4
Lisa Wilt	30:07.1
Shirley Matrigali	31:52.8
Jackie Watson	32:21.4
Vicki Glass	33:24.3
Barbara Rolsing	35:22.0
Gail Means	35:54.7
Mary Renfro	36:04.8
Carol Small	37:05.8
Mary Stallings	38:37.0
Jeanne O'Grady	38:50.7
Sandy Steele	40:35.9
Patty Beard	42:03.1
Andrea Collins	44:42.5
Jean Kerrigan	51:01.7
Terry Field	52:48.5

55 - 59

Anne Doerflein	24:58.0
Patrick Kiesselbach	26:32.6
Linda Belanger	26:47.4
Susan Taylor	29:29.9
Diane Farrell	30:11.1
Maureen Morley	30:32.0
Jo Anne Goodson	32:05.5
Nancy Palmer	37:47.2
Karen Sacik	39:39.3
Jeannie Kessler	40:15.0
Sherry Kennedy	43:32.9
Sue Ferron	45:11.6
Judi Maiorani	46:33.8
Paula Mosby	58:10.3

60 - 64

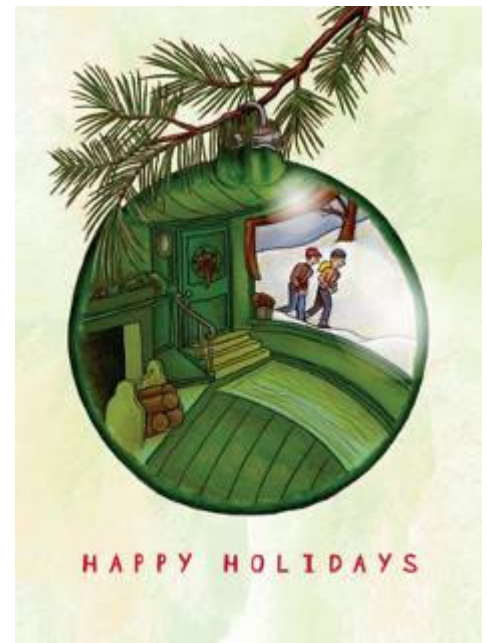
Lorraine Petersen	27:34.5
Eileen Cameron	29:24.1
Lynn Tam	40:30.3
Milly Krause	45:36.9
Cherie Nocks	50:37.0
Denise Christopher	51:24.1
Simone Spiess	51:26.1
Maureen Simmons	51:26.6
Dianne Olson	01:00.4

65 - 69

Petra Gerhard	34:01.5
Ruth Rubinfine	37:59.6
Esther Chinnery	39:55.3
Judy Anttila	46:34.4

70+

Roberta Osterling	1:02:35.5
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Gone Running' offers creative cards for the addicted.

Check out their holiday and regular lines at Running Zone.

