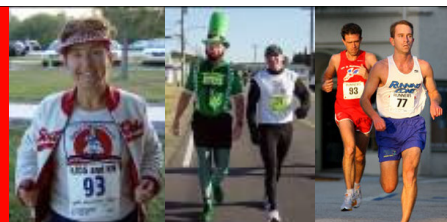


ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 31, ISSUE 1

JANUARY 2009

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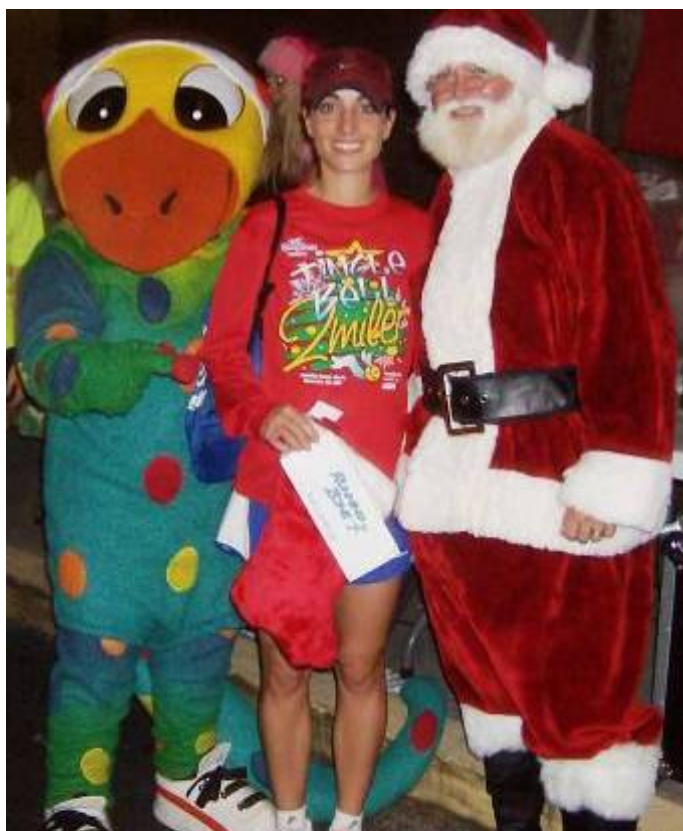
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Tracy Smith celebrates her .2 second overall female win at the Jingle Bell 2-miler with Zippy and Santa. Results, photos and story begin on page 24. Above photo courtesy of Robin Hernandez.

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://mahoney4.home.netcom.com/scr/08cc15k.pdf>



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

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



MARCH 14, 2009



**SPACE WALK OF FAME
8K and 2-MILER
April 11, 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

THANKS TO YOU THE 2008 SPACE COAST MARA- THON AND HALF WAS A HUGE SUCCESS!

A huge Thank You goes to Running Zone for their many, many hours of planning and the orchestration of the 2008 Space Coast Marathon and Half Marathon, getting bigger and better every year!

Of course, none of it would have been possible without the help of more than 250 volunteers, some working from the wee hours and all day long.

Race Director, Denise Piercy, has been reporting on the positive emails she has gotten from happy participants – testimonials to the hard work and volunteerism involved. A first-time

volunteer on race-day Sunday told me that she never realized how much was involved in putting on a race, much less a marathon, and how gratifying it was to be helping out.

We had some wonderful sponsorship this year, again, thanks to Denise for her hard work and persistence. Special Thanks to our presenting sponsor, Health First Health Plans.

In addition to monetary sponsors, we had some generous food sponsors supplying all the tasty treats at the finish line. A warm Thank You goes to Kathy Ojeda and Barbara Linton, for providing fresh, home-baked goods! Another Thanks to John Ritter and crew for the yummy pancake breakfast!

Please take a look at the sponsor list and patronize these businesses and let the owners know that you appreciate their donations to the Space Coast Marathon! They need to know that their sponsorship dollars, goods and services were well received.

One more Thank You to the race participants! Without you – there is no race! If you have any suggestions for next year, we would love to hear them! Contact Denise at dpiercy@runningzone.com or myself at cball1@cfl.rr.com.

Carol

Look for complete Space Coast Marathon and Half Marathon coverage in the special "Memories" edition coming out shortly to all race finishers and members of Space Coast Runners.



Special Thanks to our Sponsors & Supporters

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DRS Technologies
Running Zone
Florida Today
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Kennedy Space Center Visitors' Complex
Publix Super Markets
Radisson Resort-Cape Canaveral
Runners World
Running Zone
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Sandpiper Sportswear
Smart Water
Spacecoastmultisport.com
Starbucks Coffee
Sunrise Bread Co
The Sample Guy
The Space Store
Vitamin Water
Walmart

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

Congrats to all finishers and overall winners Marathon: Ryan Woods(2:34:22) and Mary Middlebrooks (3:06:59). Half: David Wishart (1:10:04) and Lindsay Hattendorf (1:22:58)

Reindeer Run 5K

Congrats to all finishers and overall winners Jessica Crate (18:00) and Christian Minor (15:55)

Run for the Light 5K

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

See pages 14 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

See pages 17 of this newsletter

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

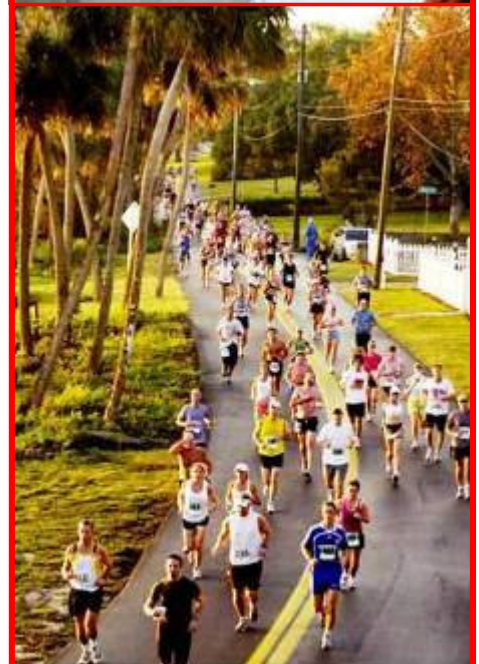
March 14, 2009
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

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

A Violation of Texas Law

I could be cited for my first running violation. No--I guess it wouldn't be my first--I've run through many non-yellow lights at intersections and have run in the street rather than on the sidewalk. That was when Plano, Texas was a much smaller city with much less traffic.

Several weeks have passed so I'm writing about my recent violation without much fear of being reported and prosecuted.

I was in Plano in November visiting with my grown children (they better be at my age) and I spotted a track at a school about a mile from my daughter's home.

The previous Saturday I had run a 5k in Texas with one of my old running buddies, Mark, and he had kicked my "a__". He seldom runs anymore--a weekend warrior now--and while he is 17 years my junior, I thought I could stay with him and make it an interesting finish.

I had talked him into running the race, hoping that he had forgotten the time I coerced him to running the Audie Murphy Double Dare 5k and 10k about ten years ago. You can run both the 5k and 10k and we often did that. We had started the 5k--and at the first mile I dropped out with a reoccurring leg pain. I had taken a lot of heat for getting Mark there and then dropping out. And despite the ten years, I learned that he hadn't forgotten.

So here we were again. As usual I went out faster than I realized with Mark just off my right shoulder--for the first half mile. Seeing and hearing that I was already anaerobic, he steadily pulled ahead and I never saw him again until he cheered my finishing kick. I managed to finish first and next to last in my age group with a 26:08.

That trouncing caused me to do a double take when I saw that school track and the opportunity to get in some meaningful sprint work. It had been our regular routine to do track work on Tuesdays and Thursdays when we ran together all those years in Texas.

I have been deprived of doing track work here in Brevard County where runners aren't welcome on the school tracks--even though we do pay taxes. So here was my chance to re-live some of the old moments of my peak running years.

I ran a mile warm up to the school which was already in session when I got there. I spotted several signs posted along the fence around the track with large letters reading "For FISD Use Only". That's "Frisco Independent School District". I couldn't read the smaller letters.

With no one around I proceeded to the track entrance and upon venturing onto the giving surface of the track thought "Wow--this is going to be great!" I hadn't been on a track like this since running some Florida Senior Game events in the mid 1990's.

Opening with a 1:41 quarter, I did four more to get my average down to 1:37. Upon leaving the track my curiosity caused me to take a closer look at the smaller print on the signs. It read "Violators subject to prosecution".

I looked around and seeing no one, journeyed back to my daughters' home--unspotted. All the way thinking--"The track wasn't being used--I just wanted to run on a nice track-- I'm just trying to stay healthy"--as if those would be my defense.

Unlike at the traffic lights in Plano, I don't think there were cameras--so it appears that I have escaped prosecution this time for my violation of Texas law.

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

A Mile With...Jack Lightle



Name: Jack Lightle (77).

Family (photo above): Nell, Wife of 51 years; Sons Brian (47), and Craig (44); and Seven Grandchildren (8 to 18).

Occupation: Retired BellSouth Senior Manager/ Executive and International Telecommunications Consultant.

Number of Years Running: Began over 32 years ago at age 45.

Began Running: For my Health and Self. Primary influences were Ken Cooper's "Aerobics", Jim Fixx's "Complete Book of Running", and Dr. George Sheehan's Books and Running philosophy columns, which provided added meaning and purpose for jogging, running and racing, advocating a time for health and self and a return to the play of our childhood. And, a "Psychology Today" article which essentially said that running can be a powerful catalyst for positive change (refocus) in one's life – and it has been so for me. Influences now include "Younger Next Year", which provides guidance for playing the next third of my life.

and the following Sheehan quotes from Ron Hoar's December SCR Newsletter column which best summarize where I am at this time in my life:

"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."

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."



Sportfest 5K, May 24, 2008

I Knew I Was Hooked When: I learned what running could do for Health and Self, began to run road races, completed my first six mile run and began sharing it with my Family.

Race PRs (Personal Records): 21:06 5K (Age 53); 45:52 10K (Age 52); 1:18:17 15K (Age 65) and 1:51:?? Half Marathon (Age 65).

Most Satisfying Race Performances: Alabama State Record for five miles for 58-year-old males; March 2008 Gate River Run, third place 75-79; April 2008 Cooper River Bridge Run, first place 75-79 and SCR ROY Series age group winner.

Favorite Races: The first races that Nell, Brian and Craig did with me and the Cooper River Bridge Run (10K), Gate River Run (15K) and the Peachtree (10K).

Favorite Places to Run: Indian River Drive, Oregon and South Africa.

Running Partners: My Up and Running camp teammates and my identical twin brother, Ted; and my wife, Nell, in Atlanta and Birmingham, when she was still running.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: My Father, who died when I was five years old.

Funniest or Oddest Thing I've Seen While Running: Halfway through the first 'race' (Kiddie run around the block at Space Coast Art Festival Turkey Trot) with my four-year-old granddaughter and grandson, when he asked, "Pa, when can we stop?"

Training Philosophies: Moderation: no more than 20 to 25 miles per week; Rebecca Sparks Up & Coming Running Camp Program; stay injury free and never do a marathon.

Pieces of Advice That I Would Give to a New Runner: Always buy the best shoes; dress like a runner; read Cooper, Fixx, Sheehan, "Younger Next Year" and the "Runners' Repair Manual, never quit; and always have FUN.

Other Sports& Interests: Biking, golf, gym, Duke basketball, Senior Games, staying current with domestic and world affairs and Family.

Favorite Reads: "The Republic", "The Prince" and Pat Conroy's writings, which include; "The Water is

Wide", "The Great Santini", "The Prince of Tides" and "My Losing Season".

Favorite Movies: "Lawrence of Arabia" and "Running Brave" (The Story of Billy Mills' struggle to find himself through running and winning the 1964 Olympic 10K Gold Medal.)

Favorite Meals: Salmon and sweet potato and South Carolina barbecue and hash on rice.

Dream Vacation: I am fortunate living it every day.

I Think That SCR Could Do A Better Job: By recognizing all participating runners, of all ages in appropriate 5-year age groups in all races. The addition of the 75+ "Group" last year was great for me, but young and old alike should be recognized in their respective 5-year age groups, at least during the Awards ceremony. Hopefully, this would encourage more of the younger and older participants in SCR races, as I believe the age-graded performance rankings and articles on older runners and race participation like Tom Ward wrote in the Sept. SCR newsletter.



77-year-old twins, Ted and Jack Lightle, kick back after attending their 50th Citadel class reunion.



Let's meet for Breakfast!
Sunday, Jan. 4
Riverfront Park, Cocoa

Space Coast Runners Sunday Fun Run Group invites you to run/walk with us at 6:30am and then join us for potluck breakfast at Riverfront Park! Bring a dish to share— we'll provide the drinks!

Happy New Year!!



MAKE THOSE RESOLUTIONS A REALITY THIS YEAR!

RUNNING 101

Get fit while having fun! Running Zone, together with Coach Bernie Sher, is offering an 8-week beginning running and walking program to help you cross the finish line of the Brevard Zoo Stingray Shuffle 3K (1.8 miles) on March 7, 2009.

During the 8-week period Coach Bernie will help you gradually increase your fitness, endurance and confidence while having fun. The program provides a combination of easy running and walking to help you remain injury-free and achieve your goals.

For just \$75.00 you'll receive eight weeks of personal coaching including: twice weekly group workouts with fluids; daily individualized training schedules; gait analysis; workshops on topics such as proper shoe selection, sports nutrition, hydration, stretching and strength training, a Running Zone goodie bag plus camaraderie, encouragement, motivation, new friendships and fun!

Meet the coach: Coach Bernie Sher is a certified Road Runners Club of America and USA Triathlon Coach and has been coaching runners and triathletes for 14 years. He has run numerous marathons including Boston Marathon and has a marathon PR of 2:58. Additionally he has competed in triathlons of all distances and qualified for and competed in the Ironman World Championship on three occasions. For additional information on Coach Bernie, his coaching successes and/or his racing career, visit his site at www.coachbernie.org



KICKOFF MEETING
THURSDAY, JANUARY 8th
6:30-7:30 p.m.
Running Zone
3680 N. Wickham Road
Melbourne, FL 32934



Learn more about the program, pickup camp materials and get answers to all your questions.

PDF Flyer/Registration at
<http://coachbernie.org/sitebuildercontent/sitebuilderfiles/running101.pdf>

For additional information on Running/Walking 101 contact Coach Bernie at baboou@cfl.rr.com or Running Zone at info@runningzone.com

YADA, YADA, YADA

THANK YOU

To all who **helped with this month's newsletter:** Kim Badgett, Carol Ball, Cathy Chapman, Cedric Ching, Robin Hernandez, Ron Hoar, Jack Lightle, Running Zone, Loran Serwin, and Fiona Wright.



Happy Birthday to (2) Blanche Morrison (3) Henry Campbell, Jerry Meyer, Willy Moolenaar (5) Elizabeth Norris (7) John Hardos, Nancy Huy-Perry (8) Rik Ojeda (9) Cheryl Day, Rebecca Sparks (11) Sandra Gannon (12) Laura Carroll, Angela Staab, Rick Unrue, Lauren Wilkin (14) Melanie Delman (15) Grace Elaro (16) Charles Carrington, Donna Neill (20) Lori Hicks, Pat McCormick (21) Emily Campbell, Tom Hoffman (22) Shirley Matrigali, Anne Norris, Yvonne Tuunanen (23) Kate Chapman (24) Audrey Joiner, Dean Ribaud (25) Patrick O'Grady (28) Greg Cross, Dennis Dailey (30) Keith Flint, Jennifer Karla (31) Katie Marsh.



OUH Half Marathon (Dec. 6) finishers: **Mims:** Philip Linteur, 2:21:10. **Titusville:** Dwight Brubaker, 1:56:05; Michael Haddock, 1:50:20; Luke Hoffman, 1:57:18; Christina Slayman, 1:38:41; Michael Tuttle, 2:00:16. **Rockledge:** Cris Burchfield, 2:16:49; Kati Craig, 1:42:41; Dave Herst, 1:48:02; John Mellick, 1:54:21. **Viera:** David Rodriguez, 2:09:07. **Melbourne:** Ashlyn Butts, 2:06:35; Cedric Ching, 1:55:52 left; Meisje Connor, 2:03:47; Angela Feldbush, 2:07:34; Hatice Foell, 2:05:25; Linda Marzano, 2:12:04; Pam Maxwell, 1st 40-44, 1:32:49; Jorge Ortiz, 1:40:28; Alicia Saunders, 1:56:50. **West Melbourne:** Brian Russell, 2:11:16. **Palm Bay:** Natalie Bobleter, 2:00:23 Malabar: Jason Metz, 2:08:02. **Merritt Island:** Christy Anderson, 2:05:18; Cyndi Bergs, 2:07:26; Jodi

Bishop, 2:11:11; Stephen Clark, 1:49:16; Colleen Garces, 2:09:06; Lauren Price, 2:14:15; Kim Tillet, 2:05:18; Jennifer Toole, 2:03:36. **Cape Canaveral:** Kristen Kelley, 2:16:54. Satellite Beach: Lee Chapon, 1:45:48; Alan LaMotte, 1:46:40; Katie Parry, 1:58:47; Kelly Parry, 2:22:32; Lindsey Parry, 2:29:13. **Indialantic:** Stephanie Carraway, 2:05:19; Margaret Kendrick, 2:05:20; Jeff Reed, 1:39:48; Susan Reed, 2:06:59; Lona Servin, 1:44:40; Danielle Stern, 2:00:25. **Melbourne Beach:** Kristen Neilson, 1:53:20; Kelsey Post, 1:55:54.



JACKSONVILLE MARATHON (Dec. 21) finishers Danny Barrett, 4:16:45; Cathy Callender, 4:29:53; Nick Cullison, 3:50:34; Theresa Miller, BQ, 3:59:21; Debbie Molina, 4:42:10; Mike Mos, 3:58:13; Janet Ritchie, 2nd 25-29, BQ, 3:21:14 and Wayne Wright, 4:30:31.

JACKSONVILLE HALF MARATHON (Dec. 21) finishers William Clamons, 2:09:16; Chandra Claycomb, 2:14:48; Tammy Flowers, 2:58:29; Marissa Flint, 2:19:26; Courtney Holst, 1:52:02; Kurt Holst, 2:01:14; Barbara Krause, 1:54:07; Angelique Molina, 2:04:45; Kathy Mos, 2:31:44; Kathy Ojeda, 1:59:12; Jackie Schmoll, 1:51:34.

Jacksonville participants left to right: Barbara Krause, unidentified; Sue Strout, Theresa Miller, Kim Badgett, Jackie Schmoll; Danny Barrett and Kurt Holst. Photo courtesy Kim Badgett.



Want to hook up with other locals at your next marathon or out-of-town event? Post your race plans to the chat site run by local ultra-runner, Matt Mahoney. The address is <http://sports.groups.yahoo.com/group/spacecoastrunners/>

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

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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: _____



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!

SINGLE-DIGIT-MIDGET

Clarence DeMar Marathon, Keene, NH

September 28th, 2008

By Fiona Wright

One week following my North Dakota adventure I headed up to New Hampshire for the 31st Clarence DeMar Marathon. I selected this race for a couple of reasons; I had heard a lot of positive feedback from other runners and one of my friends - Diane - lives there.

Clarence DeMar was a marathon runner who won Boston 7 times (that's him, below, winning in 1930), several other US marathons, and an Olympic Bronze in 1924. In 1930 he won Boston one last time at age 41. He had many obstacles to overcome in his running career including bad medical advice about a heart murmur, being drafted in the army in 1917 and fighting in WWI. 1929 he took a teaching job in Keene. He continued to run until his death in 1958. The Keene running community has held a marathon in his memory since 1978.

I flew into Manchester on Saturday where Diane picked me up. We stopped to pick up another Florida runner – Ocala Chuck - and proceeded to the Keene State College to pick up our packets. Even though this was a small race (242 finishers), there were a few people there from other parts of the country whom I had met on prior adventures. We all met at the packet pickup, played a little catch-up then went into the charming little town of Keene. After filling up on coffee, tea and gossip, Diane took Chuck and me on a tour of the course. There were a few hills but nothing too intimidating.

The race committee had previously cancelled the pre-race pasta dinner so that evening Diane invited Chuck and me to the home of another local runner who was hosting a private pasta dinner for about 30 people. The food was good and the company even better.

After a comfortable night's sleep, I was up early Sunday morning for an 8 AM start. Diane transported me to the start line in Gilsum, another quaint little New England town about 26 miles north of Keene. The race committee had successfully re-routed the original course two years earlier, keeping the start and finish lines the same but no major highways to cross in between. Most of the course wended through scenic country roads and lanes starting in Gilsum and going through Surry and Keene. The finish line was at the Keene State College. Although it was still early in the season, there were a few trees in full fall colors. That was quite a treat for this Anglo-American Florida transplant.

Diane wasn't running this year because she was working with a group of kids doing their final 1.2 miles of a progressive marathon. However, she didn't have to be at her meeting point for a couple of hours so she kindly ran the first 10 miles with me.

Most of the course ran through rural areas with a few neighborhoods dotted along the route. This election season I've been having fun on my marathons by counting political signs. In this area it was obvious who the favorite was; for every ten Obama signs there was one McCain sign.

By the time I was running my last half mile, Diane had finished with the kids so she was available to run me in. The finish line area was modest but there was sufficient to meet the needs of all the runners. Even though it was advertised as a 5½ hour course there was enough hot soup, drinks and snacks for the 6 hour people.

My final time was 4:56:02. I think this two-marathons-per-month idea is slowing me down but at least I'm having fun and getting closer to my goal. This was my 41st state, 9 left to run. This officially makes me a single-digit-midget. The final finish line is in my sights. I hope my legs can last another 235.8 miles.





TIGER DASH

5K & 10K & 1 MILE

12TH ANNUAL

SATURDAY, FEBRUARY 7, 2009 8:00AM

**Holy Trinity Episcopal Academy Upper Campus
(Just East of Pineda Causeway and Wickham Road Intersection)**

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

TIMETABLE:

Friday, February 6th – 10:00 a.m. – 6:30 pm

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

Saturday, February 7th – Holy Trinity Upper Campus

7:00 am Packet Pickup & Registration

7:45 am Late Registration ends

8:00 am 5k and 10k Start!!!

9:30 am 1 Mile Run

9:45 am Li'l Tiger Fun Run - **FREE!**

*Awards Ceremony immediately following all races

AWARDS: 5K & 10K

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	

**Overall Male & Female – One Mile Run
THIS IS A ROY SERIES RACE**

FEES:

5K	\$20	After 1/31	\$25
10K	\$20	After 1/31	\$25
1 Mile	\$10	After 1/31	\$15

SORRY, NO REFUNDS

TIGER DASH OFFICIAL ENTRY FORM

Make check payable to: **Holy Trinity Episcopal Academy**

Mail Completed Entry Form to: 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 ____

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

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and my 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 Tiger Dash 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 _____

Signature (parent or guardian if under 18) _____

Date _____



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

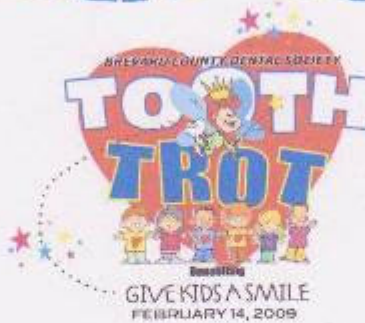
\$20.00 before February 6th
 \$25.00 after February 6th
 \$15.00 5K for kids 14 & under
 Kid's Run Free - Register on-site

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: _____



REINDEER RUN 5K

December 6, 2008

Cape Canaveral, FL



Christian Minor was so far ahead of the rest of the pack at the Dec. 6 Reindeer Run 5K in Cape Canaveral that spectators might have assumed he was a rogue elf. After all, how often do you see a man wearing red spandex shorts and a Santa's hat cross the finish line?

The 21-year-old Rockledge resident and Florida State pre-law senior covered the cold, windy 3.1-mile course in 15:55, tying the course record set by his former coach, Doug Butler, back in 2000.

Astronaut high school junior, Seth Rosonina, 17, placed second in 17:20, well off the personal best of 16:01 he set on Nov. 15 in Dade City at the FHSAA cross country state championships. Merritt Islands, Jonathon Brasch, 18, was third in 17:31. Melbourne's Pat McCormick, 48, took Masters (40+) in 17:58.

Although defending women's champ, Jessica Crate, again took this year's victory and seventh overall, her 18:00 fell nine seconds short of the 17:51 course record she set last year.

Merritt Island's Brittany Owens, 29 and a kinesiology major at Charleston University, took second in 19:22. Palm Bay's Tracy Smith, 35, grabbed third with her 19:26. Angela Wells, also of Merritt Island, won Masters in 20:06.

The race was number four in the nine-race Space Coast Runners Runner of the Year Series. Check out updated Series standings at <http://www.spacecoastrunners.org/roy.html>

All photos of this race are courtesy of Cedric Ching. Check out his complete photo gallery of the race at <http://public.fotki.com/CedricCSCFL/> Ken Horton photos and video are also available at www.icunphotos.com



Overall winner, Christian Minor, high-fives his dad on the way to his 15:55 finish.

MALE
Overall

Christian Minor	15:55.4
Seth Rosonina	17:20.1
Jonathon Brasch	17:31.1

Master (40+)

Patrick McMormick	17:58.3
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9 and Under

Douglas Anderson	28:53.4
Jay Boucher	29:31.0
Kevin Tezel	30:44.7
John Stotz	39:43.7

10-14

Cory Sayyeau	18:41.3
Matt Horner	20:10.1
Nick Flint	20:32.9
Morgan Levine	21:44.2
Daniel Penovich	22:47.4
Noah Davis	22:49.3
Alec Diamond	26:03.8
Reed Nicholas	28:08.1
Dustin Barto	29:02.8
Ryan Boehmer	29:24.3
Jared Gannon	30:08.4
Clay Tezel	30:39.4
Tylor Stanger	30:53.0
Ian MacIntyre	33:09.1
Monict Greenwell	35:21.3
Andrew Gansler	38:03.3
Collin Goodwin	49:45.6
Sterling Schantz	51:37.3

15-19

Noah Jacovitz	18:51.5
Cody Neuweiler	23:25.7
Michael Pentrack	24:21.9
Trevor Tezel	27:33.8

20-24

Marc Buonanni	22:30.9
Jason Smid	24:28.8

25 - 29

Brett Danderson	18:43.1
Andrew Grossmann	21:14.8
Paul Nichols	22:33.7
Jeffrey Nunez	23:05.6
Jonathan Pokorny	23:43.9
Brandon Ruhe	25:58.0
Benjamin Hayner	26:30.7
Chris Lenyk	34:35.5
Rahul Sharma	35:14.6
Jason Vanisi	37:46.6
Steph Brandon	48:55.0

30 - 34

John Davis	17:35.7
Ed Springer	17:51.4
James Croft	18:09.7
Jonathon Campbell	20:16.4

30-34 Continued

Adam Dokos	21:02.7
Bruce Furrow	21:24.9
Than Meyer	24:55.9

35 - 39

Dean Tenadore	18:46.4
Howard Kanner	19:42.7
Scott Larson	19:46.3
Tristan Webbe	20:26.6
Thomas Jenkins	22:31.4
Micah Rockwell	24:46.2
Chad Crouser	25:23.6
Randy Wasserman	25:35.4
David Allender	27:24.2
Kenneth Kallevig	27:47.3
Khaled Nagashi	29:10.7
Kyle Nowlin	30:38.7

40-44 Continued

Roy Nicholas	30:40.5
Preston MacIntyre	33:09.5
Heriberto Eschvarria	33:21.0
Daniel Casey	34:10.7
Tony Greenwell	36:15.5
Steven Huff	38:26.9
Shane Jensen	56:46.3

45 - 49

Art Anderson	18:22.3
Keith Kowalske	21:31.5
Jay Claybaush	21:34.0
Ricky McDonald	22:51.4
Bob Paxson	22:59.7
Bill Buonanni	23:02.0
Bob Torres	23:14.7
Kurt Holst	23:21.2
Kurt Tezel	24:00.2
Ted Moore	24:05.9
Garry Branch	24:35.4
Ralph Maccarone	24:58.7
Steven Ellenbrook	25:10.6
Crawford Moore	25:29.7
Scott Bell	26:07.7
Dennis Warren	26:17.3
Guy Chabot	26:31.6
Andrew Disney	26:37.4
Steve Harkness	29:25.9
Donald Downs	39:55.7
James Rutherford	54:17.5

45-49 Continued

Charles Mora	24:30.7
Geoffrey Lowther	25:45.0
Jimmy Black	26:59.0
Keith Dutter	28:27.9
Francisco Rosado	28:49.9
Stephen Downes	29:57.2
Ken Flieder	33:11.8
James McTavish	33:20.7
Gilbert Russell	33:26.1
Sal Farino	35:38.6
Michael McAllister	42:02.6
John Boehmer	46:30.1
Edward Terek	48:11.6
Henry Wines	48:55.8
Dave Conley	55:24.3



Frank Kapr, 1st 40-44, 18:08

40 - 44

Frank Kapr	18:08.3
Steve Chin	18:26.8
John Blossom	20:40.8
Dennis Dowdy	20:45.5
Bob Maggio	20:59.4
Neal Levine	21:32.9
Clifton Lanham	21:53.6
Chris Marriott	22:35.1
Andy Blossom	22:42.8
Larry Wilcox	22:56.9
Darin Schuster	23:25.1
Gregg Galzerano	25:07.7
Dale Anderson	25:25.2
John Salonek	25:43.8
Robert Petrosino	26:53.4
Scott Goodwin	27:12.9
Dennis Hardesty	27:44.2
John Porter	29:04.5
Dean Murphy	29:22.1
Tim Gannon	30:11.7



Roger Travis, 1st 50-54, 19:05

50 - 54

Roger Travis	19:05.4
Michael Miller	20:18.4
Loran Serwin	20:28.5
Jerry Bird	21:00.5
Paul Thompson	21:30.7
Dennis Delman	21:52.8
Philip Smith	23:05.0



Tom Hoffman, 1st 55-59, 21:55

55 - 59

Tom Hoffman	21:55.1
Wolfgang Jensen	22:00.2
Don Dore, Jr.	22:18.9
Bud Timmons	22:24.7
Carl Bonds	24:07.6
Dick White	24:33.0
Owen Leland	27:50.3
Peter Nichols	29:31.4
Richard Clark	36:51.0

60 - 64

Ed Rowley	22:20.6
Jim Schroeder	22:52.0
Ray Brown	23:17.8
David Farrall	23:40.4
Gary Castner	24:27.8
Frank Webbe	25:07.1
Vern Thomas	26:29.6
Charles Hazelaar	27:59.1
J.D. Mathys	30:21.1
Frank Maloney	32:42.1
Richard Barnes	48:28.8

65 - 69

George McAfee	23:00.5
David Wofford	25:39.1
Ken Frey	26:20.0
Darwin Tangen	28:04.6
Edmund O'Brien	41:47.4

70 - 74

Tom Ward	23:08.7
Ron Hoar	25:08.0
Bob Pecor	28:32.2
Morris Johnson	29:41.2
Harry Bestow	33:05.5
Henry Campbell	33:55.0
Hermann Gerhard	43:36.1
James Hale	46:18.1

75+

Harold Meggs	26:08.2
Jack Lightle	29:14.1
Don Nygaard	30:24.4



Women's winner Jessica
Crate, 18:00

FEMALE**Overall**

Jessica Crate	18:00.4
Brittany Owens	19:22.7
Tracy Smith	19:26.4

Master (40+)

Angela Wells	20:06.4
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9 and Under

Alex Baysinger	32:32.6
Nyssa Holmquist	32:37.7
Sara Shamlin	34:34.0
Victoria Dance	40:15.7
Jayna Hils	55:21.5

10-14

Mackenzie Baysinger	24:30.1
Allison Penovich	24:56.2
Gracie Dunn	30:49.8

10-14 Continued

Cassidy Nicholas	31:59.0
Lacey Goodwin	32:04.9
Brooke Boucher	32:42.9
Sydney Hardison	32:46.0
Alyson Wheble	33:29.3
Raelynn Vigue	33:50.0
Erin Bond	34:15.8
Lauren Pentrack	35:32.8
Shannon Petrie	35:54.4
Haley Boucher	36:35.5
Kaia Holmquist	38:06.0
Meghan Tezel	39:03.1
Tori Smith	39:03.5
Rachel White	42:00.1
Hannah Hardesty	42:37.1

15 - 19

Stephanie Bird	21:37.8
Kimberly Johnson	33:15.5
Jessica McTavish	35:02.7
Brittney Boucher	35:42.4
Chelsea Greenwell	35:57.4
Heather Morgan	37:46.2
Kimberly Hauser	39:16.7

20 - 24

Crystal Brasch-Henry	25:08.7
Angela Stanley	25:38.8
Sheena Harvey	26:45.0
Marcella Mueth	26:47.7
Jenna Ruhe	26:52.7
Nicole Stewart	29:28.2
Olivia Capizzi	30:58.5
Latoya Franklin	32:57.1
Elizabeth Stanley	33:15.1
Jennifer Nelson	34:22.2
Shannon Vann	41:11.5

25 - 29

Jackie Schmoll	22:31.7
Kristen Stone	24:56.5
Kimberly Yates	26:03.5
Katie Williford	32:59.0
Leila Brasch	33:25.3
Wei Fan	34:35.2
Erin Winters	35:27.1
Julie-Anne Bouchet	36:20.5
Jill Newman	47:36.6
Clarissa Junk	47:37.5
Rachel McGaye	48:36.6

30 - 34

Kara Niedermeier	20:11.7
Allison Kallevig	23:34.8
Bambi Wiedemann	23:56.5
Donna Davis	25:22.7
Christy Anderson	26:25.1
Rebecca Patterson	31:34.4
Stephanie Erwin	31:35.6
Tara Bishop	32:53.5

30-34 Continued

Sherry Salinas	33:08.3
Natalia Polishchouk	33:25.7
Juliana Miller	35:26.5
Michelle Trapchak-Dore	39:16.3
Jen Szaro	49:36.3
Nicole Gozevich	51:05.5

35 - 39

Kathy Camick	22:43.9
Devra Fain	22:45.4
Jeanne Gunning	24:39.6
Laura Watson	26:50.7
Leslie Boucher	27:40.1
Jennifer Fairbank	28:10.8
Shialine Payne	29:28.9
Brenna Reyes	32:10.2
Tina Schantz-Gross	32:31.9
Jayne Wilkerson	32:51.9
Jenni Crook	35:26.8
Rosemary Browning	38:05.3
Lisa Stotz	40:00.1
Vanessa Dance	40:16.6
Laura Dansbury	42:53.1
Karen Terry	44:05.4
Kristin Nignswanger	45:25.5
Christy Galzerano	51:55.9
Kelley Jensen	56:54.4



Robin Hernandez,
1st 40-44, 21:18

40 - 44

Robin Hernandez	21:18.1
Lisa Green	21:56.0
Sandra Gannon	22:32.5
Barbara Krause	23:16.0
Debbie Nowlin	23:59.6
Terry Ferrisi	24:42.0
Sharon Gillette	24:50.4
Patricia Tezel	25:00.1
Jeannette Thomas	25:28.7
Donna Hoven	26:31.1
Katherine Haid	26:32.6
Natasha Morgan	26:52.2

40-44 Continued

Michelle Lamb	28:12.7
Sue Finch	28:21.4
Marisa Flint	28:25.7
Cynthia Nicholas	29:38.4
Sammye Johnson	29:51.3
Linda Scales	30:20.0
Julie Dunn	30:45.0
Louise Hendrikson	31:51.6
Megan Holthaus	32:48.0
Monica Pentrack	33:21.5
Carol Roberts	35:07.8
Molly Kirk	35:39.0
Tonya Morgan	36:15.9
Jocelyn Downs	40:15.1
Gina Burwood	45:15.8
Sandie Lanham	45:25.9
Lori Hillenbrand	49:35.7
Jennifer McKillip	49:36.0
Rhonda Stromenger	49:36.6
Pamela Sotelo	49:37.0
Valerie James	54:17.



Ceal Walker, 1st 45-49, 20:10

45 - 49

Ceal Walker	20:10.7
Karen Minor	20:15.0
Nancy Buonanni	21:06.9
Debra Johansen	21:50.3
Suzie Enlow	22:34.5
Lynn Spencer	23:55.2
Candy Smith	24:33.6
Lori White	25:05.5
Janis Lenderman	25:24.0
Christine Zieres	26:05.6
Connie Paxson	27:10.2
Dorothy Wells	27:21.8
Cindy Cunningham	27:51.9
Holly Herrmann	27:58.6
Kim Jacovitz	28:06.2
Terri Williams	28:18.2

45-49 Continued

Theresa Gray	28:44.9
Mary Dier	29:21.8
Pamela Wheble	29:23.9
Kimberly Badgett	30:53.9
Rose Tokmenko	33:47.7
Karen Shamlin	34:34.8
Christina Disney	35:24.5
Jeanette Terek	38:38.7
Sharon Hubbard	39:18.8
Diane Merek	41:26.9
Monica Warren	48:55.4
Kim Workman	49:37.0
Celeste Vigue	49:37.0
Joni Hills	55:22.7

50 - 54

Sue Strout	22:34.8
Annis Halvorson	23:35.2
Anita Travis	24:38.9
Kay Rowley	24:53.0
Judy Bailey	26:06.3
Suzie Biery	26:36.1
Debbie Rescott	28:27.1
Melanie Delman	28:35.4
Debbie Capizzi	29:33.0
Karen Horner	29:36.9
Jenna Veenstra	30:10.2
Kathy Gay	32:28.7
Kimberly Diorio	34:04.4
Laurie McTavish	35:03.8
Debbie Buurma	41:26.4
Marlene White	42:00.6
Linda Boehmer	46:29.7
Pamela Tuscany-Warren	46:38.0
Vicki Leslie	47:30.0
Beth Blackman	47:37.1



Anne Doerflein, 1st 55-59, 24:45

55 - 59

Anne Doerflein	24:45.0
Linda Belanger	26:06.8
Pat Kiesselbach	26:39.2

55-59 Continued

Susie O'Connell	26:55.7
Darleen Barfield	29:28.6
Mary Ann Bowman	35:02.4
Jamie Nehmer	46:38.3



Susie Koontz, 2nd 60-64, 22:38

60 - 64

Anne Dockery	22:38.6
Susie Koontz	28:20.6
Jacquelyn Kellner	28:36.8
Mary Ramba	28:42.2
Shelia Gagné	40:55.1
Kacee Weber	55:25.6
Ann Prasch	56:38.3

65 - 69

Willy Moolenaar	26:57.6
Petra Gerhard	33:04.5
Judith Hale	44:08.9

70 - 74

Katie Marsh	36:43.3
Yvonne Cisar	40:29.2
Joan Mahoney	56:38.8





JINGLE BELL 2-miler

December 20, 2008

Satellite Beach, FL



Santa must believe that Palm Bay's Tracy Smith had been very, very good in 2008. After all, how do you explain her .2 second victory at the Dec. 20 Jingle Bell 2-miler - besides lots of dedication and hard work on her part? As the 35-year-old mother of two crossed the finish line in 12:20.2, her thoughts were on getting back out on the course to cheer in her 9-year-old son, Riley, and his 10-year-old sister, Sabrina. It wasn't until the results were announced that Smith realized both Karen Minor and Cathy Friedel were, almost literally, breathing down her neck.

Minor, 49, from Rockledge, had to settle for second with her 12:20.4 and both her and Smith's average pace per mile clocked out at 6:11. Only one second per mile slower, Cathy Friedel, a 45-year-old Satellite Beach mother of five, took third in 12:22. Palm Bay's Jackie Clifton, 47, scored the Master's win in 12:32.

The men's race had a bit more breathing room as Holy Trinity Episcopal Academy teammates David Kilgore and Bret Butler pulled somewhat of a role reversal. Last month, senior Butler won the Class 1A, District 4 cross country title with a hometown personal best of 16:02 and 22 seconds ahead of Kilgore.

At the Jingle Bell, it was Butler who led not only Kilgore, but the rest of the 1000+ participant pack as well, along the festively lit streets of the out-and-back Satellite Beach course. After finishing in 10:02, 17-year-old Kilgore had to wait 11 seconds to congratulate Butler on his second place 10:13 finish.

Melbourne's Chris Rego, home on break from FSU, grabbed third in 10:15 and Holy Trinity coach, Doug Butler, 45, took the Masters in 10:36.

While no course speed records were broken, this year's race registered more than 1,200 runners, up more than 200 from last year's event. Maybe it has something to do with the home-baked Christmas cookies, jingle bells on everyone's toes, Santa hats (and visit by the big man himself), festive stuffed stocking awards and family and corporate-festive atmosphere. *Unless otherwise noted, all photos in this section are courtesy of Cathy Chapman, Health First.*

MALE

Overall

- 1 David Kilgore 10:02.0
- 2 Bret Butler 10:13.9
- 3 Chris Rego 10:15.6

Master (40+)

- 1 Doug Butler 10:36.6

8 and Under

- 1 Bryan Dean 15:35.1
- 2 Liam Kelly 15:57.1
- 3 Eli Wyckoff 16:05.7
- 4 Nicolas Inganna 16:25.5
- 5 Jason Garrett 17:48.1
- 6 Trevor Denson 17:54.9
- 7 Larry Collamore 18:19.6
- 8 Austin Hayes 18:50.0
- 9 Davis Bell 19:20.1
- 10 Ian Romanisko 20:08.3
- 11 Garrett Fortier 20:15.3
- 12 Asher Hartnett 20:27.0



Overall Jingle Bell winner, David Kilgore, approaches the finish line.

8 and under continued

- 13 Caleb Smallwood 20:28.7
- 14 Cameron Yeutter 21:01.4
- 15 John Liebler 21:58.5
- 16 Jerry Waelti 22:53.9
- 17 Connor Drake 22:55.1
- 18 Daniel Callenberger 24:38.8
- 19 Wil Bell 24:50.7
- 20 Jake Matthews 25:12.5
- 21 Ryland Sacik 25:14.4
- 22 Jayden Stilla 25:47.4
- 23 Reed Zipperer 26:03.6
- 24 Ian Cook 26:34.2
- 25 Tyler McGowan 28:05.1
- 26 Kerry Cannas 28:06.8
- 27 David Karp 29:09.3
- 28 Noah Wells 30:27.7
- 29 Robert Ibsen 31:52.7
- 30 Jared Weiss 33:05.1
- 31 Jared Spragins 33:53.5
- 32 Tanner Hagan 34:01.8
- 33 Gavin Wessel 34:10.2

25-29 continued

8	George Kirk	15:13.2
9	Brian Sherker	15:23.7
10	Lorme Jourdan	15:36.1
11	Phil Hatcher	15:38.6
12	Zachary Brodrick	16:10.9
13	Ryan Roberts	16:49.1
14	Jonathon McKenzie li	17:40.1
15	Bjorn Age Vik	19:10.9
16	Mike Melachrinos	19:56.1
17	Michael Haig	21:01.8
18	Robert Mentillo	21:04.0
19	Chris Lenyk	21:12.9
20	Josh Heise	22:56.6
21	Mike McCarthy	27:45.7
22	Steve Rothen	35:35.



John Davis placed 10th overall and won the 30-34 age group.

30 - 34

1	John Davis	11:07.2
2	Jonathon Campbell	11:54.2
3	Javier Junco	12:13.9
4	Johnny Del Grosso	12:45.3
5	Bill Anderson	13:53.6
6	John Kramer	13:56.9
7	Chris Newlin	14:14.6
8	Scott Delgrosso	14:35.7
9	Erik Paulsson	14:56.6
10	Loran Wilkinson	15:18.1
11	Steve Tubbs	15:24.4
12	Bryan Steele	15:35.7
13	Mike Weatherspoon	15:48.8
14	Nathan Falk	16:42.9
15	Kevin Terry	16:44.0
16	Jay Neal	16:45.4
17	Michael Burke	16:51.9
18	Steve Kopman	17:01.7
19	David Kuehl	17:21.7
20	Stephen Ramsey	17:35.2
21	Simon Degoti	18:53.2
22	William Hudkins	20:24.3
23	Byron Halliburton	21:51.4
24	Jeremy Holland	23:16.4
25	Jason Fiedler	25:57.1
26	Rob Fangmeier	32:15.5

35 - 39

1	Scott Larson	11:56.9
2	Paul Fleming	11:57.4
3	Chris Reesh	12:33.3
4	Dave Chapman	12:50.4
5	Shawn Gabel	14:30.9
6	Brad Clarkson	15:11.8
7	Jerry Hung	15:18.6
8	Mark Palace	15:41.7
9	Chad Risch	15:52.2
10	Geoffrey Miller	16:35.9
11	Chip Wessel	16:48.7
12	Bill Floyd	17:17.2
13	Randy Hines	17:20.9
14	Terry Crovo	18:36.1
15	James Friedl	18:38.2
16	Joe Aiello	18:46.4
17	Zhenyu Teng	18:48.6
18	Nick Inganna	19:11.7
19	Kevin Neighbor	19:55.9
20	Ryan Herold	20:24.6
21	Steven Cowart	21:35.3
22	Stan Hart	23:41.8
23	Rodolfo Valentin	24:39.1
24	Shawn Dickens	24:42.7
25	Joel Turinetti	25:13.0
26	Michael Sacik	25:13.7
27	David Morgan	25:24.9
28	David Pope	27:42.1
29	John Terry	32:09.3
30	Robert Berry	37:09.3
31	Brian Moody	43:13.8

40 - 44

1	Steve Chin	11:07.7
2	Frank Kapr	11:22.6
3	Sean Black	11:45.9
4	Trent Smith	11:47.1
5	Troy Sheets	12:11.8
6	Bob Maggio	12:28.0
7	Neil Levine	13:27.3
8	Shawn Wilson	13:42.9
9	Chris Marriot	14:03.9
10	Larry Wilcox	14:06.5
11	Gordon Hewatt	14:40.1
12	Richard Raley	15:06.9
13	Gerald Craven	15:21.5
14	Craig Stevens	15:58.4
15	Lowell Hastings	16:01.9
16	Glenn Webb	16:08.5
17	Michael Palin	16:29.3
18	Emile Ganthier	16:30.3
19	Howie Lewis	17:08.2
20	Thore Ibsen	17:10.1
21	Dean Murphy	17:11.2
22	John Cubine	17:34.9
23	Russell Wittenberg	18:01.6
24	Andrew Collamore	18:19.3
25	Kevin Reck	18:34.3
26	Paul Hilburn	18:55.2
27	Todd Smith	18:59.0

35 - 39 continued

28	Bill McLamb	19:06.0
29	Thomas Opalewski	19:08.2
30	David Reid	19:44.9
31	Roy Nicholas	19:45.9
32	David Williams	20:01.7
33	Mike Hartnett	20:27.2
34	Pj (percy) Billings	20:36.0
35	David Zavetz	20:37.3
36	Gerald Afflerback	20:42.0
37	Jeff Zipperer	20:42.8
38	Joseph Blahovec, Jr	20:51.5
39	Doug McMahan	21:42.7
40	Barly Sorrells	22:09.2
41	David Reid	22:13.7
42	Jose Sierra	22:19.2
43	David Langhorne	22:29.6
44	Jim Maniscalco	22:30.6
45	Scott Sutherland	23:42.3
46	Mark Callenberger	24:34.0
47	Jim Ringrose	26:07.2
48	Winston Wheeler	26:11.1
49	John Karp	28:00.2
50	Mark Mynheir	28:49.5
51	Jeff King	32:44.1
52	Matt Rydson	36:46.8

45 - 49

1	Pat McCormick	11:07.6
2	Art Anderson	11:29.8
3	Lance Haskins	11:59.0
4	David R. Mason	12:26.5
5	Gregg Kowalski	12:36.2
6	John Andrews	12:40.9
7	Jay Claybaugh	12:59.6
8	Keith Kowalske	13:08.0
9	Terry Neuhart	13:11.7
10	Bob Cooke	13:28.7
11	Doug Nichols	13:57.0
12	Don Patterson	14:32.3
13	Colin Farthing	14:45.8
14	Steve Rego	14:46.4
15	John Cavanaugh	15:20.6
16	Dennis Eaton	15:22.0
17	Guy Chabot	15:31.4
18	Eric Schipfer	15:44.1
19	Dan Sims	15:45.9
20	Bruce Barton	16:21.7
21	Michael Adams	16:35.3
22	Jose Dieppa	16:38.3
23	David Kendrick	16:52.1
24	Greg Donoghue	16:55.1
25	Blake West	17:11.6
26	Dan Wills	17:35.7
27	Daniel Chapman	17:40.9
28	Alberto Escobar	18:08.4
29	David Turner	18:08.8
30	Darren Law	18:31.4
31	Curtis Niemeier	18:40.7
32	David Scholl	19:46.2
33	Michael Martin	19:59.7

45-49 continued

34	Craig Briggs	20:21.9
35	Scott Henderson	20:37.6
36	Robert Wright	20:41.0
37	Gerry Batista	20:43.8
38	Duane Smith	20:48.0
39	Robert Heard	20:53.2
40	Chip Barger	21:26.8
41	Steve Morris	21:48.4
42	Craig Castellana	21:51.0
43	Tom Freeberg	21:51.3
44	Tom Wuchte	22:10.5
45	Steven Hebert	22:21.3
46	John Schmidt	22:26.5
47	Ellery Chan	22:50.7
48	Tony Anderson	23:44.4
49	Jay Smith	23:49.1
50	Gary Trio	24:26.2
51	Robert Ellison	25:12.8
52	Ed Kirchner	26:07.2
53	Rob Mentillo	26:59.3
54	Gil Castillo	27:49.5
55	Keith Drack	29:56.6
56	Jeff Cook	31:07.2
57	Bill Jarvis	35:03.1
58	Jack Needham	36:19.7
59	David Tabor	36:48.5

50 - 54

1	Jerry Bird	12:29.4
2	Brian Kessler	12:30.8
3	Michael Slomins	12:56.9
4	Ralph Miller	13:44.0
5	Charles Zoss	13:50.0
6	Dennis Delman	13:53.5
7	Thomas Kabana	14:06.0
8	Thomas Eberle	15:17.2
9	Jim Ralph	15:25.5
10	Pete Putnam	15:51.5
11	Vincent Grillo	16:01.8
12	Robin Peterson	16:02.0
13	John Murphy	16:08.7
14	Dave Watrous	16:10.5
15	Francisco Rosado	17:18.4
16	Don Eldredge	18:12.3
17	Gary Nickloy	18:15.9
18	Rick McCrary	18:37.2
19	Ken Flieder	19:02.7
20	Robert Meadows	19:38.6
21	Brian Percival	19:41.1
22	Donald Hunter	19:42.6
23	Mark Paxton	20:01.1
24	Douglas Schulthess	20:25.4
25	Michael Singer	20:54.8
26	Sal Farino	22:17.3
27	James Harrison	23:27.5
28	Tim Erlacher	24:43.8
29	Stephen Novicki	26:04.7
30	Smitty Brewer	27:38.8
31	Jim Warburton	28:20.6
32	Geoff Draper	40:42.3

55 - 59

1	Bud Timmons	13:34.7
2	Thomas Winkelspecht	14:03.6
3	Kenneth Mitchell	14:22.0
4	Carl Bonds	15:20.6
5	Abe Oros	15:40.4
6	John Post	16:32.7
7	Ed Duley	16:52.1
8	Scott Means	17:04.0
9	Eric Madara	17:44.1
10	Jeff Alderson	18:01.3
11	Chuck Palmer	18:10.5
12	Mark Gregory	18:39.1
13	Keith Lundquist	20:05.0
14	Mark Reagan	20:10.9
15	Mike Spragins	20:54.6
16	Robert Bruckart	21:32.5
17	Harold Baerga	26:44.8
18	Mike Means	27:23.4
19	Steve Mielke	28:39.0
20	Paul Moyer	32:52.5
21	Edwin Rothen	35:49.0

60 - 64

1	Jim Schroeder	14:16.7
2	Ray Brown	14:38.0
3	Charles Mabry	14:57.1
4	Vern Thomas	16:49.6
5	Teen Sum	20:58.0
6	Drew Noble	32:58.3
7	Thomas Accola	34:54.6



Zippy and Santa congratulate George McAfee for his victory in the 65-69 age group.

65 - 69

1	George McAfee	14:39.3
2	George Then	20:05.4
3	Michael Petrillo	21:56.0

70 - 74

1	Tom Ward	14:36.7
2	Jim Weir	14:45.3
3	Bob Pecor	18:04.1
4	Henry Campbell	19:49.5

FEMALE

Overall		
1	Tracy Smith	12:20.2
2	Karen Minor	12:20.4
3	Cathy Friedel	12:22.7

Master (40+)

1	Jackie Clifton	12:32.3
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8-11

1	Jennifer Law	17:00.3
2	Ally Jaime	17:22.8
3	Marie Groppe	18:34.6
4	Sydney Smallwood	19:44.8
5	Molly Redito	19:46.4
6	Paige Williams	20:00.7
7	Emma Heard	20:49.7
8	Jessica Cowart	21:35.3
9	Sydney Fortier	21:48.5
10	Lianne Sierra	22:18.2
11	Maya Derenthue	22:34.6
12	Kaylee Smith	22:35.4
13	Katherine Tavares	23:12.9
14	Olivia Smith	23:48.3
15	Riley Crovo	23:52.9
16	Natalie Trio	24:23.6
17	Emily Callenberger	24:33.7
18	Ariana Valentin	24:38.2
19	Koral Bischer	25:01.8
20	Jordan Smith	25:13.6
21	Michelle Adams	25:54.1
22	Alexa Neighbor	25:55.0
23	Maggie Wathen	27:42.7
24	Sarah Drack	29:57.4
25	Peyton Turinetti	30:27.6
26	Breanna Gallagher	30:38.9
27	Laura Vasko	33:10.1
28	Taylor Weiss	33:28.1
29	Maggie Scott	33:52.7
30	Josie Harrison	33:53.6

9-11

1	Emily Chapman	13:08.9
2	Mackenzie Baysinger	15:01.7
3	Megan Gallagher	15:42.5
4	Shelby Smith	15:46.4
5	Courtney Copeland	15:46.9
6	Sydney Smith	15:49.3
7	Annie Gunning	16:13.7
8	Kristen Owl	16:23.2
9	Jennifer Hicks	16:30.3
10	Hailey Lewis	16:37.6
11	Danielle Dovojan	16:55.6
12	Serena Neighbor	17:15.6
13	Sarah Tanke	17:26.3
14	Zoe Friedl	17:41.7
15	Sophie Naughalty	17:44.9
16	Kylie Handa	18:18.5
17	Lindsey Waite	18:19.2
18	Lizzy Hicks	18:25.4
19	Alex Baysinger	18:34.0

9-11 continued			15 - 19			25-29 continued		
20	Jenna Zavetz	18:37.5	1	Candice McNaughton	12:52.6	5	Jamie Forrest	17:53.9
21	Jessica Whaley	18:37.5	2	Corin Cassario	13:16.5	6	Helena Kramer	18:25.4
22	Sabrina Smith	19:06.2	3	Stephanie Bird	13:39.9	7	Shannon Simmons	18:37.5
23	Kaitlin Inganna	19:10.5	4	Kaley Thomas	13:51.3	8	Karen D'Alberto	18:41.9
24	Johni Shell	19:12.8	5	Heather Farthing	13:55.8	9	Stephanie Marshall	18:46.3
25	Janey Johnson	19:56.8	6	Kelsie Dunn	13:57.4	10	Kathryn Rudloff	18:52.8
26	Maggie Johnson	19:57.9	7	Dana Slomins	14:05.5	11	Alissa Lawrence	19:51.2
27	Emily Paxton	20:01.2	8	Vanessa Valentine	14:33.8	12	Erin Lundquist	20:05.1
28	Melanie Dickens	20:17.5	9	Kelsey Post	15:02.2	13	Nicole Berkemeier	20:07.4
29	Maddie Zipperer	20:41.8	10	Sarah Wassmuth	15:03.1	14	Natalie Paul	20:08.3
30	Sydney Sinclair	20:46.1	11	Danielle Slomins	15:06.6	15	Roni Paulsson	20:08.7
31	Allison Eaton	21:14.9	12	Lyndsey Spragins	15:31.5	16	Ashley McLeod	20:10.5
32	Anna Barger	21:26.4	13	Jillian Treffeisen	16:32.1	17	Beth Livy	20:39.9
33	Laura Bell	21:27.1	14	Karah Gerhke	17:33.6	18	Rachel Watkins	21:10.4
34	Alex Ganthier	21:42.6	15	Amanda Braden	17:47.9	19	Wei Fan	21:13.5
35	Kai Tavares	22:03.2	16	Michelle Gagnier	17:53.3	20	Kristin Donoghue	21:24.1
36	Meg Meldrum	22:07.3	17	Katie Fraser	18:01.4	21	Stephanie Michel	21:30.8
37	Audrey Kirk	22:17.1	18	Michelle Matarazzo	18:04.5	22	Sarah Laroche	21:45.0
38	Taylor Haire	23:57.0	19	Karissa Gerhke	18:21.2	23	Aimee Molineaux	21:46.3
39	Trinity Turinetti	25:12.1	20	Holly Henderson	18:34.0	24	Elizabeth Maas	22:08.3
40	Jenna Self	25:41.8	21	Madison Smith	18:51.5	25	Laura Martinez	23:50.4
41	Emma Fiedler	25:56.5	22	Kimberly Johnson	19:46.6	26	Christy Kopp	26:18.6
42	Samantha Martin	26:01.2	23	Laura Delman	19:59.3	27	Catherine Mentillo	26:57.8
43	Kailee Ringrose	27:15.0	24	Devin Wiebe	20:28.5	28	Kate Walsh	27:42.2
44	Megan Murphy	29:08.6	25	Samantha Terry	20:32.2	29	Kelly Haiber	27:47.2
45	Chenna Cook	31:08.1	26	Emily Seaman	21:01.4	30	Julie Noble	28:44.4
46	Rachel Stewart	31:56.9	27	Nicole Kendrick	21:21.1	31	Lisa Degoti	30:06.1
47	Rachel Vasko	33:02.1	28	Emmalee West	25:45.9	32	Cara Melachrinis	32:21.7
48	Cheyenne Hammell	35:34.6	29	Jasmine Swenson	25:52.2	33	Katie Heise	34:43.5
49	Mary Katherine McManus	35:35.5	30	Gillian Castillo	27:49.7	34	Mary Anne Newlin	34:43.8
			31	Shelby Kirk	28:12.7	35	Laura Taylor	37:10.8
			32	Katie Heller	31:23.3			
			33	Rebecca Crawford	32:46.7	30 - 34		
			34	Kaitlyn Schnider	34:51.0	1	Erin McMahan	13:52.5
			35	Danielle Ledig	36:14.4	2	Jennifer Kalra	14:25.2
						3	Katie Fuselier	14:48.1
						4	Erin Schuck	15:20.5
			20 - 24			5	Mellisa Kastanias	15:45.6
			1	Kelly Murray	14:58.0	6	Alea Burke	16:52.0
			2	Julie Johnson	15:28.8	7	Heather Cherepkai	16:56.2
			3	Lindsey Putnam	15:58.3	8	Christine Davis	17:12.9
			4	Brianna Satinoff	16:51.1	9	Nina Houtkooper	17:24.7
			5	Nicole Iannelli	17:22.4	10	Rachael Miller	17:46.0
			6	Allison Givens	17:25.7	11	Maria Casino	17:46.6
			7	Meagan Watson	18:06.3	12	Chrysti Wilkinson	18:42.7
			8	Keri Lundquist	19:11.4	13	Jennifer Neighbor	19:05.0
			9	Brandy Wenzdrzyk	19:58.9	14	Andrea Smith	19:08.8
			10	Renee Ryals	20:20.9	15	Michelle Krausche	19:10.7
			11	Katie Brewer	20:59.8	16	Cristie Sinclair	19:13.5
			12	Natalie Palesh	21:01.3	17	Ana McHale	19:22.4
			13	Kelly Patterson	22:20.5	18	Krystal Walker	20:02.1
			14	Laura Wheeler	22:53.4	19	Karrah Hudkins	20:26.0
			15	Megan Stultz	27:27.4	20	Sara Gibbs	20:50.2
			16	Sarah Ryals	33:50.4	21	Marianicole Albritton	20:58.2
			17	Diana R Edgett	34:51.1	22	Melissa Andruszko	21:01.6
						23	Jenny MacBride	21:15.0
			25 - 29			24	Katie Collins	21:53.4
			1	Emily Halliburton	15:23.1	25	Shana Crovo	23:53.4
			2	Kate Brennan	15:41.9	26	Charlene Cao	26:02.4
			3	Sarah Rodriguez	16:43.0	27	Rene Brown	26:35.4
			4	Patti Olszewski	17:18.9			

30-34 continued

28	Jennifer Miranda	26:36.4
29	Taharaa Wong	28:58.7
30	Michelle Small	28:59.0
31	Sarah Karp	29:09.7
32	Karen Drack	29:57.9
33	Gwendolyn Ebright	30:02.2
34	Robin Turinetti	30:28.2
35	Maria Uasile	32:15.6
36	Michelle Hume	34:02.0
37	Melissa Wessel	34:09.1
38	Jaqueline Blair	34:50.7
39	Alina Shaffer	35:25.5
40	Jillian Walsh	35:35.5

35 - 39

1	Julie Hannah	14:42.8
2	Jeanne Gunning	15:19.2
3	Ann Ehler	15:39.9
4	Charlotte McClure	15:47.4
5	Katie Fleming	15:55.7
6	Lisa Harrington	15:58.0
7	Melissa Delker	16:29.5
8	Kimberly Frey	16:51.0
9	Jennifer Hodge	16:59.2
10	Michelle Mielke	17:42.8
11	Allison Matteson	17:51.9
12	Sharon Kelly	18:38.2
13	Jennifer Alexander	18:41.7
14	Jennifer Donoghue	19:18.9
15	Yena Morgan	19:29.8
16	Laurie Gonzagowski-Satt	20:32.4
17	Viviana Rodriguez	20:33.7
18	Rebecca Morley	20:35.1
19	Tina Schantz-Gross	21:02.4
20	Heather Terry	21:49.6
21	Kia M Tavares	23:13.0
22	Jennifer Campbell	23:17.9
23	Cassie Harrison	23:27.8
24	Jodie Fortier	24:11.3
25	Kristy Reesh	24:39.5
26	Christina Risch	25:03.2
27	Laura Smith	25:15.4
28	Tonya Hollowell	26:02.8
29	Susan Zipperer	26:06.8
30	Anne Ramsey	26:18.5
31	Mary Wathen	27:43.3
32	Dawn Kuehl	29:28.8
33	Debbie Jaworowski	29:29.3
34	Tracey Inganna	29:50.2
35	Katherine Heller	31:22.7
36	Jennifer Stewart	32:03.5
37	Nicole Therrien	32:44.0
38	Carissa Brown	36:17.0
39	Lynnda Floyd	36:20.4
40	Tricia Rydson	36:34.7
41	Karen Melcher	36:52.5
42	Becky Moody	43:03.4

40 - 44

1	Robin Hernandez	13:12.3
2	Paige Sierra	13:54.9
3	Sarah Guttery	14:08.2
4	Terry Ferrisi	15:19.9
5	Angie Preston	15:25.6
6	Terri Lovelace	15:47.0
7	Patty Laxton	15:47.4
8	Angela Handa	16:14.0
9	Kathy Owl	16:28.9
10	Laura Holdsworth	17:25.1
11	Paula Komm_storum	17:28.9
12	Lori Taylor	17:50.7
13	Beth Rieder	18:10.0
14	Cindy Nicholas	18:35.6
15	Jayne Hohulin	18:43.0
16	Sandra Gannon	18:48.8
17	Sammye Johnson	18:51.8
18	Melanie Huss	19:25.8
19	Janice Spragins	19:26.4
20	Beth Johnson	19:40.7
21	Lisa Eaton	19:49.3
22	Linda Wheeler	19:51.1
23	Amy Reid	19:58.3
24	Lori Mynheir	20:07.5
25	Cheryl Dean	20:10.3
26	Sherri Ellison	20:12.7
27	Christine Durrance	20:22.1
28	Serena Ledig	20:22.3
29	Stephanie Wooley	21:15.9
30	Margaret Kendrick	21:21.4
31	Leisha Sinclair	21:21.6
32	Dominiques Ganthier	21:42.9
33	Jan Adams	22:21.1
34	Janice Gagnier	22:28.1
35	Molly Kirk	22:28.8
36	Lynn Jaime	22:38.4
37	Tricia Kuhblank	22:41.0
38	Jessica Trio	23:06.6
39	Wendy Levine	23:15.0
40	Malinda Andrews	23:25.2
41	Angela Collins	23:26.4
42	Shelley Sutherland	23:43.5
43	Ann Haire	24:00.0
44	Mary Mansicalco	24:02.3
45	Carolyn Varrelmann	24:20.0
46	Peggy Callenberger	24:39.8
47	Loretta Willoughby	24:57.5
48	Leslie Matthews	25:14.6
49	Tammy Harper	25:38.9
50	Wendy Martin	26:20.7
51	Vickie Smith	26:40.3
52	Cindy Hosken	28:07.5
53	Janet Fischer	31:20.5
54	Teresa Baggett-Hines	31:27.5
55	Denise Ibsen	31:52.3
56	Debbie Wells	32:38.1
57	Melanie McLeod	33:00.8
58	Amy Wian	34:02.5
59	Lynne Needham	36:19.8
60	Janette Tabor	36:48.6

45 - 49

1	Linda Cowart	13:51.6
2	Lori A Kruger	14:12.9
3	Suzie Enlow	14:31.3
4	Angie Brammer	16:04.8
5	Kelly Palace	16:12.0
6	Olga Gonzalez	16:17.6
7	Candy Smith	16:24.0
8	Mariangie Blake	16:57.0
9	Joan McMahon	17:08.0
10	Susan Nolan	17:11.8
11	Penny Chambliss	17:15.5
12	Connie Paxson	17:26.3
13	Cheryl Worden	17:34.7
14	Fiona Wright	17:53.5
15	Sondra D'Angelo	18:26.1
16	Janet Nickloy	18:37.5
17	Jeanie Bondy	18:53.3
18	Amy Roush	19:00.2
19	Joan Meadows	19:06.3
20	Liz Kulyassa	19:44.9
21	Anne Corbeel	19:48.3
22	Mary Redito	19:48.8
23	Susie Putnam	19:57.4
24	Holly Mentillo	20:11.7
25	Pamela Castellana	20:12.4
26	Dana Niemeier	20:16.2
27	Helen Seaman	20:24.1
28	Tricia Bates	20:28.5
29	Sharon Bresser	20:32.8
30	Debby Dillon	20:32.8
31	Suzy Naughalty	20:33.0
32	Meredith Carter	20:36.0
33	Cathy Chapman	20:36.4
34	Sarah Henderson	20:37.5
35	Jeannette Potter	20:47.4
36	Linda Keller	21:13.4
37	Laurie Meldrum	22:09.7
38	Laurie Eldredge	22:20.1
39	Nancy Marquardt	22:24.5
40	Sally Liebler	22:47.6
41	Beth Law	23:09.8
42	Tammy Jarvis	23:28.6
43	Carolyn Robb	23:42.6
44	Carol McManus	23:57.2
45	Tracy Wills	24:27.9
46	Christine Adams	25:05.1
47	Cathy Sweeney	25:09.4
48	Seher Swenson	25:53.3
49	Cherie Cook	26:33.9
50	Edwina Griffin	27:55.5
51	Stephanie Wolf	27:58.5
52	Jeannie Briggs	28:30.3
53	Sherie Troisi	31:28.9
54	Scarlet Platt	31:38.5
55	Lisa Gerdes	32:50.0
56	Jill Barton	33:58.5
57	Michelle Johnstone	37:24.0
58	Janice Schmidt	37:36.5
59	Deborah Carle	40:16.0



Elizabeth Ring won the women's 50-54 age group at the Jingle Bell 2-miler. Photo Robin Hernandez.

50 - 54

- | | | |
|----|--------------------|---------|
| 1 | Elizabeth Ring | 15:17.5 |
| 2 | Patti Sponsler | 15:36.4 |
| 3 | Janet Erlacher | 17:00.5 |
| 4 | Carol Kuell | 17:36.6 |
| 5 | Marianne Fraser | 18:07.1 |
| 6 | Rosanne Bessenaire | 18:27.7 |
| 7 | Melanie Delman | 18:28.4 |
| 8 | Patty Boatman | 18:48.0 |
| 9 | Debbie Hutchinson | 18:52.0 |
| 10 | Shirley Matrigali | 19:42.4 |
| 11 | Jackie Watson | 19:57.4 |
| 12 | Janel Singer | 20:55.1 |
| 13 | Sandy McDonald | 21:46.1 |
| 14 | Barbara Rolsing | 21:59.0 |
| 15 | Dalys Dunn | 22:05.3 |
| 16 | Gail Means | 23:11.5 |
| 17 | Alice Arbogast | 24:57.8 |
| 18 | Marcia Dunn | 25:06.9 |
| 19 | Patricia Novicki | 26:03.9 |
| 20 | Judy Laroche | 26:16.0 |
| 21 | Hally Douglas | 26:38.2 |
| 22 | Mary Stultz | 27:27.8 |
| 23 | Anne Opalewski | 27:52.2 |
| 24 | Gerry Warburton | 28:19.4 |
| 25 | Donna Brewer | 28:29.0 |
| 26 | Susan Molineaux | 29:14.9 |
| 27 | Brenda Benevente | 30:23.8 |
| 28 | Lynne Nilles | 33:26.9 |
| 29 | Ana Rego | 34:12.1 |
| 30 | Rebecca Shaw | 35:26.4 |
| 31 | Janet Palenik | 35:38.5 |
| 32 | Joy Vasko | 40:58.8 |

55 - 59

- | | | |
|----|------------------|---------|
| 1 | Anne Doerflien | 15:30.5 |
| 2 | Linda Belanger | 16:14.5 |
| 3 | Susie O'Connell | 16:44.6 |
| 4 | Nancy Huy-Perry | 18:05.1 |
| 5 | Joanne Goodson | 19:52.6 |
| 6 | Jacalyn Ramsey | 20:19.4 |
| 7 | Sarah Schroeder | 21:17.7 |
| 8 | Karen Mitchell | 21:19.7 |
| 9 | Nancy Palmer | 24:09.3 |
| 10 | Suzanne Goetz | 25:56.6 |
| 11 | Shauna Hume | 26:37.3 |
| 12 | Katie Wilson | 27:03.0 |
| 13 | Donna Berglund | 31:58.0 |
| 14 | Cathy Lundquist | 32:53.0 |
| 15 | Elizabeth Baerga | 34:16.0 |
| 16 | Barbara Rothen | 35:47.4 |
| 17 | Barbara Van Veen | 36:34.4 |
| 18 | Paula Mosby | 36:58.4 |
| 19 | Deby Orr | 37:36.5 |



Health First Corporate Challenge team members, Lorraine Peterson, is all smiles after winning the ladies 60-64 division.

60 - 64

- | | | |
|----|-------------------|---------|
| 1 | Lorraine Peterson | 17:19.9 |
| 2 | Susan Then | 18:31.5 |
| 3 | Barbara Marshall | 27:45.2 |
| 4 | Milly Krause | 30:20.6 |
| 5 | Carolann Muir | 30:58.6 |
| 6 | Julia Moyer | 32:52.1 |
| 7 | Gwyn Noble | 34:35.4 |
| 8 | Dianne Olson | 34:59.4 |
| 9 | Mary June Joseph | 35:55.4 |
| 10 | Jean Sinclair | 39:55.5 |

65 - 69

- | | | |
|---|-----------------|---------|
| 1 | Willy Moolenaar | 16:40.5 |
| 2 | Judith Law | 26:34.3 |

70 - 74

- | | | |
|---|-------------------|---------|
| 1 | Katie Marsh | 24:59.9 |
| 2 | Patricia Polzer | 32:18.9 |
| 3 | Roberta Osterling | 38:38.3 |

**CONGRATS!!!!
JOAN MEADOWS**

Note from Joan:

I made it through the Tallahassee Ultra Distance Classic 50K on December 13. The weather was 29 degrees at the race start and 53 degrees when I finished.

The course for the 50k was fifteen (15) of the same 2.07 mile loops which made it very easy to follow. There were 33 runners who completed the 50K (31.07?) mile course and 15 runners who ran the 50-mile course. I thought I would get bored doing the same lap, but it was actually fun. You always knew where the volunteers were as well as the food/aid station.

The volunteers and food volunteers were awesome. They got to know you and would have stuff ready for you as you approached. I got to meet several people before and during the race which was nice as you kept seeing the same people over and over again. It was a great encouragement and also a game to see who you could stay in front of. I listened to a local rock and roll station on my radio which probably the best thing I did to keep going. I looked at my Garmin watch three times during the whole event.

My time at 13.1 was 2:07; at 26.2 it was 4:32, which is my PR and at the finish 31.07, 5:33:37. I am so pleased with my time.

