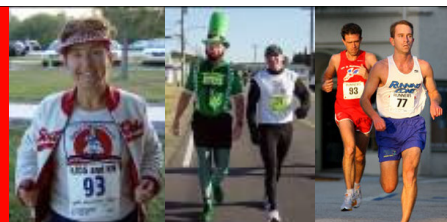


# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 31, ISSUE 2

February 2009

## Columns and Stories

Carol's Corner	3
Classifieds	3
The Passing Lane: Little Things Mean A Lot	6
A Mile With...	8
Yada, Yada, Yada	9
Cold Comfort	11
On the 50 States Trail	16
Logging In	20
Double, Double, Toil and Trouble	21
Adventures with Chuck And Rick	23
What is G-O-O-F-Y?	25



The Light the Way 5k in Titusville on Jan. 24 gave Nancy Buonanni, above, the overall women's win, a PR and a \$100 gift certificate for a new pair of shoes. Story & results on page 26 Also check out Rick Andrew's complete photo gallery of the race at: [http://actionshot.smugmug.com/gallery/7179532\\_72m2E#460900234\\_pgpRD](http://actionshot.smugmug.com/gallery/7179532_72m2E#460900234_pgpRD)

## Race Ads

Tiger Dash 5K/10K	10
Melbourne & Beaches Music Marathon	12
Tooth Trot 5K	13
Brevard Zoo Stingray Shuffle 3K	15
Eye of the Dragon 10K And 2-Miler	18
Run for Your Life 5K	19
Space Walk of Fame 8K	28

## Runners' Resources

Running Zone	7
SCR Discounts	14

## Race Results

Light the Way 5K	23
------------------	----

**SUPPORT  
OUR RACES &  
SPONSORS**



<http://runningzone.com>



<http://mahoney4.home.netcom.com/scr/08scr15k.pdf>



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

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



MARCH 14, 2009



## 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/>

# WHO WE ARE



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

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

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

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

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

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

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

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

**ADVERTISING:**  
 The On-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **15th** 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

Dear Readers,

As I write this column on this cold January morning, I am making preparations to head to Cape Canaveral Hospital to have more basal skin cancer removed and reconstructive surgery performed on my face. Not fun.

In the United States, one million people will be diagnosed with skin cancer this year. The only defense that we have to control this disease is prevention. We are all human, and therefore we tend to think that serious health issues will not happen to us and we do not heed the warnings that the medical profession and the media give us. Until something rather tragic happens to us, or someone we know personally, we tend to have a lackadaisical approach. For example, you might not wear safety glasses while mowing the lawn until someone has an eye put out from flying debris.

Well, I am someone you all know, and I am here to tell you..... PLEASE, PLEASE, PLEASE .....take care of your skin. We as

Florida runners have an abundant amount of sun exposure and are therefore perfect candidates for damage. Unfortunately, as adults, our damage may have already begun when we were teenagers and "brown was beautiful". What we need to do is limit the additional damage we may be doing now.

In addition, think about your children and grandchildren and make sure they are diligently caring for their skin. This is anytime they are out in the sun – especially during extended visits to the beach and during sport activities. Tanning beds are not safe alternatives. You could be helping them stop the early onset of skin cancer.

In the summer months, in order to stay cool while out on the road, we tend to wear a minimal amount of clothing, and therefore increase the area of exposure. If you are going to be out there for over an hour, consider wearing very lightweight, moisture wicking coverings. Of course, it goes without saying to wear a good sweat proof sunscreen and a hat. By the way, check the expiration date on the sunscreen and discard last years bottle and replace it for maximum effectiveness.

Regrettably, long term sun damage is not readily apparent. Every burn is cumulative.

YOUR preventative actions are the key.

For a very informative article on skin cancer and prevention, please visit the following link from the United States Department of Health and Human Services Center for Disease Control: [www.cdc.gov/cancer/skin/basic info/](http://www.cdc.gov/cancer/skin/basic_info/)

Stay safe!

Carol



### WANTED

**Bike rack.** Must be able to fit a Honda Civic. Please contact Cyndi Bergs at 514-6955.



### VOLUNTEERS NEEDED

The 21st annual Eye of the Dragon 10k and Tail of the Lizard 2 Mile is just around the corner. Volunteers are needed for race day to help with registration, on the course, at the finish line, and to tally results. More than 50 volunteers are required to fully staff this race.

If you or a family member or friend can help out on race day before, during, or after the race, please contact race director, Marlene White, at [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com) or 783-6535. No experience necessary.

### FREE TO GOOD HOME

Treadmill - Sportcraft TX 4.9, good condition, Carol 454-9461

**Want to buy or sell? Maybe you need help or have services that you'd like to offer.**

**As a benefit to its membership, SCR now offers free classifieds. Send your information to newsletter editor, Patti Sponsler by the 15th of the month for the next month's edition. Feel free to send photos in .jpg, .jpeg or photoshop formats.**



# 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, 2009  
Time: 8 a.m.  
Windover Farms, Melbourne  
Www.spacecoastrunners.org

## Tiger Dash 5K and 10K

February 7, 2009  
Time: 8 a.m.  
Holy Trinity, Pineda Cswy. Campus  
Denise Piercy, 751-8890  
Runningzone.com  
See page 10 of this newsletter

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

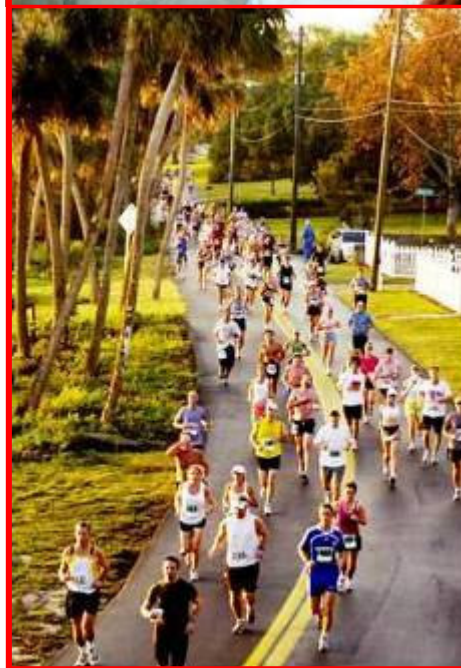
March 14, 2009  
Time: 10K-8 a.m.; 2M-8:10 a.m.  
Eau Gallie Cswy, Melbourne  
See page 18 of this newsletter

## 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  
See page 28 of this newsletter



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

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

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

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

# SCR YOUTH SERIES



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

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

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

## 2008-09 YOUTH SERIES EVENTS

### Fall Into Winter

Coconuts on the Beach  
Cocoa Beach

Saturday, September 20, 2008  
Approx. 8:15 am

### Run for the Light

Windover Farms, Melbourne  
Saturday, January 31, 2008  
Approx 8:45 am

### Downtown Melbourne

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

### Space Coast Classic

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

### Eye of the Dragon

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

### Space Walk of Fame

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

### Reindeer Run

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

# THE PASSING LANE

*With Ron Hoar*

## Little Things Mean A Lot

There's an old song that may not be familiar to most of you since it was popular way back in the 50's. It's titled "Little Things Mean A Lot".

I thought of that song recently when I was pondering reasons for my improved running times. You might wonder why I even think about improving my times as a 70 year old--I sometimes wonder that too!

But my drop off in times has been much greater than I think it should have been over the past eight years. And I have wondered if I could get back to near where I should be based on my previous running times and the passing years.

During the summer I made a real effort to work harder on those hills in Maine. By September I was averaging 20 miles a week with a weekly long run of 8-9 miles and timed runs on various routes of 2.5 and 4.5 miles that challenged or bettered those of the previous two summers.

I was ready to see how that would translate into my running once I returned to Florida. I have actually been quite pleased with my progress upon returning as I continue to try to get those times down.

When I reflect on my running of 15-20 years ago I recall how I was able to continually establish new PR's--sometimes in successive weeks. I've concluded that there were several "little things" that added up to that success.

***I was younger.*** I began running races at age 50 and even at that age could recover quite quickly after hard runs. That doesn't seem to happen now.

***I was motivated.*** I knew that I could continue to run better and that new PR's were within my grasp. That's long gone.

***I was entering the unknown.*** I hadn't been there--done that. I had no comprehension of what I could achieve with work--how much better I could get. Discovery was exciting. There's no longer that positive discovery.

***I did the proper training.*** Each run had a purpose. Sundays were for long runs to build endurance. Tuesdays and Thursdays were for speed work. (Actually I didn't incorporate speed work for my first couple of years--until after I had run some 50 races. Preferring the longer runs--including three marathons, I didn't run a 5k until my fifteenth race and ran only one in my first 30 races.) Wednesday was for a strong mid-distance tempo run. Monday and most Fridays were for rest. For several years I ran over 50 miles a week. Now my usual weekly total is about 15 miles.

***I raced frequently.*** Frequent racing helps most of us psychologically and gets us to better estimate and understand pacing. I no longer run 30 races per year.

***I ate with racing in mind.*** Carbs were plentiful in my diet with serious loading prior to the longer races. Today I pay less attention to diet.

It occurred that perhaps I should be paying more attention to all those "little things" as I try to improve my times. So I've tried to regain some of those factors--but I'm not as young, not as motivated (been there) and am not entering the unknown. That leaves training, racing more frequently and diet.

My first race after returning from Maine was the Star Strut 5k (26:26), then the Colony, Texas 5k two weeks later (26:08) followed by the Chain of Lakes 5k (25:35) and the Reindeer Run 5k (25:09).

Notice the progression in reduced times? During that nine week period I was running 15 miles per week, doing some hard training runs with my best times in over two years, doing weekly speed work--and the night before that last race eating a spaghetti dinner.

Even though there are not as many of those "little things" that drove me to my successes of 15-20 years ago, I still subscribe to that promise of the old song title "Little Things Mean A Lot".



VOTED ONE OF THE TOP 50 RUNNING STORES IN AMERICA

# **RUNNING ZONE**



***All Your Favorite Brands***

**Shoes • Apparel • Accessories**

**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**www.runningzone.com**

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

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

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

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

# A Mile With...Debbie Rescott

**Name:** Debbie Rescott.

**Family:** Daughter, son-in-law & two grandchildren.

**Ages:** 50, 30s and 4- and 2-years-old.

**Occupation:** Office Administrator.

**Number of Years Running:** 25 years +/-.

**Began Running Because:** I started dating a guy who was training for a marathon; so I started running with him; my dad also ran, so I joined him twice a week on his runs around Sykes Creek. After that I started to run 5Ks.

**I Knew I Was Hooked When:** I was injured and couldn't run and was jealous of anyone running along 520 or A1A.

**Race PRs (Personal Records):** Downtown Melbourne 5K, 24:56; Boston, GA Half Marathon, 1:56; Disney Marathon 4:23.

**Most Satisfying Race Performance:** Taking first place in the Rose City Run 10K in Thomasville GA. For the past 10 years my brother would come down to run the Downtown Melbourne 5K and I'd go later in the month to GA to run the RCR. In 2007 we were both shocked that I placed first in the age group – my brother and I laughed wondering where all the other runners were that day!

**Favorite Race(s):** Cocoa Beach Turkey Trot 5K, Reindeer Run 5K, Downtown Melbourne 5K, and Rose City Run 10K,

**Favorite Placeto Run:** River Road.

**Running Partner(s):** My brother, Brian, and all of the Up & Running Group.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Rebecca Sparks, she is a great motivator, always encourages you to give it your all.

**Funniest or Oddest Thing I've Seen While Running:** I was running with Kim Badgett one morning on River Road, and stopped at a port-o-let and my car key holder dropped into the water...it was dark at the time so we continued our run, on the way back, we stopped and managed to "fish" out the key – found some plastic bags

to carry the holder back to the car where we sanitized it as best we could and went about our day – we had a good laugh about it.

**Training Philosophies:** Set a goal, establish a positive attitude and go for it.

**One Piece of Advice That I Would Give to a New Runner:** Start out slow, listen to your body and take any advice given to you!

**Other Sports & Interests:** Triathlons for three years now; relaxing by my pool with a book, but of late, taking a nap.

**Favorite Reads:** I'm never home long enough to read.

**Favorite Movies:** Pretty Woman, Ghost, Sound of Music.

**When Nobody is Looking I Like to:** Eat chocolate.

**Favorite Meal:** Chicken divan, and any pasta dishes.

**Dream Vacation:** All vacations are "dream vacations" it's all about making each vacation the best it can be.

**I Think That SCR Could Do A Better Job:** I think they do a wonderful job!! They do an awesome job and I appreciate all the time they put into the organization!!!!



**Debbie Rescott grins as she leaves T1 of her first Half Ironman event - Miami Man - in November, 2008.**



# YADA, YADA, YADA

**THANK YOU**

To all who helped with this month's newsletter: Carol Ball, Cyndi Bergs, Sarah Guttery, Ron Hoar, Debra Johansen, Debbie Rescott, Running Zone, Loran Serwin, Fiona Wright and Wayne Wright



**Happy Birthday (1)** Ryan Bodine, Christopher Eastweed, Jennifer Miletic, Michael Miller (2) Bill Alexander, Owen McCrudden, Jim Swingle (4) Greg Butler, Ty Rieder (5) Tracy Smith, Marlene White (7) Tom Dalton, Vern Thomas (8) Dan Friedel (11) Olivia Day, Terry Hayden, Rishi Maharaj, Will Wider, Jeff Rosolowshi (12) Darwin Tangen (13) Tim Gannon, James Morrell (14) Kendall Enlow (16) Rhonda Schiff, Kathryn Varnes (17) Kurt Holst, Killian McCoy (19) Brenda Fettrow, James Ralph (2) Jonathan Brown (21) Paige Sierra (22) Noah Davis, Debbie Unrue, Steve Winterfeldt (23) Daniel Pippin, Tina Schantz-Gross, Tracy Seibert (25) Ryan Farner, Chad Risch (27) Denise Piercy, Greg Rieder (28) Alex Ross, Jackie Schmall.



A red carpet roll out to **new members** Aaron & Cathy Chapman, Melbourne; Christopher Eastwood, Palm Bay; Jennifer, Spencer & Warren Hodge, Rockledge; Barbara Krause, Merritt Island; Jill Lyons, Melbourne; Deborah & Rich Marino, Indialantic; Avery, Gina & Nathaneal Mohr; Hope Murphy, Merritt Island; Witney Newman, Melbourne Beach; Connie & Robert Paxson, Merritt Island; Robert Reaume, Merritt Island; Kimberly Yates, Merritt Island.



Congrats to the 3,300 athletes who finished the Walt Disney World Goofy Race-and-a-Half Challenge on Saturday, Jan. 10 and Sunday, Jan. 11. Participants had to complete the 13.1-mile half marathon on Saturday and then return to Epcot at 5:50 a.m. on Sunday to scamper an additional 26.2 miles.

Those completing the momentous feet feats, received all the bling you see in the photo at left! For a first-hand account of the adventure, read Cyndi Berg's story on page 25.

Brevard residents who completed the Challenge include Danny Barrett, 44, Cocoa; Cyndi Bergs, 38, Merritt Island; Brian Bridenbecker, 32, Palm Bay; Dwight Brubaker, 40, Titusville; Doug Burns, 44, Melbourne; Jonathan Campbell, 31, Rockledge; Cedric Ching, 27, Melbourne; Cameron Cole, 32, Melbourne; Kyle Durr, 36, West Melbourne Autumn Evans, 36, Melbourne Beach; Rick Forreire, 62, Merritt Island; John Holmquist, 37, Indian Harbour Beach; Bernadette Jones, 33, Patrick Air Force Base; Susie Koontz, 63, Merritt Island; Brendan Mertz, 26, Merritt Island; Frank Norris, 52, Titusville; Juan Posada, 50, Rockledge; Patricia Renish, 49, Indialantic; John Rice, 52, Cocoa Beach; Hernan Rojas, 43, Melbourne; Andrea Schaffner, 44, Cape Canaveral; Shawn Schaffner, 44, Cape Canaveral; Veronica Sim, 41, Melbourne; Jeffery Stueve, 44, Melbourne; Gary Stutte, 52, Titusville; Jill Vanelli, 43, Melbourne.

Send your race results and photos to [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com)



# TIGER DASH

## 5K & 10K & 1 MILE

# 12<sup>TH</sup> 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 1 Mile**

**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:**

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

**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 \_\_\_\_ Please Circle Race 10K 5K 1Mile

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 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 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 \_\_\_\_\_

# COLD COMFORT

With winter starting to nip at our toes, bundling up correctly for cold weather exercise is as critical to runners in the south's mild winter as it is to those who run in Chicago's notorious winters. To help prepare runners and walkers alike, Internet tips offer five essentials for outdoor enthusiasts to keep safe and warm this cold weather season:

**Cover the head.** Approximately 40 percent to 50 percent of body heat is lost through the head. Non-cotton caps made of technical materials can trap warmth and wick moisture away from the skin. Keep the ears covered as well to prevent additional heat loss and exposure.

**Protect the fingers and toes.** In cold weather, as much as 30 percent of body heat can escape through the hands and feet. Socks and gloves should be made with a technical, moisture-wicking fabric that will keep extremities dry and warm. Avoid socks made from cotton which does not pull moisture away from the body. Damp socks can make a runner feel colder. The trapped moisture will also leave feet prone to blisters, fungus and bacteria.

**Layer on top.** Dressing in lightweight layers, rather than one heavy layer, will provide optimum protection with comfort. Overdressing can lead to overheating once the run is underway and the body warms up. A general rule for running is to dress 20 degrees warmer than the weather outside. For example, if the weather is 20 degrees, dress as if it's 40 degrees. For a simple, yet reliable layering system, start with a lightweight long-sleeve base-layer tee made of technical materials to wick moisture away from the body. Over it, add a long-sleeve half zip top. When the temperature drops below 25 degrees, or it is windy or rainy, add a breathable running jacket manufactured for wind and water resistance.



**Support leg muscles:** Since the legs generate a lot of heat during a run or brisk long walk, the compression of technical running tights or running pants is ideal. Technical compression will warm and support the leg muscles, keeping them from tiring as quickly during a run or long walk. Unless the weather is below 10 degrees, a single supportive layer on the legs is enough to prevent leg chafing and retain heat.

**Be visible:** Along with the colder weather, the days also get shorter during the winter time making it more difficult for drivers and others to see runners and walkers, especially in the early morning or evening hours. To be safe, wear reflective apparel and gear for every run. While more winter apparel includes reflective strips to alert others to your presence, to ensure safety, it's a good idea to invest in a reflective running vest or LED light that provides more visibility in the darker hours.





# INAUGURAL 2009 MELBOURNE & BEACHES MUSIC MARATHON ENTRY

SUNDAY, FEBRUARY 8TH, 2009

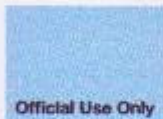
1/2 MARATHON & 5K

Register online @ [www.themelbournemarathon.com](http://www.themelbournemarathon.com)

Complete Entire Form Mail entries not accepted after 12/31/08

Please print neatly using capital letters. O.K. to photocopy (do not alter size). One entry per form please.

Mail completed form and fee to: Smooth Running, P.O. Box 33100, Indialantic, FL 32903



<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**

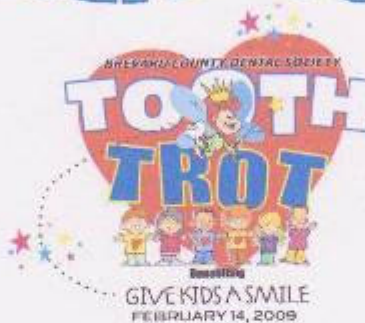
\$20.00 before February 6<sup>th</sup>  
 \$25.00 after February 6<sup>th</sup>  
 \*\$15.00 5K for kids 14 & under\*  
 Kid's Run Free - Register on-site

**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](http://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 11<sup>th</sup> 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](mailto:GWBOMS@aol.com)

**EASIEST REGISTRATION**

register online at [active.com](http://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: \_\_\_\_\_

# SCR MEMBER DISCOUNTS

**ROBIN HERNANDEZ of**



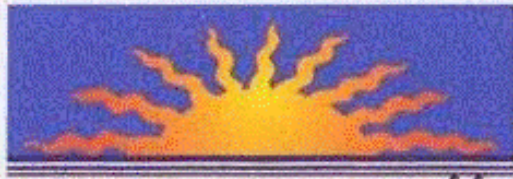
**IS OFFERING A 10% DISCOUNT ON ANY SERVICE TO SCR MEMBERS!**  
1363 Cypress Avenue  
Melbourne  
Corner of Eau Gallie Blvd. & US1  
321-254-5888



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



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



*A Better Way to Health*  
Goldwood Square Business Center  
MM#18973

**Space Coast Runners  
Discounts only**

## 1 HOUR MASSAGE

Swedish or Deep Tissue/Sports \$35.00  
Hot Stone of Lymph \$40.00  
4 1-hour Swedish or Deep Tissue \$120

**PLUS A BONUS**  
With any massage special  
1 FREE Detox Footbath for 30 min  
This is a \$35.00 VALUE - FREE

1954 Dairy Road  
West Melbourne, FL 32904  
321-956-7777

**FRICION. FREEDOM.**



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



# BREVARD ZOO

**10% off annual membership cost**





## BREVARD ZOO'S STINGRAY SHUFFLE 3K RUN & FITNESS WALK

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

**4th race of the series!**

**SATURDAY, MARCH 7, 2009 AT 7:30 AM**

**Brevard Zoo, Viera, FL**

**FREE – “Li'l Stingray” Kids Run after the 3K**

**TIMETABLE:**

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

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

**Saturday, March 7th – Brevard Zoo, Viera, FL**

6:15 am Packet Pickup & Registration  
7:15 am Late Registration ends  
7:30 am 3K Start!!!  
8:15 am Li'l Stingray Shuffle Kiddie Run - FREE!

\*Awards Ceremony immediately following all races

**Directions to Brevard Zoo:**

Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. The Zoo is 1/2 mile on the right.

**AMENITIES:**

- See the Zoo's Cool Stingray Exhibit
- Check out Zoo Animals along the course
- 50% off Admission for All Participants on Race Day
- Free Li'l Stingray Kiddie Run
- Benefits Brevard Zoo

**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	

<b>FEES:</b>	<b>Until 3/6</b>	<b>Race Day</b>
<b>3K Run/Walk</b>	<b>\$28.00</b>	<b>\$31.00</b>
<b>Optional Kid's Reg.</b>	<b>\$15.00</b>	<b>\$20.00</b>

(12 & Under-See Below for Details)

**SORRY, NO REFUNDS**

**BREVARD ZOO'S STINGRAY SHUFFLE 3K ENTRY FORM**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

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

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

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

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

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

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

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

Corporate Challenge Team Name \_\_\_\_\_

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

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

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

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

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
SIGNATURE OF PARENT FOR MINORS

\_\_\_\_\_  
DATE

# ON THE 50 STATES TRAIL

## By Wayne Wright

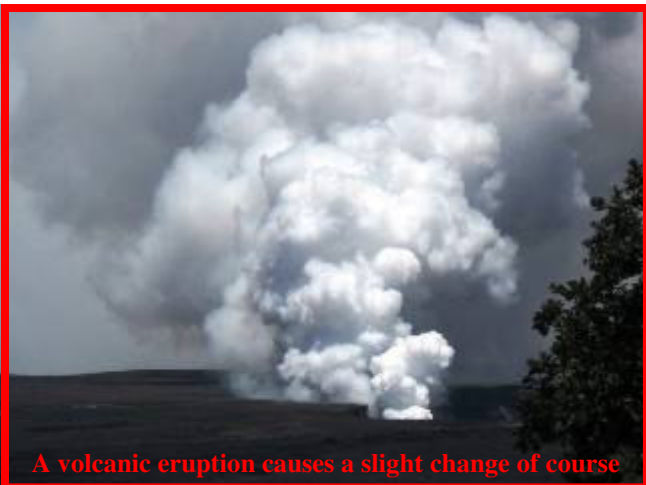
**May 17 - Fargo Marathon, Fargo, ND (State #38)** To get to Fargo, go to the middle of nowhere and turn left, then look for a wheat field with lights. There is no protection from the cold 30 knot wind blowing across the plains. Otherwise, the marathon was great. The finish is inside the "Fargo Dome". Big screen TV's show runners outside approaching the dome then again in the chutes. It's fascinating watching yourself cross the finish line. I had a 4:37.

**June 21 - Grandma's Marathon, Duluth, MN (State #39)** They bussed us out 26 miles for a scenic run along the shore of Lake Superior. As we neared Duluth and the temperature climbed toward 70, which is hot for Minnesota, the locals came out with lawn chairs and beer coolers. By running with my hand out and yelling "I need a beer", I set a PR: 8 beer stops! I even got a beer between finishing (4:32) and getting my medal.

**July 26 - Volcano Marathon, Volcano National Park, HI (State #40)** My girlfriend, Cindy Throneburg, did the 5-mile run across the Kilauea Volcano crater while I ran the marathon. The marathon course normally went completely around the crater with little elevation change, but this year the volcano erupted and there was lava flowing across the course. Getting barbecued is not my idea of fun! Unfortunately, every direction from the summit of a volcano is down. So the alternate course was a down-and-back along the crater's rim, through a rain forest and across old lava flows. After 13 miles of continuous uphill to a 5:36 finish, my leg muscles were burning like lava. Fortunately, the awesome views and the rest of the Hawaiian vacation made it all worthwhile.

**August 17 - Humpy's Marathon, Anchorage, AK (State #41)** After a day of visiting a museum and Alaskan craft fair, dining on "reindeer burgers" and taking an historical tour, I attended the 50 States Marathon Club reunion. On marathon morning, a local politician, Sarah somebody, wished us good luck. The course was a scenic out-and-back along the coastline. I ran 4:44. For accepting a bump, the airline treated me to first class for the long flight home. Nice.

**September 14 - Lewis & Clark Marathon, St Charles, MO.** Hurricane Ike missed Florida but hit St Charles the night before the marathon. While waiting 30 minutes past start time for the police to finish with traffic accidents and get in position, we were pounded by heavy rain and gale force winds. Fearing the danger of hypothermia and having never walked a marathon, I decided to keep my rain jacket on and started walking. After all, a marathon is a distance, not a speed. After ten miles we learned that the Missouri river had flooded the course and the race was cancelled. Although we out-of-staters asked to do the ten miles back to the start and then laps around the parking lot, it just wasn't feasible. C'est la vie.



A volcanic eruption causes a slight change of course

**September 28 - Clarence Demar Marathon, Keene, NH (State #42)** Cindy and I flew to Albany, NY. While she stayed to visit family, I got lost driving across Vermont to New Hampshire. The expression, "You can't get there from here", has more meaning now. After bussing out to the start line somewhere in the hills, we wandered along wooded rural roads back to Keene and finished (4:36) at Keene State College. The highlight of the day was the vegetable soup they served. After returning to New York for Cindy, we drove to Massachusetts for a couple of days of "marathon recovery" back-packing on the Appalachian Trail.





October 18 - Breakers Marathon, Newport, RI (State #43) If you want to run a marathon in Rhode Island, you have one choice, the Breakers. Fortunately, it's a fine marathon. The interesting and scenic course wanders around an old fort, past some huge mansions, along the seashore, and over enough hills for challenge. The pre and post parties were excellent. After a satisfying 4:24 finish, I made a judgment error by flying home that night. After sitting still for over three hours, my muscles stiffened so much I needed help to get off the airplane.



November 2 - Bass Pro Shop Marathon, Springfield, MO (State #44) This was my third attempt to do a Missouri marathon. Besides the Hurricane Ike fiasco, I had scratched from the St Louis Marathon in April, 2007, due to my heart surgery. Because of bad reports, I was reluctant to enter this one, but I still needed Missouri. And, the defects had been corrected. It turned out to be an excellent marathon on a lovely course (mostly greenways) plus great pre and post parties. And this time, the weather cooperated. I finished in 4:28. The third time was the charm!

\*\*\*

**Editor's Note:**

*After Wayne finished this story, he proceeded to celebrate his 60<sup>th</sup> birthday in an unusual manner - he ran six marathons in six consecutive weekends.*



*Look for the upcoming tale on his seemingly insane adventure that included:*

*Nov 30: Space Coast Marathon, Cocoa, FL, 4:29*

*Nov 23: Alafia River State Park (cross country), FL, 5:02*

*Dec 6 - St Jude's Marathon, Memphis, TN, 4:29*

*Dec 13 - Roxbury Marathon, Roxbury, CT, 4:56*

*Dec 21 - Jacksonville Bank Marathon, Jacksonville, FL, 4:30*

*Dec 27 - Florida Marathon, Clermont, FL, 4:36.*

\*\*\*

Additional Wayne Wright Hawaiian photos at left include from top to bottom:

\*Cindy & Wayne at the Crater Observatory.

\*Hot race and cold beer. Maui! Wowie!

\*Cindy, Wayne and a Space Coast Marathon race shirt at the Polynesian Cultural Center



# 21ST ANNUAL EYE OF THE DRAGON 10K & TAIL OF THE LIZARD 2 MILE

A Space Coast Runner of the Year Event

USA T&F Certified FL04037DL



## Sponsors:



Dick White  
Sports Therapist



LOCKHEED MARTIN  
Space Systems



## Race Information

**Race Date** Saturday, March 14, 2009

**Race Time** 8:00 am - 10k  
8:10 am - 2 Mile  
9:15 am - Kids' Runs

**Location** Eau Gallie Civic Center  
1551 Highland Ave, Melbourne

*For safety reasons, no animals, baby joggers, skates, or headphones permitted*

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

## Awards

### 10k

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

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

**Grand Master** 1st Male & Female 50+

**Senior Grand Master** 1st Male & Female 60+

**Age Group** 1st, 2nd, 3rd Male & Female in five year age groups starting 10-14 through 75+

**Middle of the Pack** Male & Female finishing closest to the midpoint of all finishers

*SCROY points awarded for 15 and over only for 10k*

### 2 Mile

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

**Age Group** 1st, 2nd, 3rd Male & Female in age groups 0-8, 9-11, 12-14 and 15-19.

1st, 2nd, 3rd Male & Female in ten year age groups from 20-29, 30-39, etc. through 70+.

**School Participation** 1st, 2nd, 3rd place to the Elementary and Middle school with the highest number of participants in the 2 mile. *School name must be indicated on entry form and minimum of 5 entries per school to qualify.*

*SCROY points awarded for 14 and under only for 2 mile*

## Entry Form

**Mail** check payable to *Space Coast Runners* to:  
Eye of the Dragon 10k  
30 Country Club Road  
Cocoa Beach, FL 32931

**On-Line** at [www.Active.com](http://www.Active.com)

**Race Day** from 6:45 to 7:45 am at Civic Center

### Entry Fees

	Postmarked by 2/28/09	After 2/28/09
<input type="checkbox"/> 10k or 2 Mile	\$20	\$25
<input type="checkbox"/> SCR member	\$15	\$20
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$20
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$10	\$15
<input type="checkbox"/> Students thru Grade 12	\$15	\$15
<input type="checkbox"/> Kids' fun runs free (no shirt)		

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ SCR Member

Event(s): 10k \_\_\_\_\_ 2 Mile \_\_\_\_\_ Fun Run \_\_\_\_\_

Technical T-Shirt: None XS S M L XL  
(Size not guaranteed with race day registration)

Age on 3/14/09 \_\_\_\_\_  Male  Female

School: \_\_\_\_\_

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2009 Eye of the Dragon or Tail of the Lizard and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**More Information:** [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)  
(321) 783-6535 <http://spacecoastrunners.org>



6th Annual  
**Run for Your Life 5K**  
*A Titusville Racing Series Event*  
 Saturday  
 March 21, 2009  
 Indian River City UMC  
 Titusville, FL

**LOCATION**

Indian River City United Methodist Church (IRCUMC) of Titusville, FL is located on Highway 50 (Cheney Highway), 3 miles directly east of I-95 or 1 mile directly west of US1. For more information contact the Race Director, Sarah Guttery, at [sguttery@cfl.rr.com](mailto:sguttery@cfl.rr.com)

**DATE AND TIME**

Saturday, March 21, 2009  
 5K Run/Walk: 8:00 a.m.  
 Kids' Races: 9:00 a.m.

**CHECK IN AND PACKET PICK-UP**

Check in starts at 6:30 a.m.  
 Race packets may be picked up race morning at Indian River City UMC.

**REGISTRATION**

Walk, run or mail completed entry form to:  
 IRCUMC – Run For Your Life 5K  
 1355 Cheney Hwy  
 Titusville, FL 32780  
Make checks payable to: **Run For Your Life 5K**

**AWARDS**

Top 3 Male/Female Overall  
 Top Male/Female Masters  
 Top 3 finishers in 15 age groups Male & Female  
 Top Male, Female, and Coed Team  
 Ribbons to all finishers in 5K and Kids' Races.

**TEAM COMPETITION**

A team is comprised of 4 entrants who are all affiliated with an organized team, club, organization, school, or business. Team participants will still be eligible for individual awards.

**ENTRY FEES**

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

Run for Your Life 5K ♡ Saturday, March 21, 2009 ♡ Registration Form	
Last Name: _____ First Name: _____ DOB: _____ Age: _____ Male: _____ Female: _____ T-Shirt Size: YL S M L XL XXL Address: _____ City: _____ State: _____ Zip: _____ Daytime Phone: _____ Evening Phone: _____ Email Address: _____ <small>Incomplete or unsigned forms will not be accepted.</small> I hereby release Emerging Student Ministries at Indian River City UMC, Indian River City UMC, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event. Signature (under 18 requires a parent to sign): _____ Date: _____	Method of Payment Cash: _____ Check: _____ Make check or money order payable to: <b>Run For Your Life 5K</b> Team Competition: <hr/> Name of Team Circle One: Male / Female / Coed Runner 1: _____ Runner 2: _____ Runner 3: _____ Runner 4: _____

# LOGGING IN

## By Debra Johansen

I've kept running logs on and off for 18 years, the same amount of time that I have been running on and off. I diligently maintained a journal from 1991-1994, didn't have any journal at all for several years, started up again in 2001, although the entries are sparse, just as my running was in 2001 through 2005. I have been diligent again in my running record keeping since 2007—and I wish I had a journal for 2006, a year which turned out some good racing times; I am trying to remember exactly what I did that year that I'm not doing now!

My father, Don Dore, Sr., was runner. When I was 29, he taught me to run; during long runs he would talk about racing strategy, proper running stride, how to run up or down hills, etc. My father became a runner in his early fifties and kept meticulous, detailed running journals for 21 years, from 1983 through 2004. The last few years as his health faded, the journals were more a record of his walking, but still included data on his weight, the weather, what course he took, etc.

There are obvious reasons for maintaining a running journal that are generally self-serving: one can reflect on past training and establish patterns of success or failure. In the event of an injury a runner can retrace their steps (literally) to determine where they overdid it.

My father passed away recently. The value of a running log was truly enhanced for me when I began comparing my running log entries with those of my father for the same dates.

February 14, 1994: Dad wrote: "Good run with Debra, quick pace. 70 degrees, damp, 6 miles."

February 14, 1994, I wrote: "Ran a peppy 6 miles with Dad."

It goes on and on. I was fortunate to have run many miles with my father in the past when he was healthy, and my goal was to be as fast as him. Through the running journal entries I can relive those runs again and again-- what a treasure. I have discovered yet another important reason to keep a running log, sharing the past.



L to R: The late Don Dore and much younger versions of Dave Farrell and Henry Campbell cruise through the old Space Coast Marathon course. Photo courtesy Deb Johansen.

My brother located an old SCR newsletter article about the 1990 Eye of the Dragon 10K. The author of the article, George Revels, wrote: "Congratulations are in order to Don Dore who set a PR after his 60th birthday. Sounds like a great way to start off in a new age group."

I decided to check my father's running log for January 28, 1990 to see he had to say about the race: "Eye of the Dragon 10K, PR 43:29. Cloudy to sunny, 72 degrees, unbelievable run, negative splits, 7:00, 14:00, 21:00, 28:06, 35:01. Ran with Dave to 4-3/4, then took off. Beat (Bob) Hogan, (Chuck) Desrosier, Dede (Henrich), Dave Farrell. 49<sup>th</sup> overall, 1<sup>st</sup> age group. Weight: 138." I can almost picture the race!

When I now write in my own self-serving running journal, I try to emulate the detail my father entered into his logs. Weight, temperature, which shoes worn (and how many miles on those shoes), course, running partner(s), how he felt, and of course total miles run. I hope that my loved ones will someday read my running journal entries and have fond memories of my accomplishments as I have of my fathers, making my running log, like his, not simply self-serving after all, but a means to share the past.



## ***DOUBLE, DOUBLE, TOIL AND TROUBLE***

**Breakers Marathon, Newport, RI, October 18, 2008**

**Atlantic City Marathon, NJ, October 19, 2008**

**By Fiona Wright**

This year my 50 States Marathon schedule has been severely impacted by a number of factors over which I have had no control: A cancelled race, a DNF, an upcoming wedding, and so on. My "one-marathon-per-month" plan had been thrown out the window in August and September. I thought October would be a nice, calm month with just one marathon - The Breakers in Newport, Rhode Island on October 18<sup>th</sup>. At least that was the plan until my sister in England booked the church for a March 27<sup>th</sup> wedding. I was very excited at the prospect of seeing her married but then I noticed I had planned to run New Jersey on March 29<sup>th</sup>. Hmm! How was I going to party in England on the 27<sup>th</sup> and make it to New Jersey for the 29<sup>th</sup> rested and ready to run? It wasn't workable; something had to go and it had to be the marathon. I consulted my favorite website - [www.marathonguide.com](http://www.marathonguide.com) - and after rearranging the pieces in every possible connotation I discovered that I was limited to only one choice if I wanted to keep my 50 States schedule on track. I would have to run back-to-back marathons in October: Newport, RI on Saturday 18<sup>th</sup>, and Atlantic City, NJ on Sunday 19<sup>th</sup>. I did a little juggling with my flight schedule and I was ready to go. Did I mention how much I love Southwest Airlines?

Friday morning I was minding my own business at Orlando International Airport when a familiar voice said "Fiona! Are you going to Newport to run the marathon?" It was my friend Bettie from Orlando whom I had met last August in Alaska. I was supposed to be sharing a room with three other runners from Washington, so when Bettie offered to let me share with her I accepted. After an uneventful flight to Providence, Bettie rented a car and drove us to Newport. I called my Washington friends, told them of my change in plans, and we arranged to meet later at the pasta dinner.

Before picking up our packets Bettie and I drove around admiring the Newport mansions. Rhode Island may be the smallest state in the union but there's nothing small about the degree of wealth on display. In 2000 Rhode Island was only 45<sup>th</sup> in the nation for gross state product, but 16<sup>th</sup> for personal income. Rhode Island was the first state to ban slavery, the first colony to declare independence, had the first nine-hole golf course, and the first NFL night game. Rhode Island has a lot of bragging rights including a well organized and executed marathon.

The pre-race pasta dinner was like a reunion of Marathon Maniacs and 50-Staters. There were a lot of us sitting around a large table exchanging stats and accomplishments. Bettie and I went to bed with full tummies, ready for the next day's challenge. The morning of the race was a little chilly so I donned a long sleeve shirt and tights with my standard shorts and singlet. The race had a few ups and downs, winding through the city of Newport past numerous mansions. I always look for something to amuse myself when running these long races and during this election season my "marathon hobby" is to count the number of Obama signs verses McCain signs in residential neighborhoods. Based on my observations, Newport, RI was definitely pro-McCain.

The weather stayed cool for most of the race. At one point we were running past the seashore catching a crisp ocean breeze. I noticed some hand made "Burma Shave" type signs along the course. These had been prepared the day before at the expo and were words of encouragement for certain runners from their friends. Imagine my shock when I saw one that read: "FIFI! MOVE YOUR BLOOMIN' ARSE!" Apparently Wayne, my estranged husband, wanted to help me move along. I stopped for a photo op' and had a quiet chuckle.





I finally crossed the finish line in the less-than-impressive time of 4 hours 56 minutes. I waited on a few friends and finally couldn't stand the cold so I hopped on the shuttle bus back to the start area where a delicious spread of food and drink awaited us. Several of my Maniac friends were heading out to the Mount Desert Island Marathon in Maine for a back-to-back weekend. I wasn't the only fool in Newport that day.

Bettie and I returned to the airport in our dirty, sweaty running clothes and proceeded to the handicapped stalls to clean up. I had my spit bath and donned fresh clothes. I was very tired, haven't forsaken my standard post-marathon nap so I could fulfill my crazy back-to-back schedule. I got the next flight to Philadelphia where I was picked up by Chuck from ND, another crazy 50 Stater/Maniac. He had gone to the expo earlier in the day and picked up my packet. He returned to exchange my shirt for a small and was towed for illegal parking. That's the most I have vested in any race shirt. He transported me to my hotel and after a hot shower I collapsed exhausted into bed.

The next morning I was up early for the Atlantic City Marathon. Was I completely mad? I had run fairly easy the day before with a '4 and 1' Galloway schedule (four minutes run followed by one minute walk). I was very grateful to have Chuck's company. He got me to the start line on time and was there waiting when I finished. The race consisted of several out and backs going north and south along the world famous Atlantic City Boardwalk and Atlantic Avenue. There were no facilities along the route and so my choice was to pee under the boardwalk or enter a smoke filled casino. I opted for the boardwalk humming that famous tune by the Drifters (if I hadn't been so tired I might have done the cha-cha or rumba while I was down there). I ran the 4 and 1 method again but a lot slower. It only hurt for the first 5 or 6 miles and then I was numb or brain dead, or possibly both.



One of my hesitations about running a back-to-back is you don't really get the chance to enjoy the place you're visiting on the second day. Atlantic City was a bit of a blur; I remember the Boardwalk of course, cold ocean gusts, being sprayed with surf, sea gulls, "keep off the beach" signs, tourists, cheap seaside attractions, gaudy looking hotels and casinos and Lucy the Elephant. Lucy is a 65-foot high elephant-shaped architectural folly constructed of wood and tin sheeting in 1882 by a New Jersey businessman trying to sell real estate and attract tourism.



Somewhere after MM 17 while running south on the Boardwalk I was feeling miserable. I cruised down Atlantic Avenue again, turned around and slowly ambled the last 3 miles north on the Boardwalk. I espied the finish and after running the last ½ mile weaving in and out of gloriously ignorant tourists, I crossed in 5 hours and 14 minutes. It was cold and there was no after party. I was lucky to get a bottle of water and an apple. Once I found Chuck we hopped in his car and went straight to the airport where I enjoyed yet another spit bath before flying home.

The Atlantic City Marathon would be a good BQ. It's cold and flat, and if you had no ethics it would be very easy to short cut. There were very few timing mats on the course so once familiar with the layout one could easily take an early turn on one of the out and backs. It's also a bit of a boring course unlike the Breakers Marathon in Newport which was very scenic.

Two marathons in one weekend, ugh! Next state, Indiana. On, on.





## ADVENTURES WITH CHUCK AND RICK

### Indianapolis Monumental Marathon Indianapolis, Indiana November 1, 2008 By Fiona Wright

I recovered from my October double-madness and headed to the mid west to capture Indiana (state #44) at the inaugural Indianapolis Monumental Marathon. I picked this particular race for no reason other than it fit into my schedule. My fellow maniac boyfriend Rick (aka Gary) decided to accompany me on this trip.

We went with the standard FiFi el-cheapo reservations - Southwest Air and Motel 6. We were picked up at the airport by Chuck from ND. He was sharing our less-than-luxurious accommodations in exchange for transport. Chuck is a very interesting man. He stays in ND for most of the summer working construction then leaves for several months in his Chevy Trailblazer and travels all over the country running marathons. He had a lot of problems in his past but one day he saw the light, cleaned up his act, and became an habitual marathon runner. Chuck has converted his Trailblazer into a portable bedroom. The back of the vehicle is a bed with a few coolers and several clothing changes. While on the road he visits libraries where he catches up on e-mail and plans his next race. He keeps a GPS in his vehicle to help him find his way around. Sometimes, when there isn't a library computer nearby, Chuck will call people like me to get race information, and sometimes he just calls to say hello. He's happy to help fellow runners with transportation needs and is very grateful when we can offer him a comfortable bed and a hot shower. So, there we were at the airport trying to figure out the best way to ride in Chuck's portable bedroom. Initially Rick and I rode up front squeezing onto to passenger seat. Rick soon got tired of that so he retired to the back of the vehicle where the only option was to lie down. Unfortunately Rick has a problem with motion sickness so after we dropped our bags at the Motel 6 we traded off and I got to ride around Indianapolis in a warm, comfortable bed. I took full advantage and had a pleasant little nap.

I have been to Indianapolis on several occasions visiting the in-laws with my soon-to-be-ex-husband who was born and raised there so I was slightly familiar with the city. The packet pick up was in the State Capitol building. Because this was a Government facility there was no commercial expo. We did get the



La Fister and Gary-Rick take a break at mile one. Whew!  
Photo courtesy of Fifi La Bon.

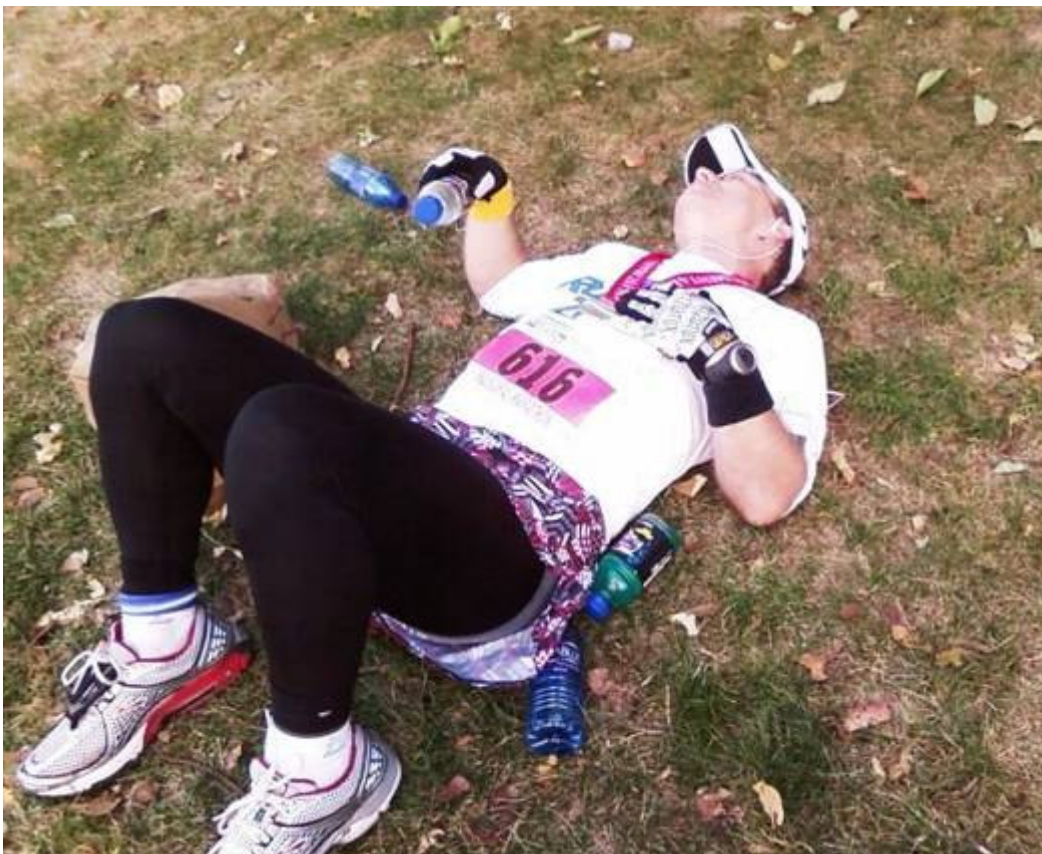


chance to meet the RD who was a runner and very familiar with the needs of marathoners. He had lived in Suntree for several years so we all bonded with our common denominator of Brevard County. Small world! The marathon and half marathon had attracted over 3,400 registrants from 43 states and five countries. Not bad for an inaugural.

Following packet pick up we meandered around exploring Monument Circle for which the marathon was named. It was Halloween and so there were many strange looking people out and about. We killed time admiring the architecture and staring at the weirdoes until it was time for the pasta dinner, across the street from the Monument. We enjoyed the company of several of our running friends from around the country. After consuming huge plates of pasta, Rick and I headed over to the Indiana Repertory Theatre to see their production of The Scottish Play (i.e. Macbeth). They did an excellent job condensing this tragedy of regicide and its consequences into 90 minutes.

The next morning Chuck got us all to the start line. I enjoyed another nap in the back of the rolling bedroom. One of the unique features about this race was the use of the DAG chip system: the disposable chip was wired into the runner's bib. The weather was cool and dry - perfect! The race was mostly flat with a few insignificant hills. We ran past the State Capitol and Monument Circle at the start and the finish. We cruised past the stadium where the Indianapolis Colts play and on through some very swanky looking neighborhoods. In the past when my soon-to-be-ex brought me to Indy he never showed me this side of the tracks! I counted up the Obama and McCain signs and decided that Indianapolis was definitely pro-Democrat by a 10 to one majority.

The winner of the race was a Kenyan man who cruised across the finish line ahead of the other 1,113 marathon finishers in two hours and twenty-two minutes. I was hot on his heels in double the time at 4:44 (state #44, coincidence? Maybe!) Chuck was waiting for me and Rick was rolling



**Parents, please don't let this happen to your children. Rick-Gary writhing in agony. Fifi LeBon photo**

around in the grass whining about his knee. He has an old war wound from his Army days and anything over 15 miles gets painful. Chuck and I loaded him into the Trailblazer and headed back to our clean comfortable room at Motel 6. We did not go dancing that night.

The next day Rick could walk with some residual pain. We flew home to rest up for a few days before our next adventure in Georgia. Chuck drove south to North Carolina for his next marathon.

The Maniacs cannot be stopped!

On, on.



Cedric Ching with Goofy bling!

# What is G-O-O-F-Y?

## By Cyndi Bergs

If you ask Merriam Webster, **G-O-O-F-Y** is defined as --being crazy, ridiculous, or mildly ludicrous. However, if you ask the few thousand participants of the 2009 Disney Goofy Challenge, **G-O-O-F-Y** simply means **ACCOMPLISHMENT**! Some of us got there because 11 months ago walking through the 2008 Disney Expo we were inspired by seeing others displaying their Goofy paraphernalia; some of us got there because we wanted to set a new challenge for ourselves. The reason why we did it remains unique to each one of us and the accomplishment personal. The challenge begins with running the Disney Half Marathon on Saturday. This year, Florida weather provided a perfect, cool morning to get the 22,000 participants on their way through the world of Disney. With my trusty disposable camera in my back pocket and my long-time running partner from Wisconsin at my side, the adventure began!

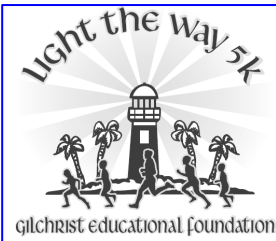
Our goal had been established long before the start of the race--enjoy the run and reserve any burst of energy for standing in line to get our picture taken. Sticking to the plan, we successfully tracked down several Disney characters for photos and crossed the finish line. So now what do you do until Sunday morning? Relax at the pool, of course. Nothing better than a lounge chair under the sun with a cold beverage (water, of course!). Hours passed quickly and before we knew it we were heading back to the start line we had just left only 24 hours ago. So you might ask how do you mentally prepare for running a marathon a day after running a half-marathon? I have no words of wisdom, no recipe for success, only the same desire, the same motivation each of us has each time we decide to go for a walk, a run, a swim, or a bike ride. You just do it. The goal today was no different that our goal yesterday. Enjoy the run and the opportunity to share this experience with thousands of others. Time passed quickly--certainly not because of our speed or maneuvers through the field, but through our determination to finish the task at hand.



Crossing the finish line was exhilarating—the same emotion and adrenaline rush I felt after completing my first marathon. It's hard to answer the question everyone asks, "how did you do it"? Every participant began the day with the same determination for success and everyone finished the day a little stronger, a little more empowered to conquer new challenges. Would I do it again? Absolutely! Anyone can overcome challenges with a little determination and a willingness to travel paths we have been on before.

Congrats to author Cyndi Bergs, left and above right, and Cedric Ching, above right and above left, for their huge - and long - accomplishment!! All photos courtesy Cyndi Bergs. More Goofy finishers on page 9 of this newsletter. **CONGRATS TO ALL!!!**

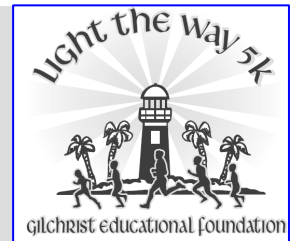




# LIGHT THE WAY 5K

## January 24, 2009

### Titusville, FL



Picture perfect conditions and a beautiful one-loop course greeted those who participated in the Light the Way 5K in Titusville on Jan. 24. The race was number three in the five-race Titusville Race Series, the series that gives standard awards for individual races but will distribute the end-of-season cash purse based on age-graded results.

And Nancy Buonanni, left, should score big on both. Not only did the 47-year-old Merritt Island runner and triathlete take the women's victory, but her nineteen minute, 57-second finish was a PR and the first time she has broken 20 minutes. The bonus of a \$100 gift certificate for shoes from Running Zone only made her morning sweeter.

Following Buonnani for the top ladies spots were Angela Wells, whose 20:03 scored second and third place finisher Teresa Huff, who ran 20:29. Sandra Gannon took Masters (40+) in 22:15.

On the men's side, two Astronaut high school cross country speedsters dominated the course with Seth Rosonina taking the win in 16:49. Ten seconds later, Tommy Taurasi crossed the line for second in 16:59. Following the whipper-snappers were 40-somethings Frank Kapr who out-kicked Art Anderson by one second. Kapr was awarded third overall for his 18:07, while Anderson's 18:08 scored him Masters.



#### FEMALE

##### Overall

Nancy	Buonanni	19:57
Angela	Wells	20:03
Teresa	Huff	20:29

##### Master

Sandra	Gannon	22:15
--------	--------	-------

##### 8 & Under

Liannie	Sierra	31:57
---------	--------	-------

##### 9-11

Haley	Hostetter	28:09
Elizabeth	Gahres	28:37
Laura	Larchar	29:25
Rachel	Larchar	50:28

##### 12-14

Anna	Thorne	25:08
Sarah	Payzant	26:31
Olivia	Carter	26:34
Elizabeth	Norris	29:27
Rachel	Andrews	29:38
Brittney	Godfrey	29:40
Jessica	Skeldon	33:23
Bethany	Huff	34:07
Lydia	Slocum	40:27

##### 15-19

Stephanie	Bird	20:59
Katie	Norris	22:47
Amanda	Slayman	23:51
Melissa	Johnson	24:58
Brittany	Curry	29:04

##### 20-24

Stephanie	Hirst	22:05
Jennifer	Welch	36:53
Rachel	Ball	37:02
Katie	Frakes	41:41
Christina	Slayman	50:22

##### 25-29

Rachel	Rayburn	28:54
Melissa	Fournier	32:03
Jaqueline	Viera	35:33
Julie-Anne	Bouchet	36:38
Kristy	Sacik	58:35

##### 30-34

Danielle	Collier	20:59
Melissa	Kastanias	23:54
Julie	Pomerleau	25:16

##### 35-39

Dawn	Poole	23:55
Shari	Reyes	30:24
Debbie	Pollard	32:11
Barbara	Allison	32:59
Kerensa	Slocum	42:10

##### 40-44

Patricia	Taurasi	24:55
Marissa	Flint	27:46
Sharon	Sieber	27:54
Kim	Payzant	28:12
Maria	Huff	28:19
Cathy	Denson	28:35
Mia	Gifford	30:09
Dianne	Klazon	30:38
Melanie	Huss	30:53
Lori	Willoughby	35:31
Wendy	Wyckoff	36:43



**45-49**

Theresa	Miller	22:23
Lois	Boisseau	25:09
Stacey	Myers	26:29
Donna	Andress	26:49
Cathy	James	31:12
Stacy	Okoye	34:15
Cindy	Taylor	35:09
Debi	Frakes	41:44
Susan	Slayman	50:20

**50-54**

Kay	Rowley	23:45
Karon	Pittman	24:40
Debbie	Rescott	25:12
Nancy	Sharp	31:31
Sally	Smircich	32:08
Barb	Fisher	46:32
Elaine	Wessinger	46:36

**55-59**

Pat	Kiesselbach	26:04
Kathleen	Heyda	26:36
Rhonda	Howard	28:29
Susan	Govatos	41:45
Susan	Monk	43:11
Theresa	Murphy	46:33

**60-64**

Patricia	England	37:04
----------	---------	-------

**65-69**

Sharon	Overton	50:19
--------	---------	-------

**MALE****Overall**

Seth	Rosonina	16:49
Tommy	Taurasi	16:59
Frank	Kapr	18:07

**Master**

Art	Anderson	18:08
-----	----------	-------

**8 & Under**

Jeffery	Gahres	24:46
Trevor	Denson	29:34
Eli	Wyckoff	36:25
Connor	Drake	40:06
Preston	Tindall	41:35
Christian	Sacik	52:21
Chandler	Sacik	58:33

**9-11**

Colten	Toms	22:45
Ryan	Garrett	23:11
Cody	Wyckoff	24:31
Jonathon	Pugh	25:04
Armando	Dibernarob	25:33
Gage	Carter	25:39
Nathan	Bierman	29:43
Tristan	Tindall	32:36

**9-11 continued**

Zachary	Onovi	34:54
Dakota	Withers	35:03
Christopher	Sacik	38:33

**12-14**

Nick	Flint	19:42
Zak	Unrue	20:55
John	Gahres	21:10
Alex	Horner	22:29
Chris	Hoover	22:46
Sean	Ulrich	23:05
Dillon	Connolly	23:16
Wesley	Garrett	23:29
Jacob	Langgle	23:32
Nicholas	Andrews	23:44
Isaac	McNeviah	25:07
Houston	Harwood	25:53
Drew	Steele	26:28
Micah	Nance	27:34
Steven	Kacer	32:00

**15-19**

Andrell	Robinson	19:06
Taylor	Collier	19:24
Robert	Gahres	19:42
Tim	Unrue	20:09
Jerry	Siford	21:15
David	Riendeau	24:16

**20-24**

Billy	McMillan	18:36
John	Hustoles	19:10
Kyle	Otwell	19:41
Alex	Lord	25:35
Guy	Salter	40:56

**25-29**

Brett	Danderson	18:19
Aaron	Fournier	19:49
Jose	Balderrama	26:24
Christopher	Han	27:49

**30-34**

Larry	Miller	23:47
Anthony	Allotta	24:21

**35-39**

Howard	Kanner	19:21
Michael	Shrimer	20:24
Dave	Chapman	21:00
David	Allender	24:05
Mike	Pollard	25:36
Kurt	Leucht	42:37
Chip	Wludyga	50:22

**40-44**

Jeffery	Peacock	22:18
Todd	Denson	24:29
Kevin	Wyckoff	26:41
Frank	Calhoun	27:36

**40-44 continued**

Russell	Wittenberg	27:51
Dayne	Deeds	30:56

**45-49**

Tony	Stokes	19:22
Jorge	Abreu	19:27
John	Andrews	19:28
David	Taurasi	20:24
David	Poole	21:38
Mark	Fadely	21:50
Bill	Buonanni	22:53
Kenny	Neuweiler	23:49
Tim	Larson	24:52
Phillip	Youmans	26:27
Dean	Lingle	26:40
Randall	Crosby	27:09
Tyrell	Hawkins	28:48

**50-54**

Tim	Collier	19:02
Roger	Travis	19:53
Matt	Mahoney	19:55
Michael	Miller	20:03
Juan	Perez	20:45
Steve	Larchar	21:54
Jerry	Bird	23:11
Charles	Bennardo	23:12
Brian	Rescott	25:11
Rick	McCrary	27:13
Randy	Coleman	28:11

**55-59**

Adam	Rafalski	21:44
Bud	Timmons	22:17
Randy	Jordan	22:40
John	Fricano	23:21
Lawrence	Pacellie	23:57
Richard	Lord	28:10

**60-64**

Ed	Rowley	22:00
Joseph	Becker	26:08
Gabe	Gabrielle	26:54
Gary	Castner	27:09
Ed	Harrison	29:57
Stan	Joanston	31:24
Boyd	Wessinger	50:26

**65-69**

Gerry	Fahey	27:31
Emmett	Larson	28:21
Angel	Clavell	28:27
Tony	Whitney	29:50

**70+**

Ron	Hoar	24:43
Donald	Nygaard	32:52
Robert	Racine	35:15
Wallace	Dal-Santo	35:25
Bill	Colle	37:47

Living Well Chiropractic Presents

# SPACE WALK OF FAME 8K & 2 MILE



This is a Space Coast Runner of the Year & Titusville Racing Series Event!



**SATURDAY, April 11, 2009 • 8:00 AM**  
**Space View Park • Titusville**  
**(Indian River Ave. and Broad)** This is the last race in the Titusville Racing Series!

**COURSE**

Distance: 8K  
 Flat, double loop course  
 First loop is 2 miles and second loop is 3 miles.  
 The course follows the Indian River and is mostly shaded.  
 Distance: 2 miles first loop only.

**AID STATIONS AND SPLITS**

Splits at all mile marks. Aid stations near the 1, 2 and 4 mile marks.

**ENTRY FEES\***

- \$ 20 Registration Fee
- \$ 17 Early registration (postmarked by March 30<sup>th</sup>)
- \$ 14 No T-shirt option - Early registration (postmarked by March 30<sup>th</sup>)
- \$ 16 No T-shirt option - day of race
- \$ 15 Student Registration
- \$ 12 3rd + family member- Early-registered (postmarked by March 30<sup>th</sup>)
- \$ 85 Corporate Team - Early Registration Only by April 4<sup>th</sup>  
\*SCR members receive \$1 discount for early registered runners.

**PACKET PICKUP AND LATE REGISTRATION**

Packet pickup and day of race registration will be near Space View Park on Broad Street from 6:30 am to 7:45 am.

**8K AWARDS**

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top Grand Master (50+) overall - male & female
- Top Senior Grand Master (60+) overall - male & female
- Top 3 Finishers age group - male & female
- Top 3 Corporate Team
- Top 3 Clydesdale (200 lbs) Top 3 Fillies (150 lbs)
- 2 mile top 10 male & female

**8K AGE GROUPS**

- 9 yrs. & under
  - 10 to 14 yrs
  - 15 to 19 yrs
  - then, every 5 yr. age divisions • Top 10 male & female
- Challenger & Columbia Award to the first male and female high school finished.

**RESTRICTIONS**

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

**T-SHIRTS**

T-shirts will be awarded to all registered 8K runners/walkers. Early Registered Runners will receive a SWOF 8k/2mi Back Pack.

**DOOR PRIZES**

All 8K 2 mile 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.

**KIDS 1/4 and 1/2 Mile RIBBON RUN**

A free competitive event for children 10 years and younger. All finishers will receive ribbons. SCR Kids Run Series Event.

**AWARDS CEREMONY**

The Awards ceremony will be held following the Kiddie Run.

**SPACE WALK OF FAME 8K & 2 MILE RUN • SATURDAY, APRIL 11, 2009 • REGISTRATION FORM**

Last Name  First Name

Address

City  State  Zip Code  Male  Female  No T-shirt  SCR  Amt. Enclosed

Date-of-Birth  Age/Day of Race  Fillies Clydesdale  Corporate Team  Telephone (Area Code + Number)  Adult Shirt Size

**RRCA**  
 Make checks payable to:  
 "Space Coast Runners Club"  
 Mail to: Space Coast Runners  
 P.O. Box 2  
 Titusville, FL 32781

I hereby release Space Coast Runners Club, Space Walk of Fame Foundation 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) \_\_\_\_\_