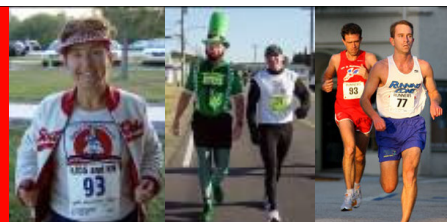


ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 31, ISSUE 3

March 2009

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Robin Hernandez, left, and Tracy Smith, right give Dave Hernandez the thumbs up after the Tiger Dash 10K. Smith took her third Tiger Dash victory with a 10K PR of 39:52. Hernandez, who trains with Smith, also ran a 10K PR of 42:58 to take the Masters (40+) win. Race coverage and complete results of this Runner of the Year Series race start on page 24.

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 **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 _____



Space Coast Runners 39th Annual Meeting
and
Runner of the Year Celebration Dinner

Saturday evening, May 16, 2009, 6pm

Indian Harbour Beach Community Center

Tickets: \$10/ adults, \$5/under 12

On sale at the Eye of the Dragon 10K, March 14th,
Downtown Melbourne 5K, April 4th,
Space Walk of Fame 8K , Apr 11th,

Or by mail to:
"ROY Tickets"

516 S Plumosa St #15, Merritt Island, FL 32952
(Checks payable to Space Coast Runners)

By May 1

Menu

Chicken Parmesan
Baked Ziti w/ meat
Baked Ziti w/ 3 cheeses
Italian Vegetable Medley
Caesar Salad
Garlic Bread
Rolls and Butter
Iced Tea
Lemonade

Agenda

State of the Club
Golden Shoe
Hall of Fame
2009 SCR Scholarships
*****Dinner *****
Annual Financial Report
Election of 2009/2010 Officers/Board
Ran Every Race Awards
Youth Series Awards
RUNNER OF THE YEAR Awards

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

Congrats to all finishers and overall winners Jessica Crate (17:58) and Doug Butler (16:54)

Tiger Dash 5K and 10K

Congrats to all finishers and overall winners 10K: Tracy Smith, 39:53 and Nicholas Arjoon, 34:50. 5K: Dana Slomins, 21:25 and Seth Rosenina, 16:44

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

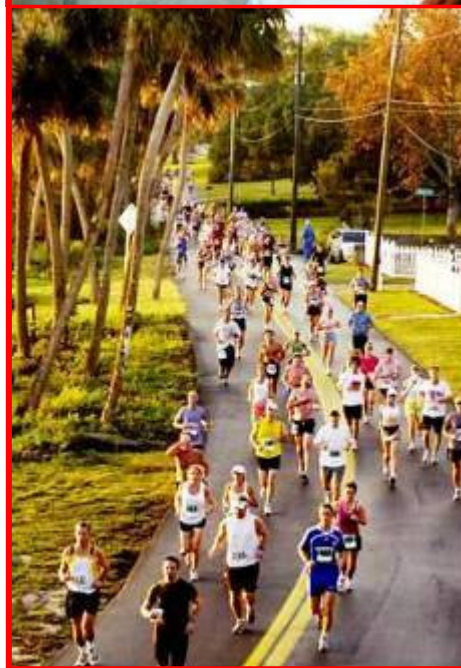
March 14, 2009
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
See page 11 of this newsletter

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
See page 21 of this newsletter

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 22 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 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

Unneeded Stress

As I discussed last month, over the past half year I've been making a concerted effort to stage a comeback and lower my race times. Each of my six 5k races beginning in October had resulted in improved times--dropping from 26:26 to 24:55. That's nearly a one and a half minute drop. Cool race day mornings have been a big help, but even my hard training runs were showing promise.

Now it was the night before the Tiger Dash--my next effort. I didn't sleep well. First I didn't set the alarm thinking that I would awaken early enough anyway. But I was also deep into contemplation of how this race might go. When I did sleep I would awake from a dream in which I was attempting to make the legs go faster--or even go at all--over that course I would run the next morning.

"Relax", I said to myself, "Just take it easy--it's only a race". But I can't seem to do that.

I hadn't run since Tuesday. I had gotten some type of "bug" a couple of weeks before with a sore throat and later the coughing. But I was feeling much better and thought I had shaken it off. But my running intensity had dropped off a little for nearly two weeks. And that didn't help my psyche.

I arrived at the race site and warmed up. Just before start time I positioned myself about ten runners deep, knowing that if I got any closer I would go out too fast and burn out in the second and third miles.

My position did allow for a slow start--even slower than I had wanted--but I quickly passed several slower runners and managed an 8:05 first mile. That was just about exactly where I wanted to be--hoping to be able to sustain that pace for the remaining distance.

But that didn't happen. I clocked an 8:25 mile two to my disappointment. I then tried to push harder for the last 1.1 miles. Once I got on that nice rubberized Holy Trinity track I kicked it in to finish in 25:37. That last 1.1 was at a pace of 8:17.

It was my worst finish time since I ran the Colony, Texas Veteran's Hero Run in early November. I'm reconciled to not seeing a straight linear improvement especially with the gains that I had been able to achieve over less than three months. But with the cool temperature I had expected to be around 30 to 40 seconds faster than my finish at the Tiger Dash.

I had practically given up racing from the year 2002 to last year because I had put so much self imposed expectation and stress on myself. For six years my only races were an annual run with about a couple dozen others in the small Maine community where I summer.

For the Tiger Dash, I had built up the expectations and laid a resulting big dose of pressure on myself in trying to continue to drop my times.

So now I have to try harder to find a way to just enjoy the day--and not be so concerned with the time. Yet it's hard to break that old "all-out" habit that I established over fourteen years of running in the late 80's and 90's.

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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



Local dirty dancers from left to right include Steve Chin, Pam Maxwell, Shadia Natour, Jay Claybaugh, Autumn Evans, Dave Donovan, Pat Renish, John Fahnestock, Christianna Campbell, John Campbell and Anne Marie Logan.

Locals got down and dirty at the 50-mile Dances with Dirt Relay on Feb. 7 in Dade City, FL. The crazy fun event also offered individuals a chance to solo 50 miles, 50K (31.2 miles), a marathon or a half marathon through the trails and creeks of the Green Swamp Preserve. The race is one of four DWD events offered throughout the country each year.

The website, <http://www.dwdgreenswamp.com>, describes the relay event: "Five-Person Team Relay, each member running two of 10 legs. Each leg averages five miles so over the course of a day, each runner covers around 10 miles. Teams drive a vehicle to the next exchange and the fire drill continues ..

Each leg has or will become legendary. Legs from the Hell event with names like "Gator Bate", "Spider Webs" and "Yikes" have become part of running legend. Each leg is described and rated in difficulty so the team can meet beforehand and choose who to abuse ... we mean, who to run what. Basically, a difficult, wicked on and off trail run with stupid spots. Stupid spots include swamp crossings, river crossings, hills too steep to climb and can only be a butt slide down. Did we mention poison ivy, thorns, poor marking, bad (no) footing, a waiver that mentions your death three times and that we charge you for this? (The website also mentions the opportunity for chance encounters with Armadillo, wild pigs, feral hogs, white-tail deer oh yeah spiders, snakes and fat, hungry Florida gators.)

The legs start and finish at exchange areas where the team is waiting to tag off and send the next runner on their way. One vehicle per team, a vehicle that will be trashed and smell bad at days end, Ideally, 4-wheel drive but we'll be there to push you out if the parking is muddy! "

Melbourne's Steve Chin, who now has two DWD races under his dirty belt gave this endorsement of the Green Swamp event: "The race was fantastic, a ton of fun. Once again I have to say that every runner has to try one of these DWD races to experience how much fun it can be running trails. A great break from the same old running routes. It is truly run and fun for the whole day and a big party afterwards. We are already planning a trip to Wisconsin for the first DWD event there. Hopefully next years race in Dade city wont conflict with so many local races and we can get more runners from Brevard."

Steve's team, 'I Have Mud in My Pants', finished fourth overall in 7:29:49 but was bumped up to third when handicaps for age and gender were applied. Pam Maxwell's team, 'Mad Maxwell and her Muddy Melbourne Marauders', went 8:40:24 to finish eleventh in both open and handicapped scores.

Congrats to all! Now go take a shower!

YADA, YADA, YADA



To all who helped with this month's newsletter: Carol Ball, Steve Chin, Cedric Ching, Kelly Hedgespeth, Dave and Robin Hernandez, Ron Hoar, Ken Horton, Running Zone, Jim Schroeder, Loran Serwin, Fiona Wright and Wayne Wright.



Happy Birthday (1) Donna Garson (2) Doug Butler, Jason Toney (3) Mary Wills (4) Donna Slomins (6) Darlissa Salazar (7) Maria Alioglu, Richard Clarke, Bob Maggio (10) Ken Rodgers (11) Jonathon Calderon, Betty Dore, Bruce Furrow, Kim Graham, Janiene Pape (12) Suzie Enlow, Dale Rothenberger (13) Daniel Sea (14) Loran Serwin (15) Elizabeth Bress, Mike Fairbank (16) Susan Putnam (17) Patrick Chambers (19) Brian Atkinson, Michelle Atkinson (21) Richard Bates (22) Katie Neill (23) Jennifer Hodge, Jim Scarborough (24) Mike Dahan (25) Lang Alexander, Kara Niedermeier, Abbey Scalise, Sara Towers, Kimberly Yates (26) Cedric Ching, James Fain, Heidi Lorenzi, Susie O'Connell (27) Patti Sponsler (28) Nyssa Holmquist.



A red carpet roll out to **new members** Steve Diaz, Melbourne; Lelra, Risa and Sonia Holmquist, Indian Harbour Beach; Candy and Phillip Smith, Merritt Island.



Congratulations to Steve and Kelly Hedgespeth on the birth of their second child, Colin Michael Hedgespeth, who was born Feb. 3, 2009. Colin (left) weighed in at eight pounds, thirteen ounces and measured 20.5 inches long. Colin will no doubt be learning the ropes from big sister, Kara, who is now the ripe old age of 'almost two'. We wish the very best in health, happiness and love to the Hedgespeth family.



CONGRATS to all who will be running the 113th **Boston Marathon** on Monday, April 20. Below we list local registrants along with their ages, hometown and the race where they qualified. Those who did not qualify but are running for a charity are also listed: Rudy Behrend, 45, Cocoa Beach, Disney and Grandma's; Nancy Buonanni, 47, Merritt Island, Space Coast; Diana Burton, 46, Indian Harbour Beach, charity spot; Dan Cochran, 47, Titusville, Disney, Boston, Grandma's and Space Coast; Kate Engel Chapman, 33, West Melbourne, charity spot; Suzie Enlow, 46, Merritt Island, Space Coast; Rick Forrester, 62, Merritt Island, charity spot; Sandra Gannon, 43, Merritt Island, Space Coast; George Haddad, 49, Melbourne, charity spot; Wendy Handy, 44, Indian Harbour Beach, charity spot; Sage LaJoie, 30, Melbourne Beach, Space Coast; Donald McCammon, Jr., 29, Indialantic, Boston; Theresa Miller, 49, Merritt Island, Gasparilla; Annis Outlaw, 50, Titusville, Boston; John Ouweleen, 68, Sebastian, Disney and Boston; Jeff Reed, 45, Indialantic, Boston; Lisa Roberts, 41, Melbourne, Disney; Veronica Sim, 41, Melbourne, Marine Corp; Linda Smith, 49, Indian Harbour Beach, Boston; Ed Springer, 31, Merritt Island, Space Coast; Angela Wells, 43, Merritt Island, Space Coast; Wayne Wright, 60, Melbourne, charity spot.

Although Boston registration had closed by February 8, we also congratulate those runners who qualified at the inaugural Melbourne and Beaches Music Marathon and will be eligible to run Boston in 2010. Locals include Janet Cody, 45, Melbourne, second age group, 3:51:06; Paul Fleming, 35, West Melbourne, third age group, 3:14:30; Kim Graham, 48, Melbourne, first age group, 3:39:59 and Michael Olson, 29, Melbourne, 3:10:58.

Below are the times that must be run on a certified course to be allowed a qualifying entry to the Boston Marathon. The Boston Athletic Organization (BAA) will allow the times to roll up 59 seconds so that an 18-year-old male who runs a 3:10:59 would still slide in.

Ages	Male	Female
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-44	3hrs 20min	3hrs 50min
45-49	3hrs 30min	4hrs 00min
50-54	3hrs 35min	4hrs 05min
55-59	3hrs 45min	4hrs 15min
60-64	4hrs 00min	4hrs 30min
65-69	4hrs 15min	4hrs 45min
70-74	4hrs 30min	5hrs 00min
75-79	4hrs 45min	5hrs 15min
80 and over	5hrs 00min	5hrs 30min



Photo by Victah Sailer/Photo Run



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	

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

(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 _____

Phone (daytime) _____

Date of Birth ____/____/____

Team Name _____

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

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

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
(321) 783-6535 <http://spacecoastrunners.org>



DRIVIN' MS. FIFI

Chickamauga Battlefield Marathon, Chickamauga, GA November 8, 2008 By Fiona Wright



The fickle finger of fate was messing with my marathon schedule again. I had planned to go to Tybee Island in February, 2009 for my Georgia marathon but it was cancelled. I studied the options and the best choice was the Chickamauga Battlefield Marathon on November 8. And so November became another two-marathon-month for FiFi. I wasn't too disappointed because I'd always been interested in running around this Civil War battlefield and it happened to fall on my birthday. I think running a marathon on one's birthday is the greatest gift we can bestow upon ourselves.

Rick and I got home from Indiana on November 2 and barely had enough time to do laundry, pick up mail, go to work and re-pack. We decided to drive there at a leisurely pace over two days. The plan was to leave Melbourne late morning on the 6th after dropping the dog off at the baby sitter, spend the night in Tifton, GA, and get to Chickamauga on the 7th. I love it when good plan goes awry. The night before our scheduled departure Rick called me all upset about his dog, Sparkle. This was the little bitch who ran away in June the night before we were supposed to travel to a race in Connecticut. Sparkle had not run away this time but she was sick. Rick took her to the animal hospital where they insisted on keeping her for observation. The next morning, and \$1,000 later, Rick signed her out against medical advice and Ms. Sparkle got a free trip to Georgia. We got her food, snacks, blanket and toys and lovingly situated her in the back seat of the car. She really knew how to play up this sickness thing; before we were north of the Melbourne city limits I was relocated to the back seat to comfort her.

Rick was happy to do all the driving, making frequent stops for walkies and potty. He soon became ensconced in the role of chauffeur and delighted his passengers with humorous observations about the Georgia landscape, lifestyle and mindset in the best southern accent I've ever heard on a Yankee. Six hours later we were at the Motel 6 in Tifton where we carefully maneuvered around the security cameras and snuck our little girl into the room. She was very well behaved.



The next morning we carefully bundled up our belongings and Sparkle and headed north. Six hours later, after braving our way through Atlanta, we were in Chickamauga. We dropped our bags off and headed into town. Chickamauga is a small, provincial town in north Georgia on the border with Tennessee. For two days in 1863 one of the bloodiest battles of the Civil War took place there resulting in a major loss for the Union Army.

The packet pick up was at the 6th Cavalry Museum, a small facility with some interesting artifacts. Having been involved in some fighting during his army career, Rick was naturally fascinated by the museum. Sparkle was a big hit with the other runners, and no-one seemed to mind her being there. We met my friend Betty, a local runner whom I had met a few years ago at the Antarctic Marathon. I was concerned about Sparkle's welfare the next day while we were running. Betty found us a friend who was running the half marathon and she promised to retrieve Sparkle from the car, refresh her water and take her for walkies and potty. The weather was cool enough to

Rick and Sparkle check out the cannon!

leave her in the car while we ran. That evening we went to the Learning Center at the museum for the pasta dinner. Later we smuggled Sparkle into our room and all three of us collapsed into bed, exhausted after two days of driving.

The marathon and half marathon both started at 7:30 a.m. at the Museum. We tried to explain what was happening to our darling little girl who was nonchalant about the whole thing. She had her favorite toy to chew on so the humans were dismissed. This year was the largest turn out in the race's 29 year history, with more than 600 registrants for the marathon and 700 registrants for the half marathon. There were runners from 35 states and 5 countries. Both races sold out before race day. These were impressive stats for a small town race.



Fifi poses at Mile 20

The marathon course was two loops of the Chickamauga and Chattanooga National Military Park. It was mostly paved and essentially flat. As we entered the park during mile one, a volunteer was there to warn us about a slight elevation. *"Watch your stepup."* I love the Georgia accent where monosyllabic words are not allowed. The course was very beautiful. The few cars that were out were traveling slowly to view all the battle monuments. The colors on the trees were in full Autumn bloom and there was just enough sunshine without it being too warm. I was wearing my cool weather running gear, including an UG hat which I found while hiking in Georgia several years ago and had been waiting for the right moment to wear it. This was quite a hit with the volunteers. I didn't bother to mention Florida seeing as we had just thrashed them. For 26 miles I ran by lots of interesting monuments commemorating aspects of the battle. I was a little tired from running Indianapolis the week before, and my ankle was starting to hurt so I backed off on the pace and just enjoyed being there.

I crossed the finish line in four hours and 56 minutes. Every year they change the marathon medal to depict one of the monuments in the park. This particular year it displayed the Michigan monument. I spent ten minutes looking for Rick who was collapsed in the grass with Sparkle mumbling something about his leg. We spent little time enjoying the post race festivities before heading back to our room for a well deserved nap. Later that evening Betty took us out to a local down-home southern style "just like Momma used to make" restaurant. Lots of cornbread and gravy ... yummy! We caught up on all the latest gossip in marathon-world then after dinner Betty took us on a quick tour of Chickamauga showing us some historic homes.



Sparkle sports the finishers' medal!



Fifi and Sparkle recover during the chauffeured drive home.

Even though this marathon took place a few days after the general election, there were still signs out in people's yards. Chickamauga, and all the other small towns we drove through, were most definitely pro-McCain. I'm not sure if I even saw an Obama sign.

The next day Rick's leg was OK but my ankle was killing me (tendonitis). We went to the visitors' center and toured the battlefield which was very interesting, especially for Rick who has had some firsthand experience of the art of warfare. We had a picnic under the shade of the Florida monument before heading home. I spent most of the 13-hour drive sat in the back with my leg elevated and ice applied to the sore ankle. Sparkle was well behaved for the entire weekend. Despite a couple of curve balls being pitched at us, Rick and I were able to adapt, and my Birthday weekend turned out to be great. I had state #45 and Rick was rapidly earning the right to call himself a Marathon Maniac. Next stop Kentucky.



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

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: _____

Incomplete or unsigned forms will not be accepted.

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: **Run For Your Life 5K**

Team Competition:

 Name of Team

Circle One: Male / Female / Coed

Runner 1: _____

Runner 2: _____

Runner 3: _____

Runner 4: _____



TEMPLE ISRAEL - Fifth Annual
“Sprint Into Spring” 5k Fun Run or Fitness Walk
In memory of
Jules Kaplan & Debra Kaplan Young
 For more information contact race director, David Huss at
 (321) 452-8178 or nmiwoodworker@earthlink.net
SUNDAY, MARCH 22, 2009 AT 8:00 AM
 7350 Lake Andrew Dr. Melbourne, Florida 32940

FREE – ¼ Mile Kid’s Run

Sunday, March 22nd – Temple Israel
 Across from Wal-Mart, and right down the road from the Avenue Viera
 6:00 am Packet Pickup & Registration Begins
 7:45 am Registration Closes
 8:00 am 5k Start!!!
 6:00 – 9:00 am Kids Run Registration
 9:15 am Quarter Mile Kid’s Run – FREE!
 9:30 am – ??? Awards and PARTY!!!

FEEs	5K run/walk	Student
Postmarked by March 16	\$18.00	\$15.00
Race Day	\$22.00	\$20.00
¼ Mile Kids Run (8 and under) FREE!		

AMENITIES:

- Awesome T-Shirts
- Great Race Packets
- Plenty of Refreshments
- Lots of Great Door Prizes

AWARDS

5K- Top 3 Overall M&F		
Top Masters M&F (40+)		
Age Group (top 3 M&F)		
8 & Under	25 – 29	50 – 54
9 – 11	30 – 34	55 – 59
12 – 14	35 – 39	60 – 64
15 – 19	40 – 44	65 – 69
20 – 24	45 – 49	70+

On-line registration available at active.com

2009 SPRINT INTO SPRING OFFICIAL REGISTRATION FORM

Send completed entry form with fee to:
 Sprint Into Spring, Temple Israel, 7350 Lake Andrew Dr. Melbourne, Florida 32940
 Make check payable to: Temple Israel of Brevard

Name _____ Student School _____
 Address _____
 City _____ State _____ Zip _____
 Phone (daytime) _____ email address _____
 Date of Birth ____/____/____ Age on Race Day ____
 Sex: Male Female Please check shirt size: Youth Medium, Adult Sizes: S M L XL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the "Sprint Into Spring" 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

ON PACE

ING Miami Marathon

January 25, 2009
By Jim Schroeder



Left to right: Jim Schroeder, Marcella, Tom and Steve Rose celebrate perfect pacing! Photo courtesy Jim Schroeder.

I paced the ING Miami Marathon 5:00 Goal Pace Group with teammate, Steve Rose, from Detroit. Although we had never met prior to working a Pace Booth shift together at The Miami Expo the previous day, Steve and I proved to be natural pacers who ran well together, the type of marathoners who enjoy calculating pace and estimating split times; whenever we hit a 00:00 split we high-fived!

The Pace Teams, organized by Josh Liebman of The Miami Feet, spanned times from 5:30; very ably led to an on time finish by Marcela and Tom, shown in the photo; to a comparatively fast 3:10 pace. Generally speaking, the Pace Group times are set to match Boston Qualifier times for the various age groups and gender.

We teamed to hit the pace and moderate the workload: Steve wore a GPS enabled pace watch and I had a Marathon Pace Band "Tattooed" on the inside of each arm to track the 26 split times; we each wore a chronograph watch for tracking total elapsed time. Without my reading glasses I could not read the splits accurately without stopping; in order to check the next split time I would need to sprint ahead, stop in the sunlit place, get an accurate read from each arm, compare both split times just to be sure, then synch up again with Steve!

Steve provided the entertainment along the course by starting a contest with me to forage Gu Gel and other treats; Steve was a pro, nailing me cold time and time again. He found the best flavors of Gu Energy Gels, several fig bars and even two whole bananas! Spotting a prize on the road one of us would sprint ahead, make the scoop, then fade back into synch with the other as our instructions were, "Run side by side and hit the splits!" We even scored a sip of beer from the Hashers in Coconut Grove. We were giving away swag to the hungry marathoners around us like there was no tomorrow. Our group laughed and laughed at us and forgot the pain building in their thighs!

Steve and I finished at 4:59:57 just 3 seconds off after 26.2 miles! I cannot believe how exhilarated we felt about finishing at such an accurate time; actually perhaps I can as the attraction to pacing no doubt derives from my childhood annual family trips from Iowa to Northern Minnesota wherein my parents made me the highway map reader and route planning teenager in the car to track our progress and predict our ETA. I would guess that a secondary benefit would have been to keep me occupied rather than teasing my four younger siblings. So the pacing experience is ingrained and fun for me!

We found the most satisfying and positive feeling as a Pace Team member was the incredible feedback provided to us from so many dozens of runners expressing their gratitude that we just led them through 26.2 miles in good humor and at a proper pace; the result was that after mile 20 they could hang in there without the undue hardship induced by running a way too fast first half marathon. Sure they finished tired but so elated! Steve and I stood at the finish line together to watch them all come in and to our surprise we received many hugs, a few tears of gratitude and a few handshakes here and there; the few minutes of chat listening to their "first timer tales" was very gratifying as well.

To be truthful my reaction came as somewhat of a surprise to me. At The Expo shift with all the "attention" from the booth visitors and at the marathon start, equipped with sponsored provided race gear I thought, "Hey cool, I am a pacer." But we both finished thinking, "We are overwhelmed by so much gratitude." It became difficult to suppress a tear at the end as the pace group finishers all crossed the final mat. I left feeling so proud of all the first time marathoners and others completing their second or third marathon in as many years; the expressions on their faces are the "photos" that I will most remember long after their names fade from memory. And to think that by enforcing a disciplined and steady 11:27 pace through the first 15 - 20 miles, we set the group members up for their well deserved success.

The ING Miami Marathon is a day that we will never forget! In fact I enthusiastically agreed to pace the Sarasota Marathon, 15-February-2009 and the A1A Ft. Lauderdale Marathon, 22-February-2009. Next, the San Diego Track Club invited Steve and me to pace a group in the San Diego Rock and Roll Marathon, 31-May-2009; we quickly accepted such an offer too good to refuse!

Jim welcomes comments or questions at james_e_schroeder@yahoo.com.au

SCR MEMBER DISCOUNTS

ROBIN HERNANDEZ of



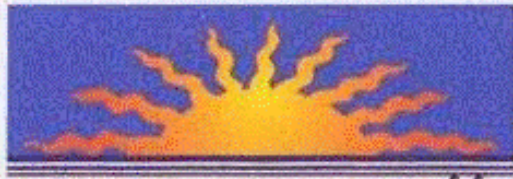
IS OFFERING A 10% DISCOUNT ON ANY SERVICE TO SCR MEMBERS!
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Swedish or Deep Tissue/Sports \$35.00
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PLUS A BONUS
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Greetings from Speedlaces! We'd like to offer members of your running club a 25% discount code (**Run2008**) to be used on our site, www.speedlaces.com.



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10% off annual membership cost

SIX IN SIX FOR SIXTY

By Wayne Wright

In Jimmy Buffet's book "A Pirate Looks At Fifty" he debated how to react when reaching an aging milestone. Should we cry or celebrate? Since my near death experience in 2007 which required open heart surgery, my attitude on life is that every day I wake up is a good one. On December 17th, I hit the Big 6-0. Let's celebrate! What do I really enjoy doing? Marathons. But just one isn't "celebrating". Let's do six in six weeks: one for each decade of my life. Huh? I didn't really say that, did I?

Nov 23 - Cross-Country Marathon, Alafia River State Park, FL On a chilly morning in west central Florida we're lined up for a twisting, turning, narrow trail up and down countless gentle hills. I've run 61 prior marathons, but usually spread them out a little, avoiding consecutive weekends. I've told friends and family about this challenge so my ego is also on the line. Two sandy 13-mile laps and 5:02 later, the first marathon is behind me.

Nov 30 - Space Coast Marathon, Cocoa, FL 3-2-1 Liftoff! The space shuttle on the Jumbotron screen heads skyward while the runners head north. The oldest and best marathon in Florida is under way. I'm wondering if only a week between marathons with one 10K run in between is enough. Enough what? Rest and/or training. I guess it is. The finish clock reads 4:29 and I feel fine.

Dec 6 - St Jude's Hospital Marathon, Memphis, TN (State #45) This is my third attempt to run a Tennessee marathon. I scratched from the Country Music due to an injury and didn't enter the Flying Monkey before it filled up. It's a cold 26 degrees. I have four layers on, while a lady friend from Alaska is only wearing shorts and singlet. And you thought I was crazy! The Elvis Memorial statue is singing and cheering for the runners. Well, use your imagination. After a 4:29 finish, we appreciate the hot soup more than the cold beer.

Dec 13 - Roxbury Marathon, Roxbury, CT (State #46) Nobody in their right mind runs a marathon in Connecticut in December. It's 16 degrees and my feet are numb! I won't feel them until almost two miles into the race. As the temperature increases, so does the wind. Give me colder but calmer, please. Lots of hills on gravel country roads results in a 4:56. Which way back to the WARM?

Dec 21 - Jacksonville Bank Marathon, Jacksonville, FL Aah, here's the warm. I'm referring to the friendship as Space Coast Runners, Marathon Maniacs and 50 States Club members share a pasta dinner. And, tomorrow's temperatures will be ideal for a marathon. The course wanders around city streets, through public parks and by the St. John's waterfront. There are several out-and-back sections where you can see and cheer your friends. A 4:30 finish ends the day. It's five down and one to go.

Dec 27 - Florida Marathon, Clermont, FL After leaving home at o-dark-early and driving over, it's Number Six day. The course is mostly an out-and-back on a bike path with enough curves to stay interesting and enough hills to test your stamina. Overall, it's just a nice day to be alive. Put the body on autopilot, enjoy the ride and cruise to a 4:36. Surprise! I'm first in my new (60-64) age group. That's one nice part of marathoning: You don't have to get faster, just older.

This has been so much fun that now I'm looking forward to Seven In Seven For Seventy!

27th Annual Downtown Melbourne 5K Run and Walk

Saturday, April 4, 2009

A Space Coast Runners' Runner of the Year Event



A run for the children

Start Times

Men 7:30 AM * Women 8:15 AM * Youth Series 9 AM * Awards 9:15 AM

Location

Starts two blocks W of US 1 on New Haven Ave in Downtown Melbourne. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series
 The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

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

Age Groups (top 3 male & female)

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

Race Directed by:



Registration

- On line at active.com ending April 2nd (Search for Downtown Melbourne 5K)
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone ending March 31st (3680 N Wickham Road, Unit C, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Packet Pick-Up

- Friday, April 3rd from 10:00 am to 6:30 pm At Running Zone (3680 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Information

Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

2009 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Entry Fees: \$20 until April 3rd
 (\$19 for SCR Members)
 \$25 race day

Make checks payable to
The Haven
 and send to:
 Running Zone
 3680 N Wickham Road
 Melbourne, FL 32935

Last Name (Please print) _____ First Name _____ MI _____
 Address _____ City _____ State _____ ZIP Code _____ Telephone _____
 Email _____ Date of Birth ____/____/____ Age on 4/4 _____ M ___ F ___ S ___ M ___ L ___ XL ___ Y ___ N ___
 Gender _____ T-shirt Size _____ Space Coast Runners Member? _____
 Corporate Cup Team Name _____ (if applicable)

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE _____ SIGNATURE OF PARENT FOR THOSE UNDER 18 _____ DATE _____

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 30th)
- \$ 14 No T-shirt option - Early registration (postmarked by March 30th)
- \$ 16 No T-shirt option - day of race
- \$ 15 Student Registration
- \$ 12 3rd + family member- Early-registered (postmarked by March 30th)
- \$ 85 Corporate Team - Early Registration Only by April 4th
*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) _____



THE RACE

The ever-popular Danskin all-ladies' Triathlon Series – the largest and longest-running women's triathlon series in the world - celebrates its 20th year in 2009 by partnering with the SheROX Triathlon Series.

This year's Orlando race will kick off at 7 a.m. on Mother's Day, May 10, at Disney's Fort Wilderness.

Race distances include a half-mile swim, 16-mile bike and 5K (3.1-mile) run.

THE RACES OFFER:

- A racing environment rich with support and encouragement.
- Technical (non-cotton) race shirts for all participants.
- Pre-race expo.
- Champion Chip timed races.
- Finisher medal for all participants.
- Standard age categories as well as separate waves offered for cancer survivors, relays and buddies.
- Post-race celebration & party.
- Age group awards three deep.
- USA Triathlon-certified

Race information and registration at <http://www.danskinsheroxtri.com/>

*Note: This camp will also prepare you for the Pineapple Man Triathlon in Melbourne Beach on May 31 www.rotarypineappleman.org



WE OFFER

This nine-week sprint-distance program is open to women of all ages who ride either road or fat-tire bikes! Because this year's distances have increased to a half-mile swim; 16-mile bike and 5K, we ask that participants should be able to swim 100-yards without stopping.

WEEKLY GROUP TRAINING**

- 2 coached pool swim sessions.
- 1 coached cycling workout.
- 1 coached run workout.
- Combo workouts such as swim/bike, bike/run or race simulation.
- Open water training

WE ALSO PROVIDE

- Personalized daily training schedules based on your goals.
- An abundance of individual attention in person, and by email.
- Bike fit and running gait analysis.
- Bike handling, safety & tire-changing clinic.
- Lectures on Injury Prevention & Stretching; Mental Preparation for Racing, Fast transitions and Nutrition for training and racing.
- USA Masters Swimming Membership, good for an entire year.
- Motivation, Camaraderie, fun and a recipe for a healthy lifestyle.

**With the exception of open water workouts, all group swims will take place in the heated 25-yard pool at Rockledge high school. Most group running and cycling workouts will take place along the Indian River on Indian River Dr. in Cocoa and Rockledge Dr. in Rockledge.

KICKOFF

Come join us on Tuesday, March 3 from 6:30 p.m. until 7:30 at Pro Health & Fitness on Merritt Island. This is a great chance to learn more about the program, pick-up camp materials and meet your coaches:

Linda Cowart

Coach Linda Cowart is the mother of three boys and, as a competitive runner and triathlete, understands how to balance home, career and fitness. She has been coaching for two years and also hosts the Sunday group run for Space Coast Runners. Linda is a certified Spin instructor teaching at the YMCA and also holds coaching certifications from Road Runners Club of America and USA Track and Field.

Mike Rochelle

After retiring from the corporate world, former competitive swimmer and diver, Mike Rochelle turned to coaching where he led both the boys and girls' swim teams at West Henderson high school to back-to-back state titles in 2003 and 2004, as well as runner-up in 2005. West Henderson is still the only western NC high school to have ever won a state swimming championship.

Bernie Sher

Coach Bernie Sher came to the sport of triathlon in the early '80s and has won numerous championships at all distances, including a fifth place age group finish at the Ironman World Championships in Kona, HI. He has been coaching runners and triathletes for 14 years and is certified by both USA Triathlon and Road Runners Club of America. Learn more about Coach Bernie and his successes at www.coachbernie.org

REGISTRATION

The cost of this nine-week camp is \$250 and is limited to 20 women. Registration forms are available at <http://www.coachbernie.org/id5.html> You can also register at the March 3 kickoff if space is still available.

FIRST GROUP WORKOUT

Sunday, March 8 at 7 a.m.
Riverfront Park, Cocoa Village
Google: 401 Riveredge Blvd.
Cocoa, FL 32922

Be prepared to walk and/or run!



Maybe we should rename it the 'Tracy Smith Tiger Dash 10K'. After all, the 36-year-old Palm Bay mother of two has now taken the women's title three times in four years and has managed to drop her finish time each year. In 2006 and 2007, Smith took the wins in 43:27 and 41:46, respectively. She then ran a 40:44 last year, finishing second to Jessica Crate.

On the new Holy Trinity Episcopal Academy course on Feb. 7, Smith pulled off a resounding win in 39:53, more than two minutes ahead of 29-year-old Meredith Ruther, who ran 42:30. Merritt Island's Kara Niedermeier was third in 42:58 and Palm Bay's Robin Hernandez, who has been training with Smith, ran a 10K PR of 42:58, good enough for fourth female overall and the Masters win.

In the men's race, 16-year-old Nicholas Arjoon took the win in 34:50 and then had to wait almost three minutes to congratulate John Davis on his 37:47 second place finish. Ed Springer took third in 38:26 and Pat McCormick's 38:39 brought him to the line in fourth and gave him the Masters victory.

The Tiger Dash 10K was race number six in the nine-race Space Coast Runners Runner of the Year Series. The points earned by Springer and McCormick were enough to boost them into first and second place, respectively, in the Series men's race. 60-year-old Anne Dockery is still leading the women's but with three races and two drops left, Niedermeier, Nancy Buonanni and others could easily shake things up.

In the 5K, 17-year-old Seth Rosenina ran for the win in 16:44, followed for second by Tyler Truitt in 17:02. 'K-Dogg' Potter for third in 18:11.

Melbourne's Art Anderson took Masters in 18:40. Anderson chose to forego the 10K, as well as the ROY points, to race the inaugural Melbourne and Beaches Music Marathon – the USATF Masters National Championship - less than 24 hours after starting the Tiger Dash.

Melbourne's Dana Slomins grabbed the ladies' win with her 21:25. Almost two minutes passed before Ashley Guertin out-kicked Kay Rowley for third. Guertin went 23:19 and Rowley finished 23:23. Cocoa's Kelly Hunter won Masters in 24:37.

Check out the race photos that Ken Horton snapped at <http://www.icunphotos.com/pics/run090207/index.php> as well as those shot by Robin and Dave Hernandez at <http://sports.webshots.com/album/569993208wmOpNH> and Cedric Ching's gallery at <http://public.fotki.com/CedricCSCFL/tigerdash10k5k/>

10K

FEMALE Overall

Tracy Smith	39:53.2
Meredith Ruther	42:30.4
Kara Niedermeier	42:35.9

Masters (40+)

Robin Hernandez	42:58.4
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Training partners Robin Hernandez, left, and Tracy Smith give the thumbs up after taking Masters and 1st OA at the 2009 Tiger Dash 10K. D. Hernandez photo.

15-19

Stephanie Bird	45:13.9
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20-24

Sarah Kotranza	57:04.8
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25-29

Jackie Schmall	46:34.3
Alissa Lawrence	1:03:30:85

30-34

Kati Craig	45:24.8
Katherine Morland	49:02.9
Erin Schuck	50:57.2
Donna Davis	51:49.5
Alea Burke	57:22.0
Mridula Pottathil	1:13:08:39

35-39

Devra Fain	47:12.1
Julie Hannah	48:50.7
Anne Ehler	50:27.8
Sara Cleveland	54:38.9
Lara Surface	1:01:17:04
Michelle Mielke	1:01:00:15
Shari Reyes	1:04:52:54
Tina Schantz-Gross	1:08:24:21

40-44

Sandra Gannon	47:35.0
Terry Ferrisi	49:07.7

40-44 Continued

Terri Lovelace	50:08.1
Barbara Krause	50:11.6
Sharon Gillette	51:21.6
Michelle Smurl	52:11.9
Marisa Flint	58:55.0



Terry Ferrisi took second in the 40-44 age group in the 10K. Cedric Ching photo.

45-49

Nancy Buonanni	43:56.0
Suzie Enlow	47:21.6
Theresa Miller	47:27.4

50-54

Melanie Delman	57:03.5
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55-59

Anne Doerflein 51:56.2
Christine Tichy 1:12:09:16

60-64

Anne Dockery 47:20.3
Jacquelyn Kellner 58:36.7
Lorraine Petersen 59:58.5
Susie Koontz 59:59.8

70-74

Katie Marsh 1:22:37:26
Joan Mahoney 2:04:32:58

MALE

Overall

Nicholas Arjoon 34:50.7
John Davis 37:47.9
Ed Springer 38:26.4

Masters (40+)

Pat McCormick 38:39.9

20-24

Christopher Eastwood 51:22.7
Travis Wheeler 53:24.5

25-29

Brad Daszynski 42:13.9
Cedric Ching 47:17.6
Ray Tricano 51:16.4
Jonathon McKenzie 1:05:29:31



Cedric Ching displays his second place award in the 25-29 age group at the Tiger Dash 10K.

30-34

Michael Storti 46:22.7
Daniel Talbot 49:59.2
Jason Parker 53:00.6
Bryan Steele 53:16.5
Derek Nolek 56:21.8

35-39

Scott Larson 39:42.4
Howard Kanner 41:27.2
Tristan Webbe 42:28.5
Micah Rockwell 53:08.3

40-44

Frank Kapr 39:17.7
Troy Sheets 40:02.8
Bob Maggio 43:44.1
Dave Hernandez 45:29.8

40-44 Continued

Jeff Zippener 46:37.7
Ian Bohnen 46:54.4
Doug Bethoney 52:04.1
Jim Caple 54:51.0

45-49

Kurt Holst 46:11.7
Keith Kowalske 46:27.5
Doug Nichols 47:51.7
Ricky McDonald 49:25.6
David Maltby 50:04.7
Bill Buonanni 51:36.7
John Schmidt 1:17:26:96

50-54

Mike Dahan 39:26.9
Matt Mahoney 41:59.0
Roger Travis 42:33.2
Michael Miller 42:38.6
Loran Serwin 43:20.0
Jerry Bird 43:51.1
Dennis Delman 43:59.6
Haskell Walker 51:27.1
Rick Suarez 58:58.7

55-59

Don Dore Jr. 42:20.6
Tom Hoffman 44:27.3
Wolfgang Jensen 44:37.6
Don Kearns 45:16.6
Bud Timmons 47:43.6
Fred Peterson 1:01:26:90

60-64

Peter Weishaar 44:49.4
Jim Schroeder 47:36.7
Ray Brown 49:23.9
Dave Farrall 52:14.7
Frank Webbe 53:34.5
Gary Castner 54:23.9
Greg McKay 56:48.2

65-69

Silky Sullivan 47:04.1
George McAfee 51:18.8
Darwin Tangen 1:00:57:73
Steve Winterfeldt 1:18:45:18

70-74

Tom Ward 47:29.6
Bob Ghormley 54:02.3
Bob Pecor 1:02:33:23
Morris Johnson 1:06:31:48

75-79

Jack Lightle 58:52.7
Henry Campbell 1:11:34:93



FEMALE

Overall

Dana Slomins 21:25.5
Ashley Guertin 23:19.5
Kay Rowley 23:23.2

Masters (40+)

Kelly Hunter 24:37.3



Left to right: Suzie Enlow, second place 45-49 10K; Sandra Gannon, first place, 40-44 and Kelly Hunter, Masters, 5K. Robin Hernandez photo.

9 and under

Nyssa Holmquist 27:11.6
Liannie Sierra 30:47.5
Anna Van Niederhausem 32:56.0
Kate Starkey 33:38.4
Audrey Kirk 36:12.2

10-14

Ruby Watts 23:51.0
Ruby Watts 24:35.5
Darby Dummer 26:00.5
Kaia Holmquist 26:25.1
Haley Reck 30:24.5
Rachel White 39:51.1
Amanda Silverman 44:40.0

20-24

Nicole Iannelli 27:12.1

25-29

Alexia Machina 25:20.5
Amy Ho 26:57.7
Suzanne Plantec 28:04.6
Amanda McKee 37:36.7
Christina Kopp 39:39.6

30-34

Amanda Rothery 27:38.4
Colleen Middlebrooks 29:38.5
Kristina Talbot 33:01.5

35-39

Heather Wahy 24:51.1
Cyndi Bergs 25:06.4

40-44

Carrie Philpot 27:57.4
Melanie Huss 29:27.1
Denise Miller 29:57.2
Dana Rucker 29:57.6
Kellie Killick 33:47.0

45-49

Florence Holden 28:49.2
Jeannette Potter 30:58.3
Kay Oliver 31:00.3
Barbara Rahner 50:03.3
Debbie Gapsch 50:50.2

50-54

Rosemarie Cocker	28:16.8
Donna Garson	30:16.0
Nancy Sharp	30:18.2
Dalys Dunn	37:09.4

55-59

Kathleen Heyda	26:49.8
Jackie Ramsey	39:38.2

65-69

Sharon Smith	41:13.7
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70-74

Roberta Osterling	1:00:01.36
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MALE

Overall

Seth Rosenina	16:44.6
Tyler Truitt	17:02.4
K-Dogg Potter	18:11.4



Tiger Dash 5K winner, Seth Rosenina.
Photo courtesy Ken Horton
<http://icunphotos.com/pics/run090207/>

Masters (40+)

Art Anderson	18:40.2
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9 and under

Bryce Wahy	24:28.1
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10-14

Cory Sayyeau	18:44.3
Alex Brown	19:26.6
Nick Flint	19:32.7
Coleman Sperando	19:40.6
Cole Oliver	19:53.4
Matt Horner	19:59.9
Sean Carroll	21:33.3
Kenny Liska	22:54.2
Ryan Miller	23:53.1
Briar Reck	24:05.5
Justin Ganiban	27:15.8
Dan Cronin	27:23.7
Corey Smith	27:34.2
Matthew Scott	27:34.5
Michael Schluckebier	27:34.9
Zach Funk	27:36.1
Calvin Quigley	28:02.9
Victor Rahner	28:05.6
Charlie Barger	28:07.2

10-14 Continued

Mark Midwood	29:07.7
Joe Cronin	29:18.7
Jared Gannon	34:46.6
Sterling Schantz	47:06.9

15-19

Alex Hoffman	19:26.1
Terry Cronin	20:07.9
Cody Truitt	22:38.1
Ben Sunter	23:10.4
Lucas Vannorsdall	23:16.9
Dylan Holmes	24:20.6
Cameron Garagozio	26:43.8
David Jerguson	29:59.0
Shann Myers	38:21.3
Logan Gapsch	38:21.6
Conrad Goloval	38:21.9

20-24

Nick Vannorsdall	21:22.6
Michael McClain	25:31.0

25-29

Matt Dopira	25:33.5
Matthew McKee	26:46.9

30-34

James Fain	21:28.2
Jonathon Krawer	24:45.8
Rick Romolo	25:01.5
Matt Tricano	26:45.7
Billy Ciano	31:11.1

35-39

Thomas Jenkins	21:49.8
Eric Rothery	21:58.5
Steven Cowart	23:32.0
James Middlebrooks	25:23.5

40-44

Larry Wilcox	22:02.2
Michael Rothery	22:39.9
Scott Schmidt	22:46.1
Wesley Foster	26:19.5
Dean Murphy	27:17.6
Kevin Reck	30:24.1
Todd Starkey	33:37.9
Tim Gannon	34:47.0

45-49

Robert Ober	19:59.1
Joe Hultgren	20:47.2
Colin Farthing	23:15.4
Richard Folio	25:14.6
Dan Maloney	25:26.4
Craig Smith	26:07.4
Carmine Brancaccio	27:00.9
Stan Goloval	27:15.3
Gary Ganiban	27:16.1

50-54

Michael Slomins	21:09.4
Nick Santangelo	22:37.8
Jeff Myers	23:09.6
Gene Grieshaber	26:31.2
David Bruder	27:46.3

50-54 Continued

Bradford Soeryel	33:12.4
Bill Hoffman	37:11.8

55-59

John Fricano	22:54.7
Lawrence Pacelli	23:52.3
Bill Kelly	25:55.5
Jim Sciarrino	27:01.9
Steve Ramsey	33:12.8
Robert M. Bruckort	33:22.3

60-64

Ed Rowley	21:53.3
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65-69

David Wofford	26:05.3
Robert Husek	27:40.0

70-74

Jim Bevins	24:04.4
Ron Hoar	25:37.8

75-79

Alan Smith	27:48.5
Donald Nygaard	31:48.6



Anne Dockery, left, and Angela Wells flank Kim Badgett as they cheer in finishers on the Holy Trinity Track. Robin Hernandez photo.



Left to right: Done Dore, Jr., first place 55-59 10K; Matt Mahoney, second place 50-54, 10K; Howard Kanner, second place 35-39, 10K; Joe Hultgren, second place 45-49 5K. Ken Horton photo.



Old guys truly rule – just ask Bill Riley.

The 72-year-old retired insurance underwriter from Centerville, MA, knocked out a one-hour, thirty-two minute and one second finish at the inaugural Melbourne and Beaches Music Half Marathon on Feb. 8. He smoked his age group by 20 minutes to place 66th overall in the finisher’s field of 735.

The fact that he was even that far down the finisher’s roster might have had something to do with the fact that the race was the 2009 USA Track & Field Masters National Championship.

So deep, in fact, was the talent of the over-40 crowd, you had to skim all the way to 22nd place to find someone *under* 40.

We wouldn’t want to be that young whippersnapper – 18-year-old Tyler Andrews – returning to Concord, MA and telling friends that his 1:20:50 finish couldn’t cut it with oldies.

Not even close.

By the time Andrews finished, 44-year-old Paul Aufdemberge was probably already figuring out how to spend the \$1,000 he had earned for the 1:08:05 overall win.

And, after the age-graded scores had been calculated, the 3-time Crim 10-Miler Masters champ from Michigan added an additional \$750 to the wad as his age-graded score of 93.57 – world class according to World Masters Veterans tables – bought him the age- graded victory as well.

“When it is an age-graded race, you have to run as fast as you can and hope that it stacks up well against the other runners,” he said in a pre-race interview.

Boulder’s Colleen De Reuck will be cashing equal paychecks, as well, for her overall and age-graded women’s win today. The four-time Olympian and mother of two daughters - one a 19-month old toddler - led the ladies by almost seven minutes when she crossed the line in 1:13:15, which converted to a 90.3 percent age-graded score and 1:07:40 age-graded time.

How did 72-year-old Riley fare with the age-grading? Good enough for sixth and \$250, as his finish converted to 89.86 percent and an age-graded time of a 1:05:57.

Four locals also earned enough coin to celebrate this evening. State Farm put up \$125 each for the top Brevard male and female finisher in both the Marathon and Half.

Angela Cobb’s 1:23:04 dash got her the cash as well as 30th overall and the win in the 25-29 age group. She beat out Brevard’s fastest male, James Croft, who was 35th overall and placed first in the 30-34 division with a 1:25.

Melbourne’s Michael Olsen and Kim Graham scored the marathon cash. Olsen’s 3:10:58 finish put him ninth overall and gave him the 25-29 age group win. Graham, 48, was 43rd overall and won the 45-49 division with her 3:39:59. Both locals qualified for Boston; Olsen by two seconds and Graham by 20 minutes.

Complete standard results for the Melbourne and Beaches Music Marathon, Half Marathon and 5K are available at <http://www.runningzone.com/results.html> The asterisk next to each name indicates that they were members of USA Track and Field and therefore eligible to compete for the age-graded portion of the \$12K purse that went to the top nine male and female finishers.

MALE					Actual	Age-Graded	
Place	Name	Age	City	St	Time	Time	%
1	Paul Aufdemberge *	44	Redford	MI	1:08:05	1:03:18	93.57
2	Sean Wade *	42	Houston	TX	1:08:32	1:04:45	91.47
3	Dennis Simonaitis *	46	Draper	UT	1:11:02	1:04:58	91.16
4	Tracy Lokken *	43	Marquette	MI	1:09:49	1:05:27	90.5
5	Eric Ashton *	41	Columbia	SC	1:09:12	1:05:55	89.86
6	Bill Riley *	72	Centerville	MA	1:32:02	1:05:57	89.79
7	Bob Winn *	50	Ogunquit	ME	1:15:02	1:06:22	89.23
8	James Derick *	43	Big Flats	NY	1:10:54	1:06:28	89.12
9	Carl Rundell *	40	Birmingham	MI	1:09:59	1:07:11	88.14

10	David Oliver *	52	Westborough	MA	1:17:48	1:07:38	87.56
11	Daniel Boyle *	45	Manhattan	KS	1:13:37	1:07:54	87.23
12	Robert Hendrick *	66	Lauderhill	FL	1:29:04	1:08:02	87.05
13	Jeff Magallanes *	46	Seaside	CA	1:14:24	1:08:03	87.03
14	Stuart Calderwood *	50	New York	NY	1:17:32	1:08:35	86.35
15	Dan Franek *	43	South Portland	ME	1:13:54	1:09:16	85.5
16	Patrick Stumbras *	51	Boston	MA	1:20:24	1:10:30	84
17	Tony Black *	52	Tampa	FL	1:21:31	1:10:52	83.56
18	Lloyd Hansen *	60	Salt Lake City	UT	1:27:49	1:11:03	83.36
19	Thomas Lamme *	61	Penfield	NY	1:29:00	1:11:20	83.02
20	John Piggott *	43	Williamsburg	VA	1:16:55	1:12:06	82.15
21	Len Hall *	55	Enfield	NH	1:26:14	1:13:01	81.1
22	Brian Jaeger *	44	Winter Park	FL	1:18:51	1:13:19	80.79
23	John Boyle *	67	Deland	FL	1:37:02	1:13:22	80.71
24	Larry Kase *	60	Park City	UT	1:30:43	1:13:24	80.69
25	Pete Crouse *	48	Orlando	FL	1:22:05	1:13:50	80.21
26	Gary Cohen *	51	Apopka	FL	1:24:16	1:13:54	80.15
27	Steve Menovcik *	40	Grand Ledge	MI	1:17:00	1:13:55	80.11
28	Bill Rodgers *	61	Boxboro	MA	1:34:16	1:15:33	78.38
29	David Briggs *	41	Northport	NY	1:19:46	1:15:58	77.96
30	David Pember *	66	Medfield	MA	1:39:33	1:16:02	77.89
31	Bill Cobler *	45	Holladay	FL	1:22:29	1:16:04	77.86
32	Scott Bickham *	42	Corning	NY	1:21:47	1:17:16	76.65
33	Miguel Lopez *	60	Clermont	FL	1:37:00	1:18:29	75.47
34	Jon Mallon *	40	Miami	FL	1:22:38	1:19:19	74.65
35	Kent Lemme *	42	Williamstown	MA	1:24:36	1:19:56	74.1
36	Doug Braasch *	69	Modesto	CA	1:49:01	1:20:47	73.31
37	Delbert Camp *	77	Griggsville	IL	2:02:19	1:21:00	73.11
38	Lynn Walker *	51	Ben Lamond	CA	1:32:40	1:21:16	72.88
39	Greg Meyer *	53	Belmont	MI	1:43:57	1:29:35	66.11
40	Richard Marino *	57	Indialantic	FL	1:59:46	1:39:36	59.45
41	Jose Pascual *	42	West Melbourne	FL	1:45:53	1:40:03	59.2
42	John MacIntyre *	71	Oviedo	FL	2:30:35	1:49:13	54.22
43	Craig English *	59	Concord	OH	2:15:03	1:50:16	53.71
44	Clayton Craig *	53	Melbourne	FL	2:12:10	1:53:54	51.99
45	Anthony Swana *	41	Holyoke	MA	2:32:32	2:25:17	40.77
46	Joseph Holsopple *	68	Cleveland	TN	3:17:27	2:27:49	40.06

FEMALE

Place	Name	Age	City	St	Actual Time	Age-Graded Time	%
1	Colleen Dereuck *	44	Boulder	CO	1:13:15	1:07:40	97.3
2	Kathryn Martin *	57	Northport	NY	1:29:34	1:10:05	93.94
3	Barbara Miller *	69	Modesto	CA	1:48:37	1:10:47	93.01
4	Victoria Crisp *	56	Nashville	TN	1:30:13	1:11:35	91.99
5	Suzanne Ray *	56	Medford	OR	1:34:28	1:14:57	87.85
6	Jody Hawkins *	42	Frisco	TX	1:20:06	1:15:31	87.19
7	Lisa Veneziano *	44	Fenton	MI	1:22:56	1:16:37	85.94
8	Beth Moras *	50	Ridgewood	NJ	1:30:16	1:17:32	84.92
9	Nancy Frey *	48	Boca Raton	FL	1:28:10	1:17:39	84.81
10	Margie Stoll *	67	Nashville	TN	1:55:50	1:18:01	84.39
11	Ceal Muldoon Walker *	46	Cocoa Beach	FL	1:27:23	1:18:52	83.49
12	Terri Rejimbak *	40	Tampa	FL	1:23:44	1:20:18	81.99
13	Lori Kingsley *	42	Wysox	PA	1:25:27	1:20:34	81.73
14	Susie Simms *	59	Boca Raton	FL	1:46:38	1:21:07	81.17
15	Lois Waite *	41	Tampa	FL	1:27:36	1:23:20	79
16	Jackie Clifton *	47	Palm Bay	FL	1:35:05	1:24:46	77.67
17	Mary Bonetz *	65	Port Charlotte	FL	2:04:08	1:26:19	76.28
18	Linda Barnhart *	45	Omaha	NE	1:35:37	1:27:20	75.39
19	Wendi Sylvia *	40	East Greenwich	RI	1:33:45	1:29:55	73.23
20	Willy Moolenaar *	68	Indialantic	FL	2:16:51	1:30:41	72.6
21	Kathryn Koontz *	63	Merritt Island	FL	2:11:19	1:34:10	69.91
22	Susan Kenney *	53	Somerset	MA	1:54:44	1:34:47	69.47
23	Nancy Huy-Perry *	58	Melbourne	FL	2:04:21	1:35:57	68.61
24	Gretchen Butts *	55	Laytonsville	MD	1:59:56	1:36:28	68.25
25	Linda Belanger *	56	Melbourne Beach	FL	2:04:05	1:38:27	66.88
26	Susie OConnell *	56	Melbourne	FL	2:33:02	2:01:25	54.23
27	Kim Cobler *	44	Holladay	FL	2:30:57	2:19:27	47.21



Tooth Trot 5K Race Director, Jerilyn Bird, sent the following great news about the February 14 race: "We had a FANTASTIC turnout at this year's (race) - our 11th Annual. We had over 350 runners registered and 318 finishers!"

Leading the field to the finish line in eighteen minutes and twenty-five seconds was Brett Danderson. The twenty-seven-year-old who won his age group two weeks ago at the Run for the Light 5K, managed to hold off the rest of the field – including a fast-charging Jessica Crate – for the overall Tooth Trot victory.

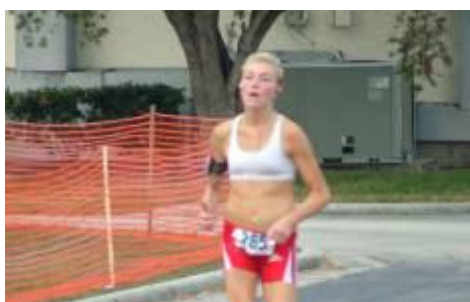
Crate, however, was not too far behind; finishing second overall and taking the women's win in 18:30.

The nail-biter was for third and fourth overall as 18-year-old Ryan Oates out-kicked 49-year-old Art Anderson by one second. Oates 18:42 was good enough for second male overall and Anderson's 18:43 earned him third. Melbourne's Sean Black scored Masters (40+) in 19:02.

Following Crate in the ladies race was Karen Minor, who at 49 is still rocking. The Rockledge flight attendant took second in 20-flat with Debra Richardson pulling in at 20:17 for third. Sandy Briggs took the Masters with her 21:27.

We bet the Tooth Fairy is delighted. Proceeds from yesterday's race benefit the Give Kids a Smile program in Brevard, providing free oral health care to children from low-income families. The number of kids in need continues to grow as the economy shrinks. Congrats to all who stepped up to volunteer or participate in the race.

All Tooth Trot photos courtesy of Ken Horton. Check out his complete gallery of the race at http://icunphotos.smugmug.com/gallery/7362743_5H9a6#473983009_78w3P



Women's winner Jessica Crate

FEMALE

Overall

Jessica Crate	18:30
Karen Minor	20:00
Debra Richardson	20:17

Masters (40+)

Sandy Briggs	21:27
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9 and under

Liannie Sierra	28:36:00
Naomi LeSieur	29:40:00
Kendall Enlow	34:40:00
Rachel Pittman	38:46:00
Grace Boshart	45:45:00
Tamesha Moore	45:48:00
Raechel Hepworth	48:53:00
Kensley Fowler	53:02:00
Sara Sidor	57:31:00

10-14

Holly Wooley	23:49
Liz Gahres	27:55:00

10-14 Continued

Lauren Boshart	30:17:00
Hannah Montgomery	31:57:00
Alexsis Monsees	32:32:00
Sabrina Smith	32:44:00
Kathryn Richardson	34:27:00
Julia Wooley	35:39:00
Lindsey Dickey	36:14:00
Tori Smith	37:43:00
Meghan Tezel	38:17:00
Summer Wright	38:25:00
Brianna Pittman	38:28:00
Avery Horvath	43:33:00
Amber Rowden	46:38:00
Julia Skrtich	48:03:00
Bailey Skrtich	52:00:00
Rachel White	57:37:00

15-19

Stephanie Bird	21:50
Mariah Freeman	25:04:00
Tess Salisbury	27:57:00
Michelle Matarazzio	29:48:00
Kimmy Johnson	32:04:00
Devin Wiebe	34:22:00
Kelly Hambel	35:44:00
Trisha Hornbeck	41:55:00

20-24

Aubrey Marek	25:29:00
Julie Johnson	27:33:00
Melissa Rawal	28:52:00
Kate McNamee	28:55:00
Morgan Pope	29:51:00
Jennifer Fernandez	30:00:00
Kelly Perreault	43:04:00
Candace Langdon	46:39:00
Diane Schick	62:44:00

25-29

Mara Swalstad	24:49:00
Darcy Dyer	27:25:00
Georgianna Isenman	27:42:00
Kristin Mirda	27:44:00
Tabitha Brawley	30:18:00
Cathy Kennedy	30:32:00
Julie-Anne Bouchet	34:42:00
Nicole Stevens	34:57:00
Wei Fan	37:40:00
Kerrin Fahner	45:46:00
Jen Pickering	47:42:00
Bridgett Turner	49:09:00
Melanie Armistead	1:02:12

30-34

Peggy Sebetka	23:46
Megan Bolin	25:48:00
Jennifer Hickey	28:05:00
Jenni Allgeyer	28:11:00
Shannon Ferry	31:50:00
Rebekah Griffin	32:03:00
Jennifer Tatton	33:11:00
April Cruz	33:15:00
Jenny MacBride	33:18:00
Sarah Kary	34:04:00
Michelle Trapchak	35:57:00
Shelly Suttle	36:29:00
Shannon Ward	36:48:00
G Sidor	38:30:00
Emily Barlow	40:22:00
Kylie Johnson	43:42:00
Kara Roppa	49:15:00

35-39

Laurie Ann Wilamowski	24:30:00
Jennifer Thomas	26:09:00
Jodi Allen	25:36:00
Jennifer Hodge	26:30:00
Annika Timonen	27:03:00
Shawna Staab	35:34:00
Llelin Fernandez	36:23:00
Jewel Jackson	40:22:00
Ashley Jordan	42:40:00
Shialine Payne	43:43:00
Rosemary Browning	43:44:00
Jill Szymanski	46:43:00
Kim Rodriguez	47:19:00
Marlee Fowler	53:03:00

40-44

Terry Ferrisi	24:17:00
Patricia Tezel	24:19:00
Kelly Hunter	24:50:00
Jo-Anne Boland	24:57:00
Patti Laxton	25:11:00
Natasha Morgan	25:31:00
Marie Thomas	25:34:00
Becky Houston	27:43:00
Cindy Nicholas	29:29:00
Sandra Gannon	30:25:00
Stephanie Wooley	31:45:00
April Sanders	32:06:00
Cheryl Sutherland	32:09:00
Jill Smith	33:32:00
Shelley Sutherland	36:00:00
Carolyn O'Hara	38:36:00
Barbara Berry	38:58:00
Ellen Little	40:19:00
Gail Bantugan	41:21:00
Robin Sparkman	43:46:00
CarrieAnn Evans	46:15:00
Michele Hepworth	48:52:00
Lisa Smith	57:02:00

45-49

Connie Maltby	26:45:00
Donna Elmer	27:12:00
Cindy Cunningham	27:30:00
Stacy Waters	28:09:00
Dianne Westerman	28:24:00
Flo Holden	28:56:00
Doris Travassos	29:28:00
Debi Frakes	29:39:00
Julie Jordan	31:15:00
Denise Diana	31:19:00
Cathy James	31:20:00
Diane Boyle	31:30:00
Lisa Powers	33:33:00
Nancy Marquardt	34:08:00
Suzie Enlow	34:41:00
Karen Speed	35:28:00
Sharon Sponseller	38:20:00
Eva Roberts	39:37:00
Deanna Slaughter	40:59:00
Theresa Hornbeck	43:40:00
Debbie Pagillo	43:47:00
Shelia Foster	44:24:00
Kim Snyder	47:18:00
Laura Henderson	48:06:00
Sherri Kirk	49:18:00
Debbie Hambel	51:34:00
Beth Allen	53:09:00

50-54

Teresa Duce	25:21:00
Melanie Dellman	27:40:00
Roseanne Bessenaire	28:28:00
Nancy Sharp	30:07:00
Karen Sanchez	30:08:00
Julie English	32:21:00
Cynthia Habercom	36:27:00
Debra Connaughton	49:17:00
Marlene White	51:38:00
Laurie Holmes	53:05:00
Dale Langdon	53:29:00

55-59

Lin Belanger	26:08:00
Shirley Matrigali	29:55:00
Sarah Schroeder	34:10:00
MaryAnn Bowman	35:26:00
Dee Bedwell	44:59:00
Maureen Vouglas	51:25:00

60-64

Ann Dockery	23:09
Diane Watson	53:33:00

65-69

Ruth Rubinfine	37:16:00
Sula Tucker	40:21:00
Aila Long	44:01:00
Millie Skrtich	53:04:00

70-74

Annette Hardy	37:10:00
Katie Marsh	38:39:00
Roberta Osterling	55:10:00

MALE

Overall

Brett Danderson	18:25
Ryan Oates	18:42
Art Anderson	18:43

Masters (40+)

Sean Black	19:02
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9 and under

Jeffery Gahres	26:00:00
Thomas Berry	29:09:00
David Dacosta	29:11:00
Austin Skrtich	31:55:00
Kevin Tezel	32:11:00
Ander Hanson	35:40:00
Noah Huff	35:56:00
Matthew Houston	39:20:00
Ryan Huff	40:05:00
Evan Heyworth	48:02:00
Nick Sidor	54:13:00

10-14

Sean Carroll	22:23
Thomas Stansfield	23:42
Nick Choppe	24:01:00
Spencer Hodge	27:34:00
Dan Cronin	28:12:00
Alex Hernandez	29:15:00
Rhuben McGee	30:10:00
Jared Gannon	30:26:00
Joe Cronin	30:57:00
Clay Tezel	32:10:00
Chris Bergin	32:24:00
Jared Hepworth	32:47:00
Corey Rosser	33:53:00
Jeremy Abernathy	33:57:00
Dillon Suttle	43:32:00
Mark Sebetka	44:00:00

15-19

Noah Jacovitz	19:35
Timothy Marquardt	19:39
Terry Cronin	20:22
Jerry Siford	22:14
Max Kirchofer	22:18
Winston Akins	22:26
Trevor Tezel	28:15:00
Zach White	55:09:00

20-24

Joel Gayle	19:55
Chris Eastwood	24:27:00



Father and son team of Frank and Tristan Webbe focus on the Tooth Trot 5K finish line.

20-24 Continued

Bryan Schmidt	25:09:00
Jeff Sherker	31:32:00
Richard Helton	35:25:00

25-29

Benjamin Mena	19:38
Jared Doyle	21:49
Jon Zambrana	22:22
Dustin Hodgkins	24:41:00
John Mason Williams	24:45:00
Adam Stevens	25:40:00
Julien Adamson	26:19:00
Mike Mirda	27:45:00
John Palishen	29:13:00
Chris Lenyk	37:41:00

30-34

Phillip E. Lane	21:36
Ryan Caudill	21:59
Ryan Barlow	24:23:00
Jeff Barlow	25:56:00
Amit Rawal	26:28:00
Andrew Brawley	26:50:00
Jason Evans	46:28:00
Dominic Roppa	49:16:00

35-39

Mike Doyle	20:20
Tristan Webbe	20:55
Jim Schaeffer	21:18
Shea Bolin	26:04:00
Greg Chace	32:14:00
Mike Fowler	44:02:00



Male Masters winner, Sean Black

40-44

Troy Sheets	19:32
Greg Horvath	19:49
Paul Skrtich	20:29
Dave Henandez	21:39
Ed Sebetka	22:44
Drew Johnson	23:25
Tom Davis	23:41
Kevin Allen	24:37:00
Dan Rice	28:46:00
Mohammed Mujeeb	29:06:00
Scott Sutherland	36:13:00
John Karp	38:51:00
Alan Houston	39:31:00
Steven Huff	40:06:00
Tony Sidor	54:14:00

45-49

John Andrews	19:25
Kurt Tezel	23:52
Joseph Moskal	25:53:00
Gary Foley	26:13:00
Scott Caldwell	27:07:00
David Pingston	27:41:00
Jim Haithcoat	28:48:00
Stephen Timmer	33:48:00
Andrew Timmer	33:49:00
Tom Freeberg	35:46:00
Jeff Williamson	36:30:00
William Thompson	38:18:00
Rick Hover	39:36:00
John Hepworth	49:08:00

50-54

Brian Kessler	19:20
Jerry Bird	20:33
Michael R. Miller	20:34
Matt Mahoney	21:04
Michael Slomins	21:16
Dennis Dellman	21:22
Ralph Miller	22:02
Haskell Walker	23:35
Rick Wrijil	26:25:00
Randall Coleman	29:41:00
Douglas Schulthess	31:26:00
Ken Flieder	31:31:00
David Montgomery	37:16:00
Frank Travassos	45:49:00
Bruce Turner	49:10:00

55-59

Brian Kennedy	25:52:00
Bill J. Kelly	25:59:00
Rick Schmid	28:23:00
Pat O'Grady	28:59:00

60-64

Jim Schroeder	22:34
Dave Farrall	24:28:00
Gary Castner	24:57:00
Frank Webbe	25:22:00
Greg McKilly	26:49:00
Frank Maloney	32:48:00
David Pocoski	36:22:00

65-69

James Whalen	28:50:00
Fred Leventry	28:54:00
Bob Husek	28:57:00

70-74

Tom Ward	23:03
Rudy Eihorn	25:43:00
Bob Ghormley	25:57:00
Ron Hoar	25:58:00
Bob Pecor	28:49:00
Jim Morrell	40:42:00
Artie LePorin	53:34:00

75-79

Jack Lightle	27:36:00
Henry Campbell	32:41:00
Ed Hardy	33:04:00

