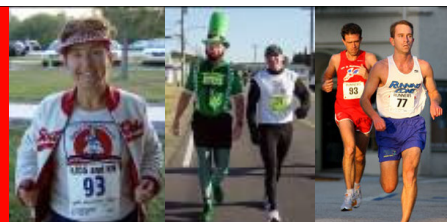


ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 31, ISSUE 4

April 2009

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Look for the latest race results at <http://mahoney4.home.netcom.com/scr/races/>



Dave and Robin Hernandez flank Tracy Smith, after Tracy's overall female win at the Eye of the Dragon 10K. Her victory was the fifth out of the five events she has raced in during the 2008-09 Space Coast Runners Runner of the Year Series.

**SUPPORT
OUR RACES &
SPONSORS**



<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.

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**

Multi-Sport Minded?

Patti Sponsler keeps tabs on local multi-sport athletes and their activities at <http://www.spacecoastmultisport.com/>

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
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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 _____



CAROL'S CORNER

The 2008-2009 Space Coast Runners season is drawing to a close. We are now making preparations to reward all of you hard working runners! On the evening of Saturday, May 16, we will be hosting the 39th Annual Meeting Dinner and Runner of the Year Celebration. We invite ALL club members to this event held at the Indian Harbour Beach Community Center at Gleason Park. Since it was a hit last year, we are again having the Italian dinner catered by "A Perfect Host".

In addition to the ROY Awards, we will be announcing the 2009 SCR Hall of Fame Inductees, the winner(s) of the Golden Shoe, the recipients of the two \$1,000 SCR Scholarships, and the Youth Series Awards.

Marlene White will be presenting the Annual Financial Report and I will have the State of the Club. This meeting also serves as our general election. If you would like to be involved in the workings of YOUR Club, here is your chance to make changes and/or influence the Space Coast Runners! We are looking for new faces and fresh ideas. Give back to your sport and club by volunteering to serve as an officer, or on the board.

I look forward to seeing you at the dinner - please come and enjoy!

Carol (cball1@cfl.rr.com)



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 and Board Members
- *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

Congrats to all finishers and overall winners 10K: Tracy Smith, (40:55) And Tom Stuart, (36:50) 2-Miler winners: Sarah Day, (13:46) And Nick Flint, (13:26)

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 8 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 9 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

SPRINGTIME IN MASSACHUSETTS - *THE FEELING*

Note: The following piece was written sixteen years ago in April 1993. I was driving my parents from Florida to their Maine home when I got that feeling. That night I tried to capture the emotions of what I experienced.

The buds on the tall hardwood trees caught my attention--maples, I thought. That was the initial observation that caused **the feeling** within.

Then it was the sight of the rolling hills in the countryside. **The feeling** became even more intense. Was it really physical or was my mind doing this to me?

Next a sign on the Massachusetts turnpike pushed **the feeling** to a new height. "Hopkinton!"

Now it was easy to recall **the feeling**--it was from the memory of that special excitement of my prior Boston Marathon runs. And now I wanted to be running it again. Enjoying that sort of knot at the top of the stomach, **the feeling** in the chest--of excitement and anticipation of being at the start line again. The acknowledging that my body can take on a task that creates a sense of accomplishment like no other I have ever known.

As I drove along the Massachusetts Turnpike, **the feeling** was returning-- it was a "runner's high" and I wasn't even running. In fact the marathon was still a few days away.

But I could clearly envision the crowded start and that first mile. I could hear the cheers of the huge crowds as the race begins. Some people yelling from rooftops, others perched in the tree limbs. My mind was beginning my third Boston Marathon.

As I continued to drive toward Boston, past the sign for Newton, I could envision Heartbreak Hill and recalled the additional effort needed to meet that challenge. Then my vision was the Boston University campus and the increasing crowds on each side of the long straight Beacon Street. I recalled that first year in Boston, when the heat became too much and my friend Bob and I began to walk at this point, with over three miles left to go. My mind quickly forwarded to my second Boston Marathon--1991--and the contrasting strong confident feeling I had as I headed down Boylston for my 3:23:01 finish.

As I drive into the city I see the Citgo sign just beyond the Green Monster--the left field wall of old Fenway Park. I recalled childhood memories of seeing Ted Williams, Mel Parnell, Johnny Pesky, Dom Dimaggio. My first recollections of the Boston Marathon came from listening to Red Sox's games on the radio while a youngster in Maine. The announcers would give progress reports on the small group of some very strange men who were running 26 miles at one time. What radicals I used to think.

Yet 40 years later I discovered for myself **the euphoric feeling** that one can only know by persistently enduring and finally emotionally crossing the finish line in front of thousands at the Boston Public Library. Achieving a Boston finish for oneself is the ultimate runner's high.

That distinct **feeling** had returned on this cloudy, rainy morning as my heart and body yearned for a return to Hopkinton and the challenge and satisfaction of completing that famed route again.

Note: I did return to Boston in 1996 for my 3rd Boston Marathon--the 100th--and the last of my nineteen marathons.

Contact Hoar at RHoar@cfl.rr.com

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

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

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 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 XS S M L XL

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) _____

A Mile With: George McAfee

Name: George McAfee; 66.

Occupation: Hair Stylist at Transformations Salon and Day Spa.

Years Running: Twenty this May. I started when I moved to Florida in 1989.

I knew I was Hooked When: My nephew talked me into running the (now defunct) Sun Tree Dash 5K in 1989; my first 5k. I ran a 22:28 and think I placed seventh.

Favorite Races: I have so many! As long as I'm still breathing and have a heart beat it's a favorite.

Favorite Places to run: Tropical Trail; Cocoa Village north and south and the berm in Camrose, Alberta.

Running partners: Too many to name. All of Coach Doug Butler's year-round runners and a few special ones

If I could go on a social run: My Uncle George who recently passed away. He was a Chicago Bear running back and a member of the Pro Hall-of-Fame.

Training Philosophy: Listen to your body. Go easy, in most cases you'll get better. But if it's really broke; get help; rest; then start back slow.

Advice I would give to a new runner: Take a running camp. It takes months to become a runner but it takes years to become a racer.

Other Interests: My motor cycle; white water rafting; exploring; and crossword puzzles

Favorite reads: Any thing I can learn from and a few junk novels.

One thing I would change about Space Coast Runners: I think the club is doing a great job with the races but I do miss holding the newsletter in my hand.

Left to right: 2007-08 Space Coast Runners Runner of the Year 60-64 Series award winners George McAfee, third; Gary Castner, first; Susie Koontz, first; Dennis Dailey, second and Frank Webbe, fourth.

George is currently leading the male 65-69 age group in the 2008-09 standings by 32 points and has run all seven of the nine races to date.



YADA, YADA, YADA



To all who helped with this month's newsletter: Carol Ball, Linda Cowart, Steve Chin, Cedric Ching, Suzie Enlow, Marissa Flint, Rick Foresteiere, Jr., Kelly Hedgespeth, Dave and Robin Hernandez, Barry Jones, Ron Hoar, Ken Horton, Running Zone, Jackie Schmoll and Loran Serwin,



Happy Birthday (1) Bernadette Beck, Jared Gannon, Bernie Sher (2) Cyndi Bergs, Anne Doerflein, Tammy Foster, Karen Furton-Sparks (3) Doug Nichols, Robert Perry (4) Michael Gondek, Mary Ann Kise-Bowman, Sandra Martin (5) Victoria Deen, Matthew Ferrisi, Harold Peckron, Cathy Rauback (7) Jocelyn Lowther, Greg McKay, Dick White (9) Joshua Farner, Hope Murphy, Steven Raymond (10) Denise Porter; (12) Connor Hughes, John Lantry, Kristen Strout, Mitch Varnes (14) Diane Farrell, Nick Flint, Cassie Rosolowski (15) Devra Fain, Roger Rowan (16) Elwyn Brown, Kaite Smith (17) Lisa Farrall, Carole McCoy, Joan Meadows, Don Nygaard, Danielle Slomins, Larry Timmons (18) Connor McCoy (19) Jenni Crook (21) Lynnda Floyd, Celia Mahler, Alan Smith, Charlene Toney, Zachary Unrue (23) Cody Martin (24) Raquel Hinton, Justin Schiff (28) Casey Moody (29) Paula



A Roll Out The Red Carpet welcome to new members Ryan Barlow, West Melbourne; Laura Ivey-Glines, Melbourne and Christy Tagye, Cocoa.



Congrats to long-time SCR member, Marty Winkel, who was honored last month by his employer, United Space Alliance. Marty was the recipient of the USA Florida Quest for Excellence SARA Community Service award. Marty was chosen based on his outstanding teamwork, leadership attributes, administrative excellence, technical expertise and attention to detail. CONGRATS, Marty!

OOPS

Last month we omitted the winner of the women's 10-14 age group at the Tiger Dash 5K. Lesley McNamara, 13, of Melbourne, took the victory in 23:51. CONGRATS, Lesley and we apologize for the oversight.

SPACE COAST MARATHON & HALF MARATHON
NOVEMBER 29TH, 2009

Registration Now Open
SpaceCoastMarathon.com

Florida's Most Exciting and Oldest Marathon
 Visit America's Premier Space Location
 "Space Themed Activities"
 Astronaut Medals to all Finishers
 Opportunity to Win Dinner with a Real Astronaut
 Beautiful Waterfront Course

Race amenities include:

- Jeff Galloway, America's Coach – Keynote Speaker for this year's event
- Official Long Sleeve Technical (moisture wicking, non-cotton) T-shirt
- Large Beach Towels with race logo for all finishers (instead of mylar blankets)
- Set a PR with this year's PaceTeams!
- A full Pancake, Egg & Sausage breakfast and Pizza for all finishers.
- An awesome post-race celebration complete with food, drink
- Health First Health Plans two day Health and Fitness Expo at the Maxwell King Center for the Performing Arts in Melbourne.

Complete info begins on page 32 of this newsletter.



SPACE COAST RUNNERS FUN RUN/WALK/SOCIAL



Good Food, Good Friends, Good Wine, Great Times

THURSDAY, APRIL 16
5:30-7p.m.

Murdocks Bistro in Cocoa Village

(Google map directions: 600 Brevard Ave; Cocoa 32922)

Parking behind patio area, one block West off Florida Ave

We will run/walk at 5:30pm and meet after for SCR Happy Hour until 7:00!

ON THE PATIO - GIVEAWAYS - FRIENDS - FUN!

Stay for dinner - the food is great!

Menu: <http://www.murdockscocoaavillage.com/murdocks-bistro-cocoa-village-menu.php#3>

For more info: cball1@cfl.rr.com or landclearing@bellsouth.net

22nd Annual Osler Medical 5K Flamingo Run at Melbourne Art Festival

Saturday, April 25th, 2009 at 8:00 A.M.

Registration and Check-in: Register on-line at Active.com, at *Running Zone* 3680-C N. Wickham Rd. Melbourne Fl. 32935 or complete application and mail to *Running Zone* Attention: Melbourne Art Festival by Saturday, April 18th 2009. Day of race registration & check-in for packet pick-up 6:30 A.M. to 7:45 A.M. at Holmes Park at intersection of Melbourne Ave. and Melbourne Ct.

Course: USAT&F certified course (#FL00007DL) starts at Holmes Park, continues along the scenic Crane Creek, and out and back over the Melbourne Causeway (one lane closed to traffic) for a spectacular view of the Indian River.
*****Convenient advance PACKET PICKUP***4/21 thru 4/25 at Running Zone**

Entry Fees: \$25 by April 18th, 2009 (postmarked)
 \$31 after April 18th, 2009 and day of race
 \$16 by April 18th, 2009 for 9-years or younger and 65 or older

- Rain or Shine
- USAT&F Sanctioned Event
- NEW in 2008 starting mat for a net "chip" time
- Awesome 100% cotton T-shirt to the 1500 registrants
- Ample breads, fresh fruits, juices and complimentary beer



www.melbournearts.org
 For race inquiries please phone
 Running Zone 321.751.8890 OR
 Melbourne Art Festival
 321.722.1964

Awards:

- OVERALL - 1st, 2nd, 3rd place (male & female)
- MASTER (40 or older) - 1st place (male & female)
- TEAM CHALLENGE - 1st, 2nd, 3rd place
- AGE GROUPS - 1st, 2nd, 3rd place (male & female)
 9 & under 10-14 15-19 20-24 25-29 30-34 35-39
 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75+

⇒ Results posted on line following race

Team/Corporate Challenge: Each team consists of at least five members with three fastest runners scoring. *Runners MUST register together and must mark "Team" box and complete team name on the application. All corporate and team entries must be received by April 16th, 2009. Entry fee for teams is \$23 per person.*

2009 MELBOURNE ART FESTIVAL 5-K FLAMINGO RUN APPLICATION

Make check payable to: *Melbourne Art Festival* Mail Application to: *Running Zone 3680-C N. Wickham Rd. Melbourne Fl. 32935*
 Attention: *Art Festival 5K Run*

Last Name	First Name	Middle Initial	<input type="checkbox"/>	Team	Team Name
Street Address					Phone
City	State	Zip Code	E-MAIL ADDRESS		
Date of Birth: <u> / / </u> Age: <u> </u> Male <input type="checkbox"/> Female <input type="checkbox"/>			Shirt Size: <u>SM</u> <u>MED</u> <u>LG</u> <u>XL</u> <u>XXL</u> <u>KIDS M.</u> ADULT		

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against the Melbourne Art Festival, Inc., the City of Melbourne, Florida, Osler Medical and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Melbourne Art Festival 5-K Flamingo Run. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I assert that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

APPLICANT SIGNATURE

PARENT/GUARDIAN SIGNATURE (IF APPLICANT IS UNDER 18 YEARS OF AGE)

FRIENDSHIP AND PASSION BUILD FITNESS COMMUNITY

Editor's note: An abbreviated version of this article written by Patti Sponsler was published in FLORIDA TODAY on March 28. Copyright FLORIDA TODAY.

The flashing lights on Linda Cowart's SUV parked along the river's edge offer the first signs of life in the pre-dawn darkness of Rockledge Drive.

The petite Cocoa woman wrestles two 10-gallon coolers to the ground, stacking one filled with Gatorade on top of the other filled with water. She'll repeat the scene two miles down the road as she also stops at every mile pounding in the mile-markers that will tell runners and walkers how far each has journeyed.

An hour later, as Cowart turns onto Harrison Avenue in Cocoa Village, several dozen sleepy-eyed athletes are stretching and exchanging muted chatter. As Cowart exits her vehicle; shoelaces are double-tied, jackets are discarded and the last sip of sports drinks are downed before the crowd moves to an invisible starting line.

It's 6:30 a.m. and another weekly fun run is about to begin.

The Sunday-morning excursions began thirteen months ago when Cowart decided to offer a free and safe venue to help others find encouragement and camaraderie while achieving their fitness goals.



Linda Cowart

"I wanted to serve others in the community and provide an upbeat and healthy environment," said the competitive runner and triathlon coach who also co-manages her husband's two businesses while nurturing three teenage sons.



Many of the "usual Sunday morning suspects" pose for a group shot on March 18 in Riverfront Park. Front far right are Linda Cowart (white hat) and Suzie Enlow (black visor). Many of those present also wrote notes of thanks to Linda and Suzie commending them for the great support that have provided the running and walking community for the past 13 months. Thanks to **Barry Jones** for taking the Sunday morning photos. Check out his portraits and sports shots at <http://trihokie.smugmug.com>



Suzie Enlow, Boston 2008

Knowing that the weekly task would be a huge commitment of time and expense, Cowart was grateful when close friend and training partner, Suzie Enlow, offered to share the load.

“I thought it was a great idea,” said Merritt Island’s Enlow, who was already juggling her own competitive running and triathlon training with motherhood and managing her husband’s insurance office. “I usually participate in races so I don’t get to volunteer in that way. I thought this was a good way to help the running community.”

After choosing Cocoa’s Riverfront Park as their base of operations, the pair of 40-somethings spread the word that all were invited to run each

week on the tree-shrouded roads paralleling the Indian River. Fluids would be provided along the route at no charge and participants could choose the pace and distances that suited them.

“We wanted it to be free and open to everyone in the community,” said Enlow. “People didn’t have to belong to a club or group. The thing was to get people out moving.”

And that they did. Some two dozen athletes showed up at the inaugural event and the group now averages 50 to 60 participants weekly.

The reasons they come are as varied as their backgrounds and experience.

Impressed with his 62-year-old father’s completion of the Space Coast Marathon in 2007, Merritt Island’s Rick Foresteire began training with the Sunday morning group last June after his return from Iraq and subsequent naval retirement.

“The other runners always give you support and the feeling of being part of a team,” said the 41-year-old Foresteire who is now employed by Marriott as a loss prevention officer.

“Watching what they can do and listening to the advice they provide, gives me the motivation to set goals and have fun while I’m running.” The support has helped the father of two to flourish.



Candy Smith is all smiles as she completes a Sunday morning run on Mar. 14. **Barry Jones photo**

“I had a hard time running a 10K (6.2 miles) less than a year ago and now I’m training for my fourth marathon (26.2 miles),” he said.

While the Sunday runs have helped Foresteire become the runner he never believed possible, Jackie Schmoll also had a shift in perspective when she was forced to alter her pace after becoming pregnant with her first child.

“My long run used to be just about training – logging the miles to run a



Nick Flint, left, and Tristen Webee, right, pace one another along Rockledge Drive on March 14. **Barry Jones photo** <http://trihokie.smugmug.com>

COME JOIN THE GROUP!

- What:** Free community fun runs and walks
- Where:** Riverfront Park, Cocoa Village
- When:** Every Sunday morning except Easter; runners begin at 6:30 a.m.; walkers at 7
- Distance and Pace:** Self-determined
- Amenities:** Water, Gatorade and mile-markers on the course. Riverfront Park and adjoining Taylor Park offer lighting; bathrooms; children’s playground and picnic tables.
- Parking:** Harrison Avenue on the north side of parks or Cocoa Village
- Contact:** Cowart at landclearing@bellsouth.net or Enlow at Suziee@cfl.rr.com

great marathon,” said the 29-year-old aerospace engineer who moved to Melbourne two years ago with her husband, Steve, a pro baseball player with the Washington Nationals Organization. “I used my slower pace to enjoy the serenity of just being outside and being free.”

She also discovered the opportunities to develop the pick-right-up-where-you-left-off type of friendships that develop as the long miles shared slowly strip all facades.

“(The runs) give us a venue to explore our own lives and form close friendships,” she said.

While Schmoll pushes her now one-year-old daughter, Delaney, in the baby jogger as she runs, Marissa Flint and her husband, Keith, are glad that their 14-year-old son, Nick, has others who can help him push his own pace on Sunday mornings.

“Nick is so much faster than we are,” said Flint, an art teacher at Edgewood Jr./Sr. high school where Nick and his brother, Jeremy, attend school. “Here he can run with people his own pace.”

“We love coming here. It’s early enough for our family to run and still go to church. You can get so much done before noon”.

Contact Sponsor at patti@spacecoastmultisport.com

WALK THIS WAY

Since Linda Cowart and Suzie Enlow launched the first free Sunday morning fun run in Feb. 2008, the number of participants has mushroomed. The growth has spurred the addition of pot-luck breakfasts, occasional post-run yoga sessions and the addition of a new group catering to walkers.

When a botched knee surgery and subsequent arthritis ended Carol Ball’s competitive running days, she soon realized she needed an alternate fitness plan.

“When I got out of the denial phase, I decided I’d better do something,” laughed the 52-year-old United Space Alliance employee who lives on Merritt Island. “I thought walking would be good for me and hoped that others would want to join in.”

“Our group walks out-and-back for about an hour total. We talk and laugh and have a lot of fun.”

As president of one of Florida’s largest running organizations -- Space Coast Runners, Ball is hoping the new group will encourage others to become fit. She also hopes that an increase in numbers will become the catalyst to convince local race directors to offer separate divisions and awards for walkers.

“Ty (Bowen of Merritt Island) and I walked in a road race in Marathon Key,” she said. “We had a blast. It would be fun to get something like that going here.”

For more information on the walking group, contact Ball at Cball1@cfl.rr.com



Sunday morning walkers stride briskly during their hour-long session. Left to right: Diane Hardos, Carol Ball, Natasha Almonor and Ty Bowen. **Barry Jones photo** <http://trihokie.smugmug.com>

Two Mile Bulldog Pineapple Walk/Run

Proceeds to benefit:
Melbourne High Distance Booster Club &
The Greg Skufca Scholarship Fund

May 2, 2009 at 7:30 am

Event is part of Melbourne Beach
Founder's Day Celebration

Location

Ryckman Park in
Melbourne Beach

Entry fees:
\$15.00 for Pre-registered runners
(Postmarked by April 27th)
\$20 for Race-day registrants

Age Groups

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

- Beautiful course with each ¼ mile accurately marked for splits.
- T-shirt & refreshments provided.
- FREE Kids Run following (8 & under)

Sorry, no refunds.
Make checks payable to: Melbourne
High School Distance Booster Club



Awards

Pineapples & Unique Gift
to Top Finishers
Top 3 Overall ~ M-F
Top Masters (40+) ~ M-F
Top 3 in each age group ~ M-F
Top 3 Teams of 3 runners

Mall form and entry fee to:

Melbourne High School
Distance Booster Club
2 Mile Run
P.O. Box 51-0141
Melbourne Beach, FL 32951

Email questions to:
aaosler@aol.com



Name

Address

Email Address

Phone Sex Date of Birth Age

Team Name & 3 Member Names (Must Pre-register)

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, heirs, executors and administrators release and relinquish all rights and claims for damages which I may hereafter accrue to me against Running Zone Race Management, Inc., Running Zone, Inc., Melbourne High School, Deveded Schools, and event sponsors and their directors, officers agents, members, volunteers, successors, assigns and all their sponsors and supporters for any and all damage or injuries which may be sustained and suffered by me in consideration with my association with or entry or participation in the event itself. I also consent the aforementioned persons and entities not to sue any of such persons for any activity including the negligence of such persons and entities. I certify that I have represented my application for entry that my physical condition and training for this event is adequate to participate safely in the event that I acknowledge - I am familiar with the distances, signs and the site of all the events involved. If I should suffer injury or illness, I authorize any official of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I hereby agree that in the event of a race cancellation, due to a storm, rain, winds, inclement weather or other "Acts of God" conditions, my registration fee shall not be refunded. I hereby grant full permission to any and all for the bringing to use any photographs, motion pictures, video tapes, recordings or any other record of this event for any purpose including commercial use.

Signature (must be signed by parent/guardian if under 18)

Date



YMCA

We build strong kids, strong families, strong communities

Registration:

H&F/YMCA Member: \$17

Non-member: \$18

Day of Race: \$20

Parrish Health & Fitness Center is a service of Parrish Medical Center – One of America's Finest Healing Environments®.

Healing Families —
Healing Communities



Parrish Health & Fitness

vs.

YMCA

Challenge Run 2009

Saturday, May 16, 2009



YMCA



2210 Cheney Hwy.
Titusville, FL 32780
321-268-6200

3-MILE RACE INFORMATION

Saturday, May 16, 2009
 Start Time: 8:00 a.m.
 Late Registration: 7:00 a.m.

Race Start Location:

YMCA
 2400 Harrison St.
 Titusville, FL 32780
 321-267-8924

PACKET PICK UP

- May 11–May 15, 8 a.m.–9 p.m.
 Registered Parrish Runners at Parrish Health & Fitness Center
 Registered YMCA Runners at YMCA
- May 16, 7 a.m. to 7:55 a.m.
 All registered runners may pick up the morning of the event at YMCA

AWARDS

- Top 3 Overall: male & female
- Top Master (40+) overall: male & female
- Top 3 Finishers age group: male & female
- Challenge Award to the Fitness Center with the most registered runners

AGE GROUPS

- 9 yrs. & under
- 10 to 14 yrs.
- 15 to 19 yrs.
- Then, every 5yr. Age divisions

Which team do you represent?

(Membership is not required to represent a team)

- YMCA
 Parrish Health & Fitness

T-SHIRTS

T-shirts awarded to all registered 3-mile runners/walkers

Park at either the YMCA or Parrish Health & Fitness Center. Shuttle service will be available between the facilities from 6:45 a.m. to 7:45 a.m. and again from 9 a.m. to 10:15 a.m.

RACE ROUTE (approximate distances):

- Race Start Line: YMCA at 2400 Harrison St.
- Begin east on Harrison: 0.3 miles
- Right on Royal Oak Dr.: 1.4 miles
- Right on Knox McRae (sidewalk): 0.1 miles
- Left on Helena Dr.: 0.8 miles
- Left on Zoltan: 0.3 miles
- Left on sidewalk on Hwy 50: < 0.1 miles
- Finish before Parrish H&F parking lot entrance

After the race enjoy a cold beverage, healthy snacks and the awards ceremony.



REGISTRATION FORM:

Last Name: _____

First Name: _____

Address: _____

City _____ State _____ Zip Code _____

Male / Female Amt. Enclosed / \$

Circle One

Email Address: _____

Date of Birth _____ Age on Race Day _____

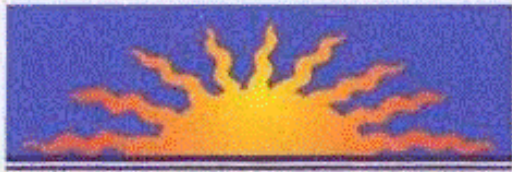
Telephone (area code + number) _____

Adult Shirt Size (circle one)
 XS S M L XL XXL

I hereby release Parrish Medical Center, YMCA, and other sponsors and officials involved in any damages or injuries arising from participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent signature required if under 18) _____

SCR MEMBER DISCOUNTS



A Better Way to Health
Oakwood 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



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www.runningzone.com



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



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10% off annual membership cost



BREVARD ZOO STINGRAY SHUFFLE 3K March 7, 2009 Viera, FL



It's not often you see a race bib pinned to an ostrich or have something with hooves and two horns pound along the fence that (thankfully) separates it from the course on which you're racing.

You got all that and more at the March 7 Brevard Zoo Stingray Shuffle 3K in Melbourne. The 1.8-mile terrain that took you past our furry and winged friends included dirt, bricks, boardwalk; mulch and a couple of dirty-words-required hairpin turns.

Leading the stampeding field of a record 1,000+ registrants was Melbourne's Chris Rego. The 19-year-old Florida State Freshman held a tidy 45-second lead as he roared through the chute in nine minutes and forty-nine seconds.

In what was a reverse finish order of the season's earlier races, Merritt Island's Ed Springer, 31, had four seconds on West Melbourne's John Davis at the line, taking second in 10:34. Davis, also 31, had to settle for third with his 10:38 finish and Satellite Beaches Steve Chin grabbed Masters (40+) and fourth overall in 10:39.

The race was the fourth in the five-race Running Zone Race Series and Rego's win moved him into first place, followed by John Davis for second and Doug Butler for third. As points from all races count toward the overall spots; the final race – Run for the Gecko 5K on May 9 – could easily change the current standings.

Even though Indialantic's Jessica Crate took the women's victory in 11:06; she will not have enough points to catch current Series leader Tracy Smith. Smith, 36, of Palm Bay took second in the Shuffle in 11:56 followed for third by 49-year-old Karen Minor, of Rockledge, in 12:02.

Satellite Beaches, Cathy Friedel, who is now also in the competitive 45-49 age group, was fourth woman overall, taking the Masters in 12:12.

Congrats to all who raced and volunteered. Your support helped the Running Zone Foundation present the Zoo with a cash donation of \$5,000!

MALE

Overall

Chris Rego	09:49.3
Ed Springer	10:34.1
John Davis	10:38.0

Masters (40+)

Steve Chin	10:39.6
------------	---------

8 and under

Liam Kelly	15:32.4
Michael Shenbaum	16:57.5
Noah Huff	17:12.4
Connor Cook	17:12.6
John Liebler	17:53.0
Austin Hayes	18:38.1
Cameron Yeutter	19:00.0
Mikey Brooks	19:43.6
Owen Hamilton	19:54.4
Larry Collamore	20:19.6
Chance Gorman	21:37.2
Garrett Fortier	21:47.0
Patrick Martha	23:40.8
Kane Clements	24:41.2

8 and under continued

Gavin Wessel	24:46.1
Tyler Cox	26:20.8
Cameron Cox	27:36.7
Billy Floyd	29:03.0

9-11

Steven Cross	12:16.1
Mason Jones	12:40.3
Keaton Robb	12:53.8
Ian Reesh	13:40.6
Ryan Garrett	13:45.3
Briar Reck	13:59.7
Bryce Wahy	14:03.2
Tyler Adams	14:30.8
Rodolfo J Valentin	14:31.9
Cornelis Rejm	14:40.6
Jonathan Pugh	14:59.2
Hunter Chisholm	15:48.8
Jared Hayes	15:50.6
Dj Fisher	15:59.8
Paul Jaime	16:02.7
Aj Brown	16:04.0
Jacob Groppe	16:08.8

9-11 continued

Kyle Crocker	16:09.2
Blake Hall	16:10.0
Evan Cruz	16:35.1
Trey Hamilton	17:06.0
Weston Ott	17:19.4
Griffin Kindred	17:31.9
Matthew Campbell	17:44.1
Wayne Griffin	17:44.7
Nathan Heard	17:45.2
Kyle Worley	18:06.2
Bryan Crocker	18:06.7
Zachary Onori	18:33.7
Casey Jackson	18:48.9
Jason Garrett	18:49.1
Michael Patellis	19:10.0
Ryan Huff	19:10.7
Alex Budnick	19:10.9
Morgan Scott	20:05.1
Conrad Melcher	20:32.4
Nicolas Marotta	20:39.3
Ben Dilecce	21:06.8
Mark Sebetka	22:16.2
Shea Clements	24:56.6

9-11 continued

Connor McMahon	26:41.3
Jake McPeak	32:37.3
David Durrance	32:55.2
Jonathan Contreras	33:18.2

12-14

Brad Ivey	11:57.6
Alec Reesh	12:09.0
Noah Davis	12:13.8
Connor Knowlton	12:23.1
Hugo Rejm	12:41.7
Kevin Rego	12:45.6
Devin Raney	13:01.6
Jack Dickens	13:07.2
Sean Kearns	13:19.8
Michael Leary	13:20.4
Andrew Baez	13:20.9
Alejandro Fraust	13:38.3
Wesley Garrett	13:48.1
Matthew Alvarado	14:02.1
Thomas Stansfield	14:02.8
Ryan Scott	14:03.4
Sean Kutzner	14:10.0
Karel Rejm	14:14.9
Phillip McKegg	14:21.8
Caleb Ison	14:33.1
Christopher Atkinson	14:44.3
Andrew Eaton	14:48.7
Joshua Porter	14:59.7
Derek Dehart	15:06.4
Anthone Telesca	15:13.1
Michael Groppe	15:53.7
Steven Kacer	16:05.9
Ryan Wagner	16:10.0
Justin Zavetz	16:29.0
Robert Ott	16:43.6
Travis Pemberton	17:02.7
Mason Margut	17:06.2
Chase Rousseau	17:14.2
Tim Campbell	17:44.1
Zachary Trentham	17:44.3
Kilian Kelly	17:47.0
Jacob Mellick	20:29.5
Seamus Anderson	21:46.8
Sean Gaffney	25:40.9
Andrew Scholl	27:57.7
Chris Hart	39:04.6
Tobias King	50:32.3

15-19

Justin Bartusek	10:50.3
Alex Hoffman	10:55.7
Timothy Marquardt	10:59.3
Nick Rousseau	11:50.1
Aaron Chapman	12:45.5
Nicolas Diaz	12:54.7
Andrew Miller	13:05.7
Jason Whaley	13:46.7
Nathan Johnstone	14:04.7
Gage Wikel	14:45.0

15-19 continued

Sebastian Hart	15:20.1
Jamie Schmitt	16:57.9
Justin Cowart	31:56.2

20-24

Joel Gayle	10:51.1
Wesley Burrough	10:55.4
Joseph Joseph	11:46.0
Paul Timmons	11:53.5
Guy Habercom Iv	13:23.7
Aaron Norman	14:17.5
Michael Howell	14:32.9
Brian Fisher	15:03.8
Trevor Bowden	15:18.5
Evan Foster	15:26.6
Travis Wheeler	15:32.1
David Milstid	15:44.7
Jeff Galotti	16:05.7
James Wolf	16:11.7
Heath Sharp	18:23.9
Michael Greene	19:39.7
Travis Zimmerman	33:39.9

25-29

Kristian Damkjer	12:10.8
John Steigerwald	13:13.6
Michael Fuller	13:17.1
Robert Rutherford	13:51.1
Angel Sotomayor	14:05.4
Charles Goodson	14:38.5
Steven Stengle	15:31.0
Anthony Cordaro	16:23.3
Zachary Brodrick	16:29.6
Mike Melachrinis	16:50.2
John Carkeet	17:14.6
Robert Bruckart	18:34.0
Nathan Helmick	18:51.1
Justin Ramirez	18:54.1
Rodolfo Santamaria	19:00.5
Matt Green	19:08.0
Nick Holbrook	21:22.2
Mike Sorrell	22:05.9
James Smith	22:26.7
David Tartaro	27:48.9
Jason Herr	27:49.1
Amir Drusbosky	32:36.4
Philip Yeager	33:40.1
Jonathan Bush	35:24.1

30-34

Steven Hedgespeth	10:52.0
Jonathon Campbell	10:52.6
Alex Bermudez	11:52.4
Javier Junco	11:56.6
Bruce Furrow	12:55.7
Michael Campbell	13:07.4
Bill Hunkins	13:42.2
Ryan Barlow	14:21.1
Bryan Steele	14:28.0
Robert Oehlbeck	14:44.0

30-34 continued

Steve Kopman	15:18.7
Kevin Terry	15:58.8
Johnny Del Grosso	16:20.4
Daniel Butler	16:49.5
Sidney Collins	17:03.5
Randy Reid	17:33.5
Doug Grandey	18:00.8
Mark Petrillo	18:41.0
Kevin Miller	19:12.6
Anthony Marketon	19:20.5
Byron Halliburton	20:10.1
Vitas Mikenas	21:10.6
Jeff Smith	22:26.5
Jason Fiedler	23:16.4
Jim Shaffer	25:02.2
Michael Cox	27:33.7

35-39

Brandon Kern	10:51.2
Howard Kanner	11:11.5
Scott Larson	11:11.9
Paul Fleming	11:17.0
Mike Doyle	11:38.4
Tristan Webbe	12:06.8
Chris Reesh	12:11.8
Chris Lewandowski	12:51.2
Thomas Jenkins	12:59.2
Walter Choroco	14:41.4
Chad Risch	14:49.8
Rodolfo Valentin	15:39.2
Randy Hines	16:01.6
Bill Floyd	17:02.8
James Suttle Ii	17:05.3
Ryan Herold	17:05.4
Matthew Fischer	17:08.5
Sean Cannie	17:44.8
Joseph Tierney	17:57.4
David Kington	19:11.0
Eric Enrigue	19:50.6
David Destefano	20:06.6
Rick McCann	20:43.3
Shane Sullivan	23:01.4
Stan Hart	24:58.9
Chip Wessel	25:24.7
Greg Sims	26:28.7
Timothy Hamilton	28:19.0
Tim Ivanovskiy	32:36.3
Jason Cowan	37:52.9

40-44

Frank Kapr	10:54.4
Sean Black	11:20.2
James Shaffer	11:42.5
Daniel Dugan	12:14.9
Todd Smith	12:53.7
Brent Mitchell	13:18.0
Shawn Wilson	13:20.5
Dave Hernandez	13:36.1
Mark Madea	13:42.7
Doug Bethoney	13:49.1

40-44 continued

George Kirk	14:35.3
Matt Rydson	14:38.0
Kyle Chisholm	14:55.7
Emile Ganthier	15:09.3
Carey Swartz	15:21.3
Andrew Collamore	15:29.5
Dean Murphy	16:49.0
Dennis Gaudet	17:39.7
David Zavetz	17:46.3
Craig Stevens	17:47.1
Bill Crocker	18:08.3
James Chiravalle	19:20.3
David Langhorne	19:51.4
David Decker	20:13.9
Brian Waldron	20:25.2
John Mellick	20:28.8
Jim Ringrose	21:27.5
Steve Barberie	22:01.3
Mike Ward	22:26.2
Steven Huff	24:14.5
John Donovan	28:05.0
Brian Ritenour	30:18.8
Donald Wiebelt	34:11.6
Derek Nissen	35:06.2

45-49

Pat McCormick	10:56.3
Art Anderson	11:02.9
Joe Hultgren	12:01.1
Lance Haskins	12:02.4
Gregg Kowalski	12:17.9
Terry Neuhart	12:25.7
Michael Adams	12:40.0
Doug Nichols	13:03.2
David Maltby	13:52.1
Steve Rego	13:55.6
Michael Gaffney	14:34.7
Patrick Keach	14:40.6
Carl Wayne	14:47.6
William Miller	15:21.5
Dennis Eaton	15:24.2
Guy Chabot	15:38.8
Andy Beard	15:40.2
Steve Osmer	15:47.1
Keith Winsten	15:52.1
Daniel Chapman	16:22.2
Klaus Schmid	16:49.7
Alberto Escobar	17:12.6
Dan Wills	17:13.0
Rick Roach	17:24.6
George Quintero	17:32.0
Craig Briggs	18:30.0
John Wilt	18:44.3
Steve Trapp	18:52.6
David Scholl	19:15.4
John Torrence	19:32.2
Dave Moja	19:44.2
Steve Morris	20:27.9
Lew Schwartz	20:57.0
Steven Hebert	21:38.6

45-49 continued

Robert Kaiser	22:05.8
Tim Kaiser	22:34.6
John Schmidt	22:47.5
Marc Jaime	22:58.6
Jack Needham	23:47.2
Tom Wuchte	23:52.8
David Ott	25:23.0
Robert Worley	25:43.5
Anthony Anderson	27:52.3
Jim McSorley	28:28.1
Malcolm Berckhemer	35:44.5

50-54

Brian Kessler	10:52.9
Michael Slomins	12:09.7
Jerry Bird	12:13.5
Matt Mahoney	12:19.2
Dennis Delman	13:00.8
Charles Zoss	13:03.6
Bill Pinch	14:32.3
Thomas Eberle	14:34.0
Tim Reeve	14:45.2
John Murphy	15:26.0
Robin Peterson	15:58.1
Mathias Margut	17:05.3
Rick McCrary	17:25.0
Roger Rowan	17:52.6
Douglas Schulthess	17:56.3
Ken Flieder	18:40.0
Michael Singer	18:47.8
Stephen Novicki	19:32.0
Michael D'Amico	20:13.8
Carlos De Leon	21:52.5
Justo Diaz	21:52.8
Edward Terek	25:35.9
David Montgomery	31:53.8
Richard Contreras	33:17.3
Pat McKee	33:36.0

55-59

Bud Timmons	13:15.3
Thomas Winkelspecht	13:34.4
Abe Oros	13:42.1
John Farner	13:45.3
Fariborz Zanganeh	15:02.6
Lawrence Wiseman	15:30.0
Scott Means	16:31.4
George Oswald	17:13.3
Chuck Palmer	18:14.7
Robert Bruckart	20:28.5
Mark Reagan	21:32.8
Stephen Mielke	24:02.5
Robert Grashoff	25:19.7
John Foster	31:18.0
Paul Gruendler	33:58.7
Joseph Smalldone	34:12.9
Sam Long	35:43.2

60-64

Jim Schroeder	13:43.6
Ray Brown	14:01.6
Gary Castner	14:10.5
Frank Webbe	14:40.8
Don Herndon	15:25.1
Vern Thomas	16:24.1
Bruce Snyder	17:18.4
J.D. Mathys	18:06.3
Teen Sum	18:31.1
Charles Mabry	18:45.2
Andy Yurkovic	31:46.7
Andrew Noble	32:39.8
Dan Scanlon	33:49.6

65-69

George McAfee	13:49.4
Michael Petrillo	20:25.0
Steve Winterfeldt	23:26.6
Rik Spruitenburg	30:48.5

70-74

Tom Ward	14:06.3
Jim Weir	14:41.0
Bob Pecor	16:49.2
Jim Mornell	22:47.6
John Ball	39:15.3

75+

Jack Lightle	17:31.1
Henry Campbell	17:59.8
Ed Hardy	19:36.5

FEMALE**Overall**

Jessica Crate	11:06.0
Tracy Smith	11:56.5
Karen Minor	12:02.7

MASTERS (40+)

Cathy Friedel	12:12.7
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8 and under

Marie Groppe	16:09.4
Ally Jaime	16:10.7
Peyton Corbin	17:29.0
Carly Wilt	18:43.9
Michelle Adams	19:57.6
Kendall Robb	20:02.9
Margot Jaime	22:58.2
Onora Kelly	23:08.5
Dene'e Lichtenberg	24:22.4
Carolyn Koos	25:14.1
Ariana Valentin	25:21.7
Sarah Drack	25:37.5
Brittany Worley	25:44.0
Juliana Martinez	27:59.8
Jenna Donovan	28:06.1
Katelyn Owl	30:17.6
Brooklyn Montoya	31:37.8
Rachel Montgomery	31:50.2
Maile Misleh	37:44.7

9-11

Mackenzie Baysinger	14:04.2
Kristen Owl	14:31.1
Kasey Snow	15:15.6
Sarah Tanke	15:54.8
Angela Ferebee	17:28.4
Jessica Whaley	17:28.5
Bonnie Wilt	17:34.8
Sunni Kington	17:54.3
Alex Rye	17:56.3
Kelsey Schaneville	17:56.6
Alissa Stockman	17:56.9
Alexis Barnes	18:13.9
Alex Baysinger	18:14.4
Emily Gaudet	18:45.9
Hannah Montgomery	18:51.5
Julia Wooley	19:01.6
Monica Blaue	19:25.7
Marissa Williamson	19:26.7
Sierra Smith	19:37.5
Maya Kaiser	19:43.3
Maddie McCluskey	19:56.3
Juliann Scott	20:04.0
Jodi Jackson	20:12.2
Raechel Hutchinson	20:24.7
Ashli Scott	20:41.9
Meghan McCann	20:43.4
Sabrina Smith	20:54.8
Sierra Connor	21:23.9
Amber Walker	21:34.9
Kali Donovan	21:54.6
Elizabeth Edelen	22:34.5
Emma Fiedler	23:16.4
Allison Eaton	23:17.9
Janey Johnson	23:19.3
Kiana Zanganeh	23:19.4
Ashley Williams	23:47.4
Helen McSorley	23:58.2
Tynasha Morgan	25:23.8
Neave Anderson	27:25.2
Sabrina Rojas	35:25.0
Jenna Zavetz	35:43.2
Lauren Berckhemer	36:14.0
Karen Franklin	38:00.0

12-14

Sarah Day	13:23.0
Emily Chapman	13:28.5
Holly Wooley	13:30.4
Alli Penovich	13:35.1
Lesley McNamara	13:55.8
Haley Cook	14:57.1
Jade Smith	15:26.7
Chase Radel	15:53.6
Poleema Vassilieu	15:56.5
Ariana Zanganeh	16:09.7
Michelle Boss	16:39.3
Nora McSorley	16:49.9
Emily Allen	16:58.6
Monet Madeux	17:19.0
Mackenzie Gaudet	17:24.8

12-14 continued

Taylor Brackett	17:38.9
Evelyn Guerra	18:08.4
Stephanie Moran	18:58.6
Caroline Cubero	19:47.8
Tiffany Weimer	19:50.7
Lukka Anderson	20:13.3
Layla Matthews	32:23.6
Killian McCoy	33:38.3
Megan Berckhemer	33:55.7

15-19

Kayla Greeson	12:51.3
Corin Cassario	13:05.4
Stephanie Bird	14:18.6
Michelle Gagnier	16:53.5
Toni McDowell	17:09.8
Chelsey Gaudet	17:15.5
Danielle Miller	17:34.4
Kara Johnston	17:37.7
Amanda Braden	17:38.4
Rhianon Rowan	17:51.6
Molly Winsten	18:49.0
Melissa Blaue	19:04.9
Lynette Shannonhouse	19:43.1
Lindsay Howley	19:43.4
Devin Wiebe	19:53.6
Chelsea Scarcella	19:54.0
Kimberly Johnson	19:58.8
Karah Gerhke	20:03.2
Emily Kacer	20:20.0
Kaitlyn D'Angelo	20:21.1
Jenna Ison	20:23.6
Caitlin Schwartz	20:57.0
Jessalyn Schmidt	21:48.8
Jasmine Swenson	21:49.5
Tatiana Zanganeh	22:27.0
Amanda Johnston	23:01.4
Allison Burdine	23:24.6

20-24

Melissa Grindle	15:42.6
Amanda Bowman	16:02.7
Nicole Iannelli	16:33.1
Laura Wheeler	16:54.1
Jenna Matheny	17:47.3
Layla Herrman	18:48.0
Megan Heffernan	19:38.6
Heidi Kirchhoff	19:39.3
Jessica Kaiser	19:45.4
Brittany Foster	20:21.6
Crystal Doty	21:10.2
Desiree Gayle	21:21.7
Stephanie Smith	22:04.8
Kerilee Krzywicki	23:21.4
Kathryn Thomas	24:12.0
Kaitlin Ponce	24:19.6
Ashley O'Farrell	25:13.7
Colleen Means	27:21.7
Nicole Barlow	27:22.0

25-29

Amy Clamons	12:45.7
Kate Brennan	15:04.4
Emily Halliburton	15:07.9
Anthea Diamondis	15:56.9
Alissa Lawrence	17:05.8
Jamie Stengle	17:42.2
Ashley McLeod	17:57.8
Kizzy Parks	18:11.7
Mindy Ramirez	18:29.1
Elise Waltman	19:18.9
Sarah Clamons	19:39.7
Cynthia Weisser	19:55.3
Kristin Donoghue	20:33.7
Sarah Laroche	20:38.6
Aimee Molineaux	20:41.1
Kelli Brooks	21:51.8
Amanda Sandberg	22:03.2
Helena Kramer	22:24.2
Victoria Santamaria	22:28.2
Stephanie Sorrell	22:49.8
Rebecca Helmick	23:06.5
Paige Herr	23:34.2
Beth Haulman	23:51.4
April Lichtenberg	24:23.5
Katie Cromer	24:41.7
Janine Bruckart	24:47.2
Carola Tartaro	24:56.9
Laura Kerstetter	25:04.7
Nicole Walther	25:27.4
Julie Noble	25:55.4
Ninalee Beckham	28:27.6
Cara Melachrinis	29:12.3
Jessica Vega	31:43.6
Angela Ivanovskiy	32:34.4
Victoria Drusbosky	32:34.6
Candice Yeager	33:38.8
Melissa Bush	35:23.4
Halina McAllister	35:38.3

30-34

Melissa Parker	13:20.3
Jennifer Kalra	13:47.5
Erin Schuck	13:52.1
Katie Fuselier	14:10.2
Amy Steele	14:58.2
Elia Twigg	15:22.1
Heather Cherepkai	15:50.9
Alea Burke	16:32.5
Nina Houtkooper	16:50.8
Kathryn Rush	16:59.2
Maria Sander	17:33.0
Cristie Sinclair	17:35.5
Natalie Decker	17:43.7
Stephanie Cooper	17:48.4
Maria Casino	18:01.0
Rebecca Taylor	18:37.3
Shannon Ward	18:45.2
April Cruz	18:49.8
Christi Curtis	18:55.1
Ashley Edwards	19:00.4

30-34 continued

Tanya Passmore	19:01.3
Amanda Morsies	19:11.8
Karrah Hunkins	19:20.1
Elizabeth Miller	19:29.3
Jennifer Johnston	19:31.0
Jennifer Denitto	21:11.0
Becky Deppe	21:34.5
Wendi Long	21:39.0
Krystal Walker	22:08.3
Cris Smith	23:12.4
Rene Brown	23:31.6
Rebecca Roberts	24:08.1
Alina Shaffer	25:02.2
Robyn Burke	25:25.9
Heather Sierra	25:26.2
Chrshy Kopp	25:33.4
Karen Drack	25:37.7
Valerie Ingham	25:46.0
Jillian Walsh	26:09.9
Jennifer Mirenda	26:10.4
Jennifer Steiner	26:57.5
Angela Warwick	27:30.0
Tracy Cox	28:28.1
Ursula Ring	35:17.4
Jennifer Sheahan	35:27.2
Karen Mejia	37:15.2

35-39

Julie Hannah	13:52.4
Lisa Harrington	14:05.7
Heather Wahy	14:35.5
Lisa Yancey	14:50.4
Charlotte McClure	15:40.1
Kimberly Frey	16:15.3
Michelle Mielke	16:45.1
Laura Corbin	17:29.4
Sharon Kelly	17:39.1
Jennifer Alexander	17:39.3
Laura Ivey Glines	18:00.5
Michelle Love	18:32.9
Marisol Wilke	18:33.8
Jennifer Ogburn	19:11.8
Nancy Hayes	19:16.9
Shelly Williamson	19:28.8
Karen Melcher	19:30.9
Kristine Porter	19:33.0
Tara Hamilton	19:55.8
Leeanne Herold	20:13.4
Kelli Schaneville	20:16.1
Amie Brannan	20:40.9
Trisha Cinalli	20:52.5
Michaela Yeutter	20:52.9
Samantha Barrett	20:58.4
Bonnie Klein	21:32.3
Kristy Reesh	21:34.8
Jodie Fortier	21:45.8
Lynette Barberie	21:48.4
Kathy Foster	21:51.8
Veronica Gorman	22:05.9
Lisa Palmer	22:18.9

35-39 continued

Cherie Ideus	22:24.7
Jackie Fisher	22:40.6
Kristy Snow	23:03.5
Cristi Holland Lau	23:10.6
Tina Gavin	23:21.1
Velia Flores	23:34.6
Tasha Bingman	24:06.1
Anne Cope	24:14.3
Aliesha Brown	24:18.5
Jenn Clements	24:59.6
Dana Smith	25:12.9
Cathy Koos	25:17.6
Viviana Rodriguez	25:26.8
Maria Londono	25:31.6
Lisa Moldovan	25:42.4
Shannon Cross	26:21.6
Susan Allen	26:35.8
April Reid	26:40.8
Marlena Johnson	26:48.8
Trishina Destefano	27:16.0
Holly Goldstein	28:04.4
Lynnda Floyd	30:08.8
Renee Simmons	30:53.8
Shelley Stone	32:31.1
Missy Madl	33:38.3
Lena Wiebelt	34:12.2
Olga Rojas	34:42.1

40-44

Robin Hernandez	12:31.9
Sarah Guttery	13:48.9
Michelle Smurl	14:01.6
Terry Ferrisi	14:42.9
Angie Preston	14:51.7
Michelle Sirounis	15:19.6
Karen Hughes	15:23.8
Traci Luman	15:56.7
Susan Eaton	16:44.6
Kathy Owl	17:09.8
Melanie Huss	18:24.1
Carolyn Gaudet	18:45.8
Stephanie Wooley	18:53.5
Stephanie Rasbach	19:12.3
Sammye Johnson	19:19.4
Jane Blaue	19:25.9
Janet McCluskey	19:54.7
Kathy Thomas-Beck	20:35.9
Carolyn Wilhoit	20:38.3
Sherri Scott	20:42.1
Teresa Hines	21:10.4
Jeanette Roach	21:35.6
Wendy Bernier	21:36.0
Michelle Mason	21:46.0
Jan Adams	22:02.2
Michele McCarter	22:08.7
Pamela Starkey	22:11.1
Vicki Morris	22:14.4
Mary Ehrhard	22:47.8
Jennifer Murtha	23:42.1
Cassie Williams	23:47.6

40-44 continued

Dawn Crocker	23:58.6
Lisa Cantlon	24:34.0
Terri Burdine	24:42.5
Sally Jecmen	24:42.6
Anne Ramsey	26:05.2
Gianni Zanganah	26:12.4
Susan Waldron	27:07.4
Cindy Hosken	27:43.0
Tracy Anderson	27:52.1
Sharona Sommer	27:57.5
Patricia Taylor	28:03.7
Chris Sims	29:29.0
Pam Donovan	32:18.7
Yvonne Clayborne	33:22.1
Karyn Benefiel	35:02.7
Darriane Beauchamp	35:09.1
Karen Franklin	37:52.1

45-49

Suzie Enlow	13:50.3
Lori Kruger	13:58.2
Cindy Gaffney	16:03.0
Mariangie Blake	16:18.0
Olga Gonzalez	16:21.1
Penny Chambliss	17:25.4
Tanya Snyder	18:48.1
Jennett Nuss	19:10.3
Janine Payne	19:11.8
Linda Keller	19:12.8
Janice Gagnier	19:29.7
Sondra D'Angelo	19:36.9
Cathy Chapman	19:46.7
Sheila Newton	20:27.6
Sherri Shamet	20:34.8
Sharon Kindred	20:45.0
Joan Meadows	20:54.1
Christine Adams	21:19.1
Virginia Pacheco	21:28.5
Jeanette Terek	21:58.7
Seher Swenson	21:58.7
Debra Scheurer	22:16.3
Debra Sloane	22:19.3
Gina Kaiser	22:33.7
Vicky Wayne	22:55.3
Liliana Ponader	23:23.9
Julie McSorley	23:58.2
Gail Swartz	24:10.5
Michele Duester	24:33.9
Marlene Winsten	24:34.3
Cheryl Daugherty	26:59.5
Lynn Watson	27:06.2
Susan Vassilieu	28:25.4
Holly Senne	31:24.4
Lisa Gerdes	31:26.7
Karen Hebert	32:15.0
Kathleen McPeak	32:55.4
Linda McKee	33:36.0
Carole McCoy	33:36.5
Dorothy Gruendler	33:58.4
Karen Martin	33:59.4

45-49 continued

Penny Berckhemer	34:03.5
Marty Long	35:43.0
Janet Matthews	36:04.1
Michelle Johnstone	37:12.3
Heike Baucom	37:14.6

50-54

Elizabeth Ring	14:43.1
Patti Sponsler	15:27.9
Janet Erlacher	16:36.7
Melanie Delman	16:58.3
Rosanne Bessenaire	17:06.0
Nancy Rowan	17:51.9
Diane Caruso	17:52.2
Lisa Wilt	17:54.1
Carol Miller	18:23.2
Sally Liebler	18:32.0
Jenna Veenstra	18:39.7
Sandy Trapp	18:52.5
Marion Oswald	19:04.3
Debbie Wright	19:05.0
Cynthia Habercom	19:44.6
Kathleen Usher	19:44.7
Jackie Watson	20:26.5
Gail Wiseman	20:38.6
Janel Singer	20:42.1
Leslie Russian	21:58.4
Dalys Dunn	22:03.5
Brenda Kaiser	22:04.7
Deborah Haataja-Derataa	22:38.9
Marie Verderame	23:14.0
Alice Arbogast	23:18.0
Ana Rego	24:01.8
Jane Baron	24:45.8
Barbara Rolsing	25:19.7
Sidney Ott	25:22.7
Susan Thompson	25:27.8
Toni Rousseau	25:31.3
Julie Harrison	26:01.9
Patricia Novicki	26:36.0
Susan Molineaux	29:12.4

50-54 continued

Pat Villanueva	29:54.2
Sandra Mozo	32:24.4
Lela Selner	32:30.8
Kathy Lanham	33:20.6
Marguerite Contreras	33:22.3
Vicki Duerr	35:00.1
Karen Dekeyser	37:13.1
Sally Ball	39:14.6

55-59

Sue Strout	14:37.6
Anne Doerflin	15:20.4
Nancy Huy-Perry	15:45.3
Linda Belanger	16:04.9
Susie O'Connell	17:29.5
Joanne Goodson	18:30.6
Blanche Morrison	19:06.1
Jacalyn Ramsey	20:22.8
Sarah Schroeder	21:04.4
Mary Ann Bowman	21:16.8
Cathy Frazier	23:24.2
Brenda Herndon	24:23.7
Irene Lane	24:39.4
Piyam Brown	27:08.3
Sally White	27:42.0
Sue Ferron	27:44.4
Margaret Roth	27:57.0
Donna Berglund	28:18.1
Elia Osborne	28:46.2
Ethel Williams	30:13.3
Barbara Van Veen	31:02.4
Mary Jean Schindel	31:38.5
Norine Burr	32:25.7
Paula Mosby	33:12.4
Diana Minnick	33:21.3
Denise Scanlon	33:51.2
Kathleen Smalldone	34:12.0
Becky Knowles	34:38.4

60-64

Anne Dockery	13:23.6
Lorraine Peterson	17:10.6
Marilyn Palmer	17:22.6
Mary Ramba	18:44.6
Marilyn Barrett	23:19.2
Nancy Grzesik	24:20.1
Melinda Herold	26:14.0
Milly Krause	27:06.6
Nancy Brown	27:07.9
Joyce Cowart	27:19.4
Barbara Marshall	27:20.5
Teri Yurkovic	30:34.7
Gwyneth Noble	32:35.0
Linda Souders	33:56.6
Christine Linder	34:02.6
Carolann Muir	34:33.0
Mary June Joseph	36:35.5
Brenda Williams	50:29.9

65-69

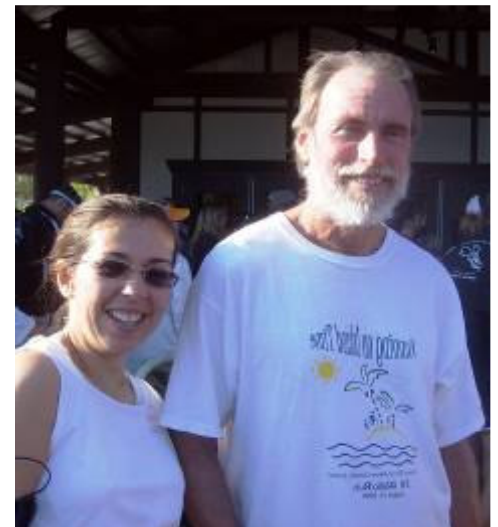
Ruth Rubinfine	21:03.2
Martha Spruitenburg	32:48.0

70-74

Katie Marsh	23:39.9
Nancy Pecor	28:20.1
Patricia Polzer	31:55.3
Roberta Osterling	35:51.8

75+

Annette Hardy	22:51.3
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Left to right: Anne Doerflin, George McAfee, Frank Webbe, Gina Zingarelli and Matt Mahoney. Robin Hernandez photos.

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

March 14, 2009

Melbourne (Old Eau Gallie), FL



A record 584 finishers crossed the finish line of the Eye of the Dragon 10K and 2-Miler on March 14 in old Eau Gallie. Part of the charm and the challenge of the race is that participants 'get' to run out-and-back over the Eau Gallie Causeway during the last part of the race.

The name of the race, now in its 21st year, came from the great view one had from the bridge of the enormous dragon, Annie, who guarded Dragon Point on the very southern tip of Merritt Island. Constructed in 1971 by artist Lewis Van Dercan, Annie was 67 feet tall and 100 feet long. The 20 tons of concrete that were used to create her had to be brought in from the west side of Mather's Bridge by wheelbarrows as the concrete trucks were too large to get down the narrow road. When the property changed hands in 1981, the new owners commissioned Van Dercan to add Annie's tail and four Dragon hatchlings for her to protect. Sadly, the 2004 hurricanes finished the job that time, erosion and the elements had already begun on Annie's demise.

Race director, Marlene White, still honors Annie's memory by providing unique 'dragon awards' to the winners. This year's top awards had been autographed by Billy Rodgers.

In the ladies' race, Palm Bay's Tracy 'T-Sizzle' Smith, nailed top honors as her chip clocked a 40:55 as she crossed the line. Her win was the fifth out of five of the Space Coast Runners Runner of the Year series races that she has completed this season.

Following Smith to the finish was Indialantic's Jessica Crate, last year's winner who set the female course record of 37:15. This year, plagued by a cramp, Crate had to settle for second in 41:29 with Meredith Luther taking third in 42:37.

Angela Wells, 43, keeps getting faster and took the Masters (40+) in 42:55. Coming off an injury and taking the Grand Masters (50+) was Sue Strout and Anne Dockery, who until this race was leading the SCR Series, took Sr. Grand Masters (60+) in 47:35.

Out-of-towner, Tom Stuart, swooped in long enough to take the men's victory in 36:50 and ten seconds later West Melbourne's John Davis took second in 37-flat. Melbourne's Steve Chin, 40, held on for third in 37:17.

Joel Kinnunen, a runner and triathlete, who moved here from OR last year, pulled off the Masters win in 38:03 and Brian Kessler won Grand Masters in 39:25. Mr. Marathon Pacer, Jim Schroeder, snagged the Sr. Grand Masters win in 46:36.

Check out the great photos shot by Cedric Ching and Robin Hernandez at <http://public.fotki.com/CedricCSCFL/> Both the 'Eye' and corresponding 'Tail of the Lizard 2-miler' are wonderfully captured! Thank-you both for taking the shots and then sharing them with us!

FEMALE

Overall

Tracy Smith	40:55:00
Jessica Crate	41:29:00
Meredith Luther	42:37:00

Master (40+)

Angela Wells	42:55:00
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Grand Master (50+)

Sue Strout	52:14:00
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Sr. Grand Master (60+)

Anne Dockery	47:35:00
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15-19

Candice McNaughton	45:31:00
Stephanie Bird	46:38:00
Elizabeth Green	47:30:00

20-24

Megan Pendergast	50:46:00
Crystal Henry	55:00:00
Megan Willis	55:45:00

20-24 continued

Sheena Harvey	57:24:00
Brianna Satinoff	1:00:58
Whitney Newman	1:01:57
Carrie Hodge	1:07:00

25-29

Julie Lewis	43:20:00
Jackie Schmoll	46:52:00
Amy Clamons	47:03:00
Alexia Machina	54:31:00
Lucy Williams	55:42:00

25-29 continued

Allison Kapphan	56:03:00
Angelique Molina	56:39:00
Kimberly Yates	58:44:00
Kathryn Rudloff	1:01:14
Laura Taylor	1:01:27
Candice Yeager	1:03:21
Sally Memmott	1:04:19
Kristin Hodge	1:07:01
Mary Holland	1:08:33
Kristin Donoghue	1:09:03
Kassie Erenstoff	1:16:12
Sueann Schlack	1:22:58
Tanya Kuelbs	1:24:29

30-34

Kara Niedermeier	43:18:00
Jessica Zeller	49:08:00
Erin Schuck	50:19:00
Karen Drack	53:33:00
Jennifer Stuker	53:48:00
Kate Howick	54:51:00
Natalie Bobleter	55:04:00
Rachel Bowen-Wilkerson	57:44:00
Jenni Augeyer	58:42:00
Heather Cherepkai	58:59:00
Maria Sander	1:00:51
Christine Davis	1:01:02
Sonia Souza	1:01:52
Jeanine Nolan	1:02:33
Jennifer Hickey	1:02:45
Heather Alf	1:03:18
Shannon Ward	1:07:08
Ilona Gaudio	1:08:24
Kristina Talbot	1:10:25
Sarah Karp	1:11:02
Holly Nash	1:12:17
Sara Mayer	1:16:43
Tracey Doherty	1:21:46
Sherri Lorraine	1:21:47

35-39

Tricia Rydson	46:19:00
Loni Serven	46:30:00
Kristin Apotsos	47:14:00
Devra Fain	47:21:00
Carrie Blanchard	49:15:00
Becky Moody	49:23:00
Julie Hannah	49:57:00
Anne Marie Cecillione	50:06:00
Lisa Harrington	50:29:00
Sherri Boyd	54:04:00
Charlotte McClure	54:20:00
Haylee Joseph	55:39:00
Laura Brainard	56:05:00
Yuko Wood	57:02:00
Shannon Ferrero	57:50:00
Shannon Rohr	58:00:00
Michelle Mielke	1:01:10
Dena Geist	1:03:52

35-39 continued

Shelly Rosseau	1:04:49
Marisol Wilke	1:05:22
Lynette Barberie	1:06:01
Tina Schantz-Gross	1:11:59
Shelly Stone	1:16:43
Shialine Payne	1:18:29
Christine Bellows	1:28:19

40-44

Robin Hernandez	43:55:00
Sue Matschner	45:50:00
Sandra Gannon	49:13:00
Barbara Krause	50:15:00
Terry Ferrisi	50:54:00
Anne OConnor-Smith	51:20:00
Sharon Gillette	53:04:00
Kelly Hunter	54:28:00
Kelly Moore	55:11:00
Stephanie Carraway	55:34:00
Mary MacDonald	56:13:00
Natasha Morgan	58:50:00
Margaret Kendrick	59:08:00
Janice Spragins	1:00:24
Marisa Flint	1:00:25
Sara Kurth-Diaz	1:04:31
Cathi Rodgers	1:04:52
Christine Podzielinski	1:08:20
Michelle Mason	1:16:32
Donna Straka	1:18:29
Audrey Smith	1:21:31
Brenda Sheets	1:22:37
Nancy Joynes	1:35:50

45-49

Nancy Buonanni	43:25:00
Theresa Miller	48:10:00
Suzie Enlow	49:12:00
Lynn Spencer	51:30:00
Kathryn Van Arsdall	53:21:00
Beany Richmond	54:25:00
Diana Babor	54:58:00
Susan Reed	56:04:00
Mariangie Blake	56:06:00
Karen Schreiber	57:41:00
Cindy Cunningham	59:42:00
Cindy Gaffney	1:01:09
Fiona Wright	1:03:19
Lenore Lund	1:03:43
Jennifer Straub	1:03:44
Lynn Pucci	1:04:50
Linda Pipkin	1:05:12
Terri Williams	1:06:52
Roberta Reed	1:09:32
Cheryl Cook	1:11:03
Marjy Harrison	1:12:14
Sherri Shamet	1:12:39
Sharon Francesiak	1:15:54
Casey Hahn	1:15:54
Betsy French	1:20:12
Janice Gagnier	1:20:41

45-49 continued

Diane Merek	1:21:02
Cathy Norris	1:25:52
Michele Duester	1:25:19

50-54

Claudia Haines	53:50:00
Elizabeth Ring	54:54:00
Janet Erlacher	57:13:00
Melanie Delman	57:16:00
Wanda Bibens	57:30:00
Hatice Foell	59:07:00
Barbara Linton	59:13:00
Deb Stokes	1:07:54
Abby Calhoun	1:10:09
Diane Caruso	1:11:53
Jackie Watson	1:14:50
Marion Oswald	1:19:22
Jane Baron	1:25:21
Dalys Dunn	1:26:04
Carol Lacey	NTA

55-59

Anne Doerflein	52:19:00
Debbie Molina	53:56:00
Pat Kiesselbach	56:07:00
Arlene Allen-Buono	1:10:22
Susie O'Connell	1:12:55
Gail Brown	NTA

60-64

Lorraine Peterson	1:00:13
Jacquelyn Kellner	1:00:53
Susie Koontz	1:05:21

65-69

Willy Moolenaar	58:48:00
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70-74

Katie Marsh	1:32:19
Joan Mahoney	NTA

75+

Annette Hardy	1:18:52
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MALE**Overall**

Tom Stuart	36:50:00
John Davis	37:00:00
Steve Chin	37:17:00

Master (40+)

Joel Kinnunen	38:03:00
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Grand Master (50+)

Brian Kessler	39:25:00
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Sr. Grand Master (60+)

Jim Schroeder	46:36:00
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10-14

Cory Sayyeau	39:56:00
Noah Davis	47:42:00
Jason Howick	56:15:00
Kyle Schigner	1:12:40
Dylan Schigner	1:26:43

15-19

Alex Hoffman	39:55:00
Timothy Marquardt	40:09:00
Noah Jacovitz	42:02:00
Dakota James	46:44:00
Joshua Eberle	51:55:00
Ryan Eberle	58:58:00
Jeremy Flint	58:59:00

20-24

Joel Gayle	39:18:00
Brent Paterson	45:37:00
Nicholas McDuffie	46:48:00
Christopher Eastwood	51:05:00
Geoffrey Givens	52:25:00
Joshua Brower	57:12:00
Hunter French	1:08:14

25-29

Adam Ullain	40:50:00
Dan Lizana	44:31:00
Frank Hunt	45:00:00
Chris Hyvonen	48:44:00
James Burke	49:48:00
Cedric Ching	49:52:00
Zach Douglas	49:59:00
Daniel Kern	52:01:00
Page Sanders	52:30:00
Chris Hyskell	54:10:00
Philip Yeager	56:16:00

30-34

Steven Hedgespeth	37:35:00
Ed Springer	37:49:00
Ed Donner	38:13:00
Thaddeus Austin	44:08:00
Johnny Del Grosso	46:07:00
Courtney Miller	51:43:00
Kyle Nylander	52:55:00
Ryan Barlow	53:46:00
Mike Stuker	53:49:00
Jeffrey Simpson	57:38:00
Steve Kopman	59:53:00
David Stevens	1:00:59
Steve Szabo	1:02:46
Dan Howick	1:14:07
Brian Kurinsky	1:04:12

35-39

Howard Kanner	41:18:00
Michael Shimer	43:16:00
Chris Lewandowski	46:56:00
Dave Chapman	47:40:00
Tristan Webbe	48:11:00

35-39 continued

Mike Jester	48:20:00
Thomas Jenkins	48:24:00
Mike Fairbank	48:28:00
Marc Zeller	49:08:00
Steve Winfough	50:01:00
John Restrepo	52:15:00
Scott Metzler	53:41:00
Randy Taylor	54:13:00
Mike Vinje	55:06:00
Steve Diaz	55:55:00
Monte Rohr	59:01:00
Rodolfo Valentín	59:14:00
Sean Cannie	1:08:05
Judd Spitzer	1:09:37
David DeStefano	1:11:38

40-44

Brian Masters	40:57:00
John Blossom	43:59:00
Bob Maggio	44:19:00
Neal Levine	46:34:00
Dave Hernandez	47:35:00
Randy Boozer	48:41:00
Larry Wilcox	48:57:00
Andrew Blossom	49:09:00
Mark Knopf	49:11:00
Andrew Kirschner	49:12:00
Regan Stradtman	49:13:00
Michael Netzer	49:32:00
Bob White	51:38:00
Melvin Desembrana	53:39:00
Heriberto Echevarria	53:52:00
Glenn Webb	54:39:00
David Rodriguez	57:37:00
John Schigner	1:26:44

45-49

Pat McCormick	38:14:00
Art Anderson	38:28:00
Bret Halliday	38:53:00
Steve Harden	42:05:00
Michael Adams	44:13:00
Jay Claybaugh	45:51:00
Joe Hultgren	46:18:00
Keith Kowalske	46:45:00
Kurt Holst	47:16:00
Eric Lund	47:22:00
Bruce Crain	47:24:00
Tim Green	47:30:00
Lester Jackson	47:31:00
Kevin Howald	48:14:00
Nick Smith	49:03:00
David Maltby	49:09:00
Jeff Richmond	50:34:00
Bob Torres	51:11:00
Michael Gaffney	51:02:00
Doug Nichols	53:18:00
Joseph Moskal	54:24:00
Ben Park	54:34:00
Dale Stenberg	54:52:00

45-49 continued

Andy Beard	55:01:00
Bill Buonanni	55:31:00
Ken Podzielinski	55:40:00
Jordan Thompson	56:50:00
Lew Schwartz	57:11:00
David Kendrick	57:45:00
Robert Kaiser	57:47:00
Kevin Johnson	58:17:00
William Miller	58:45:00
Dan Wills	59:49:00
Chester Straub	1:03:44
Steve Harkness	1:05:26
Keith Zoller	1:06:49
Scott Anderson	1:09:30
John Schmidt	1:20:41
Steven Hebert	1:21:58

50-54

Mike Dahan	40:19:00
Roger Travis	42:50:00
Matt Mahoney	42:56:00
Jerry Bird	42:58:00
Michael Miller	43:57:00
Dennis Delman	45:46:00
Paul Ballard	47:10:00
Jeff Fawcett	47:49:00
James Elmer	48:28:00
Chip Burke	49:49:00
Mike Tuttle	50:13:00
Grover Brower	51:15:00
James Ralph	52:08:00
Tim Murphy	52:49:00
James Weiss	54:23:00
Urs Gsteiger	54:32:00
Dave Gierling	54:52:00
Rich Waropay	56:18:00
Thomas Eberle	56:27:00
Joseph Werner	58:59:00
Robert French	59:41:00
John Puglia	1:00:56
Thomas McKeefery	1:02:59
Jeff Murphree	1:09:15
Robert Knazik	1:15:50

55-59

Tom Perona	39:39:00
Donald Kearns	45:04:00
Tom Hoffman	45:31:00
Wolfgang Jensen	45:39:00
Bud Timmons	48:01:00
Herbert Valdes	48:42:00
John Fricano	50:06:00
Abe Oros	51:13:00
Scott Maxwell	51:21:00
Lawrence Pacelli	52:28:00
Larry Hendersin	53:04:00
John Post	53:28:00
John Farner	53:57:00
David Brock	54:12:00
Mike Spragins	56:34:00

55-59 continued

Bob Bisset	56:36:00
George Oswald	1:02:08
Steve Holland	1:14:36

60-64

Ray Brown	50:09:00
Frank Webbe	52:47:00
Steve Schrell	55:46:00
Charles Mabry	55:54:00
David Farrall	57:58:00
Greg McKay	58:07:00
Fred Burgess	58:28:00
Teen Sum	1:08:51
John Rothamel	1:09:31
David Pocoski	1:19:05

65-69

Charlie Yescott	47:06:00
George McAfee	57:20:00
Darwin Tangen	58:19:00
Fred Leventry	1:00:43
Thomas Pasek	1:08:20

70-74

Jim Weir	52:45:00
Bob Ghormley	54:34:00
Morris Johnson	1:05:16
Bob Pecor	1:10:36
Jim Morrell	1:28:40

75+

Jack Lightle	1:02:37
Ed Hardy	1:10:29
Henry Campbell	1:11:44

TAIL OF THE LIZARD 2-MILER

FEMALE**Overall**

Sarah Day	13:46
Alli Penovich	14:36
Lesley McNamara	14:46

8 and under

Marina Schuster	17:26
Coral Schuster	19:10
Anna Von Niederhausen	22:49
Nyssa Holmquist	22:50
Emma Rosseau	24:03:00
Sydney Fortier	26:44:00

9-11

Mackenzie Baysinger	15:03
Serena Neighbor	15:31
Maleia Storum	16:05

9-11 continued

Hannah Montgomery	16:45
Sarah Tanke	16:49
Kiana Zanganeh	16:52
Angela Ferebee	17:16
Alex Baysinger	18:34
Meagan Poirier	19:27
Kaia Holmquist	20:02
Audrey Kirk	21:31
Julia Wooley	22:04
Rachel White	23:38
Sydney Rosseau	23:48

12-14

Elizabeth Harper	14:58:09
Haley Cook	14:58:37
Mallory Donoghue	15:50
Megan Gallagher	16:23
Lacey Goodwin	16:35
Chase Radel	16:50
Daniela Hinchman	16:54
Bailey Dabney	17:19
Lindsay Gorham	17:40
Ariana Zanganeh	17:46
Madison Silfies	18:40
Emily Patterson	19:19
Heather Vanlandingham	20:17
Aubrey Farrell	21:06
Erin Bond	21:26
Kelsey O'Connor	22:32
Amanda Morehouse	24:35:00
Quinn Kanner	25:52:00
Shannon Wright	33:20:00

15-19

Tatiana Zanganeh	26:34:00
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20-29

Amy Ho	17:22
Sarah Clamons	20:24
Elise Waltman	21:03
Whitney Douglas	21:10
Candy William	21:15
Wilmarie Greer	21:16
Liza Turapan	21:21
Helena Kramer	23:31
Kathryn Thomas	24:29:00
Julie Noble	28:26:00
Jessica Wilson	43:10:00

30-39

Laurie Ann Wilamowski	15:43
Angela Montez	18:28
Rebecca Taylor	19:21
Karra Hunkins	21:26
Anne Mitchell	21:42
Michelle Trapchak-Dore	21:58
Jodie Fortier	22:59
Cristi Holland Lau	23:16
Shawna Clough	24:05:00

35-39 continued

Christy Kopp	24:48:00
Erin Carrigan	24:55:00
Alina Shaffer	25:18:00
Jameka Owens	26:56:00
Kathy Camick	26:57:00
Angela Warwick	27:39:00
Holly Goldstein	28:38:00
Trisha DeStefano	28:57:00
JR McWaters	30:18:00
Ursula Ring	40:30:00

40-49

Tina Kraver	14:51
Joan Meadows	17:26
Kim Jacovitz	17:53
Vanessa Breiningner	18:30
Theresa Ferebee	18:32
Lisa Vanlandingham	19:02
Sammye Johnson	20:05
Kelly Bailey	20:12
Stephanie Wooley	20:23
Marian Cacciatore	21:08
Molly Kirk	21:32
Debra Scheurer	22:58
Shelley Sutherland	23:03
Mary Ehrhard	23:31
Anne Ramsey	24:48:00
Gianni Zanganeh	26:35:00
Pamela Hall	26:57:00
Patsy Benson	28:40:29
Patricia Taylor	28:40:55
Patty Hinchman	29:04:00
Chris Sims	30:33:00
Cheryl Daugherty	32:51:00
Nancy Wright	33:19:00
Vickie Lunden	36:26:00
Loretta McKeefery	45:36:00
Michelle Johnstone	45:37:00

50-59

Laurie Herman	15:52
Nancy Sharp	19:14
Sarah Schroeder	21:49
Jacalyn Ramsey	22:13
Gail Wiseman	23:21
Brenda Kaiser	23:27
Julie Harrison	23:39
Barbara Alexander	23:54
Marie Verderame	24:01:00
Sally White	25:24:00
Patty Beard	25:51:00
Marsha Post	26:43:00
Sandra Mozo	29:11:00
Ethel Williams	35:33:00
Roberta Van Dusen	36:04:00
Terri Semidey	36:25:00
Denise Scanlon	38:10:70
Melissa Wilcox	38:10:97

60-69

Betty Shier	19:14
Petra Gerhard	22:55
Betty Langevin	25:25:00
Gwyneth Noble	30:49:00
Patricia Dorson	32:53:00
Sally Deabenderfer	41:33:00

70+

Angela Saldana	29:32:00
Yvonne Cisar	31:28:00
Roberta Osterling	41:44:00

MALE

Overall

Nick Flint	13:26
Andrew Baez	13:29
Matt Spicochi	13:31

8 and under

Connor Cook	16:53
Kyler Foutch	18:13
Benjamin Wooley	18:36
Zane Foutch	19:36
Ryan Winfough	19:49
Garrett Fortier	25:52:00
David Karp	30:58:00

9-11

Keaton Robb	14:07
Caleb LeDuc	15:28
Rodolfo Valentin	15:29
Trevor Watkins	16:49
Xavier Alf	16:51
Jarod Hayes	16:53
Sam Spencer	17:02
Teddy Ward	19:44
Jared Gannon	19:52
Mason Wilcox	19:57
Alex Budrick	20:50
Nathan Camick	21:20

9-11 continued

Daniel Breiningger	24:38:00
Justin Bellows	25:17:00
Ethan Cowan	28:08:00

12-14

Morgan Levine	13:37
Thomas Stansfield	13:51
Jack Dickens	14:16
Ryan Scott	14:52
Michael Dean	14:57
Tyler Lima	15:17
Matthew Craven	16:21
Keith Patterson	17:49
Deuce Foutch	20:04
Jordan Browder	21:39
Robbie Breiningger	24:38:00
John Hennes	24:52:00
Sterling Schantz	31:26:00
Andy Morehouse	36:04:00

15-19

Alex Thompson	14:51
Andrew Wright	30:44:00

20-29

Alex Condon	13:59
Jason Greer	16:26
Keith Dalke	17:03
James Wolf	17:06
Zachary Brodrick	17:47
Justin Ramirez	19:11

30-39

Bill Hunkins	14:23
Rod Neal	15:19
David Bellows	16:13
Jason Zimmermann	17:24
Bill Floyd	18:23
Jake Auxier	19:55
Kevin Neighbor	20:44
Greg Sims	26:19:00

30-39 continued

Steven Sandoval	26:34:00
Michael McWaters	30:04:00

40-49

Don Patterson	14:17
Michael Johnson	15:29
Scott Goodwin	16:31
Tim Kaiser	19:39
Tim Gannon	19:52
James Chiravalle	20:06
Mike Hibbs	20:26
Jim Ringrose	22:39
Scott Sutherland	26:59:00
Ed Kirchner	27:48:00
Gerry Fortier	30:40:00
John Kap	30:58:00
David Taylor	35:35:00
Donald Gross	??

50-59

Jeff Myers	14:50
Fariborz Zanganeh	15:41
Gene Grieshaber	16:26
Lawrence Wiseman	16:39
Eric Madara	18:13
Robert Bruckart	21:29
Sal Farino	21:40
Gil Castillo	25:33:00

60-69

Vern Thomas	17:47
Dan Scanlon	37:20:00
Pat Deabenderfer	41:38:00

70+

Ron Hoar	15:52
Hermann Gerhard	30:05:00
John Dorson	33:18:00
William Van Dusen	36:20:00



L to R: Art Anderson, Erin Schuck, Terry Ferrisi, Pat McCormick, Robin Hernandez, Steve Chin, John Davis and Brian Kessler. Dave Hernandez photo.

Ed Springer and Kara Niedermeier. Cedric Ching photo.

Health First
2009 SPACE COAST MARATHON & HALF-MARATHON



Check Division Entering:
 MARATHON* HALF-MARATHON WHEELCHAIR HAND CYCLE

NAME _____ BIRTHDATE _____

RACE DAY AGE _____ EXPECTED FINISH TIME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

MALE FEMALE PERSONAL CHIP # _____

PASTA DINNER TICKETS: (\$20 per person) # of tickets needed _____

T-SHIRT SIZE X-SMALL SMALL MEDIUM LARGE X-LARGE XX-LARGE

(Additional shirts will incur extra)

Brevard County Resident (\$5.00 discount for Half-Marathon | \$10.00 discount for Marathon until Aug. 31st, 2009)
 Note: Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 26th to do so. After that date, no changes will be allowed.

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2009 Marathon, Half-Marathon being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and associates, waive all rights and claims for damages which may hereafter accrue to me against the sponsor, 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 2009 Space Coast Marathon, or Half-Marathon. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 (HALF) _____

DATE _____

*Eighteen (18) is the minimum age for participation in the marathon

RACE	3/14-8/31	9/1-10/31	11/1-1/08
Marathon	\$80	\$85	\$90
Half-Marathon	\$65	\$70	\$75

AGE GROUPS FOR MARATHON & HALF-MARATHON
 Unique "age" awards will be given to the top three overall male and female winners, top male and female master, top three in their age group in each of the five-year age groups (starting with 15-19 and ending with 75+). Eighteen (18) is the minimum age for participation in the marathon. Overall winner will be calculated using the official "gun" time. Age group award winners will be calculated using the "net" chip time, not the "gun" time.

TRAVEL/HOTEL INFO
 Special rates have been negotiated with our best hotels, the location is great and four hours by Shenton. Please visit www.spacecoastmarathon.com for further details. Both the Orlando International Airport and the Melbourne International Airport are the most convenient to Cocoa, Florida.

WEATHER
 Although race day temperatures have averaged 53 for the low and 73 for the high, be prepared for cool as well as warm weather. Florida weather is somewhat unpredictable in the later months of the year.

TIMING AND SCORING
 Chip timing will be used for scoring. Both the official time and "net" time will be calculated. Both the marathon and half-marathon are USAF certified courses. You can use the beautiful 16.1 course as a Boston qualifier. Course officially closes at 1:00 pm on Sunday afternoon. (9-hour time limit)

BUS "SHUTTLE" SERVICE
 We will be providing bus service from the Brevard Beach and Four Points by Shenton, our two "hotels," in Cocoa Beach / Port Canaveral back and forth from the race starting area in Cocoa Village Event Center Park. If you are staying at any of the hotels on the beach or the beachside, you can utilize the bus service in lieu of driving to the race site. The buses will run (no pay transfer) from 4:00 am until 1:00 pm Sunday afternoon.

AID STATIONS
 Aid stations will be available on the course as well as at the finish line. Water and sports drink will be available at every aid station. Gels will be available at mile 8 and every 4th station from mile 14 through the finish.

CORRAL SYSTEM
 A corral system at the start is incorporated according to expected finishing time. Please make sure to fill in the expected finishing time on the registration form or when registering on www.active.com. If you are unsure of your expected finishing time, please estimate your expected finishing time based on your average pace per mile.

RACE HEADQUARTERS
 Race Headquarters will be at Running Zone, Inc. located at 3400 N. Wickham Road in Melbourne, Florida. Running Zone is just south of the Ring Center and Brevard Community College between Post and Parkway Road.

For further information about Running Zone, visit us on the web at www.runningzone.com. You can also contact Race Director, Davis A. Pency at Running Zone by phone at (321) 751-8800 or info@spacecoastmarathon.com

Health First
Health Plans



November 29, 2009



2009 SPACE COAST MARATHON & HALF-MARATHON

WELCOME ATHLETES!

Running Zone and Space Coast Runners welcome you to the 38th running of the Space Coast Marathon and Half-Marathon - Florida's oldest marathon. We invite runners and walkers alike to experience one of the most beautiful COAST carded well-kept courses on the coast.

Both races start in the historic and quaint Cocoa Village, and finish with a lap around the JumboTron Park amphitheater where family and friends can cheer and watch your finish line and on the JumboTron.

As our race has held within the shadow of the Kennedy Space Center, this anniversary revolves around a space theme sure to delight and engage our participants. IN NOVEMBER 2008, RUNNER'S WORLD MAGAZINE VOTED IT THE "RACE OF THE MONTH" 5-4-3-2-1 BLAST OFF FOR THIS YEAR'S AM STUNT OF THE SPACE COAST MARATHON AND HALF!

SPACE!

- As part of the celebration of the Space Coast, here are some of the activities planned this year:
- Custom "Astrowalk" Medal and a "Space" Certificate to recognize and commemorate the accomplishments of all finishers
- Start your race to the rear of a Space Shuttle countdown and finish on the JumboTron
- Kennedy Space Center Visitor Complex admission discounts to participants
- "Space" Props along course and finish line area
- "Space" The med Water/Aid Stations all along course
- Volunteers in NASA-like uniforms and hats
- "Space" Photo opportunity with astronauts walking around the pre-race dinner and race line
- Opportunity to win a dinner for up to four people to "Dine with an Astronaut"

BEST "SPACE" COSTUME CONTEST!

Those wearing the top two best costumes as judged by participant applause will win \$50 and \$25 respectively. Make sure your costume is safe to others and allows you to run easily without overheating and the ability to see clearly. There will be a costume contest after the half marathon awards presentation and another immediately after the marathon awards presentation. Any finisher of either race is eligible for either contest, but not both.

PARTICIPANT PERKS!

- Jeff Galloway, America's Coach - Keynote Speaker for this year's event
- Official Long Sleeve Technical (moisture wicking, non-odorous) T-shirt
- Large Beach Towels with race logo for all finishers (instead of mylar blankets)
- Get a PR with this year's RACE T-SHIRT!
- All call PINEAPPLE, DOG & SAUSAGE breakfast and PIZZA for all finishers
- An awesome post-race celebration complete with food, drink and music.

HEALTH FIRST HEALTH PLANS HEALTH & FITNESS EXPO

The 2009 HEALTH FIRST HEALTH PLANS HEALTH & FITNESS EXPO held at the prestigious MAXWELL KING CENTER FOR THE PROFOUND ARTS, will feature more than 20 exhibitors featuring the newest designs in running gear and shoes, as well as the latest developments in sports, fitness and nutrition. Live registration and race packet pickup is available throughout the expo. This 3-day Expo is open to the public, so bring your friends and family!

EXPO HOURS:

FRIDAY 10 AM-7 PM
SATURDAY 9 AM-4 PM

Special Guest:

Jeff Galloway's Running School will also be part of the weekend festivities at the King Center. (see details of Jeff Galloway's school below)

JEFF GALLOWAY - KEYNOTE SPEAKER

We are very excited to announce that Jeff Galloway, Olympian, author and America's Coach who created the run-walk-run with-run techniques, will be the guest speaker at this year's Space Coast Marathon & Half-Marathon Pre-race pasta dinner. Mr. Galloway will also be part of the Saturday morning activities including the award presentation.

JEFF GALLOWAY'S RUNNING SCHOOL

Jeff Galloway's Running School will be held at the Maxwell King Center on Saturday, Nov. 28th from 1:00 pm to 4:00 pm. Jeff's clinics are heavily attended and very interesting. There is no one in the running community who does better at calming pre-race anxiety, answering just about every question, while solving just about every problem as Jeff Galloway. The cost of the clinic is \$99.00. To register, visit www.spacecoastmarathon.com.



HOW TO REGISTER

We have partnered with Active.com for online registration. Registration can also be completed by using this brochure and completing the Space Coast Marathon/Half-Marathon Entry Form. Please mail the registration form and payment to:

RUNNING ZONE

3650 N. WESHUWA ROAD, UNIT C | MELBOURNE, FL 32935
Please make checks or money orders payable to RUNNING ZONE or "Space Coast Half-Marathon".

Registration via Active.com closes Thursday, November 26th. Registration after the 26th continues at the Health First Health Plans Health & Fitness Expo at the Maxwell King Center until 4:00 pm, Saturday afternoon, Nov. 28th and will re-open at the Radisson Resort in Port Canaveral from 5:30 pm until 7:30 pm. NO RACE DAY REGISTRATION. Changes/cancellations policies. Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 27th to do so. After that date, no changes will be allowed.

CONFIRMATION

If registration was completed using Active.com, you will receive a confirmation email that you are registered. If you register by mail, we will list the current registrants under the Registration tab on www.spacecoastmarathon.com and update it every two weeks. You can review the listing to verify that you are registered.

PRE-RACE PASTA DINNER

We are very excited to announce that Jeff Galloway, Olympian, author and America's Coach who created the run-walk-run techniques, will be the guest speaker at this year's Space Coast Marathon & Half-Marathon pre-race pasta dinner. The cost of the pre-race dinner at the Radisson Resort at the Port, our host hotel, is \$20.00. The dinner is from 5:30 pm until 7:30 pm and the keynote speaker presentation is approximately 6:30 pm.

FRIDAY ACTIVITIES - NOVEMBER 27TH
10:00 am Health First Health Plans Health & Fitness Expo at the Maxwell King Center Opens - Late Registration & Packet Pickup Available
7:00 pm Expo Closes

SATURDAY ACTIVITIES - NOVEMBER 28TH

9:00 am Health First Health & Fitness Expo at the Maxwell King Center Opens - Late Registration & Packet Pickup Available
10:00 am Meet & Greet with Jeff Galloway at Running Zone (until 12:00)
1:00 pm Jeff Galloway's Running School at the Maxwell King Center
Cost: \$99.00 - this is an awesome 3 hour school
Health First Health & Fitness Expo & Packet Pickup Closes
3:30 pm Late Registration & Packet Pickup starts at the Radisson Resort
5:30 pm Pre-Race Pasta Dinner opens at the Radisson Resort (\$30.00 per person)
6:30 pm Dinner and Registration/Packet Pickup closes
7:30 pm Dinner and Registration/Packet Pickup closes

RACE DAY SCHEDULE - SUNDAY, NOVEMBER 29TH

4:30 am Expected Packet Pickup Opens
6:00 am Race Starts for both Marathon & Half-Marathon
9:00 am Light-Aviation Awards Ceremony
11:30 am Full Marathon Awards Ceremony
There is a 2-hour time limit so the course closes at 1:00 pm on Sunday afternoon.

