

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

VOLUME 31, ISSUE 6

June/July 2009



RUNNER OF THE YEAR AWARDS (and more) inside....

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2009-10: WHO WE ARE

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. Visit us on-line at www.spacecoastrunners.org We also invite you to attend our board meetings which are held at 7 p.m. on the second Monday of the month at the Cocoa Public Library.

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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 and we accept text in Publisher or pdf and photos in .jpg or Photoshop. Contact Patti Sponsler at psponsler@cfl.rr.com for more information.

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June/July 2009

Hello-

I thought I would use this opportunity to speak to SCR members about our commitment to community and individual fitness. However, I want to first thank Carol Ball for her tremendous support and dedication to SCR. As president, Carol brought many innovative and new ideas to the club and strengthened our visibility within the community through partnerships and events. In her new role as Vice President, Carol will continue to provide support and energy to the club and will be a valuable support to me.!

Next, what's new on the horizon for Space Coast Runners??? Many of the building blocks laid by our members continue to drive the club. We have brought on new community partners to advance healthy lifestyles; expanded our participation opportunities through our fun run/walk programs; and strengthened our focus on family participation by adding our two-mile series.

As we look ahead, we want to extend the opportunity for local businesses to take on the challenge of encouraging healthy lifestyles of their employees by partnering with SCR. There is a tremendous amount of research available on how regular physical activity is associated with enhanced health and reduced risk of cardiovascular disease, stroke, type 2 diabetes, colon cancers, osteoporosis, depression, and fall-related injuries. In addition to being healthier, reduced illness means less visits to the doctor and ultimately, reduced insurance costs. I challenge each of you to solicit how your employer can continue or begin the partnership with Space Coast Runners for the advancement of health.

In closing, I welcome suggestions and comments on how SCR can improve or expand opportunities to you and your family. Please feel free to contact me at mcbergs@att.net or (321) 514-6955.

Cyndi Bergs, President
Space Coast Runners

2008-09 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Fall Into Winter 5K

September 26, 2009
Time: 7:30 a.m.
Coconuts on the Beach, Cocoa Beach
CB Rec. Dept. 868-3274

Space Coast Classic 15K And 2-Miler

November 7, 2009
Time: 7:30 a.m.
Windover Farms, Melbourne
Cyndi Bergs, 514-6955
www.spacecoastrunners.org

Space Coast Marathon and Half Marathon

November 29, 2009
Time: 6:00 a.m.
Riverfront Park, Cocoa
Denise Piercy, 751-8890
www.spacecoastmarathon.org
See pages 8 of this newsletter

Reindeer Run 5K

December 12, 2009
Time: 8 a.m.
Cheri Down Park, Cape Canaveral

Tiger Dash 5K and 1-miler

January 30, 2010
Time: 8 a.m.
Holy Trinity, Pineda Cswy. Campus
Denise Piercy, 751-8890
Runningzone.com

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

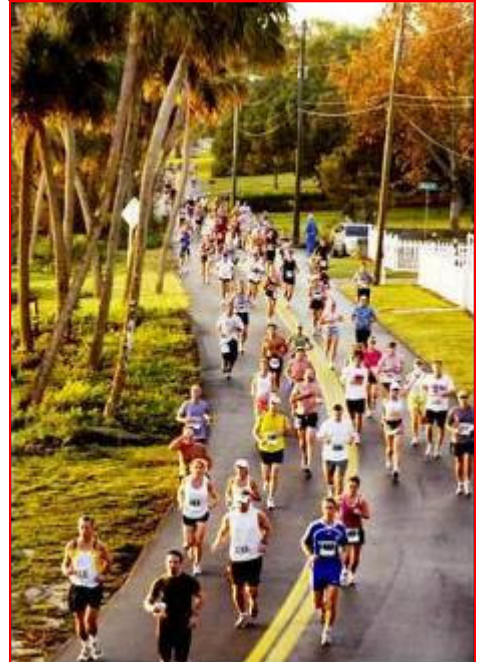
February 27, 2010
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

Downtown Melbourne 5K

April 3, 2010
Females: 7:30 a.m.; Males: 8:15 a.m.
Downtown Melbourne
Frank Webbe, 674-8104
webbe@fit.edu

Space Walk of Fame 8K

April 10, 2010
Time: 8 a.m.
Space View Park, Titusville
Marty Winkel, 537-3526
runsalot@earthlink.net



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

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you eight 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>



THE PASSING LANE

With Ron Hoar

HOT 4TH RACE

It takes me a few days of off-and-on thinking about what I'm going to write about for the next issue. Patti Sponsler talked me into this seven years ago after I had written a review on a new book entitled "Racing An Antelope", by Bernd Heindrich. I had attended a book signing by the biology professor/ultra runner author. While I had not ever known him, he and I are both the same age and grew up just a few miles apart in rural Maine. He once ran 62.2 miles at just over a six-minute per mile pace. But, back to this story.

After seven years it's harder to come up with something that's not repetitive to write about--but then who would remember. I considered an article about running injuries and age-graded running but then with the Fourth of July here I recalled the great finish of a race I ran on July 4th, 1991, just one month before my 53rd birthday.

Yes--it was, gulp--18 years ago! Yet it's entrenched in my memory because of its very unusual finish.

I had run a 3:21 San Francisco Marathon 11 days earlier and had taken it easy during the week. So I was rested and in good running condition.

At this same Fourth of July race a year earlier I had run the 8K course in 32:06--a 6:28 pace and, at that age and pace, it had earned me a spot in a separate start area with a couple dozen other runners.

There were a couple of other runners in my age group in the special start area as well--ones that I could never beat in a race. At the start of the race I only recognized one of them--George Estes--and I made the strategic decision to try to keep him in sight.

My first mile was an aggressive 6:08 on a slight up-hill and he was only a few yards in front of me. We both tapered off some during the next few miles with my fourth mile being 6:28. Estes was still at least 50-feet ahead of me.

At the four mile mark the course had a slight downhill for a half mile then flattened out to the finish. I knew it was time to give it all that I had left. And I did.

I pushed the pace and began to close the gap. With about 200 meters to go I passed Estes and never looked back. I ran the final .97 mile at a 5:50 pace. It wasn't until after the finish that I learned that I had also passed the other gentleman in my age group.

How's this for a hot age group finish on a hot July Fourth in Dallas? My first place finish was timed at 30:48, second was 30:49 and third, 30:50. The second place finisher in our age division wrote a story about the race and remarked "a close hard race like that with a friend or two makes for a really great day. Thanks guys."

My 'keep him in sight' decision turned out to create the most fantastic one, two, three age group finish in all my years of running.

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Come see why Runners World magazine rated the amenities of this race as "Best Schwag" in 2007 and the Space Coast Marathon and Half Marathon as "Race of the Month" in 2008.

Complete race information and registration is available on our website.

Come join the fun!

5...4...3...2...1

BLAST OFF!

WITH THE



TRAINING CAMP

August 30 - November 29, 2009

http://spacecoastmarathon.com/xarpages/main_menu/training



A Mile With...

NICK FLINT



Name: Nick Flint.

Family: Mom (Marisa), Dad (Keith), and brother (Jeremy).

Ages: 40's for mom and dad, and my brother is 18.

School/grade: Sophomore, Merritt Island high school.

Dream profession: I'm still not sure, but I know it will have something to do with sports or animals.

Number of Years Running: About two-and-a-half.

Began Running Because: I didn't make the soccer team in seventh grade, and realized I was out of shape.

I Knew I Was Hooked When: I learned that I had just gotten my very first PR.

I Wanted to be a SCR Board Member because: I saw a chance to help out SCR and realized I could aide their growth.

Race PRs (Personal Records): 2-Mile: 11:51; 5k: 19:32.

Most Satisfying Race Performance: I had a great race at the Pineapple Man Triathlon this year. I got 1:19, which was a 26 minute PR!!

Favorite Races: I enjoy the nighttime races such as the Jingle Bell 2-Miler.

Nick on his way to a 20:26 finish at the Run for the Gecko 5K on May 9 in Melbourne.

Favorite Place to Run: The Sunday morning runs starting in Cocoa Village are always enjoyable.

Running Partners: Everyone in Up and Running.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Yvonne Strahovski =]

Funniest or Oddest Thing I've Seen While Running: Interesting things always happen on the Sunday long runs, but once while doing a bridge workout, there was a pirate ship that went by.

Training Philosophies: I don't set out a strict training plan; I just go with the flow.

One Piece of Advice That I Would Give to a New Runner: Find a running partner or group to help keep them motivated

Other Sports& Interests: Triathlons and basketball.

Favorite Reads: I did like *Once A Runner*, but the sequel *Again to Carthage* was a let down.

Favorite Movies: Littleman, Zoolander, Tropic Thunder, and Rambo.

Favorite Meal: Florida Seafood has a killer blackened grouper sandwich.

Dream Vacation: My parents told me that if I ever qualified for the Ford Ironman World Championship, then we would go to Hawaii. But that's a few years down the road.

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 _____

Skin Care for Runners

By Gary Cohen

Okay all of you runners logging mile after mile after mile – are you doing anything to protect your skin from the damaging rays of the sun? And when you return inside are you taking care to use skin cleansers that complement your skin rather than irritating it? Also, have you considered products that may prevent or reduce fine facial lines and wrinkles? Finally, do you fall prey to spending too much when more economical products may work just as well? If these questions have spurred some thoughts, then read on! In fact, read on anyway! (Geez, I sound like an infomercial)



We should use sunscreen daily and not just when we head to the beach. It is important on cloudy days as well as sunny days as the sun's damaging rays penetrate right through clouds. It is paramount to pay more attention to using sunscreens with at least SPF 15 before a run or anytime when you will be exposed to direct sunlight for lengthy periods, but incidental sun exposure accounts for more of our lifetime exposure to ultraviolet rays. Working in the yard, sitting outside, walking to your car or heading to a store add up to quite a bit of time exposed to sunlight. The two areas of our bodies which account for the highest incidence of skin cancer are the nose and ears so ensure you use sunscreen on both places.

One friend of mine has a beach condominium and it is well stocked with so many products that my time in the sun was reduced as I couldn't figure out which product to use. During a visit to Jim Musante's condo I found Bull Frog products with their "Amphibious" formula, SPF 45 SuperBlock Lotion with Titanium Dioxide, SPF 36 Quikgel Sport Spray and an SPF 36 Quick Stick.

There was also SPF 36 Sunblock Gel for Kids and Fast Blast Spray – both with "Cool Watermelon Scent. But that's not all - Banana Boat's SPF 25 Quik Blok Sport Spray tempted me! And for after sun exposure there was Hawaiian Tropic Aloe After Sun Moisturizer. Oh, and last but not least to keep my lips kissable, I was so happy to find a Carmex tube for dry chapped lips. After an hour of trying to figure out what to use I was forced to stay inside by a passing thunderstorm!

I have learned a few things over the years about cleansers, when to wash your face and facials. Those sudsy foaming cleansers may seem to get us extra clean when they usually have harsh detergents. One of the best cleansers is what my grandma used – simple cold cream. Most people tend to wash their face early in the showering process. A better choice is to wash after rinsing conditioners out of your hair which often contain pore-clogging and acne-causing ingredients. And while facials may temporarily feel good they irritate the skin of at least three fourths of those who receive them.

If you watch four or five hours of television daily like most Americans you have seen your share of advertisements for all sorts of miracle creams and topical agents that will ‘make you look ten years younger’ or ‘give you the skin of your youth.’ While many of these promotions are just a bunch of hot air, Retinol, a form of vitamin A is the only topical agent proven to minimize wrinkles and to prevent worsening of lines. One other substance that some studies have shown may rejuvenate skin is safflower oil due to it containing essential fatty acids like linoleic acid. It is similar to naturally occurring components of human skin and doesn’t clog pores. I have used it and it does appear to work. Linoleic acid is also present in olive oil which is used on the face by many women from the Mediterranean area who typically have healthy looking skin. Is this a coincidence? I think not! But if you do think about using linoleic acid, lean toward safflower oil as olive oil may leave you smelling like a salad!

By now you may know a bit more about the sun’s damaging rays, sunscreens, skin cleansers and topical agents to rejuvenate skin. The final component is how to best use this knowledge in a responsible fiscal manner. Spending big dollars on pricey boutique products isn’t the best use of your funds. Buying a retinoid product is worthwhile, but the remainder of your skin care products can be purchased at your local drugstore. Those companies have excellent research and development budgets to provide their customers with great products at fair prices. So, wear your sunscreens, protect your nose and ears, use a retinoid, avoid harsh cleansers, use linoleic acid and you will be on your way to healthier and more attractive skin.

This advice may appear targeted at women, but guys can secretly use it also. I won’t tell anyone!

The author, Gary Cohen, has been a top runner for over 36 years with a personal best 2:22:34 marathon. Sign up on Gary’s website to get his weekly newsletter. He is a regular writer for Florida Running and Triathlon magazine. His website, www.garycohenrunning.com, features monthly interviews with running personalities such as Greg Meyer, Keith Brantly, Amby Burfoot and Jenny Barringer. It includes dozens of “All in a Day’s Run” essays on a variety of running and fitness topics. “All in a Day’s Run” is also the title of Gary’s first book which is a collection of 75 of his essays and is available on his website. Additionally, he is a track meet announcer and does individual coaching for runners of all abilities.



SCR MEMBER DISCOUNTS

Space Coast Runners would like to thank **Adventure Cycles** and **Get Moving! Group Fitness and Personal Training** for offering generous discounts to our members. And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at PSponsler@cfl.rr.com.



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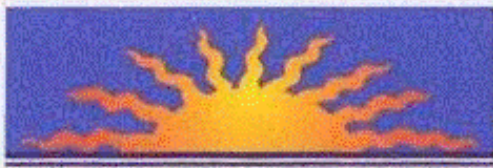
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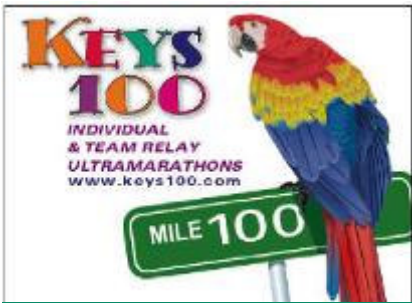
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www.KSwiss.com



The Keys 100

May 16-17, 2009

By Jim Schroeder and Steve Chin

The Keys 100 raises money to fund educational outreach and provide free prostate cancer screenings in South Florida and the Keys. The funding also supports prostate cancer research to improve long-term survival prospects and eventually find a cure to this pervasive disease.

So how can a 100-mile race actually be a race?

On May 16, 2009, a mix of runners -- including several Space Coast Runners -- teamed up to relay the 100 miles from Key Largo to Key West. Forty teams, with three to six runners per team, began the trek at 0610 at MM (mile marker) 101, wondering how long it would take -- or even if they would make it -- to Key West by the end of the day.

None of the participants were weekend warriors, for sure. These were hard core runners capable of individually churning out 15 to 30-plus miles to get their team to the finish line. But they were also out for a day of fun in the sun as well. The creative side of a relay team embodied naming the team, decorating the team vehicle, nicely insulting the competition along the way and making up clever and entertaining nicknames for the people you meet.

Just a few miles into the race, runners begin to notice the teams who move ahead quickly and those who get left behind. But it is the team they keep noticing on the way to each exchange point that quickly becomes the topic of conversation -- and the competition.



Four of Team Shut the **** Up and Run appear to be either taking a break or preparing for a different type of 'run'. Left to right: Jessica Crate, Steve Chin, Pat Renish and Autumn Evans.

Steve Chin's team, "Shut the **** Up and Run" was made up of his good friends and running buds Autumn Evans, Pat Renish, Anne Marie Logan, Jessica Crate and Jay Claybaugh. The team they were noticing was the "Six Pistols", six guys from Miami who they finally met personally at MM 80.

How the rest of the day unfolded proves how 100 miles can, indeed, become a race.

Steve tells the story in his own words.

"At MM 47, both teams waited for the exchange to send the next runner over the dreaded Seven-Mile Bridge. It was the middle of the day, with the sun directly overhead and not a cloud in sight. No exchanges would be allowed on the bridge, so the most picturesque span of the course was left to a solo team member.

I volunteered to take on this task as I love to run in the heat. Their runner took off first as I stretched and anxiously awaited my start. I went off, at a 6:30 pace, determined to track down the runner from the team that had become our friendly competition. As I slowly closed the distance I got that adrenaline rush and passed by him to tag up with my teammate and capture a little breathing room between our two teams. It was at this point that everybody seemed to get that racing spirit and we were in the lead.

The “Six Pistols” were behind us now and we were sure that we could maintain our lead. We all had tired legs -- everybody had at least 10 miles under their belt by this time -- so we shortened our five to seven-mile legs to two to three-mile legs during the heat of the day in an effort to keep from overheating. Little did we know that the pistols were shortening theirs even more to catch us!

It was around MM 20 that we first noticed they were back with us. We kept our legs short and they did the same until MM four where they were able to pass us again and take the lead as we entered into the city of Key West. It was at this time we noticed they were exchanging in half-mile or less increments, keeping the runner fresh and fast. We realized that we would have to do the same if we were going to catch them again.

With just more than a half mile to go, we made one last exchange. I was still breathing hard from the leg I had run just five minutes prior as I took the baton from Jessica. I went out with all I had left as I knew this was it!

I had logged 18-plus miles for the day, my legs were tired and the tailwind we had enjoyed for the previous 97 miles had turned to a headwind. I was close and getting closer, running at a 5:00 pace. The spectators were clapping and yelling words of encouragement as we flew by. I knew the finish line had to be coming soon but was unsure how far as A1A was lined with trees and cars.



The last exchange was made; the team vehicles and remaining members were parked at the finish waiting for the runners to come in, right? Wrong! “The Six Pistols” were waiting along the sidewalk bringing in a fresh runner with less than 400 meters to go! As I watched them exchange runners in amazement and disappointment I could now see the finish line. I was a little more than 100 meters behind, having briefly lost my stride as I watched them make that final move. I started kicking again running as hard as I could. I passed their vehicle and the rest of their team members who were now jogging in towards the finish.

I hit the finish line, running hard as my teammates yelled and screamed with excitement and adrenalin. Our finish time was 12:08:56, 20 seconds behind the “Six Pistols”. We congratulated each other on our accomplishment of 100 miles run. The competition was over for now.

“Six Pistols” with the 20 second win....

For the next hour or so my teammates and I stood at the finish with our new friends; the “Six Pistols”. We high fived, shook hands, hugged each other and exchanged names, emails and phone numbers. Over the last 100 miles and more than 12 hours we had run in one of the best races we have had in quite some time. And you could see it on everyone’s face. Smiles everywhere! What a great day and what a great team. All of my team members exceeded the high expectations I had set forth before this race as we came in more than 50 minutes faster than the 13 hours I had predicted.” (editor’s note: “Shut the **** Up and Run” finished seventh overall out of 40 teams)

The athletic ability exhibited by Steve’s team members is well known throughout the Space Coast running community. But there were reports that some teams, in their desire to be Number One, were taking short cuts on the course.

Our team, “We Thought This Was A 10K”, consisted of team captain, Gabriella Keri, myself, and John Pyle and our crew chief, Tae Schroder. We are quite proud of our 16:07:05 middle-of-the-pack finish given that we had three runners and most had full teams of six.

On Sunday morning we walked about three miles to loosen up a bit; took a dip at Smathers Beach; hung around the finish line to watch the Sister’s Team finish the 100-miler in full Habit and official black shoes; walked around Duval Street and enjoyed a "Cheese Burger in Paradise" at Sloppy Joe's.



“We Thought This Was a 10K” members left to right: Jim Schroeder, Gabriella Keri, John Pyle and support crew, Tae Schroder.

It sure was a long drive home Sunday after the awards ceremony at Dante's. We arrived at 2 a.m. with no complaints. All the Space Coast Runners will agree that The Keys 100 is truly one of those memorable weekends one remembers forever and a day.



Mark Jackson's tootsies after a solo 80 miles. Kids, don't try this at home!

Another Space Coast Ultra marathoner, Mark Jackson, made a heroic, solo attempt at finishing the Keys 100 after training relentlessly on trails. Transitioning from trail-based "Time on Feet, Time in Heat," to a hard surface ultra is very, very difficult. Mark's feet totally fell apart around mile 60. All of the skin peeled off of his toes due to extensive blistering. His crew performed a shoe surgery -- ala Matt Mahoney style—to cut the toes out. The new improved footwear got him through to Mile 80, but the last 20 just was not going to happen in the Keys 100 this year.

Bring on The Keys 100 in 2010! We're all ready to Rock and Roll in Key West next year!

Editor's note: Due to space, we only presented a portion of Jim's and Steve's amazing adventure and photos. To see the complete, unedited version — including a great dog rescue story — log on to <http://www.keys100.com/> and click on "2009 photos and stories". Huge kudos to all the finishers as well as race directors Bob Becker and Jarad Knapp!

We also want to congratulate or Baker Act Jim for his 6:20 Wickham Park Marathon finish on May 24 as well as successfully leading a five-hour pace team across the finish line in 4:58:47 at the Rock n Roll Marathon in San Diego on June 6.



Gabriella Keri hits her watch as she leads her three-person team, "We Thought This Was A 10K", across the start of the 2009 Keys 100.



Autumn Evans passes the baton to Jessica Crate as the waves roll in behind them. The ladies were part of the "Shut the **** Up and Run" six-person team.



Nun on the run: Sister Mary Elizabeth, 60, attempted to run the solo 100 -- and its 43 bridges -- to raise awareness for AIDS orphans. She dropped out before the 50-mile check-point.



Sebastian's Joe Ninke, left, won the solo 50-miler in 7:34:08. The race was a training run for the Wickham Park Marathon. Ninke won the 200-mile race with a course record of 42:43:13. Complete Story at <http://www.mattmahoney.net/wickham/2009/>



Gabriella Keri hands off to Jim Schroeder. Jim managed the heat with a long-sleeve Coolmax shirt, hat, ice bandana and plenty of sunscreen. Maybe too much of the later as an all-women team nicknamed him 'sunscreen'. Jim claims that was better than the

KEEPING TABS

A **HUGE 'THANKS'** to everyone who helped with this month's newsletter: Carol Ball, Cyndi Bergs, Bill and Nancy Buonanni, Steve Chin, Cedric Ching, Gary Cohen, Nick Flint, Ron Hoar, Jack Lightle, Barry Jones, Gene Ramba, Running Zone, Jim Schroeder, Loran Serwin, and Marty Winkel.

We all love reading about our members adventures! If you'd like to share a photos or stories or have some ideas of what you'd like to see in this newsletter, please contact Patti Sponsler at psponsler@cfl.rr.com



WELCOME to NEW MEMBERS Heather Anderson, Merritt Island; Pascalle Atwell, Titusville; Ernest Baker, Melbourne; Kathy Bryant, Merritt Island; Vanessa Dance, Cocoa Beach; Cheryl Dean, Melbourne; Sara Enriquez, Melbourne; Paul Gitzen, Rockledge; Tod Hagan, Melbourne; Ardith Huey, Rockledge; Kelly Hunter, Cocoa; Patty Laxton, Merritt Island; Christine Lighthill, Melbourne; Philip Lintereur, Mims; Cheryl McPhillips, Merritt Island; Lorraine Petersen, West Melbourne; Barbrette Roth, Rockledge; Geoff, Jessica, Katrina and Linda Scales, Cocoa; Amy Schell, Cocoa; Carol, Julian, Morgan and Rus Scott, Merritt Island; Bruce Synder, Cocoa; Dara Touma, Rockledge, Susan Wailes, Indian Harbour Beach. Photo at left: Kelly Hunter (#534) and Cheryl McPhillips celebrate their Danskin Triathlon finish on Mother's Day 2009



HAPPY JULY BIRTHDAY to (1) Kristy Mattice (2) Geoff Scales (3) Tegan Litt (4) Karen Huss (5) Deb Marino, Marty Winkel (6) Conner Murphy (8) Inez Dalton, Christy Zieres (9) Jacob Scalise (12) Roger Travis, Richard Wilson (13) Tom Davis, Connor Scalise (14) Devan Gallagher, Katrina Scales (15) Amanda Wilkin (16) Barbara Krause, Tony Stokes (18) Jennifer Fairbank, Sarah Lowe-Schroeder, Lindsey Putnam (20) Brooke Putnam, Anita Travis (22) Ron Bolding, Shelia Walker (24) Erin Schuck (25) Robin Hernandez, Susan Smith, Bruce Snyder, Dennis Testa (28) Art Anderson, Benjamin Nieves, Christine Risch (29) Angela Cobb, Brian Moody, Maureen Morley, Jeff Myers, Ashley Raymond (30) Shelby Kirk, Becky Moody (31) Jerry Bird. Photo at left: Jerry Bird celebrates his 2008-09 Runner of the Year Series 50-54 age group award.

GET MOVING! Group Fitness & Personal Training

BEST OF LUCK to Space Coast Runners members Jackie Schmol, and her husband Steve, who have started a fitness business called Get Moving! Group Fitness & Personal Training. Join them for a 60 minute workout that includes cardiovascular, strength, and flexibility training. Mind-body and functional exercises are incorporated into the prescribed routines to offer an effective calorie-burning workout. The program does not include running but will keep your heart rate in the aerobic range and provide much need cross-training to your running/walking program. Please come dressed to workout and bring a water bottle, mat, and hat. Classes are held throughout Brevard County and your first class is FREE. SCR members will receive 10% off a package of 18 classes. Visit our website for details on class schedule and location: www.getmovingfitness.weebly.com. It's time to Get Moving!

CONGRATS to those who participated in:



June 8: Family Fitness Sprint Triathlon Series race #2 (Siesta Key) finishers Garry Branch, Rob Downey, 1st 55-59, 1:18:57; Katie Halley, 1:55:25; Loran Serwin, 1:23:06; Christy Zieres, 1:38:07. **Family Fitness Sprint Duathlon Series (Siesta Key) finishers** duathlon finishers included Sean Black, left, 3rd 45-49, 1:15:26; John Gilmour, 3rd 45-49, 1:21:08; Bryan Steel, 1:28:25. Left: Rob Downey at one of last year's Family Fitness Sprint Series triathlon races.

June 14: Escape from Alcatraz Triathlon (San Francisco) finishers John Lothrop, 2:49:49; Bill Buonanni, 3:41:47 and Nancy Buonanni, 4:11:08. (Check out the Buonanni's 'top ten' on the race starting on page 36)



June 20: CFT Sprint Triathlon Series race #1 (Clermont) finishers Heather Anderson, 2nd 30-34, 1:06:46; Tom Babington, 1:31:59; Danny Barrett, 1st Fat Tire, 1:01:35; Cyndi Bergs, 1:15:24; Mark Carstens, 1:31:52; Erika Clark, 1:11:39; Jackie Clifton, 3rd OA, 55:44; Barry Clinger, 1:18:00; Bill Czagas, 1:15:14; Melissa Evziere, 1:16:10; Michael Evziere, 1:15:28; Chris Gaston, 1:04:40; Daryl Gilbert, 1:14:35; Sharon Gillette, 2nd Athena, 1:10:11; Steven Hebert, 1:35:54; Brandon Hinchman, 1:13:05; Melbourne, 1st 20-24; Kelly Hunter, 2nd, 40-44, 1:04:19; Molly Kirk, 1:11:55; Nicole Kurschat, 1:06:23; Noreen Lukow, 1:19:58; Randy Matejeck, 1:20:50; Thomas Mayer, 59:07; Doug McMahon, 1:24:31; Tom Parker, 1:00:36; David Poole, 59:14; Keith Potter, 55:33; Mike Power, 1:04:26; Carol Scott, 1:26:20; Bernie Sher, 1st 70-74, 1:14:09; Patti Sponsler, 1st 50-54, 1:03:29; John Wright, 1:08:27. Left: Jackie Clifton, Molly Kirk, Sharon Gillette, Patti Sponsler, Kelly Hunter,

Bernie Sher, Heather Anderson, Danny Barrett, Carol Scott.

June 20: Family Fitness Sprint Triathlon Series race #3 (St. Leos) finishers Garry Branch, 1:05:21; Rob Downey, 1st 55-59, 58:21; John Jordan, 2nd 45-49, Sue Matschner, 3rd 40-44, 1:01:36.

June 21: Ford Ironman Coeur d'Alene (Idaho) finishers Ed Donner, 10:13:56; Brian LaJoie, 10:44:40; Sage LaJoie, 11:38:28.



June 22: Marineland International-Distance Triathlon Series race #3 (St. Augustine) finishers Kaitlin Shiver (1st OA but organizers only gave ag) 1st 20-24, 2:00:04; Theresa Miller, 1st 50-54, 2:41:41; Loran Serwin, 2:36:50; Christy Zieres, 1st 45-49, 2:43:29. **Marineland Sprint-Distance Triathlon Series race #3 finishers** Christine Lighthill, 2nd 45-49, 1:33:08; Jamie Marchio, 1st 35-39, 1:08:49, Ed Springer, 2nd 30-34, 1:10:58 **Marineland Sprint-Distance Duathlon Series race #3 finisher** Kara Niedermeir, 2nd 30-34, 1:29:56. Photo at left of Ed Springer and Kara Niedermeir at the Muddy Buddy race at Walt Disney World in May. The name of the couple's team? The filthy fiancées -- what else?



Got Sticker? These look great on the back of your car, on a window or even on your husband's forehead! New members will receive them with their welcome letters. Returning members can pick them up at the SCR table at the ROY races or at our fun runs and socials.



Keep more tabs on local athletes and their doings via the stories, photos and announcements at <http://www.spacecoastmultisport.com/newsblog.html>

Take a Break!

Come join Space Coast Runners for their monthly Thursday night socials. The evening starts with a free fun run along the Indian River with fluids provided. After that, kick back with your pals for free pizza and cool give-a-ways at Ryan's Village Pizza.

Thanks to Jack Lightle for sharing these shots from the June post-run food fest. Some of the give-a-ways included a Running Zone gift certificate and free swim coaching from Mike Rochelle.

Join us for the next one on July 16 at 5:30 p.m. We leave from Ryan's which is just across the street from the west side of Riverfront Park in Cocoa Village at 405 Delannoy Avenue.





SPACE COAST RUNNERS

2008-2009 AWARDS

May 16, 2009

It's a hard-fought eight months of racing.

For 30-some seasons now, Space Coast Runners, one of the state's largest running clubs, has offered its members the Runner of the Year Series; a collection of seven to 10 races varying in distance from 5K (3.1 miles) to the marathon (26.2 miles). With each race, participants earn points based on their performance with the fastest times earning the highest scores.

At the end of the season, the numbers are totaled and the club holds a special banquet – this year on May 16 – to honor its best athletes.

In addition, other talents are recognized as *The Golden Shoe*, *Hall of Fame*, *Ran all Races* and *Space Coast Runners scholarships* are also awarded to worthy recipients. The awards dinner is also the time we say hello to the new volunteer and elected officers and board members and bid adieu to those who need a well-deserved break. Below is the 2009-2010 slate of volunteers and on the following pages you will find all of this season's award winners. Congrats and thanks to all!

PRESIDENT:

Cyndi Bergs, mcbergs@att.net

VICE PRESIDENT:

Carol Ball, cball1@cfl.rr.com

SECRETARY:

Cedric Ching, Cching@cfl.rr.com

TREASURER:

Marlene White, marlenewhite@cfl.rr.com

MEMBERSHIP/ROY CHAIR:

Loran Serwin, Lserwin@cfl.rr.com

CHAIRMAN OF THE BOARD:

Carol Ball, cball1@cfl.rr.com

DIRECTORS:

Linda Cowart, landclearing@bellsouth.net

Nick Flint, nickruns@bellsouth.net

Tammy Foster, tfoster@cfl.rr.com

George Haddad, georges60@earthlink.net

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Marty Winkel, runsalot@earthlink.net

Christy Zieres, zieresc@bellsouth.net





SPACE COAST RUNNERS 2009 STATE OF THE CLUB

By Outgoing President Carol Ball

One of my goals for the Club this year was to increase exposure and to have more community presence.

The 2008-2009 running season kicked off with a membership drive held at Running Zone in August. We showcased our new SCR Display Board, highlighting the Youth Series, member photos, race beneficiaries, and information on upcoming races and events. We offered and extended several reduced memberships and renewals on that day only.

This season, we implemented a two-mile race in conjunction with the Space Coast Classic 15K, as we did last year, and this year with the Space Walk of Fame, in an effort to appeal to more families and walkers. As a result, participation increased in both races.

After increasing concern about our Club's financial status throughout the last fiscal year, the SCR Board finally made the decision to go to an Online Newsletter in August 2008. This was met with some controversy, but mainly favorable support. We are now able to present a product that is larger with more graphics and color. A new eBlast service was also offered to Race Directors for placing their race applications in the newsletter. We have achieved significant cost savings that is allowing us to do more for our members.

Linda Cowart has helped us organize some great Sunday Breakfast Runs after our Sunday morning fun runs as well as the Third Thursday Socials in Cocoa Village where we enjoy free pizza and give-a-ways at Ryan's Pizza after the run.



SCR member, Howard Kanner, leads the Youth Series tot trot after the Reindeer Run 5K in Cape Canaveral on Dec. 13, 2008. Cedric Ching photo.

The free Space Coast Runners Youth Series completed its seventh year, with more than 200 children participating yearly. Over the years, many of these children have graduated to the adult races! A huge thank you to the parents who bring their children to run, especially the non-running parents!

Last month we sponsored a ChiRunning Clinic for 12 participants at Kelly Park in Merritt Island. If there is enough interest, we would like to offer more clinics of this type.

SCR continues our Space Coast Marathon partnership with Running Zone Race Management, Inc. The 2008 event was the best yet, with 1,555 finishers, and netting over \$7,000 profit for our Club. The Marathon Committee, con-

sisting of Don and Denise Piercy and several Board Members, worked hard to make improvements – for example volunteer appreciation goodie bags including a free race entry to an upcoming SCR, RZ, or TRS race. New for 2009, awards will be given to the 1st, 2nd, and 3rd male and female Space Coast Runner finishers in both the marathon and half marathon! Registration is now open for the November 2009 event. www.spacecoastmarathon.com

With proceeds from race profits this season, we were able to generously donate to the Women’s Center of Brevard, the Juvenile Diabetes Camp of Florida, the SWOF Museum in Titusville, and to increase the amount of our High School Scholarships.

The continued challenge that this Club encounters is the lack of volunteerism. Our Board works hard to offer its members a quality race series. The four Club owned anchor races of our series, the Space Coast Classic 15K, the Space Coast Marathon /Half Marathon, the Eye of the Dragon, and the Space Walk of Fame rely heavily on volunteer support and sponsorship. When you next renew your membership, please consider volunteering at or sponsoring one or more of these four races.

October 14, 2008 saw the loss of long time SCR member Don Dore, Sr. In memory, Don’s family placed a bench at Gleason Park. SCR had a plaque placed on the bench, signifying our recognition for what Don meant to our Club. Rest in Peace, Don.

I would like to thank all of you for your support during my presidency, and let you know that I’ll still be around!

Carol



FLORIDA TODAY did a story on how Linda Cowart and Suzie Enlow implemented the Space Coast Runners Sunday morning fun runs in Cocoa Village and focused on their faithfulness in providing a safe venue for runners and walkers. The two ladies put down and pick up water and Gatoraide at two places along the out-and-back River Road course each week. Barry Jones photo of some of the Sunday morning crew. Come join us at 6:30 a.m. at Riverfront Park!



CAROL BALL

2008-09

GOLDEN SHOE AWARD

Nominated by Marty Winkel

The Golden Shoe award is presented annually to recognize one individual who has demonstrated a sustained, long term commitment to the runners along the Space Coast.

It was a no-brainer as far as awarding Carol Ball the Golden Shoe. Over the years, she has served as a board member and secretary to Space Coast Runners and, for the past three years, has guided the club under her presidency.

What is truly amazing is that more than three years ago, Carol had to give up the sport because of acute osteoarthritis to the knees. In spite of the fact, her passion to support the running community has continued and here are just a few of her many and significant contributions:

- *Initiated the Youth Series in 2002.
- *Built a Space Coast Runners presence with the Road Runner Club of America.
- *Backed the newsletter editor to take the newsletter from print to electronic, resulting in significant cost savings that are being put back into member amenities.
- *Coordinated a formal contract with Running Zone to manage the Space Coast Marathon and continues to head up a committee of Board members who work with Running Zone in planning and volunteer efforts.
- *Initiated the summer training seminars to help race directors improve race quality.
- *Implemented the walking portion of our fun runs and walks.
- *Clean-up, ongoing refurbishment and organization of club equipment and shed.



Board member, Marty Winkel, reads the letter he wrote nominating 2008-09 President, Carol Ball, for the season's Golden Shoe award. Gene Ramba photo.

There are also certain actions and responsibilities that come with the SCR presidency that can take multiple amounts of time. Carol did it all with a cheerful willingness including:

- *Responding to all questions, suggestions and sometimes even complaints from both SCR members and non-member.
- *Acting as point of contact between race directors and SCR, including Running Zone and the Space Coast Marathon.
- *Developing the agenda for and leading the monthly meeting of SCR Board of Directors and Officers.
- *Leading the Youth Scholarship effort.
- *Setting up and cleaning up at races and events.

We have benefited tremendously from her commitment to, and support of, the running community along the Space Coast.

For everything she has done for us, the Space Coast Runners Club recognizes and awards Carol Ball the Golden Shoe Award for 2009.



GARY CASTNER

2008-09

HALL OF FAME AWARD WINNER

Nomination letter submitted by Marty Winkel

I think when you read or hear the words written on this SCR Hall of Fame nomination you are going to repeatedly say “I didn’t know that”. This is no surprise since Gary Castner is a low key sort of quiet and humble individual.

Gary Castner began running as a teen, lettering in cross county at Lee High School in Jacksonville and Florida State University. Running continued to be important and almost a way of life following his formal education.

Gary taught math and coached track for many years at DeLaura Middle School and inspired a lot of young runners and their family members. He has been a Space Coast Runner member for years, only Gary knows how many, but I’ll guess for more than 30. Matter of fact, a lot about Gary is known only by Gary. His wife, Stephanie, can’t even come up with good estimates. Gary is a past member of the SCR Board. He was on the Board when the SCR Runner of the Year series was started. The Board at that time came up with the concept, guidelines and the initial rules. More than 25 years later and the SCROY series is still going strong.

Gary, along with Don Dore Sr. (another Hall of Fame inductee) worked together and developed the SCROY results system. Prior to the computer age, they tabulated the results by paper, pencil and hand. They did this for -- by my estimate -- 15 years. Keep in mind, the last race of the season was like it is today -- typically two weeks prior to the SCR Awards Banquet. Besides tabulating the results, they ordered, picked up and delivered the awards.

Gary is a past race director and participant of the now defunct “Harold Tucker, Worlds Longest Beach 50K Ultra Marathon”. Granted, this race never drew a very large number of runners, but it was still a daunting challenge to recruit volunteers, deliver supplies to the water stations, etc. while enduring the often cold, windy bad weather. This race was a winter race, typically held in December. Gary was also a key volunteer working with Bill Dillard on the Space Coast Marathon when it started and finished at the Melbourne campus of Brevard Community College.

Most people do not realize that Gary can often be found helping with the scoring at almost every race that uses the Henry Campbell system. Gary is seldom asked to help, he just does it. He enters the race, runs the race, crosses the finish line and starts to help with the scoring. Now, you may think that last statement is an exaggeration, but it isn’t. Gary races almost every race along the Space Coast.

Again, I don’t know the number of years for sure, but I think Gary (the STREAKER) has run every SCROY race since the inception of the series. Don’t know how many years, but I believe he placed in the top three in his age group every year. And talk about Streaking, Gary hasn’t missed a Jacksonville Gate River Run since that race started 35 years ago.



Did you know that Gary ran the Boston, New York, Marine Corps, Disney, Peachtree and of course, the Space Coast Marathons?

Gary continues to enjoy running, continues to volunteer and help at races, and probably most importantly, continues to inspire others.

It is with great respect that I nominate Gary Castner to the Space Coast Runners Hall of Fame.

Marty Winkel

Gary Castner, left, laughs with Carol Ball as Marty Winkel reads the letter he wrote nominating him for the Space Coast Runners Hall of Fame. Gene Ramba photo.



MARLENE WHITE

2008-09

HALL OF FAME AWARD WINNER

Nomination letter submitted by Marty Winkel

The Space Coast Runners Hall of Fame was established to honor individuals for their long term running success OR for exemplary support of runners over a sustained period of time. This individual has done it all and she has been doing it since 1976 when she was a Senior at Central Bucks West High School.

As a senior, Marlene White, nee Barr, joined the girls track team. She soon became Captain and specialized in the one- and two-mile events. Marlene continued to run for recreation during her first years of college. And then, for reasons unknown, Marlene stopped running for a few years.

At 30 years of age, while living and working in Philadelphia, Marlene joined an employee running team. After just two weeks of training, Marlene placed third in her age group at a local 5K. In 1990 Marlene joined the Delaware County Road Runners Club. In 1991 she was the Mid-Atlantic 10K champion. It was also in 1991 that Marlene ran her first marathon, the Marine Corps Marathon.

Since then she has run 54 marathons, including several trips to Boston, and is 14 states shy of achieving the 50 states plus D.C. status.

Although she moved to the Tampa Bay area in 1994, Marlene remained the race director of the Chalfont Challenge 5K in Bucks County, PA, her hometown. From 1994 through 2000 she would fly and assume the day of race directors responsibilities. Prior to race day she would coordinate pre-race activities with the Town Manager, Marlene's mom.

In 1997, the White's moved to Cocoa Beach and joined the Space Coast Runners Club. During her first few seasons, Marlene took second OA, Masters, and three age group ROY awards.

In 2001, Marlene became the Space Coast Runners club treasurer. Up until then, we thought we were doing fairly well with the "books". Marlene balanced our books; began collecting funds owed to SCR; filed applicable income tax papers for several past years and did all the paper work required to get us our tax-exempt status.

Marlene has been the race director for the Eye of the Dragon 10K since 2004 and in 2005, initiated and has since directed the Cocoa Beach Sun & Fun 5K.



In 2006 Marlene initiated the Mileage Club at Freedom 7 Elementary School. 23 percent participate in the twice-a-week run/walks around the school ball field. Students receive token awards for reaching their individual mileage goals. In 2007, Marlene applied for and was a RRCA Kids Run the Nation Grant Recipient.

It is with great pleasure that I submit this nomination to the Space Coast Runners Club and ask you to induct Marlene into the Space Coast Hall of Fame - 2009.

Marty

Marlene White listens attentively as Marty Winkel reads his letter nominating her for the 2008-09 Hall of Fame award. Gene Ramba photo.



**2008-09
SPACE COAST RUNNERS
RUNNER OF THE YEAR
MALE AWARD WINNERS
(most) Photos by Gene Ramba**



**John Davis
1st OA**



**Ed Springer
2nd OA**



**Steve Chin
2nd OA**



**Pat McCormick
Masters (40+)**



**Matt Mahoney
Grand Masters (50+)**



**Jim Schroeder
Sr. Grand Masters (60+)**



**Nick Flint
1st 10-14**



**Sterling Schantz
2nd 10-14**



**Noah Davis
3rd 10-14**



**Cedric Ching
1st 25-29**



**John Campbell
1st 30-34**



**Frank Kapr
1st 35-39**



Scott Larson
2nd 35-39



Howard Kanner
3rd 35-39



Bob Maggio
1st 40-44



Dave Hernandez
2nd 40-44



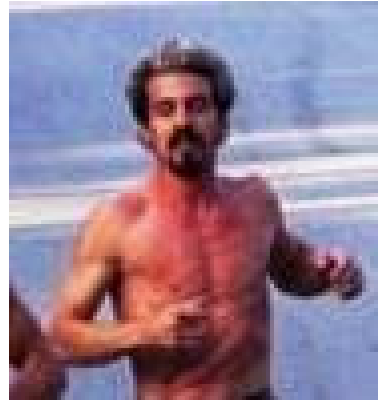
Art Anderson
1st 45-49



Keith Kowalske
2nd 45-49



Ricky McDonald
3rd 45-49



Roger Travis
1st 50-54



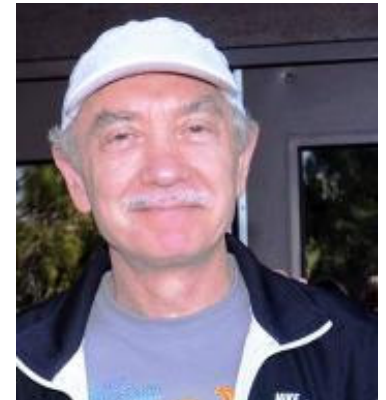
Michael Miller
2nd 50-54



Jerry Bird
3rd 50-54



Wolfgang Jensen
1st 55-59



Bud Timmons
2nd 55-59



Tom Hoffman
3rd 55-59



Ray Brown
1st 60-64



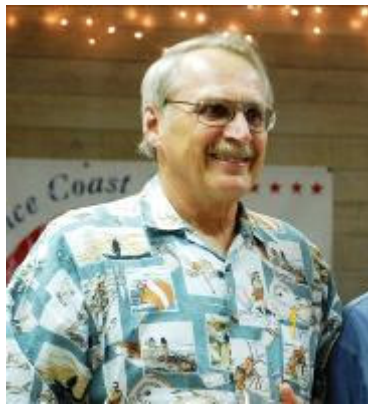
Gary Castner
2nd 60-64



Frank Webbe
3rd 60-64



George McAfee
1st 65-69



Darwin Tangen
2nd 65-69



Tom Ward
1st 70-74



Bob Pecor
2nd 70-74



Morris Johnson
3rd 70-74



Jack Lightle
1st 75-79

**COMPLETE
SPACE COAST RUNNERS
2008-2009
RUNNER OF THE YEAR
RESULTS :**

<http://www.spacecoastrunners.org/roy/male09.htm>
(MALE)

<http://www.spacecoastrunners.org/roy/female09.htm>
(FEMALE)



SCHOLARSHIP AWARD WINNERS



Left, out-going 2008-09 President, Carol Ball, reads the winning essay that was written by the male winner of the SCR \$1,000 scholarship winner, Sky Beck. The Cocoa High School graduate will be attending the University of Florida, majoring in sports medicine therapy.

Although there is no photo available, another \$1,000 scholarship was awarded to Marie Tillema from Viera High School. The rising freshman will also be attending the University of Florida where she will major in biochemistry and pre-pharmacy.

Good luck and congratulations to our scholarship winners. Oh, and GO GATORS!



**2008-09
SPACE COAST RUNNERS
RUNNER OF THE YEAR
FEMALE AWARD WINNERS
(most) Photos by Gene Ramba**



**Tracy Smith
1st OA**



**Kara Niedermeier
2nd OA**



**Nancy Buonanni
3rd OA**



**Robin Hernandez
Masters (40+)**



**Anne Dockery
Grand Masters (50+)**



**Susie Koontz
Sr. Grand Masters (60+)**



**Nyssa Holmquist
1st 9 and under**



**Audrey Kirk
2nd 9 and under**



**Kaia Holmquist
1st 10-14**



**Rachel White
2nd 10-14**



**Stephanie Bird
1st 15-19**



**Jackie Schmoll
1st 25-29**



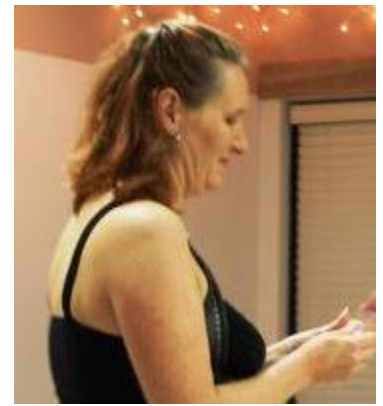
Erin Schuck
1st 30-34



Devra Fain
1st 35-39



Michelle Smurl
2nd 35-39



Tina Schantz-Gross
3rd 35-39



Sandra Gannon
1st 40-44



Barbara Krause
2nd 40-44



Terry Ferrisi
3rd 40-44



Anne OConnor-Smith
4th 40-44



Theresa Miller
1st 45-49



Suzie Enlow
2nd 45-49



Sue Strout
1st 50-54



Melanie Delman
2nd 50-54



Elizabeth Ring
3rd 50-54



Anne Doerflein
1st 55-59



Jacquelyn Kellner
2nd 55-59



Mary Ramba
1st 60-64



Willy Moolenaar
1st 65-69



Katie Marsh
1st 70-74



Joan Mahoney
2nd 70-74

**THIS
COULD
BE
YOU
NEXT
SEASON!**



**2008-09
SPACE COAST RUNNERS
(WHO) RAN ALL RACES**

It takes determined dedication to -- not to mention the time and talent -- to successfully complete every Runner of the Year Series race! The 2008-09 season offered four 5Ks, one 8K; two 10Ks; one 15K and the choice of either the Space Coast Marathon or Half Marathon.

Congrats to all of these tenacious athletes including (from left to right) Bob Pecor, Anne Dockery, Ray Brown, Devra Fain, Terry Ferrisi, Marissa Flint, Jacquelyn Kellner, Nick Flint, Sharon Gillette, Suzie Koontz, Mo Johnson, Wolfgang Jensen, Jack Lightle, Michael Miller and Bud Timmons!



June 28, 2009

Touring the nation, 26.2 miles at a time

In 6 years, new citizen runs marathons in 50 states, DC

*BY PATTI SPONSLER
FOR FLORIDA TODAY*

Think running one marathon a year is tough? Try 10, or 12 or even 18.

In less than six years, that pace allowed Fiona Wright of Palm Bay to accomplish something only a small number of her athletic peers can claim: completing at least one 26.2-mile foot race in each of the 50 states and Washington, D.C.

Wright is the first woman in Brevard County to reach the milestone and the second overall behind Titusville's Marty Winkel, who completed his own quest -- on a much more relaxed schedule -- in 2005.

"Early on, I averaged about one a month," said Wright, a 46-year-old registered nurse originally from Middlesbrough, England, who became a U.S. citizen in 1998. "As I got closer to the end, I had the 'gotta get it done, gotta get it done' mentality and knocked out 18 in 2008."

When Wright started running in 2002, the Brit had no idea that she could run one marathon, let alone get to know her adopted country in this unusual manner.

"I thought the 5K (3.1 miles) was my limit until November 2002," Wright said. "We were in New York City and happened to watch some of the runners finishing the marathon. There were many who were older and heavier than me, and that made me think I could do one, too."

One year later, Wright amazed herself, crossing the famed Central Park finish line in 5:29:06. In 2004, she and her former husband ran another marathon in Venice, Italy.

"I was 20 pounds lighter and 62 minutes faster," she said. "I thought that one or possibly two marathons per year would be a great way to stay in shape."

And she might have been content to sprinkle the 26.2-mile event in only every so often with shorter distances, save a happenstance meeting with several members of the 50 States Marathon Club in early 2005.



Fiona Wright, 48, of Palm Bay, but originally from England, shows some of her favorite medals she has collected in six years of running marathons throughout the United States. (Craig Rubadoux, FLORIDA TODAY)

"They had a certain joie de vivre," she said. "I thought (the 50-states quest) would be a great way to see the country. With the exception of Texas and California, unless a state was on the Eastern Seaboard, I didn't know where it was." But she does now.

"This country is spectacular," she said. "This journey has showed me its huge range and incredible resources."

Wright also has learned to appreciate the generosity and trusting nature of her countrymen.

"They are really good people," she said. "I've made friends all over the country. You start to see many of the same people at the same races and end up staying at their house for a race. Or someone will send out a group e-mail asking if someone will share a hotel room. There is an implied sense of security."

And those who partake in the journey can find a fresh start in the quest, as well as acceptance, from its travelers.

One man "had trouble with drugs and was a convicted felon," Wright said. "He turned his life around at the finish line of 26.2 miles and has become one of my best friends. He has watched out for me at several of the marathons I traveled to alone."

Her feat is one of sturdy feet: As a nurse, she works 12-hour shifts, and she runs 30 to 40 miles per week. And it takes tenacity to juggle expenses, shifting airline schedules, odd quirks of travel companions and race dates.

"I feel lucky that I was able to have many good races to choose from early on," she said. "Once I got past 35 states, the options became a bit limited. The ones I did do, though, I enjoyed."

Wright is particularly thankful for the support and schedule flexibility afforded to her by her supervisor and colleagues at Palm Bay Community Hospital.

In turn, her travels have helped her build a comforting rapport with her patients.

"Everyone is from somewhere else," she said. "They love to hear what I thought about their state, especially the states where not many people live, such as North Dakota."

While Wright's treks have provided her with a deeper appreciation for her country and those who live here, the greatest gift she has received is a rich reservoir of confidence in her own capabilities.

"I've never set such a lofty goal before," she said. "When you set your mind to do something, you can do it. Don't listen to naysayers."

What's next?

"I've developed quite a taste for history during my travels," Fiona Wright of Palm Bay said. "I was born and educated in Britain, so U.S. history was sadly neglected. I'm going to plan my marathons around dead U.S. presidents, visiting their homesteads and learning a little about them. If I run out of presidents, then I'll think of something else. The possibilities are limitless."

Summary of running tour

Although each of her marathons was memorable, Fiona Wright shares comments about her 10 favorites.

- Marathon No. 1: New York City, November 2003. Race time of 5:29:06. "I'm really here doing it. No turning back now!"
- No. 4: Estes Park Marathon, Colo., June 2005. Race time of 5:13:23. "How come I can't breathe and my splits are 12 minutes per mile? What a view from 7,000 feet."
- No. 8: Rocket City, Ala., December 2005. Race time of 4:34:48. "Starting temperature is 18 degrees. Ice in the gutters and frost on the windows."
- No. 10: Ellerbe Springs, N.C., March 2006. Race time of 4:48:58. "These are not the Rockies, but that doesn't make the hills any flatter."
- No. 14: Crater Lake, Ore., August 2006. Race time of 5:07:57. "This has to be one of the most beautiful places on Earth. How lucky I am to be running through it."
- No. 27: Detroit, October 2007. Race time of 4:39:45. "Think I'll run north of the border today. Canada is nice, but I'm going back stateside. Look out for Homeland Security!"
- No. 31: Sedona, Ariz., February 2008. Race time of 4:57:42. "Running through the red rocks is indescribable."
- No. 37: Grandma's, Minn., June 2008. Race time of 4:47:41. "Bob Dylan's hometown."
- No. 48: Maui Oceanfront, Hawaii, January 2009. Race time of 5:20:49. "If I look to my left, I can see whales blowing their spouts out to sea. How cool is that?"
- No 51: Keybank Vermont City, Vt., May 2009. Race time of 4:43:10. "I'm done!"



Fiona Wright runs in her Palm Bay neighborhood with her border collie Bonni Belle. Wright says managing her work schedule and her trips to marathons nationwide can be taxing. (Craig Rubadoux, FLORIDA TODAY)



TOP TEN WITH BILL AND NANCY BUONANNI

THINGS YOU MAY NOT KNOW ABOUT THE ESCAPE FROM ALCATRAZ TRIATHLON



10. Escape from Alcatraz is ranked as the hardest triathlon to get into AND it's the third most difficult -- in the world.

9. When you start the swim leg, you literally jump off a boat 50 to 100 feet off the coast of Alcatraz. (it is too rocky with swirling currents for 2,000 people to swim from the shore of Alcatraz). The 59 degree water is cold, but your nerves and race attitude make the water feel refreshing.



8. During the swim, you not only swim 1.5 miles towards San Francisco, but you also drift in the strong current sideways nearly three miles towards the Golden Gate Bridge (you get out of the water near the Presidio but feel like you are drifting right into the Pacific Ocean). While swimming, you sight off a huge radio tower the whole time – YES, you feel a sense of panic as you are being swept by the city on your way over. There are no buoys to site from while you swim.



7. The swim was actually the least difficult leg of the Triathlon. The Bike leg was the most brutal with the run being the second hardest. When you finish the swim, you remove your wet suit, put it in a bag and then run ¾ of a mile to the bike transition.



6. During the bike ride, only three of the 18 miles are flat – there are four one and a half-mile steep climbs and one and a half-mile mile steep descents. The rest were rolling hills. Clermont's 56 mile ride including Sugarloaf was easier than this 18-mile course.

5. The steep bike descents were very curvy; we could smell brake pads melting from the bikes in front of us. We never got faster than 30 mph on the downhills – mostly going in the low 20's down. In other words, you don't get the benefit of your hard work climbing those darn hills.



4. The run was similar to the bike course, three miles flat and four miles of steep climbs and descents on rocky trails and one mile on soft sandy beach. During the steep climbs and descents, you go single file and cannot pass any other runner.

Top to bottom: Jump from the ferry; swimmers finishing with Alcatraz in the background; Nancy in first transition; Bill climbing another hill; Trails that were on the course.



3. During the run, you go up three separate sets of steps with the Sand Ladder being the worst. The sand ladder is basically 400 feet of rope with 6" logs about every foot that were tossed over a sandy cliff and over the years has worn down to something you can climb. The ladder comes four and one-half miles into the run and continue the burn of your legs like the bike ride did. At miles two and six on the run, you go through a small tunnel that has a 4-foot opening and no lights – the volunteers yell at you to remove your sunglasses and duck!

2. In spite of the treacherous course, the views were breath taking. Experiencing the "Escape" is the most difficult yet exhilarating endurance race we have ever done.

1. \$350 entry fee; 1.5-mile swim with three-mile drift in 59 degree water; ¾-mile run to transition; 18-mile torturous bike ride and eight-mile challenging run with breath taking views = \$11.20 per mile. Experiencing this joy and agony together with our children cheering us on – Priceless!



Top left corner: Sand ladder sadistically sits...waiting...

Top left and then clockwise: Nancy running near the finish line; The Buonanni family enjoying Muirs Woods; Bill and Nancy checking out the course; Bill -- and a few dozen friends exiting the swim; Nancy at the top of the sand ladder.

2009 Healthy Start Space Coast Challenge™

September 17, 18 & 19

Teams of two race through Brevard



Physical challenges



Challenges of the mind



Get Involved

Join a Team • Become a Sponsor • Volunteer



For more information,
visit www.healthystartbrevard.com
or call Janice Shepard at 321-634-6101



A Message from Sheriff Jack Parker

January 19, 2009

Dear Community Partners:

It's AMAZING! It's a RACE! It's Healthy Start's Space Coast Challenge!™ Join us for the first ever Healthy Start Space Coast Challenge to be held September 17, 18, 19, 2009. Teams of two will race through the streets of Brevard to raise money for Brevard's moms and babies. During this three day race, team members will be tasked with challenges involving local businesses, social service agencies and the community at large. Some challenges may be physical (canoe across the river), some may be charitable (prep ten pounds of onions at a local food bank) and some may be mental (count the number of petals on a flower). Clues and challenges will take the racers through north, central and south Brevard and will end at a celebration dinner and silent and live auctions.

All proceeds from this event will stay in Brevard County and will help to fund Healthy Start and their Community Assistance Projects, including:

- Pregnancy Education Outreach through our Building Tomorrow's Child Campaign
- Emergency Funding for Pregnant Women and Families through the Bonnie Schuster Memorial Fund

We invite your involvement in one or more of the following ways:

- Sponsor a team
- Sign up as a team member
- Become an event sponsor
- Donate a silent or live auction item
- Host a table at the celebration dinner
- Attend the dinner
- Volunteer on a committee

Whatever you choose to do, get involved! This is something never seen before in Brevard and is sure to have the entire community on its feet. Join us as teams race to the finish of the first ever, Healthy Start Space Coast Challenge!™

For more information, please contact Janice Shepard, Communications Manager: 321-634-6101 or jsheward@healthystartbrevard.com; or visit www.healthystartbrevard.com.

Sincerely,

A handwritten signature in black ink, appearing to be "Jack Parker", written over a white background.

Sheriff Jack Parker
Chairperson
Healthy Start Space Coast Challenge™

Mailing Address:
P.O. Box 560060
Rockledge, FL 32958 0868

Phone (321) 634-6101
Fax (321) 634-6108
www.healthystartbrevard.com

Physical Location:
1770 Cedar Street, Bldg. #5
Rockledge, FL 32955



Return Form by 6/30/09 to:
Healthy Start Coalition
1770 Cedar Street, Bldg. #5
Rockledge, FL 32956
321-634-6101

Healthy Start Space Coast Challenge™
September 17, 18, 19, 2009
Team Registration

Name: _____

Address: _____

Phone #: _____ Alternate Phone #: _____

Email address: _____

Business (if applicable): _____

Team Mate Name: _____

Team Name (if applicable): _____

Tee shirt size: SM ____ MED ____ LG ____ XL ____ XXL ____

Food allergies/restrictions: _____

Payment Information: (\$1000 per team)

- Cash
- Check # _____
- Credit Card # (MC or Visa only) _____ Expiration Date _____
- Name on Card: _____
- Billing Address: _____ Phone #: _____

For Coalition Use:

- Release of Responsibility Comments:
- Release of Medical Responsibility
- Copy of Driver's License
- Copy of Auto Insurance
- Emergency Contact
- Photo Release
- Team Tee Shirt Received
- Celebration Dinner Tickets Received (2)

For questions, contact Janice Shepard, Communications Manager at: 321-634-6101 or jshepard@healthystartbrevard.com
www.healthystartbrevard.com