

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



Big Five Marathon, Entabeni Game Reserve, South Africa (Page 16)

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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.

Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners. Contact Patti Sponsler at psponsler@cfl.rr.com



**VEEP
PEEPS**

Space Coast Runners -

The 2009 Space Coast Marathon & Half Marathon, to be held on Sunday, November 29 will be the best yet! There are some new additions that I would like to tell you about.

First, we won the bid, and this year's race has qualified as the 2009 Road Runners Club of America Florida State Championship Marathon!

To quote the RRCA website: "Since 1958, the RRCA has awarded championship events through a competitive bidding process at the National, Regional, and State level to RRCA member clubs and events. The goal of the RRCA Championship Events is to help the host club or event recruit top performing runners, attract sponsors, and improve civic and media support. A championship designation communicates to athletes and the community that the race organizers have agreed to follow approved guidelines in the conduct of the event."

RRCA will present Marathon Male and Female Overall, Masters, and Grandmasters Awards. These are in addition to our regular race awards, and may not be the same winners, as these awards do not go three deep. For example, if you win second overall, but are the fastest runner over 40, you will also win the RRCA Masters!

Another new aspect to this year's race is that we are now sanctioned by the USA Track & Field organization.

"A USATF sanction is an official designation issued by USATF, through a local Association, which approves and licenses the holding of a competitive track & field, long distance running, or race walking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators." A USATF sanction is required to have a time recognized as an official state record.

Lastly, Space Coast Runners Board of Directors has voted to give twelve awards to the TOP 2009 SCR MEMBER runners this year. The first three Marathon and Half Marathon Male and Female Overall SCR members will receive special awards.

Don't forget, Brevard County Residents entry fees are discounted, but only until August 31st!

Look for more SCM Updates next month.

Carol Ball, Vice President
Space Coast Runners



2009-10 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

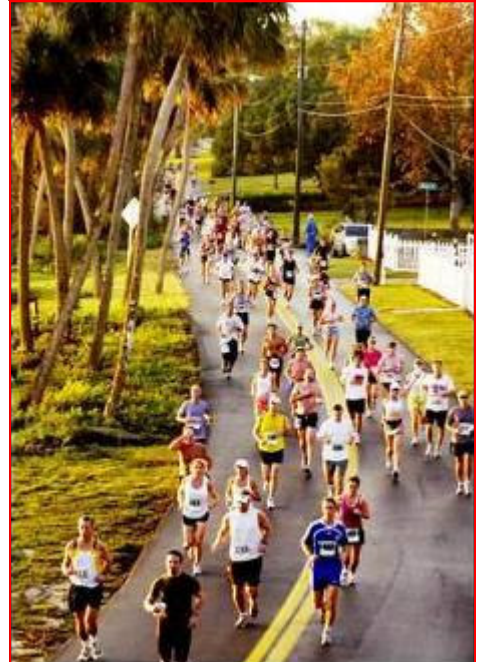
February 27, 2010
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

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

KEEP ON RUNNING

As a runner you already have bought into the idea that running can extend you life. Or at least I hope so. Recently some published results of a long term study by a team at Stanford University of Medicine provides compelling evidence that avid runners are only half as likely to die prematurely as non-runners and they remain fit and active longer in life..

The study was designed to look at the long term effects of running on survival among older adults.

In 1984 with the assistance of a national running organization the researchers developed a data base of over 900 persons in the United States aged fifty and above as the “runners” group. After sending questionnaires, 538 of those runners became the test group for tracking against 423 in a control group identified from Stanford University staff and faculty.

The control group also included some people who performed rigorous exercise--including running--so that the group would be reflective of the general population.

The test group spent about four hours per week running and five total hours per week in vigorous exercise. The control group ran about 15 minutes per week with 1.5 hours per week of total vigorous exercise.

Participants averaged 59 years of age at the beginning of the evaluation period. They then completed annual questionnaires over the 21 year study period providing updated medical history, exercise habits and other information.

The self reported information was verified on a subset of the group against information obtained from doctors or trained observers to validate as best possible the questionnaire responses.

As the years passed both groups showed a decline in functional ability, however the decline was significantly less--about 50 percent less--in the runners group. Weekly running time of the runners dropped to 76 minutes, but health benefits were evident.

At the end of the study researchers checked the National Death Index to identify participants who died and their cause of death. They found that 23 percent of those enrolled in the study had deceased. Among the test group--the runners--81 or 15 percent had died over the years. Of the control group 144 or 34 percent of the group had died.

Looking at specific causes of death, the study found that runners were less likely to die from cancer, cardiovascular, neurological or infectious causes.

Researchers concluded that *vigorous running in middle and older ages reduces disability in later life and lengthens life.*

The National Health Service generally agreed that the study was well designed but pointed out that no adjustments were made for diet and that there may have been differences between runners and the control group other than their running that accounted for some difference seen in survival rates. They said however that the evidence is beyond challenge--that the study reinforces the idea that exercise is good for you and helps you live longer and remain more able bodied.

Like General MacArthur said about old soldiers—

Old runners never die, they just jog away.

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 _____

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ACROSS FROM BREVARD COMMUNITY COLLEGE**



2nd Annual
Get Up & Go
5K / 10K
A Titusville Racing Series Event

Saturday
September 19, 2009
Christ Community Church
Titusville, FL

LOCATION

Christ Community Church of Titusville, FL is located on the corner of Garden Street & Carpenter Road, directly west of I-95 on Garden Street (406). For more information contact the Race Director, Sarah Guttery, at sguttery@cfl.rr.com

DATE AND TIME

Saturday, September 19, 2009
 5K Run/Walk: 8:00 a.m.
 10K Run/Walk: 8:00 a.m.
 Kids' Races: 9:30 a.m.

CHECK IN AND PACKET PICK-UP

Check in starts at 6:30 a.m.
 Race packets may be picked up race morning at Christ Community Church.

REGISTRATION ALSO AVAILABLE @ACTIVE.COM

AWARDS

Top 3 Male/Female Overall
 Top Male/Female Masters
 Top 3 finishers in 15 age groups Male & Female
 Ribbons to all kids' race participants

ENTRY FEES

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

REGISTRATION

Walk, run or mail completed entry form to:
Get Up & Go 5K / 10K
 4295 Garden Street
 Titusville, FL 32796
Make checks payable to: Christ Community Church

Get Up & Go 5K 10K ♣ Saturday, September 19, 2009 ♣ Registration Form	
Last Name: _____ First Name: _____ 5K or 10K _____	
Age: _____ Male: _____ Female: _____ T-Shirt Size: YL S M L XL XXL	
Address: _____	
City: _____ State: _____ Zip: _____	
Daytime Phone: _____ Evening Phone: _____	
Email Address: _____	
_____ Yes! I would like to receive more information about Christ Community Church <u>Incomplete or unsigned forms will not be accepted.</u> I hereby release Christ Community Church, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event. Signature (under 18 requires a parent to sign): _____	
Date: _____	
Race Number: _____	
Method of Payment:	
Cash: _____ Check: _____	
Make check or money order payable to: Christ Community Church	

A Mile With...

Tristan Webbe



Name: Tristan K. Webbe

Family: Mom, Ellen; Dad, Frank; sister, Elizabeth; girlfriend, Jess.

Ages: assorted (respecting their privacy); mine 36.

School/major: FIT-master degree in Applied Behavior Analysis.

Dream profession: Voice work in T.V. and movies.

Number of Years Running: 2 1/2

Began Running To: lose weight, stress relief.

I Knew I Was Hooked When: people could convince me to run faster than I should & I thanked them.

Wanted to be a SCR Board Member because: get involved with decision making process; become more familiar with other runners/issues.

Race PRs (Personal Records): 5K: 19:45; 10K: 42:28; 15K: 1:06; Half Marathon: 1:42.

Most Satisfying Race Performance(s): 2009 Tiger dash with a three-minute PR.

Favorite Race: Downtown Melbourne of 'course' - nice pun.

Favorite Place to Run: cross country in the woods.

Running Partner(s): Everyone from the Up & Running crew, but typically Kara Niedermeier, Nick Flint, Howard Kanner.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: my dad, Stephen King, Mark Twain & Abraham Lincoln.

Funniest or Oddest Thing I've Seen While Running: A man hit by a port-o-let door during the Space Coast Half Marathon two years ago.

Training Philosophies: whatever goals you set, have realistic expectations and meet them.

One Piece of Advice That I Would Give to a New Runner: Don't over do it starting out, ask other runners questions. Listen to the sage advice of experienced runners and read.

Other Sports& Interests: kayaking, golf (not as much since I run a lot more).

Favorite Reads: I know it should be a running book, sorry it isn't. Anything by John Grisham.

Favorite Movies: Anything with Will Ferrell.

When Nobody is Looking I Like to: I watch people. Sounds strange, but I'm a paid observer (behavior analyst).

Favorite Meal: pizza, steak, fondue.

Dream Vacation: Anywhere in the south pacific (Hammock on a beach).

I Think That SCR Could Do A Better Job: Not sure, I think they are doing a good job.



Tristan 'towel snatcher' Webbe, right, paces his father, Frank, toward the finish line!

SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! 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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www.runningzone.com



10% off annual membership!



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Merritt Island

452-3550

10% off* to all SCR Members!
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Merritt Island, 452-3550
*bicycles excluded

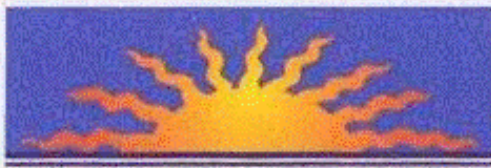


Group Fitness & Personal Training

10% off an 18-class package!
www.getmovingfitness.weebly.com



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www.sealevelscuba.com



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SPACE COAST RUNNERS

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You are entitled to discounts from the following:



www.Active.com



www.marathonandbeyond.com



[www.ConstantContact.com/
index.jsp?pn=roadrunnersclub](http://www.ConstantContact.com/index.jsp?pn=roadrunnersclub)



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www.ortholite.com



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10% online discount code:
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www.RRM.com



www.Gatorade.com

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runner.pdf](http://www.sportsauthority.com/graphics/corp/runner.pdf)
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Discount Code 42136



www.Sportscienceusa.com
10% online discount
code: RRCA2009



www.IpicoSports.com
Special pricing for RRCA clubs



www.Womensrunningmag.com



www.KSwiss.com

KEEPING TABS

A **HUGE ‘THANKS’** to everyone who helped with this month’s newsletter: Carol Ball, Cyndi Bergs, Nancy Buonanni, Kara Niedermeier, Running Zone, Jim Schroeder, Loran Serwin, Ed Springer, Tristan Webbe, and Wayne Wright.

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 Christine, Michael, Michelle and Tyler Adams-Melbourne; Maryanne McCarthy-Rockledge.



Happy Birthday (July 24) to Morgan Kirk, left, with

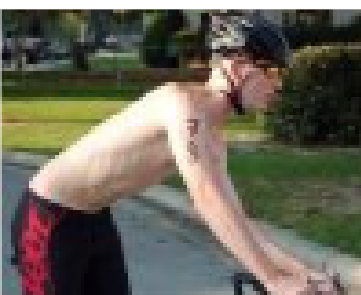
HAPPY AUGUST BIRTHDAY to (1)Roberta Reaume (2) Stephanie Bird, Cathy Chapman, Bill Floyd, Beth Timmons (3) Bob Pecor (4) Ron Hoar, Candy Smith (5) Sara Enriquez, Josh Stutte (6) Sue Holstein, Audrey Kirk, Mark Taylor (7)Dudley Ojeda, Jessica Scales, Skyler Schantz (8) Matt Mahoney, Don Piercy (9) Cathie Poor (10) Joshua Huss (11) Raymond Fleemon, Deb Johansen, Riley Smith (14) Kim Black, Cherie Serafini-Cook, Gabriela Shenbaum, Melissa Smith (15) Piyam Brown, Rebecca Huss, Greg Maxwell (16) Jack Kenworthy, Sheila Sanders (17) Cynthia Flanders-Smith (18) Doug Willard (19) Bob Richmond (20) Christina Alexander, Hank Serafini (21) Wayne Carroll, Stephanie Deen, Jim Schroeder, Denise Unrue (24) Don Dore, Theresa Ferebee, Chuck Galy, Morgan Kirk (25) John Robson (26) Andy Atkinson (27) Nikolas Harvan-Matosich (28) Kim Bress (29) Kim Badgett, Austin Joiner, Greg Severson (30) Bob Ghormley,

Kelsey O’Connor (31) Marissa Flint.

Peachtree Road Race 10K (Atlanta, July 4) local finishers Jessie Coleman, 58:19; Judy Coleman, 1:07:18; Katie Coleman, 1:08:32; Greg Cross, 1:14:08; Nancy Cross, 1:03:32; Charis Gaines, 1:06:15; Carri Grady, 1:22:18; Jim Grady, 1:22:16; Elizabeth Henderson, 1:18:58; David Jones, 42:15; Adam Knez, 1:06:08; Lisa Neal, 2:32:34; Susie O’Connell, 1:27:33; Tracy Osuch, 2:11:00; James Ralph, 57:26; Michael Rich, 1:08:37; Patsy Roberts, 1:10:10; Kristina Talbot, 1:09:20; Kevin Valone, 59:11; Barbara Van Veen, 1:58:56; Steve Winterfeldt, 1:32:26.

Firecracker 5K (Melbourne, July 4); Race number one of the six-race 2009-2010 Running Zone Race Series. Story, photo and complete results available at:

<http://www.runningzone.com/newsletter/?PHPSESSID=6fdd9b57198b3b33dd7a668a4986ce83>



Keith ‘K-Dogg’ Potter

CFT Sprint Series #2 (Clermont, July 13) local finishers Heather Anderson, 1:05:53; Robert Babington, 1:27:47; Tom Babington, 5th 65-69, 1:27:46; Danny Barrett, 1st fat tire, 56:46; Cyndi Bergs, 1:14:19; Barry Clinger, 1:09:15; Tammy Creighton, 1:46:11; Bill Czagas, 1:14:52; Mark Dirga, 5th 55-59, 1:01:51; Chris Gaston, 1:02:22; Sharon Gillette, 2nd Athena, 1:06:42; Steven Hebert, 5th Fat Tire, 1:30:01; Kelly Hunter, 3rd 40-44; 1:04:07; Molly Kirk, 5th 45-49, 1:05:52; Nicole Kurschat, 1:05:51; Randy Matejcek, 1:13:17; Doug McMahan, 1:17:53; Joan McMahan, 1:09:35; David Poole, 5th AG 45-49, 57:18; Keith ‘K-Dogg’ Potter, 1st 20-24, 54:25; Bernie Sher, 1st 70-74, 1:11:12; Patti Sponsler, 2nd 50-54, 1:03:04.



Paul Fleming

Moss Park Triathlon Festival Sprint Triathlon (Orlando, July 18) local finishers Rafael Alvarez, 1:25:24; Joe Becker, 1:35:53; Cyndi Bergs, 1:38:14; Jerry Bird, 1st 55-59, 1:11:35; Kevin Bird, 2nd 20-24, 1:10:06; Stephanie Bird, 1st 15-19, 1:12:42; Brad Cody, 3rd 45-49, 1:07:44; David Cook, 3rd 55-59, 2:05:30; Paul Fleming, 1:17:52; Betsy French, 1st Military, 1:51:17; Hunger French, 2nd Military, 1:20:34; David Friedland, 2nd 40-44, 1:14:51; Daryl Gilbert, Sr., 3rd Super Clydesdale 40+, 1:31:35; BJ Graham, 2nd 30-34, 1:07:12; Trinity Graham, 1st Athena, 1:23:15; Katie Harley, 1:32:09; Sebastian Hart, 3rd 15-19, 1:43:10; Stan Hart, 2:12:59; Stephanie Hirst, 1st OA, 1:05:39; Donna Hoven, 1:24:35; Kara Marcinek, 1:30:44; Sue Matschner, 2nd OA, 1:09:05; Kristen Neilson, 1st 20-24, 1:14:00; Sharon Neilson, 1:28:51; Steve Picerne, 1:23:45; Debbie Rescott, 2nd 50-54, 1:26:20;

Eric Rothery, 1:18:59; Michael Weiss, 1:41:47. Congrats, also, to Sean Black who finished 3rd OA in the sprint duathlon with his 1:11:08 finish and to Christine Kennedy, whose 1:29:55 gave her 1st in the 40-44 age group. Marc Butler (1:27:42), Alicia Sepanik (2:36:09) and Jill Weyer (1:19:52) also became triathletes as they finished the My First Triathlon event.



Bill & Marc Buonanni

Moss Park Triathlon Festival International Triathlon (Orlando, July 19) local finishers Other Olympic-distance finishers included Bill Buonanni, 2:37:40; Marc Buonanni, 2:17:31; Nancy Buonanni, 2:29:05; Kevin Cezat, 2:21:35; Linda Cowart, 2nd 45-49, 2:20:27; Ed Donner, 3rd OA, 1:55:15; Suzie Enlow, 3rd 45-49, 2:23:09; Nick Flint 1st 15-19, 2:13:58; Robert French, 2:46:34; Kenton Harris, 2nd 20-24, 2:03:19; Lori Kruger, 2:32:26; Joseph Marcinek, 1st Super Clydesdale, 2:27:32; Loran Serwin, 3rd 50-54, 2:23:45. Congrats, also, to Kelly Aleman who took 1st OA female in the Olympic-distance duathlon.

YMCA Family Challenge Mini-Sprint Triathlon (Titusville, July 25) Story, photo and complete results available at <http://www.spacecoastmultisport.com/newsblog.html>

Heartland Triathlon (July 26, Sebring) local finishers Ashley Shiver, 1st 15-19, 1:12:35; Kaitlin Shiver, 1st OA, 1:05:23; Nicole Shiver, 2nd 15-19, 1:17:30; Willy Moolenaar, 1st 65-69, 1:50:04; Christina Vinson, 1:45:53.



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



RESIDENT DISCOUNT EXPIRES AUG. 31

Brevard County residents have through August 31 to receive a discount on their registration for the Space Coast Marathon and Half-Marathon. Prices will rise for everyone on September 1 to \$70 for the Half and \$85 for the full. Complete race information and registration is available at www.spacecoastmarathon.com

BIG FIVE MARATHON

JUNE 20, 2009
By Wayne Wright



Entabeni Game Reserve, South Africa - In the heyday of big game hunting in Africa, the most difficult and/or dangerous trophies to bag were elephant, rhinoceros, buffalo, lion and leopard. Hence, they were nicknamed the "Big Five". Today, there is still some hunting with rifles, but most shots are now taken with digital cameras. Both national and private game reserves have been established. Limpopo province in northwestern South Africa has one of the largest, Entabeni, which translates to "on the mountain". It's 22,000 hectares makes it an area about the size of Melbourne and Palm Bay combined. Although its latitude is similar to Key West with warm, sunny days, the elevation of 4,000 feet chills the dry winter air down into the forties at night.

The "upper escarpment" is a plateau about 1000 feet above the "lion country savannah". At the edge overlooking the savannah, and another 1000 feet higher, is "Hanglip Rock", which is alleged to be the inspiration for "Pride Rock" in Disney's "Lion King". Although the park's perimeter is fenced, the wild animals roam freely. They live and die without any human aid or interference. The only interaction is mutual observation. In addition to the Big Five, there are ostriches, giraffes, warthogs, cheetahs, hippos and numerous species of antelope including impala, springbok, waterbuck, kudu, eland and wildebeeste. The lions hunt, kill and eat an adult antelope, usually a wildebeeste, almost daily plus any snack-size victims they encounter. Careless or unlucky larger animals, such as giraffes, are also on the menu. One brother/sister team specializes. She sets up an ambush point downwind, while he roars and drives game toward her. Efficient and deadly!

At night, the lions sometimes come through the "Wildside" tent camp. Guests are prohibited from walking anywhere at night unless escorted by a ranger carrying a loaded rifle. For two hours one night, I laid in my bunk and listened to the roars of the 600-pound, dominant male as the pride approached, passed through our camp, then moved on. Tracks showed that only twenty yards and canvas tent walls separated us from the lions. I'm glad that I didn't need to pee just then. I'm also glad that the rangers monitored the lions location and protected us during the marathon.



5



6



7



8

This was the toughest marathon course I've ever experienced, with more than a vertical mile of total uphill and equal downhill. The terrain was so rough the inspection drive took over three hours. It started at Lakeside Lodge on the plateau and climbed to "Hanglip Rock". Then it was all the way down to the savannah -- more than 2,000 feet vertically. After running 16 miles we started back up to the plateau. The road is too steep for normal cars. Only Land Rovers in 4-wheel drive and lowest gearing could make it. Even with rest breaks, I could barely walk up; no one tried to run. After the big climb, the remaining 800 feet of uphill seemed insignificant.

Of course, the scenery was magnificent. Photos can't do it justice. Various animals stopped grazing and watched us curiously. They are used to seeing humans in Land Rovers, but never on foot. A herd of waterbucks ran the opposite way. Were we running toward something they were running from? Hmm? I could have finished my fifth continent quicker than 6:36 if I hadn't stopped repeatedly for photos or had to wait for the elephants to clear the path. But a marathon is a distance, not a speed, and this was a once-in-a-lifetime adventure, so who cares about time?

At the after-party, we dined on assorted African foods including roasted impala and barbecued warthog. There was also sadza, similar to grits; tasty mahl-pani worms, which are boiled then grilled caterpillars and chibuku, fermented corn similar to beer, that is shared by passing a bowl around. Being an international event with runners from six continents, we celebrated in many languages, the most common being wine. We toasted the lions, the hills, the rangers and the many new friendships. Salud! A votre sante! Something Japanese, Danish, Italian, German and others, plus English in assorted accents. This was a marathon to remember.

WAYNE WRIGHT PHOTOS

Cover: The king surveys his domain. He is the dominant male of the pride.

1. A four-star tent at Wildside - only the sides are canvas.
2. Marathon morning.
3. Early miles on the plateau.
4. The Afrikaan word for giraffe translates to 'camelhorse'. Both legs on one side move together like a camel but it runs like a horse.
5. Mama and baby rhinos
6. Ladies waiting their turn for fresh kills.
7. Crossing guards - don't argue, just wait.
8. Dancers in native costumes entertained us. The skins help deflect thorns when running in the bush. The headdresses help spot others in the tall grass.

BANANNAS

An a-peel-ing fruit

On-line item forwarded by Nancy Buonanni



Banana Research

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain.

Read on:

Bananas contain three natural sugars - sucrose, fructose & glucose combined with fiber. A banana gives an instant, sustained & substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses & conditions, making it a must to add to our daily diet:

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood & generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood & so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food & Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure & stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, & lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach &, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes & re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up & avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling & irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight & at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate & chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture & smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity & reduces irritation by coating the lining of the stomach

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical & emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium & magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain & regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40 percent!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin & place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A & iron, & twice the other vitamins & minerals. It is also rich in potassium & is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, & rub directly on the shoe...polish with dry cloth. Amazing fruit!!!





www.SpaceCoastMarathon.com

Experience Florida's oldest -- and the nation's only -- space-themed marathon. The beautiful and mostly flat, shaded waterfront course offers 14 unique out-of-orbit aid stations and makes for a memorable Boston Qualifier.

Amenities include long-sleeved technical race shirts; large astronaut finisher's medals, large finishers' beach towels instead of mylar blankets; pace teams to help you set a personal best; a chance to meet astronauts and a festive post-race party including pizza and a pancake, egg and sausage breakfast!

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!

REGISTRATION OPTIONS

REGISTER ON-LINE, IN PERSON OR BY MAIL:

- Log on to active.com and search for Space Coast Half Marathon training camp.
- Fill out the official entry form (below) and either mail to or drop off at Running Zone, 3680 N. Wickham Road, Unit C, Melbourne, FL 32935. Checks should be made payable to Running Zone.

SPACE COAST HALF MARATHON TRAINING PROGRAM OFFICIAL ENTRY FORM

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

Name _____

Address _____

City: _____ State: _____ Zip: _____

Email _____

Phone: (Home) _____ (Cell) _____

Sex: Male Female Date of birth ____ / ____ / ____ Age ____

Health First Health Plans member? Yes ___ No ___

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this training program 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 Space Coast Half Marathon Training Program. If I should suffer injury or illness, I authorize the officials of the training camp 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 training program. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT (if participant is under 18) _____

DATE _____

5... 4... 3... 2... 1
BLAST OFF!
WITH THE



TRAINING CAMP

AUGUST 30 - NOVEMBER 29, 2009

**Health First
Health Plans**



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

2009 SPACE COAST MARATHON & HALF-MARATHON

WELCOME!

Health First Health Plans, Running Zone and Coach Bernie are teaming up to offer a 13-week training camp to prepare both beginning and veteran athletes to walk, walk/run or run the 13.1-mile Space Coast Half Marathon.

Along with increased fitness and health, the camp will provide you an avenue for increased self-confidence, camaraderie and new friendships. The camp, which is only \$35 for Health First Health Plans Members and \$50 for non-members, also includes:

- Daily on-line training schedules.
- Mid-week coached group sessions at the Melbourne, Merritt Island and Viera Pro Health facilities.
- Sunday morning coached group walks or runs from Riverfront Park in Cocoa Village and Oars and Paddles Park in Indian Harbour Beach.
- Fluid support for all group workouts.
- Running Zone "Get Out and Run" goodie bags.
- Running Zone gait analysis for perfect shoe fit.
- Monthly workshops with guest speakers discussing nutrition, mental training techniques and injury avoidance methods.
- Self-discovery, motivation, fitness and fun!



DARE TO DREAM!

If you've ever wanted to complete a half marathon or run the 13.1-mile distance faster, this camp is for you! Imagine the pride you'll feel as a volunteer hangs the beautiful 'astronaut' finisher's medal (see front of brochure) around your neck at Riverfront Park in Cocoa Village on November 29. Read all about the beautiful Space Coast Half Marathon course and generous race amenities at www.spacecoastmarathon.com *Runners' World* magazine voted this race as having the

"Best Schwag" in 2007 and "Race of the Month" in 2008. Join us at one of our kickoff meetings at your local Pro Health and Fitness facility where you can learn more about the program, meet your coaches, pick up camp materials and get answers to all your questions. Kickoff dates and locations include:

- Pro Health Melbourne: Tuesday, August 25 at 6:30 p.m.
- Pro Health Viera: Wednesday, August 26 at 6:30 p.m.
- Pro Health Merritt Island: Thursday, August 27 at 6:30 p.m.

The first group workouts begin on Sunday, August 30 at 6:30 a.m. from Oars & Paddles Park in Indian Harbour Beach and from Riverfront Park in Cocoa Village. Registration options available on reverse side of this brochure.



MEET YOUR COACHES!

Coach Linda Cowart is certified by both the RRCA and USATF. As the mother of three boys and, as a competitive runner and triathlete, Linda understands how to balance home, career and fitness. She has been coaching for three years and also hosts the Sunday morning group runs for SCR in Cocoa Village. Contact: Linda at landclearing@bellsouth.net.

Coach George Haddad is an RRCA certified coach and is currently the official coach for the Children's Tumor Foundation (www.ctf.org) Marathon Team. He has run more than 20 marathons with a personal best of 3:18. George is also an official pacer for both the Miami ING and Cleveland Marathons. Contact: George at georges60@earthlink.net.

Coach Bernie Sher didn't begin running until age 40. He has since run multiple marathons including a 2:58 personal best at the Boston Marathon. As a triathlete, he has also won numerous

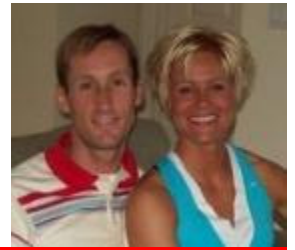
championships at all distances including a fifth place age group finish at the Ironman World Championships in Kona, HI. He has been coaching runners and triathletes for 14 years and is certified by both RRCA & USATF. Learn more about him at www.coachbernie.org Contact Bernie at www.babou@cfi.rr.com. For more information about the camp, contact Running Zone at 321-751-8890.



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

RUNNERS' REVIEW

By Ed Springer and Kara Niedermeier



Product: The Right Stuff

Since we have been known to dabble with a variety of sports products, gear and accessories we are often asked for impromptu reviews from folks seeking miracle nutrition supplements, injury prevention and recovery aids, superior shoes, etc... Although we are more like self guided guinea pigs than scientists, we can share our thoughts, experiences and impressions of numerous running related bits and pieces available on the market. Just realize there are no scientific, statistical or controlled experiments to substantiate the review.

This month, in honor of the 40th anniversary of the Apollo 11 moon landing, we decided to try out a hydration product called The Right Stuff. Although many companies stretch product traceability to NASA for marketing purposes, Wellness Brands Inc., licensed to produce the patented electrolyte formula, appears to have a legitimate connection to the space program. A recent news topic touting the benefits of The Right Stuff was recently posted on NASA's website.

In their own words:

“Developed as a remedy for dehydration, it helps prevent the loss of body fluids during heavy exercise, heat exposure and illness. It also can be used to treat and prevent dehydration caused by altitude sickness and jetlag...”

The novel electrolyte formula contains a specific ratio of key ingredients, sodium chloride and sodium citrate, for rapid restoration of hydration. These electrolytes, dissolved in water, optimize the levels of sodium ions in the body. The beverage is an isotonic formulation that restores both intra- and extracellular body fluid volumes in dehydrated astronauts, athletes and others.”

We are not quite sure what all that means but we can report that when we drank it before hot and humid 10+ mile runs we both felt adequately hydrated throughout the runs. We didn't experience any euphoric results but energy levels were maintained throughout the runs.

We sampled the citrus blend, wild berry and unflavored varieties and must report that when added to 16oz of beverage they taste saltier than water from the Sea of Tranquility (distasteful lunar humor). Okay maybe not, but the saltiness certainly rivals Cocoa Beach ocean water. We diluted the formula to make it tolerable.

The product website notes several key differences between The Right Stuff and other sports drinks. Based on NASA research, “the formula was developed without sugar or carbohydrates so the benefit is singularly focused on hydration. Energy is available from many sources. The Right Stuff lets you determine the amount, timing and type of carbohydrates that you use.” When we chose GU Energy Gels for carbohydrate delivery neither one of us cared for the combination.

Lastly, we should mention these Space Age formulas are on the pricey side costing about \$2.70 per plastic vile, when you buy 10 at a time and more when you only buy three. In summary, when used solely for hydration it can be considered the Right product, but at the Wrong price.

References:

http://www.nasa.gov/topics/nasalife/features/rehydration_beverage.html

<http://www.therightstuff-usa.com/>





200-MILE RELAY OFFERS RUNNERS A UNIQUE EXPERIENCE

By Cyndi Bergs

I had an opportunity to join a 12-person team on June 12, 2009 for the Madison-Chicago 200-mile relay. Our team name was the “Sticky Buns II”. Now, without going into too many details, all you really need to think about is.....six sweaty, tired people on a van for more than 24 hours together to know where our name came from! Going back to Wisconsin provided me the opportunity to meet up with several of my friends from the Badgerland Strider Running Club. This was the first club I joined as a runner before moving to Florida. Despite leaving three years ago, they were willing to take a Floridian on their team. I prepared myself to run in cooler weather and anticipated spending some time in the rain.

Participating in the relay was one of the most unique and fun running events I have ever experienced. Truly, it just sounds harder than it really is. Teams of 12 began the adventure from Madison, the capital city of Wisconsin, and end at the shore of the windy city of Chicago. Team starts were staggered beginning at 9 a.m. with the last team leaving Madison at 4 p.m. Teams with faster paces started later in the day with the goal that all teams would finish in Chicago by 4 p.m. the next day. Our team left at 10 a.m., Friday, and finished in just under 30 hours. The winning team completed the 200 miles in 24 hours.

Each team member ran three different legs varying in length. The total number of miles each runner does can vary from 11 to 20 depending on what legs you run. But attritions and injuries happen and you need to be prepared. We lost one of our team members to injury after his second leg. This left a leg of eight miles to be picked up by the rest of us. Our team took two vans with six runners in each van. When you weren't running your leg, you were waiting for your teammate at the next transition area to cheer them on and document their time. This was also an opportunity to grab some food, use the bathroom, or chat with the other teams.

During the time when the other six runners were doing their legs, we had an opportunity to go out to dinner for pasta and even got a good breakfast and coffee in the morning. In between, we had plenty of munchies to keep us going. Although I have to admit, no one dared to open the cans of baked beans! Two of the transition stops offered the opportunity to take a shower or even grab a nap on a gymnasium floor. Our team stayed together and became contortionists trying to sleep in the van. So on top of just being stiff from sitting in a van after running, you were stiff from sitting in the van. But remember, this is FUN and EXCITING and DIFFERENT than any other experience! So, you grin and bear it and try to get some brief stretching in before you head out to your next leg.

The finish was AMAZING! Teams wait at the finish for their last runner to come in. As your teammate approaches the finish, the whole team joins them and you run across the finish together. It was really cool to finish this way. Everyone gets their medal and is able to take team pictures. What really made it special for us was we were secretly competing with team Sticky Buns I and had a pretty good competition going. The last leg of the race, we had our two fastest runners (six to seven-minute pace) come in to finish it up and give us the win. As expected, he passed the Sticky Buns I runner and we knew we would beat them. But the most

amazing thing happened, here is our finish from the words of the Sticky Buns I final runner, Carol:
"The Last Leg"...it was such a rush to take off along Lake Michigan with the cool breeze, the sun shining and the breathtaking view of the Chicago skyline up ahead. The perfect end to 30 hours of insanity. Thinking it was just 7.7 miles and a "finish line" in front of me...but I found so much more.

Admittedly, my competitive side came out knowing that Sticky Buns I was in the lead but Evan and the Mike were gearing up for Sticky Buns II's last leg. Evil thoughts were going through my head...I thought about tripping opportunities, reversing some red arrow signs or just taking one down.

I actually felt like I could do the impossible the first three or four miles. Maybe it was the pound of gummy bears I just ate, the cheering in the cul-de-sac, or the yellow polka dot vans shouting along Sheridan. But it was short lived...as I went to round a corner, there he was, Evan, looking all fresh and rested, smiling like a Cheshire Cat waiting to relieve another Sticky Buns Two sprinter inevitably coming up behind me. I knew it was all over but the shouting.

I pushed ahead and just turned up the tunes still thinking the impossible. And found out a few blocks later that I could jump ten feet in the air when Evan came up behind me and hollered "Hey Carol!" About came out of my skin. He was gone in a flash.

A mile or two later into the park, I see Evan and Mike ahead on the trail, stopped and talking, I wondered what they were plotting and had nothing positive in my head at that point. I was mentally defeated. Then my whole perspective changed when I came upon Mike and Evan and they told me that "the Sticky Buns were sticking together to cross the finish line." They were waiting for me. I was stunned. It took me almost 200 miles to realize that this race was not about how strong your heart was but how big. Not sure I would not have passed the same test."

Thinking back over the prior weeks with all the emails and team interaction plus seeing all the random acts of kindness amongst the team members throughout the course of the 30-hour race, it was clear that this was something much more than a race.



‘Sticky Buns’ runners hot out of the oven at the finish line. Club Prez, Cyndi Bergs, in black, kneeling far right.



THE LOCUST STREET BEER RUN

By Cyndi Bergs

Only in Wisconsin.....

So what do you do after you just participated in a 200-mile relay? Well, you do an official Wisconsin beer run in Milwaukee! Each year, a local community has Locust Street Days. This is a nice street festival offering plenty of brats, local bands, novelty vendors, and of course, the annual Locust Street Beer Run. This race (yes, people actually RACE this) consists of 1.8 miles with four mandatory beer stops. Runners who want to be eligible for awards must stop at each beer station and drink a six-ounce beer before continuing on.

Now, this is the second time I have run this race and I have yet to win an award or even come close. I hear they are pretty nice awards! In fact the last time I did this race, the finish line sign was already taken down by the time I made it back! Somewhere between chatting with friends at the beer stops (and perhaps being thirstier than others) time gets away from you. This year, I am happy to report that despite closing down the last beer stop, I made it to the finish and managed to even see the finish line sign.

While this may not have been a challenging or competitive event, it is still fun to travel and join in with other runners. No matter where you go, being a runner or a walker can provide you with opportunities to meet others and try new things. Can it get any better than this?



SCR Prez, Cyndi Bergs, right, lives and drinks life large in the finish area of the Locust Street Beer Run in Milwaukee,

Disney World Marathon

“Florida’s Finest” Team search

Search of Florida residents to race Disney Marathon as Florida’s Finest Team

The Walt Disney World® Marathon Weekend takes place January 7-10, 2010.

The marathon race committee will select Florida residents to compete in the race as part of the Florida’s Finest Team. Florida’s Finest Team Members receive:

- Walt Disney World® Marathon entry
- Florida’s Finest goodie bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights and three (3) days
- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney’s Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida’s Finest Team Member will receive:

- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney’s Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- One guest of the Florida’s Finest Team Member will receive entry into the Walt Disney World Marathon, Half Marathon or Family Fun Run 5K (fee is not waived). Guest race application must be submitted by November 15, 2009.

The race committee is currently in the process of selecting this year’s Florida’s Finest Team. Final selection will be made by October 15, 2009. The Team, with a brief biography on each, will be announced in the November/December 2009 edition of this *FLORIDA Running & Triathlon*.

To be considered, athletes must be Florida residents and submit the following by September 30, 2009:

1. Running resume, which includes as many applicant contacts as possible: home address, work, cell and home phone numbers, and e-mail address;
2. Birth date and age on race day, January 10, 2010;
3. Running career highlights;
4. Marathon(s) completed 2006 to 2009 (include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2006 to 2009 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: flrun@cfl.rr.com or mail to: Florida’s Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819; Tel 407.352.9131. This magical opportunity is open to all Florida residents. To participate in the 2010 Walt Disney World® Marathon as one of Florida’s Finest, submit the information today.

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".

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
 - 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)
- Comments: _____

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