

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

VOLUME 31, ISSUE 9

October 2009



John Davis, right, and Steve Chin, left, go one, two respectively at the 1st annual Longdoggers Beach Challenge 5K on Sept. 26. Earlier that day the duo pulled off the same-by-a-hair one, two finish at the Fall Into Winter 5K -- the first race of the Space Coast Runners Runner of the Year Series -- page 28.

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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 third Monday of the month at Pro Health on Merritt Island.

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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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2009-10 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Fall Into Winter 5K

September 26, 2009
Male OA: John Davis - 17:54
Female OA: Beth Whalen - 18:26

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

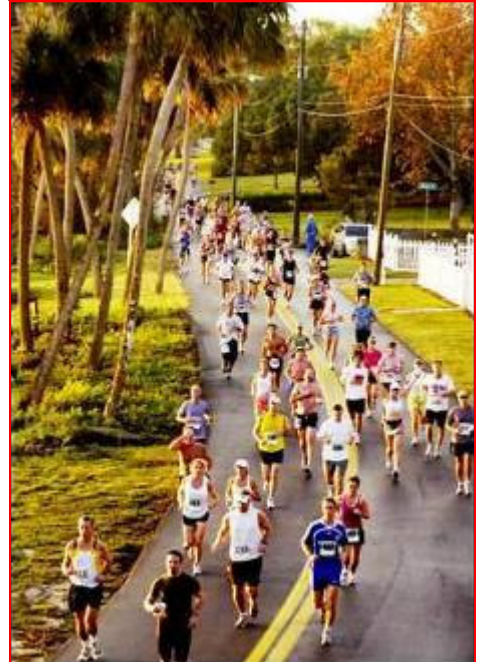
April 10, 2010
Time: 8 a.m.
Space View Park, Titusville
Marty Winkel, 537-3526
runsalot@earthlink.net

**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>





Second Annual Indialantic Witch Way 5K Walk/Run

7:30 a.m., Saturday, October 17, 2009

Race Registration Form

Registration and Check-In:

Additional registration forms are available at WitchWay5K.com/register.html, RunningZone.com/calendar, The Running Zone store on Wickham Road, or visit Indialantic Town Hall on 5th Avenue in Indialantic in person. Online registration is available via Active.com. After Tuesday, October 13, 2009 registration will only be available at The Running Zone store on Wickham Road.

We encourage early registrants to help the race organizers by using early packet pick-up which will be available at Running Zone on Friday, October 16, 2009. Day of race registration and check-in for race packet pick-up will be 6:00 a.m. to 7:15 a.m. at race headquarters at Nance Park & the Indialantic Boardwalk, Indialantic Beach.

Application:

Mail 2009 Indialantic Witch Way 5K Race Applications, along with a check made payable to Town of Indialantic to the following address:

Town of Indialantic - Witch Way 5K
216 5th Avenue, Indialantic, FL 32903

Course:

A unique one-of-a-kind course will start at Nance Park and follow Wavecrest, enter the Indialantic neighborhood and take runners through parks and along a shaded bike path and back to Wavecrest to end at Nance Park.

Entry Fees:

Entry fees are non-refundable.

\$25 ages 15 - 64 years —\$30 after 10/1/09
\$20 for 5-14 years & 65 or older—\$25 after 10/1/09

Awards:

Award packages will be given for the following categories (both male and female in each):

Overall - 1st, 2nd, 3rd; Master (40+) - 1st;			
Age Groups - 1st, 2nd, 3rd:			
5-8	9-11	12-14	15-19
20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59
60-64	65-69	70-74	75+

Ribbons to all participants age 2-5 in Free Kiddie Fun-Run

Directions:

I-95 to Melbourne exit US-192, go east on New Haven Ave. for approximately 5 miles, cross US-1 and Melbourne Causeway to A-1-A, turn left to Nance Park on right.

More information:

For additional information, contact Running Zone at 321-751-8890, or visit us online WitchWay5K.com or RunningZone.com/calendar

To benefit in part:
*The Beautification and Improvements of
Indialantic Elementary Playground Areas*



Age _____ Gender M F

Last Name _____ First Name _____ Middle Initial _____

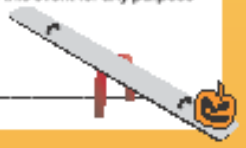
Street Address _____

City _____ State _____ Zip _____ DOB _____

Phone _____ e-mail address _____ Shirt size: S M L XL

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

Applicants signature or
Parent/Guardian signature - under 18 applicants _____





VEEP PEEPS

The other day, Kim Badgett invited me to walk with her. If you remember, Kim had a horrific injury on December 21, 2008 when she suffered a femoral neck fracture during the Jacksonville Marathon. Now, after many months of recovery, Kim has decided to try fast walking until she is hopefully able to run again. She currently walks three days a week with the Port St John training run group, and on Sunday mornings on River Road from Cocoa Village. As we walked together, commiserating over both of our inabilities to run, Kim mentioned that she has challenged herself to walk every race in the 2009-2010 Space Coast Runners Runner of the Year Series!

My last race was July 4, 2006. After that, I had long overdue knee surgery, and found that I had degenerative arthritis. Now, more than three years later, I have resigned myself to the fact that I can no longer run. I am walking and biking to stay in shape. But, I miss the training for races, looking forward to the competition and the camaraderie with fellow runners. Because I am very goal oriented, Kim's idea appealed to me!

I have joined Kim in her commitment to walk all eight ROY races, including the Space Coast Half Marathon. Yesterday, we walked the Fall into Winter 5K in 42 min. Kim and I would like to bring awareness to fast walking as a means of staying physically fit without the abuse of running. If you are interested, or know of someone who may be, here's a great informational site: www.thewalkingsite.com

We challenge anyone who may be injured from running, or who simply enjoys walking, to join us at the races! See you on the roads!

Carol



Kim and Carol are all smiles at the turn-around of the Fall Into Winter 5K in Cocoa Beach on Sept. 26.

THE PASSING LANE

With Ron Hoar

An Unparalleled Adventure

Armed with my new watch, I headed to a nearby small Maine town last month to run my second race of the summer. Each race that we runners do is a somewhat unique experience—due to the conditions, the course or just how we run that day. My past races in Maine have provided more than their share of unusual aspects—from their unorthodox distances to my race to the top of a 4,200 foot mountain with a 1,800 foot gain of elevation over about two miles.

So on this day I was anticipating that there could be some interesting and perhaps unusual things. I was not denied. This race proved to provide some quirks far beyond any that I'd experienced in my 22 years of racing. Sometimes truth is stranger than fiction.

The internet listing for this Phillips, Maine Old Home Days race was my first clue that the race would offer something new. Entry fees were from \$ 1 to \$ 5—depending on your age. I paid the full \$ 5 at registration held at the Phillips Hardware Store—the only retail store in town. The listing also said the race was on a 3 mile course—an unusual distance.

The sign up form was an adventure in itself. There was no usual disclaimer, no place for a phone number, no signature line. It did have a line for age, but didn't ask gender. They apparently thought they could tell that from the first name. Under the age line was a line for "date". I asked if they wanted my birth date and they said "No—just today's date." I had to think that was not the intent since every form would have the same date.

Then things got more interesting. I was handed my race number. It was a paper napkin with a number written on by magic marker. How unique! (At a later race in another town I was told by a runner that the prior year they had used an old cut up curtain for the race numbers.) Accompanying the napkin/number was one safety pin—about an inch and a half long. I pinned the top of the number to my shirt positioning it so that I could tuck the bottom of the number into my shorts to avoid it flopping around during the race. Fortunately there was no rain in the forecast.



Now it was time for a potty break. I asked if there was a port-a-let and was told it had been taken away earlier that morning for some unknown reason. So I was directed to the IOOF lodge across the street that was preparing to hold a yard sale.

As I then waited for the start I spotted a slightly portly gentleman with a stop watch pinned to his shirt. He reminded me of my high school principal of nearly 60 years ago. I asked about the course and he indicated that it was a 5k. Since he was directing the race I assumed that was true.

Now it was about time for the start. But where?—there was no indication of a start line. So I asked someone in a large group of people milling around at the intersection. He pointed up the street to a group of about 30 that I had thought were just doing some warm up running. I sprinted to the start area which was at an unmarked telephone pole. As I got there the race director pulled out a piece of paper and began roll call. Now I knew that he must be one of the high school teachers. After all but one of the names he called out responded with “Here” we were ready to start.

We proceeded down a slight slope, across a short bridge, and then up twin steep but fairly short hills. About a dozen runners passed me on the hills. There was one longer but less steep hill a little later and then we circled back toward the start finishing up on the town’s main street. There had been no mile marks. The finish was marked by a ribbon that stretched across the roadway and now on the ground. There was no clock and no one called out finish times. Nothing was handed out and you went to the table to hand over your race number.

There were only top three male and female awards—so later I checked the internet to find that I had finished 22nd out of 28 runners with my time recorded as 25:25. And I learned that it was indeed a three-mile race-- the “Paul Whittemore **3-Miler**”. I noted in the listing of finishers that there was an “f” after the female names—except for a “Kathy” who was not indicated as female.

I would have cherished adding that most unique napkin race number to my collection which I began with my first race about twenty-two years ago. The entire napkin had been collected after the finish to compile the results and I regretfully didn’t think to try to reclaim it.

You never know what’s in store at your next race but I doubt that you will encounter the uniqueness of my summer race in Phillips, Maine.



Ron races to the finish line in Phillips, Maine



**2008 Space Coast Marathon &
Half Marathon aid station**

GOT FUN?

Running Zone and Space Coast Runners need volunteers to support the Space Coast Marathon and Half Marathon on Nov. 29.

You'll be helping athletes meet their goals and helping build a better community as race proceeds are contributed to local charities. In exchange, earn a race shirt & an invite to the festivities; community service if you're a student and have a great time!

Contact Denise or Don Piercy at Running Zone (321-751-8890 or dpiercy@runningzone.com) to volunteer!

Space Coast Lightfest

5K Run Among The Lights

Sunday, November 22 • 2009

Start: 6:00 p.m.

Run amongst festive lights at Wickham Park
Join us for the Post Race Dinner and Awards.

Event Sponsored by:



T-Shirts & Dinner for 1st 475 entrants

Location

Wickham Park (enter off Parkway)
Race Day Registration at 4:45 p.m.

Early packet pick-up
at Running Zone Nov. 20 & 21st

Race directed by:



www.runningzone.com
751-8890

PRESENTED BY:
EAU
GALLIE
ROTARY



Contact:

Al Nuttall • 759-5395 | aanuttall@earthlink.net
Kathy Cobb • 258-2731 | cobbk@brevardcc.edu
Habitat for Humanity Office | 728-4009
www.brevardhabitat.com

Entry Fees:

Now until November 13, 2009\$26
November 14 through Race Day\$31
\$5.00 Discount if under 16 on Race Day

Benefiting numerous local charities, including Habitat for Humanity of Brevard County • www.spacecoastlightfest.com

ENTRY FORM (Please Print)

SEND APPLICATION TO: Eau Gallie Rotary Club, P.O. Box EG531, Melbourne, FL 32935-0501 (or drop off at Running Zone). Checks payable to Eau Gallie Rotary Club, \$25 until 11/13/09, \$31 11/14/09 through race day. Sorry, no refunds; Part of your fee may be tax deductible.

NAME _____ BIRTH DATE _____ Age on Race Day _____

Include donation of \$ _____ to Eau Gallie Rotary Club and Habitat for Humanity of Brevard County. Payment enclosed \$ _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE# _____ SEX _____ SHIRT SIZE YM S M L XL (circle one)

WARNING: I know that running in a road race is a potentially hazardous activity. 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 effects of weather, including heat and/or humidity, trails and the conditions of the road, all risks 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 Eau Gallie Rotary, Habitat for Humanity of Brevard County, Running Zone and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18 years old) _____

A RUN THROUGH HELL

By Autumn Evans

Autumn Evans, Jessica Crate, and Steve Chin have been to Hell and back: Hell, Michigan, that is, for the 13th annual Dances with Dirt 100k Extreme Relay. The Dances with Dirt relay in Hell, which organizers describe as, “An extreme course, team themes, vehicle decorations, costumes and endless planning are the back drop for an adventure that adds up to much more than its parts,” is the original Dances with Dirt Relay, which has expanded to four venues, including one in Central Florida. The premise is this: approximately 375 teams of fun runners each, 15 legs, 100 kilometers to cover before it gets dark. The race organizers encourage silly behavior, outlandish costumes, and fun vehicle decorations.

Evans, who has made the trip to Hell six times, immensely enjoys the event. “It’s the ultimate running party. There’s excellent trail, stupid trail, zany runners, over-the-top team themes, practical jokes – everything. How can you not laugh at the silliness of it when you find yourself waist deep in mud wearing a big chili pepper hat and know that you’re still on the marked course? It’s pure fun.”

Chin had not yet been to Hell, but after his experiences in Graw Bone, IN in May 2008 and Green-swamp (Dade City), FL in February 2009, he was hooked. Evans had often stated that neither of these races, which are only three and one-year-old, respectively, compare to the original. “The courses and trails are fun, but the races aren’t mature yet. Give them a few years to attract more teams and they’ll be outrageous, too,” she says.

For Crate, this trip to Hell was her first experience with the extreme relay.

While Evans, Chin, and Crate did not run on the same team, they all ran on one of the eight teams affiliated with the Taper Madness running bulletin boards (<http://www.tapermadness.org>). Evans ran for the fifth year on a team called HOT!, while Crate and Chin joined Wired and Mired.



Chin ran one of the more well known legs in the event called, “This Sucks!” And it does. Literally. Many a runner has lost his footwear on this leg, and organizers suggest runners do it with a buddy to help pull them out, if needed. For this leg, runners take a very easy-to-miss detour from sublime trail into the swamps of Hell where the mud pits they must traverse are thigh deep on most people. The path then includes a couple of creek crossings, which rinse



runners off a bit before the next exchange – not that it helps much. At the exchange after that leg, the local cross country team earns money by pressure washing both runners and their shoes.

Evans had less interesting legs to run this year – the most notable things about her assignments were the length and the hilliness. At 6.1 miles, Potto is the longest leg of the relay, and it is chock full of up and down. Crate also ran Potto in a very strong 42 minutes, but also had the pleasure of running Styx, River of Death, which includes about a quarter of a

mile running in a stream – not across the stream, but in the creek and upstream at that.

In the age/gender-graded event HOT! placed 197th and Wired and Mired placed 110th after adjustments out of 390 teams.

For more information on the Dances with Dirt series, check out <http://www.danceswithdirt.com>. For information on Dances with Dirt in Dade City on February 13, 2010, see <http://www.dwdgreenswamp.com/>. This event also offers of-road half marathon, marathon, 50k, and 50 mile options in addition to the relay.



Crate, Chin & Evans celebrate the finish!

ONE MILE OF RUNNING = HOW MANY MILES OF CYCLING? By Gabe Mirkin, M.D. (Submitted by Shelley Christian)



Which burns more calories, running or cycling? The standard comparison is that one mile of running equals four miles of cycling, but that's lousy science. Although running requires the same amount of energy per mile at any speed (110 calories per mile), riding is affected by wind resistance so the faster you ride, the more energy you use. So you have to compare running and cycling at different cycling speeds.

Dr. Edward Coyle of The University of Texas in Austin determined average values of oxygen consumption by cyclists to develop a table to estimate the approximate caloric equivalence between running and cycling. He found that if you ride 20 miles at 15 mph, you burn 620 calories (20 miles X 31 calories per mile = 620 calories). Take the 620 calories and divide them by 110 calories per mile for running and you get 5.63 miles to burn the same number of calories. So riding a bicycle 20 miles at 15 miles per hour is equal to running 5.6 miles at any speed.

Dr. Coyle made the calculations easy by providing conversion factors for different riding speeds: 10MPH=4.2, 15MPH=3.5, 20MPH=2.9, 25MPH=2.3, and 30MPH=1.9. Divide the number of miles ridden by the conversion factor for your riding speed to tell you the equivalent miles of running at any speed. Thus, for 20 miles ridden at 10MPH, divide 20 miles by 4.2 which tells you that your ride is equivalent to 4.8 miles of running. This formula is for an average-size adult (approximately 155 pounds). A larger cyclist would divide by a slightly higher number; a smaller cyclist, slightly lower. Wind and hills are not accounted for in the table; nor is drafting (riding behind another cyclist), which can reduce your energy expenditure by up to one-third.

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



Space Coast Art Festival Turkey Trot 5K

Thanksgiving Morning 7:30A.M.
5K Road Race / Walk and Youth Run

A Cocoa Beach road race for runners and walkers on a certified course that goes through beautiful Cocoa Isles residential area! We will have a 1/4 and 1/2 mile Youth Run for the young gobblers and more. This is a great family affair!

Location & Schedule

Race starts and ends at the Bailiwick Mall
Located just North of Minuteman Cswy
On Brevard Ave.
6:30 - 7:15AM Registration
7:30AM 5K Road Run/Walk
8:30AM Free Lil' Goblin 1/4 Mile Run, 1/2 Mile Run
8:45AM Awards Ceremony

Cost

Entries Postmarked before Nov. 18th \$20.00
Entries after that & on Thanksgiving \$25.00
Family / Friends of Four Turkey Team \$70.00
(the Turkey Team must relay a 12 lb. turkey across the course, it can be swapped, rolled or tossed but must stay with the team throughout the 5K, You keep the turkey)

TEAMS MUST PRE-REGISTER!

Make checks payable to:
Space Coast Arts Festival

Mail Complete Application To:
SIMPPA
600 Jackson Ct., Satellite Beach, FL 32937
(Race fees are non-refundable)

Awards

Unique Thanksgiving Awards will be presented to:

- Top 10 Overall Male Finishers
- Top 10 Overall Female Finishers
- Top Masters Male & Female
- Top Turkey 12 lbs. Team
(No Duplicate Awards)

Pre-Registration

Pre-registration includes:

- Exclusive Arts Festival Quality T-Shirt
- Post-Race Refreshments
- Door Prizes
- Music, & Much More!

Race hotline 321-223-8204

Join us Thanksgiving weekend for Cocoa Beach's Annual Space Coast Art Show!!



The Turkey Trot 5K
Managed by:
SIMPPA - Satellite Instrumental
Music Program Parents Association

Space Coast Art Festival 2009 Turkey Trot 5K

Last Name _____ First Name _____
 Address _____ City _____ State _____ ZIP _____
 Phone # _____ E-mail _____
 Age _____ Birthday ____/____/____ Gender: _____ Adult Sizes S M L XL
 Team Y N Team Name _____

RELEASE FORM: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Your Signature Date

Parent's Signature (If Under 18) Date

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.



10% off to all SCR members!
www.runningzone.com



10% off annual membership!



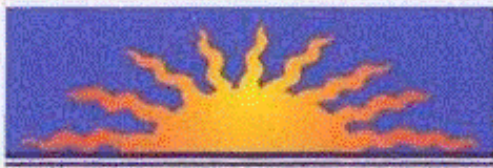
10% off* to all SCR Members!
 625 N. Courtenay Pkwy
 Merritt Island, 452-3550
 *bicycles excluded



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



10% off to all SCR Members
www.sealevelscuba.com



A Better Way to Health
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 MM#18973

1 HOUR MASSAGE

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

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,
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SPACE COAST RUNNERS

As members of Road Runners Club of America
You are entitled to discounts from the following:



www.Active.com



www.marathonandbeyond.com



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



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code: RRCA2009



www.IpicoSports.com
Special pricing for RRCA clubs



www.Womensrunningmag.com



www.KSwiss.com



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!

KEEPING TABS

A HUGE 'THANKS' to everyone who helped with this month's newsletter: Carol Ball, Cyndi Bergs, Autumn Evans, Robin Hernandez, Ron Hoar, Tom Hoffman, Deb Johansen, Donna Neill, Nancy Rowan, Running Zone and Loran Serwin.

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



Tom Winkelspecht

WELCOME to NEW MEMBERS Thaddeus Austin; Sherri Boyd, Indian Harbour Beach; James Chiravalle, Melbourne; Eric Cicero, PAFB; Jay Claybaugh, Indian Harbour Beach; Mary Conaway, Palm Bay; Krysti Cooper, Titusville; Christi Curtis, Indialantic; Linda Foster, Rockledge; Janice Gagnier, Melbourne; Luke Harmuth; Greg and Nancy Hayes, Satellite Beach; Terri Huckaby, Melbourne; Kyle Hunter, Palm Bay; Thomas Jenkins, Melbourne; Dodie Johnson; Joseph and Mary Joseph, Indian Harbour Beach; Quinn and Bryce Kanner; Shannon McGregor, Merritt Island; Robin Moran, Palm Bay; Steve Packard; Robert Paxton, Cocoa; Tammy Pierce, Melbourne; Jessica Smith, Palm Bay; Terry Weber, Melbourne; Edwin Weimar, Melbourne, Angela Wells, Cocoa Beach; Beth Whalen, Melbourne, Kate Wilson, Melbourne; Tom Winkelspecht, Melbourne.



Mary Ramba

HAPPY OCTOBER BIRTHDAY to (1) Gwen Severson (2) Jason Grisham (3) Dennis Delman, Drew Spray (4) Adam Dokos, Rich Marino (5) Suzie Koontz (7) Gary Castner (8) Gabriela Filippelli, Robin Niles (9) Nancy Cross, David Farrall, Dodie Johnson (10) Gina Caccamo, Robert Paxson, Rhianon Rowan, Haskell Walker (11) Rhonda Butler, Michael Ellison (12) Lorraine Petersen, Mary Ramba (13) Robert French, Charlie Van Etten, Frank Webbe (14) Tracie Donnelly, Ardith Huey (15) Dylan Maltby, Nicholas McNamara (16) Dan Grieshaber, Jack Lightle, Michelle Smurl (17) Kendall Crook, Carlton Parks (18) A.J. Catanese, Marvin Ferebee, Terry Ferrisi, Bryce Kanner (19) Robert Paxton (20) Connie Maltby (21) Robert Sorrentino (23) Danny Barrett, Rich Patisaul (24) Martha Andes, Steven Schiff (25) Casey Barrett, Patty Laxton, William Preston (26) Don Hawkinson, Jill Lyons (27) Jeff Poor (28) Kathy Bryant, Laurie Ellison (29) Connie Pass (31) Carolyn Atkinson

THANK YOU from Donna Neill, Principal of Pinewood Elementary in Mims: "I would like to thank all the parents and teachers who came out to walk or run with students last week at our first Pinewood Run/Walk at Work Day! The event was fun for all, as both adults and children ran or walked for 35 minutes. Our hope is that students and adults will see how much fun exercise can be, in addition to the many health benefits. Special thanks go out to our sponsors, Space Coast Runners and Parrish Medical Center. Space Coast Runners donated 450 bottles of water so each participant would have a nice cold bottle of water when finished. Parrish Medical Center donated about 200 reusable water bottles we were able to give as prizes."



A Note from Deb Johansen: Last weekend I was in New England, as my sister and I took our Mom to her 60th high school reunion in Warwick, Rhode Island. I'm just coming back from my injuries so I was looking for a race to do while we were there, and found a 5K/10K in Quincy, MA. The race is called the Jamie Cochrane Memorial Run, in honor of a Quincy Mass motorcycle officer who was killed. The race is the second annual and they coordinate the date to honor the victims of 9/11. There were about 1,100 runners and it was an extremely well organized event. Law enforcement and firemen from all over Massachusetts either participated, provided road security or just attended the event. The course was great and the view of the harbor beautiful. After race activities included a band, massages, games for kids, hotdogs, hamburgers and ziti! It was a fantastic event. My sister race walked the 5K and I ran the 10K I was looking for Rick Forreesteire.

hamburgers and ziti! It was a fantastic event. My sister race walked the 5K and I ran the 10K I was looking for Rick Forreesteire.

The weekend prior I did the Venice Sprint tri—what a cute race! There was a full moon over the Gulf at the start of the race, it was a great short course and lots of nice people. Full breakfast buffet at the pier afterwards, couldn't have asked for more.

(Ed's note: Deb placed ninth female overall in the 10K with her 47:40 and fourth in the 45-49 age group in the triathlon in 1:12:02. Congrats!)



Tom Hoffman, veteran club member and kick-butt runner and triathlete will be teaching a class called Traffic Skills 101. This class consists of nine hours of instruction held over two days and is designed for beginner-intermediate cyclists. Topics include bicycle safety, basic bike maintenance and flat tire repair, riding in traffic and vehicular safety, and bike handling skills and crash avoidance techniques.

The class runs from 6 until 9 p.m. on Friday, Oct. 16 and continues the following day from 8 until 3 p.m. Both sessions will take place at the Melbourne Pro-Health and Fitness Center. Only 10 spots are available. Contact Tom, an LAB certified Instructor, for more info or to sign up at thoffman11@cfl.rr.com



CONGRATS to Hospice of Volusia/Flagler County 5K, Port Orange finishers Ken Flieder, 35:27; Nancy Rowan, 1st 50-54, 27:32; Rhianon Rowan, 2nd 15-19, 28:52, Roger Rowan, 27:32; Ed Springermeier, 1st, 3-34, 18:31; Kara Springermeir, 1st OA, 21:00. (Kara and Ed Springermeier at left)



CONGRATS to club Prez, Cyndi Bergs, for her completion of the **St. George Marathon** in St. George Utah on Oct. 3! At left is Cyndi enjoying the rewards of a Wisconsin beer run earlier this summer.



CONGRATS to Marine Corp Half Marathon finishers (Jacksonville, Oct. 3) Kerstin Dean, 2:17:24, Brandon Demeter, 2:11:48; Chad Goff, 1:42:54; Peggy Milashouskas, 3:07:52; Aprille Roberts, 1:53:51; Lasasha Woods, 2:39:30; Christine Zayas, 2:56:25; Rudi Zayas, 2:15:24.



Stories and photos about local athletes; their races and accomplishments at www.spacecoastmultisport.com

5k Run

1 Mile Fitness Walk



Ballard Park

SATURDAY, December 5, 2009

Race Start 8:00 am. Check-in 7:00 am

924 Thomas Barbour Drive, Melbourne

Dog Friendly ARFF-ritis Event

Prizes for Top Finishers
Awards for Age Group Winners
Fun Post Race Party with FREE Bloody Mary's and Mimosas by Conch Key Grill*

Incentive Prizes for Fundraisers
Jingle Bells & Great Long Sleeve T-Shirts

For Information Call **1-800-850-9455** * with proper id

Online registration: <http://2009jbrmelbourne.kintera.org>



Move Your Feet to a Jingling Beat!

Nearly everyone knows someone with arthritis but did you know that it is a leading cause of disability in America?

Be one of thousands of runners and walkers nationwide to hit the pavements, pathways and parks this holiday season. Wear a holiday costume, tie bells to your feet and run or walk with your team members.

We've made the fundraising easy with personalized Web sites for setting individual and team goals, emailing potential donors and even accept donations online.

Please join us and celebrate the season by giving!!

THE TRI ANGLE

During the past couple of years, we've seen a huge increase in the number of Space Coast Runners' members getting into multi-sport. As people continue to figure out the benefits of cross-training, we expect the numbers in our club who give multisport a try (or tri) to increase.

THE TRI ANGLE section of our newsletter will focus on the multisport accomplishments of our members. Please feel free to share with us your stories, experiences, photos, training groups and tips. Send info to Patti at psponsler@cfl.rr.com or Patti@spacecoastmultisport.com

SIESTA KEY TRIATHLON; ½-mile swim, 13-mile bike, 5K run, Sarasota Oct. 4 finishers Kelly Hunter, 1:31:05; Teresa Williams, 2nd Athena, 1:36:37.



2nd annual **ATLANTIC COAST TRIATHLON;** 1.2-mile swim, 56-mile bike, 13.1-mile run; Oct. 3, Amelia Island finishers Kelly Aleman, 2nd 40-44, 6:03:21; Bill Buonanni, 6:27:45; Nancy Buonanni, 2nd Master (40+), (left) 5:18:52; Rachelle Butler, 7:01:14; Alisha Causey, 7:29:43; Jackie Clifton, 3rd Master, 5:30:05; Bob Cooper, 1st 50-54, 5:09:18; Suzanne Coullias, 6:28:47; David Daly, 5:42:20; Melanie Elkhorn, 6:35:43; David Friedland, 5:49:00; Patti Hamilton, 6:42:01; Belinda Jorgenson, 6:57:07; Lisa Mangino-Friedland, 7:38:34; Ana McQueary, 7:01:08; Liz Parker, 8:44:12; Richard Ricant, 3rd 55-59, 5:57:06; Loran Serwin, 6:01:27; Eric Turner, 5:57:58; Christy Zieres, 2nd Athena, 6:17:56.



25th annual **FLORIDA CHALLENGE** - Florida's toughest half ironman course; 1.2-mile swim, 56-mile bike, 13.1-mile run; Sept. 27, Clermont finishers Danny Barrett, 7:16:22 - first half and used a fat-tire bike (left); Ed Donner, 4th OA, 4:53:06; Bill Farina, 7:22:21 - first half; Laura Farina, 1st 25-29, 6:22:07; Dennis Fertig, 7:14:03; Elly Kabboord, 4th OA, 5:43:28; John Lothrop, 6:01:15; Danny Silvea, 7:36:42; Mary Willis, 1st 50-54, 6:57:46; Steve Winfough, 7:48:35.

FLORIDA CHALLENGE SHORT COURSE TRIATHLON; ¼-mile swim; 13-mile bike; 5K run; Clermont finishers Alison Redd, 1st Athena, 1:45:29; Mike Redd, 2nd Clydesdale, 1:54:13; Jim Schaeffer, 1st Clydesdale, 1:20:48.



Inaugural **IRONMAN 70.3 AUGUSTA;** 1.2-mile swim, 56-mile bike, 13.1-mile run; Sept. 27, Augusta finishers Greg Akin, 6:36:06; Grover Brower, 6:09:37; Pete Carabetta, 6:51:35; Gina Caccamo, (left) 6:52:16; Katie Halley, 7:26:42; Joel Kinnunen, 4:32:36; Mike Melton, (left) 6:38:29; Leanne Nawrocki, 5th 25-29, 5:12:33; Adam Ullein, 4:35:06.



OUC TRIATHLON; ¼-mile swim, 11.5-mile bike, 3.7-mile run; Sept. 12, Orlando finishers Rafael Alvarez, 1:22:25; Jerry Bird, 1:14:30; Stephanie Bird, 1st 19 and under, 1:16:17; Marc Buonanni, 1:12:16; Michael Burchfield, 1:32:15; John Campbell, 1:26:16; Ryan Caudill, 1:16:05; Ed Donner, 3rd OA, 59:22; Bob Dow, 1:34:28; Suzie Enlow, 2nd 45-49, (left) 1:15:42; Ian Hardos, 1:28:34; Jeff Hedrick, 1:24:11; Karen Hendenschous, 1:42:08; Tom Hoffman, 2nd 55-59, 1:12:48; Robert Jones, 1:30:49; Andy Keck, 1:34:11; Joel Kinnunen, 2nd 40-44, 1:01:57; Stephanie Kinnunen, 1:21:28; Jennifer Lepper, 2nd 25-29, 1:19:36; Colby Mack, 1:09:02; Pam Maxwell, 3rd OA, 1:08:15; Thomas Mayer, 1:17:08; Allie Newall, 1:25:54; Rebecca Ostdyk, 1:24:32; Mike Pesi, 1:31:28; Keith Potter, 1:11:38; Angie Preston, 2nd 40-44, 1:18:20; Debbie Rescott, 1st 50-54, 1:25:35; Cheire Sangster, 1:20:43; Ashley Saxon, 1:37:14; Sean Sbato, Paul Setlak, 1:20:23; 1:33:29; Albert Steinger, 1:12:03; Samantha Tankersley, 2nd 19 and under, 1:38:44; Robin Williams, 1:25:14.

**CAPE CANAVERAL'S 14TH ANNUAL REINDEER 5K RUN/WALK FOR
UNITED WAY OF BREVARD COUNTY**

**L-O-N-G SLEEVED T-SHIRTS, REFRESHMENTS, KIDS FUN RUN,
AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS**

LOCATION: CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA.
****PARKING AT CAPE VIEW ELEMENTARY,
8440 ROSALIND AVENUE****

TIME: 8:00 A.M. 5K RUN/WALK
9:00 A.M. SCR YOUTH SERIES RUN
(1/4 mile, 1/2 mile & 1 mile fun runs)
(FREE to kids 10 & under)
9:15 A.M. PRESENTATION OF AWARDS
9:45 A.M. DOOR PRIZES

DATE: SATURDAY, DECEMBER 12, 2009

PACKET PICKUP: FRIDAY, DECEMBER 11, 2009
RUNNING ZONE (across from BCC on Wickham Rd.)

PRE-REGISTRATION FEE: **\$25.00 – BEFORE DECEMBER 5, 2009**
(Space Coast Runners will receive \$1.00
discount – Pre-Registration Fee Only)

ON-SITE REGISTRATION FEE: **\$30.00**

RAIN OR SHINE!!

Complete this Pre-registration form, attach your check made payable to City of Cape Canaveral.
Mail to: United Way of Brevard County, Attn. Bethanne Hull, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name _____ First Name _____ M.I. _____

Address _____

Telephone (Home) _____ (Office) _____

Male _____ Female _____ Running _____ Walking _____

Age on 12/12/09 _____ D.O.B. _____ T-Shirt Size S M L XL XXL (Circle One)

****The First 400 Registrants Receive T-Shirts****

Restrictions: For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my associates, wife and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its agents, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 14th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have participated in the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signed _____ Date _____
(Signature of parent or guardian is required if participant is under 18 years of age)



You are invited!!!

*Space Coast Runners
Fun Run/Walk/Social
Thursday, October 15, 5:30 pm*

*Tropical Breeze Cafe
Northwest Corner of 520
and Indian River Drive
Cocoa Village*

*Meet at 5:30 to Run or Walk
Join us for Refreshments at 6:30 !!*



February 6-7, 2010

- *USATF National Masters Half Marathon Championship**
- *USATF State 8K Championship**
- *USATF-certified 5K & Marathon**

\$10,500 in prize money (5K, 8K, Half)

<http://www.themelbournemarathon.com/>

GET UP AND GO 5K/10K

September 19, 2009

Titusville, FL

FEMALE

OVERALL

Whalen, Beth	17:30.00
Huskoles, Danielle	21:54.00
Strout, Sue	22:06.01

MASTER (40+)

Rowley, Kay	23:25.00
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FEMALE 9-11

Gahres, Elizabeth	27:59.00
Hostetter, Haley	32:10.00
Mount, Haley	38:57.00

FEMALE 12-14

Sarah, Payzant	31:45.00
Ellison, Kelly	34:26.00
Slocum, Lydia	36:25.00

FEMALE 15-19

Sawyer, Patricia	28:13.00
Ellison, Blythe	29:35.00
Dingess, Kalin	32:13.00
Payzant, Mary	38:06.00

FEMALE 20-24

Anderson, Meghann	23:18.00
Caper, Kristi	24:56.00
Nguyen, Teressa	29:52.00
Downs, Kara	32:43.00
Jacobs, Cassandra	33:41.00

FEMALE 25-29

Schindler, Kate	30:18.00
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FEMALE 30-34

Gilmore, Mandy	27:28.00
Broome, Megan	28:52.00
Wagman, MaryBeth	30:24.00
Hudkins, Karrah	34:53.00
Hillard, Sarah	39:55.00
Blihovde, Leslie	41:28.00

FEMALE 35-39

Talbert, Leslie	24:10.00
Pomerleau, Julie	27:30.00
Allison, Barbara	30:07.00
Herold, LeeAnne	34:47.00
Gibson, Margaret	38:18.00
Tindall, Darlene	43:29.00
Tagye, Christy	50:17.00

FEMALE 40-44

Kennedy, Christine	25:25.00
Flint, Marisa	25:50.00
Berry, Eugenia	26:54.00
Fedynich, Lisa	27:54.00
Wilkerson, Jayne	28:10.00
Denson, Cathy	28:42.01
Varga, Susan	33:40.00
Loines, Sharon	33:55.00
Heard, Sherry	34:32.00
Pataky, Kim	34:53.01
Brainbridge, Janet	42:38.00

FEMALE 45-49

Andress, Donna	27:41.00
Conboy, Cynthia	30:36.00
Dingess, Barbara	31:55.00
Taylor, Cindy	33:22.00
Burdine, Terri	34:26.00
Beck, Janice	36:43.00
Mount, Kristy	38:59.00
Norris, Catherine	44:33.00

FEMALE 50-54

Pittman, Karon	25:32.00
Knochelmann, Debbie	28:12.00
Sharp, Nancy	29:07.00
Beard, Patty	37:16.00

FEMALE 60-64

Grimm, Teresa	40:37.00
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MALE

OVERALL

Kanner, Howard	18:20.00
Kessler, Brian	18:34.00
McDonald, Carl	19:00.00

MASTER (40+)

Collier, Tim	19:12.00
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MALE 8 & UNDER

Gahres, Jeffery	25:30.00
Tindall, Preston	41:32.00

MALE 9-11

Toms, Colten	21:18.00
Toms, Dawson	22:44.00
Garrett, Ryan	23:16.00
Pugh, Jonathan	25:15.00
Denson, Trevor	27:51.00
Wyckoff, Eli	27:56.00
Garrett, Jason	31:58.00
May, Collin	36:10.00
Collyer, Ryan	36:35.00

MALE 8 & UNDER continued

Maynard, Timmy	41:18.00
Skeldon, Benjamin	42:20.00
Ulrich, Marc	42:24.00

MALE 12-14

Denson, Drew	20:00.00
Thompson, William	21:49.00
Langgle, Jacob	22:06.00
Garrett, Wesley	23:56.00
Connolly, Dillon	24:14.00
Flemming, Samuel	24:31.00
Nance, Micah	25:24.00
Wyckoff, Cody	28:34.00
Bierman, Nathan	31:44.00
Onovi, Zachary	33:04.00
Tindall, Tristan	33:38.00
Garand, Jamie	38:52.00

MALE 15-19

Collier, Taylor	19:23.00
Lunceford, Sean	25:51.00
Paulson, Brian	31:22.00

MALE 20-24

Huskoles, John	19:09.00
Rowan, Raylor	24:07.00

MALE 30-34

Carver, Kitty	32:34.00
Ray, Gilmore	23:46.00
Bates, Brad	26:20.00
Klementowski, Ron	34:37.00

MALE 35-39

Ogle, Jonathan	20:32.00
Bogue, Todd	24:20.00
Toms, Robert	25:02.00
Wehlen, Joe	27:09.00
Thibault, Charles	27:46.00
Shastri, Alkesh	31:36.00
Herold, Ryan	32:14.00

MALE 40-44

Berry, Bradley	25:25.01
Talbert, Daniel	27:03.00
Waterman, Chris	29:58.00
Calhoun, Frank	28:09.00
Deeds, Dayne	31:35.00
Sutherland, John	29:02.00
Drake, Tom	36:25.01
Tambunan, Daniel	41:29.00

MALE 45-49

Hultgren, Joe	19:26.00
Holland, Brett	19:41.00
Gleacher, Jeff	20:51.00
Alexander, Bill	21:12.00
Hicks, Brian	21:21.00
Poole, David	21:31.00
Williams, Curtis	21:46.00
Beck, Ron	24:59.00
Andress, Jeff	26:24.00
Lingle, Dean	26:44.00
Black, Henry	28:46.00
Hamilton, George	28:49.00
Knochermann, Richard	29:16.00
Brainbridge, Chris	34:38.00
Garand, James	38:53.00

MALE 50-54

McCrary, Rick	28:42.00
Thompson, Dan	34:41.00
Grieshaber, Gene	24:39.00
Berry, Kevin	34:20.00
Herrmann, William	28:01.00
Hicks, Alvie	24:49.00
Warren, Richard	27:05.00

MALE 55-59

Lecroy, Billy	22:59.00
Bonds, Carl	23:13.00

MALE 60-64

Rowley, Ed	22:07.00
McKay, Greg	25:15.01
Castner, Gary	23:22.00
Johnston, Stan	32:12.00

MALE 65-69

Zeitfuss, Michael	21:51.00
Claven, Angelit	27:52.00
Larson, Emmett	29:05.00
Harrison, Ed	29:34.00

MALE 70+

Rouiller, Roger	20:43.00
Lightle, Jack	27:16.00
Campbell, Henry	35:48.00
Dal-Santo, Wallace	36:15.00

10K**FEMALE OVERALL**

Crosby, Stephanie	47:47.00
Kraft, Donna	48:35.00
Craghead, Ellen	48:56.00

MASTER (40+)

Behymer, Chiqui	50:24.00
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FEMALE 25-29

Klementowski, Tammy	50:31.00
Hoult, Allison	51:34.00
Phillips, Megan	59:26.00
Rayburn, Rachel	1:01:44.00
Halley, Katie	1:08:59.00
Loyd, Lydia	1:12:59.00

FEMALE 30-34

Dea, Kerstin	52:21.00
Wiedemann, Bambi	55:48.00
Lakin, Tara	1:05:54.00
Keeling, Suzy	1:07:45.00

FEMALE 35-39

Ryder, Rachel	50:41.00
Alford, Beth	52:32.00
Tagye, Christy	57:07.00
Letsche, Esther	1:00:24.00

FEMALE 40-44

Tilley, Nancy	55:54.00
Herget, Joyce	57:02.00
McFall, Angela	1:03:06.00
Cole, Laura	1:03:33.00
Reid, Christy	1:03:44.00
Payzant, Kim	1:06:58.00
Wyckoff, Wendy	1:09:33.00
Lucas, Andrea	1:09:59.00
Beitel, Bridget	1:24:19.00

FEMALE 45-49

Obannon, Carla	57:08.00
Minch, Suzzette	1:06:21.00
Biancone, Jean	1:12:14.00

FEMALE 55-59

Howard, Rhonda	1:04:57.00
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MALE OVERALL

Thaddeus, Austin	37:33.00
Kapr, Frank	38:22.00
Anderson, Art	38:30.00

MASTER (40+)

Toledo, Pedro	40:06.00
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MALE 9-11

Beitel, Dalton	1:12:00.00
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MALE 12-14

Unrue, Zak	46:09.00
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MALE 20-24

Griffith, Dave	51:26.00
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MALE 25-29

Ulrich, Sean	45:36.00
Han, Christopher	59:53.00

MALE 30-34

Hudkins, Bill	50:57.00
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MALE 35-39

Chapman, Dave	44:54.00
Roberts, John	46:42.00
Acs, Brent	47:16.00

MALE 40-44

Farner, Randy	44:41.00
Passarelli, Joseph	46:11.00
Esmont, Thomas	54:42.00
Heath, Shaun	1:04:32.00

MALE 45-49

Andrews, John	41:27.00
Stokes, Tony	42:26.00
Nichols, Doug	54:10.00
Litterilla, Brian	55:26.00
Leggett, Danny	55:42.00
Walker, Rodney	56:46.00
Kenna, Dan	58:00.00
Foley, Gary	58:26.00
Crosby, Randall	1:03:06.01

MALE 50-54

Travis, Roger	40:10.00
Mahoney, Matt	41:46.00
Stutte, Gary	45:44.00
Roycroft, Jim	48:15.00
Clarkson, Don	49:16.00
Rivera, Jorge	51:30.00
Beard, Andy	59:35.00
Paulson, Neil	1:01:16.00

MALE 55-59

Bird, Jerry	44:01.00
Timmons, Bud	49:02.00
Pacelli, Lawrence	50:36.00
Cook, David	1:01:55.00

MALE 60-64

Grant, David	44:44.00
Grimm, Tom	56:54.00
Shapiro, John	1:24:10.00

MALE 65-69

Urritia, Manuel	49:08.00
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Beth Whalen, shown here after the I Run for Pizza 5K in August, beat everyone - male and female - at the Get up and Go 5K on Sept. 19 in Titusville.

FALL INTO WINTER 5K

Sept. 26, 2009

Cocoa Beach, FL

Could it get any closer?

Just one measly second separated the top two men at the Fall Into Winter 5K on Cocoa Beach on Sept. 26. At the turn of the out-and-back beach run -- the first in the Space Coast Runners Runner of the Year Series -- Steve Chin ran in lock-step with last year's Series champ, John Davis.

And while Davis couldn't seem to make any headway on his training partner, the 31-year-old President of Rapid Automation Designs did manage to snap off the second he needed for his 17:54 victory at the line. Chin, 41, settled for second in 17:55 and Orlando's Chris Batista took third in 18:12. 50-year-old Art Anderson was awarded Masters (40+) for his 19:37 finish.

Things weren't as tight on the ladies side. Newcomer Beth Whalen finished fourth overall and took the women's win in 18:26, almost two minutes ahead of Jessica Crate who grabbed second in 20:24. Cathy Friedel, 45, and the mother-of-five, claimed third in 21:43. Last season's Masters champ, Robin Hernandez, won Masters in 22:59.

Back to the original question - - could it get any closer?

It could and it did. Less than 12 hours later that same day, Davis and Chin pulled off an even closer finish at the inaugural Longdoggers Beach Challenge 5K in Indialantic -- which, by the way, was directed by that morning's third place finisher, Batista. In the much larger race, in softer sand, Davis pulled in with a 19:26.2 on the clock; just a hair-width faster than Chin's 19:26.8. Maybe Chin was slowed down by the boardshorts he was wearing as the race offered separate categories for those sporting bikinis and boardshorts.

In a déjà vu moment, Crate pulled into the Longdoggers line in 20:24; exactly what she had run earlier in the day. This time, however, the bikini-clad maiden took the overall women's win.

If these two races are any indication, this will be an exciting season. Congrats to all who raced and volunteered!



Beth Whalen takes the win of the first race in the ROY Series. Robin Hernandez photo.

FEMALE

Overall

Beth Whalen	18:26
Jessica Crate	20:24
Cathy Friedel	21:43

MASTERS (40+)

Robin Hernandez	22:59
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8 AND UNDER:

Nyssa Holmquist	37:31
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9 - 10:

Nikki Weaver	51:21
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11 - 14:

Emily Chatman	23:21
Kaia Holmquist	34:51
Rachel White	50:35
Gina Jones	55:44

15 - 19:

Stephanie Bird	23:26
Kelsey O'Connor	40:46

20 - 24:

Julie Williams	25:00
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25 - 29:

Cory Huggins	25:18
Kristen Cox	27:46
Tara Teders	29:34

30 - 34:

Bambi Wiedemann	24:21
Donna Davis	24:58
Erin Cameron	32:01
Jamie Henderson	33:21
Jackie Beatty	33:29

35 - 39:

Erin Schuck	25:50
Dena Geist	30:17
Jennifer Gracin	31:58

40 - 44:

Sandra Gannon	24:16
Angie Preston	24:29
Jeanne Schroeder	24:52

40 - 44:

Terry Ferrisi	25:03
Sherri Boyd	25:17
Anne OConnor-Smith	25:45
Michelle Smurl	26:43
Betsy Butler	29:02

35-39 continued

Michelle Lame	29:39
Barbara Schenck	32:23
Gina Wrubel	33:51
Miling Salonek	34:27
Rose Plummer	36:20
Christina Weaver	53:10

45 - 49:

Jean Diaz	27:45
Christy Zieres	28:58
Jackie Petit	30:48
Larae Gerhardt	32:49
Theresa Gray	33:00
Joni Hils	33:03
Vicki Wooldridge	33:43
Casey Hahn	34:28
Terri Burdine	36:39
Kim Badgett	42:00
Kathy Smith	48:10

50 - 54:

Robin Moran	23:50
Marlene White	26:19
Melanie Delman	27:57
Debbie Rescott	28:29
Nancy Sharp	31:00
Carol Ball	41:59
Susan Williams	43:40
Kay Hall	50:13
Jena Tuntas	57:08

55 - 59:

Sue Strout	24:04
Jocelyn Lowther	28:44

60 - 64:

Anne Dockery	23:20
Eileen Cameron	28:54
Mary Ramba	30:08
Jacquelyn Kellner	30:58
Susie Koontz	31:49
Milly Krause	44:19

70 -74:

Katie Marsh	44:26
Dodie Johnson	53:09
Joan Mahoney	57:09

75+

Angela Saldana	46:59
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MALE**OVERALL**

John Davis	17:54
Steve Chin	17:55
Chris Batista	18:12

MASTERS (40+):

Art Andersen	19:37
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9 - 10:

Jared Haber	26:50
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11 - 14:

Jared Gannon	35:08
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15 - 19:

Jared Torres	25:14
David Duncan	25:42

20 - 24:

Taylor Rowan	24:27
Scott Kerley	29:45
Brandon Burdine	30:54

25 - 29:

Travis Hiers	21:42
Robert Paxton	24:55

30 - 34:

Thadius Austin	19:19
Jonathon Campbell	19:27
Jason Brennan	25:01

35 - 39:

Scott Larson	19:31
Brandon Kern	19:49
Tristan Webbe	21:31
Todd Angell	21:34
Bruce Farrow	23:13
Brett Henderson	33:16

40 - 44:

Bob Maggio	21:46
David Harbebeck	22:36
Keith Wasdworth	22:52
Rick Foresteire	25:48
John Salonek	28:42
James Chiravalle	30:15

45 - 49:

Joe Hultgren	20:15
Mike Adams	20:35
Keith Kowalske	23:06
Curtis Williams	23:22
Dave Hernandez	23:32
Mike Johnson	25:40

Bob Torres

26:03

Gregg Hayes

27:48

Geoff Pletcher

29:50

Greg Burdine

41:07

DJ Asselin

47:02

50 - 54:

Loran Serwin

20:41

Dave Watrous

20:54

50-54 continued

Matt Mahoney	21:31
Diaz Rico	22:50
Don Clarkson	22:53
Mickey Wright	24:52
Rick McCrary	28:41
Ken Flieder	35:36

55 - 59:

John Robson	21:20
Jerry Bird	21:27
Don Dore, Jr.	22:38
Bud Timmons	23:10
Carl Bonds	24:10
Lawrence Pacelli	25:08
Rick Wrijil	26:32
Robert Bisset	27:24
Owen Leland	27:44
Steve Gaines	28:25
Mark Reagan	33:44
Mike Farlow	36:19
Richard Clarke	42:21

60 - 64:

Davis Grant	22:04
Ray Brown	24:31
Gary Castner	24:48
David Farrall	25:15
Teen Sum	28:07
Frank Webbe	31:19
Bobby Cameron	32:03

65 - 69:

Michael Zeitfuss	23:31
Darwin Tangen	28:27

70 - 74:

Ron Osler	27:08
Morris Johnson	34:15
Joe Cataldo	34:52

75+

Bob Pecor	32:02
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L to R: Batista, Davis and Chin approach the half-way point of the 2009 Fall Into Winter 5K in Cocoa Beach on Sept. 26