

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

VOLUME 31, ISSUE 10

November 2009



CONGRATS to Witch Way 5K 75-79 age group winners. Left to right: Bob Pecor, second, 29:04; Jack Lightle, first, 28:05 and Henry Campbell, third, 36:43

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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>



PRESIDENT'S PRESS

WELCOME! LET'S GET AQUAINTED...

Welcome to all of the new members! Over the past few months, Space Coast Runners has spent time getting to know potential new runners. We have offered opportunities to join us through our Membership Drive and Fun Run held at Running Zone in September and work with our local coaches in encouraging local participants. We see you at the races and we hear you cheering other athletes on—so we know what great support you can be to our club! You may be asking yourself, what can the Space Coast Runners offer me?? That is a fair question so I will do my best to provide you with some of the highlights.

Space Coast Runners is built on the philosophy that getting individuals and families involved in regular activity builds healthy living and happy people! Activity can be running or walking—this year, we are promoting fitness through walking not just running with our race series. Starting with the Space Coast Classic on November 7, 2009, medals will be awarded to the top 10 male and female WALKERS in the 2 Mile Race. Be sure to let race officials at packet pickup/registration know that you would like to compete as a walker (no running for this award!).

The Surgeon General reported in “The Effects of Physical Activity on Health and Disease” the following important facts:
“Physical activity appears to improve health-related quality of life by enhancing psychological well-being and by improving physical functioning in persons compromised by poor health”.

“The data reviewed here suggest that regular physical activity and higher cardio-respiratory fitness decrease overall mortality rates”.

“Regular physical activity or cardio-respiratory fitness decreases the risk of cardiovascular disease mortality in general and of coronary heart disease (CHD) mortality”.

Space Coast Runners isn't just about running—it is about developing a new relationship between you and your health and having fun doing it with those around you. Members come together to be healthier and understand that it isn't about a new PR or an award, it is about being healthy and becoming a role model for others to follow.



THE PASSING LANE

With Ron Hoar

Runners Aren't Immortal



Runners are not immune to long term medical issues. That's a lesson that I learned last month in an unpleasant way.

We all know about those common injuries—plantar fasciitis, shin splints, Achilles tendonitis, etc. Even if you can avoid those usually temporary conditions there are other more permanent conditions that are developed in the human body. Cancers are the most familiar. And most of those can be effectively treated if caught at the early stage. But there are other conditions that will persist eternally. I was rudely awakened this summer to the fact that we are indeed not immortal. Of course I already knew that but the thought had been pushed deeply into the seldom used area of my brain.

I had run a 5K race on the Saturday of Labor Day weekend. There was a very fit looking runner—lean and mean and dressed to go—that I estimated to be in my age group. I later talked with him (Peter) learning that he was my age and a regular on the Maine road race scene.

I was a little surprised when he trailed me at the start. But I usually run positive rather than negative splits. The first mile was mostly on slight uphill and at the mile I was at eight minutes flat. At about 1.2 miles I was taken aback to see a much more significant uphill to near the turnaround. I quickly lost momentum but Peter still trailed me as we hit the turnaround and headed back downhill to the finish. After another quarter mile he pulled up beside me and we stayed within a few feet of each other for several minutes as we played mind games with slight surges.

Peter prevailed and stretched his lead to perhaps sixty feet with a half mile to go. I maintained the gap hoping that I could kick it in and overtake him at the finish line. I couldn't and his 25:10 bested my 25:16. But I was pleased with my performance. I had run a 7:55 pace from the second mile to the finish.

I took Sunday off and then ran an eight miler on Labor Day—my longest run of the summer. Now the real story begins.

At 3:30 a.m. I awoke sweating profusely and feeling slightly disoriented but not dizzy. After going to the bathroom I stopped in the kitchen planning to get a drink of water. I leaned on the counter with both forearms. That was the last I remembered until I heard my wife talking on a 911 call and realized that paramedics were on their way.

During the 45 minute ride to the hospital, two attempts to insert an IV in my left arm and one attempt in my right were unsuccessful. The attendant told me that he had been doing this job for 21 years and had never been unable to begin an IV. But I was so dehydrated that my veins could not be accessed.

I know that I was not as frightened on the seemingly never to end trip to the hospital as my wife who gathered the two dogs and a few other things and then proceeded to follow. She had witnessed my collapse where I laid on my back in a pool of sweat with eyes rolled back and both hands and feet stiffened.

From 5 a.m. until 10 p.m. I counted five bags of IV solution and one of potassium; underwent a CAT scan, continuous EKG monitoring and had blood drawn ever few hours for testing.

By evening I thought I was feeling fine but the hospitalist wanted to continue the EKG monitoring overnight after spotting an irregularity. He wanted the cardiologist to review the EKG in the morning.

They concluded that I have a first degree atrioventricular (AV) block. That I learned is a disease of the electrical conduction system of the heart. The electrical impulse from the atria to the ventricular is delayed elongating the PR interval of the heartbeat.

There are several possible causes for this condition including medications, electrolyte imbalance and something I had never heard of—“enhanced vagal tone” which is found in athletes. Ruling out the other possible causes, the vagal tone issue seems most likely the cause in my case.

Studies show that being in excellent physical health results in the enhanced vagal tone and therefore an increased risk of a first degree AV block. One study showed that 4.7 percent of athletes have first degree AV block compared to 3 percent in the non-fit population. The Framingham Heart Study indicated that the presence of a first degree AV block doubled the risk of developing an irregular heart beat and tripled the risk of requiring an artificial pacemaker.

I had not been aware that excellent physical condition could have any negative effect on one’s health. But unless the AV block is more advanced or is accompanied by syncope (fainting) it is not commonly associated with life threatening arrhythmias. And first degree AV block usually does not progress to second or third degree.

I was told that I can proceed with my normal lifestyle but I decided to take a break from the running for a few weeks. I’ve been hydrating to the hilt but for a few weeks quite regularly awoke in the night and began to spook myself by questioning how I felt.

As you read this I will have had a consultation with my Melbourne doctor (a runner) who has reviewed the Maine hospital records and test results.

I usually don’t know what my next month’s article will be about but I’m continuing to read and learn more and as I “ask my doctor” about this subject I may have further insight to pass along.

24 TH ANNUAL
Space Coast Classic 15k

8 2 MILE

A Space Coast
 Runner of the Year Event

Proceeds Benefit the Florida
 Diabetes Camp

November 7, 2009



Race Information

Race Date Saturday, November 7, 2009
Race Time 7:30 am - 15k
 7:35 am - 2 Mile
 9:15 am - Kids' Runs

Location Windover Farms
 4025 Windover Way, Melbourne
*For safety reasons, no animals, baby joggers,
 skates, or headphones permitted*

Kids' Run 1/4, 1/2, and 1 mile runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

Packet Pick-up All registrations received by October 31, 2009 will be able to pick-up race packets at Running Zone on Thursday 11/5/09 and Friday 11/6/09. Packet pick-up also available race day morning from 6 am—7:15 am.

Awards

15k

- Overall** 1st, 2nd, 3rd Male & Female
- Master** 1st Male & Female 40+
- Grand Master** 1st Male & Female 50+
- Senior Grand Master** 1st Male & Female 60+
- Age Group** 1st, 2nd, 3rd Male & Female in five year age groups starting 10-14 through 75+
- Hawaiian** 1st, 2nd, 3rd Male and Female in a Hawaiian shirt

SCROY points awarded for 15 & over only for 15k

2 Mile

- Age Group**
- Top 3 Male & Female in age group under 10
- Top 3 Male & Female in age group 11-19
- Top 5 Male & Female in age group 20+
- Hawaiian** 1st, 2nd, 3rd Male and Female in a Hawaiian shirt

Entry Form

Mail check payable to *Space Coast Runners* to:
 Space Coast Classic 15k & 2 Mile
 1170 Granada Ave.
 Merritt Island, FL 32952
On-Line at <http://www.Active.com>
Race Day* from 6:00 to 7:15 am at the pavilion.
 *Shirts not guaranteed with race day registration

Entry Fees	Postmarked by 10/31/09	After 10/31/09
<input type="checkbox"/> 15k or 2 Mile	\$20	\$25
<input type="checkbox"/> SCR member	\$15	\$20
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$20
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$10	\$15
<input type="checkbox"/> Students thru Grade 12	\$15	\$15
<input type="checkbox"/> Send me information on Space Coast Runners		

Name _____
 Address _____
 City _____ State ____ Zip _____
 Phone _____ SCR Member
 Email address: _____
 Event(s): 15k ____ 2 Mile ____

Technical Shirt: Pre-register early to guarantee your shirt size! [No Shirt] _____
 Adult sizes: [XS] [S] [M] [L] [XL] _____

Age on 11/7/09 ____ Male Female

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2009 Space Coast Classic 15k & 2 Mile and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

Signature (parent or guardian if under 18) _____ Date _____

Information: mcbergs@att.net
tefooster@cfl.rr.com or
<http://www.spacecoastrunners.org>

VOLUNTEERS NEEDED

Not running the Space Coast Classic 15K this year? You can still be part of this unique event on Nov. 7 by volunteering on race day. Not only will you have a great time but you'll earn a race shirt, fun at the post-race festivities and the undying gratitude of the athletes and race organizers. Contact SCR Prez, Cyndi Bergs at mcbergs@att.net or 321-514-6955.

RUNNERS' REVIEW

By Ed and Kara Springer



Product: Compression Socks and Sleeves

If we had to choose the one running garment/accessory that has generated more questions, comments and hype than any other, it would definitely be compression socks and compression calf sleeves (which start at the ankle). So why all the buzz and what makes them such a hot commodity? Is there some sort of reemerging compulsion gravitating people towards the vintage looking knee-high tube socks reminiscent of 1970s basketball players, or is the reasoning more technically based?

The snug-fitting, over-the-calf socks have been widely accepted in clinical and post-surgical settings for the treatment of edema, lymph edema, phlebitis, varicose veins, spider veins and deep vein thrombosis. They have also been used in hospitals for years to aid blood circulation in patients following surgery, decreasing the risk of a clot forming, which can lead to strokes or heart attacks. Some athletically oriented mastermind must have figured if they could help an immobile person with circulation, imagine what they could do for a runner. Improved blood circulation in the legs means more blood for the heart and a greater cardiac output, which translates into better performance -- at least in theory.

The key to understanding compression socks lies in their graduated pressure application. Compression socks and sleeves are tightest at the ankles, gradually become less constrictive towards the knees. Throughout an average day, the body pumps blood to all of the extremities as equally as it can. However, gravity often causes blood to pool in the lower legs and feet, causing circulatory problems. At the very least, all of this blood pooling can cause fatigue and leg cramps. By compressing the surface veins, arteries and muscles, the circulating blood is forced through narrower channels. The arterial pressure is increased, causing more blood to return to the heart and less blood to pool in the feet.

Most merchants of athletic compression gear tout common benefits such as: improving oxygen delivery to muscles, faster muscle recovery, less muscle fatigue, reduced muscle swelling, faster lactic acid removal, reduced Delayed Onset Muscle Soreness (DOMS), stabilization of the lower leg for greater muscle efficiency, and protection against cramps, strains, or sprains in the lower leg.

A study presented at the 2007 American College of Sports Medicine annual meeting in New Orleans suggested there were no statistically significant differences in maximal oxygen consumption, heart rate or minute ventilation between treadmill runners who wore compression socks and those who did not. Where compression socks do earn their keep is in aiding recovery. "During a run, muscle is damaged through contraction, pounding and vibration, which is why you're sore after running," says John Smith, assistant professor of kinesiology at Texas A&M. "Compression socks hold the muscles together so to speak, minimizing the vibrations and contractions so you won't be as sore afterward and you can return to running faster, which in turn, improves performance," he says.

Although our personal experience with compression apparel hasn't delivered any miraculous running breakthroughs, or PRs for that matter, we have reaped some noticeable recovery results and reduced muscle fatigue.

We have dabbled with both compression socks and multiple brands of calf sleeves. Results are similar. However, we both prefer the Zensah calf sleeves because we can choose which socks we wear with them. We experienced occasional heel blisters with the compression socks so having the luxury to choose socks that work for us in conjunction with compression is important. An unintentional benefit we noticed with the Zensah sleeves, of particular interest to Florida runners, is the sweat wicking effect of the compression sleeves which we noticed reduces the amount of leg sweat pooling in our shoes during hot and/or long runs. The Zensahs' also are designed to provide dual action support to both the calf and shin, the two hotspots for pain in the lower leg. The chevron ribbing on the sleeve is the exact same taping schematic that athletic trainers use to help prevent shin splints. Kara is also partial towards the Zensahs' because they offer a variety of colors.

Although somewhat of a fashion faux pas, our experience merits the compression sock/sleeve muscle stabilization and recovery properties and we are glad they attest to more than pricey support hose for the calves.

References:

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

<http://www.speedtheory.ca/blog/?p=16>

<http://www.thatsfit.com/2009/09/15/compression-socks-fit-or-fad/>

Zensah and other compression socks and sleeves are available locally at Running Zone, where Space Coast Runners members receive a 10 percent discount on all merchandise.



On the left is the Zensah sock. The sleeves are shown on the right. And, for all the fashionistas, Zensah sleeves are also available in black, white, beige, orange, yellow, purple, blue and pink!

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 32936-0501 (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) _____

John Holmes 16-mile 'Fun Run'

October 10, 2009

By Steve Chin

I had been eyeing the John Holmes 16-mile trail race for about six months when I first noticed it on Matt Mahoney's race calendar at SCR's web site. My first thought was that a nice long trail run in October would be fun and break up the monotonous concrete/asphalt training I am used to. My next thought was to ask around and see if there was any interest from my running buddies and try to make it a group adventure. Well there were no takers early on so I kept it in the back of my mind and as the date got closer I noticed the race fell on the weekend we had a 17-mile run on our training schedule for a December 6 marathon in Vegas.

So as Jessica Crate, John Davis and I ran a cool down on Cocoa Beach after the Fall into Winter 5K, we committed to making the trip to Brooksville for this trail race (training run). Also joining us would be my friends Autumn Evans, also training for one of her "50 states marathons" in a couple of weeks and now starting to taper, and Jay Claybaugh, who had never run more than 13.1 miles and was a little leery of attempting this challenge at first.

So we all pile in the car and off to Brooksville we go. Where is Brooksville? I don't know... somewhere northeast of Tampa... that's what the GPS is for. The-16 mile race starts at 0800, one hour after the 50K start time so we get to sleep in. Unfortunately, though, it is a very warm day and now the sun will be higher during our run.



Gathering for the start of the 16-mile 'fun run'.

About 75 runners of all types are waiting for the start which will take us up a gravel road for about a half mile to separate the runners before shooting into the woods to mix with the Ultras for the remainder of the 16 miles. Crate, Davis and I are running up front to get onto the trails first for an unimpeded run through mostly single track trails. We are quickly joined by another runner familiar with the course so we chat about what to expect ahead as we are running along at a 7:10 clip. paced by Davis. Our new running partner warns of hills ahead, about five hills of varying difficulty. I think to myself 'how bad could they be'? This is Florida and I just finished running

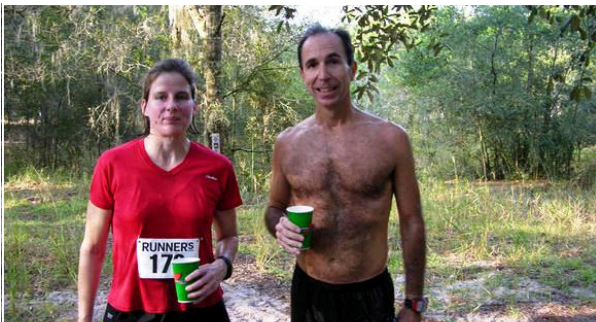
some serious hills in Michigan no more than a month ago.

This 16-mile course is actually two repeat eight mile loops which we would soon learn to be completely different. During the first four miles we just fly along at that same 7:10 clip chatting about the trails and I remind Davis, still pacing, that this is not a race but a training run and we have a long way to go.

Our new running friend -- we will call him 'Racer X' -- makes his way past me and is now running with Davis. These guys chat it up for about a mile, and then it seems a race broke out. After a couple more miles I can barely see these guys ahead of me. I am wondering how long they can keep up this pace as Crate and I move along at a more moderate 7:30 pace, knowing there are many more

miles to go. We all finish the first loop within about 30 seconds of each other as we stopped briefly at the aide station to rehydrate and start out for the second loop.

Davis and 'Racer X' pick up where they left off flying through the woods at a pace quicker than I wanted to run. They are out of site again after a mile or so. Once again Crate and I are running together but this does not feel as easy as the first time through. The legs are heavy, the heat is brutal and Crate is calling me names for getting her involved in this race (training run). Running through the first few miles at about 7:45 pace we eventually come to the hills again. The first time on the hills, with fresh legs, was nothing but now we have run more than 10 miles and the temperature is climbing. On every incline of this course the normally solid footing gives way to loose sand, go figure. So we climb up each hill slower than the previous, gasping for oxygen but we never stop running. As we approach the aide station at mile 14 I notice a guy that looks strikingly like Davis, only this guy looks really tired. It is Davis! 'Racer X' is already gone so once again Chin, Crate and Davis are running together for the final two miles -- a long, slow two miles riddled with lots of complaining about how tired we are. As we approach the final aide station at the end of the loop we are thankful to be near the end. Not so fast... the trail detours back up to the start/finish area. This is like a .3-mile winding staircase of tree roots, a brutal way to finish a long run.



Autumn Evans & Jay Claybaugh

But finish we did and together just as we had started. We placed second, third and fourth OA behind Racer X and his first place finish of two minutes ahead of us. Autumn Evans and Jay Claybaugh finish twenty minutes later placing seventh and eighth OA. This race (training run) was a challenge and one we met and conquered.

Great job to all the runners and a great race put on by the organizers and volunteers.



Davis, Chin and Crate at the finish of the John Holmes 16-mile 'fun run'! (subtract an hour from the clock)



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

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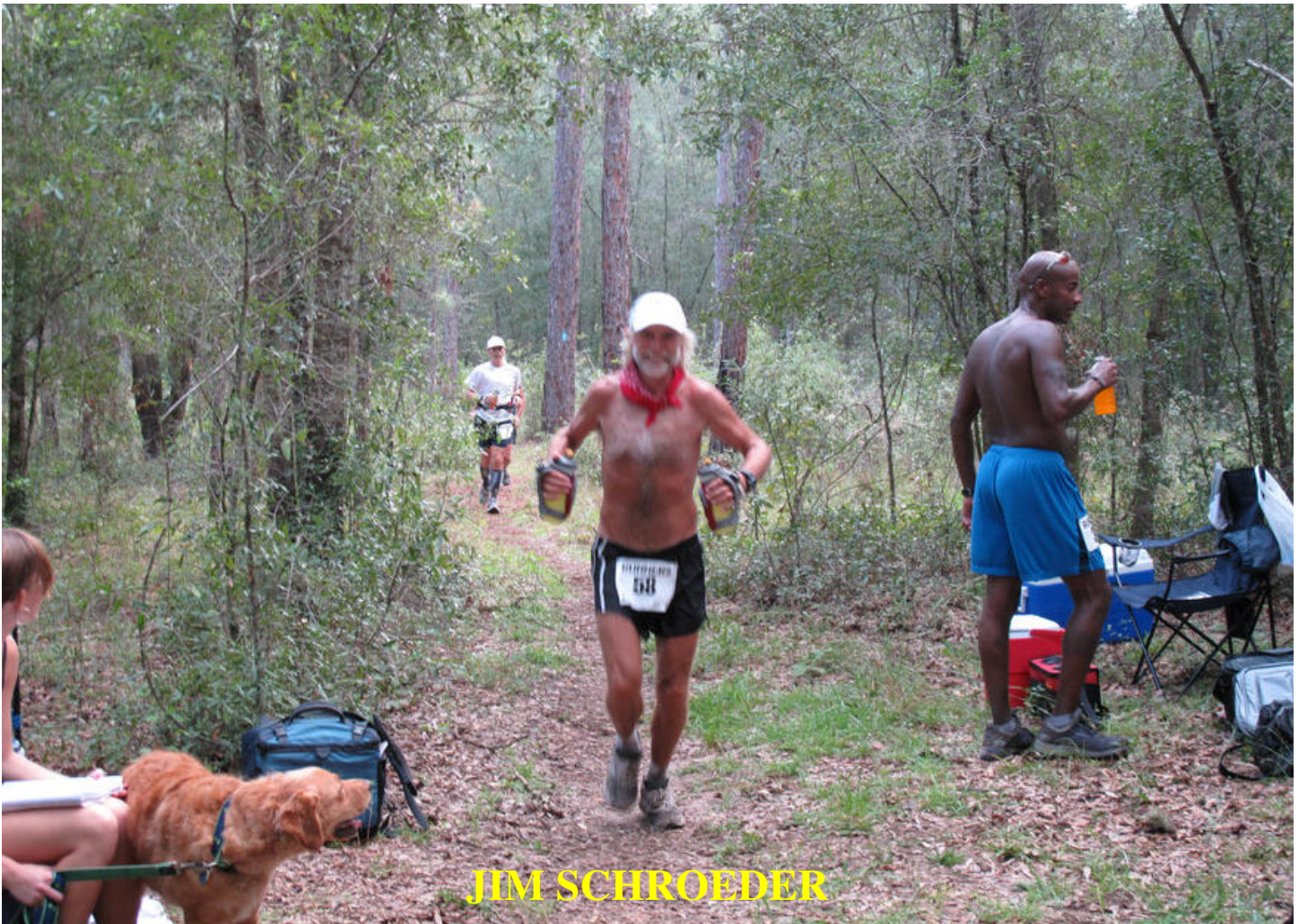
Store Hours: Monday - Friday 10:00am-6:30pm
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

JOHN HOLMES 50K TRAIL RUN

By Jim Schroeder and Matt Mahoney

<http://www.wecefar.com/index.php/john-holmes-50k-trail-run-and-16-mile-fun-run>



JIM SCHROEDER

The John Holmes 50K and 16 Mile Trail Run is named after one of the original founders of the Croom Trail Runners, and the Race Director of this race until 2003, who died in June 2005. Jim Bodoh is the current Race Director.

The Croom 50K is held in the Croom Tract within the Withlacoochee forest about 40 miles west of Orlando FL and a few miles east of Brooksville. The race starts on the road near Tucker Hill Fire Tower and finishes in the picnic area south of the road. In order to spread the runners out before getting onto the trail, you run east on Croom Road for about .6 miles, then north onto FR-5 for around .25 miles before turning west onto the A-B (Blue) trail. Andy "AndyMan" Mathews faithfully stood at the turnoff from FR-5 to the A-B trail as the light was dim at this time of the morning. The course is well marked with surveyor tape.

Withlacoochee was named one of the "10 Coolest Places in North America" by the World Wildlife Fund. The course generally consists of a single track trail winding through Florida terrain consisting of leaf pines, oak covered hills, dry creek bottoms, cypress ponds and oak hammocks. Tree canopy shielded us from the October heat wave. Wildlife found in the area includes deer, squirrels, bobcats and possibly bears.



MATT MAHONEY

Croom has to be one of the most enjoyable 50K trail runs available in the Southeast. The trails are peaceful with copious pine cones to kick and pines needles to soften the footing. Much of the course is hilly too, a nice change from running in Brevard County.

The 16 Milers run the (approx 7.5mi) A/A-B loop twice and 50K-ers run it four times. After the required number of loops, one turns left immediately after the aid station # 3 and follow the .3 mile uphill and heavily rooted trail to enter the picnic area where the finish line, and most importantly the barbecue, is located.

Each loop had 3 aid stations well stocked with water, Gatorade, M & Ms, peanuts, bananas and peanut butter on bagels. The trails are mostly sandy with pine needles and some roots, but no rocks. There are a lot of rolling hills but nothing over 50 vertical feet. The steepest climb is coming out of Bundy's Pit, a 20 foot deep sinkhole with a staircase steep climb out.

At the 7:00 AM start it was 74 degrees F with a dew point of 72 degrees. The high was 90 F, dew point 78 (heat index 105 in the shade), and mostly sunny. Most people were still running in the hottest part of the day.

A barbeque is a nice feature of the Croom Trail Runs and this year was no exception with hamburgers, cheeseburgers, veggie burgers, brats, baked beans, potato salad and chips on offer. I can say without hesitation that it is very easy to down several cheeseburgers, a brat or two, plateful of beans and potato salad after finishing a 50K!

Local ultramarathoners Joe Ninke won the men's 40-49 age group in 4:43:57, 3rd place overall, Matt Mahoney placed second in the men's 50 – 59 age group in 5:21:33, 9th place overall, Jim Schroeder placed second in the men's 60 – 69 age group in 6:12:31, 27th place overall and Stu Gleman placed seventh in the men's 60 – 69 age group in 7:50:34 out of 74 starters.



Aid Station # 3, run by John “Woody” Woods, with able assistance by Toni Pyle and Lynn Walsh also served to capture over 200 photos of the runners in various states of joy and torment. The photos were taken by Toni Pyle. Complete race results are posted at

http://www.coolrunning.com/results/09/fl/Oct10_JohnHo_set1.shtml

with all race photos and finish line posted at

[http://www.jimbodoh.com/gallery2/main.php?g2_itemId=51548.](http://www.jimbodoh.com/gallery2/main.php?g2_itemId=51548)

SPACE COAST RUNNERS

Sunday Fun Run Group

invites **EVERYONE** to **RUN/WALK** at 6:30 a.m.

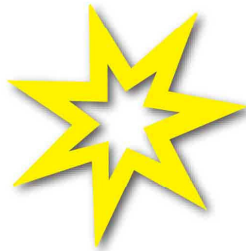
and then a **POTLUCK BREAKFAST** at 8 am!

Sunday, Nov 22, 2009

Bring a dish to share – we'll provide the drinks

RIVERFRONT PARK, COCOA VILLAGE

Counting down, 7,6,5,4,3,2,1.....



Space Coast
Marathon
& **Half-Marathon**

November 29, 2009



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!



**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!

A Mile With...

Gina Caccamo



Name: Gina Caccamo

Age: 53

School: BA Boston State

Occupation or Dream profession: Currently working as a Realtor with Apollo Realty. It's an awesome profession and allows me the flexibility to train.

Number of Years Running: 30 plus

Began Running To: Maintain a healthy lifestyle

I Knew I Was Hooked When: I enjoyed running in the harsh Boston winters.

Race PRs (Personal Records): Most of them too long ago to remember. :) Most recent recorded PR for the Half Marathon was a 2:03:40 in West Palm Beach.

Most Satisfying Race Performance(s): Augusta Half Ironman, West Palm Beach Half Marathon.

Favorite Race(s): Tufts 10K in Boston.

Favorite Place(s) to Run: Cocoa Beach at low tide, Oars & Paddles; River Road and yes my treadmill!

Running/ Training Partner(s): EB, Karen, Lynn, Rebecca and the Up and Running group.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Babe Didrikson Zaharis.

Funniest or Oddest Thing I've Seen While Running: A stalker at "The Fens" Park near Fenway Park

Training Philosophies: Be consistent; always get in an LSD (long slow distance); never try to increase your miles too quickly and have fun.

One Piece of Advice That I Would Give to a New Runner: Get fitted with a proper running shoe, be patient with your training and set realistic goals.



Other Sports & Interests: I have become addicted to Triathlons and have spent the past 3 years training and racing TRI events. Watching my Boston Sports Teams , cooking shows golf if I could find the time

Favorite Reads: *Runner's World*, *Triathlon Life* and anything Real Estate related.

Favorite Movies: *Pretty Woman*, *As Good As Gets*, *It's A Wonderful Life*, *The Pianist*.

When Nobody is Looking I Like to: Eat chocolate :)

Favorite Meal: Pasta , surf & turf and anything chocolate.

Dream Vacation: Hawaii and competing in Ironman Kona.

I Think That SCR Could Do A Better Job: Nothing, they are doing an awesome job.

Above: Gina zips through the bike portion of the Health First Olympic-distance triathlon in Melbourne on Oct. 11. She placed third in the 50-54 age group in the event that included a .93-mile swim, 24.8-mile bike and 10K run. Photo courtesy Pam Lindenberger.

This summer, Gina was instrumental in providing a safe place for open water swims. For several months she volunteered her time and effort to direct a free group swim that left every Thursday evening from Sixth and Pine in Indialantic.

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 race begins in the predawn darkness 26 miles out of St. George. With the temperature hanging at a cool 39 degrees, bonfires at the start provided some much needed warmth! Several miles into it-as the sun comes up-you're treated to the sheerest and most breathtaking red-rock formations this side of Mars. Despite the altitude -- the race starts at 5,240 feet and ends at 2,680 feet -- the marathon's downhill course keeps you moving.

Within the first moments of daylight, I was quickly impressed with the massive rock formations and the beauty of the rolling hills that spread out in front of me. Pictures can never do justice with the majesty of nature but I found myself stopping along the way to capture some of the beauty, hoping I could freeze this moment in time. Miles passed quickly and quietly. At times, it felt as if I was the only one on the road; that I had somehow become one with nature. This was an unbelievable experience and one of the most beautiful marathons.

As the city of St. George came into sight and the journey came to an end, the experience remains very alive. The stress of finding time in the day to train; the stress of traveling thousands of miles away; the stress of hoping you didn't forget to bring your running shoes soon no longer mattered because it is the journey that shapes us and gives us the strength to conquer.



**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)

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!



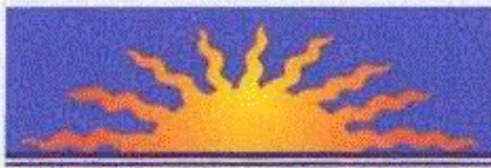
10% off* to all SCR Members!
 625 N. Courtenay Pkwy
 Merritt Island, 452-3550
 *bicycles excluded



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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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,
www.speedlaces.com



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



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



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code: rrca2009



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www.IpicoSports.com
Special pricing for RRCA clubs



www.Womensrunningmag.com



www.KSwiss.com



The Indianapolis Marathon

(AKA: Wayne Wright's Day)

Ft. Benjamin Harrison State Park

October 17, 2009

By Dave Farrall

I decided six to eight months ago to participate in the celebration of Wayne Wright running his fiftieth marathon in 50 states. I wanted to go, but had no desire to spend the time and energy training for a marathon. Before I joined the Up and Running team, I would and could spend hours running on the roads by myself. Training with others has made me lose interest in running solo. Attending church caused me to give up Sunday morning training runs.

I was lucky if my weekly mileage reached 20 miles with one long run/walk a month. The 100-mile weeks I had on my bike surely helped me spend long hours in motion. My goal for the Indianapolis Marathon was to come in under the seven-hour cutoff time. That would mean running or walking 15-minute miles. I could walk that—no problem!

My wife kept a close eye on the Indianapolis weather forecast for the week prior. It was 30 degrees in the morning with a high in the 50's, slight chance of rain. I packed two lined warm-up suits, no winter coat, no hat. I figured I would run in a long-sleeved tee-shirt under a tank top. I thought I would be okay once the race started. Upon arrival in Indianapolis, the initial shock of 31 degrees and rain was overwhelming; I nearly froze.

The race expo was average and nothing to "write home about." I did buy a headband to cover my ears that has the words 'I Run for Chocolate'. That headband was a blessing.

The pasta dinner was good, but not well-attended. Wayne's 20 family members who made the trip to the event made up more than half of the dinner crowd. Wayne's family is very warm and caring. They all treated me like a member of the family which made the weekend extra special.

The night before the race I decided on a race strategy: a 20 and 20 version of the Jeff Galloway system—20 minutes of running and 20 minutes of walking. I would see how far I could maintain this and simply walk the rest of the way. My last two marathon times running and walking were both 5:33. I wanted to beat those times.

On race day morning, the temperature was 33 degrees, but no rain. Thank God for that. We arrived about 10 minutes before the start and not enough time to freeze to death.

The announcer mentioned that Wayne would be running his fiftieth in 50, but Wayne was so busy talking to other 50-staters that he didn't hear the announcement. We told him about it later.

The course was run mostly on the grounds of Fort Benjamin Harrison National Forest on paved bike paths. The fall leaves were really beautiful. My 20 and 20 game plan worked rather well. The last two or three minutes of my walking break, I would start talking to myself: "just run 20 minutes." Each time the talk was longer and longer, but the miles rolled by. The closer I got to 13 miles, the slower they would roll, but after the half-way mark, the miles went faster.

Wayne ran a 4-1 method. We played tag during the race. He stopped two or three times for a beer break. His breaks enabled me to slide past him and cross the finish line first.

Speaking of crossing the finish line first, Wayne's pride and joy is just that. The only photo he has ever ordered from a marathon is of him crossing the finish line of the Clearwater Marathon with me seen in the background. He had this photo framed and he carries it around with him.

My times during the marathon: 40 minutes (5K); 58 minutes (10K); 2:16 (half-marathon); 3:22 (19 miles—not sure why they had this one marked). My finish time was 4:39. **My** finish line photo does not include Wayne—he was too far back! I told him that we would have a rematch.

The post-celebration included runners trying to keep warm while eating hot dogs and hamburgers. Wayne's 50/50 party was great. He was in "Hog Heaven" and I'm sure he'll tell all of you about it.

My next marathon is the Space Coast Marathon. I was planning to run the half, but the Indianapolis experience has me pumped to do the full marathon. I hope that isn't a mistake.



Dave Farrall, left, congratulates his buddy, Wayne Wright, after both men finished the Indianapolis marathon. The finish line represented Wright's completion of at least one 26.2-mile race in each of the 50 United States. CONGRATULATIONS, Wayne!



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/>



50 STATES OF MARATHONS

By Wayne Wright

At the New York City Marathon in 2003, I saw a running singlet with a logo for the 50 States Marathon Club. Below the logo, it said "FINISHER" and on the back it said, "COMPLETED A MARATHON IN ALL 50 STATES." That was only my second marathon/state so I was awestruck that someone actually ran a marathon in all 50 states. The wearer also told me that there had been more astronauts than 50 state marathoners. At that time I didn't even dream that I would ever earn that singlet. At two marathons per year, I would be eighty years old before I finished.

2004 and 2005 saw seven more states added to my "been there, done that" list. OK, at this rate I would only have to run until I was seventy-two. Yeah, right!



In 2006, I completed the Mardis Gras Marathon in New Orleans. Because Louisiana was my 10th state, I was eligible to join the club. That seemed like a major achievement and the idea of forty more states moved up to possible, but not likely. But, if you're going to run marathons, you might as well go somewhere you've never been. It's a good excuse to see the country. Whadda ya know? The year ended with a total of nineteen states behind me.

Beer stop at mile 21. Wayne's family from left to right: son, Jim; Wayne, daughter, Brenda; grandson, Devin. One sign reads: 'Run Harder, We might inherit earlier'. Photo on top shows the race bling Wayne has collected on his 50 States quest. The photo on the far right of the table is the only race photo he purchased -- the one race where he beat Dave Farrall.

In 2007, open heart surgery and a movie starring Jack Nicholson and Morgan Freeman changed my attitude. "50 States" became a definite goal. That year, fourteen more states were crossed off my personal "Bucket List". Hey, I'm two-thirds done! And, the rest are all scheduled.

Of course, Murphy's Law couldn't let it happen as planned. The June marathon in Connecticut was cancelled and Hurricane Ike flooded out the September marathon in Missouri. Putting those two states back on the calendar meant running six marathons in six weeks. But I knocked out Missouri in November then froze my assets running Connecticut in December and 2008 ended back on schedule with just four states left.

Final Countdown: run Boston (MA) in April; Long Branch (NJ) and Burlington (VT) in May; and celebrate in Indianapolis (IN) in October. Family and friends came from six states to watch or run the Indy Marathon and/or attend the finishing party. Yes, I can dance after a marathon!

Why finish in Indy? A. I'm from there so more family and friends could attend. B. My first half marathon was Indy (1983) after which I established the goal of running a full marathon.

According to Napoleon Hill (author of Think And Grow Rich), "What the human mind can conceive and believe, it can achieve." My corollary to that is "Whether you think you can or think you can't, you're probably right." I'm the 455th marathoner to wear the coveted "FINISHER" singlet. There are still more astronauts.



Crossing the finish line of his 50th state. Small print on the back of shirt reads "completed a marathon in 49 (taped over 'all 50') states + #50, Indiana".

**Champion
and
Timothy!**

Tooth Trot 5K

Real Prizes!

DATE & TIME

Saturday, February 13, 2010
5K Run/Walk 8:00 A.M.
Kid's Run (Age 3-7) 9:15 A.M.

LOCATION

Wickham Park-BCC Main Pavilion
Melbourne

ENTRY FEE

\$20.00 before February 5th
\$25.00 after February 5th
\$15.00 5K for kids 14 & under
Kid's Run Free - Register on-site

REGISTRATION

Mail completed/signed entry form with fee to:
Jerilyn Bird
1983 S. Rockledge Drive
Rockledge, FL 32955
Make checks payable to: ABCDS
Or Register online at active.com
SORRY - NO REFUNDS

PACKET PICK-UP

Pick up race number, t-shirt, & goodie bag at Running Zone the week of the race or on race day at the race site beginning at 6:30 A.M. (Please allow 48 hours after registration on-line before packet pickup at Running Zone!)

The Brevard County
Dental Society



The 12th Annual Tooth Trot commemorates Children's Dental Health Month. Proceeds benefit Give Kids A Smile in Brevard County. Presented by The Brevard County Dental Society and The Alliance of the Brevard County Dental Society.

Visit with the Tooth Fairy!

After the race, enjoy a tasty selection of breakfast treats and fresh Florida orange juice!

This FAMILY FUN 5K race is ranked as a top 10 favorite in Brevard County!

SPECIAL THANKS

to each of the sponsoring Brevard County Dentists for their continued support of the Tooth Trot.

AWARDS

Top three overall male & female receive award. Top male and female master & top three finishers (0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+) will receive an award.

Following the race, runners & their family will enjoy fruit, bagels, danish and other goodies. Runners are also eligible for door prizes!

T-SHIRTS

All paid entrants in 5K will receive a technical t-shirt. Sizes & availability are not guaranteed after 02/05/10.

MORE INFORMATION

321.631.7000 or GWBOM5@aol.com

EARLIEST REGISTRATION

register online at **active.com**

Tooth Trot 5K Official Entry Form

Make checks payable to: Alliance of the Brevard County Dental Society (ABCDS)

Send completed entry form with proper fee to: Tooth Trot, c/o Jerilyn Bird, 1983 Rockledge Drive, Rockledge, FL 32955

Name: _____ Age on 02/13/10 _____ Sex _____

Address: _____ City: _____ State: _____ Zip: _____

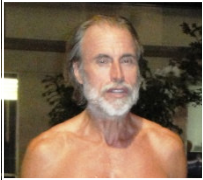
Phone: _____ E-Mail: _____ T-Shirt Size (Adult): S M L XL XXL

Incomplete or Unsigned entry forms will NOT be accepted and will be returned to you!

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the Brevard County Dental Society, the Alliance of the Brevard County Dental Society, Brevard County Parks & Recreation Department, all race sponsors, volunteers, participants and all officials of the race for any and all damages or injuries which may be suffered by me in connection with my entry or participation in any Tooth Trot events. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, or any other re-cord of this event for any purposes whatsoever. I have read the above release and understand that it presents a risk of physical injury or illness, knowing this, I am entering this event at my own risk.

SIGNATURE REQUIRED! (If under 18, a parent must sign) _____ Date: _____

KEEPING TABS



Matt Mahoney

A HUGE 'THANKS' to everyone who helped with this month's newsletter: Rick Andrews, Trey Andrews, Carol Ball, Cyndi Bergs, Dave Berkman, Gina Caccamo, Steve Chin, City of Indialantic, Dave Farrall, Ron Hoar, Barry Jones, Jack Lightle, Pam Lindenberger, Matt Mahoney, Running Zone, Loran Serwin, Ed Springer, Kara Springer, Jim Schroeder and Wayne Wright.

We all love reading about our members' adventures! If you'd like to share some 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 John Campbell, Viera; Emily Chapman, West Melbourne; Austin, Christian and Jared Hayes, Satellite Beach.



Howard Kanner hits the big 4-0 on Nov. 25.

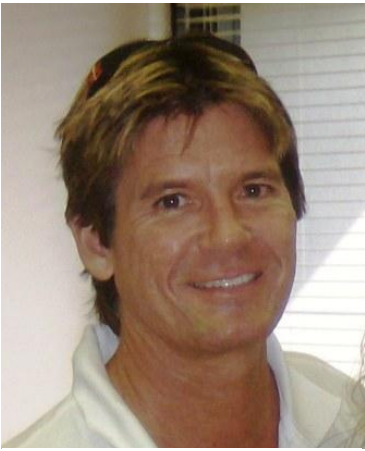
HAPPY NOVEMBER BIRTHDAY to (1) Angie Preston (2) Randy Farner (3) Colby Enlow, Joe Hultgren (4) Fred Burgess, Scott Larson (5) Kimberly Badgett (6) Carol Ball, Joan Mahoney (7) Lisa Harrington (8) Trish Piercy, Gina Rall, Fiona Wright (9) Sue Hoyt, Lori Jenkins, Pat McKee, Susan Willard (11) Avery Mohr, Micah Rockwell (12) Jorge Abreu, Kristen Badgett, Jeff Sanders, Gary Stutte (13) Ray Brown, Theresa Miller, Tammy Pierce (14) Allen Cowart, Donald Gross, Steve Joiner (15) John Davis (16) Leanne Gallagher (18) Thaddeus Austin (19) Matthew Willard (20) Shaina Anderson (21) Stephanie Castner (22) Ron Abel, Heather Lewis (23) Chenna Cook, Daryl Gilbert, Michael Slomins, Madeline Zeuli (24) Libby Ross (25) Michael Adams, Don Dore, Taylor Gannon, Howard Kanner, photo at left (26) Kimberly Budnick, Amy Schell (28) Gina Mohr, Nancy Rowan (30) Ethan Campbell, John Fricano, Maryanne McCarthy, Dana Slomins.



Theresa Miller
2nd 45-49

DAYTONA BEACH HALF MARATHON (Daytona, Nov. 1) finishers Greg Aker, 1:46:04; Thad Austin, 1st 30-34, 1:25:49; Kathy Camick, 1:47:27; Gary Castner, 2:07:34; Kristi Dettra, 2:11:25; Kyle Durr, 1:55:05; Caitlin Feikle, 2:29:30; Erika Feltz, 1:47:33; Janice Gagnier, 2:54:31; Tom Grimm, 2:15:01; Layla Higgins, 2:03:28; Christopher Hill, 1:58:04; Dan Howick, 2:45:47; Sue Hoyt, 2:09:17; Tanya Kuelbs, 3:03:24; Andrea Lucan, 2:39:46; Daniel Mashek, 2:11:41; Ricky McDonald, 1:53:46; Theresa Miller, 2nd 45-49, 1:48:09; Catherine Norris, 3:20:53; Kevin Oliver, 2:09:16; Juan Perez, 1st 50-54, 1:36:32; Don Piercy, 2nd 45-49, 1:33:45; John Rice, 2:43:34; Nancy Rowan, 2:08:18; Ed Springer, 2nd 30-34, 1:27:03; Kara Springer, 1:48:08; Christina Tagye, 2:11:20; Chris Woolard, 1:45:36; Rudi Zayas, 2:17:26; Jessica Zeller, 1:53:05.

NEW YORK CITY MARATHON (New York, Nov. 1) finishers Robert Alkire, 4:31:26; Cindy Bishop, 5:11:08; James Croft, 3:51:34; Kira Juraneck, 5:47:56; Kevin Litt, 5:06:30; Tegan Litt, 5:16:54; Anne-Marie Logan, 4:28:01; Gina Rall, 5:16:54; Brittany Streufer, 5:00:43; Shane Streufert, 3:56:10; Scott Wilmont, 3:56:10 (preliminary results)



Dave Hernandez

MARINE CORP MARATHON (Arlington, VA & Washington, D.C., Oct 25) finishers Kevin Allen, 4:55:09; David Barnes, 6:22:31; Bruce Barnett, 4:30:18; Diana Burton, 4:58:49; Denise Canina, 4:39:49; Amy Clamons, 3:57:14; Richard Dunlap, 5:17:17; Monique Delauter, 5:24:02; Paul Fontenrose, 3:34:29; Jeff Ferris, 4:57:22; Elizabeth Gmerek, 5:55:43; Gary Ganiban, 4:11:13; Lindsay Graham, 4:03:43; Dave Hernandez, 7:02:56; Don Hernandez, 6:20:41; Don Hernandez, Sr., 7:02:56; Joy Hunkins, 6:32:55; Wendy Handy, 4:54:42; Tory Jordan, 4:52:15; Ken Kerstetter, 5:22:20; Stephen Luedtke, 3:45:18; Andrew Maxwell, 4:34:40; Mike Mos, 4:09:09; Charlotte McClure, 5:03:14; John Noll, 6:32:55; Abraham Oros, 4:35:08; Joanne Ratcliffe, 6:23:10; Alex Stachowiak, 4:32:23; Chris Sands, 5:31:31; Sandra Stevens, 6:35:59; Jeff Zipperer, 4:43:54; Susan Zipperer, 6:14:40.

Sometimes it is all too easy to get wrapped up in the times on the clock and forget about the journey itself or the people who make it special. Palm Bay's Dave Hernandez did neither at this year's Marine Corp Marathon. Instead of going for a BQ, Dave ran and walked the 26.2-mile tour of Arlington and D.C. with his 72-year-old dad, Don. Special congrats to Don on his first marathon and teaching us that we're never too old to begin our own trip and to Dave, for helping us remember what's important in life.

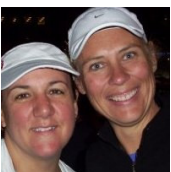


Amy Schell

TWILIGHT ZONE TOWER OF TERROR 13K (Disney, Oct. 24) finishers CHERYL AVENA , 1:36:00; DANNY BARRETT , 3rd 45-49, 52:59:00 JANICE BECK , 2:00:45; KUANG YU BERES , 1:35:33; STEVEN BERES , 1:21:49; CYNDI BERGS , 1:57:19; MARK BERGS , 1:57:17; DOROTHY BOURLIER, 1st 50-54, 1:10:13; SHARON BRESSER, 1:28:26; TRACIE BURNS, 2:15:25; CATHY CHAPMAN , 1:40:55; STEVE CHIN ,2nd 40-44, 49:21:00; CEDRIC CHING , 1:15:53; MELANIE CLEGG , 1:44:25; ED CLOAK , 1:27:03; CHRISTI CURTIS , 1:30:16; DONNA DAVIS, 1:06:41; JOHN DAVIS , 1st 30-34, 48:41:00; MICHAEL DRAPER , 54:44:00; ANN EHLER, 1:09:14; RANDY FARNER , 58:56:00; JANICE GAGNIER , 1:51:51; CHARIS GAINES , 1:23:25; JIM GERARD , 2:07:14; STEVEN GILLIS , 1:34:57; KELLY GORMAN, 1:58:06; JORDEN HALSTEAD, 1:00:43; KATHRYN HERMAN, 2:04:03; 1:22:58; SUE HOYT, 1:16:13; KELLY HUNTER, 1:18:10; PATRICIA JOHNSON, 1:24:35; CHRISTEY KRAUSE, 1:21:29; HARRIS KRAUSE, 54:44:00; TANYA KUELBS , 1:52:40; SERENA LEDIG, 1:27:46; RYAN LOMBROIA, 1:24:23; TERRI LOVELACE , 1:09:56; KIRSTEN MCDOUNOUGH, 2:01:07; LINDA MCKEE, 1:34:15; PAT MCKEE, 1:34:15; GARY MEIER, 1:31:03; PAM MEIER, OA Master (40+), 1:01:19; AIMEE MOLINEAUX 1:25:4 SUSAN MOLINEAUX , 2:17:27; ROSE MYERS, 1:27:51; DIANNE ORTT , 1:42:35; DAVID POPE , 1:57:21; AMY SCHELL , 2:05:18; JOHN SCHMIDT , 1:51:51; JOSEPH SMITH , 1:20:21; TIMOTHY SMITH , 1:29:14; JAYNA SNYDER 1:35:19; LAYLA SNYDER 1:20:55; MARCELLA SOLOMON , 1:42:09; DAVID STARK 1:33:35; GARY STUTTE 1:02:49; NANCY TILLEY ,1:26:49; MATTHEW VAN DEN DRIESSCHE, 1:20:40; JENNIFER VAN DEN DRIESSCHE , 2:02:01; JOE WEHLEN , 1:24:58; DOROTHY WELLS, 1:22:20; JASON WHITE, 1:14:26; TERESA WILLIAMS, 1:22:20; JENNIFER YOUNG , 2:01:07.



Donna Davis and daughter, Kyra Davis



Marisa Flint & Sharon Gillette

NIKE WOMEN'S MARATHON (San Francisco, Oct. 18) finishers Barry Birdwell, 6:14:21; Marisa Flint, 4:45:00, PB; Hatice Foell, 4:35:11, Pamela Peters, 4:45:41 and **HALF MARATHON** finishers Michelle Birdwell, 2:58:17, Sharon Gillette, 3:21:05 and

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



SCR Masters phenom, Art Anderson, right, on the way to the finish line of his first triathlon. Art took second in 50-54 in the HF Sprint Tri.

A huge CONGRATS to all who participated in the Oct. 11 **Health First Triathlons**. Pacing and hydration became key concerns as the day's brutal heat and humidity presented the very real threat of heat exhaustion.

Race organizers did an excellent job with course and traffic support. A huge 'thumbs up' to to all who volunteered their time to ensure a safe and memorable race for each athlete.

What could have been near-perfect race execution was marred by the numbers of questions that came up about the accuracy of the race results. Chips were lost in the swim, other's times were missing all together -- including the women's Olympic 50-54 division. And there was still uncertainty about who really won both the men's and women's sprint races.

"There were issues with people swapping back and forth between the sprint and the Olympic distance without bib numbers or chips getting changed," said race director, Chris Moling, of DRC Sports, the company that provided the timing. "We knew there were some problems after the awards got started. We should have stopped and asked for more time to sort things out and then announce the correct results."



Sue Matschner, 2009 HF Sprint Tri OA Female champion

Moling and his crew were super responsive to making sure everything was corrected post-race and are sincere about doing the best they can by and for the athletes. This is one of those 'stuff happens' things that no one likes and no one likes being responsible for....but it happens and we all move on.

Congrats to Indian Harbour Beaches Chris Seinkner, 41, and Merritt Island's Sue Matschner, 43, who were overlooked on race day as the 2009 Health First sprint champs. Seinkner, a father of two and an Air Force pararescue, became a three-time HF sprint tri champ as he hit the line for the 2009 victory in 1:06:53. Matschner, a pharmacist and mother of one, moved up two notches from last year's third place overall to this year's 1:16:05 top spot.

Congrats, also, to our local Olympic-distance champ, Ed Donner. The six-time Ironman who has only been in the sport three years, grabbed the win in 2:21:21. Donner will be competing at Ironman Florida on Nov. 7 and then at the Ironman 70.3 World Championships in Clearwater just one week later.

Congrats, also, to Team Goddess, the all 40+ women's team of Christy Zieres (swim), Sue Daily (bike), Nancy Buonanni (run), who cruised through the Olympic relay division in 2:33:07. Sadly, all men's, women's and co-ed teams were lumped together, so the groovy goddesses had to settle for second behind the male team Triple Threat, who finished in 2:31:01.

Check out the now complete and correct results at <http://www.drscsports.com/races/healthfirst/res09.shtml>

Also enjoy Ken Horton's photos from the race at <http://icunphotos.com/pics/run091011/index.php> and Pam Lindenberger's great bike shots at <http://picasaweb.google.com/SCT.president/2009HEALTHFIRSTTRIATHLONASSEENBYPAMLINDENBERGER?feat=directlink#>



Bill Farina

What the heck is a cooter? I guess you have to do the **Great American Cooter Triathlon** at Wallace Brooks Park in Inverness to find out. Or maybe ask some of those locals who completed the quarter-mile swim; 12-mile bike and three-mile run on Oct. 25.

Congrats to our new Cootermen and Cooterwomen Stephan Clark, 1:07:08; William Czagas, 1:15:10; Barry Clinger, 1:19:03; Bill Farina, 1:18:34; Laura Farina, 2nd overall, 1st 25-29, 1:07:27; Rick Gaskins, 1:25:38; John Jacobs, 1st novice, 1:03:52; Meg Lieth, 1:37:05; Thomas Opalewski, 1:30:20; Graham Partain, 1st 35-39, 1:02:10; Joe Marcinek, 1:05:38; Veronica Sim, 2nd 40-44, 1:15:14.



More than 200 women lined the shores of Lake Mary Jane on Oct. 24 to participate in the **4th Annual Orlando Women's Triathlon Festival**. Buttar.com offered the ladies their choice of a semi Olympic-distance (.93/21.6/5.5); sprint-distance (.5/12.4/2.8) My First Tri (.25/12.4/2.8) and an Aqua-bike (.93/21.6)



Christy Zieres

Congrats to all who participated including Olympic distance finisher Christy Zieres, 2nd 45-49, 2:32:35; Olympic Aqua Bike finishers Kathy Bryant, 1st OA, 1:33:42; Sue Stidham, 1:43:44. Sprint distance finishers Bridget Beitel, 1:38:42; Melissa Evziere, 1:22:21; Carrie Fast, 1:31:40; Susan Goodman, 1st 55-59, 1:24:31; Jamie Guth, 3rd 25-29, 1:19:41; Joy Hess, 1st 30-34, 1:16:17; Nicole Kurschat, 2nd 25-29, 1:19:36; Kathy Lawler, 1:37:26; Kara Marcinek, 1:35:38. My First Tri finishers Aimee Asher, 2nd 30-34, 1:18:16; Anthea Atkinson, 1st 45-49, 1:20:52; Vanessa Dance, 1:45:28; Susan Ivey, 1:56:22; Casey Orlando, 1st 14 & under, 1:29:03.



SpacecoastMultisport.Com

More multisport info and news at <http://www.spacecoastmultisport.com/>



WITCH WAY 5K

October 17, 2009

Melbourne, FL



Steve Chin flies through the finish for the overall win in 17:43.

MALE

Overall

Steve Chin	17:43.6
Thaddeus Austin	18:19.5
Cary Allen	18:28.1

Masters (40+)

Art Anderson	18:40.9
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8 and under

Colton Serven	39:02.0
Noah Ogburn	41:29.7
Lucas Goldfarb	42:07.6
Ian Cook	44:04.7

9-11

Bryson Smith	21:36.3
Mike Palmisano	23:37.4
Briar Reck	23:53.9
Dylan Jersey	25:26.9
Zachary Hobby	26:20.1
Jakob Goodrich	27:10.7
Austin Waechter	28:11.8
Chauncey Robinson	29:17.1
Jack Ganiban	30:34.8

12-14

Mike Fears	23:32.0
Connor Schwinghammer	27:53.3
Thomas Mackiewicz	32:11.3
Will Waechter	32:30.9

15-19

Gage Wikel	27:22.8
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20-24

Dennis McDonough	30:20.5
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25-29

Workman Christopher	20:17.2
Kristian Damkjer	20:45.4
Chi Cam	21:37.9
Johan Woger	25:05.7
Chris Streiff	26:25.3

30-34

Frank Solis	21:14.0
Tommy Bowling	24:12.3
Kurt Waterman	24:38.1
Adam Marshall	24:56.0
Will Kerr	26:41.1
Brian Bridenbecker	30:09.9
Michael Dorn	31:14.3
Tim Strange	31:41.9
Christopher Lovett	32:53.2
Rafael Cales	33:14.3

35-39

Bruce Farrow	21:41.7
William Conyers	21:44.5
Richard Lane	23:44.0
Loren Goldfarb	25:57.6
Ritch Workman	27:38.6
Trevor Spicer	28:00.7
Mike Fears	30:01.0
David Destefano	32:42.7
Steven Bennard	41:16.0

40-44

Chris Loines	20:37.7
Brian Lail	21:31.3
John Burr	21:55.5

40-44 continued

Ken Allen	21:56.6
Rick Ramnath	22:32.7
Scott Ziegler	23:17.1
Chris Cecilione	23:49.4
Neil Schanstra	24:27.6
Kevin Reck	24:58.4
Thomas Jackson	25:34.3
Peo Rydgren	25:43.8
Dan Rice	26:33.3
Keith Krebs	26:44.1
Roderick Sulte	27:11.6
James Horan	27:31.3
Greg Schwinghammer	28:23.7
Russell Hobby	28:50.8
Roger Ogburn	29:36.2
David Dalton	29:58.4
Richard King	34:32.6
Sharon Loines	35:20.6
Paul Leppok	40:36.4

45-49

George Meerdo	19:49.9
Jay Claybaugh	19:52.2
Mark Ewald	21:12.2
Dave Hernandez	21:45.0
Matt Allen	22:15.1
Eric Held	23:43.3
Mitchell Hughes	23:55.1
Ed Hall	25:08.7
Clay Smith	28:22.2
John Entsminger	28:30.4
Gary Ganiban	30:36.5
Edwin Mackiewicz, Iii	32:11.5
Greg Burdine	35:44.6
George Bangos	36:20.1
Neal Serven	39:16.2
James Lombardy	43:20.4
Patrick Patterson	52:40.8

50-54

Mike Dahan	19:41.9
Matt Mahoney	19:56.8
Andy Beard	25:37.6
Jason Baltuch	27:16.5
Robin Peterson	27:18.1

50-54 continued

Ted Lightle	28:06.0
Robert Wright	31:43.4
Ken Flieder	33:26.2
Jeff Valentine	33:32.2
Dennis Durkee	36:06.1
Javier Vasquez	37:34.7
Mike Arbogast	48:14.0

55-59

Don Dore	22:17.4
Richard Marino	24:53.1
Mike Spragins	25:55.4
George Ball	27:06.5
Jim McClary	32:43.6
Randy Dalrymple	38:56.7
Grady Stewart	43:12.6
Don Fisher	50:46.9

60-64

Jim Schroeder	21:38.4
Ed Rowley	22:23.9
Greg McKay	26:21.1
Peter Wynkoop	04:37.4

65-69

Michael Zeitfuss	21:59.3
David Wofford	26:27.2
Patrick Maginn	28:57.6
David Cronenberg	51:23.5

70-74

Jack Blasy	07:33.1
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75-79

Jack Lightle	28:05.5
Bob Pecor	29:04.9
Henry Campbell	36:43.7

FEMALE

Overall

Jessica Crate	18:48.0
Sherrill Niedenthal	20:03.9
Sarah Wassmuth	21:27.2

Masters (40+)

Anne Dockery	22:05.4
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8 and under

Emma Cavendish	27:55.9
Arielle Fears	33:00.2
Laine Wetherall	34:21.8



Jessica Crate, left, receives OA female trophy and scary tombstone award!

8 and under continued

Shannon Topp	36:13.5
Alexandra Bangos	36:19.5
Jordan Smith	39:48.1
Alyssa Bennard	41:16.9
Mallory Moore	41:48.7
Macie Goldfarb	42:06.8
Kayleigh Reinke	53:12.4

9-11

Taylor Ziade	26:34.4
Camrin Cox	35:11.9
Julie Krebs	38:52.1
Taylor Nation	39:55.7
Katia Schwinghammer	40:27.2
Matti Moore	41:39.5
Jessica Irons	42:07.3
Jamie Macdonald	47:17.6
Alexa Berkman	49:19.8

12-14

Nicole Topp	28:20.7
Ashley Fears	35:25.7
Natalie Chan	39:56.6
Ellen Mahoney	49:34.4

15-19

Emily Neilson	25:30.8
Giovanna Pope	42:25.2

20-24

Shadia Natour	26:25.7
Caitlin Sandler	28:34.8
Alexandra Wienkoski	28:35.3
Vanessa Reyes	29:04.7

20-24 continued

Aimee Burghardt	30:35.6
Kate Hart	32:36.2
Crystal Doty	35:57.8

25-29

Christine Logan	25:46.1
Elizabeth German	26:20.8
Lisa Young	27:30.3
Jessica Smith	28:14.6
Jill Franks	29:33.9
Genevieve Coxon	30:07.9
Katrina Dahdah	31:41.3
Ingrid Houston	32:08.7
Kathryn Gonzalez	33:13.7
Pam Marticke	35:55.9
Maria Bise	38:19.5
Helena Kramer	38:53.1
Eileen Bridenbecker	38:54.9
Daniella Bragg	42:45.0

30-34

Bambi Wiedmann	23:35.2
Katherine Myers	25:14.1
Donna Rittinger	26:08.2
Rachel Bowen-Wilkerson	26:28.9
Stacy Baker	27:11.9
Nina Damkjer	29:32.2
Christi Curtis	29:37.3
Galit Levy	30:02.4
Michelle Devoid	30:15.5
Amy Cales	31:19.1
Giselle Cahill	33:12.7
Michelle Dorn	35:37.7
Anne Fears	35:42.2
Erica Knight	36:26.5
Megan Schmidt	36:41.1
Carole Reinke	36:56.1
Amy Revis	40:13.4
Jamie Bennard	41:18.5
Casey Gilbert	41:48.2
Ruth Martin	42:03.3
Erica Caballero	42:35.5
Nicole Moritz	43:11.9

35-39

Anne Marie Parker	24:09.1
Lisa Harrington	24:14.0
Norma Charreux	24:59.0
Alli Nevin	25:10.6
Erin Schuck	25:22.5
Donna-Marie Hamilton	25:28.8
Cynthia Green	27:41.9

35-39 continued

Melissa Isenman	30:10.2
Becky Redish	30:32.2
Bonnie Lovett	32:54.1
Joanna Stevens	34:39.5
Amanda Vaughan	37:17.2
Patty Moore	41:40.4
Rebecca Cavendish	42:37.8
Yvonne Marcinik	44:52.2
Michelle Curtier	46:47.0
Lorin Cox	48:59.0
Tracy Ozzello	49:16.6
Sandy Walker	49:19.2
Tira Brown	50:06.4
Cathy Pierson	54:19.8
Amanda Davis	54:58.8

40-44

Julie Cloney	24:29.6
Pam Brandli	25:11.0
Paula Komm-Storum	25:11.3
Betsy Butler	26:30.4
Janice Spragins	26:36.2
Robyn Horan	29:37.6
Elizabeth Mojica	30:31.1
Patricia Lafleur	30:40.3
Cecilia Goodrich	30:59.0
Lori Sherman	30:59.9
Kari Wetherall	34:22.8
Bernadette Pittman	35:23.6
Pascal Elmer	37:17.5
Laura Smith	39:49.1
Jennifer Leppek	40:36.1
Melissa Horan	40:56.0
Debbie James	44:06.8
Stacy Krebs	44:09.8
Regina Vlieganthart	49:15.5
Brenda Mahoney	49:35.3
Lisa Henderson	53:38.2
Diane Ortiz	54:20.1

45-49

Katia Dubec-Hunter	25:45.0
Kim Zipper	27:29.2
Kathy Carswell	30:39.8
Tena Hochard	31:24.2
Suzette Minch	31:42.3
Dana Branly	34:33.0
Terri Burdine	34:37.5
Joyce Dewar	35:09.5
Janice Beck	35:33.5
Pamela Sotelo	36:17.4
Malina Mendez	36:55.4

45-49 continued

Debbie Holliday	41:26.1
Suzy Leonard	41:34.0
Jackie Bangos	42:08.4
Terri Waldron	42:38.4
Kathleen Cole	45:20.5
Kim Workman	50:07.0
Judith Caccamo	50:40.4

50-54

Kay Rowley	23:19.9
Kathy Ojeda	25:00.9
Melanie Delman	27:11.0
Wendy Bobbitt	27:27.6
Deborah Marino	27:34.8
Nancy Sharp	29:39.9
Janet Di Gioia	33:33.4
Sherri Shamet	35:49.1
Alice Arbogast	36:16.9
Cynthia Habercom	36:56.5
Dalys Dunn	37:13.2
Patty Beard	38:09.4
Cherie Cook	44:05.1
Denise Stanton	44:49.7
Rosemary Cruz	49:35.7
Lorie Patterson	51:24.3
Elaine Dalrymple	53:19.5
Patricia Scordino	54:50.0
Georg Baker	54:57.7

55-59

Sarah Schroeder	36:18.1
Bonnie Jacobsen	37:19.5
Sherry Stewart	42:27.4
Debbie Olinick	43:15.3
Cynthia Stone	43:18.9
Rosemary Celenski	54:21.3

60-64

Alice Winters	54:49.2
Andrea Blasy	07:33.0

65-69

Willy Moolenaar	27:14.5
Judy Walton	41:13.3
Maria Hess	45:24.6
Barbara Proctor	46:15.0
Bobby Cronenberg	51:08.6

70-74

Bonnie Pheasant	45:31.6
Mary Woods	50:47.3

75-79

Roberta Osterling	00:18.8
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Masters (40+) winners Anne Dockery, above, and Art Anderson, below, hope that staying active will help them avoid an early RIP!

Check out more race photos courtesy of the City of Indialantic and Dave Berkman at:

<http://www.theberkmans.com/race/index.htm>





GHOSTLY GECKO 5K

October 24, 2009

Melbourne, FL



You gotta love it when some of our more, ahem, mature runners show the rest of the field how it's done. And that's what happened on the evening of Oct. 24 as Melbourne's Doug Butler bested more than 800 finishers at the inaugural Ghostly Gecko 5K in old Eau Gallie. The 46-year-old coach and teacher -- who has also long been Brevard's preeminent male runner -- took the win in 17 minutes and 10 seconds just one second ahead of West Melbourne's John Davis.

"John was right on my heels," said Butler who coaches, among many, the dynamic duo of Davis and Satellite Beaches Steve Chin. "The goal was to help him and Steve try and get under 17:00. They both will when the temperatures drop and we get a cold race."

Butler started feeling the humidity and pace after hitting the second mile in 11:02 and told Davis to go ahead for the sub-17. But, with 26 years of hard-fought and multiple wins behind him, it wasn't so easy to let his younger competitor go.

"He got about 10 yards on me and I was able to suck it up and make a last ditch effort and get him in the last 100," Butler said. "(That) might be the last race the teacher beats the student. I'm just trying to stay healthy and hang on."

Davis earned second with his 17:11 and Chin pulled in for third at 17:21. Titusville's Frank Kapr, 41, took Masters (40+) in 18:49.

In the ladies race, 24-year-old Jessica Crate, who is training for her first marathon with Davis and Chin, walloped the rest of the women with her win of 18:09, also good enough for ninth place overall. Palm Bay's Tracy 'T-Sizzle' Smith crossed the line in 19:38 for second and Melbourne's Meredith Van Veen, 24, took third in 19:46. Fifty-year-old flight attendant, Karen Minor, nailed Masters in 20:04. (Special congrats to T-Sizzle's dad, who completed his first-ever race!)

The Ghostly Gecko was race number three in the six-race Running Zone Race Series and proceeds will benefit the City of Melbourne Leisure Services.

Complete results are at [http://running-zone.com/event results](http://running-zone.com/event%20results) and check out the great race shots, like the one at right, by Tri-Hokie's Barry Jones for Running Zone at http://www.trihokie.com/gallery/10094575_pJWH6#692936820_vuoZc



Doug Butler wins the inaugural Ghostly Gecko 5K!