

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 2

February 2010



GOING GOOFY

You gotta be somewhat 'Goofy' to run the Disney Half Marathon (13.1 miles) one day and then get up to run the Marathon (26.2 miles) the next - especially amidst sleet and ice during two of Florida's coldest days.

But GOING GOOFY is exactly what 42 local residents did on Jan. 9 - 10.

Among the runner-turned-Eskimo posse was Cocoa's Danny Barrett. (left, after receiving his Marathon and Goofy medals).

Not only did Barrett turn in the fastest total Goofy time of five hours, 13 minutes and 40 seconds, but the 45-year-old United Space Alliance employee ran a negative split marathon to qualify for the prestigious Boston Marathon.

Complete Walt Disney Marathon weekend coverage, including results for local finishers begins on page 19.

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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.

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



RUNNING WITH THE PREZ

PAY IT FORWARD

Another year has passed and we find ourselves asking where did the time go? Did I do everything I said I was going to? Could I have contributed more to my community? Let me put you at ease.... as a member of Space Coast Runners, your participation in events as a volunteer or a participant made a difference!

2009 hosted a series of events across Brevard County which benefited local school programs; scholarships for high school seniors; Diabetes Camp for children; the United Way, and the Leukemia and Lymphoma Society. Regardless of the reason on why you chose to participate as a walker, runner, or volunteer, each of you contributed to more than just your health—you contributed to giving back to the community.

Many of us were faced with cutting back on some of the “extras” in our lives as the economy dictated a more cautious approach to our spending. Despite this, we saw an overall increase in the participation of events, and increase in volunteers, and a generosity that touched many lives.

So as we move forward in this New Year accepting new challenges and preparing for perhaps more uncertainty, continue to ask yourself how can I make a difference for someone else? Through your continued commitment and support, 2010 will bring everyone greater success and fulfillment.

Space Coast Runners Valentines Breakfast Social



Sunday, February 14, 2010

8:30 am

**Soups & Stews by Lea
313 Delannoy Ave
Cocoa Village**

Come run/walk on Valentine's Day and have breakfast on us afterwards!

**Please RSVP to cball1@cfl.rr.com by Feb 6th
so that we can have an accurate head count!!**

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
Male OA: John Davis - 56:32
Female OA: Beth Whalen - 59:08

Space Coast Marathon and Half Marathon

November 29, 2009
Marathon
Male OA: Matthew May - 2:37:58
Female OA: Renae Cicchinelli - 2:59:01cr
Half Marathon
Male OA: Jonathon Volpi - 1:10:45
Female OA: Beth Whalen - 1:26:05

Reindeer Run 5K

December 12, 2009
Male OA: Ten Dean - 17:22
Female OA: Beth Whalen - 18:29

Tiger Dash 5K and 1-miler

January 30, 2010
Male OA: Doug Butler - 16:53
Female OA: Beth Whalen - 18:43

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

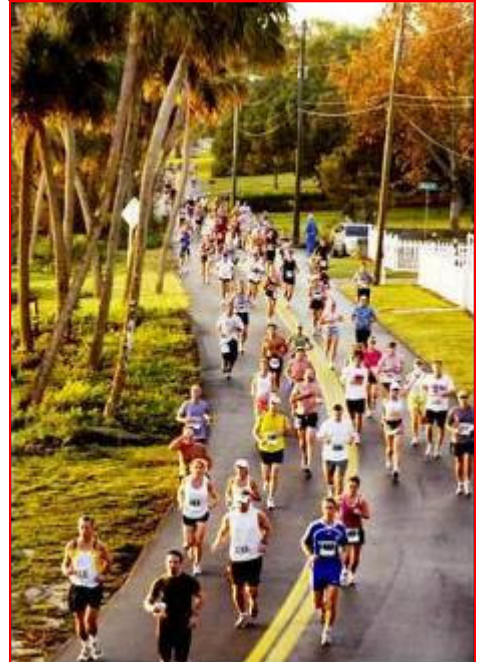
February 27, 2010
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

Downtown Melbourne 5K

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

Space Walk of Fame 8K

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



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

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you eight races of varying distances that provide a goal for and gauge of fitness levels.

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information click <http://www.spacecoastrunners.org/roy.html>

THE PASSING LANE

With Ron Hoar

Brrr...Baby Its Cold Outside!

I'm not as addicted to running as I used to be. I know that after our recent January freezing cold spell. My running suffered badly, limited to some mid day excursions.

You'd think I didn't know what cold weather is like. Maybe I'm just too familiar with cold having spent the first 39 years of my life in Maine. The last couple of years there I did take up casual running. I remember running a few times on the snow covered streets of the old neighborhood. Then I thought it was "cool"--no pun intended--to run for a mile in the snow.

I had been living in Texas for several years before I got the running addiction. I know--some might not like that connotation--but I just can't think of anything better than being addicted to running.

Our recent weather got my memory going. It can get downright cold in Dallas--sometimes. My first cold race was in a sleet/ice storm in March, 1989. That was just my seventh race. Under the conditions it may have been just as well that I was slowed to an 8 minute pace with an ankle problem. As the 10k race began conditions deteriorated and it got plain slippery on the ice glazed pavement. The race winner in a 30:38 was running for the Nike Boston Athletic Team and said that "I've never run in conditions this bad. I was pelted with ice the whole way." And he didn't have to endure it for the 50 minutes that I did!

But the coldest temperature of any of my races was New Year's Day, 1993. It had rained and then the temperature plummeted to well below freezing leaving the overpasses coated with a slick early morning coating of ice. As I went through the first mile in 6:10 I could feel a burning like sensation in my lungs caused by the sub freezing temperature. Ahead I could see runners slippin' and slidin' as they went across the overpass. Some were grabbing for the guardrails while others just went down. It was nice to take a heated bus back to the start area.

My coldest run was a training run. I think it was in late January of 1994. Both my running buddy and I had taken one of those "use it or lose it" corporate vacation days to get in a long run as part of our training for the upcoming Vancouver Marathon. Since the weather forecast called for freezing temperature and very windy conditions we decided to wait until mid morning to do our 12-15 mile run. The weather didn't improve much but we were determined to get in that run.

As we began the wind was at our backs so we didn't realize how cold it really was with the wind chill. Eventually we had to return to our start. That's when the cold blasts hit us and we quickly realized that we could suffer frostbite. We resorted to changing our direction, zig zagging back and forth on side streets every now and then to avoid running directly into the wind. And while that did provide temporary relief it added mileage and to the time that we were exposed to that dangerous weather. We had some painful minutes after arriving home as our faces and other body parts re-warmed.

But the coldest I ever felt was at a pre-race. Runners had been bussed to the far end of the Golden Gate Bridge. There at a small park exposed to the Pacific Ocean we stripped to running shorts and singlets putting the warm outer clothing on the bus. Despite being a June day (1991) the wind was blowing strongly off that cold Pacific Ocean water leaving me shaking for nearly a half hour before the race began and we could cross the Golden Gate and get warmed up again.

I've forgotten the year but it was obviously during my running addiction years when an ice/snow storm left the Plano, TX streets hazardous for several days. In desperation to find a place to run I joined a health club just to

be able to run on a treadmill. Other runners and walkers came and left as I completed my half marathon run--all 13.1 miles--on a treadmill.

Winter weather in Florida is really pretty tame by comparison--yet that recent spell intimidated me into avoiding running. So much for my addition.



Cold, icy, slippery: those were the conditions Ron Hoar (#1056) faced at a Dallas 10K in 1989. It was only his seventh road race and the first cold one! Photo courtesy of Ron Hoar.

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ACROSS FROM BREVARD COMMUNITY COLLEGE**



As of January 28, close to 1,800 had registered for the weekend events, including a sold-out field for the inaugural Top End Euro-American Handcycling Marathon Championship on Feb. 7. Don't miss out on the fun!

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/>

A Mile With... Lee Nessel



Name: Lee Nessel

Family: Boyfriend, Ian and two dogs: 160-pound Max and 7-pound Bailey. They're quite the sight together.

Ages: Mine? 34, but most people still guess mid- to late 20s. And I still feel that way.

Occupation: Sports editor at FLORIDA TODAY. I keep a fitness blog at floridatoday.com/fitnessblog and write a weekly off-beat sports column that appears on Mondays. I also co-host Today in Brevard Sports, a TV show about local sports that airs each Friday on Brighthouse Channel 5, and streams online at floridatoday.com at 11:30 a.m., 4:30 p.m. and 10 p.m.

Number of Years Running: 13

Began Running Because: Growing up, I was told I had "flat feet," and that's why it sometimes hurt to run, so I never really did it. I was hit by a car in 1996 and broke my back. I was on scholarship for swimming at the University of Miami and in those precarious moments after the impact, my greatest fear was thinking my athletic career might be over. My healing could be classified as uncharacteristically fast, and having moved to Key West about a year later, I started with short runs because it was such a beautiful place to experience. I worked my way up to an occasional 5K, then a 10K, and finally a sprint tri and the 7-Mile Bridge Run. Just because I could.



I Knew I Was Hooked When: I was on a morning run in Key West and had just passed through the old cemetery. I remember kicking it in and getting some kind of second wind. I could hardly feel my feet hit the ground, and I felt like I could just go forever. It was a beautiful feeling that I keep trying to replicate.

Race PRs (Personal Records): I'm not fast enough to mention. I can probably swim faster than I run anyway. :)

Most Satisfying Race Performance: Finishing the 7-Mile Bridge Run. It was the longest I had ever run at once, and there was the

added challenge of the huge hump of a bridge that I have never trained on. Plus it was amazingly beautiful, like we were running across the Caribbean blue water.

In swimming, my most memorable race was the Swim Around Key West. That was a 12.5-mile race that I completed in 4 hours, 56 minutes.

Running Partner(s): Anyone who happens to be at the CrossFit workout at the same time as me. Running is a strong component in the CrossFit training program.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Jeff Galloway and Danny Dreyer at once. I've attended both their clinics and am trying to meld Galloway's run-walk-run method with Dreyer's Chi Running method and the Pose method we learn at CrossFit for my own custom running style.

Training Philosophies: I've weaned off the inserts I wore for years, and am struggling with what shoes to buy next, to fit into the philosophy of forward or mid-foot strike.

One Piece of Advice That I Would Give to a New Runner: Don't push through injury. Analyze why you are in pain and see if there's a fix.

Other Sports& Interests: CrossFit, which incorporates Olympic lifting and powerlifting; swimming, triathlons. I work with my father, swim coach Ed Nessel, to do underwater video analysis for swimmers and triathletes, and I also just started selling AVON. Always with an affinity for fine vehicles, my car and motorcycle have been customized and will begin to be entered in shows.



Favorite Reads: I read and write for a living. It's great to be a part of the team that crafts the great stories we produce. It's an amazing daily process of going from nothing to everything you read in FLORIDA TODAY-- 365 days a year. But for when I do find some free time, I have Katherine Switzer's book, Danny Dreyer's and Jeff Galloway's all on my shelf waiting for me.

Favorite Movies: The Fifth Element, Gladiator, Rudy, Shawshank Redemption, Spaceballs.

Favorite Meal: Sushi.

Dream Vacation: Egypt to experience the artifacts left behind from an incredibly intriguing time in our history. (I love the dry heat, too!)

**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 GWBOMS@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

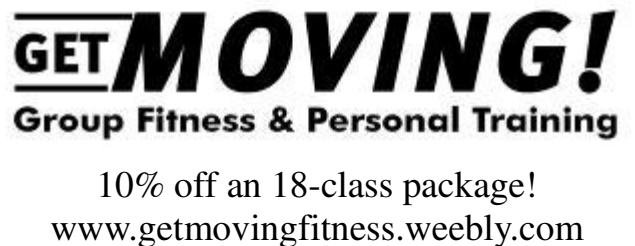
Incomplete or Unsigned entry forms will NOT be accepted and will be returned to you!

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: _____

SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at PSponsler@cfl.rr.com.



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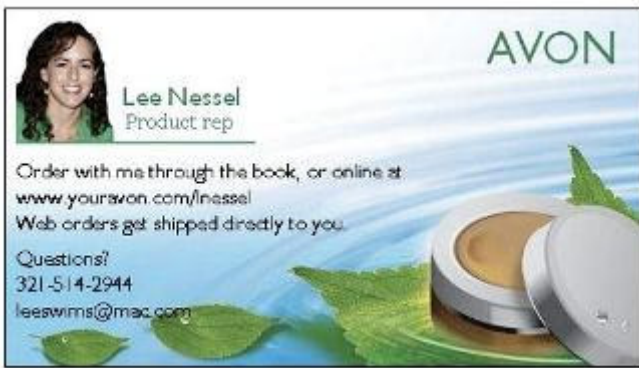
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SCR members get 10% off their first order. If you order off the Web site, select "representative delivery" at checkout and Lee will apply the discount when she deliver the products. Or place the order through her by at 321-514-2944 or leeswims@mac.com

YOUR BUSINESS HERE

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page.

Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month.

Contact Patti Sponsler at psponsler@cfl.rr.com



There IS soup for you!

Coming next month: Details of SCR discounts and free soup for Personal Bests from Soups and Stews in Cocoa Village!



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A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.

Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.



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www.Womensrunningmag.com



www.KSwiss.com



COME SEE WHAT'S NEW!

Race #6 in the Space Coast Runners Runner of the Year Series

**The 22nd annual Eye of the Dragon 10K offers a new faster USTAF-certified course that first takes you on a straight out-and-back along old Eau Gallie's Pineapple Avenue prior to the out-and-back on the Eau Gallie Causeway. Jerry Lawson set the course record of 32:03 for the men in 2003 on the old course and Jessica Grate laid down a ladies' 37:38 record in 2008. What can YOU do on this new course?

**A new awards category has been added. Awards will be given to the top ten male and female WALKERS in this year's 10K.

**Thanks to Running Zone, this year's race will offer D-tag electronic timing for faster, accurate results.

**Pick up your packets this year on the Thursday or Friday before the race between 10 a.m. and 6:30 p.m. at Running Zone, 3680-C N. Wickham Road in Melbourne (across from Melbourne's Brevard Community College).

**The 10K kicks off on February 27 at 8 a.m. in front of the Eau Gallie Civic Center, followed by the 2-miler at 8:05 a.m. and the kids' run at 9:15 a.m. Complete information and registration is available on the following two pages.

22ND ANNUAL

EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



A Space Coast
Runner of the Year Event

USA T&F Certified FLO4037DL

SPONSORED BY:

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RACE INFORMATION

Race Date Saturday, February 27, 2010

Race Time 8:00 am - 10k
8:05 am - 2 Mile
9:15 am - Kids' Runs

Location Eau Gallie Civic Center
1551 Highland Ave, Melbourne

Directions From I-95, take SR 518 east, cross
US 1, turn left after 3 blocks
From US-1, north or south to
SR 518, head east 3 blocks

*For safety reasons, no animals, baby joggers,
skates, or headphones permitted*

EVENTS

10k Run

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 15 & over only for 10k

10k Walk

New this year is the 10k walk. Participants who register in this event MUST WALK the entire course. This event is scored separately from the 10k Run, and participants will not be allowed to change their category mid-race. ALL PARTICIPANTS MUST BE ABLE TO SUSTAIN A 20 MINUTE PER MILE PACE TO COMPLETE THIS EVENT.

Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

New this year is the 2 mile walk. Participants who register in this event MUST WALK the entire course. This event is scored separately from the 2 Mile Run, and participants will not be allowed to change their category mid-race. Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 14 & under only for 2 mile

Kids' Runs

FREE 1/4, 1/2, and 1 mile runs for children 12 and under.

This is a Space Coast Runners Youth Series event.

More Information:

marlenewhite@cfl.rr.com (321) 783-6535

<http://spacecoastrunners.org>

AWARDS

10k Run

Participants may run or walk this event

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 5 year age groups from 10-14 through 75+. Five deep in larger AGs based on pre-registrations.

Middle of the Pack Male & Female finishing closest to the midpoint of all finishers

SCROY points for 15 & over only for 10k

10k Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Age Group 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 70+.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 14 & under only for 2 mile

School Participation

1st, 2nd, 3rd place to Elementary and Middle schools with the highest number of participants in either 2 mile event. *School name must be indicated on entry form and minimum of 5 entries per school to qualify.*

ENTRY FORM

Mail check payable to *Space Coast Runners* to:
Eye of the Dragon 10k
30 Country Club Road
Cocoa Beach, FL 32931

On-Line at www.Active.com

Race Day from 6:45 to 7:45 am at Civic Center

Shirts to first 600 entries

Entry Fees	Postmarked by 2/14/10	After 2/14/10
<input type="checkbox"/> 10k 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"/> Kids' fun runs free (no shirt)		

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member

Email _____

Events (circle): 10k Run 10k Walk
2 Mile Run 2 Mile Walk Fun Run

Technical Shirt: Pre-register early to guarantee your shirt size! [No Shirt] [Youth Med]

Adult sizes: [XS] [S] [M] [L] [XL] [XXL]

Age on 2/27/2010 ____ Male Female

School: _____

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 2010 Eye of the Dragon or Tail of the Lizard, 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 _____



A VISIT TO THE MOUSE HOUSE

LAKE BUENA VISTA, Fla. – (Jan. 9, 2010) – Michigan runners Chad Johnson and Emily Mortensen weathered near freezing temperatures today to take home the men’s and women’s Walt Disney World Half Marathon division titles.

Braving freezing rain and temperatures in the low-30s, Johnson won for the second time after streaking to the finish at the Walt Disney World Half Marathon presented by CIGNA in 2008. Johnson, 33, who trained for the Disney event by running at times in snowy conditions in Rochester Hills, Mich., battled fellow Hanson’s Brooks Distance Project Running Club member Sage Canaday for nearly 10 miles before pulling away and finishing at 1:07:02 - 18 seconds ahead of Canaday. Luis Rivera from Puerto Rico was third at 1:08:55.

After the race, Johnson said he and some of his Hanson’s Brooks running club teammates were going to celebrate by going to the Magic Kingdom.

Mortensen, 27, took the women’s title with a time of 1:20:58, finishing just ahead of Jen Blue (1:21:37) and Elizabeth Foster (1:21:52).

Jon Williams, 41, of Miami won the Masters division (ages 40 and up) with a time of 1:18:09. Ramilya Burangulov, 48, from Gainesville, Fla. ran away with the women’s Masters race with a time of 1:22:22.

In the Wheelchair division, Germantown, Tenn. resident John Payne won for the second straight year, this time crossing the finish line at 1:40:26.

Despite the unseasonably cold Florida weather, the field featured nearly 23,000 runners who covered the 13.1-mile course while being entertained with fireworks, music and appearances by several Disney characters.

Combined with the Disney Marathon on Jan. 10, more than 55,000 people are expected to take part in the Walt Disney World Marathon Weekend presented by CIGNA – the most since the event began in 1994. The weekend also includes the Disney-Pixar *Up* and Away Family Fun Run 5K, Disney’s Kids Races and a Health and Fitness Expo.

The 2011 Walt Disney World Marathon Weekend is Jan. 6-9, 2011 and registration is now open at www.disneyworldmarathon.com.
(Press release courtesy Walt Disney World)



Local half marathoners enjoying the pre-race Mouse House expo on Friday, Jan. 8 included (left to right) Linda Cowart, Kelly Hunter, Cyndi Bergs and Cathy Chapman.

A Special CONGRATS to the 244 Brevard County half marathon finishers who had to line up more than an hour early for the 6 a.m. start, enduring what was described as “pelting ice and then rain”. Can you say “my legs are numb”?

West Melbourne’s John Davis, 32, turned in Brevard’s fastest finish of 1:21:53, placing ninth in the 30-34 age group. Our fastest local female was Pam Meier, 46, whose 1:37:16 nailed fourth in the 45-49 age group. Not too far behind Meier was 17-year-old Elizabeth Green, who won the 14-17 division in 1:38:01. Jim Weir took the top spot in the 70-74 age group with his 2:00:41 finish.

Other local have marathon finishers included #442. Jorge Abreu, Titusville, 1:40:19; 13790. Andrew Adams, Rockledge, 3:10:43; 10591. Cody Adams, Melbourne, 2:48:11; 1140. James Adams, Rockledge, 1:50:13; 9019. Jan Adams, Rockledge, 2:38:15; 11884. Arlene Allen-Buono, Melbourne, 2:56:20; 2920. Wendy Andrews, Viera, 2:04:24; 14531. Carla Arevalos-Eddy, Merritt Island, 3:16:09; 14929. Judy Bailey, Cocoa Beach, 3:19:35; 16760. Gail Bantugan, Melbourne, 3:39:01; 6308. Lynette Barberie, Satellite Beach, 2:23:38; 14693. Steve Barberie, Satellite Beach, 3:17:38; 15941. Jane Baron, Melbourne, 3:28:12; 11086. Aubrey Barrett, Rockledge, 2:51:22; 603. Danny Barrett, Cocoa, 1:43:09; 6652. Jeff Barrett, Viera, 2:25:34; 6634. Joe Becker, Mims, 2:25:25; 17028. Asha Beera, Melbourne, 3:48:37; 13557. Gloria Behling, Rockledge, 3:08:51; 12609. Bridget Beitel, Titusville, 3:01:05; 12595. Chuck Beitel, Titusville, 3:01:00; 7773. Michelle Belin, Melbourne, 2:31:20; 5706. Cyndi Bergs, Merritt Island, 2:20:23; 13466. Michael Blanchard, Rockledge, 3:08:01; 3328. John Boehmer, Cocoa Beach, 2:07:03; 3333. Ryan Boehmer, Cocoa Beach, 2:07:04; 9387. Shannon Boos, Melbourne Beach, 2:40:37; 9237. Sharon Bresser, Indialantic, 2:39:40; 11661. Brian Bridenbecker, Palm Bay, 2:54:54; 13040. Eileen Bridenbecker, Palm Bay, 3:04:37; 15270. Pam Brockmeyer, Viera, 3:22:23; 10094. Brenda Brown, Merritt Island, 2:44:48; 9582. Keith Brown, Merritt Island, 2:41:57; 9956. Bob Burgess, Malabar, 2:43:55; 16628. Susan Burgess, Malabar, 3:36:16; 16842. Tracie Burns, Palm Bay, 3:40:19; 11951. Diana Burton, Indian Harbour Bch, 2:56:45; 16939. Elaine Cadore, Cocoa Beach, 3:43:02; 5567. Catherine Callender, Melbourne, 2:19:40; 988. Ryan Caudill, Merritt Island, 1:48:25; 11022. Wilson Causey, Viera, 2:50:55; 1586. Liz Cerow, Cocoa Beach, 1:54:27; 14013. Carole Chamberlain, Melbourne, 3:12:17; 12295. Cathy Chapman, Melbourne, 2:58:55; 16091. Cynthia Chapman, Palm Bay, 3:29:44; 11410. Kevin Chapman, Palm Bay,

2:53:21; 11409. Twila Chapman, Palm Bay, 2:53:20; 14497. Theresa Chau, Melbourne, 3:16:00; 5439. Cedric Ching, Melbourne, 2:18:53; 14612. Christopher Cleasby, Palm Bay, 3:16:56; 14611. Courtney Cleasby, Palm Bay, 3:16:56; 11709. Ed Cloak, Viera, 2:55:08; 2342. Cameron Cole, Melbourne, 1:59:50; 12637. Andrea Collins, Melbourne, 3:01:18; 10222. Jan Conrad, West Melbourne, 2:45:37; 16407. Lori Cooper, Rockledge, 3:33:04; 317. Kati Craig, Rockledge, 1:37:23; 4124. James Croft, Indian Harbour Bch, 2:11:34; 3202. Karla Dalrymple, West Melbourne, 2:06:13; 7375. Shannon Daly, Viera, 2:29:14; 16331. Vanessa Dance, Cocoa Beach, 3:32:20; 2725. Donna Davis, Melbourne, 2:02:55; 35. John Davis, Melbourne, 1:21:53; 8496. Walter Day, Merritt Island, 2:35:26; 11864. Jennifer Dempsey, West Melbourne, 2:56:15; 4444. Brittany Doncaster, W Melbourne, 2:13:23; 16128. Amy Dray, Palm Bay, 3:30:08; 5402. Neal Driscoll, Malabar, 2:18:46; 10183. Christine Ellegood, Cocoa Beach, 2:45:24; 16867. Henry Esterly, Palm Bay, 3:41:00; 13620. Ana Fagan, Malabar, 3:09:25; 1210. Mike Fairbank, West Melbourne, 1:50:52; 12309. Lee Fairchild, Melbourne, 2:58:59; 16439. Laurie Finnegan, Indian Harbour Bch, 3:33:30; 16527. Michael Finnegan, Indian Harbour Bch, 3:34:34; 10040. Julie Fisher, Palm Bay, 2:44:31; 154. Paul Fleming, West Melbourne, 1:30:31; 9330. Diane Fletcher, Melbourne Beach, 2:40:18; 11998. Bill Floyd, Palm Bay, 2:57:05; 3958. Cindy Gaffney, Melbourne, 2:10:40; 2302. Michael Gaffney, Melbourne, 1:59:33 12254. Janice Gagnier, Melbourne, 2:58:39; 5815. Norm Gagnon, Palm Bay, 2:20:53; 7060. Charis Gaines, Viera, 2:27:40; 9513. Ronald Gardner, Merritt Island, 2:41:28; 10586. Karyn Gaudy, Melbourne, 2:48:10; 14926. Kathy Gay, Merritt Island, 3:19:33; 13498. Tonya Gensel, Se Palm Bay, 3:08:18; 5711. Daryl Gilbert, Sr, Viera, 2:20:24; 1901. Michael Glover, Merritt Island, 1:57:00; 10509. Elizabeth Gmerek, Merritt Island, 2:47:41; 10039. Jo Anne Goodson, West Melbourne, 2:44:30; 345. Elizabeth Green, Viera, 1:38:01; 15489. Ellen Grogan, Melbourne, 3:24:31; 13684. Tim Grogan, Melbourne, 3:09:49; 9796. Carol Guthrie, Melbourne, 2:43:02; 10608. Emily Guyer, Titusville, 2:48:13; 11459. Andrew Haddad, Melbourne, 2:53:36; 12071. Katie Halley, Melbourne, 2:57:36; 1105. Annis Halvorson, Titusville, 1:49:48; 422. Erica Halvorson, Titusville, 1:39:46; 12353. Theresa Harrison, Satellite Beach, 2:59:11; 3495. Regina Hayden, Titusville, 2:08:10; 2018. Jon Hays, Melbourne Beach, 1:57:41; 6977. Jeffrey Hedrick, Viera, 2:27:15; 16015. Megan Heronemus, Rockledge, 3:28:55; 14922. Joni Hils, Cape Canaveral, 3:19:31; 11032. Eufemia Howard, Palm Bay, 2:51:01; 6202. Trampas Howe, Satellite Beach, 2:23:03; 5467. Sue Hoyt, Satellite Beach, 2:19:06; 4560. Carmen Hozdich, Rockledge, 2:14:00; 3592. Lisa Hudson, Rockledge, 2:08:43; 15133. Steven Huff, Merritt Island, 3:21:17; 5707. Kelly Hunter, Cocoa, 2:20:23; 2477. Paula Hurd, Merritt Island, 2:00:53; 288. Thomas Jenkins, Melbourne, 1:36:40; 12028. Linda Keller, Satellite Beach, 2:57:15; 4889. RAYANNE KELLY, Cocoa Beach, 2:15:52; 7891. Brian Kennedy, Satellite Beach, 2:31:58; 8370. Patrick Kenney, Titusville, 2:34:44; 13199. Tim Kenney, Titusville, 3:05:47; 16261. Marcia King, Melbourne, 3:31:29; 12883. Rusty Klotz, Palm Bay, 3:03:17; 6223. Kathryn Koontz, Merritt Island, 2:23:09; 16438. Cathy Koos, Palm Bay, 3:33:29; 1788. Keith Kowalske, Melbourne, 1:56:07; 11612. Angela Krieger, Titusville, 2:54:33; 13105. Tanya Kuelbs, Melbourne, 3:05:06; 2452. Jennifer Lea, Melbourne, 2:00:42; 13118. Kathleen Lemire, Merritt Island, 3:05:11; 15168. Lou Lemire, Merritt Island, 3:21:34; 15384. Robin Lewis, Rockledge, 3:23:17; 16673. Judy Makela, Cocoa, 3:37:22; 884. David Maltby, Rockledge, 1:47:08; 3507. James Mankowski, Indian Harbour Bch, 2:08:14; 14390. Barbara Marshall, Satellite Beach, 3:15:05; 2127. Charlotte McClure, Rockledge, 1:58:27; 12844. Linda Mckee, Melbourne, 3:02:54; 12842. Pat Mckee, Melbourne, 3:02:54; 12307. Savannah Mckendree, Melbourne, 2:58:58; 1804. Danny Mcknight, Rockledge, 1:56:13; 15438. Linda Mcknight, Rockledge, 3:23:53; 15780. Jeffrey Mcroberts, Rockledge, 3:26:51; 310. Pam Meier, Rockledge, 1:37:16; 4700. Michael Melton, Melbourne, 2:14:45; 1304. Alan Mercer, Rockledge, 1:51:48; 12398. Michele Mercer, Rockledge, 2:59:35; 7039. Denise Miller, Melbourne, 2:27:34; 12561. Corrie Musgrave, Titusville, 3:00:47; 11950. John Noll, Satellite Beach, 2:56:45; 1506. Frank Norris, Titusville, 1:53:50; 1508. Katie Norris, Titusville, 1:53:50; 16665. Lena Noto, Rockledge, 3:37:00; 11547. Stephen Novicki, Rockledge, 2:54:13; 12240. Tom O'day, Melbourne, 2:58:35; 14481. Sarah Odle, Melbourne, 3:15:48; 15772. Sean Odle, Melbourne, 3:26:48; 2518. Kevin Oliver, Merritt Island, 2:01:10; 13635. Amy Oros, Palm Bay, 3:09:32; 11764. Phyllis O'toole, Melbourne, 2:55:39; 5996. Cory Patrick, Cape Canaveral, 2:21:47; 14924. Connie Paxson, Merritt Island, 3:19:33; 5634. Lorraine Petersen, West Melbourne, 2:20:04; 7256. Fred Peterson, Malabar, 2:28:45; 6974. Juan Posada, Rockledge, 2:27:14; 7351. Maura Potter, Rockledge, 2:29:07; 7565. Rick Potter, Rockledge, 2:30:14; 9535. Lauren Price, Merritt Island, 2:41:37; 16233. Brion Quandt, Indialantic, 3:31:09; 16238. Thomas Quandt, Indialantic, 3:31:11; 13272. Anne Ramsey, Indialantic, 3:06:27; 16561. Ruey Read, Palm Bay, 3:35:06; 11208. John Rice, Cocoa Beach, 2:52:12; 2041. John Ringenberg, Melbourne, 1:57:53; 13879. Jim Ringrose, Melbourne, 3:11:24; 14046. Ana Rivera, Titusville, 3:12:27; 16147. Christianne Robinson, Winter Park, 3:30:18; 11594. Viviana Rodriguez, Rockledge, 2:54:27; 11449. Julia Rojas, Titusville, 2:53:33; 896. Chris Romano, Rockledge, 1:47:15; 15718. Hal Rose, West Melbourne, 3:26:20; 15590. Susan Rose, West Melbourne, 3:25:21; 8586. Lindsay Roseland, Merritt Island, 2:35:50; 12765. Darlene Rosswick, Merritt Island, 3:02:23; 16273. Terry Rosswick, Cocoa, 3:31:42; 5163. Richard Rozycki, Melbourne, 2:17:24; 15910. Cheri Ryall, Melbourne, 3:28:00; 12922. Laura Sardella, Merritt Island, 3:03:34; 10030. Jennifer Sartori, Malabar, 2:44:26; 3588. Andrea Schaffner, Cape Canaveral, 2:08:41; 1981. Shawn Schaffner, Cape Canaveral, 1:57:29; 14809. Tina Schantz-Gross, Melbourne, 3:18:27; 15012. John Schmidt, Palm Bay, 3:20:17; 2369. David Schroeder, Palm Bay, 1:59:58; 6812. Lew Schwartz, Melbourne, 2:26:18; 13503. Matthew Shogran, Rockledge, 3:08:25; 524. Michael Slomins, Melbourne, 1:41:54; 14921. Candy Smith, Merritt Island, 3:19:31; 13421. Christina Smith, Melbourne, 3:07:34; 13420. James Smith, Melbourne, 3:07:34; 11767. Susan Sougthers, Indialantic, 2:55:39; 15841. Caitlin Spisak, Rockledge, 3:27:30; 15840. Rachel Spisak, Rockledge, 3:27:29; 6930. Andrew Stebbins, Palm Bay, 2:26:59; 2698. Michael Stephens, Melbourne, 2:02:46; 2706. Susan Stephens, Melbourne, 2:02:47; 7785. Catherine Stewart, Rockledge, 2:31:24; 5885. Scott Stewart, Rockledge, 2:21:13; 13789. Andrea Stoner, Titusville, 3:10:40; 17027. Yixin Tan, Melbourne, 3:48:34; 1305. Dana Tarasavage, Merritt Island, 1:51:49; 1866. Amanda Templeton, Titusville, 1:56:44; 16909. Edward Terek, Melbourne, 3:42:12; 13152. Jeanette Terek, Melbourne, 3:05:22; 9409. Kevin Terry, Palm Bay, 2:40:47; 8726. Nancy Tilley, Titusville, 2:36:38; 3466. William Towns, Melbourne, 2:08:01; 11599. Rodolfo Valentin, Rockledge, 2:54:28; 16029. Jennifer Van Den Driessche, Cocoa, 3:29:09; 5997. Matthew Van Den Driessche, Titusville, 2:21:47; 913. David Van Duyn, Titusville, 1:47:35; 6992. Barbara Van Hemel, West Melbourne, 2:27:21; 6991. Paul Van Hemel, West Melbourne, 2:27:20; 14016. Teresa Van Valkenburg, Satellite Beach, 3:12:18; 12462. Craig Vasile, Melbourne, 3:00:01; 16468. Pat Villanueva, Melbourne, 3:33:45; 12201. David Watson, Titusville, 2:58:16; 13625. Megan Watson, Titusville, 3:09:26; 3172. Bradley Watt, Indian Harbour Bch, 2:06:00; 2448. Jim Weir, Viera, 2:00:41; 12140. Michael Weiss, Rockledge, 2:57:56; 12153. Robin Weiss, Rockledge, 2:58:01; 514. Angela Wells, Merritt Island, 1:41:44; 13743. Pamela Wheble, Merritt Island, 3:10:16; 13374. Larry Wilcox, Melbourne, 3:07:15; 1134. Alan Wilkerson, Melbourne, 1:50:08; 6100. Michael Wilkes, Rockledge, 2:22:28; 6979. Robin Williams, Merritt Island, 2:27:16; 16014. Erica Wolfgang, Melbourne, 3:28:55; 2529. Mickey Wright, Merritt Island, 2:01:13; 8413. Robert Wright, Indialantic, 2:34:56; 10251. Sally Wright, Palm Bay, 2:45:49; 7639. Douglas Youngblood, Palm Bay, 2:30:43; 8319. Gina-Marie Zingarelli, Melbourne, 2:34:29.



A flurry of confetti (or is that sleet?) greets six-time Walt Disney World Marathon champ, Adriano Bastos.

LAKE BUENA VISTA, Fla. – (Jan. 10, 2010) – Adriano Bastos weathered the elements and a late-race challenge Sunday to snag his sixth consecutive Walt Disney World Marathon present by CIGNA and seventh overall. Likewise, Lisa Mizutani won the women’s title for the second straight year.

Unlike last year when Bastos, 31, led the 26.2 mile race virtually from start to finish, the colorful Brazilian battled temperatures in the low-30s and was pushed much of the race by several competitors, creating the tightest finish among Bastos’ seven victories at Disney. With about three miles to go, Bastos opened a small lead and crossed the finish line at 2:22:08 – 33 seconds ahead of fellow Brazilian Fredison Costa (2:22:41). Jay Lumpkins of Ocoee, Fla., was third (2:24:24).

“The real challenge wasn’t the cold weather, but it was the fact that I had someone challenging me for first place,” said Bastos, whose goal is to win 10 straight Disney Marathons. “This is the first time that I felt that I had runners at the same level with me. I was scared. I thought my streak might be broken.”

Mizutani, 24, of Japan won just as easily as she did a year ago, this time crossing the finish line in 2:51:20 - more than five minutes ahead of Christa Benton of St. Petersburg, Fla (2:56:43).

Matthew Dobson of Jay, Fla., was the top men’s Masters Division finisher (runners age 40 and over) with a time of 2:38:15 and Terri Rejimbala won the women’s Masters Division with 3:14:26. In the wheelchair division, Krige Schabert of Cedartown, Ga. (1:42:35) and Shirley Reilly of Tucson, Ariz. (2:22:30), both won the men’s and women’s divisions, respectively, for the second straight year.

The Disney Marathon capped a weekend of endurance events at Disney, including the Disney Half Marathon, the Disney-Pixar *Up* and Away Family Fun Run 5K, Disney’s Kids Races and a Health & Fitness Expo. In all, more than 55,000 runners registered for events throughout the weekend, making this the largest Disney Marathon Weekend since the event’s debut in 1994. (*Press release courtesy Walt Disney World*)



John Halstead and Pedro Toledo celebrate the finish line of the 2010 Walt Disney World Marathon

How often does *this* happen in central Florida?

With temperatures hovering below freezing at the start and then dropping some more before the sun came up, volunteers at the water stations on the Jan. 10 Walt Disney World Marathon were cautioning runners to “watch out for ice”.

While running 26.2 miles in freezing temperatures is a challenge enough for most people, 44 of today’s Brevard runners had also suffered through sleet and rain during yesterday’s half marathon, earning the coveted (or just plain nuts) ‘Goofy’ moniker, special medal and extra race shirt.

After he completed last year’s Goofy-fest, Cocoa’s Danny Barrett said he wanted to come back this year and become Brevard’s fastest ‘Goofy’ runner.

The 45-year-old, single father-of-two did just that covering 13.1 miles in 1:43:09 and then crossing the marathon finish line in 3:30:31, good enough to qualify for Boston.

Barrett was Brevard’s only Goofy participant to run a Boston-qualifier on the weekend’s second freeze-fest.

Others who earned the Beantown nod include Thaddeus Austin, 33, Merritt Island, 3:06:17; Danny Barrett, 45, Cocoa, 3:30:31; Dan Cochran, 48, Titusville, 3:21:32; Megan Jaunich, 25, Satellite Beach, 3:40:47; Kelsey Kramer, 23, Satellite Beach, 3:40:53; Tricia Rydson, 36, Melbourne Beach, 3:42:06; David Taurasi, 46, Titusville, 3:28:10; Tammy Wieand, 43, Melbourne Beach, 3:28:46 and Marty Winkel, 65, Titusville, 4:14:48.

Special kudos to Palm Bay’s Miles Green and Elvira Johnson, Merritt Island’s Susie and RC Koontz, Cocoa Beaches Mike Vincent and Melbourne’s Joseph Werner who are six of the very few athletes in the world who have completed each of the 17 Walt Disney World Marathons. With her 4:51:19 marathon finish, Suzie Koontz also earned another Goofy medal as well.

Other local Goofy runners include Andrew Adams, 6:49:22, 3:10:43; James Adams, 5:00:44, 1:50:13; Jan Adams, 6:43:03, 2:38:15; Danny Barrett, 3:30:31, BQ, 1:43:09; Michael Blanchard, 6:19:37, 3:08:01; Diana Burton, 6:41:42, 2:56:45; Catherine Callender, 4:58:35, 2:19:14; Ryan Caudill, 3:58:35, 1:48:25; Wilson Causey, 3:37:24, 2:50:55; Carole Chamberlain, 6:36:40, 3:12:17; Cedric Ching, 5:38:35, 2:18:53; Cameron Cole, 4:28:15, 1:59:50; James Croft, 4:28:41, 2:11:34; Lee Fairchild, 5:57:44, 2:58:59; Bill Floyd, 5:55:29, 2:57:05; Janice Gagnier, 5:11:16, 2:58:39; Charis Gaines, 5:43:13, 2:27:40; Michael

Glover, 4:14:08; 1:57:00; Elizabeth Gmerek, 5:58:41; 2:47:41; Katie Halley, 5:48:12; 2:57:36; Jeff Hedrick, 5:30:33; 2:27:15; Rayanne Kelly, 4:55:55; 2:15:52; Brian Kennedy, 4:26:28; 2:31:58; Susie Koontz, 4:51:19; 2:23:09; Robin Lewis, 6:47:40; 3:23:17; James Mankowski, 4:44:42; 2:08:14; John Noll, 6:41:42; 2:56:45; Sean Odle, 7:20:24; 3:26:48; John Rice, 6:15:30; 2:52:12; Julia Rojas, 6:33:24; 2:53:33; Chris Romano, 3:44:14; 1:47:15; Andrea Schaffner, 4:50:48; 2:08:41; Shawn Schaffner, 4:13:02; 1:57:29; Lew Schwartz, 5:46:03; 2:26:18; Michael Weiss, 6:31:22; 2:57:56; Robin Weiss, 6:31:22; 2:58:01; Angela Wells, 3:58:09; 1:31:44; Alan Wilkerson, 4:19:42; 1:50:08; Robin Williams, 5:30:34; 2:27:26; Mickey Wright, 6:46:33; 2:01:13; Sally Wright, 5:51:24; 2:45:49; Gina-Marie Zingarelli, 5:50:45; 2:34:29.

Congrats to all of Brevard's Walt Disney World Marathon finishers including #15161. Nawal Aboul-Hosn, Rockledge, 6:37:32; 15825. Andrew Adams, Rockledge, 6:49:22; 7750. James Adams, Rockledge, 5:00:44; 15472. Jan Adams, Rockledge, 6:43:03; 3454. Naweed Akram, Melbourne, 4:18:06; 4736. Wade Alliance, Viera, 4:31:34; 5806. Heather Anderson, Merritt Island, 4:42:41; 6868. Kelly Anderson, Titusville, 4:52:38; 2973. Meghann Anderson, Titusville, 4:12:26; 15687. Pascalle Atwell, Titusville, 6:47:01; 100. Thaddeus Austin, Merritt Island, 3:06:17; 15035. Cynthia Bailey, Titusville, 6:35:21; 5049. Wendy Barin, Merritt Island, 4:35:03; 10551. Timothy Barnhouse, Melbourne, 5:31:32; 558. Danny Barrett, Cocoa, 3:30:31; 11210. Andre Beckus, Titusville, 5:39:31; 7553. Kris Behrend, Cocoa Beach, 4:58:04; 15811. Julia Black, Cocoa Beach, 6:49:05; 14169. Michael Blanchard, Rockledge, 6:19:37; 9497. Todd Bogue, Titusville, 5:20:18; 4260. Jacqueline Boughner, Melbourne, 4:26:34; 7822. Angie Brammer, Grant-vaikaria, 5:01:41; 1441. Cheryl Brannan, Viera, 3:51:10; 7164. Diane Braswell, Rockledge, 4:55:36; 5531. Jeff Braswell, Rockledge, 4:40:02; 14063. Brian Bridenbecker, Palm Bay, 6:17:52; 8186. Grover Brower, Indian Harbour Bea, 5:05:41; 8185. Joshua Brower, Indian Harbour Bea, 5:05:41; 4258. Shannon Buchanan, Melbourne, 4:26:34; 15396. Diana Burton, Indian Harbour Bch, 6:41:42; 7502. Catherine Callender, Melbourne, 4:58:35; 12125. Kelly Cameron, Indian Harbour Bea, 5:51:18; 7045. Lauren Carlough, Melbourne, 4:54:39; 8151. Anthony Catanese, Melbourne Beach, 5:05:15; 2015. Ryan Caudill, Merritt Island, 3:58:35; 802. Wilson Causey, Viera, 3:37:24; 15118. Carole Chamberlain, Melbourne, 6:36:40; 11960. Daniel Chen, Merritt Island, 5:49:04; 11140. Cedric Ching, Melbourne, 5:38:35; 10765. Chandra Claycomb, Palm Bay, 5:33:49; 10373. Tom Clyde, Palm Bay, 5:29:37; 310. Dan Cochran, Titusville, 3:21:32; 4445. Cameron Cole, Melbourne, 4:28:15; 13460. Sam Collins, Melbourne Beach, 6:09:15; 7730. Christopher Cox, Mims, 5:00:35; 3194. Bill Craig, Rockledge, 4:15:08; 1831. Bruce Crain, Melbourne Beach, 3:56:33; 4451. James Croft, Indian Harbour Bch, 4:28:21; 15291. Randall Crosby, Titusville, 6:39:58; 11380. Curtis Curry, Malabar, 5:41:30; 2311. James D'amico, Melbourne, 4:02:18; 15062. Daryl Davenport, Melbourne, 6:35:44; 11108. Walter Day, Merritt Island, 5:38:10; 73. Jesse Delia, Indian Harbour Bch, 3:02:05; 7043. Anne Doerflein, West Melbourne, 4:54:39; 5424. Richard Dunlap, Melbourne, 4:38:57; 16605. Dalys Dunn, Melbourne, 7:05:25; 3079. Mary Failla, West Melbourne, 4:13:49; 12663. Lee Fairchild, Melbourne, 5:57:44; 2031. Randy Farner, Mims, 3:58:46; 15037. Deborah Ferguson, Titusville, 6:35:22; 10066. Terry Ferrisi, Melbourne, 5:26:13; 6294. Katie Fleming, West Melbourne, 4:47:18; 14247. Diane Fletcher, Melbourne Beach, 6:21:00; 12491. Bill Floyd, Palm Bay, 5:55:29; 5300. Linda Foster, Rockledge, 4:37:39; 15073. William Fry, Indialantic, 6:35:58; 8644. Janice Gagnier, Melbourne, 5:11:16; 11510. Charis Gaines, Viera, 5:43:13; 16153. Larae Gerhardt, Merritt Island, 6:55:25; 3105. Michael Glover, Merritt Island, 4:14:08; 12743. Elizabeth Gmerek, Merritt Island, 5:58:41; 5120. Chad Goff, Satellite Beach, 4:35:46; 9076. Kevin Goins, Melbourne, 5:16:00; 11825. Ronald Gordon, Palm Bay, 5:47:12; 11939. Gary Gowens, Cocoa, 5:48:45; 15043. Miles Green, Palm Bay, 6:35:25; 373. Jeff Grunow, Melbourne, 3:25:01; 14698. Mike Guess, Cocoa, 6:29:04; 16154. Casey Hahn, Cocoa Beach, 6:55:25; 11891. Katie Halley, Melbourne, 5:48:12; 1254. Julie Hannah, Palm Bay, 3:47:39; 14863. Kevin Harris, Cocoa, 6:31:51; 13096. Briana Haut, Melbourne, 6:03:50; 2766. Jon Hays, Melbourne Beach, 4:09:37; 16184. Jo Lea Hearn, Merritt Island, 6:55:58; 10468. Jeffrey Hedrick, Viera, 5:30:33; 4544. Layla Higgins, Cape Canaveral, 4:29:10; 2949. Christopher Hill, Titusville, 4:12:09; 16375. Ken Hill, Merritt Island, 6:59:43; 9142. John Holmquist, Merritt Island, 5:16:45; 12490. Eufemia Howard, Palm Bay, 5:55:28; 16068. Dan Howick, Cocoa, 6:53:43; 13986. Mitchell Hughes, Viera, 6:16:56; 11884. David Huss, Merritt Island, 5:48:07; 9836. Aaron Inman, Melbourne, 5:23:47; 8269. Sara Jackson, West Melbourne, 5:06:42; 954. Megan Jaunich, Satellite Beach, 3:40:47; 10628. Wayne Jentis, Palm Bay, 5:32:28; 11749. David Johnson, Palm Bay, 5:46:11; 14371. Elvira Johnson, Palm Bay, 6:23:15; 16041. George Johnson, Palm Bay, 6:53:08; 6843. Patricia Johnson, Palm Bay, 4:52:23; 10622. Neal Kamphaus, Merritt Island, 5:32:23; 10404. Jacqueline Kappes, Cocoa, 5:29:53; 10530. Adam Kearney, Melbourne, 5:31:15; 13664. Sarah Keating, Melbourne, 6:12:20; 12045. Dean Kellogg, Cocoa Beach, 5:50:02; 7201. Rayanne Kelly, Cocoa Beach, 4:55:55; 4251. Brian Kennedy, Satellite Beach, 4:26:28; 9911. Kenneth King, Cocoa Beach, 5:24:38; 8432. Philip King, Cocoa, 5:08:43; 6731. Kathryn Koontz, Merritt Island, 4:51:19; 14003. Richard Koontz, Merritt Island, 6:17:13; 956. Kelsey Kramer, Satellite Beach, 3:40:53; 312. Brian Lail, Melbourne, 3:21:40; 3301. Kristina Latraverse, Palm Bay, 4:16:22; 14729. Erin Lauscher, Cocoa, 6:29:24; 15722. Robin Lewis, Rockledge, 6:47:40; 14673. Jeffrey Lindgren, Melbourne, 6:28:30; 5951. Matt Lindner, Melbourne, 4:44:13; 465. James Longville, Merritt Island, 3:28:08; 15831. Lydia Loyd, Titusville, 6:49:30; 14824. Rey Luna, Cocoa, 6:31:17; 4659. Larry Malcom, Patrick Afb, 4:30:40; 11317. Dan Maloney, Palm Bay, 5:40:49; 4726. Connie Maltby, Rockledge, 4:31:27; 5997. James Mankowski, Indian Harbour Bch, 4:44:42; 9380. Daniel Marshall, Palm Bay, 5:19:10; 14727. Amanda Mckee, Palm Bay, 6:29:23; 9118. Matthew Mckee, Palm Bay, 5:16:29; 8829. Joan McMahon, Melbourne, 5:13:27; 16401. Sandi Melkonian, Melbourne, 7:00:13; 7609. Sean Michaels, Merritt Island, 4:59:29; 6324. Norman Miller, Melbourne, 4:47:39; 14980. Gabrielle Mollica, Satellite Beach, 6:34:09; 16031. Jeremy Moore, Satellite Beach, 6:52:52; 8638. Pauline Morano, Satellite Beach, 5:11:13; 9630. Katie Mulvehill, Indian Harbour Bea, 5:21:38; 11227. Allie Newell, Rockledge, 5:39:40; 15688. Nga Nguyen, Titusville, 6:47:02; 7847. Jeanine Nolan, Palm Bay, 5:01:56; 15394. John Noll, Satellite Beach, 6:41:42; 16824. Sean Odle, Melbourne, 7:20:24; 1138. Steve Oliver, Melbourne, 3:44:55; 5415. Abe Oros, Palm Bay, 4:38:52; 14455. Pam Ouellette, Palm Bay, 6:24:41; 9813. Juan Pinzon, Titusville, 5:23:38; 1446. Graham Poliner, Merritt Island, 3:51:13; 6750. Anthony Porter, Satellite Beach, 4:51:28; 3836. Lynn Preuss, Palm Bay, 4:22:06; 4860. Brenna Reyes, Cocoa Beach, 4:32:53; 14042. Tracy Riazzi, Melbourne, 6:17:42; 13881. John Rice, Cocoa Beach, 6:15:30; 6337. Lea Richard, Melbourne, 4:47:45; 7192. John Roberts, Melbourne, 4:55:48; 14931. Julia Rojas, Titusville, 6:33:24; 1110. Chris Romano, Rockledge, 3:44:14; 12683. Tim Rooney, Titusville, 5:58:07; 9222. Beverly Rose, Melbourne, 5:17:28; 14163. Lindsay Roseland, Merritt Island, 6:19:29; 1700. Lee Rosen, Patrick Afb, 3:54:52; 4681. Terry Rosenbalm, Viera, 4:30:52; 10537. Allyson Ross, Melbourne, 5:31:18; 1006. Tricia Rydson, Melbourne Beach, 3:42:06; 1701. Jamie Sancartier, Melbourne, 3:54:53; 5752. Alicia Saunders, Melbourne, 4:42:04; 13968. Lacey Saxon, Indialantic, 6:16:41; 6915. Sean Sbotto, Cocoa, 4:53:07; 5561. Robert Scalero, Indialantic, 4:40:21; 4740. Kim Scales, Cocoa Beach, 4:31:38; 6685. Andrea Schaffner, Cape Canaveral, 4:50:48; 3012. Shawn Schaffner, Cape Canaveral, 4:13:02; 16785. Tina Schantz-Gross, Melbourne, 7:14:53; 8928. Katherine Schindler, Titusville, 5:14:23; 11745. Lew Schwartz, Melbourne, 5:46:03; 14338. Laura Scott, Satellite Beach, 6:22:26; 8635. Cheryl Serafini-Cook, Indian Harbour Bea, 5:11:12; 7243. Don Sgobbo, Se Palm Bay, 4:56:19; 16182. Leisha Sinclair, Merritt Island, 6:55:58; 11179. Donna Straka, Rockledge, 5:39:06; 14054. Sharon Suchoski, Indialantic, 6:17:49; 8583. Rod Sulte, Melbourne, 5:10:38; 469. David Taurasi, Titusville, 3:28:10; 2431. Jeannette Thomas, Rockledge, 4:04:50; 16865. Popo Tin, Melbourne, 7:29:22; 1451. Kristen Tinker, Merritt Island, 3:51:16; 5603. Pedro Toledo, Titusville, 4:40:40; 14746. Laura Van Deusen, Rockledge, 6:29:45; 1255. Elizabeth Van Hemel, West Melbourne, 3:47:42; 15117. Teresa Van Valkenburg, Satellite Beach, 6:36:40; 10552. Jill Vanelli, Melbourne, 5:31:32; 6851. Ivan Vincent, Cocoa Beach, 4:52:31; 11162. Zofia Vincent, Cocoa Beach, 5:38:47; 14747. Hedy Von Achen, Melbourne Beach, 6:29:45; 11588. Robert Von Achen, Rockledge, 5:44:21; 3674. Jason Walcott, Palm Bay, 4:20:27; 6447. Tom Ward, Melbourne Beach, 4:48:44; 12970. Mike Weatherspoon, West Melbourne, 6:01:50; 11651. Joe Wehlen, Viera, 5:45:00; 14835. Michael Weiss, Rockledge, 6:31:22; 14834. Robin Weiss, Rockledge, 6:31:22; 1981. Angela Wells, Merritt Island, 3:58:09; 15290. Chaz Wendling, Viera, 6:39:58; 11913. Joseph Werner, Melbourne, 5:48:22; 3923. Jason White, Palm Bay, 4:23:05; 494. Tammy Wiemand, Melbourne Beach, 3:28:46; 13269. Midori Wiles, Melbourne, 6:06:17; 3607. Alan Wilkerson, Melbourne, 4:19:42; 10473. Robin Williams, Merritt Island, 5:30:34; 3198. Mary Willcs, Cape Canaveral, 4:15:11; 3164. Marty Winkel, Titusville, 4:14:48; 3291. Kendra Wood, Melbourne, 4:16:17; 15661. Mickey Wright, Merritt Island, 6:46:33; 12131. Sally Wright, Palm Bay, 5:51:24; 7559. Tj Wyand, Indian Harbour Bea, 4:59:06; 15034. W. Wyckoff, Titusville, 6:35:20; 11134. Dennis Xiques, Melbourne, 5:38:29; 13574. Linda Yatsko, Melbourne, 6:10:56; 12093. Gina-

Weekend Business Travel Forecast for The Walt Disney World Resort, FL
[English | Metric]

Friday 10/1	Saturday 10/2	Sunday 10/3
Holiday Safety Tips	Canadian Splendor Sideshow	Car Safety Ratings
High 56°F Low 36°F Precip: 30%	High 47°F Low 27°F Precip: 30%	High 47°F Low 29°F Precip: 0%
Occasional showers possible. Highs in the mid 50s and lows in the mid 30s.	Few showers. Highs in the upper 40s and lows in the upper 20s.	Mix of sun and clouds. Highs in the upper 40s and lows in the upper 20s.

Last Updated Wednesday, Jan 5, 3:07 PM Eastern Standard Time



BREVARD AUTISM COALITION
5K RUN/WALK FOR AUTISM AWARENESS

SATURDAY, FEBRUARY 27, 2010
MELBOURNE, FL
8:00 AM

LOCATION

The race will start next to the Wickham Park Pavilion, which is off of North Wickham Road, by the Brevard Community College campus. For more information, please contact Child & Family Consultants

DATE AND TIME

Saturday, February 27, 2010
5K Run/Walk 8:00 am
Kids Fun Run 9:15 am

Awards immediately following all races

REGISTRATION

Mail complete entry form to:
Child and Family Consultants
1800 Penn St., Ste. 12
Melbourne, FL 32901

FEES

Entry fees are nonrefundable
\$20 if Postmarked by 2/20/2010
\$25 late registration or race day registration
Kid's Run is **FREE!**

Make check payable to:
Child & Family Consultants

PACKET PICK-UP

Pick up at Running Zone on Friday, 2/26/2010, between 10am-6:30pm
Across from Brevard Community College on Wickham Road.
On Race day from 6:45-7:45 am

T-SHIRTS

All entrants will receive an awesome race T-shirt. Shirts and sizes are not guaranteed for late registration.

AWARDS

Top male and female overall and top in each age division will receive awards!

RESTRICTIONS

For safety reason, earphones and animals will be prohibited on the race course.

PROCEEDS

All proceeds will be benefiting families affected by Autism in Brevard County!

Refreshments available for all participants

**Run for Autism is a rain or shine event,
No refunds will be issued**



5K Run/Walk For Autism Registration Form

Last Name _____ First Name _____
Age on Race Day _____ Date of Birth ____/____/____ Gender: M F T-Shirt Size: S M L XL
Address _____ City _____
State _____ Zip _____ Phone number _____
Email Address _____

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with any entry or participation in the "Run for Autism 5K" event. 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 forgoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this even at my own risk.

Signature _____ Signature of Parent or Guardian if under 18 _____

KEEPING TABS

A HUGE 'thanks' to Carol Ball, Cyndi Bergs, Doug Butler, Keith Flint, Ron Hoar, Ken Horton, Lee Nessel, Cathie Poor, Bob Rall, Running Zone, Jim Schroeder and Loran Serwin for your help with this newsletter!

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 new members Stephanie Barnes, Cocoa Beach; Rosanne Bessenaire, Melbourne; Patricia Curm; Felicity and Jim Cunningham, Viera; Curtis and Patty Curry, Malabar; Dylan Fain, West Melbourne; Irene Flynn, Rockledge; Deborah Horst, Palm Bay; Kevin Howald, Melbourne; Bonnie Klein, Melbourne; Brittany and Shane Streufert, Viera; Robert Wright, Indialantic.

Our **deepest sympathy** goes out to Ed and Kara Springer and the entire Niedermeier family. Kara's mother, Mary Niedermeier, passed away on January 26, 2010 in New Washington, Ohio.



Ron Abel won the 25-29 age group at the Daytona 5K. The above was taken at the Jingle Bell Run 2-Miler in Dec. Barry Jones photo.

Congratulations to Daytona 5K (Daytona International Speedway, Jan. 30) finishers Ron Abel, 1st 25-29, 18:02.6, Thaddeus Austin, 1st 30-34, 17:48.1; Anna Berry, 32:26.0; Barbara Berry, 40:43.2; Andrew Chin, 25:43.9; Amy Clamons, 2nd 25-29, 22:00.9; Sarah Clamons, 28:37.5; Taylor Collier, 18:46.5; Tim Collier, 18:53.4; Timothy Crosby, 26:02.9; William Crosby, 37:35.3; Andrea Defrates, 33:32.1; Les Dunne, 28:05.2; Rene Dunne, 28:04.6; Victor Ellison, 3rd 12-14, 26:33.1; Suzie Enlow, 23:59.6; Randy Farnier, 3rd 40-44, 20:26; Ken Flieder, 31:15.2; Sherry Heard, 31:14.6; Susan Houts, 26:03.5; Teresa Huff, 2nd 15-17, 20:45.1; Maria Huff, 28:40.5; George Johnson, 35:05.1; Patricia Johnson, 26:54.0; Howard Kanner, 2nd 40-44, 18:09.8; Brian Kessler, 2nd 50-54, 18:22; Brian King, 31:03.7; Jeffery Koeberl, 24:18.3; Annalisa Koeberl, 33:15.4; Heather Koeberl, 31:27.3; Kensey Kramer, 43:47.0; Aaron Larson, 26:08.2; Scott Larson, 19:13.4; Owen Leland, 27:02.9; Troy Main, 37:35.1; Tynesha Moran, 51:59.9; Ronald Norris, 24:22.1; Holly Phelabaum, 34:18.6; Gabrielle Pilcher, 28:31.3; Richard Pilcher, 38:46.1; Alexa Potier, 32:13.6; Justin Potier, 24:57.8; Jim Schaeffer, 19:28.8; John Schelke, 30:46.1; Charlie Smutko, 20:59.5; Krysten Smutko, 29:07.7; Danny Taurasi, 3rd 18-24, 18:45.1; David Taurasi, 19:31.0; Patricia Taurasi, 24:09.8; Caleb Webb 31:05.5; Glenn Webb 31:06.1; Jason White 25:00.8; Hank Wielgosz 25:48.2.



ING Miami Marathon pacer, Jim Schroeder, is flanked by John Pyle of Sarasota and Sebastian's Joe Ninke. Photo courtesy Schroeder.

Congratulations to ING Miami Marathon finishers Todd Angel, 3:50:29; Kate Chapman, 4:11:55; Penny Churchill, 4:33:12; Kevin Cutright, 4:51:40; Molley Fahey, BQ, 3:30:57; Lisa Roberts, 4:28:30; David Rodriguez, 4:27:27; Jim Schroeder, 4:59:21 (Jim was on the pace team for those wanting to run five hours.); Drek Sichler, 3:58:04.

ING Miami Half Marathon finishers Bob Arehart, 2:13:17; Jessie Caraballo, 2:06:59; Ed Cloak, 2:16:31; Vanessa Dance, 3:05:43; Tom Dean, 2:26:25; Diana Dias, 3:31:29; Crysta Doty, 2:55:30; Richard Dupuy, 2:51:49; Erika Feltz, 1:43:06; Kathy Flavin, 2:21:45; Jennifer Lepper, 2:05:35; Jennifer Miranda, 3:37:58; Heather Mundy, 2:25:11; Ray Mundy, 2:25:11; Tom Oday, 3:02:13; Andres Perez, 1:39:56; Tanya Seaman, 2:30:14; Joann Sommers, 3:26:23; Chester Straub, 2:30:33; Jennifer Straub, 2:30:34; Karen Suarez, 2:42:34; Rick Suarez, 2:40:03; Kim Thorpe, 3:05:39; Julio Torres, 1:53:12; Lisa Valentine, 2:05:59; Erin Walker, 2:06:51; Doug Youngblood, 2:40:33; Keith Zoller, 2:30:34.

FIELD TRIPS

JOIN YOUR FRIENDS OR MAKE NEW ONES!



This message is brought to you by "Steve and Jessica's Running Shenanigans" and any profits made should be reinvested for future adventures! Steve Chin will help you find a team or put one together. Contact him at stz180@msn.com

Race website: <http://www.dwdgreenswamp.com:80/>



Left: Cooper River Bridge Run 10K

Web: <http://www.bridgerun.com/>

Point-to-point course over the bridge 10K and weekend in Charleston.

Contact Jack Lightle at lightlej@msn.com or Christy Zieres at zieresc@cfl.rr.com if you need help with lodging or carpools.

Below: Gate River Run 15K & 5K

Web: <http://www.gate-riverrun.com/>

USA Championship, Jacksonville. The course takes athletes over two bridges, the largest - looming at mile eight - is known as the 'Green-Eyed Monster'. Come find out why.

We recommend the host hotel for lodging. Shuttle busses to and from race site provided.

SCR member, Gary Castner, is one of a few in the US who has run each of the past 32 races. We hope to cheer his 33rd!



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 focuses on multisport and those 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



Crazy good stuff. Registration for the June 6 2010 Rotary Pineapple Man triathlon closed at 604 competitors on January 16. Although the race has filled up the past three years, this is the earliest that any local race - road race or multisport event - has filled up. Are you curious to see who is competing? Go to <http://www.multirace.com/>

Although the official website for the race is <http://rotarypineappleman.org>, Rob Downey is keeping everyone up to date on all things Pineapple Man, including how to get on the wait list, at <http://pineappleman2010.blogspot.com/>



Registration is now open for newest and Brevard's only multisport series the Surf Coast Trifecta. Promoter Mitch Varnes, who also birthed the Melbourne and Beaches Music Marathon, is offering Brevard's first multisport cash purse of \$3,000 to the overall and top age group series winners.

The Series sandwiches Viera's Space Coast bikeathon - 20-mile bike and 6.2-mile run - between the Ron Jons Cocoa Beach Tri in Cocoa Beach and the Dad's Day Tri at Sebastian Inlet. For those looking to do their first or best multisport event, the Surfcoast Trifecta also offers a four-week, nine-week and 13-week training camp. Complete information is available at www.surfcoasttrifecta.com and www.spacecoastmultisport.com/id66.html



Instead of asking "where is Waldo?", maybe the question should have been "why do Waldo?"

While reams were written across the state about the hardy souls who braved the sub-freezing temperatures of the Walt Disney World Marathon, nary a peep was purported regarding the true-to-the-tri athletes who showed up for the start of the third annual Waldo Triathlons that took place in the little town about 30 minutes northeast of Gainesville on Jan 10.

In spite of ice on the ground, these toughie trifolk came ready to rock the sprint or international distances that were to begin with swims at Lake Alto Park. Thankfully, the race director replaced the frosty freestyle with a 5K run, turning both events into duathlons.

Good thing. Hard to imagine swimming in an open and cold lake with air temps of 24 degrees and then hopping a bike in 10-15mph NW winds.

Ed Donner, left, probably could have gotten in as good of a workout if he had slept in and went out to play later in the day by himself or with some pals. The Melbourne wealth manager zipped through the 5K/20K/5K course in 1:15:17, averaging 22.7mph on the bike to post the fastest bike split in the field.

"I wasn't worried about ice especially on the bike," he said. "But I guess that's why everyone biked slower."

With a final 5K (and fastest split) of 19:22, an icy Ed took the win in 1:15:17 - almost 13 minutes ahead of his closest competitor. Along with his victory, however, Donner received something he had not experienced at prior FL races.

"I could barely talk at the end of the race," he said "(I had a) frozen mouth."

Palm Bay's Anthea Atkinson also grabbed the top spot in the women's 50-54 division with her 1:53:29 and Malabar's Mike Smith covered the International-distance in 2:53:20, good enough for first in the male 50-54 age group.

Congrats to all of Brevard's locals who tackled Florida's Great White Tri North.



More multisport stories, calendars and info at www.spacecoastmultisport.com



COME TRI WITH US!

Coach Bernie, *Your Best Tri* (Linda Cowart and Suzie Enlow) and Quest Aquatics have teamed up to prepare you for your first or best multisport event!

This camp has been chosen as the official training camp for the Brevard County inaugural three-event Surf Coast Trifecta surfcoasttrifecta.com and will also offer coaching for the Danskin all-women's Triathlon at Disney World. www.danskintriathlon.net

Your choice of the four, nine or 13-week programs will provide personalized training schedules; weekly group training with two coached pool sessions, one coached cycling workout, one coached run workout and combo workouts such as swim/bike; bike/run or race simulation. The combo workouts will also teach you how to speed through transition and provide open water swim practice so there won't be any race-day surprises!

The camp also offers gait analysis; bike fit; tire-changing clinic and lectures on nutrition, race strategy and mental preparation. Participants will also receive Surf Coast Triathlon training singlets (moisture wicking, non-cotton) and Coach Bernie swim caps.



The Surf Coast Trifecta offers the Ron Jon Triathlon on April 18 (1/4-mile swim, 13-mile bike, 3.1-mile run) www.cocoabeachtriathlon.com the Space Coast Bikeathon on May 23 (20-mile bike, 6-mile run) www.bikeathon.com and the Dad's Day Tri on June 20 (1/4-mile swim, 15-mile bike, 3.1-mile run) www.dadsdaytri.com

If you are training for your first multisport event, we recommend you set your sights on the Space Coast Bikeathon or the ladies'-only Danskin Triathlon and/or the Dad's Day Tri. Those with some race experience under their belts can get ready to rock the Ron Jon Tri during the four-week camp and then may want to set their sites on the entire Trifecta!



Come join us on Tuesday, March 16 from 6:30 p.m. until 7:30 at Pro Health & Fitness on Merritt Island. This is a great chance to learn more about the program, pick-up camp materials and meet your coaches.

DANSKIN

The first group workout will take place Saturday, March 20 at 7 a.m. at the Rockledge High School pool; 220 Raider Road, Rockledge 32955. Bring swimsuit, goggles and towel.



Complete information on the camp, the coaches and registration at www.spacecoastmultisport.com/id66.html

SCR EXCLUSIVE: Members of Space Coast Runners who are not part of the tri camp are welcome to participate in any of the coached group workouts for \$5 each. Contact Linda Cowart (863-2893) for more information.



7th Annual
Run for Your Life 5K
A Titusville Racing Series Event
 Saturday
 March 20, 2010
 Indian River City UMC
 Titusville, FL

LOCATION

Indian River City United Methodist Church (IRCUMC) of Titusville, FL is located on Highway 50 (Cheney Highway), 3 miles directly east of I-95 or 1 mile directly west of US1. For more information contact the Race Director, Sarah Guttery, at sguttery@cfl.rr.com

DATE AND TIME

Saturday, March 20, 2010
 5K Run/Walk: 8:00 a.m.
 Kids' Races: 9:00 a.m.

CHECK IN AND PACKET PICK-UP

Check in starts at 6:30 a.m.
 Race packets may be picked up race morning at Indian River City UMC.

REGISTRATION

Walk, run or mail completed entry form to:
 IRCUMC – Run For Your Life 5K
 1355 Cheney Hwy
 Titusville, FL 32780
Make checks payable to: Run For Your Life 5K

AWARDS

Top 3 Male/Female Overall
 Top Male/Female Masters
 Top 3 finishers in 15 age groups Male & Female
 Top Male, Female, and Coed Team
 Ribbons to all finishers in 5K and Kids' Races.

TEAM COMPETITION

A team is comprised of 4 entrants who are all affiliated with an organized team, club, organization, school, or business. Team participants will still be eligible for individual awards.

ENTRY FEES

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

Run for Your Life 5K ♣ Saturday, March 20, 2010 ♣ Registration Form	
Last Name: _____ First Name: _____	
DOB: _____ Age: _____ Male: _____ Female: _____ T-Shirt Size: YL S M L XL XXL	
Address: _____	
City: _____ State: _____ Zip: _____	
Daytime Phone: _____ Evening Phone: _____	
Email Address: _____	
<u>Incomplete or unsigned forms will not be accepted.</u>	
I hereby release Emerging Student Ministries at Indian River City UMC, Indian River City UMC, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.	
Signature (under 18 requires a parent to sign): _____	
Date: _____	
Method of Payment	
Cash: _____ Check: _____	
Make check or money order payable to: Run For Your Life 5K	
Team Competition:	
Name of Team _____	
Circle One: Male / Female / Coed	
Runner 1: _____	
Runner 2: _____	
Runner 3: _____	
Runner 4: _____	



LIGHT THE WAY 5K

January 23, 2010

Titusville, FL



FEMALE

Overall

Teresa Huff	20:25.0
Danielle Hustoles	22:20.0
Kara Kyramarios	22:41.0

Master (40+)

Chiqui Behymer	24:17.0
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8 and Under

Samantha Toledo	33:12.0
Maya Collyer	39:42.0
Bailey Gilmore	40:42.0

9-11

Haley Hostetter	25:59.0
Mallory Jones	26:35.0
Elizabeth Gahres	28:03.0
Sophia Toledo	29:17.0
Melanie Langgle	29:48.0
Haley Mount	36:11.0
Reyna Behymer	37:59.0
Bailey Ferguson	39:28.0
Alexus Campbell	43:26.0

12-14

Amelia Melzer	23:03.0
Elizabeth Norris	26:53.0
Kelly Ellison	27:52.0
Rachel Andrews	28:27.1
Sarah Payzant	29:34.0
Jessica Skeldon	29:35.0
Laura Larchar	34:51.0
Lauren Minnear	34:58.0
Lori Ulrich	36:09.0
Macy Holder	37:36.0
Casey Burke	43:22.0
Emily Slocum	43:25.0

15-19

Sierra Pollard	22:56.0
Stephanie Bird	23:27.0
Anna Thorne	25:04.0
Casey Green	28:34.0
Natalie Nelson	28:45.0
Mary Payzant	31:02.0
Frances Burnette	37:35.0
Amanda Hornsby	43:57.0

20-24

Stephanie Crosby	22:56.0
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20-24 continued

Krysti Cooper	24:22.0
Chelsea White	28:18.0
Kara Downs	31:17.0
Cassandra Jacobs	32:42.1
Ashley Byrne	35:07.0
Maria Artelli	36:37.0
Danielle Peabody	41:00.0
Kristie Keyes	46:05.0
Kalynn Miller	46:07.0
Christina Slayman	46:32.0

25-29

Tammy Klementowski	23:30.0
Kate Schindler	28:52.0
Amy Farnsworth	30:31.0
Rachel Rayburn	34:50.0
Marjorie Lee Fickey	39:56.0
Jaqueline Viera	39:58.0

30-34

Bambi Smith	24:00.0
Jenny Evans	24:36.0
Casey Gilbert	25:46.0
Mandy Gilmore	27:00.0
Megan Broome	27:14.0
Tara Lakin	28:16.0
Amy Sowards	29:09.0
Aimee Hurst	30:39.0
Sarah Pressley	31:01.0
Amy Okrasinski	41:02.0
Kerstin Dea	42:06.0

35-39

Felicity Cunningham	23:29.0
Leslie Talbert	23:32.0
Stephanie Jenkins	27:36.0
Monika Gray	27:40.0
Amy Demers	28:20.0
Lori Holder	28:21.0
Stephanie Legare	28:45.0
Marivic Quintinita	28:47.0
Barbara Allison	29:16.0
Jessica Vanatta	30:08.0
Barbara Widerman	32:00.0
Carrie Jones	34:36.0
Jill Goessel	40:34.0
Kerensa Slocum	43:24.0
Atilisa Moore	43:51.0
Kim Harris	44:15.0

40-44

Christine Kennedy	24:32.0
Ellen Craghead	25:03.0
Eugenia Berry	25:06.0
Suanne Register	25:38.0
Sharon Sieber	26:12.0
Marisa Flint	26:30.0
Robin Kyramarios	28:01.0
Maria Huff	28:28.0
Christy Reid	29:38.0
Laura Cole	29:43.0
Kim Payzant	31:04.0
Alex Gutierrez	31:07.0
Susan Varga	32:42.0
Anita Winslow	33:47.0
Tracey Drake	38:18.0
Juli Sharpe	44:16.0
Kristin Sikorski	44:25.0

45-49

Patricia Taurasi	24:35.1
Jo Connoll	27:25.0
Cindy Taylor	30:20.0
Debbie Hatch	31:41.0
Karen Richardson	33:18.0
Kristy Mount	36:12.0
Margaret Thompson	38:58.0
Debbie Unrue	40:29.0
Catherine Norris	41:34.0
Candi Neuweiler	42:55.0
Janet Letchworth	43:45.0
Jamie Wyckoff	44:42.0
Jamie Tucker	44:43.0
Rhoda Fisher	45:26.0

50-54

Karon Pittman	24:35.0
Nancy Sharp	29:41.0
Sally Smircich	31:25.0
Patricia Crosby	40:36.0
Debi Frakes	42:54.0
Lauren Youmans	44:29.0
Gini Ernst	46:23.0

55-59

Rhodora Bray	28:46.0
Rhonda Howard	29:50.0
Christine Kroetsch	34:55.0
Giselle Wofford	37:58.0

60-64

Pat Kiesselbach	27:44.0
Sandy Bailey	39:36.0
Milly Krause	39:48.0
Kathy Lowe	45:28.0

65-69

Patricia England	32:09.0
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MALE**Overall**

Seth Rosonina	16:09.0
Shay Joyce	16:46.0
Tommy Taurasi	17:38.0

Master (40+)

Howard Kanner	18:20.0
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8 and Under

Daniel Legare	22:57.0
Malachi Jones	26:36.0
Connor Ferguson	28:58.0
Preston Tindall	35:32.0
Samuel Farnsworth	46:24.0
Matthew Legare	36:10.0

9-11

Mason Jones	20:27.0
Colten Toms	21:05.0
Ryan Garrett	21:46.0
Jonathan Pugh	22:59.0
Dawson Toms	23:22.0
Jeffery Gahres	24:05.0
Dylan Norris	24:06.0
Eli Wyckoff	25:08.0
Collin May	25:19.0
Christopher Mead	26:03.0
Trevor Denson	26:17.0
Timothy Legare	27:12.0
Jason Garrett	28:02.0
Maxwell Farnsworth	28:08.0
Caleb Ferguson	28:25.0
Ryan Collyer	32:43.0
Marc Ulrich	36:04.0
Connor Drake	38:08.0

12-14

Drew Denson	19:11.0
Jacob Langgle	20:36.0
Sean Ulrich	20:45.0
John Gahres	21:23.0
Wesley Garrett	22:22.0
Dillon Connolly	23:06.0
Samuel Flemming	23:50.0
Cody Wyckoff	24:06.0
Jacob Carter	26:01.0
Jacob Spann	26:05.0
Tristan Tindall	27:49.0
Nathan Bierman	27:55.0
Zachary Onovi	28:27.1
Garrett Buckingham	33:41.0

15-19

Taylor Collier	18:43.0
Nick Flint	19:29.0
Tim Unrue	20:37.0
Donald Gahres	20:54.0
Ben Youmans	28:18.0

20-24

Tyler Vollmer	29:58.0
Caleb Monk	36:38.0

25-29

John Hustoles	20:19.0
Christopher Han	27:10.0

30-34

Thaddeus Austin	18:15.0
Ed Springer	18:19.0
Jonathan Dea	19:31.0
Andy Robinson	25:27.0
Dan Ferguson	25:49.0
Jeff May	28:19.0

35-39

Dave Chapman	19:47.0
Mike Pollard	24:54.0
Charles Thibault	25:08.0
Alkesh Shastri	29:31.0
Jessica Vanatta	30:08.0
Richard Hornsby	33:27.0
Ron Klementowski	37:04.0

40-44

Frank Kapr	18:41.0
Pedro Toledo	19:13.0
Robert Jones	19:58.0
Bradley Berry	24:37.0
J.C. Weeks	25:48.0
Daniel Talbert	26:15.0
Harry Prosser	26:16.0
James Giloolley	26:19.0
Michael Legare	30:51.0
Judd Spitzer	34:32.0
Brian Mizell	35:03.0
Dayne Deeds	36:53.0
Tom Drake	38:53.0

45-49

David Taurasi	19:30.0
Tony Stokes	20:24.0
Jeff Gleacher	20:50.0
Neal Levine	21:34.0
Brian Hicks	21:37.0
Tim Larson	23:50.0
Gary Torres	24:07.0
Todd Denson	24:42.0
Kevin Wyckoff	25:09.0
Patrick Keach	25:16.0
Danny Leggett	25:44.0
Brett Tower	26:59.0
Dan Kenna	27:33.0
Gary Letchworth	27:43.0

45-49 continued

Randall Crosby	28:27.0
Roger Gibson	29:07.0
George Hamilton	29:08.0
Darrell Hibbs	32:32.0

50-54

Art Anderson	18:26.0
Brian Kessler	18:38.0
Joe Hultgren	18:44.0
Tim Collier	18:47.0
Roger Travis	19:12.0
Matt Mahoney	19:50.0
Jeff Andress	24:51.0
Daniel Jackson	25:15.0
Frank Norris	26:58.0
Keith Thompson	27:11.0
Richard Warren	27:20.0
Phillip Youmans	27:27.0
Ken Flieder	30:06.0
Jeff Murphree	30:58.0

55-59

Jim Cunningham	20:37.0
Don Dore	20:58.0
Bud Timmons	21:16.0
Robert Nelson	28:46.0
David Cook	31:29.0
Michael Haney	41:03.0

60-64

David Grant	21:03.0
Stan Johnston	30:05.0

65-69

Michael Zeitfuss	21:15.0
Manuel Urrutia	23:08.0
Tom Mulle	29:00.0
Ed Harrison	29:25.0
Emmett Larson	29:30.0
Jeremiah Hayes	29:37.0

70+

Roger Rouiller	22:06.0
Ron Hoar	26:00.0
Tony Whitney	29:42.0
Wallace Dal-Santo	37:43.0



Howard Kanner nipping at Ed Springer's heels. Keith Flint photo.



THE TIGER (still) DASHES

Melbourne's Butler wins Tiger Dash 5K

By Patti Sponsler

You can't keep a good - or fast - man down.

For more than 20 years, Melbourne's 46-year-old Doug Butler has been winning road races at multiple distances in multiple locations. You have to wonder why neither Father Time nor a recent career change nor the 90 kids or 70 adults he coaches can slow him down.

Maybe the secret is the addition of three-year-old grandson, Alex, to the household that keeps Butler young-at-heart and moving.

We had to find out. Below is what he told us in an Email the day after his 16:53 victory at this year's Tiger Dash 5K.

How did the race unfold between you, John (Davis, 2nd place) and Steve (Chin, 3rd place)?

I told John and Steve I was going to get them under 17:00, I felt I could run 16:45. We backed it off a notch this week in training in order to be a bit fresher. I felt very heavy the first mile and my right-side sciatica was very sore, which is weird because it has been my left side the past few months that has hampered me. I led from start to finish and hit the mile in 5:30. I wanted to hit it in 5:20, but the wind out of the south kept the first mile slower than expected. I turned it up the second mile and hit it at 10:50 feeling pretty good. By that time Steve had dropped back about 15 seconds but John was only about seven seconds back. I took a look over my shoulder with a half mile to go and John was still seven or eight seconds back so I yelled "lets go". I tried to go as hard as I could the last half-mile and never looked back again. I knew sub-17 was going to be close.

I've known you for what seems like about two decades now and you've always managed to stay at or near the front while most everyone else either burns out, fades away or slow downs. Got any thoughts on that?

Yesterday made it 25 consecutive years that I have run at least one 5K in the 14s,15s, or 16s. My first sub-17:00 was in March of 1986 at the Superstars 5K in Grant and that seems like another life ago. It does not get any easier.

I feel very blessed with the gift God has given me along with the longevity and the good health to be able to compete with only minor injuries throughout that 25 years. I have had many great training partners over that 25-year period and that has contributed a great deal to my success. I think I owe much to my father and mother who passed on a hard work ethic and competitive sports attitude. My wife (Rhonda) has endured 24 years of my training and racing, which is more than any person can expect. The coaches have taught me how to train more, race less, and train at the proper pace! This

has allowed me to stay injury free and race faster when I do race. But most of all, God has blessed me and I don't take anything for granted. He saved my life on November 12, 1978 and I don't know where or what I would be if I were not a born-again Christian. I think our bodies are a gift that He has given us and what we chose to do with it is our gift back to Him.

About a month ago I was just tired and felt beat up and decided I can not train hard enough to race anymore. I wanted to run for fun. But after about two weeks of training with John and Steve, I knew I still had the fire to see what I could do and here I am. I think He will let me know when it is time but for now, I think He wants to use me in this manner to serve Him.

Do you attend CAV (Church at Viera)? It was cool that you flew their colors during the race...

We are members of CAV and Rhonda did the printing for Mark Ragsdale (the church pastor) about 20 years ago. He is phenomenal along with all the people there so I was very proud to be able to run with them yesterday.

Are you running the Melbourne and Beaches Music Half Marathon on Sunday?

Depends on the sciatica, if it is ok this week, I plan to do the half.

Complete race results and photos of the 2010 Tiger Dash 5K are on the following pages. Matt Mahoney also has additional photos posted at <http://mattmahoney.net/scr/index.html>



At the start of the Tiger Dash 5K, Doug Butler, #1160, is flanked behind by John Davis, #1170, left, and Steve Chin, right, in sunglasses, to Butlers left. The trio finished much the same way with Butler first, Davis second and Chin third. Butler coaches Davis and Chin through his Set Goals, Not Limits training camps www.setgoalsnotlimits.com
Cathy Poor photo.



At 46, Melbourne's Doug Butler is still putting away the competition. Here he takes the win at the 2010 Tiger Dash 5K in Melbourne. Cathy Poor photo.

MALE

Overall

Place	O'All No.	Name	Time
1	1	1160 Doug Butler	16:53.4
2	2	1170 John Davis	16:56.6
3	3	1147 Steve Chin	17:17.4

Masters (40+)

Place	O'All No.	Name	Time
1	8	1100 Art Anderson	18:36.6

9-11

Place	O'All No.	Name	Time
1	60	1155 Bryce Wahy	23:14.4
2	61	1130 Austin Smithe	23:15.7
3	65	1131 Trevor Kattenberg	23:57.1
4	68	1106 Jared Hayes	24:29.4
5	69	1034 Collin May	24:33.2
6	79	1107 Christian Hayes	25:46.1
7	119	1121 Kyle Caudill	29:16.9
8	126	1054 Bryce Gerhert	30:03.6
9	137	1038 Dan Cronin	31:56.



In spite of a cold, Brandon Holst won the 12-14 age group by almost three minutes. Cathie Poor photo.

12-14

Place	O'All No.	Name	Time
1	7	1099 Brandon Holst	18:25.1
2	29	1060 Jack Dickens	21:17.1
3	44	1164 Jake Munden	22:22.0

12-14

Place	O'All No.	Name	Time
4	149	1104 Jared Gannon	33:57.7
5	150	1125 Thomas O'Connor	33:58.2

15-19

Place	O'All No.	Name	Time
1	4	1154 Michael Fisher	17:40.3
2	15	1128 Nick Flint	20:21.8
3	16	1126 Kenny Liska	20:25.2
4	143	1039 Joe Cronin	32:49.4
5	177	1204 Michael Schlarkobia	45:42.4

20-24

Place	O'All No.	Name	Time
1	132	1190 Jeff Sherker	30:58.6

25-29

Place	O'All No.	Name	Time
1	17	1117 Ryan Moore	20:27.0



On the come-back trail: Steve Hedgespeth, three-time Runner of the Year Series champ, wins the 30-34 age group in 17:32. Ken Horton photo.

30-34

Place	O'All No.	Name	Time
1	3	1158 Steve Hedgespeth	17:32.2
2	5	1143 Johathon Campbell	18:06.2
3	34	1058 Robert Paxton	21:33.1
4	99	1195 Ben Hayner	27:17.5
5	123	1035 Jeff May	29:32.2

35-39

Place	O'All No.	Name	Time
1	6	1096 Shane Streufert	18:22.0
2	25	1066 Tristan Webbe	21:03.7
3	37	1074 Bruce Furrow	21:47.0
4	46	1127 Eric Rothery	22:33.9
5	96	1075 Ritch Workman	27:07.6
6	110	1072 Chris Green	28:27.3
7	129	1132 Terry Plonsky	30:28.7
8	130	1200 John Holmquist	30:38.4
9	155	1203 John Hannah	35:47.9

40-44

Place	O'All No.	Name	Time
1	38	1133 Bob Maggio	21:54.1
2	45	1134 Rick Ramnath	22:24.5
3	66	1020 Alan Diamond	24:10.8
4	89	1065 Wesley Foster	26:42.4
5	111	1031 James Chiravalle	28:30.9
6	151	1103 Tim Gannon	33:58.9
7	163	1033 Ty Bowen	39:44.7



Doug Nichols rocked the 45-49 age group in 20:10! Ken Horton photo.

45-49

Place	O'All No.	Name	Time
1	13	1018 Doug Nichols	20:10.2
2	23	1098 Kurt Holst	20:53.5
3	27	1113 Dave Hernandez	21:09.7
4	31	1191 Neal Levine	21:19.0
5	35	1044 Keith Kowalske	21:36.0
6	67	1145 Eric Held	24:14.4
7	73	1178 Jeff Poor	25:18.0
8	80	1108 Greg Hayes	25:47.4
9	88	1187 Keith Winsten	26:38.5
10	169	1138 Raymond Cox	42:33.7

50-54

Place	O'All No.	Name	Time
1	10	1021 Joe Hultgren	19:00.1
2	12	1016 Matt Mahoney	19:54.5
3	21	1189 Loran Serwin	20:51.8
4	22	1047 Michael Slomins	20:52.3
5	41	1120 Bart Ferguson	22:15.6
6	63	1163 Haskell Walker	23:40.2
7	118	1069 Robert Wright	29:14.0
8	178	1142 Krishnan Dandapani	47:03.6

55-59

Place	O'All No.	Name	Time
1	20	1168 Jim Cunningham	20:48.0
2	30	1192 Jerry Bird	21:17.4
3	33	1183 John Robsow	21:29.8
4	36	1159 Wolfgang Jensen	21:39.5
5	53	1049 Ted Amgott	22:54.5
6	107	1028 George Oswald	27:59.7
7	115	1014 Don Dore Jr	29:00.6

55-59

Place	O'All No.	Name	Time
8	156	1205 Ronnie Nail	36:06.7
9	171	1199 Dick White	43:42.4

60-64

Place	O'All No.	Name	Time
1	18	1052 Miguel Lopez	20:33.5
2	28	1043 Ed Rowley	21:13.7
3	50	1041 Gary Castner	22:47.8
4	59	1149 Jim Schroeder	23:08.7
5	64	1030 Ray Brown	23:53.7
6	71	1050 David Farrall	24:44.8
7	98	1057 Greg McKay	27:12.1
8	102	1095 Jim Streufert	27:37.4
9	131	1148 Steven Cibulsky	30:48.7

MALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Time
1	32	1011 Michael Zeitfuss	21:22.8
2	100	1166 David Wofford	27:20.8
3	105	1077 Darwin Tangen	27:53.7
4	113	1140 Robert Husek	28:38.9
5	154	1067 Michael Petrillo	35:07.2
6	161	1175 Steve Wingerfeldt	39:28.1
7	176	1051 Rich Czarnowski	45:31.0

MALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Time
1	91	1078 Ron Hoar	26:44.7
2	145	1059 Morris Johnson	33:05.7
3	159	1198 James Morrell	37:42.4
4	175	1151 Owen McCrudden	44:30.7

MALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Time
1	125	1055 Bob Pecor	30:01.4
2	146	1079 Donald Nygaard	33:18.8



Beth Whalen carrying her running shoes on the way to the ladies overall win. Ken Horton photo. Sure wish we knew the story!

FEMALE

Overall

Place	O'All No.	Name	Time
1	10	1171 Beth Whalen	18:43.7
2	12	1088 Tracy Smith	19:16.2
3	15	1056 Emily Chapman	20:20.2



Cathy Friedel going for the female Masters (40+) win. Ken Horton photo.

Master (40+)

Place	O'All No.	Name	Time
1	26	1150 Cathy Friedel	21:08.1

8 and under

Place	O'All No.	Name	Time
1	112	1202 Nyssa Holmquist	28:32.5

9-11

Place	O'All No.	Name	Time
1	134	1201 Kaia Holmquist	31:39.2
2	135	1135 Emily Philpot	31:47.7
3	172	1081 Rachel White	43:42.5
4	173	1089 Sabrina Smith	43:55.7

12-14

Place	O'All No.	Name	Time
1	97	1184 Julia Wooley	27:11.5
2	147	1086 Payton Roe	33:39.7
3	148	1087 Paige Roe	33:48.3

15-19

Place	O'All No.	Name	Time
1	19	1048 Dana Slomins	20:47.6
2	24	1026 Elizabeth Green	21:02.7
3	85	1193 Stephanie Bird	26:27.9
4	136	1186 Molly Winsten	31:48.5
5	165	1114 Kelsey O'Connor	41:21.5

20 -24

Place	O'All No.	Name	Time
1	54	1173 Julie Williams	22:55.4
2	76	1118 Ashley Saxon	25:29.5

25-29

Place	O'All No.	Name	Time
1	47	1182 Jessica Wiedenbauer	22:42.2
2	57	1110 Jackie Schmoll	23:04.8
3	58	1181 Patti Olszewski	23:07.0
4	116	1196 Stephanie Brandon	29:04.3
5	117	1194 Hona Stickles	29:04.8
6	138	1109 Lauren Stallbaum	32:15.4

25-29

Place	O'All No.	Name	Time
7	140	1046 Patricia Lucas	32:32.0
8	168	1080 Julie Noble	42:33.6

30-34

Place	O'All No.	Name	Time
1	40	1146 Joy Hess	22:14.0
2	78	1197 Joy Moran	25:31.2
3	106	1102 Tonya McDuffie	27:59.0
4	139	1045 Kelly Semenko	32:31.8
5	157	1053 Tiffany Hendrix	36:09.7

35-39

Place	O'All No.	Name	Time
1	43	1141 Julie Hannah	22:21.1
2	62	1169 Becky Moody	23:33.5
3	72	1167 Felicity Cunningham	25:06.8
4	81	1068 Lisa Petrillo	26:10.1
5	83	1161 Beverly Rose	26:25.7
6	87	1084 Erin Schuck	26:35.1
7	93	1090 Kimberly Frey	26:53.2
8	94	1073 Cindy Green	26:54.7
9	95	1094 Brittany Streufert	26:58.7
10	133	1040 Krista Cohen	31:36.6
11	141	1180 Josee Arlond	32:35.6
12	158	1172 Heather Sharp	36:52.5
13	179	1092 Cathy Koos	48:21.6



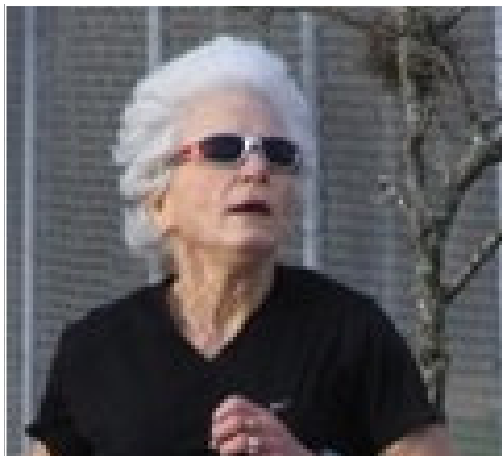
Barbara Krause going for her first sub-22 minute 5K, a PR and the 40-44 age group win. Ken Horton photo.

40-44

Place	O'All No.	Name	Time
1	39	1097 Barbara Krause	21:59.3
2	49	1019 Angie Preston	22:44.7
3	52	1112 Robin Hernandez	22:49.8
4	56	1105 Sandra Gannon	22:58.6
5	84	1185 Kelly Hunter	26:25.9
6	86	1115 Anne O'Connor-Smith	26:28.8
7	92	1129 Marisa Flint	26:51.1
8	103	1136 Carrie Adams	27:38.7
9	152	1152 Trish Rich	34:53.8
10	167	1174 Angie Siler	41:40.3
11	180	1076 Susan Bearden	48:21.7
12	182	1091 Michele Woods	52:35.0

45-49

Place	O'All No.	Name	Time
1	70	1139 Kathryn Varnes	24:38.5
2	75	1122 Terry Ferrisi	25:25.4
3	77	1111 Cynthia Broome	25:29.6
4	90	1188 Christy Zieres	26:43.5
5	114	1027 Holly Herrmann	28:57.9
6	122	1022 Flo Holden	29:29.2
7	142	1179 Jill Kovacs	32:35.7
8	162	1063 Kimberly Badgett	39:44.4
9	166	1093 Vickie Anthony	41:39.2
10	181	1085 Valerie Roe	52:34.9



Kay Rowley chasing second in the 50-54 age group. Ken Horton photo.

50-54

Place	O'All No.	Name	Time
1	48	1176 Theresa Miller	22:43.5
2	51	1042 Kay Rowley	22:49.2
3	55	1119 Robin Moran	22:58.4
4	74	1082 Marlene White	25:23.5
5	82	1177 Debbie Rescott	26:18.5
6	101	1123 Rosanne Bessenaire	27:37.1
7	109	1062 Melanie Delman	28:07.8
8	127	1061 Nancy Sharp	30:22.9
9	153	1029 Marion Oswald	34:55.0
10	160	1116 Dalys Dunn	38:39.2
11	164	1032 Carol Ball	39:44.9

55-59

Place	O'All No.	Name	Time
1	121	1153 Rosemarie Cocker	29:21.5
2	170	1137 Sherry Laskin	42:48.1

60-64

Place	O'All No.	Name	Time
1	42	1165 Anne Dockery	22:16.9
2	104	1156 Pat Kiesselbach	27:51.0
3	108	1036 Jacquelyn Kellner	28:02.7
4	120	1012 Susie Koontz	29:17.1
5	124	1124 Mary Ramba	30:00.6
6	128	1157 Susan Rube	30:25.4

70-74

Place	O'All No.	Name	Time
1	174	1023 Katie Marsh	44:15.8
2	183	1015 Joan Mahoney	58:14.4



Carol Ball, Ty Bowen and Kim Badgett walked the Tiger Dash 5K in less than 40 minutes. Cathie Poor photo. The former competitive runners aren't letting injury keep them from remaining active. The trio has walked every race in the 2009-10 Runner of the Year Series and invites other walkers to do the same. They also invite you to walk with them at the SCR Sunday morning fun runs and walks in Cocoa Village that start at 6:30 a.m. Water and Gatoraide is down at the two- and four-mile marks on the out-and-back course that parallels the Indian River. You don't have to be a member to join the fun! **PLEASE NOTE, DUE TO THE MELBOURNE BEACHES MARATHON ON FEB. 7, THERE WILL BE NO FUN RUN/WALK THAT MORNING!**



Left to right: Nick Flint, who took second in the 15-19 age group, comes back to pace his mother, Marisa, to the finish. Far right photo captures Ron Hoar on his way to the win in the 70-74 division. Keith Flint photo.