

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 3

March 2010



(The other) BUTLER SLAYS DRAGON 10K

Kevin Butler on his way to 36:49 victory. Ken Horton photo.

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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.

VOLUNTEER OFFICERS AND STAFF

PRESIDENT:

Cyndi Bergs, mcbergs@att.net

VICE PRESIDENT:

Carol Ball, cball1@cfl.rr.com

SECRETARY:

Cedric Ching, Cching@cfl.rr.com

TREASURER:

Marlene White, marlenewhite@cfl.rr.com

MEMBERSHIP/ROY CHAIR:

Loran Serwin, Lserwin@cfl.rr.com

NEWSLETTER:

Editor: Patti Sponsler, Psponsler@cfl.rr.com

Proof Reader: Carol Ball, cball1@cfl.rr.com

Columnists:

Ron Hoar, rhoar@cfl.rr.com

Jim Schroeder, jameseschroeder@gmail.com

Ed Springer, springer993@gmail.com

Kara Springer, karaniedermeier@hotmail.com

Photographers:

Cedric Ching, cching@cfl.rr.com

Robin Hernandez, robinsarunner@cfl.rr.com

Barry Jones, Trihokie@cfl.rr.com

Gene Ramba, gramba@aol.com

WEB (www.spacecoastrunners.org):

Editor: Loran Serwin, Lserwin@cfl.rr.com

Results/Calendar: Matt Mahoney, Matmahoney@yahoo.com

VOLUNTEER BOARD OF DIRECTORS

CHAIRMAN:

Carol Ball, cball1@cfl.rr.com

DIRECTORS:

Linda Cowart, landclearing@bellsouth.net

Nick Flint, nickruns@bellsouth.net

Tammy Foster, tfoster@cfl.rr.com

Dave Hernandez, davesarunner@yahoo.com

Morris Johnson, johnsonmr@acm.org

Mary Ramba, mramba@aol.com

Loran Serwin, Lserwin@cfl.rr.com

Ed Springer, springer993@gmail.com

Charlie Van Etten, Charlie.fla@mindspring.com

Tristan Webbe, twebbe@cfl.rr.com

Marlene White, marlenewhite@cfl.rr.com

Marty Winkel, runsalot@cfl.rr.com

Christy Zieres, zieresc@bellsouth.net



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
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
10K
Male OA: Kevin Butler - 36:49
Female OA: Beth Whalen - 39:50
2-Miler
Male OA: Bruce Bayless - 12:23
Female OA: Emily Chapman - 12:50

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
runsalo@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

More Health Issues and Options for Us Aging Runners

It's not my intention to make this column a regular medical primer but I did want to pass along some additional medical information that came to me as a complete surprise—a procedure I had never heard of before.

After reading of my AV block, a local legend of running, Henry Campbell, alerted me to a treatment that he received several years ago—a procedure that he discovered through his own research.

Henry was sprinting to the finish of a 4-mile training run a few years ago when he had a severe angina attack. The cardiologist was almost adamant that he have an operation. But Henry resisted and opted for a non-invasive treatment called EECP (Enhanced External CounterPulsion).

EECP is an outpatient treatment for angina and heart failure. Treatments are about an hour a day, five days a week, for a total of 35 hours. You lie on a table with large blood pressure-like cuffs wrapped around your legs and buttocks. The cuffs inflate and deflate at specific times between your heart beats. A continuous EKG is used to set the timing so that the cuffs inflate just after a heartbeat while the heart is at rest. They then deflate just before the next heart beat.

Henry provides a user friendly-description of what happens. He says “The sequence milks the blood back up the leg causing a back pressure on the arteries around the heart which assists the body in opening up the capillaries around the obstruction.”

The claimed benefits, in addition to it being non invasive, are that no recovery period is needed and the patient realizes more energy and a better quality of life.

This is not a new concept—it was used by doctors in Pittsburgh about 60 years ago and prior to that was used extensively in China and India.

There is an international EECP Patient Registry that collects data on the safety, effectiveness and long-term benefits of EECP therapy. That data suggests that the benefits can last at least three years and often five or more years. Henry Campbell reports that he has had no reoccurrence in eight years.

Last fall at the European Society Cardiology Congress there were several reports on studies of the effectiveness of EECP. Among the reports presented, researchers at the Charite Hospital at the University of Berlin concluded that “EECP treatment promotes recruitment of new arteries”.

In another presentation, Dr. Lawrence Crawford, Associate Clinical Professor of Medicine, Division of Cardiology, Duke University School of Medicine said “published scientific data...on the effects of EECP therapy makes a very strong argument for the use of enhanced external counterpulsation therapy in treating stable angina and compensated heart failure patients.”

Of course, as with any medical condition, the treatment needs to be selected for the individual circumstance. So EECP may not be for everyone and should be carefully considered in consultation with medical experts.

My point is that there are procedures and therapies that most of us are not aware of and we need to become self educated when it comes to health issues. That is much easier to do today with the vast internet resources available. Your research should supplement and help educate but not substitute for medical expert consultation. Sooner or later each of us will face medical issues even as we subscribe to a running lifestyle that delays the inevitable.

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ACROSS FROM BREVARD COMMUNITY COLLEGE**



**Inaugural
LET'S RUN OVER IT 5K RUN/WALK**

COLON CANCER IS PREVENTABLE, TREATABLE AND BEATABLE!

SATURDAY, MARCH 13, 2010 AT 7:30 AM

Holmes Park * Melbourne, FL

TIMETABLE:

Friday, March 12th – 10:00 am – 6:30 pm
 Packet Pickup & Registration at Running Zone
 across from Wickham BCC Pavilion

Saturday, March 13th – Holmes Park
 (From US1 heading south, turn left on Rt. 192 (Melbourne
 Causeway). Turn right on Front St. Parking on left.

6:00 am Packet Pickup & Registration
 7:15 am Late Registration for 5k ends
 7:30 am 5k Start!!!

*Awards Ceremony immediately following all races

FEES:

Registration Fee \$20.00
Race Day Reg Fee \$25.00

SORRY, NO REFUNDS

AMENITIES:

- Raffle Prizes
- Plenty of Refreshments
- Health Fair after Race at Holmes Park

AWARDS:

5K – Top 3 Overall M-F, Top Masters
 Age Groups (top 3 male & female)

8 & Under	25 - 29	50 - 54
9 - 11	30 - 34	55 - 59
12 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 74
75+		

LET'S RUN OVER IT 5K

OFFICIAL ENTRY FORM

Send completed entry form with fee to: **Melbourne GI Center**, 1051 South Hickory St., Ste. K, Melbourne, FL 32901

Make check payable to: **GREATER ORLANDO SGNA**

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ Sex: Male Female

Please note shirt size: S M L XL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this 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 an entry or participation in the Let's Run Over It 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 foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

BUTLER SLAYS DRAGON 10K

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

February 27, 2010

Melbourne, FL

Although the Eye of the Dragon returned for its 22nd birthday with record crowds, electronic timing and a new course, there was a sense of déjà-vu reading the race results. Kevin Butler and Steve Hedgespeth went one/two in the Eye of the Dragon 10K and that Bruce Bayless won the Tail-of-the-Lizard 2-Miler during the Feb. 27 Melbourne race that takes all participants out-and-back over the Eau Gallie Causeway. The three men were some of Space Coast Runner's heaviest hitters during the first half of this decade as evidenced by taking a glance at past Runner of the Year series winners (see box below):

While the trio never gave up running, their names were inked less often in race results after Bayless moved to TN, Butler took up golf and Hedgespeth - after building a house, finishing his Masters degree and becoming a two-time father - took a break from racing.

"Racings not going to be an every week thing now," laughed the now 47-year-old Butler, who in past years was often mistaken as the brother of preeminent local speedster and coach, Doug Butler. "It will be once a month at the most. I was pretty sore after the race."

After running with Hedgespeth and Thaddeus Austin through the first half of the 10K, Butler said the other two faded back while he kept the pace steady relying on his Garmin GPS - a technology unavailable during his heyday.

"One of my biggest problems now is pacing," he said. "I used to know exactly what I was running but now I think I'm at a certain pace but I'm not. The GPS is really helping me run even splits."

Butler's five minute and 56 second-per-mile splits gave him the win in 36:49. Hedgespeth took second in 37:33 and Austin pulled in for third in 37:58.

"The award was kick-ass," said Butler of the unique dragon and dagger designs. "My wife and everyone at work loved it. It's not one that is going to the recycle pile."

Butler's 36:49 will now stand as the time to beat for a new course record. This year, Dave Hernandez and Bill Dillard, mapped out a new route that provided athletes a straight out-and-back along Pineapple Avenue as opposed to the old romp full of up-and-down turns through the adjacent neighborhood.

In the women's race, 23-year-old Beth Whalen made it six for six wins in this season's Space Coast Runners Runner of the Year series as she pulled in at 39:50. Last year's Eye of the Dragon champ, Tracy Smith, was second in 40:41 and Julia Thomas took third in 41:43.

Only two races remain in this season's ROY series. The

PAST ROY SERIES CHAMPS

2000-01	2 nd Bruce Bayless
2001-02	1 st Steve Hedgespeth
	2 nd Bruce Bayless
2002-03	1 st Kevin Butler
	3 rd Steve Hedgespeth
2003-04	2 nd Steve Hedgespeth
	3 rd Kevin Butler
2005-06	1 st Steve Hedgespeth

Downtown Melbourne 5K kicks off on April 3 in Melbourne followed by the Space Walk of Fame 8K and 2-Miler in Titusville on April 10. Visit <http://mattmahoney.net/scr/cal.html> for complete information



Kevin Butler's first place Eye of the Dragon 10K award.



Left to right: Top three Eye of the Dragon 10K winners Kevin Butler, 1st, 36:49; Steve Hedgespeth, 2nd, 37:33; Thaddeus Austin, 3rd, 37:58. Butler photo courtesy of Ken Horton at www.icunphotos.com Hedgespeth, Austin photos courtesy of SCR Board member, Cedric Ching. View all of his race photos at <http://public.fotki.com/CedricCSCFL>

10K FINISHERS

MALE

Overall

Kevin	Butler	36:49:00
Steven	Hedgespeth	37:33:00
Thaddeus	Austin	37:58:00

Masters (40+)

Bret	Halliday	38:01:00
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Grand Masters (50+)

Mike	Kodya	38:12:00
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Sr. Grand Masters (60+)

427	Grady Cash	44:56:00
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10-14

Christian	Rodriguez	50:42:00
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15-19

Cory	Sayyeau	38:30:00
Nick	Flint	43:49:00
Sebastian	Crain	46:54:00
Josiah	Britton	53:42:00
Tyler	Johnson	54:52:00
Steven	Schulz	59:20:00
Tyler	Wittekind	1:08:29

20-24

Nicholas	Vannorsdall	40:54:00
Joshua	Eberle	55:11:00
Kurt	Wetmiller	57:26:00
Deric	Hausmann	59:37:00
Michael	Sacco	1:11:50

25-29

Travis	Hiers	40:14:00
Colby	Mack	40:53:00
Ryan	Moore	45:31:00
Andy	Dutra	45:36:00
Paul	Timmons	45:37:00
Christopher	Eastwood	46:22:00
Brad	Evers	46:42:00
Michael	Casey	46:53:00
David	Sugimoto	48:41:00
Philip	Yeager	48:52:00

25-29 continued

Jason	Rife	49:42:00
Matthew	McKee	50:38:00
Andrew	Ross	51:16:00
Brad	Vehovic	52:15:00
Michael	Burns	52:26:00
Robert	Rutherford	52:41:00
Sean	Mauldin	53:49:00
Justin	Moody	53:59:00
Andrew	Grandage	54:25:00
Christopher	Streiff	55:39:00
Gabriel	Barfield	56:05:00
Darius	Garrett	56:50:00
Ryan	Schneider	57:06:00
Robert	Bruckart	58:26:00
Jordan	Yaker	58:39:00
Jason	Greer	59:55:00
Sean	Duggan	1:00:01
Adam	Fatka	1:01:29
Brian	Timmons	1:02:08
Charles	Galvin	1:03:31
Stewart	Kulsch	1:08:48

30-34

David	Dierstein	39:18:00
John	Kramer	43:41:00
Robert	Paxton	45:23:00
Courtney	Miller	47:13:00
Frank	Solis	47:23:00
Jose	Estejo	48:24:00
Jonathan	Howse	50:51:00
Bryan	Steele	52:09:00
Jeffrey	Miller	52:42:00
Troy	Cochran	52:44:00
Jeffery	Koeberl	53:05:00
Ron	Norris	53:10:00
Kevin	Hamilton	56:05:00
Brian	Kurinsky	57:23:00
Kevin	Terry	58:11:00
Les	Dunne	1:00:48
Zachary	Brodrick	1:02:25
David	Pittman	1:03:09
Alfredo	Malcolm	1:11:57

35-39

Shane	Streufert	39:20:00
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35-39 continued

Marc	Zeller	39:55:00
Scott	Larson	40:20:00
Jimmie	Wright	42:57:00
Dave	Chapman	43:47:00
Bruce	Furrow	44:24:00
Mike	Doyle	44:24:00
Thomas	Jenkins	44:30:00
Erik	Tejada	47:45:00
Stanley	Gutowski	47:45:00
Steve	Buescher	49:50:00
Joshua	Harmening	51:49:00
Oliver	Taylor	53:23:00
Kyle	Cacciatore	55:34:00
Rudy	Valentin	56:10:00
David	DeStefano	57:52:00
Hugh	Bain	1:02:44
Matthew	Fischer	1:04:55
Ed	Cloak	1:09:15

40-44

Joel	Kinnunen	38:31:00
Howard	Kanner	40:56:00
Damien	Glynn	44:37:00
Danny	Benitez	44:47:00
Bob	Maggio	46:30:00
Paul	Fountain	50:44:00
John	Restrepo	52:25:00
John	Wright	53:00:00
Andy	Collamore	53:27:00
James	Horan	54:32:00
Jim	Caple	54:46:00
Angelo	Rodriguez	54:48:00
Anthony	Lepore	55:45:00
Dale	Rogers	57:23:00
Jamie	Kane	57:49:00
Harry	Prosser	1:00:05
James	Chiravalle	1:03:14

45-49

Michael	Adams	40:20:00
Tony	Bils	43:22:00
Kurt	Holst	43:22:00
Doug	Nichols	44:03:00
Tracy	Montoya	44:32:00
Donald	McKinnon	45:18:00



Left to right: Top three Eye of the Dragon 10K female winners Beth Whalen, 1st, 39:50; Tracy Smith, 2nd, 40:41 and Julia Thomas, 3rd, 41:43. All photos courtesy Cedric Ching.

45-49 continued

Keith	Kowalske	46:43:00
Dave	Hernandez	46:48:00
David	Maltby	47:23:00
Bruce	Crain	47:40:00
Kevin	Howald	47:42:00
Andy	Blossom	47:45:00
Bryan	Bost	49:56:00
Bill	Buonnani	51:49:00
Greg	Hayes	54:59:00
Jeff	Poor	55:09:00
Gary	Letchworth	55:26:00
Heriberto	Echevarria	55:27:00
James	Lombardy	57:26:00
Dan	Maloney	58:38:00
Geoff	Pletcher	1:01:20
William	Paton	1:03:17
David	Read	1:31:34

50-54

Mark	Koenig	38:13:00
Art	Anderson	38:40:00
Roger	Travis	40:42:00
Pat	Jonas	40:48:00
Joe	Hultrgen	41:17:00
Matt	Mahoney	41:47:00
Dennis	Delman	42:11:00
Randy	Raczek	42:35:00
Dave	Watrous	42:48:00
Loran	Serwin	44:51:00
Jeff	Fawcett	46:43:00
Mike	Tuttle	47:24:00
John	Hudacek	48:14:00
Tim	Murphy	50:41:00
Michael	Gaffney	50:43:00
Mike	Smith	51:14:00
Bob	Rall	51:29:00
David	Winn	51:38:00
Grover	Brower	51:46:00
David	Beaumont	52:15:00
Steve	Rego	53:20:00
Mike	Vincent	53:38:00
Christopher	Cazorla	55:17:00
Thomas	McKeefery	55:49:00
Steve	Calabro	55:52:00
Jim	Burke	56:58:00
Klaus	Schmid	56:59:00
John	Hogan	57:46:00

50-54 continued

Richard	Waropay	1:00:57
Robert	French	1:00:58
Daryl	Gilbert	1:01:27
William	Miller	1:05:29
Robert	Wright	1:05:30
Ed	Burfo	1:05:32
Jeff	Murphree	1:05:45
Alberto	Escobar	1:10:00
Randall	Shiver	1:12:25

55-59

Don	Dore	44:30:00
Don	Kearns	44:33:00
Wolfgang	Jensen	45:46:00
Bud	Timmons	47:15:00
John	Farner	48:56:00
Michael	Miller	50:21:00
Tom	Eberle	57:48:00
Greg	Cross	1:01:52
Don	Koch	1:10:48

60-64

Ed	Rowley	44:57:00
Peter	Weishaar	45:48:00
David	Grant	45:50:00
John	Keefe	47:48:00
Jim	Schroeder	48:10:00
Gary	Castner	48:55:00
Ray	Brown	50:33:00
Frank	Webbe	52:09:00
David	Farrall	55:27:00
Teen	Sum	58:31:00
Peter	Carabetta	58:49:00
Jim	Palinkas	1:33:38

65-69

Michael	Zeitfuss	49:07:00
Thomas	Kane	56:32:00

70-74

Steven	Schoenherr	52:55:00
Tom	Ward	53:01:00
Bob	Ghormley	54:57:00
Ron	Hoar	57:09:00
Darwin	Tangen	1:00:42
Morris	Johnson	1:11:27
James	Morrell	1:19:14

75-79

Bob	Shaw	1:00:19
Bob	Pecor	1:09:35
Don	Palinkas	1:17:06
Russ	Marth	1:29:16

FEMALE

Overall

Beth	Whalen	39:50:00
Tracy	Smith	40:41:00
Julia	Thomas	41:43:00

Masters (40+)

Nancy	Buonnani	44:09:00
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Grand Masters (50+)

Anne	Dockery	46:15:00
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Sr. Grand Masters (60+)

Willy	Moolenaar	58:48:00
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15-19

Stephanie	Bird	49:25:00
Kelsey	O'Connor	1:27:16

20-24

Tiffany	Hattendorf	46:01:00
Julie	Williams	47:25:00
Ashley	Saxon	54:19:00
Kerry	Soltis	59:34:00
Sarah	Frank	1:06:20
Jennifer	Lee	1:09:17
Emily	Bowman	1:13:13

25-29

Jessica	Wiedenbauer	47:19:00
Alexis	Haber	49:09:00
Kristina	Latraverse	50:28:00
Cara	Evers	51:11:00
Robin	Niles	52:31:00
Kendal	Harder	54:28:00
Chelsea	Marcan	57:16:00
Brittany	Doncaster	57:57:00
Allison	Vollmer	58:38:00
Amy	Ho	59:12:00
Kelli	Zargiel	59:28:00
Laura	Stepko	1:00:33
Rene	Dunne	1:00:56

25-29 continued

Candice	Yeager	1:01:54
Caitlin	Feikle	1:02:24
Paige	Kearns	1:03:56
Elise	Waltman	1:04:27
Amy	Branch	1:04:32
Alissa	Steele	1:07:49
Amanda	McKee	1:08:07
Kathryn	Bubeck	1:09:57
Sueann	Schlack	1:12:35
Laura	Kearns	1:13:18
Erin	Lauscher	1:18:36

30-34

Joy	Hess	44:58:00
Janet	Dierstein	45:48:00
Megan	Bolin	49:13:00
Jackie	Schmoll	49:54:00
Erin	Vernier	51:59:00
Jennifer	Lombroia	53:07:00
Casey	Gilbert	54:38:00
Rachel	Blanset	54:50:00
Kiescel	Wetmiller	55:49:00
Susan	Houts	56:21:00
Rachel	Wilkerson	56:25:00
Stephanie	Dietel	58:17:00
Jennifer	Carver	58:49:00
Abby	Tsark	59:16:00
Sally	Memmott	1:00:17
Heather	Haley	1:02:07
Amanda	Lawrence	1:02:32
Christi	Curtis	1:03:04
Claudia	Listopad	1:03:25
Angela	Marlowe	1:04:04
Jennifer	Delaney	1:04:20
Tiffany	Malcolm	1:07:48
Marla	Christie	1:14:58
Cassie	Delaney	1:15:20
Lynette	Ford	1:15:25
Rita	Kane	1:24:4

35-39

Carrie	Blanchard	47:42:00
Devra	Fain	49:22:00
Charlotte	McClure	51:36:00
Erin	Schuck	51:56:00
Lauren	Carlough	53:29:00
Terese	Meegan	55:08:00
Christy	Tagye	55:48:00
Davina	Friese	55:49:00
Pamela	Gearhart	57:02:00
Brittany	Streufert	58:16:00
Rashell	Berrear	1:00:41
Lacey	Saxon	1:01:11
Christine	Lepore	1:01:12
Becky	Redish	1:05:54
Tara	Hamilton	1:06:14
Cristina	Engel	1:07:38
Holly	Nash	1:08:49
Jodi	Nunno	1:15:25
Cristi	Holland	1:15:35
Jennifer	Smith	1:21:08
Trishina	DeStefano	1:21:46

40-44

Barbara	Krause	46:00:00
Sandra	Gannon	46:51:00
Robin	Hernandez	48:19:00
Angie	Preston	49:15:00
Mary	Failla	51:15:00
Patricia	Tezel	51:19:00
Ellen	Snodgrass	51:49:00
Stephanie	Kinnunen	52:31:00
Windy	Jenne	54:30:00
Liz	Cuki	56:14:00
Anne	OConnor-Smith	56:39:00
Debbie	Wells	1:04:20
Robyn	Horan	1:04:54
Elizabeth	Mojica	1:05:52
Beth	Johnson	1:07:44
Megan	Moore	1:13:20
Ellis	Wong	1:19:22
Catherine	O'Clark	1:20:08

45-49

Cathy	Friedel	47:27:00
Lisa	Saturday	49:23:00
Marie	Thomas	51:38:00
Cynthia	Broome	51:46:00
Angie	Brammer	55:33:00
Karen	Hughes	56:13:00
Cindy	Gaffney	56:41:00
Christy	Zieres	56:42:00
Connie	Pitcher	59:00:00
Karen	Schreiber	59:29:00
Cindy	Duncan	1:00:10
Paula	Komm-Storum	1:00:18
Angela	Hofmann	1:01:51
Kristi	Lawrence	1:02:23
Michele	Duester	1:02:51
Sharon	Bresser	1:02:56
Midori	Wiles	1:03:27
Roberta	Reed	1:04:33
Tena	Hochard	1:06:55
Theresa	Gray	1:07:04
Betsy	French	1:11:36
Stephanie	Wolf	1:18:15
Janet	Letchworth	1:27:03
Nancy	Soykes	1:27:33

50-54

Robin	Moran	47:14:00
Theresa	Miller	47:53:00
Kay	Rowley	49:31:00
Lori	White	49:48:00
Shelley	Christian	51:55:00
Elizabeth	Ring	53:42:00
Debbie	Rescott	54:51:00
Janet	Erlacher	55:53:00
Wanda	Bibens	56:30:00
Melanie	Delman	58:09:00
Rosanne	Bessanaire	59:22:00
Lynn	Pucci	1:01:42
Linda	Bennett	1:04:10
Carol	Miller	1:05:29
Diane	Caruso	1:05:51
Theresa	Chau	1:14:28

55-59

Sue	Strout	49:24:00
Michelle	Lyle	50:07:00
Pamela	Shaw	51:44:00
Anne	Doerflein	53:41:00
Maureen	Morley	1:04:20
Carolyn	Saxon	1:06:30
Karen	Suarez	1:06:46

60-64

Lorraine	Petersen	58:39:00
Jacquelyn	Kellner	58:58:00
Susie	Koontz	59:56:00
Mary	Ramba	1:03:32
Pat	Palinkas	1:17:22
Arlene	Allen-Buono	1:25:55

70-74

Pat	Dixon	1:13:26
Katie	Marsh	1:30:22
Joan	Mahoney	2:11:09

75-79

Annette	Hardy	1:20:34
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10K WALKERS**FEMALE**

Amy Moore	1:14:18
Wendy Dietz	1:14:26
Leslie Matthews	1:14:34
Carol Ball	1:14:42
Deborah Horst	1:16:36
Lisa Farrall	1:18:59
Kimberly Badgett	1:19:54
Pam Hobson	1:27:32
Tracy Cox	1:27:58
Marie Verderame	1:28:58
Cheryl Cooper	1:29:00
Lori Cooper	1:30:35
Ana Rego	1:30:36
Stephanie Castner	1:35:46
Donnie Carr	1:35:46
Julie Bonine	1:36:01
Barbara Schulz	1:36:01
Candy Erickson	1:37:10
Loretta Clift	1:38:32
Teresa Norton	1:39:00
Norine Burr	1:39:00

MALE

Michael Petrillo	1:12:43
Ty Bowen	1:15:27
RC Koontz	1:21:36
Michael Dolan	1:21:51
Harv Hobson	1:27:32
Michael Cox	1:27:58
Dave Erickson	1:35:16
Sean Lane	1:36:00
Richard Czarnowski	1:36:23



2-MILER FINISHERS

MALE

Overall

Bruce Bayliss	12:23
Kenny Rhodes	12:46
Jared Williams	14:03

Masters (40+)

Don Patterson	14:06
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8 and under

Austin Hayes	17:17
Aeddon Burns	19:37
Dylan Fain	20:44
Graeme Burns	22:49
Ethan Shoda	23:58
Joshua Ward	27:42:00
Victor Valentin	31:07:00

9-11

Jared Hayes	14:37
Rodolfo Valentin	15:13
Connor Cook	15:23
Travis Reed	15:51
Michael Wilson	16:06
Christian Hayes	16:15
Ryan Pletcher	16:20
Andrew Schleffer	16:23
Sean Steller	16:28
Benjamin Wooley	17:17
Mason Wilcox	18:35
Adam Metcalf	18:43
Zack Bursk	19:12
Jake Bursk	19:15
Garrett Fortier	19:42
Brenden Dressel	20:04
Dylan Stringer	22:26
Dawson Moros	24:17:00
Matthew Cunningham	24:31:00
Tristan Monborne	24:34:00
Thomas VonSeggern	24:42:00
Max Hofmeister	25:15:00
Steven Walker	31:42:00
Jerrett Bridge	33:10:00

12-14

Aaron Larson	15:17
Jack Moore	15:28

12-14 continued

Keith Patterson	15:41
Mike Ellison	18:13
Dylan Pletcher	18:52
Jared Gannon	20:47
Robbie Breiningner	22:15
Daniel Breiningner	23:11
Kevin Sieck	31:49:00

15-19

Glen Sundin	16:28
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20-24

Khiem Tran	15:18
Kevin Dion	18:56

25-29

Cedric Ching	14:35
Bill Doncaster	21:24
Tyler Hiers	23:16
Scott Murdoch	23:37
Edward Lopez	23:45
Matthew Wade	26:14:00

30-34

Jonathan Mason	17:07
Matt Susen	27:08:00

35-39

James Fain	20:47
Jarot Serrano	21:35

40-44

Thad Morman	16:11
Scott Baker	16:55
Larry Wilcox	18:37
Chris Bursk	19:15
Carl Baaske	19:34
Steve Barberie	20:48
John Sutherland	24:47:00
Dennis Walker	32:03:00

45-49

Mike Stelzer	14:22
Enguels Morales	14:40
Joseph Boudro	15:29
Jordan Thompson	17:18
Bruce Sieck	17:57
Joe Jenne	18:10
Ray Mojica	19:52
Keith Flint	21:33
Ed Kirchner	22:11
Charlie King	22:36
Tim Kaiser	22:59
Steve Wilson	24:16:00
Gordon Schleffer	24:21:00
Clyde Bridge	33:10:00

50-54

Gene Grieshaber	16:35
Ken Verderame	18:11
Neil Aaronson	20:26

50-54 continued

Don Eldredge	23:45
Andrew Cisar	27:21:00

55-59

Larry Wiseman	16:54
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60-64

Tom Lazar	21:19
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75+

Hermann Gerhard	31:22:00
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FEMALE

Overall

Emily Chapman	12:50
Joan Meadows	16:37
Wiyariette Hernandez	16:49

Masters (40+)

Mary Hofmeister	16:50
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8 and under

Alexa Baker	16:56
Nyssa Holmquist	17:55
Koral Bischer	21:04
Sydney Fortier	21:34
Hannah Cunningham	22:04
Maya Toland	24:44:00
Ariana Valentin	24:44:00
Rachel Pletcher	28:34:00
Breanne Niemeyer	28:42:00
Jennifer Bridge	30:04:00

9-11

Madeline Zeuli	18:06
Malea Sieck	18:57
Savannah Baaske	19:35
Maya Mosica	19:52
Macie Monborne	20:26
Audrey Kirk	20:34
Kaia Holmquist	20:51
Annalisa Koeberl	20:51
Maya Kaiser	21:05
Elana Sieck	21:30
Sabrina Smith	22:45
Starr Blankenship	24:04:00

11-14

Julia Wooley	17:14
Maddi Walker	17:30
Alyssa Jordan	19:29
Samantha Maghaskamy	21:50

15-19

Cynthia Sundin	16:32
Emily Patterson	16:50
Amanda Ellison	20:27
Erica White	22:59
Chloe Emory	23:04
Meghan Tezel	25:27:00
Tori Smith	25:28:00

20-24

Melissa Levy	20:16
Jennifer Nelson	20:38
Wilmarie Greer	20:50
Jackie Tracy	26:35:00

25-29

Rachel Spivey	18:19
Helena Kramer	18:46
Tracey Richardson	20:25
Alicia Sepanik	20:47
Koah Thorpe	21:05
Jennifer Mason	22:03
Lauren Ratner	22:04
Blair Wade	26:14:00
Lauren Brockert	26:15:00
Kelley Jones	29:26:00

30-34

Tammy Foster	18:06
Suzanne Plauke	18:39
Tracey Hnat	19:13
Ruth Martin	21:38
Kathy Shoda	23:58
Erin Murdoch	24:30:00
Karrel Hudkins	25:39:00
Jessica Nixon	26:18:00
Amber Cochran	26:22:00

35-39

Jennifer Ogburn	17:10
Shannon Kammer	20:07
Heather Koeberl	20:45
Lynett Barberie	20:46
Wendy Dunegan	20:53
Jodie Fortier	22:15
Lisa Toland	25:03:00
Viviana Rodriguez	31:07:00

40-44

Marilyn Rodriguez	18:43
Kelly Gaitan	19:08
Shandy Monborne	20:26
Deborah Walker	20:47
Dawn VonSeggern	22:12
Kim Campbell	22:16
Lara Sieck	25:38:00
Janet Heller	26:12:00
Rebecca Pletcher	28:44:00

45-49

Mariangie Blake	17:03
Molly Kirk	20:40
Bonnie Koeberl	20:50
Heidi Dutter	21:20
Charlene Holder-Cain	21:38
Mary Ehrhard	22:31
Mojgan Thompson	22:37
Regina Kaiser	22:58
Cathy Sweeney	23:34
Kathy Smith	23:50
Lynn Francisco	25:06:00
Karen DiPaula	32:29:00

50-54

Vanessa Breininger	18:51
Nancy Sharp	19:30
Sherrri Shamet	23:08
Gail Wiseman	25:05:00
Denise Cisar	27:23:00
Mary Compton	27:39:00
Denise Bridge	30:05:00

55-59

Dawn Sweeney	24:09:00
Lizanne Furrow	32:07:00

65-69

Petra Gerhard	21:45
Wanda Hizer	29:17:00
Priscilla Dolan	30:47:00

70+

Roberta Osterling	38:53:00
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2-MILER WALKERS**FEMALE**

Theresa Ferebee	22:41
Angela Ferebee	22:43
Susan Kuschel	24:22:00
Kay Rettich	25:16:00
Jamie Ward	26:35:00
Susanne Hudacek	27:05:00
Erica Coleman	29:13:00
Sandra Mozo	29:31:00
Sue Lazar	29:38:00
Gina Tagye	31:01:00
Mikala Tagye	31:01:00
Rebecca DeGel	31:28:00
Donna Berglund	32:04:00
Susan Costner	32:39:00
Mary June Joseph	32:24:00
Sally Deabenderfer	34:47:00
Dodie Johnson	36:51:00
Brenda Williams	38:47:00

2-MILER WALKERS contined

Kelley Farrand	39:00:00
Sandra Penrod	39:00:00

MALE

Eric Ward	22:28
Jeff Myers	23:48
Don Thomas	24:53:00
Pat Deabenderfer	34:48:00
Tobias King	38:47:00

2-MILER**SCHOOL PARTICIPATION**

Audobon	13
Freedom 7	10
Holland	4
Ascension Catholic	4
Surfside	3
Longleaf	2
Cocoa Beach Jr. Sr Hig	2
Ocean Breeze	2
Suntree	2
Gemini	2
Meadowlane	2
Sabal	2
Stone	1
Hoover	1
Johnson Middle	1
Westshore Jr.	1
Roy Allen	1
Indian Harbour Montessori	1
Ralph Williams	1
University Park	1
Clearlake Middle	1
Merritt Island Christian	1
Discovery	1
Sunrise	1
Edgewood	1
Covenant Christian	1



Future Olympians, physicians, rock stars, teachers and maybe even a President take off at the start of Youth Series kids' race. Cedric Ching photo.



**TEMPLE ISRAEL – Sixth Annual
“Sprint Into Spring” 5k Fun Run or Fitness Walk**

In memory of

Jules Kaplan & Debra Kaplan Young

For more information contact race director, David Huss at

(321) 452-8178 or nmiwoodworker@earthlink.net

SUNDAY, MARCH 14, 2010 AT 8:00 AM (1st day of Daylight Savings Times)

7350 Lake Andrew Dr. Melbourne, Florida 32940

FREE – ¼ Mile Kid’s Run

Sunday, March 14th – Temple Israel

Across from Wal-Mart, and right down the road from the Avenue Viera

6:00 am Packet Pickup & Registration Begins

7:45 am Registration Closes

8:00 am 5k Start!!!

6:00 – 9:00 am Kids Run Registration

9:15 am Quarter Mile Kid’s Run – FREE!

9:30 am – ??? Awards and PARTY!!!

FEES	<u>5K run/walk</u>	<u>Student</u>
Postmarked by March 5th	\$18.00	\$15.00
Race Day	\$22.00	\$20.00
¼ Mile Kids Run (8 and under) FREE!		

AMENITIES:

- Awesome T-Shirts
- Great Race Packets
- Plenty of Refreshments
- Lots of Great Door Prizes

AWARDS

5K- Top 3 Overall M&F		
Top Masters M&F (40+)		
Age Group (top 3 M&F)		
8 & Under	25 – 29	50 – 54
9 – 11	30 – 34	55 – 59
12 – 14	35 – 39	60 – 64
15 – 19	40 – 44	65 – 69
20 – 24	45 – 49	70+

On-line registration available at active.com

2010 SPRINT INTO SPRING OFFICIAL REGISTRATION FORM

Send completed entry form with fee to:

Sprint Into Spring, Temple Israel, 7350 Lake Andrew Dr. Melbourne, Florida 32940

Make check payable to: Temple Israel of Brevard

Name _____ Student School _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ email address _____

Date of Birth ____/____/____ Age on Race Day _____

Sex: Male Female Please check shirt size: Youth Medium, Adult Sizes: S M L XL

NOTE: Shirt size cannot be guaranteed for day of race registration.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this 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 an entry or participation in the “Sprint Into Spring” 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 foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

A Mile With...

Angie Preston



Name: Angie Preston

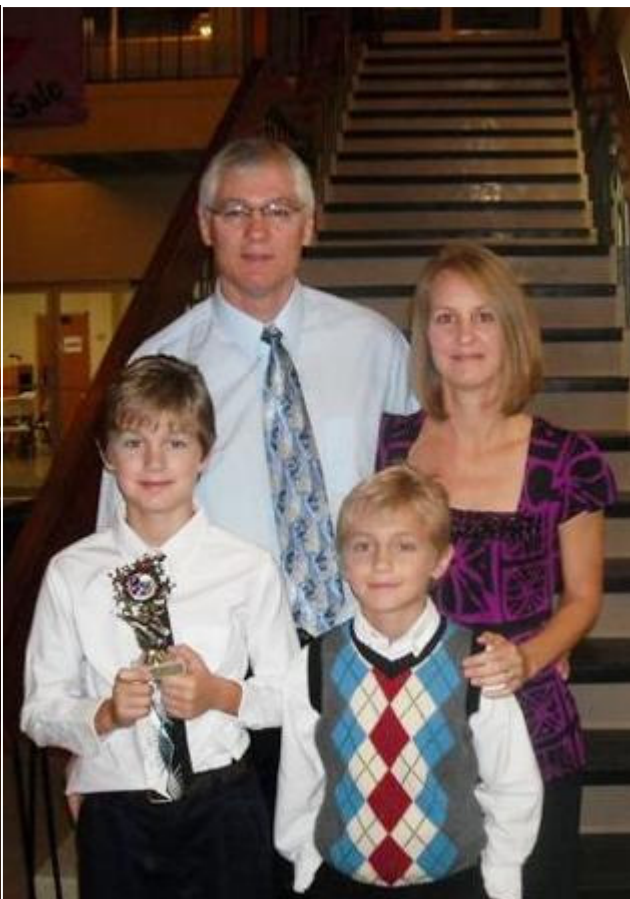
Family: Husband, Will Preston, M.D., who I adore!! I met him while working at Shands Hospital in Gainesville. He also enjoys running and triathlon but has limited time to train due to his busy work schedule. We have two sons, Ryan and Andrew.

Ages: Angie, 43; Will, 48; Ryan, 12; Andrew, 9(10 in March).

Occupation or Dream profession: Currently a Professional Mother and Wife (try to be, anyway...) I am very blessed to be living my dream profession. :) Formerly a Neonatal/Pediatric Respiratory Therapist and practiced at Shands Hospital in Gainesville and Holmes Regional.

Graduated: University of Florida, 1991, GO GATORS!!!!!!

Number of Years Running: Three.



Began Running Because: Started training for the Health First Triathlon as a goal for my 40th birthday.

I Knew I Was Hooked When: My brain wanted to stop but my legs kept going...

Race PRs (Personal Records):

5K					
22:45	15K	1:15	Half Marathon	1:49	Sprint
Tri	1:18	Olympic Tri	2:34		

Most Satisfying Race Performance(s): A tie between finishing my first Olympic-distance Tri and my first half-marathon

Favorite Race(s): Love Pineapple Man Triathlon cause the roads are FLAT!!! Any race that does not includes bridges, I am very afraid of running/biking the bridges :(

Favorite Place(s) to Run: Any flat asphalt road.....I enjoy the sidewalk path down South Courtenay Parkway

Running Partner(s): Suzie Enlow, Sandra Gannon, Linda Cowart and Will Preston.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: without a doubt, Jesus Christ.

Funniest or Oddest Thing I've Seen While Running: Myself, with my running pants on inside-out. While biking, I had a squirrel jump through my spokes and survive.....and I didn't crash

Training Philosophies: Set goals, not limits. I know that is a local trainer's motto, but it has really made a difference for me.

One Piece of Advice That I Would Give to a New Runner: Persistence pays off, and YES you can do it.....

Other Sports& Interests: Love to snow board, snow ski, water ski, boating, fishing...Love to travel, especially to Europe. Love to spend time with my family. Love to go to church.

Favorite Reads: Wish I could get into a book, but I have never enjoyed reading.....

Favorite Movies: Shawshank Redemption and Australia.

When Nobody is Looking I Like to: Hhmmmm.....

Favorite Meal: PIZZA!!!!!!

Dream Vacation: Love to go snow skiing/boarding in Colorado with my husband and two boys.

I Think That SCR Could Do A Better Job: I think they do a great job and I very much appreciate the work they do, especially cooler placement on Sunday Mornings. It might be nice to ask if there are any new runners every week and introduce them to everyone....





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: _____	

RUNNERS' REVIEW

Newton Running Shoes

By Ed and Kara Springer



For many years I based my athletic shoe purchases solely on name brand and appearance. It wasn't until pervasive knee aches, shin splints and a fellow runner's recommendation that I shelved my running shoe expert persona and had a trained specialist analyze my running gait. In my mind I was confident the gait analysis would reveal an instinctively efficient and ideal gait. The verdict was quite to the contrary. Turned out I was a flat-footed, heel striking, over-pronator who required stability shoes.

I was introduced to new shoes and a new concept... trying on multiple brands of shoes to determine which one FELT the best, not necessarily looked the best. My previous running shoes weren't even displayed on the walls of running shoe stores and come to find out they weren't even proper running shoes. I left the shoe store feeling like a patient leaving a doctor's office with an unfavorable diagnosis but medication to make things better. Within a relatively short amount of time running on the road I felt noticeable improvements and the aches slowly faded away. I started to wonder that, if in addition to proper shoes, was there anything I could do to improve my running gait.

Jumping forward a couple of years, there seemed to be an emergence or mini-reemergence of "natural running" techniques gaining attention in running periodicals. I started reading about chi running and even watched a video demonstrating the chi running philosophy and technique in detail. My technically-inclined brain cells became energized as I viewed applied force diagrams, which accentuated the inefficiencies of heel striking. Many shoes are designed for heel striking with built-up, bulky heel sections full of air sacks, gel, shocks, ooze, etc... Natural runners criticize running shoes with bulky heels for compensating gait inefficiencies instead of promoting what they believe to be a more efficient gait (forefoot striking). All of this new information was intriguing but how was I going to implement a change?



Four 'actuator lugs' below the metatarsals are touted to provide impact absorption and energy return in Newton's shoes.

I came across a relatively small shoe company out of Boulder, CO called Newton. Yes, named after the father of calculus and the three laws of motion, Sir Isaac Newton. After reading all of the information on their website I decided to order a pair of Newton Stability Racers. Proceeding with the checkout process was a bit unsettling since the shoes were expensive (\$155) and, because they are not sold locally, I'd never even tried on a pair.

The shoe is structured with unique rubber protrusions integrated into the soles, strategically below the foot's metatarsals. These four 'actuator lugs' are touted to provide impact absorption and energy return. I would later learn that their wear patterns are essentially a running efficiency report card.

When they arrived in the mail I was anxious to try them out. I remembered reading something about slowly transitioning into the shoe. Start with a few miles - one or two - and gradually increase run duration. This strategy was especially recommended for runners that were not already forefoot strikers. After six miles with the

new shoes and modified gait I came to know intense calf soreness. I guess the “start with a short run” advice applied to me too. I continued to run five to eight miles at a time in them until my calves couldn’t take it anymore. My revolutionary running shoes sat untouched in my closet for close to eight months before I felt adventurous enough to give them another shot.

Round two with the Newtons was a much better experience. I wasn’t aggressively training or racing so I had more flexibility with my running routines. It was a very slow process but after about six months I finally adapted to forefoot striking and the calf soreness subsided. I have since purchased two additional pairs of Newtons and have adapted well to the shoes and gait.

Although I haven’t personally experienced any breakthroughs in speed since becoming a forefoot runner, I can report that in general my body feels less fatigued after long runs. I completed a training flow leading up to a marathon running exclusively in Newton Stability Trainers and Newton Stability Racers. After 20-mile training runs in Newtons I didn’t feel the ‘frame fatigue’ I experienced during previous marathon training flow 20 milers. In addition to promoting forefoot strike, I’ve found them to be remarkably comfortable and relatively light. Running a marathon in Newtons resulted in a three-minute PR and the first non-toe blackening marathon of my running career.

Although Newtons carry a high price tag it is only about \$30 more than I was paying for other brands and I got about 450 miles out of my first pair compared to the 250-300 miles I average from other brands.

I want to mention a few things about my experiences with Newton’s customer service. After running a few times with my second pair of Newtons I realized they were a little too small. I e-mailed customer service through their website and without hassle they promptly shipped out a pair that were a half size larger. The new shoes came with a pre-paid return shipping label and simple instruction for shipping the other pair back. I wasn’t charged return shipping or restocking fees and I wasn’t threatened with a holding charge on my credit card until they other pair was received.

My second encounter with Newton’s customer service was especially impressive. After e-mailing them regarding some sole wear pattern questions, I was invited to call the representative who fielded my inquiry. The Newton rep spent about 30 minutes on the phone answering questions, resolving concerns and providing me with information and tips to optimize the shoes. I was impressed with the Newton employee’s product knowledge and desire to help a customer and fellow runner.

Lastly I should mention that a natural running gait can be achieved in any shoe. The advantage of the Newtons are the patented actuator lugs because, in addition to absorption and energy return, they provide real-time impact feedback so you know (by feel) if you are hitting the forefoot sweet spot.

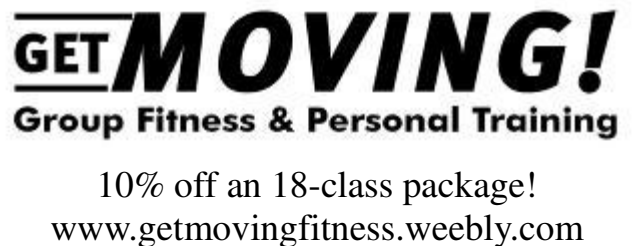
Check out complete information on Newton products at <http://www.newtonrunning.com/>



The author and his Newtons hit a three-minute PR marathon finish at the Nov. 2009 Space Coast Marathon. Kara Springer photo.

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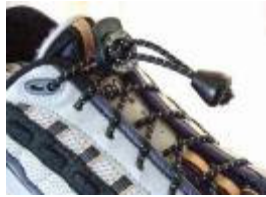
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Courtesy of Pete Carabetta. Thanks, Pete!

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KEEPING TABS

A HUGE 'THANKS' to Carol Ball, Cyndi Bergs, Jerilyn Bird, Cedric Ching, Ron Hoar, Ken Horton, Kelly Hunter, Barry Jones, Angie Preston, Bob Rall, Running Zone, Jim Schroeder, Ed Springer 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



Thaddeus Austin, 9th OA, Five Points Half-Marathon. Cedric Ching photo.

Feb. 14 **Five Points of Life Half-Marathon** (Gainesville) finishers Thaddeus Austin, left 1st 30-34, 9th OA, 1:24:31; Daryl Gilbert, 2:20:16; Alec Goodin, 2nd 16-19, 1:40:41; James Longville, 1st 16-19, 1:26:21; Andres Perez, 3rd 30-34, 1:32:16; LeeAnn Nawrocki, 1:39:05; Matt Rydson, 2:08:01; Casey Skipper, 1:47:09

Feb. 21 **Run with Donna Marathon** (Jacksonville Beach) finishers Kelly Benacker, 4:45:03; Stephanie Carraway, 4:23:31; John Delgrosso, 3:39:05; Tammy Flowers, 6:32:26; Janice Gagnier, 6:20:48; Chris Hill, 3:58:26; Margaret Kendrick, 4:14:52; Tanya Kuelbs, 6:20:48; Chris Lewandowski, 4:24:28; Liz Mahaney, 4:35:40; Karen Ramos, 5:44:33; Susan Reed, 4:32:55; Mary Wills, 4:06:13.

Feb. 21 **Run with Donna Half-Marathon** (Jacksonville Beach) finishers Stephanie Anderson, 4:19:49; Victor Atherton, 2:13:38; Diane Bouthiller, 3:19:21; Jill Boyd, 4:19:47; Ryan Boyd, 1:42:56; Debra Brickhouse, 3:56:34; Brendon Butter, 2:26:47; Kristi Cooper, 1:55:08; Mary-Beth Ellison, 3:38:49; Todd Ellison, 3:38:50; Cathy Fortenbaugh, 3:09:32; Desiree Garrity, 3:33:11; Elizabeth Gmerck, 2:37:47; James Grant, 3:04:09; Suzanne Johnson, 3:56:36; Beverly Joyner, 4:19:47; Kira Juranek, 2:27:24; Jennifer Lea, 2:09:26; Liz Mahaney, 3:27:57; Carol Roberts, 3:28:07; Melissa Rosenquist, 3:13:43; Sharon Stevens, 2:29:52; Sherry Thorpe, 2:23:49; Tommy Turek, 1:40:59; Joy Wagner, 2:50:57.



Rory Rowan - fastest local 15K finisher - and his mom, Nancy Rowan.

Feb. 27 **Gasparilla 15K** (Tampa) finishers Rosemary Browning, 2:00:13; Joe Bullington, 1:11:50; Jackie Campbell, 1:20:44; Brian Emond, 1:28:14; Janice Gagnier, 1:41:52; Christopher Han, 1:24:57; Sean Hile, 1:29:49; Dan Howick, 2:03:31; Jason Howick, 1:12:13; Kate Howick, 1:23:22; Frank Kapr, 1:07:44; Pat Kiesselbach, 1:31:05; Sharon Loines, 1:45:56; Thomas Mayer, 1:24:45; Tonya McDuffie, 1:32:27; Cindy Nicholas, 2:07:29; Roy Nicholas, 1:42:44; Kathy Ojeda, 1:23:16; Shialine Payne, 1:56:17; Nancy Rowan, 1:28:23; Rory Rowan, 59:43; Guinevere Shaw, 1:53:30; Ashley Sicard, 1:53:30; Patti Spoerle, 1:18:23; Patti Sponsler, 1:23:17; Donna Straka, 1:31:40; Kristen Szczerba, 1:28:14; Jennifer Thomas, 1:33:26; Christina Tucker, 1:29:44; Lisa Yancy, 1:19:55.

Feb. 27 **Gasparilla 5K** (Tampa) finishers Joe Bullington, 0:23:48; Marian Cacciatore, 0:34:31; Donna Cook, 0:42:20; Desaulniers, 0:41:37; Helen Dowd, 0:42:35; Michael Feeney, 0:37:06; Ken Flieder, 0:30:14; Susan Freiden, 0:38:06; Janice Gagnier, 0:37:07; Jorge Gallego, 0:26:29; Christopher Han, 0:30:05; Terry Hargreaves, 0:38:23; Olivier Harper, 0:22:28; Michelle Harris, 0:35:57; Sherry Heard, 0:30:22; Caroline Heywood, 0:40:39; Sean Hile, 0:32:21; Jessica Hinkle, 0:26:49; Cynthia Lagasse, 0:33:33; Cory Lawler, 0:27:21; Cory Lawler, 0:35:04; Kathleen Lawler, 0:35:22; Krista Lukens, 0:32:33; Collin May, 0:26:41; Jeff May, 0:28:02; Thomas Mayer, 0:34:26; Andrew Michalets, 0:26:50; Elinda Moran, 0:50:35; Fabian Moran, 0:50:35; Rebecca Myers, 0:55:09; Juan Pinzon, 0:23:19; Doug Riddagh, 0:44:54; Seven Rowe, 0:30:31; Brian Simon, 0:49:54; Doug Sonosky, 0:27:47; Lauren Stallbaum, 0:31:14; Kelly Swindell, 0:53:20; Claudette Wells, 0:35:46; Tony Whitney, 0:32:27.



Kelly Hunter, L, and Cyndi Bergs with Pirate Dave at the Gasparilla Half-Marathon. Photo shamelessly stolen from Kelly

Feb. 28 **Gasparilla Half-Marathon** (Tampa) finishers Nicole Aia, 1:53:39; Brian Anderson, 1:57:41; Heather Anderson, 1:57:42; Cyndi Bergs, 2:09:47; Eugenia Berry, 2:00:50; Alea Burke, 2:19:28; Betsy Butler, 1:59:27; Steve Chin, 1:22:47; **Jessica Crate, 2nd OA, 1:23:06**; Brad Daszynski, 1:34:21; John Davis, 1:23:14; Annie Dixon, 2:05:25; Emily Filichia, 1:51:15; Mark Filichia, 1:52:11; Charis Gaines, 2:09:42; Christopher Han, 2:11:50; Ken Hill, 2:25:22; Kimberly Humphrey, 1:59:45; Kelly Hunter, 2:13:04; Tammy Klementowski, 1:51:41; Meg Lieth, 2:19:28; Matt Lindner, 1:39:15; Christopher Loines, 1:36:49; David Mailhot, 2:16:48; Thomas Mayer, 1:51:03; Ricky McDonald, 2:04:43; Kevin Oliver, 1:49:44; Donald Pinter, 1:58:09; Rachel Rayburn, 2:34:29; Veronica Sim, 1:56:00; Logan Soya, 1:32:29; Tim Speed, 2:28:57; Laura Stark, 2:41:33; Keith Thompson, 2:28:04; Robert Touchston, 2:29:11; Thomas Winkelspecht, 1:49:00

Feb. 28 **Gasparilla Marathon** (Tampa) finishers Gasparilla Marathon, Todd Angell, 4:17:35; Greg Apotsos, BQ, 3:06:31; Thaddeus Austin, BQ, 2:54:34; Rosette Behymer, 4:07:44; Mark Dixon, 4:26:55; Terry Ferrisi, 4:24:43; Rick Foresteire, 5:00:20; Janice Gagnier, 5:50:47; Mandy Gilmore, 5:00:37; Jordan Halstead, 3:58:14; Melissa Kastanias, 3:55:03; Christine Kennedy, 4:16:03; Brian Kennedy, 4:28:15; Patricia Madden, 4:41:12; Jim Schaeffer, 4:23:13; Leslie Talbert, 5:00:00; Nicole Therrien, 4:14:39; Pedro Toledo, 3:39:22; Amy Tompkins, BQ, 3:39:08; Tommy Turek, 4:03:37; Rick Unrue, 3:59:33; Manuel Urrutia, 4:30:53; Tristan Webbe, 4:23:27.

Feb. 27-28 **Gasparilla Michelob Ultra Challenge** (15K, 5K, marathon) finisher Janice Gagnier, 1:41:52, 37:07, 5:50:47.

Feb. 27-28 **Gasparilla Bud Light Challenge** (15K, 5K, half-marathon) finishers Christopher Han, 1:24:57, 30:05, 1:24:57; Thomas Mayer, 1:24:45, 34:26, 1:24:45.



Mariangie Blake & Joan Meadows making the big bucks at the Sunrunners 10K in Vero.

Feb. 28 **Sunrunners 10K** (Vero) finishers Art Anderson, 1st 50-54, 38:32; Bruce Bayliss, 40:40; Sean Black, 1st 40-44, 39:28; Mike Dahan, 40:54; Ed Donner, 2nd 30-34, 36:29; Got to Run Girls Relay, Mariangie Blake & Joan Meadows, 1st female relay, 52:56; Dave Hernandez, 48:18; Matt Mahoney, 41:43; Christy Smith-Heskel, 54:29; Roger Travis, 3rd 50-54, 39:22; Jim Van Veen, 3rd 25-29, 41:14; Meredith Van Veen, 1st 25-29, 41:13.

Feb 27 - 28 **Double Dimes** finishers Art Anderson, Dave Hernandez and Matt Mahoney ran the Eye of the Dragon 10K on Feb. 27 followed by the Sunrunners 10K on Feb. 28.

FIELD TRIPS

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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!



Left: Cooper River Bridge Run 10K

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Run the point-to-point 10K course over the Cooper River and then spend the weekend in Charleston.

Contact Christy Zieres at zieres@cfl.rr.com if you need help with lodging or carpools.



I wish to thank Steve Chin and Jessica Crate who talked me into running the Dances With Dirt 50-Mile Extreme Swamp run, bless their hearts. I knew it would be tough, but I was surprised to find it tougher than I expected, partly due to the heavy rains the day and night before. The effect was to turn many dry runnable trail segments into soggy wet somewhat runnable trail segments. By design, the majority of any DWD trail run consists of deep water, deep mud and tangled undergrowth. More on that later.

I also wish to thank Mark “Action” Jackson for giving me his bib as he recovers from knee surgery after an Ancient Oaks 100 injury; note his advice, “Hey Jimbo, 90 percent of DWD is dry trail and 10 percent consists of so called, ‘stupid sections,’ by design to make the trail run a proper, ‘Dances WITH Dirt’ event,” then keep his remarks in mind as you read the race report.

A detailed course description may be found at http://www.dwdgreenswamp.com/index.php?option=com_content&task=view&id=28&Itemid=47 so I will not dwell on this. I will remark, however that in keeping with ultramarathon trail running tradition I wrongly assumed no small amount of hyperbole present within the write up. How wrong I was!

For the record, courtesy of Andy “A2” Barrett, the Overall Male winner, the complete 50-Mile course is defined by the following segments. The aid stations were never more than a few miles apart and staffed with wonderful volunteers. The food consisted of peanut butter and jelly sandwiches, bananas, nuts, M & Ms and boiled potatoes, plus the usual jugs of water and Gatorade.

	Leg Distance	Cumulative Distance
White Loop	5.18	5.18
Orange Loop	4.16	9.34
Hunt Club 1	6.22	15.56
Hunt Club 2	4.14	19.70
Decider	4.03	23.73
Colt Creek	4.66	28.39
Decider	5.30	33.69
Traffic Jam	5.03	38.72
Ranch Road	3.58	42.30
NW Passage	5.05	47.35
Finish	3.38	50.73

We started off in a cold, O’Dark-Thirty morning at 0530 Hours in blustery 15 mile-per-hour northerly winds, luckily often shielded by trees. The first two loops were uneventful, the roots easily visible in our head lamps, especially running as a pack. There were just two or three water diversions that we cleverly avoided by crawling under barbed wire. In retrospect, that specific duck and tuck maneuver was pointless to avoid the water as pretty much the rest of the run was through water and mud. And thorny vines. And razor sharp palmettos. And unbelievably sucking mud!

Loop three initiated the extreme swamp running test. Very long stretches of knee deep water broken up by ankle deep mud became the norm for the next four hours worth of running. Well, one perseveres and stops look-

ing at their watch. Finish time quickly became irrelevant. Finishing became the uppermost thought in my mind! Seriously, for once I had doubts out there around Mile 27, thinking, "Geez (I used a different word) I have another 23 miles of this?"

Somehow the next loop was harder than ever but I ended up at a pretty lake, "Colt Creek," with a good aid station manned by a friendly young fellow and his mom helping me with suggestions and questions. I continued running on a trail around the lake drying my shoes a bit. The trail was tough (again) and beginning to look a bit familiar. The familiarity was confirmed as I came back to the same aid station having just added a 4 mile bonus to my 50-Miler, to make it a 54-Miler. I was relieved to find that many others were logging bonus miles as well.

Recovering and reestablishing my bearings took me back to the 33-mile point named, "The Decider," where the Race Director promised the trail would be dry and runnable from here to the finish. Ha! WoW, is he a funny guy. I am still slogging along until the 38-mile aid station, "Traffic Jam," at which time indeed the trail became dry, runnable and very beautiful. I brought the pace up and settled into nine miles of pure enjoyment, happy as a lark, thinking I'll get to finish before Chin, Crate, Jay and Jonathan bolt out of the windy cold for beers at the hotel.

I face planted rather hard at some point after "Colt Creek." The 50-mile course included a loop that enjoyed distant gun fire. I was not terribly worried as the heavy booms indicated 30.06 rounds rather than the ever more dangerous sharp crack of AK-47s, however one wonders, as it goes in the woods, since I had not encountered another trail runner in 2 hours.

Somewhere along here, and no I do not know where "here" is as my navigational skills were temporarily on the fritz, I came to a cattle gate. Now I grew up in Iowa so crossing a cattle gate should be routine. This gate was special though and I believe specifically constructed by the Race Director for this event in order to disadvantage runners of my exact height. Standing on the highest bar that still maintained stability I simply could not throw my leg over the top bar! This became very frustrating. Moving up one bar found me wildly swaying to and fro hanging onto the top bar with both hands. I timed my right leg throw on a forward swing and nicely straddled the gate, ending up in the sitting position as if riding a bicycle with no seat. Then I remembered that I am left footed and approached this in a way opposite to guarantee success. But remembering my left-footedness was too late now. The gate is still swaying back and forth; I have a steady grip on the bar as if gripping a saddle horn for dear life on a runaway stallion. I needed to stay in the sitting position, catch my breath and try to figure a way out of my predicament. I found that I could ease my right leg down a bar on tiptoes and finally swing my left leg over the top bar, finishing by a short jump into ankle deep mud with a flourish. As a final touch the mud sucked my right shoe off throwing me off balance to land butt first with a soft "plop" sound. Well, at least I could sit there and dig my shoe out before continuing onwards.

But I digress.



Running easy between swamp running sections I encountered a camouflaged hunter, sans rifle, with staging chair. I rather assumed I'd hear, "You sure have mighty purty lips son," however he merely drawled, "are yew one of them crazy runners here t'day?" I started to mouth, "Too right mate," however before the words formed I planted my left foot solidly into a trail "obstruction," then went down very hard. A slight left roll avoided the worst, but I did incur a slightly pulled muscle across my chest and side.

Despite my premature optimism, and really I should have known better, Mile 47, aptly named "NW Passage" started by bushwhacking off the trail system. Another runner and I ran from orange ribbon to orange ribbon, stopping at each to scan the trees for the next orange ribbon. That was the only way to navigate. Feeling energetic, I ran ahead at one point into a tangle of downed pines, logs and various other obstructions. I looked back to find him waving at me and calling out as he had found the trail! The forest litter definitely slows one down! I am forever grateful to that runner as lose your way in the deep woods like that and backtracking to the last orange ribbon could be very time consuming.

Finally hitting a road and running fast again I thought I was home free at Mile 48 ... but NO, the trail now veered off into a swamp and more water crossings! Can you believe that? Of course you can! This stretch was chock full of the deadly Cypress Knees; a face plant here would take on a special form of impalement. Imagine your family and friends reading your obituary, "He died at Mile 48 impaled upon a Cypress Knee. RIP."

A mile later I was home free and ran like the wind from Mile 49 to Mile 50 or in my case Mile 53 to Mile 54. I passed three people that last mile so that was kind of fun, waving a jaunty, "Goodonya Mate," and a cheery, "A bit chilly tonight, what?" at their glowering countenance. I can be kind of mean that way, but hey, I was having a blast out there!

Jess and Jonathan ran back a few hundred meters to pace me in their usual too fast for me form, but it sure was great to see their smiling cheerful faces. As always Chin was there at the finish along with Jay to holler, "Way



Jim finishes the 54-mile dirt dance. The amazing Aussie ran another 13 miles in Wickham Park the following day.

to go Jimmy!" as I ran through the finish mats.

I finished in 11:48:58 and received a nice Nike running bag as a prize for an age group first place or perhaps for being the oldest finisher! Age group first place is not all that difficult to achieve in a field of one. Andy Barrett took Overall Male in 7:55:37; Kim Battipaglia won Overall Female in 9:39:25. Trent Humphreys is also an unofficial 1st place winner; check the race result website for an explanation of how this can be. The story serves as a testament to the flexibility of the Race Director.

Steve Chin's Team, "I Have Mud in My Pants," consisting of runners Steve Chin, Autumn Evans, Pat Renish, Dave and Jay Claybaugh finished sixth place overall in 7:22:54. Crate's Team, "Our old guy is faster than your old guy," consisting of Doug Butler, John Davis, Jessica Crate, John Campbell and Scott Larson, finished third place overall in 6:46:10.

Thanks Chin and Crate, I'll get even!

Jim "Splinter" Schroeder



Team *Our Old Guy is Faster than Your Old Guy*: Doug Butler, John Davis, Jessica Crate, John Campbell and Scott Larson takes third overall at the Dances With Dirt Green Swamp 50-Miler in Dade City.



LIFE'S A BEACH

RACE WEEKEND: Feb. 6-7
5K, 8K, Half-Marathon, Marathon

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TRIPLE TAKE



Ken Horton photo: far left, John Davis; #1533, Steve Chin, #1560 overall female 8K winner, Sonya Friend-Uhl and far right, Jessica Crate.

Chin, Crate and Davis. The three alphabetized, good-looking and maniacally fast Running Zone team members laid down a new definition for triple-training during the Melbourne & Beaches Music Marathon Weekend on January 6-7. Each went back to their professional day jobs Monday with extra coin and new half-marathon personal bests.

Instead of doing the traditional taper prior to Sunday's half, however, the speedy threesome lined up for both the 8K and 5K on Saturday. The two races were sponsored by FLORIDA TODAY and each offered a \$1,000 purse broken down between the top five males and females.

"Chin always cons me into these crazy running shenanigans," said Crate about the trio's about the latest scheme. "So, we decided to create a new tradition...the FLORIDA TODAY 13K." The plan was to finish the 8K - that was suppose to begin at 7:30 a.m. - in less than 30 minutes, ready to rock the 8 a.m. start of the 5K.

And that they did - sort of.

A late start on the 8K and some issues with timing sort of fouled things up in the 5K but all three placed first in their respective 8K age groups with Crate earning \$100 for her second overall notch on the ladies side and Chin grabbing \$60 for the men's fifth.

Melbourne's Anne Dockery - who won the 8K 60-64 age group - also went home with \$60 as she placed fifth woman overall. Also note that both Matt Mahoney and Jim Schroeder ran the 8K and both qualified for Boston the following day at the finish line of the marathon.



8K winner, Kevin McNab. Ken Horton photo

Kevin McNab, from the 'Show Me' state, showed everyone how to earn \$561.40 per hour as he collected \$400 for 42 minutes and 45 seconds of running. He took the 8K in 26:08, then grabbed the 5K, as well, in 16:37.

The Tireless Trio followed McNab to the 5K finish line but due to the aforementioned foul ups, finished out of the money and with incorrect times. Chin and Davis both said they finished in their usual lockstep fashion but results from both races show them uncharacteristically apart - with Chin almost four minutes ahead of Davis on the 5K.

"Neither Steve or I were going all out - we just finished side by side to maintain a sub-

six minute pace; we didn't want to go much faster since the half was the next day," said Davis. "We ended up averaging around 5:55 for the 8k+5k=13k. When we were side by side in both races, how did they mess up both of them and show us with drastically different times?"

Good question, especially with money on the line.

Race photos from www.sportphotos.com confirm the speedsters' stories (like anyone would doubt their word, anyway.)

Two locals did grab 5K cash, however, including Palm Bay's Jackie Clifton, who will be taking her hubby to a romantic Japanese dinner with the \$75 her third overall finish threw her way. Emily Chapman, 13, could have taken home \$60 for finishing fifth female overall but, as a cross-country runner for John Davis's team, Brevard Heat, she was unable to accept the money as doing so would jeopardize her amateur status.

LOCAL FLORIDA TODAY 8K AGE GROUP WINNERS:



Matt Mahoney, 2nd 50-54 8K. Matt ran the marathon the next day, too.

MALE: 12-14: 1. Jack Dickens, 36:35:00; **30-39:** 1. John Davis, 29:19:00; **40-44:** 1. Steve Chin, 28:43:00; 2. Chris Lornes, 33:32:00; **45-49:** 1. Rick Baney, 32:49:00; 3. Roy Daugherty, 42:34:00; **50-54:** 2. Matt Mahoney, 33:47:00; 3. John Hudacek, 38:06:00; **55-59:** 1. Jerry Bird, 35:20:00; 2. Dick White, 44:21:00; 3. George Oswald, 47:36:00; **60-64:** 1. Jim Schroeder, 41:57:00; **70+:** 2. Jim Weir, 42:06:00; **FEMALE: 18-29:** 1. Jessica Crate, 30:17:00; 3. Agatha Kolodziejczak, 40:38:00; **30 - 39:** 2. Megan Bolin, 38:48:00; 3. Donna Davis, 40:38:00; **40 - 44:** 1. Angela Handa, 40:05:00; **45 - 49:** 1. Molly Ragsdale, 34:48:00; 3. Holly Herrmann, 49:20:00; **50 - 54:** 1. Lori White, 40:21:00; 3. Wanda Bibens, 44:21:00; **55 - 59:** 3. Marsha Lake, 53:37:00; **60 - 64:** 1. Anne Dockery, 37:00, far right with sunglasses perched atop her head; 3. Milly Krause, 1:08:34.

Congrats to all who completed the FLORIDA TODAY 8K and/or 5K. Complete 8K results are available at <http://altavistasports.com/results/2010results/MBMM8K02062010.html> with 5K results at <http://altavistasports.com/results/2010results/MBMM5K020610.html>

Photographer Ken Horton, whose photos are above, has shots of both races available at <http://www.icunphotos.com/pics/run100206/> and http://icunphotos.smugmug.com/Running/Florida-Today-5k-10k-Runs/11161953_vgxrk#782336853_m69PW

BEAN-TOWN, BABY!



While the Melbourne & Beaches Music Marathon was small on numbers - 198 finishers - it was big on Boston Qualifiers. Almost 23 percent of those who finished earned the coveted Bean-town Berth. In their marathon debuts, Melbourne's Barbara Krause (left, in photo courtesy Cathy Friedel) and Doug Nichols each ran a qualifying time with Krause taking third in the 40-44 age group and Nichols placing second in the 45-49 division.

There was no prize money given for this race either but Allstate did award \$125 each to the fastest local male and female finishers. At only 16-years of age, Palm Bay's David Morales and his 3:03:55 (fifth overall) earned the male honor while Angela Wells, 44, grabbed the ladies' cash for her 3:31:37 and third female overall.

Congrats to all who completed the two-loop, four-bridge, 26.2-mile trek.



LOCAL BOSTON MARATHON QUALIFIERS:

Christy Barnett, 30, Merritt Island, 1st 30-34, 3:39:45; David Grant, 63, Viera, 2nd 60-64, 3:47:38; Dude Kerley, 57, Satellite Beach, 3:35:10; Barbara Krause, 43, Melbourne (first marathon), 3rd 40-44, 3:47:12; Rodney Lee, 61, Melbourne, 3rd 60-64, 3:53:33; Matt Mahoney, 54, Melbourne, 2nd 50-54, 3:20:47; Timothy Marquardt, 18, Merritt Island, 2nd 19 and under, 3:08:58; David Morales, 16, Palm Bay, 1st 19 and under, 3:03:59; Doug Nichols, 46, Melbourne (first marathon and left in Ken Horton photo), 2nd 45-49, 3:30:12; Megan Pendergast, 24, Melbourne, 1st 20-24, 3:39:57; Jim Schroeder, 62, Indialantic, 1st

60-64, 3:42:49; Kristin Tinker, 40, Merritt Island, 2nd 40-44, 3:31:43; Kathryn Vanarsdall, 47, Indialantic, 3rd 45-49, 3:58:17; Angela Wells, 44, Cocoa Beach, 1st 40-44, 3:31:43.

ADDITIONAL MARATHON LOCAL AGE GROUP AWARD WINNERS

Male: 20-24: 3. Nicholas Vannorsdall, Melbourne, 3:22:24; 30-34: 2. John Kramer, Satellite Beach, 3:28:24. Female: 20-24: 2. Jennifer Lea, Melbourne, 4:13:01; 35-39: 2. Suzanne Krasny, Indialantic, 3:49:59; 50-54: 1. Shelbe Zimmerman, Indialantic, 4:39:17; 65-69: 1. Elanor Hunt, Indialantic, 4:51:51.

Congrats to all of the marathon finishers! Complete results are available at <http://altavistasports.com/results/2010results/MBMMATHON2010.html>

Ken Horton race photos are also available at <http://www.icunphotos.com/pics/run100207/> and at http://icunphotos.smugmug.com/Running/Melbourne-Music-Marathon-2010/11174503_ZahdZ#783329440_eKkmN

THE (OLDER) BOYS ARE BACK IN TOWN!



The second annual Melbourne & Beaches Music Marathon was truly one for the books. As the USATF National Masters' Championship, the race brought in many of the smoking-fast more 'mature' athletes (the top eight finishers were all older than 40.) The faster core field combined with crisp, albeit gusty, weather made for a great morning of racing.

The race offered \$4,000 to the Masters with the fastest finish time and another \$4,000 to the Masters with the fastest age-graded score.

"Age-graded scoring levels the playing field," said Don Lein, Chairman of USATF Masters' Long-Distance Running. "Age-grading is nothing more than mathematical tables that ratio world record times for your age and gender divided by your actual time."

And those ratios - recently updated by a statistician's dream team for 2010 - can really make a difference on who takes home the cash.



Last year, Paul Aufdemberge, a Michigan running store manager, won the inaugural MBMHM in 1:08:05. When the ratios had been run, the then 44-year-old father of two also received the top payout on the age-graded side with his ratio of 93.57. Left, Paul Aufdemberge on his way to his second Melbourne & Beaches Music Half-Marathon win, Ken Horton photo)

In spite of not feeling well this year, Aufdemberge returned to Melbourne for a second, but slower, win of 1:08:57. His age-graded ratio dropped to 93:14 percent which placed him third for that purse behind **58**-year-old Kathryn Martin (1:27:49, 94.23%) who won the age-graded top spot and **60**-year-old Doug Winn (1:17:57, 93.91), who took second.

Melbourne's Steve Chin, 41, was the fastest local Master and his half-marathon personal best of 1:19:55 placed him eleventh overall in the field of close to 1,000 athletes of all ages.

"It was a blast," Chin said. "I couldn't believe how many PRs (there were) today. I'm very happy for everyone."

One of Chin's training partners, John Davis, also ran a half PR of 1:18:43, giving him ninth overall and \$125 from State Farm for the fastest local male finish.



Jessica Crate, who trains with the Chin-Davis duo, also ran a PR of 1:22:25, giving the 24-year-old pharmaceutical rep third female overall and \$125 for the fastest local female finish. Left, Steve Chin and Jessica Crate pose for a shot after the Melbourne & Beaches Music Marathon. Photo courtesy George McAfee)

(If you cranked their ages, gender and finish time through the age-graded tables; Crate would have beat out both Chin and Davis.)

While there were multiple personal bests in the field, Chin, Crate and Davis were of special interest as each had raced both the 5K and 8K the day before (Read the *Triple Take* blog below) - something that usually flies in the face of conventional taper wisdom and begs the question: did racing the day before hurt or help their half marathon PR performances?



Below John Davis, left in Ken Horton photo, shares his thoughts...

"I wish I knew. My coach says I can run it faster, and I would have been faster if I hadn't run 13k the day before."

"What I can say for sure is that because I ran so hard on Saturday, I had no mental pressure to perform on Sunday – if I failed, I had a good excuse. Maybe it was primarily mental."

"... I read an e-mail from Matt Mahoney, and he mentioned that he had PR'd (or nearly) in the marathon twice after running a fairly hard 5K. So is there a physical advantage? Or just a mental release since the pressure is off? Or were all of us just at a higher level of fitness, and we would have run even faster if we had tapered?"

"I've run three half marathons this year, and I tapered quite a bit before the first two. I ran both of them (Space Coast & Disney) slower than I did the previous season – big disappointments. Maybe that was because of marathon training that I did for the first time, or Disney could've been because it was bitter cold, and I saw sleet for the first time in my life. Melbourne Beaches turned out to not only beat my previous two this season, but I was over a minute faster than the 2008 season."

I might run Eye of the Dragon 10k the day before Gasparilla. That would give me four half marathons for the season, and I will have ran a hard race the day before two of them. Maybe that's another data point to try to figure this thing out. But if I set another PR, I'll still ask myself 'Could I have run faster if I had tapered?'"

John's thoughts give one much to think about regarding what a body can really handle in terms of peaking and what really is the right amount of rest when you're approaching or at a new peak.

Congrats to everyone who finished the Melbourne & Beaches Music Half-Marathon!

HALF-MARATHON LOCAL AGE GROUP AWARD WINNERS:



MALE: 19 and under: 1. JC Ivey, Melbourne, 1:33:42; 2. Mark Renkens, Palm Bay, 1:37:15; **20-24:** 1. Timothy McRae, Indialantic, 1:33:03; 2. Craig Micheletti, Melbourne, 1:33:04; 3. Michael Skuban, Melbourne, 1:49:22; **25-29:** Travis Hiers, Melbourne, 1:27:13; 2. Dan Cizana, Melbourne, 1:35:20; **30-34:** 1. John Davis, West Melbourne, 1:18:43; 2. Ed Donner, Melbourne, 1:21:15; 3. left in Ken Horton photo. Thaddeus Austin, Merritt Island, 1:23:46; **35-39:** 3. Shane Streufert, Viera, 1:26:58; **45-49:** 2. Brad Cody, Melbourne, 1:21:24; 3. Kevin Butler, Cocoa Beach, 1:21:27; **70-74:** Ron Osler, Cocoa Beach, 2:10:48; **FEMALE: Overall:** 3. Jessica Crate, Viera, 1:22:25; **20-24:** 2. Beth Whalen, Melbourne, 1:24:11; 3. Andi Binney, Cocoa Beach, 1:35:46; **25-29:** 3. Kim Hunger, Palm Bay, 1:42:14; **35-39:** 1. Cheng Ten, Melbourne, 1:33:02; 2. Kristin Apotos, Melbourne Beach, 1:39:03; 3. Melissa Vandett, West Melbourne, 1:42:19; **45-49:** 1. Ceal Muldoon Walker, Cocoa Beach, 1:27:44; **65-69:** 2. Willy Moolenaar, Indialantic, 2:10:13

Complete results are available at <http://altavistasports.com/results/2010results/MBMMHALF2010.html>

Ken Horton race photos are available at <http://www.icunphotos.com/pics/run100207/> and http://icunphotos.smugmug.com/Running/Melbourne-Music-Marathon-2010/11174503_ZahdZ#783329440_eKkmN



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

It's ba-ack!

Florida's multi-sport season has returned with a vengeance and the state's race calendars are bloated with rich abundance. Even in Brevard, athletes will have seven venues to choose from - more than double last year's local offering.

Below are some local coaching resources for those who wish to post their first or fastest multi-sport event.

Quest Aquatics swim stroke instruction and coaching

Coach Mike Rochelle offers beginning to elite multi-sport athletes structured group workouts and developmental coaching. Training kicks off Mar. 1 at 5:30 a.m. on Mondays, Wednesdays and Fridays and at 6:30 a.m. and 8 a.m. on Saturdays in the heated Rockledge high school pool. On March 23, Tuesday and Thursday morning sessions will also be added at 5:30 a.m.

Each workout offers video feedback and athletes can watch their performance while Rochelle provides instructional analysis and correction.

Visit www.questaquatics.com or contact Rochelle at 482-8898 for more information.

Swim stroke instruction

Swim instructors Annette Pallowick and Chris Crotty offer budding multi-sport athletes two, four-week camps to learn efficient swim stroke, technique improvement and open-water racing basics.

The first camp runs from Mar. 7 through Mar. 28 followed by the second which will run from May 2 through May 23. Both camps will meet on Sunday mornings at 9 a.m. at the Gleason Park Pool in Indian Harbour Beach.

Visit <http://sites.google.com/site/apallowick> for more information and registration.

Surf Coast Trifecta Official triathlon training camp

Running Zone, Coach Bernie Sher, Your Best Tri and Quest Aquatics have teamed up to prepare beginning to advanced athletes for one or all of the Surf Coast Trifecta multisport events throughout Brevard on Apr. 18, May 23 and June 20 www.surfcoasttrifecta.com This camp will also prepare you for the Danskin race on May 9 www.danskintriathlon.net

The USA Triathlon sanctioned camp and USAT certified coaches will provide personalized training schedules based on individual goals; weekly group training and camaraderie consisting of 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 camp also offers multiple open-water swim practices, gait-analysis; bike fit; tire-changing clinic and lectures on nutrition, race strategy and mental preparation.

Visit <http://www.spacecoastmultisport.com/id66.html> for more information and registration.

Beachside TriSport Spring 2010 mini-camp

Beachside TriSport is offering their spring 2010 Mini-Camp for those lucky enough to have already gained entry to the sold-out Pineapple Man Triathlon in Melbourne Beach on June 6.

Beginners will receive two bike clinics, one tri clinic, one tire-changing clinic and four Sat. morning training sessions that include lifeguard-supervised open water swims and structured bike/run workouts. Intermediate athletes will receive an eight-week training schedule plus the four Sat. morning training sessions on the Pineapple Man course. All athletes must be able to tread water and swim at least six lengths of a 25-meter pool (150 yards).

All participants must also obtain an annual USA Triathlon membership (\$39) from www.usatriathlon.org before registering and participating in the camp. Packet pick-up for all, as well as the beginner tri clinic, will start at 6:15 p.m., April 8 and the Indian Harbour Beach Community Center.

Visit <http://www.beachsidetricamp.com> for more information and registration.

Your Best Tri for Kids' camp

The next generation of multi-sport athletes - ages 7 to 13 - can get a leg up this summer at the Your Best Tri for Kids' camps and clinics. The first camp will begin June 30 at 4 p.m. at the Rockledge high school pool in Rockledge and will meet each Wed. afternoon from 4 p.m. till 6 p.m. and on Saturdays from 11 a.m. until 12:30 p.m.

While instilling the foundation for a lifelong love of health and fitness, USA Triathlon-certified coaches, Suzie Enlow and Linda Cowart, will prepare the kids to safely and successfully finish the Titusville YMCA Family Fitness triathlon. The July 31 family-fun race will consist of a 100-yard pool swim, 4-mile bicycle ride and 2-mile run/walk.

Visit www.yourbesttri.com or contact Enlow at suzieenlow@gmail.com or 258-2624. Contact Cowart at land-clearing@bellsouth.net or 863-2893.

Run coaching

Although their camps began in January, both Doug Butler and Rebecca Sparks would welcome you to their workouts. Contact them about current training opportunities and future camps at www.setgoalsnotlimits.com for Coach Butler and <http://www.uprunninginc.com> for Coach Sparks. And don't forget. Running Zone Thurs. night fun runs return from the store at 6:30 p.m. on March 18. Check out www.runningzone.com

Cycling

While there are no advertised local cycling coaches, group rides are another way to become proficient at the sport. Just like with running, the miles slide by when peddling with others and one nifty benefit is the opportunity to make lifelong friends. Check out the group rides offered by these shops and clubs:

Bob's Bicycle Shop <http://bobsbicycles.com/>

Easy Riders <http://www.mapmyride.com/community/groups/1193815285>

Revolutions Cyclery <http://revolutionscyclery.com/>

Space Coast Freewheelers <http://www.spacecoastfreewheelers.com/>

Space Coast Velo <http://www.spacecoastvelosport.com/>



OFFICIAL TRI TRAINING CAMP

COME TRI WITH US!



Running Zone, 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 USA Triathlon-sanctioned camp has been chosen as the official training camp for the inaugural three-event Surf Coast Trifecta www.surfcoasttrifecta.com and will also offer coaching for the Danskin all-women's Triathlon 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 (technical, non-cotton), Running Zone goodie bags 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!



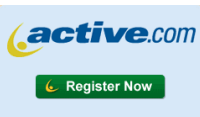
Come join us on Tuesday, March 16 from 6:30 p.m. until 7:30 at Pro Health & Fitness on Merritt Island. This is a great chance to learn more about the program, pick-up camp materials and meet your coaches.

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 or log on to



TOOTH TROT 5K

February 13, 2010

Melbourne, FL

The 2000 Surgeon General's Report on oral health care noted that uninsured children were 2.5 times less likely to receive dental care than insured children, yet kids from these families were three times as likely to have dental needs.

And that is why the Feb. 13 Tooth Trot 5K - benefitting the local Give Kids a Smile program - is a labor of love for Race Director, Jerilyn Bird and her husband, Dr. Gerald Bird, an oral surgeon and competitive age group runner. The Birds and their children, Stephanie and Kevin, are long-time members of Space Coast Runners.

"Last year we helped about a 150 kids," said Jerilyn. "The children are first seen by a general dentist to see what needs to be done and then they receive the whole care. We don't just send them on their way."

The funds are used to cover lab costs and educational materials and local dentists volunteer their time and talents.

"The local dentists do a lot for Brevard," Jerilyn said. "They were recognized by the state last year at a special dinner."

Many of yesterday's volunteers came from the local dental community, as well.

"Each volunteer makes such a difference in how the race goes and how everyone feels about it," Jerilyn said.

Now in its twelfth year, the race continues to receive rave reviews.

"Everything, including the organization, course, chip timing, post race food and refreshments, and door prizes were excellent," said Melbourne's Art Anderson.

Anderson knows how to judge a race. The 50-year-old competitor finishes at least one race just about every weekend and has been known to cross as many as three finish lines in one day; often placing in the top ten and winning his age group.

True to form, Anderson's 18:54 finish on Wickham's chilly, windy course snagged him fifth overall and the top spot in the 50-54 division.

Taking top race honors was West Melbourne's Michael Fisher, 17, who crossed the line in 17:50.

Rockledge's Ryan Oates, the 2009 Pumpkin in the Parks champ, was second in 17:59 and Thaddeus Austin, who placed third in the 30-34 age group of last weekend's Melbourne & Beaches Half-Marathon, took third overall in 18:37.

Running Zone's Tracy 'T-Sizzle' Smith, 37, grabbed the ladies' win with more than two minutes to spare on the rest of the field as she crossed the line in 20:11. Finishing for second in 22:37 was 19-year-old Stephanie Bird, who no doubt put in countless hours helping her mom get things ready for the race. Merritt Island's Leah Harpole, 15, grabbed third place in 22:43.

Congrats to the Birds, the volunteers and the runners for helping give Brevard's underserved kids a chance to smile!

Barry Jones, of TriHokie.com took great race photos and those are available for free download at http://www.trihokie.com/Road-Races/Tooth-Trot-2010/11229165_d7wck#787547962_3zgAu

Right, the Tooth Fairy watches in anticipation for the first runners to get to the finish line. Barry Jones photo.



Michael Fisher takes the overall win at the 2010 Tooth Trot 5K in 17:50. Barry Jones photo.

MALE

Overall

Michael	Fisher	17:50
Ryan	Oates	17:59
Thaddeus	Austin	18:37

Masters (40+)

Mark	Koenig	18:40
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9 and under

Jeffery	Gahres	27:11:00
Douglas	Gearhart	29:55:00
Joshua	Kraver	29:58:00
Ryan	Choppe	33:19:00
Matthew	Houston	35:31:00
Benjamin	Adams	55:42:00

10-14

Trevor	King	19:53
Michael	Dean	21:42
John	Gahres	23:05
Alex	Hernandez	25:10:00
Nicholas	Choppe	25:52:00
Kenny	Krafft	27:33:00
Mike	Ellison	29:43:00
Jonathan	Poor	30:06:00
Clay	Tezel	31:34:00
Max	Hofmeister	40:31:00
Corey	Rosser	41:05:00
Jonah	Adams	47:56:00

15 - 19

Thomas	Stansfield	21:02
Bobby	Hermida	21:48
Sage	Brownchweig	22:55
Kyle	Story	26:15:00
Jared	Burgos	41:32:00

20 - 24

Nick	Vannorsdall	19:17
Jeff	Sherker	30:13:00

25 - 29

Andy	Dutra	21:25
Mike	Mirda	24:56:00
Michael	McHale	26:31:00
Chad	Morrow	27:45:00
Justin	Wise	27:56:00
Ross	Hackethal	28:35:00

30 - 34

Andres	Perez	19:48
Alex	Schreiber	20:02
Ryan	Caudill	21:32
Ron	Norris	22:47
Charley	Carpenter	23:43
Aubrey	Barrett	24:01:00
Kevin	Terry	27:06:00
Mark	Rosco	27:45:00
Les	Dunne	27:47:00
Andrew	Brawley	31:25:00
Christopher	Lovett	34:51:00
Christopher	Adams	55:44:00

35 - 39

Richard	Davis	22:16
Michael	Fowler	24:07:00
Jeff	Barlow	26:39:00
Ted	Landgraf	30:10:00
Ken	Blackwell	33:04:00
Brad	Bagwell	37:47:00
Mike	Doyle	40:03:00
David	Hardy	59:56:00

40 - 44

David	Menser	20:29
Drew	Johnson	22:58
Scott	Goodwin	31:27:00
Paul	Hosburgh	40:05:00

45 - 49

Greg	Johnson	20:23
Dave	Hernandez	21:36
Chris	Marriott	22:59
Jeff	Decker	23:00
Andy	Blossom	23:21
Kevin	James	24:36:00
Patrick	Keach	25:03:00
Doug	Czerwinski	25:35:00
Gary	Foley	27:14:00
Roger	Gibson	27:42:00
Ken	Krafft Jr	29:52:00
Craig	Kara	30:13:00
Alan	Houston	35:36:00
Tony	Sidor	47:04:00

50 - 54

Art	Anderson	18:52
Bruce	Bayliss	19:20
Matt	Mahoney	20:51

50-54 continued

Gary	Torres	24:42:00
Ken	Flieder	30:39:00
Douglas	Schulthess	36:51:00
Tom	Freeberg	37:29:00
Doug	Silverstein	43:12:00
Frank	Travassos	48:23:00

55 - 59

Jerry	Bird	21:35
Thomas	Dietz	21:54
George	Oswald	28:02:00
John	Hamm	29:51:00
Steve	Sutton	39:26:00

60 - 64

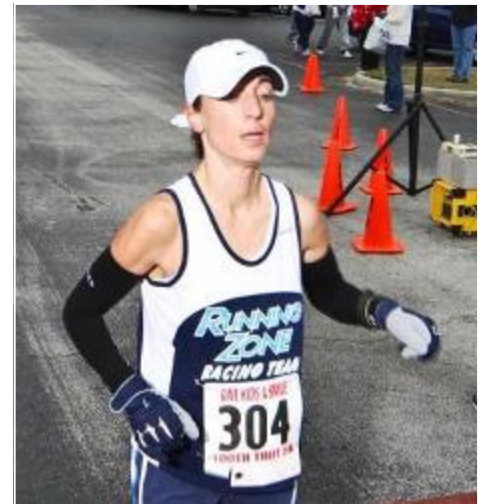
Ed	Rowley	21:49
Bob	Galas	25:01:00
Robert	Lash	25:15:00
David	Farrall	25:31:00
Bruce	Snyder	30:08:00

65 - 69

David	Wofford	27:55:00
Robert	Husek	29:08:00

70+

Ron	Hoar	26:38:00
Bob	Ghormley	26:41:00
John	Decker	31:26:00
James	Morrell	38:04:00
Henry	Campbell	41:06:00
Hermann	Gerhard	49:57:00



Overall Tooth Trot 5K women's winner, Tracy 'T-Sizzle' Smith, hits the line in 20:11. Barry Jones photo.

FEMALE

Overall

Tracy	Smith	20:11
Stephanie	Bird	22:37
Leah	Harpole	22:43

Masters (40+)

Kay	Rowley	23:25
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9 and Under

Naomi	Lesieur	34:42:00
Tamesha	Moore	35:18:00
Kaylee	Kraver	37:31:00
Sara	Sidor	39:43:00
Danielle	Doyle	40:03:00
Kensley	Fowler	51:42:00
Kelly	Laser	54:22:00

10-14

Elizabeth	Gahres	29:34:00
Lauren	Boshart	31:02:00
Lacey	Goodwin	31:21:00
Briana	Furnari	31:50:00
Savannah	Lee	39:23:00
Kimberly	Kelly	40:04:00
Allison	Delaney	42:42:00
Grace	Boshart	43:46:00
Emily	Ruda	44:49:00
Rayne	Hardy	59:58:00

15 - 19

Tess	Salisbury	26:13:00
Heather	Engel	31:03:00
Taylor	Kaszok	32:14:00
Miranda	Minner	32:14:00
Amanda	Ellison	34:40:00
Brianna	Saylor	35:07:00
Tori	Smith	39:09:00
Meghan	Tezel	39:09:00
Macie	Minner	40:55:00
Jessika	Poppe	42:09:00
Brittany	Cheatwood	42:25:00

20 - 24

Kinsley	Brodax	34:28:00
Andrea	Zona	34:53:00
Erin	Rodriguez	35:15:00
Nicole	Serapiglia	35:31:00
Tara	Radford	40:43:00
Lindsey	Landwehr	48:31:00
Kayla	Patrick	53:46:00
Kara	Norman	53:47:00
Brittany	White	53:48:00
Ashleigh	Seward	53:53:00
Lauren	McGovern	1:01:41

25 - 29

Tammy	Klementowski	24:05:00
Rene	Dunne	28:05:00
Erica	McCain	29:07:00
Kari	Wimer	30:10:00
Rachel	Spivey	31:01:00
Tabitha	Brawley	31:28:00
Lauren	Stallbaum	32:16:00
Chrissy	McCormack	35:05:00
April	Arguin	35:19:00
Daray	Dyer	36:07:00
Cathy	Kennedy	36:07:00
Erin	Lauscher	37:54:00
Charity	Berry	40:42:00
Mindy	Armendinger	42:11:00

25-29 continued

Diane	Schick	43:29:00
Kelly	MacDonald	48:30:00
Angela	Wise	53:16:00
Tracey	Torsney	55:39:00

30 - 34

Melanie	Reddick	25:24:00
Casey	Gilbert	26:23:00
Michelle	Gongora	28:33:00
Tonya	McDuffie	28:46:00
Kelly	Semenko	29:48:00
Stephanie	Dietel	29:58:00
Jennifer	MacBride	31:07:00
Jennifer	Delaney	32:09:00
Cassie	Delaney	37:40:00
Kristin	Mirda	38:07:00
April	Garnish	39:17:00
G.	Sidor	40:42:00
Tracy	Cox	43:39:00
Christina	Claro	48:30:00
Donna	Secura	51:17:00
Jodi	Aviles	51:17:00
Melissa	Zosteo	53:15:00

35 - 39

Lisa	Petrillo	23:35
Michelle	Decker	26:05:00
Odilie	Bagwell	26:23:00
Pamela	Gearhart	29:55:00
Shannon	Ward	30:21:00
Seven	Rowe	31:00:00
Katrina	Stone	32:44:00
Melanie	Blackwell	33:03:00
Heather	Sharp	33:37:00
Bonnie	Lovett	34:54:00
Leigh	Umberger	35:20:00
Shelley	Stone	36:23:00
Cher	Turman	40:44:00
Stephanie	Reese	42:12:00
Kim	Rodriguez	43:15:00
Trina	Christiansen	43:38:00
Marlee	Fowler	51:12:00
Stephanie	Dunn	53:46:00
Jennifer	Hardy	59:58:00

40 - 44

Patricia	Tezel	25:34:00
Patricia	Laxton	26:26:00
Mary	Hofmeister	27:30:00
Andrea	Lucas	30:02:00
Jill	Smith	33:41:00
Cindy	Duperval	39:41:00
Gail	Bantugan	40:02:00
Jennifer	Hosburgh	41:12:00
Shawna	Clough	41:34:00
Rhonda	Shoup	43:38:00
Tina	Furnari	43:53:00
Ellis	Wong	43:58:00
Jill	Diamond	49:31:00
Cindy	Kalakauskis	53:31:00

45 - 49

Robbie	Spires	25:45:00
Chiqui	Behymer	25:49:00
Terry	Ferris	26:09:00
Connie	Maltby	26:36:00
Donna	Elmer	27:52:00
Angela	Wickwire	29:08:00
Flo	Holden	30:16:00
Ilse	Berube	30:18:00
Doris	Travassos	31:15:00
Lisa	Lewis	31:33:00
Diane	Boyle	33:03:00
Pam	Cheatwood	33:24:00
C	Thomas	37:31:00
Skyhawk	Fadigan	38:43:00
Michelle	Radford	38:51:00
Tracie	Minner	40:56:00
Kathy	Smith	41:14:00
Theresa	Hornbeck	43:42:00
Sandy	Justice	44:24:00
Lori	Cooper	48:27:00
Margaret	Laser	54:22:00

50 - 54

Rosanne	Bessenaire	28:04:00
Melanie	Delman	28:08:00
Stacy	Waters	29:26:00
Nancy	Sharp	31:29:00
Diane	Westerman	31:43:00
Marion	Oswald	34:30:00
Mary	Lauria	37:59:00
Diane	Silverstein	43:12:00
Cindy	Antonas	43:54:00
Pat	Villanueva	51:09:00
Sandy	Plasner	53:39:00
Claire	Stagg-Ruda	56:05:00

55 - 59

Sally	Smircich	38:23:00
Bunnie	Bailey	39:27:00
Linda	Johnson	42:19:00
Mary Ann	Bowman	43:07:00
Debbie	Wohlert	43:29:00
Debra	Connaughton	43:59:00
Norine	Burr	44:34:00
Callie	Heikes	45:34:00
Nyoka	Boone	1:00:01

60 - 64

Pat	Kiesselbach	27:48:00
Milly	Krause	40:24:00
Vicki	Simms	43:44:00
Ursula	Buchinger	44:40:00

65 - 69

Petra	Gerhard	34:44:00
Angela	Staab	41:42:00
Sula	Tucker	43:44:00

70+

Katie	Marsh	46:09:00
Roberta	Osterling	1:00:48

February 20, 2010
Windover Farms, Melbourne



Indiana's Tim Roman on his way to the overall win of the 2010 Starfish Strut 5K. The Indiana victor's time was 17:13. Ken Horton photo.



Melbourne's Barbara Krause sets a new 5K personal best of 21:33 with her women's victory at the 2010 Starfish Strut 5K. Ken Horton photo.

25-29

Benjamin	Harris	22:29
Jeff	Holst	23:06
Heath	Powell	24:31:00
Steven	Macko	27:36:00
John	Bolen	28:21:00
Robert	Ramharrack	28:42:00
Jeff	Meyer	32:09:00
Carl	McNutt	34:24:00
Ryan	Salsamendi	36:43:00

30-34

Milos	Vasovic	23:01
Anil	Dhople	24:54:00
William	Wilson	29:16:00
Rick	Castonguay	35:32:00
John	Detwiler	48:20:00

35-39

Jerry	Hung	19:22
Erik	Tejada	23:03
Myron	Taylor	29:14:00
Brian	Baney	54:31:00
Mark	Talbert	55:07:00

40-44

Lee	Scheinbart	24:57:00
Rob	Landers	29:49:00
Scott	Goodwin	30:00:00
Paul	Treadway	30:49:00
Rodney	Whelan	54:32:00
	-	

45-49

Doug	Nichols	20:57
Neal	Levine	21:21
Jim	Carberry	21:24
Raymond	Cox	27:45:00
David	Lee	33:21:00
Tod	Hagan	34:03:00
Allen	Doan	35:50:00
Mark	Fusco	50:22:00

50-54

John	Watson	23:38
John	Tarzan	24:11:00
Greg	Muro	25:38:00
Greg	Biernacki	28:55:00
Adrian	Brinks	36:30:00
Mike	Evans	43:31:00
Jay	Rudy	48:51:00

5K MALE

Overall

Tim	Roman	17:13
Ryan	Oates	17:47
Luke	Redito	18:04

Masters (40+)

Kurt	Holst	20:19
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9 and under

Jared	Weiss	30:22:00
Patrick	Baney	43:51:00
Mason	Brandolini	59:50:00

10-14

Brandon	Holst	18:59
Tyler	Roberts	25:19:00
Jackson	Baney	31:43:00

15-19

Walter	Johnson	18:36
Alec	Richardson	25:49:00
Glenn	Sundin	25:54:00

20-24

Dominic	Foti	28:58:00
Kristopher	Doan	34:24:00

55-59

Glenn	Sundin	25:59:00
Robert	Richmond	26:44:00
Robert	Bisset	27:05:00
Jason	Baltuch	27:09:00
John	Hamm	28:29:00
Al	O'Connell	29:30:00
Don	Dore	31:23:00
Dominic	Foti	34:09:00

60-64

Gary	Dore	31:22:00
Joseph	Gurri	50:23:00

65-69

David	Wofford	26:16:00
Robert	Husek	29:19:00
Richard	Czarnowski	46:34:00

70-74

WM	Van Dusen	54:53:00
Anthony	Foti	56:43:00

FEMALE

Overall

Barbara	Krause	21:33
Julie	Hannah	21:49
Courtney	Holst	22:21

Masters (40+)

Cindy Bishop 25:37:00

9 and under

Camryn Brandolini 35:52:00

10-14

Lacey Goodwin 28:01:00

Lauren Roberts 31:12:00

Lee Baney 32:38:00

Daisy Morefield 32:49:00

Nina Fusco 35:31:00

Anna Fusco 35:52:00

Julie Murphy 37:49:00

Nora Glover 38:29:00

Jessica Knowles 39:57:00

Crystal Rodriguez 48:55:00

15-19

Anna Thorne 22:58

Cynthia Sundin 26:09:00

Shelly Price 30:14:00

Holly Brinks 31:12:00

Rachelle Hagan 34:03:00

Amanda Littrell 38:12:00

20-24

Jennifer Schleigh 29:34:00

Erin Rodriguez 32:39:00

Renee Brinks 32:42:00

Cristina Meyer 33:42:00

Jessica Brown 33:52:00

Jessica Winton 34:03:00

Brittany Arroyo 34:26:00

Kayla Holst 38:10:00

Laura Poe 38:39:00

Sarah Hamman 40:37:00

Brandi Arroyo 50:10:00

Erika Johansen 53:20:00

25-29

Kimberly Yates 26:57:00

Cathy Hinely 27:34:00

Chrissy McCormack 32:43:00

Kendra Ramharrack 39:16:00

Charity Berry 39:17:00

Bethany Bjugson 41:48:00

Christine Salsamendi 49:58:00

Katie Plum 49:58:00

Sandy Link 51:01:00

Kelly Orlovski 59:55:00

Heather Branson 1:01:13

30-34

Kerstin Dea 23:37

Vanessa Giaimo 27:34:00

Jessicah Nichols 28:55:00

Michelle Buchanan 29:32:00

Tara Bessey 30:20:00

Joyce Troll 30:57:00

Julie Aicardi 31:22:00

30-34 continued

Heather Barber 32:10:00

Alicia Oakes 40:04:00

Kimberly Orlovski 1:01:13

35-39

Laura Littrell 27:29:00

Tami Waschka 30:37:00

Katrina Stone 32:14:00

Shelley Stone 34:50:00

Christa Bert 39:42:00

Liz Jones 42:43:00

Susan Allen 43:48:00

Cathy Frisella 44:27:00

Joyce Rodriguez 49:06:00

Jennifer Powell 49:59:00

Ana Restrepo 55:07:00

Christie Brandolini 59:49:00

Linda Rainbolt 1:08:53

40-44

Susan Richardson 30:34:00

Megan Fielding 33:11:00

Jennifer Dana 38:09:00

Gail Bantugan 39:48:00

Nani Golden 54:31:00

Tracy Whalen 55:59:00

45-49

Luanne Foti 30:44:00

Carol Brinks 33:17:00

Natalie Doan 35:50:00

Mary Frasca 36:07:00

Jo Ann 36:14:00

Marcia King 48:51:00

Patti Leach 50:10:00

Elaine Fusco 51:20:00

Anne Baney 51:20:00

Lori Rattay 58:08:00

50-54

Deborah Marino 28:28:00

Theresa Watson 29:55:00

Debra Stokes 30:59:00

Nancy Sharp 31:09:00

Lisa Dean 41:24:00

Tammy Bjugson 41:49:00

Pam Evans 43:50:00

Barbara Dusen 50:10:00

Roberta Van 54:53:00

Donna Muscani 58:09:00

55-59

Karen Suarez 32:31:00

Joni McClure 39:22:00

Kela Schram 39:22:00

60-64

Bonnie Napier 38:18:00

65-69

Kathleen Straney 56:01:00

70-74

Jean Foti 56:43:00

Roberta Osterling 57:44:00



Hobe Sound's Cary Allen passes a 5K runner as he makes the turn toward the overall victory of the 2010 Starfish Strut. Allen finished in 37:05. Ken Horton photo.

10K MALE**Overall**

Cary Allen 37:30:00

Thaddeus Austin 38:05:00

Art Anderson 39:26:00

Masters (40+)

Mike Dahan 39:47:00

15-19

Carl Copeland 40:09:00

20-24

James Daffer 42:57:00

25-29

Andy Dutra 45:31:00

Brad Evers 51:52:00

30-34

William Bakker 52:38:00

40-44

Sean Black 40:01:00

45-49

Rick Baney, MD 40:31:00

Bils Tony 43:03:00

Keith Kowalske 46:23:00

Chris Mariott 46:31:00

Mitchell Hughes 53:18:00

50-54

Roger Travis 40:14:00

Matt Mahoney 41:40:00

55-59

Jerry Bird	45:10:00
John Fricano	48:21:00
Rich Marino	52:56:00

60-64

Jim Schroeder	49:01:00
Tom Stokes	54:43:00

65-69

Michael Zeitfuss	46:38:00
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70+

Ron Hoar	56:07:00
James Morrell	1:15:32

35-39

Robin Leatherow	54:01:00
Davina Friese	56:06:00
Marci Pesi	58:01:00
Rashell Berrean	1:00:19
Donna Soyk	1:13:47

40-44

Lisa Roberts	49:09:00
Pamela Flinchum	59:10:00
Robin Weiss	1:01:53
Sammye Johnson	1:02:46

45-49

Karen Firriolo	58:58:00
Anne Nichols	59:12:00

45-49 continued

Holly Herrmann	1:00:45
Brenda Hutker	1:20:14

50-54

Melanie Delman	57:30:00
Patti Scardino	1:12:03

60-64

Nancy Mallon	58:50:00
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65-69

Willy Moolenaar	57:46:00
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An unidentified runner helps push Indiana's Andrea Klotz to the overall 10K women's win in 43:34. Ken Horton photo.

10K FEMALE

Overall

Andrea Klotz	43:34:00
Stephanie Bird	46:22:00
Patti Olszewski	46:40:00

Masters (40+)

Debra Johansen	48:11:00
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20-24

Carly Cruz	1:05:10
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25-29

Cara Evers	52:31:00
Allison Kappa	55:09:00
Kristina Kady	1:00:07
Patricia Lucas	1:09:25
Suzanne Shaffer	1:18:44
Lynn Chacko	53:19:00
Terri Huckaby	1:04:31
Jacqueline Blair	1:04:58
Kelly Semenko	1:09:25

TIME TO SPRING FORWARD

