

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 4

April 2010



KENNEDY SPACE CENTER VISITOR COMPLEX TO HOST SPACE COAST MARATHON AND HALF-MARATHON PRE-RACE COUNTDOWN. Story begins on page 11.

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2009-10: WHO WE ARE

The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness and running at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at www.spacecoastrunners.org We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month at Pro Health on Merritt Island.

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ADVERTISING:

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **15th** of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or Photoshop. Contact Patti Sponsler at psponsler@cfl.rr.com for more information.

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Celebrate **Success**

Space Coast Runners 40th Annual **Runner-of-the-Year** Celebration Dinner

All members of Space Coast Runners, together with their friends and family, are invited to this year's fun on **Sat., May 15 at 6 p.m.** Tickets for this Italian feast are \$10 for adults and \$5 for those under twelve and will be available at the Space Walk of Fame on April 10 or send your check by May 1 payable to SpaceCoast Runners to "ROY Tickets", 516 S. Plumosa St. #15, Merritt Island, FL 32952

Menu

Chicken Parmesan
Baked Ziti with Meat
Meatless Baked Ziti with 3 Cheeses
Italian Vegetable Medley
Ceasar Salad
Garlic Bread
Rolls and Butter
Iced Team Lemonade

Agenda

State of the Club
Golden Shoe
Hall of Fame
2010 SCR Scholarships
Dinner
Annual Financial Report
Election of 2010/2011 SCR Board and
Officers
Ran Every Race Awards
Youth Series Awards



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

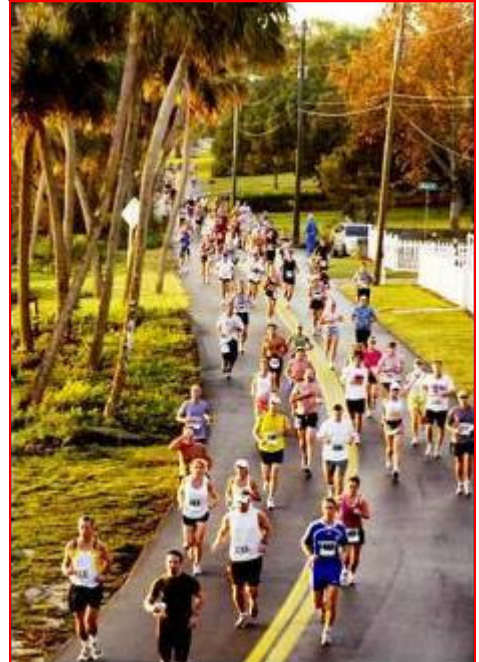
April 10, 2010
Time: 8 a.m.
Space View Park, Titusville
Marty Winkel, 537-3526
runsalo@earthlink.net

**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>



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

THE PASSING LANE

With Ron Hoar

Personality Traits of Runners

There's something that I've attempted to explore several times over the past twenty years but never got very far. I have wondered if there are certain personality traits that are predictive of running success—exceeding the ordinary results. I had expected that the most successful runners would be extroverts who are quite aggressive and competitive—all the things that I wasn't.

My question was triggered by an article appearing in "Psychology Today" magazine in March, 1989. I had begun to achieve age group success after beginning running races at age 50. I had been exposed through classes in the corporate world on how to deal with different personality types in the workplace so the article caught my attention. I saved it and still have a copy.

In the past few months I have Googled to see if I could find more information on updated research on personality traits of runners. I found only a limited amount of information and most of that was not sport specific. So I resorted to emails to well known Brevard runners Doug Butler and Frank Webbe. Doug is just now completing his studies for his Masters degree in sports psychology and Frank, a professor of psychology at Florida Tech, has delved into how personalities contribute to performance for many years and has served as president of the Division of Exercise and Sport Psychology of the American Psychology Association.



Frank Webbe, left, and son, Tristan, near the finish line of the 2009 Tooth Trot 5K in Melbourne.

While most of us would subscribe to an internal focus and an independent demeanor as predicting success in individual sports, in a paper co-authored by Webbe, who has written widely on the subject, it is stated that there is only "limited empirical support" for that theory. In the published paper "Personality: Contributions to Performance, Injury Risk and Rehabilitation" the authors acknowledge that "there are some common personality traits and levels of traits that seem to differentiate athletes from non-athletes." Athletes are more "extroverted", "conscientious", "motivated", "assertive" and "independent", concludes the article. However that article did not attempt to distinguish between team and individual sports such as running.

Doug Butler's experience in coaching and observing hundreds of runners has led him to conclude that "discipline is off the charts for all my top runners." They also display an "exceptional level of dedication" he says and "most would test out as extroverts."

The 1989 "Psychology Today" article included a brief self administered test that evaluated seven personality traits that the author claimed provided an indication of the appropriateness of various non-team sports activities for the individual. The article was based on the book "Body Moves: The Psychology of Exercise" published in 1988 and written by James Gavin, PhD, a professor of applied social science at Concordia University in Montreal.

One premise was that a specific sport could help you accomplish a change in your demeanor—selecting the right sport could make you more (or less) sociable, competitive, spontaneous, disciplined, assertive, mentally focused, etc. Or you could simply use the test to select a sport that was a match to your personality traits.

Using seven Psychosocial Activity Dimensions (PADs) the article looks at the level of those factors for various non-team sports. The most prominent factor for runners this article claims is “**Discipline**”, as was cited by Doug Butler. The “Sociability” factor for running is much lower than for tennis and golf.

Webbe’s article points out that one’s experience and how those events make one feel is a powerful influence on future performance. It notes that “positive perception appears to be linked to real success”. D. L. Wann writes in his 1997 book “Sports Psychology” that athletic success frequently “results in increases in self esteem and self confidence.”

I still ponder my own running progress and remain surprised at my accomplishments. I was not a Type A personality, not an aggressive or assertive type, not a competitive driver, not highly sociable, yet introverted and **disciplined**. That characteristic of discipline apparently carried the day for me.



Doug Butler, center, poses with Running Zone’s Trisha Piercy and Zippy the Gecko after winning Masters (40+) at the 2009 I run For Pizza Football Kickoff 5K. Barry Jones photo.



Multiple personalities in the mix at the start of the Cheetah Chase 3K at the Brevard Zoo on March 6. Barry Jones photo

WHY ARE THESE PEOPLE CHEERING?

SPACE COAST RUNNERS

FREE Fun Run/Walk & Pizza Social

Thursday, April 15 @ 5:30 p.m.

Ryan's Pizza in Cocoa Village

Run/walk at 5:30

FREE PIZZA afterward

BYOB (buy your own beer)

MORE INFO

Linda Cowart: landclearing@bellsouth.net

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A Mile With...

The 2009 Average American Runner



Every month for the past several years, we've focused on one member from the club during *A Mile With...* It has been a great way for our members to get to know a little bit about each other and we'll continue the habit in the May issue. This month thought maybe you'd like to see what the average runners looks like. Below we present excerpts from the *Running USA's State of the Sport 2009*:

The relatively new sport of road running which had a female / male ratio of 28 / 72 for race participants just fifteen years ago has evolved to mirror the overall U.S. population in more recent years. Today, buyers of running shoes, finishers in running events and more casual runners who run once or twice a week have about a 50 / 50 gender split.

Table 1: Gender Distribution in Running Populations - Female% / Male%

	1993	1998	2002	2006	2008
Running/Jogging Shoe Users	38.4 / 61.6	43.0 / 57.0	44.3 / 55.7	52.1 / 47.9	53.0 / 47.0
All Running Event Finishers	28.0 / 72.0	39.0 / 61.0	49.8 / 50.2	52.0 / 48.0	53.0 / 47.0
Timed Road Race Finishers	28.0 / 72.0	36.0 / 64.0	45.5 / 54.5	48.9 / 51.1	51.0 / 49.0
Runners, ran at least once/yr		45.7 / 54.3	46.0 / 54.0	47.8 / 52.2	48.0 / 52.0
Runner's World Subscriber Study		38.7 / 61.3	53.7 / 46.3	47.4 / 52.6	48.6 / 51.4

As Running USA has noted in the past, participants in the sport and activity of running look like the typical extended American family with a better than average income and education. The son runs in recess, the daughter runs to stay in shape in between college courses, the father runs to relieve stress and to improve his best time, the mother runs to lose weight and raise money for her favorite charity and the grandfather enjoys his daily jog around the neighborhood and the annual turkey trot. Thus running can be a very flexible vehicle for marketing – representing the entire population or just one member of the "family" depending on the desired objectives.

Table 2: Runner Profile Highlights from 2008 Runner's World Subscriber Study [and Running Times]

Gender: Women 51.4% / Men 48.6% [RT: Women 35.1% / Men 64.9%]
Median Age: 40.6 years old [43.8 years]
College Educated: 93.5% [93.0%]
Graduated College+: 74% [72.8%]
Married: 68% [70.9%]
Number of people in household: 2.7 people [2.8 people]
Individual employment income before taxes, mean average: \$75,200 [\$81,900]
Household employment income before taxes, mean average: \$133,000 [\$145,000]
Household net worth, mean average: \$785,000 [\$1,033,000]



KSC TO HOST SPACE COAST MARATHON PRE-RACE COUNTDOWN

Melbourne, FL - The Space Coast Marathon and Half-Marathon, already renowned for its authentic space theme and quality race experience, is moving both the health and fitness expo and the pre-race dinner to Kennedy Space Center Visitor Complex on Nov. 27.

“We are proud to partner with the Space Coast Marathon by hosting the pre-race events, as the participants are surrounded by the excitement of mankind’s greatest achievement,” said Annette Hogan, Director of Sales & Marketing at Kennedy Space Center Visitor Complex. “We are happy to support the local community and welcome the participants to learn more about the space program at unique facilities, leaving them with a memorable experience.”

Race participants are invited to attend the free Health First Health Plans Health and Fitness Expo that will be open from 9 a.m. until 7 p.m. in the Dubus Conference Facility at the KSC Visitor Complex. The general public is also invited to attend between 9 a.m. and 5 p.m. and there is no charge for parking.

Exhibitors will feature the newest designs in running gear and shoes, as well as the latest developments in sports, fitness and nutrition. Late race registration and packet pick-up will also be offered.

At 6 p.m., those attending the pre-race pasta party will be bused to the Apollo/Saturn V Center where they will dine under the historical and colossal Saturn V moon rocket prominently suspended above the tables. The 363-foot-long launch vehicle - the nation’s most powerful - came to symbolize America’s dominance in space after it launched the Apollo 11 crew to the moon.

Further enhancing their space experience, participants will be able to partake of the dramatic multi-media shows and numerous hands-on displays that provide an inspirational and exhilarating look into America’s quest for the moon.

Diners will be enthralled and motivated by key-note speakers Mike McCulley, former space shuttle pilot (STS-34) and retired United Space Alliance CEO and Dick Beardsley, an author, motivational speaker and former world-class marathon champion.

On Nov. 28, runners and walkers will line the streets of downtown Cocoa Village for the 6:15 a.m. start of the 39th annual Space Coast Marathon (26.2 miles) and Half-Marathon (13.1 miles). The athletes will be launched on their journey by the roar of a space shuttle countdown and liftoff rumbling from the Jumbotron overhead.

Participants will be treated to 14 space-themed aide stations along the USATF-certified, partially shaded and mostly flat course that parallels the Indian River. This year’s start will first send the marathoners north while the half-marathoners head south.

The finish line for all athletes is in Riverfront Park in Cocoa Village and those who cross it will receive a commemorative astronaut medal and beach towel before enjoying a post-race celebration that includes pizza; a full pancake, egg and sausage breakfast and photo opportunities with astronauts.

"The Space Coast Marathon connects you with the excitement and inspiration that is NASA, and the heritage

of our space program in a unique way,” said Jeff Galloway, former Olympian and author known as “America’s Coach”, who has twice participated in the event. “At the same time, you’re running this well-organized event on one of the most scenic waterfront courses ever.”

On-line and mail-in registration is now available at <http://www.spacecoastmarathon.com/register> Through Aug. 31, Brevard County residents may deduct \$5 from the \$70 half-marathon fee and \$10 from the \$80 marathon fee. The pre-race dinner is \$50 per person and is limited to 350 participants.

SPACE COAST MARATHON FAST FACTS & FIGURES

*More than 2,500 athletes from 41 states and 17 countries attended the event in 2009, injecting more than \$.75M into the local economy.

**Runners’ World*, the highest subscribed running magazine in the world, has distinguished the Space Coast Marathon and Half as the race with the “best schwag” (participant perks) and “the race of the month”.

*The race does not offer prize money, focusing instead on providing the ‘everyman’ with the highest quality bang for the buck.

*The race has quadrupled in attendance during the past five years in spite of recession.

*Annual participant post-race surveys conducted independently continue to show a 99 percent satisfaction.

*The race is Florida’s only -- and the Nation’s only -- space-themed marathon.



Two Mile Bulldog Pineapple Walk/Run

Proceeds to benefit:
Melbourne High Distance Booster Club &
The Greg Skufca Scholarship Fund

May 1, 2010 at 7:30 am

Event is part of Melbourne Beach
Founder's Day Celebration

Location

Ryckman Park in
Melbourne Beach

Entry fees:
\$20.00 for Pre-registered runners
(Postmarked by April 26th)
\$25 for Race-day registrants

Age Groups ~ M-F

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

- Beautiful course with each ¼ mile accurately marked for splits
- T-shirts for first 300 entries
- Refreshments provided
- FREE Kids Run following (8 & under)

Awards

- Unique Gift & Pineapple to Top Overall Finishers
- Pineapples to Top Finishers per age group
- Awards to Top 3 for each age group & Top 3 Teams

Make checks payable to: Melbourne
High School Distance Booster Club
Sorry no refunds



Mail form and entry fee to:

Melbourne High School
Distance Booster Club
2 Mile Run
P.O. Box 51-0141
Melbourne Beach, FL 32951

Email questions to:
aaozier@aol.com



Name _____

Address _____

Email Address _____

Phone _____ Sex _____ Date of Birth _____ Age _____

Team Name & 3 Member Names (Must Pre-register) _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, heirs, executors and administrators release and relinquish all rights and claims for damages which I may hereinafter accrue to me against Running Zone Race Management, Inc., Running Zone, Inc., Melbourne High School, Beach School, and event sponsors and their directors, officers, agents, members, volunteers, advisors, assigns and all their sponsors and suppliers for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the event itself. I also consent the aforementioned persons and entities not to sue any of such persons for any activity including the negligence of such persons and entities. I certify that I have represented my application for entry that my physical condition and training for this event is adequate to participate safely in the event that I acknowledge - I am familiar with the distances, signs and the list of all the events involved. If I should suffer injury or illness, I authorize any official of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I hereby agree that in the event of a race cancellation, due to illness, rain, winds, inclement weather or other "Acts of God" conditions, my registration fee shall not be refunded. I hereby grant full permission to any and all for the following to use any photographs, motion pictures, video tapes, recordings or any other record of this event for any purpose including commercial use.

Signature (must be signed by parent/guardian if under 18) _____ Date _____

Running with it

Cocoa Beach parent helps local school get new track, fitness program

BY PATTI SPONSLER • FOR FLORIDA TODAY • APRIL 1, 2010

It really does take a village - and a leader with rock-solid commitment.

Thanks to the determined vision of Marlene White and the sweat equity of her tribe of volunteer parents, Freedom 7 Elementary School in Cocoa Beach now boasts a new track - one that cost the school not a single penny.

The asset was an outshoot of the now robust Mileage Club, a before-school walking and running club, developed by White four years ago when her daughter, Rachel, entered third grade.

“I was concerned about the epidemic of childhood obesity and the shrinking resources for school fitness programs,” said Cocoa Beaches White, who was already squeezing sleep in between the duties of motherhood, frequent business trips for her employer and her own running and triathlon training. “I wanted to show the kids that working out can be fun and rewarding.”

After receiving permission from the school’s administration to do so, White set up incentives to motivate students to walk or run for 45 minutes two days a week before school started. She also relied heavily on fellow-parents, Theresa and Marvin Ferebee to help the then fledgling program fly.

“When the kids enroll, we give them a backpack chain with a runner emblem attached,” said White. “We keep track of their laps - five times around the field, or the track now, equals a mile. For every five miles they do, they get to add a mileage trinket to the chain.”

The program offers additional rewards to encourage goal-setting, long-term commitment and encouragement to walk or run in their own neighborhoods.

“Mileage ‘superstar’ certificates are presented to students who reach their pre-determined monthly goals,” said White. “Children who hit 100 miles earn a trophy. Once they reach 60 miles, they see that it is doable. Between 10 and 20 kids receive a trophy each year.”

During the program’s first year, the cash for the trinkets and trophies - not to mention water, Gatorade and post-workout snacks, came out of White’s own pocket and Space Coast Runners coughed up the cash for the club’s work-out shirts.

As the Eye of the Dragon 10K race director, White used her experience to develop an event that would pay for the Mileage Club supplies which have averaged “between \$18 and \$20 per child per year”.

After receiving a grant from Road Runners Club of America to seed the inaugural race, White and her team



developed the Sun 'n Fun 4- and 2-mile Walk/Run that now takes place annually in Jan. in Port Canaveral.

“While the race paid for our supplies during the past two years, a grant from the Track Shack Foundation covered this year’s Mileage Club expenses,” said White of the burgeoning group that includes about 80 students and several parents who also come to walk or run with their kids. “We wanted the proceeds from this year’s race to give us an option to improve the school’s facilities.”

During the post-race financial discussion, the desire to build a school track turned into a top-notch plan designed with the time and multiple talents of the parental tribe.

“Engineers Dave and Mercedes Keyser figured out how the best way to build the track and ran down costs and materials,” White said. “Another parent used a contact to allow us free use of equipment, including a bobcat and two tampers.”

On March 13, parents and students began the tedious tasks of digging the oval; flattening rocks; layering crushed concrete; raking surfaces smooth and then pouring and pressing a top layer of crushed granite.

Two days, 275 man-hours and the hard-earned \$3,800 later, 68 volunteers were celebrating the completion of the new track that was a fifth of a mile in diameter and wide enough for three or four kids to walk and run abreast.

“This has been extremely gratifying,” said White, whose daughter is now in sixth grade and will be leaving Freedom 7 to step up to junior high school in the fall. “I’ve always believed that when you go somewhere or do something, you should leave it better than when you got there.”

Freedom 7 principal, Dorine Zimmerman, believes that White and the volunteers have left the school a great legacy.

“They have built not only a worthwhile club for the students and their parents, but they have left tangible evidence of their hard work,” she said. “I can’t take any credit other than say ‘yes’ to Marlene’s suggestions.”

MAKING A DIFFERENCE

SCR Board Member Marlene White shows us all how one determined and persistent person can make a huge difference in the lives of so many others - especially kids. And while we all know the great benefits that learning to love fitness at an early age can bring, consider some of these excerpts from Kevin Mackinnon’s article *Studies Show Student-Athletes Excel in Life*:

“Whitley found that athletics provided a positive motivational factor for students, and the student athletes had higher GPAs, missed less school, were less likely to drop out and had fewer discipline referrals.

While we’re not exactly sure why being an athlete makes kids better students, there is a feeling that learning to juggle day-to-day activities that go along with being a student-athlete - assignments, workouts, social activities - teaches young children to manage their time, which helps as they grown older.”



Munchkins cut lose at the Cheetah Chase 3K kids’ run.

SKIN CARE AWARE 5K

Race Information



Race Date Saturday, May 1, 2010
Race Time 8:00 am - 5k Run/Walk
 9:00 am - Family Fun Run
Location Rusty's in the Cove at Port Canaveral
 628 Glenn Cheek Drive, Cape Canaveral
Events 5k Run/Walk
 Fun Run for all ages (1/4, 1/2, 1 mile)



Registration

By Mail

Mail entry with check payable to
 World Skin Cancer Foundation
 PO Box 321089
 Cocoa Beach, Fl. 32932

On-Line

At: www.Active.com

Race Day Registration

From 7:00 to 7:45 am at Rusty's, Port Canaveral

Fun Run

Register by mail or race day (no on-line entry)

Presenting Sponsors



Awards

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

Master 1st Male and Female 40+

Age Group 1st, 2nd, 3rd Male and Female *

Starting 0-9, 10-14, 5 year age groups thereafter to 70+

No duplicate awards

Amenities

T-Shirt with 5k entry
 Door prize drawings after Family Fun Run
 Finisher prize to all children in Family Fun Run

For More Information, contact Drew Filliben
 (321)-537-2698 (email) dfilliben@cfi.rr.com

Entry Fees

	Postmarked by 4/17/10	After 4/17/10
<input type="checkbox"/> 5k Run/Walk	\$15	\$20
<input type="checkbox"/> Family Fun Run (no shirt)	Free	Free

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

Events (circle) : 5k Fun Run

T-Shirt: Pre-register early to guarantee your shirt size!

Youth sizes: [YM] [YL]

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

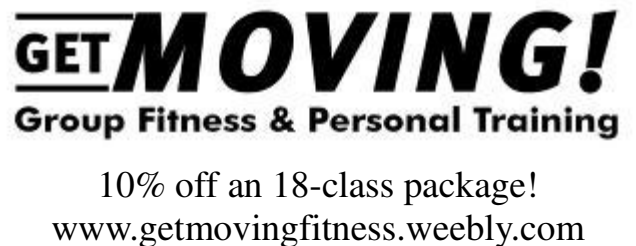
Age on 5/1/2010 _____ Male Female

I hereby release WSCF and Rusty's and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the (Skin Care Aware) and further state that I am in proper physical health and condition to compete in said runs.

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

SCR MEMBER DISCOUNTS

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



WHOLESALE NUTRITION PRODUCTS
40-70% OFF retail everyday
PLUS an EXTRA 15% off for
SPACE COAST RUNNERS

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(across from Wendy's)
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,
www.speedlaces.com

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If you missed the SCR **FIELD TRIPS** to the Gate River Run 15K or the Cooper River Bridge Run 10K, here's your chance to get in on some hot (and beautiful) action!

SCR member and studly runner, Steve Chin, is putting together team(s) for this year's Keys 100 in, well, the Keys on May 15-16.

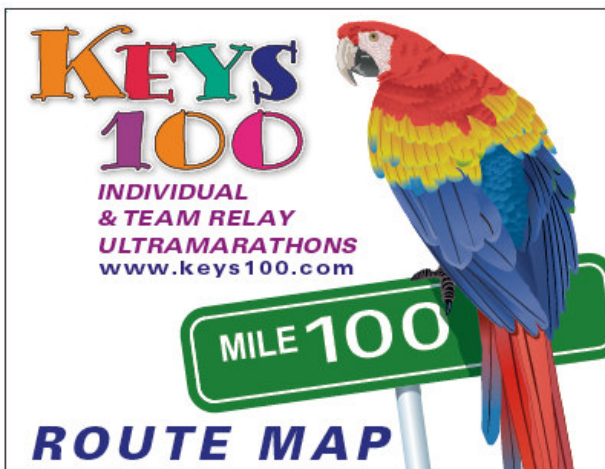
Contact Steve at stz180@msn.com for more information or to join a team! Also check out the **KEYS100** website at www.keys100.com (info below taken from the website)

Ever run a half-marathon or 10K?

Then the **KEYS100** Relay Race is perfect for you--and five of your friends! Our relay format is a lot of fun and easy to organize. You and your mates have the flexibility to decide your own race strategy: how many legs each team member will run, and how long each segment will be. You may even make changes to the plan during the race if you like. Then there is the artistic side--naming your team, decorating your team vehicle, insulting the competition... Fun awards, too! Compete in a 100 mile race without running the entire distance yourself--the **KEYS100** Team Relay.

The **KEYS100** raises money and provides funding for free prostate cancer screenings and educational outreach in South Florida and the Keys, and supports prostate cancer research to find a cure.

The **KEYS100** races are the only USATF Sanctioned 50 and 100 mile ultramarathons in South Florida.



The **KEYS100** race route generally follows Overseas Highway (US Highway 1) South to Key West. Approximately half the distance is run on sidewalks, service roads, side roads and pedestrian bridges, with the balance run on the US Highway 1 road shoulder facing traffic.

Each segment of the route will be clearly marked on the route map, including a few changes for 2010. Signage and chalk markings will also be used to assist runners to stay on course.

Each race segment must be followed precisely. For example, if the route goes over a particular pedestrian bridge, all runners must use that span and may not run on the parallel main roadway. (Anyone found off course will be required to

retrace his/her steps and run the proper route.)

Please remember that when running on the primary road shoulder, runners must at all times be on the Ocean side facing traffic.

(ps: Don't worry if you think you're not fast enough! Most people participating in this event do so for fun, camaraderie and bragging rights. Life is too short... GO FOR IT!)

KEEPING TABS

A HUGE 'THANKS' to Carol Ball, Cyndi Bergs, Steve Chin, Cedric Ching, Linda Cowart, Ron Hoar, Barry Jones, Bob Rall, Running Zone, and Loran Serwin for your help with this newsletter!

WELCOME NEW MEMBERS Shannon Buchannan, Melbourne; Marianne Fraser, Melbourne; Donna Kraft, London, CAN; Erin Tyrrell, Melbourne.

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

WHO NEEDS THE PRINCE?



Just about every little girl has dreamed about becoming a princess at one time or another. And while a prince is no longer a requirement for the modern-day Cinderella, those wishing to earn their tiaras must possess courage, grace and the determination to push beyond self-perceived limits.

And that is what close to 11,000 ladies of all ages, sizes and color did on March 7 as they crossed the finish line of the Disney Princess Half-Marathon presented by Lady Foot Locker at Walt Disney World. Each of the women - as well as 422 (perhaps slightly confused) men - received a special tiara-medal conferring their royal status.

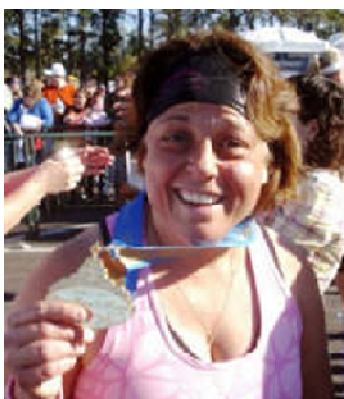
"This event is all about princesses and spreading the message of health and wellness to women of all fitness levels while incorporating the glamour and grace of the Disney princesses," said Disney Sports Area Manager, Kathleen Duran. The Princess weekend also offered the Royal Family 5K on March 6 and the three-day *Fit for a Princess Expo* featuring seminars on training, racing and nutrition as well as the opportunity to check out and/or buy running and fitness equipment and apparel.



More than 200 local ladies and seven (brave?) guys returned to Brevard with royal blood in their veins. Cocoa Beaches Leeann Nawrocki, 23, was the most rocking royal; sliding her glass slipper past the finish line in 1:36:52. 18-year-old Emily Harrington, from Merritt Island, was the only princess to bring home the bling with her fourth place 14-18 age group finish of 1:43:14. Pam Meier was the fastest Master (40+) with her Queen Mum wave and 1:48:08 at the line.

(Left: Princesses Angie Bramer, Lorraine Petersen, Anne Doerflein and Lauren Carlough are ready for the 6 a.m. race start; Below left, Princess Cathy Chapman is all smiles after earning her tiara after crossing the finish line of her first half-marathon!) Congrats to all our local majesties: **MIMS:** CHRISTINA CERRATO, 2:42:43; AMY CLARK, 2:06:26; JAMIE FLAKE, 2:42:43; SUSAN IVEY, 3:01:55; CLARISSA KIRK, 2:25:28; ZOE WALL, 2:06:26. **TITUSVILLE:** KIM ANDERSON, 2:37:53; CYNTHIA BAILEY, 3:00:12; CHRISTINE BEAN, 3:34:09; BRIDGET BEITEL, 2:51:54; CHARLOTTE BRUNELLE, 3:14:34; CANTERBURY, 3:25:06; KASEY CLAYTOR, 3:34:10; LAURA COLE, 2:40:48; ANN MARIE CONLEY, 2:39:19; BETH DELGADO, 3:18:24; MONICA DELGADO, 3:18:22; JOHANNA ESPENSCHIED, 2:31:56; CARA FISHER, 2:34:10; AMY GADAPPEE, 2:48:41; KATHRYN GRAF, 2:39:47; GVOZD, 2:35:27; SHERRY HEARD, 2:21:59; LAURIE HEATH, 2:42:03; JOY HUNKINS, 2:48:50; STEPHANIE JENKINS, 2:25:55; TARA LAKIN, 2:25:55;

JENNY LEE, 2:32:12; CYNTHIA PALILONIS, 3:33:43; DEBI POLLARD, 2:54:20; MIKE POLLARD, 2:06:57; SIERRA POLLARD, 2:00:34; KATHERINE SCHINDLER, 2:23:21; PATRICIA WILSON, 3:31:53. COCOA: ABBY CULLEN, 2:11:39; JAYNE GOEHMANN, 2:34:47; BARBARA HALGREN, 3:21:08; JENNIFER HARSHBARGER, 2:25:50; JEANNETTE HUGHES, 3:11:15; SHELLY PRICE, 2:33:54; VIRGINIA RASOR, 3:23:27; JENNIFER VAN DEN DRIESSCHE, 3:29:01; BAMBI WIEDEMANN, 2:00:56; JENNIFER WILSON, 2:12:46; MICHELLE ZEPPIERI, 2:41:53. ROCKLEDGE: STACI-LEE BOND, 2:10:37; EMILY BOUDREAUX, 2:05:16; ANNETTE BURKETT, 2:45:04; ED CLOAK, 2:11:11; KRISTA COHEN, 2:43:31; ERIN FISHER, 2:00:46; ELIZABETH FORET, 2:35:17; KRISTINA FURCI, 3:31:13; ALLISON HALL, 2:50:00; JESSICA HARTMAN, 2:18:56; PAULA MCCORMICK, 2:52:54; JENNIFER MEEK, 2:33:48; PAMELA MEIER, 1:46:08; ROSE MYERS, 3:05:35; CATHIE POOR, 2:25:50; SHERRY THORPE, 2:19:49; ROBIN WEISS, 2:11:21; CORISSA WIEST, 2:06:09. VIERA: ANGELINA COTTO-PEREZ, 2:40:42; ANDREE FERGUSON, 2:26:42; KIM MOHERMAN, 2:49:15; AMY SANDS, 2:39:48; JENNIFER SCELSON, 3:33:44; STEPHANIE SPRADLIN, 2:27:32. MELBOURNE: VICKIE ANTHONY,



3:28:43; JOCELYN BELLFLOWER, 3:12:06; ROSEANN BENNETT, 3:26:45; ROSANNE BESSENAIRE, 2:13:05; HANNA BEVENS, 3:29:38; CARRIE BLANCHARD, 1:44:15; JO-ANNE BOLAND, 2:31:45; AUTUMN BOWMAN, 3:33:43; MARY BROOM, 3:38:36; BREANNE BROWN, 2:46:34; LISA BURK, 2:49:45; CATHERINE CALLENDER, 2:26:16; LAUREN CARLOUGH, 2:28:02; KELLY CARRIER, 3:29:38; KARRIE CATALINO, 3:34:33; CAROLE CHAMBERLAIN, 3:11:29; CATHY CHAPMAN, left, 2:54:40; CATHERINE CLARK, 3:18:27; KIMBERLY CLEMONS, 2:26:30; CASSIE DELANEY, 2:56:42; JENNIFER DELANEY, 2:39:52; LINDA DEXHEIMER, 3:12:53; KAREN DIBBERN, 2:43:23; CONNIE DILLON, 2:14:21; GABRIELE DITOTA, 3:16:17; BEARNIDETTE DOYLE, 3:25:03; LAURA ENNIS, 3:38:06; LEE FAIRCHILD, 3:04:31; KAREN FIRRIOLO, 2:22:46; CINDY GAFFNEY, 2:04:02; JANICE GAGNIER, 2:54:09; ELLEN GROGAN, 3:21:00; LAUREN HALL, 2:39:37; EMILY HANLEY, 3:34:41; BRIANA HAUT, 2:48:26; VICKI HUMPHRIES, 3:38:07;

CHERIE IDEUS, 3:11:14; AUDREY JOINER, 2:03:01; SARAH KEATING, 3:37:36; STEVEN KOPMAN, 2:48:50; TANYA KUELBS, 2:57:20; LINDA LOMBARDY, 3:06:44; OLIVIA LOWE, 2:44:47; PATRICIA LUCAS, 2:58:16; WANDA LUNDEN, 3:45:04; SHARON LUTTRELL, 3:12:14; LORI LYNCH, 2:13:57; PAMELA MARTICKE, 3:00:10; JESSICA MARTINEZ, 2:13:01; JOAN MCMAHON, 2:27:32; LAUREN MOORE, 3:26:03; MICHELLE MORENO, 3:33:35; YENA MORGAN, 2:13:31; EMILY POIRIER, 3:34:15; LAUREN REECE, 2:11:42; PAUL REECE, 2:27:30; KRISTINA ROBERTS, 2:46:33; RICHELLE SAMUELS, 2:25:59; JULIA SCARPATE, 2:44:07; TINA SCHANTZ-GROSS, 3:31:33; KELA SCHRAM, 2:36:42; KELLY SEMENKO, 2:58:15; NICOLE SERAPIGLIA, 2:28:30; ERICA SHEIN, 2:43:53; JUSTIN SHEIN, 2:43:52; LAURA SIVITER, 1:56:53; ERIN SLAVIK, 2:31:02; JENNIFER SULZBACH, 2:14:21; SAMANTHA TANKERSLEY, 2:48:06; BIANCA TREJO, 2:48:03; TERESA VAN VALKENBURG, 3:11:28; LISA WICKS, 2:22:41; APRIL WORRELL, 3:01:20. PALM BAY: CHRISTINE APSEY, 2:39:20; LINDA APSEY, 2:39:20; RACHEL BOWEN-WILKERSON, 2:13:12; APRILLE CLIFTON, 2:41:35; JACKIE CLIFTON, 2:41:36; MARY CONAWAY, 3:25:51; BARRY CONAWAY JR, 3:25:04; HALLY DOUGLAS, 3:32:46; TRACEY DUMPHY, 2:19:31; CALLA HESS, 2:27:28; DEBORAH HORST, 2:34:45; SUSAN HOUTS, 2:11:17; EUFEMIA HOWARD, 2:04:01; KIMBERLY HUENEFELD, 3:31:54; CATHY KOOS, 3:28:20; CINDY LOWELL, 3:28:04; VANESSA MCCLIMANS, 2:16:05; KRISTIN MYERS, 2:37:11; CASEY NOREN, 2:56:20; CHERYL NOREN, 2:56:19; NICOLE NOREN, 2:56:21; DIANNE ORTT, 3:34:12; PEGGY PARMENTER, 3:33:10; JEANNETTE POTTER, 3:12:15; DANA TOLLEY, 2:43:31; TERESA TRIEBELL, 3:26:34; JESSICA WHELPLEY, 3:32:24; LYNN WHELPLEY, 3:34:11; PAULA ZIMA, 3:32:38; PAMELA PEDERSEN, 3:34:12. MERRITT ISLAND: HEATHER ANDERSON, 1:57:42; NANCY BALKE, 3:20:03; CATHY CHURCH, 3:18:27; JULIE GLOVER, 2:49:18; ELIZABETH GMEREK, 2:42:40; THERESA GRAY, 2:46:49; EMILY HARRINGTON, 4th 14-19, 1:43:14; KIM HARRINGTON, 2:50:08; KELLY HASKINS, 3:20:02; MARYLYNN HUGGETT, 2:56:08; MICHELLE LAMB, 2:05:40; JENNIFER PAIT, 2:48:59; AMY PARKER, 3:26:45; AMY PAROLINE, 2:17:38; ROBERTA REAUME, 2:36:19; AMY SEQUEIRA, 2:34:20; CARRIE SOLOMON, 2:19:04; HEIDI TILLET, 2:19:04; DEBBIE WELLS, 2:25:31. CAPE CANAVERAL: LAYLA HIGGINS, 1:50:04; NATALIE MOSES, 3:10:30; KRISTIN NIGHSWONGER, 3:30:52. COCOA BEACH: GINA CACCAMO, 2:41:38; VANESSA DANCE, 3:30:50; KIMBERLY DUNSCOMBE, 1:42:12; ASHLEY FISHER, 2:18:03; KELLY GORMAN, 3:22:14; CASEY HAHN, 2:33:18; ASHLEY JOHNSON, 1:56:38; ANGELA LEE, 3:04:13; BARBARA NAWROCKI, 2:24:34; KANDI NAWROCKI, 1:50:28; LEEANN NAWROCKI, 1:36:52; DEBRA ORRINGER, 2:25:02. SATELLITE BEACH: TAMARA ACFALLE, 2:19:23; CHRISTINE CROTTY, 2:48:10; LACEY FISHER, 3:36:06; HOLLY HERRMANN, 2:30:55; KYM MAHLER, 2:13:31; MILLBAND, 2:13:17; JOHN NOLL, 2:48:54; JACQUI WELLS, 2:49:21. INDIAN HARBOUR BCH: DIANA BURTON, 2:09:32; ANYA GIVENS, 2:03:01; MAGGIE PICERNE,

1:58:33; DENISE PIERCY, 2:03:01; TRISHA PIERCY, 2:03:01; CHERYL SERAFINI-COOK, 2:26:21. **INDIALANTIC:** JENNIFER ARRINGTON, 3:32:59; CHRISTI CURTIS, 2:28:12; BRANDI GAFFNEY, 2:13:17; SARAH KARP, 2:55:47; BETSY LAXTON, 3:21:04; JULIAN LAXTON, 3:21:04; ANNE NICHOLS, 2:12:39; ANNE RAMSEY, 2:26:19; MARTHA STEWART, 2:54:08; TERESA SUCHOSKI, 2:30:58. **MELBOURNE BEACH:** ERIN CHASE, 2:15:57 KATHRYN GOLDSTEIN, 3:20:14; BARBARA LOCKWOOD, 3:20:35; LORAN MORSE, 2:28:31. **WEST MELBOURNE:** TAMMY BLOUT, 3:26:37; AMANDA DITOTA, 2:38:14; ANNE DOERFLEIN, 2:28:02; ABIGAIL ELEY, 2:44:46; STEPHANY ELEY, 3:13:57; SANDY GHAWI, 2:18:19; TARA HAMILTON, 2:23:28; SHARI PARRIS, 2:02:15; LORRAINE PETERSEN, 2:28:02.

THE MO SHOW



Mo Trafeh's website states that he is "looking to establish myself as a professional U.S. distance runner and obtain a running contract."

Maybe his phone will start pinging now.

After a disappointing twelfth-place finish at last year's Gate River Run 15K in Jacksonville, the 24-year-old Cali resident returned on March 13 to smoke the deep and competitive field in 42 minutes and 58 seconds - the fourth fastest win in the event's 33-year history. *(left: Merritt Island's Kathy Ojeda tries to get Mo Trafeh to buy her a fave breakfast - Denny's Grand Slam and a bottle of Dom - the morning after his victory.)*

"This is my biggest win so far," grinned a visibly relaxed Trafeh as he lounged outside of the host hotel the next morning. "I wanted this race so bad."

Trafeh, who averaged 4:37 per mile, shaved nine seconds per mile from last year's pace and beat second place finisher, Oregon's Tim Nelson by 53 seconds. Last year, Nelson also took second, but lost by only one second, the closest finish in Gate's history. Nelson also owns the 14th fastest American 10K time of 27:36.

The Gate River Run has been the USA Track and Field 15K championship for 17 years and the 2010 event offered a total purse of \$85,000. Trafeh - who was born in Morocco but is a US citizen - took home \$12,000 for the victory and then scored another \$5,000 after winning the Equalizer bonus.

Several years ago, in an attempt to equalize the field, elite women were given a five-minute head start on the men based on the difference between the American records - both set on the Gate course - for men and women (Todd Williams, 42:22 in 1995 and Deena Drossin Kastor, 47:15, 2003). \$5,000 is awarded as an additional bonus to whoever crosses the line first

Trafeh passed eventual women's winner, Katie McGregor, during the seventh mile; the earliest a woman has been passed. Because only one woman has won the bonus since its inception (Deena Kastor, 2007), race organizers will be averaging the difference between the overall winners from past races and women may be given more of a head start in 2011.

McGregor, who finished second in both 2008 and 2009, claimed the women's race this year in 49:51 taking \$12,000 back to her Minneapolis home.

The race is the largest 15K in the U.S. and this year a record 13,423 runners and walkers crossed the finish line, including 99 Space Coast Runners on a field trip and others from Brevard County.



Satellite Beaches Steve Chin - our speediest local Gate participant - covered the 9.3-mile urban and suburban course in 57:13, good enough for seventh in the 40-44 age group, 159 OA and within the top two percent of the entire field. (*Chin, at left, during the 2010 Melbourne & Beaches Music Half-Marathon, Cathy Friedel photo*)

"This was not one of my best race performances as I felt slow from the end of the first mile to the finish and it showed in my splits and finish time," said Chin, who was more than 40 seconds off his 15K personal best. "I finished fifteen seconds per mile slower than my goal pace and that is just not good."

In spite of his slower pace, the 41-year-old Manager for United Service Source enjoyed his inaugural Gate experience.

"The course, volunteers, crowd support from the locals, race organization and the weather all were great," he said. "Every runner should give Gate a try, this is a big race with a big party afterwards and it was a great time! I will be back to battle the bridges again in 2011."

Hopefully, Melbourne's Gary Castner will return next year as well. Castner is one of only 46 people in the nation who have completed each of the 33 River Runs. Read his story in the April *Starting Line*, Running Zone's on-line newsletter.

All race participants were treated to nine official bands and aide stations along the route as well as multiple spectator-sponsored stops that included beer, mimosas, champagne, oranges, hot dogs, singing, cheering, whistling and general crowd rowdiness. Finishers were also treated to post-race medals, lots of beer and a live band. Awards went five deep in the age groups and those who finished in the top ten percent of the field were given the coveted 'top 10%' hats as they exited the chute.



Congratulations all local 2010 Gate River runners including **Cocoa finishers** Danny Barrett, 45, 1:06:43; Linda Cowart, 47, 1:17:53; (*Left, Linda Cowart, left, help a group of locals celebrate Suzie Enlow's at Bbs in Jacksonville the night before the Gate River Run 15K*) Jeremy Flint, 19, 1:24:15; Marisa Flint, 44, 1:32:22; Nick Flint, 15, 1:12:31; Dan Howick, 34, 2:00:19; Jason Howick, 14, 1:14:57; Kate Howick, 2:00:19; Kelly Hunter, 44, 1:31:27; Eddie Repper, 15, 1:14:57; Christy Tagye, 38, 1:31:41. **Cocoa Beach finishers** Kristina Kady, 26, 1:31:24; Danny Murphy, 56, 1:08:46; Wes Ott, 54, 1:12:18; Patti Sponsler, 51, 1:21:55; Artie Stoeke, 42, 1:29:16. **Indialantic finisher** Melissa Delcher, 29, 2:41:49. **Indian Harbour Beach finishers** Grover Brower, 51, 1:29:32; Beth Caple, 43, 2:28:13; Jim Caple, 43, 1:24:08; Rebecca Caple, 16, 1:49:00; Debra Johansen, 48, 1:14:47; George Oswald, 58, 1:32:57; Marion Oswald, 52, 1:56:39. **Malabar finishers** Michele McCarter, 41, 1:55:31; Sandy Shafer, 50, 1:33:07. **Melbourne finishers** Jessie Brooks, 21, 1:11:41; Laura Baughn, 28, 2:22:41; Donna Carr, 39, 2:32:19; Gary Castner, 64, 1:19:51; Joe Castner, 41, 1:08:30; Leann Castner, 33, 1:43:19; Stephanie Castner, 63, 2:32:20; Andy Collamore, 44, 1:28:32; Jessica Crate, 24, 1:01:11; Brennan Diehl, 20, 1:55:52; Matt Diehl, 23, 2:45:34; Monica Holley, 34, 2:16:21; Ed Latham, 59, 1:28:24; Chris Marriott, 45, 1:16:27; James Nick-



ens, 22, 1:24:12; Patti Seardino, 50, 2:32:20; Brooke Shlisky, 38, 2:32:20; Alissa Steele, 28, 1:44:41; Bryan Steele, 33, 1:24:05; Kevin Valone, 42, 1:31:24. **Melbourne Beach finisher** Shane Hogan, 22, 1:33:02. **Merritt Island finishers** Christy Anderson, 34, 1:40:26; John Anderson, 35, 1:26:18; Thaddeus Austin, 33, 58:26; Cyndi Bergs, 39, 1:31:27; Kim Berry, 39, 1:49:38; Shelley Christian, 54, 1:19:06; Terry Dobbs, 48, 1:38:51; Heriberto Echevarria, 45, 1:24:06; Joey Herbst, 18, 1:30:54; Frank Miller, 45, 1:15:34; Ron Norris, 35, 1:20:06; Kathy Ojeda, 50, 1:22:41; Loran Serwin, 54, 1:10:38; Kim Tillett, 44, 1:40:25; Christy Zieres, 49, 1:29:53. **Palm Bay finishers** Jason Frogge, 26, 1:31:40; Susan Houts, 32, 1:30:29; Ed Matheson, 62, 1:46:43; Jamie McLaughlin, 35, 1:18:14; Ashley Saxon, 23, 1:35:54; PC Snyder, 38, 1:33:08; Kristina Sterphone, 2:53:13; Bill Wavering, 58, 1:27:49; Gloria Wavering, 55, 1:24:32; Staci Wavering, 26, 1:11:45; Ryan Moore, 28, 1:14:09; **Rockledge finishers** Gerald Bird, 55, 1:45:55; Jeff Boston, 42, 1:42:50; Yvonne Doyle, 44, 2:12:02; Adam Roberts, 21, 1:17:55; Anele Roberts, 24, 1:54:17; Aprille Roberts, 26, 1:19:41; Kathy Van Brocklin, 50, 3:08:58; Tara Van Brocklin, 14, 3:05:09. **Satellite Beach finishers** Steve Chin, 41, 57:13; John Cole, 21, 1:11:24; Chuck Cook, 43, 2:26:22; Eden Cook, 38, 2:26:24; Noah Cook, 11, 2:26:23; Chris Crotty, 53, 1:54:32; Angela Shoe, 41, 1:34:45. **Titusville finishers** Chris Han, 28, 1:28:19; David Taurasi, 46, 1:07:05; Patricia Taurasi, 1:22:02. **Viera finisher** Daryl Gilbert, 54, 1:46:21. **West Melbourne finishers** Kristian Damkjier, 30, 1:11:42; Nina Damkjer, 31, 1:39:38; Chuck Galy, 58, 1:11:05; Nilsa Galy, 55, 1:53:58; John Hogan, 51, 1:30:50. *At left, several SCR members celebrate their 15K runs and also help SCR Board Member Loran Serwin celebrate his 55th birthday at Ragtimes in Atlantic Beach on race night.*

FIRST RACE, FIRST CLASS



The inaugural Race for Research Half-Marathon and 5K got off to a good start on March 27 at 7 a.m. in Port St. Lucie. Clear, cool weather greeted the 228 athletes ready to tackle the 13.1 run; much of which was on wide, newly-paved roads.

The race was sponsored by Torrey Pines Institute for Molecular Studies and all proceeds go to pursue research in the fight against MS, Alzheimer's, many types of cancer and other major medical conditions.

Cocoa's Danny Barrett gave race organization a thumb's up. *(Barrett, at left with daughter, Casey, after her cheer squad won the Jam Fest competition on Mar. 20 in Kissimmee.)*

"This was the first race for them today and they did an awesome job," said the single father-of-two. They gave you a shirt, running hat and a very nice bag with goodies. Results were also done very fast and we were out of there. They also had free massages."

Barrett was also happy with his one-hour, thirty-three minute and 34 second finish that gave him third in the 40-49 age group. The race gave him a boost of confidence in the three-day-a-week FIRST training program he began using earlier in the season to help him prepare for Boston on April 19.

"Yes, I'm pretty happy with the FIRST program today," he said. "What really made me feel good is that I was really holding back."

Congratulations to local finishers Thaddeus Austin, 33, Merritt Island, 2nd 30-39, 1:27:01; Danny Barrett, 45, Cocoa, 3rd 40-49, 1:33:34; Joan Meadows, 50, Malabar, PR, 1:59:37.

READIN' & RUNNIN'



Blame it on Pat Conroy.

The senses invoked by the author's ruminations of the sweet salt marshes, she-crab soup and mansions on Broad led to the Brevard & Space Coast Runners invasion of Charleston for the 33rd Cooper River Bridge Run on March 27.

The point-to-point event is the third largest 10K in the U.S. behind the Peachtree 10K in Atlanta and BoulderBOULDER™ in CO. Without race officials closing registration at about 40,000 this year, who knows how high the numbers could go?

The race takes athletes from Mount Pleasant to Charleston across the new 2.5-mile long Arthur Ravenel, Jr. Bridge. With a grade of four percent and a pinnacle of 200 feet, athletes get a spectacular view of the city.

After spending the past year in the Kenyan army, the sight was probably a welcome one for Simon Ndirangu, above left, bib #3. With a slight tailwind and temperatures in the mid-40s, the 24-year-old elite runner posted the ninth fastest time in the event's history and collected \$10,000 for his victory of twenty-seven minutes and 49 seconds.

Ethiopia's Mesekerem Assefer took the ladies win in 32:31.

Howard Kanner led the local crew across the line. The newly-minted Master (40+) slapped down a 39:52, finishing 316 overall in the race that clocked 33,040 finishers.



Congrats to all local finishers including Sean Black, 40:24; Carl Bonds, 55:15; Kim Breeden, 2:07:16; Dennis Breeden, 2:07:15; Michael Casey, 56:40; Michael Davy, 54:44; Autumn Evans, 48:56; Keith Flint, 1:10:36; Marisa Flint, 56:30; Stanley Golovac, 1:29:57; Jeff Hedrick, 51:22; Kelly Hunter, 53:43; Lucinda Kage, 1:09:45; Howard Kanner, 39:52; Colleen Lowman, 1:46:49; Stephen Maldony, 1:00:15; Suzanne Plantec, 1:01:27; Anthony Porter, 1:20:57; Lisa Ann Porter, 1:57:52; Roderick Ray, 49:12; Debbie Rescott, 54:39; Loran Serwin, 45:19; Marc Caniel Shoemaker, 58:12; Sheri Lynn Shoemaker, 57:23; Stephen Simmons, 1:00:26; Sue Strout, 50:07; Jimmy Tyler, 49:50; Robin Williams, 55:19; Christy Zieres, 54:39. (Left: Field-tripping Space Coast Runners get ready to head out for the Cooper River Bridge Run including (left to right) Howard Kanner, Loran Serwin, Christy Zieres, Kelly Hunter, Jeff Hedrick, Debbie Rescott, Robin Wil-

iams, Marisa Flint, Nick Flint, Sue Strout, Carl Bonds.)

NOW ON FACEBOOK

Share photos, questions, tips, stories and training tips on one or all of these great sites! www.facebook.com





20th Annual SPACE COAST SPORTS FESTIVAL
5K Race & Fun Walk
Saturday, May 29, 2010 7:30 am.
Wickham Park Pavilion, #1

to benefit the
Space Coast
EARLY 
INTERVENTION
 Center
A non-profit preschool and therapeutic center for children with and without special needs.

Sponsorships: \$100 donation to **The Space Coast Early Intervention Center** receives recognition on our Race T-Shirt!
 (check made out to: SCEIC and mail to: SCEIC 3790 Dairy Road Melbourne 32904)

Registration: 7:00am-7:30am, Saturday May 29, 2010
 The registration, start, & finish is at Wickham Park Pavilion, #1.

Course: 5K run & Fun walk (separate starts) on paved and unpaved roads through Wickham Park.

Cost: Day of Race - \$18 runner /\$12 walker
 Pre-Registered before May 23, 2010- \$14 runner /\$11 walker

T-shirts: High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*

Plaques: First Place Overall & Masters & First Place Runner each age Group (Male/Female)

Medals: Second and Third Place Runner Each Age Groups (Male/Female)

Age Groups: (M/F) 0-9, then standard 5 years increments to 80+

More Info: Call (321) 433-4891 or e-mail Kristin.Swenson@brevardparks.com

Make checks to: Brevard County Parks & Recreation

Mail to: Space Coast Sports Fest, c/o Viera Regional Community Center, 2300 Judge Fran Jamieson Way, Melbourne, FL 32940

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ Date of Birth: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ Email: _____

T-SHIRT SIZE (Adult): S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Space Coast Festival, Brevard County Parks and Recreation Division, Sunshine State Games Foundation, The City of Melbourne, The Brevard County Commission, The State of Florida, Space Coast Runners, MDA, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event or on though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may deemed appropriate under existing circumstances by personnel associated with the Sunshine State Games.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 yrs) _____ DATE _____



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

ESCAPE (the swim?)



Maybe it's a good thing that this year's Great Escape Triathlon at Lake Louisa State Park in Clermont was no longer a qualifier for the 30th anniversary of the popular and historic Escape from Alcatraz on May 2. After all, if the Florida race director deemed southern athletes too delicate to handle a one-mile swim in the 60-degree waters of Lake Louisa, how could anyone expect them to handle the frigid (mid-50s) and treacherous waters of San Francisco Bay?

While a few were relieved that the March 7 race was turned into a duathlon for the non-elites, there was plenty of disappointment and some anger from those who knew what to expect; spent time training in cold, open water and had brought not only their wetsuits but, in some cases, hoods and booties.

Nevertheless, athletes were ready to rock as they lined up for the time-trial start of the two-loop 18-mile, hilly course within the park. We have to wonder if the police busted anyone for exceeding the park's 25 mph speed limit? After exiting transition, athletes were challenged with a 5-mile run that took them through sand, soft trails and even some boardwalk.

A pair of out-of-towners took the top spots. Michigan's Rhone Eppelheimer, 20, averaged 25.8mph on the bike and followed that up with a 5:57 per mile run split. He crossed the line in 57:54.

In the ladies race, 27-year-old Julia Mavrodin outpaced her competitors averaging 23.1 mph on the bike and the hitting the line in 1:20:35 with her 6:36 per mile run pace.



Cocoa Beaches Stephanie Hirst was Brevard's fastest athletes and third female overall but ended up second in the 25-29 age group with her 1:23:38 finish. (Left, Marine Corps 2nd Lt. Justine Whipple, #301, passes Air Force 2nd Lt. Stephanie Hirst during the bike course of the 2007 Armed Forces Triathlon Championships at Naval Base Ventura County Point Mugu July 28. Both women made the USA Triathlon team.)

Congrats to Hirst and all Brevard locals and SCR members who made the 'Great Escape' including Bill Buonanni, 1:39:55; Nancy Buonanni, 1st 45-49, 1:28:55; Tod Hagen, 1:32:48; Stephanie Hirst, 2nd 25-29, 1:23:38; Lori Kruger, 1:40:18; Kevin Leiker, 1:30:30; Anne OConnor-Smith, 1:50:15; Don Piercy, 5th 45-49, 1:27:26; Mike Smith, 3rd 50-54, 1:32:14; Michael Tuttle, 1:44:25; Christy Zieres, 3rd 50-54, 1:48:15; Jeff Zipperer, 1:32:04

SO COOL FOR COOL WATER!



After experiencing a colder than normal winter, many athletes wishing to compete in early season multi-sport events may be scrambling for a wetsuit. If you don't have one or would like to try something new, check out the new program at Running Zone. For just \$50 a week (Thursday-Wednesday) you can rent one of their awesome Blueseventy wetsuits available in a multitude of



DAVIS FASTEST ANIMAL IN JUNGLE

March 6, 2010

The Cheetah Chase 3K, which was race number five in the six-race Running Zone Race Series, brought those seeking a slice of the \$3,650 in prizes and gift certificates closer to their goals.

West Melbourne's John Davis took the win in 10:21, his 5:34-per-mile pace giving him a mere 10-point lead on Melbourne's Chris Rego. A junior at Florida State University, Rego is a former two-time Series champ (2008, 2009).

The outcome of the women's Series race will also come down to the final event - Run for the Gecko 5K on May 8. Last year's female Series winner, Palm Bay's Tracy Smith, took the Cheetah win in 11:49, giving her a 10-point lead on 2008 Series victor, Jessica Crate.

The two-legged animals weren't the only ones to benefit from the jaunt through Zoo property.

Since the race began in 2007 - each year offering a unique fun theme - proceeds totaling \$19,000 have been donated to help with zoo care and upkeep.

MALE

Overall

John Davis	10:21.6
Steve Chin	10:23.1
Greg Dudra	10:26.1

Masters (40+)

Art Anderson	11:08.3
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8 and under

Kai Fricke	15:15.5
Malachi Jones	16:05.5
Austin Hayes	17:04.7
Noah Huff	17:35.2
Noah Dovin	17:50.2
John Eaton	18:04.0
Sean Williams	18:13.7
Noah Ogburn	18:28.6
Ian Kalra	19:04.4
Jacob Gruessner	19:24.0
Eli Ortiz	19:25.6
Aeddon Burns	19:48.4
Zane Chiles	19:50.8
Graeme Burns	19:52.5
Rylan Andrews	21:13.6
Daniel Shelton	21:17.6
Cameron Keats	21:20.4
Taylor Kopman	22:22.1
Victor Valentin	22:28.8
Tanner Woolsey	22:44.9
Nathan Ouellette	24:08.8

Gavin Wessel	24:41.7	Billy Floyd	32:03.1
Daniel Johnson	24:49.7	Sky King	33:16.9
Tyler Cox	24:55.4	Ian Cook	33:54.6
Joshua Ward	25:32.8	Michael Rinker	34:45.5
Colin Schuck	26:26.8	Cameron Cox	35:04.1
Jordan Blair	27:30.0	Chance Gorman	35:59.3
Jace Nixon	28:26.9	Ethan Holder	44:59.3
Mitch Hannan	28:39.9	Tony Bocchino	48:09.6
Tyler Minton	29:58.6		



Zippy congratulates John Davis (1st OA); Jon Campbell, 1st 30-34 and Steve Chin, (2nd OA) on their choice of headwear and Cheetah Chase 3K victories. Jones photo.

9-11

Mason Jones	12:05.9
Colton Toms	12:19.7
Ryan Garrett	12:27.4
Steven Cross	12:35.2
Keaton Robb	13:03.1
Jonathan Pugh	13:20.5
Jared Hayes	13:38.4
Carl Dudra	13:43.5
Rodolfo Valentin	13:45.7
Dawson Toms	13:49.8
Uriah Washington	13:51.4
Justin Potier	14:42.9
Connor Cook	14:44.9
Chase Oliver	14:56.0
Christian Hayes	14:58.4
Cameron Michaels	15:00.4
Sean Pemberton	15:20.0
Jason Garrett	15:20.9
John Carl-Padilla	15:25.8
Paul Jaime	15:27.6
Kyle Crocker	15:31.7
Tyler Adams	15:33.2
Connor Neff	15:42.6
Riley Smith	15:52.1
Ryan Huff	15:53.1
Chandler Davis	15:59.6
Collin May	16:03.1
Max Yesowitch	16:11.5
John Liebler	16:31.8
Adam Metcalf	16:35.0
Trevor Denson	16:38.2
Devin Jordan	16:38.7
Jordan Sichler	16:43.3
Nick Capozzi	17:03.2
Mason Wilcox	17:22.0
Zack Bursk	17:31.9
Bryan Baker	17:50.8
Matthew Campbell	17:50.9
Wayne Griffin	17:54.6
Kevin Phillips	18:13.0
Steven Nowak	18:22.8
Jerrett Bridge	18:33.2
Will Henn	18:44.1
Andrew Schwarz	18:52.1
Garrett Fortier	19:07.2
Jack Gaffney	19:59.2
Eli Wyckoff	20:33.6
Sam Lamonde	21:40.6
Nicholas Marotta	22:06.2
Jacob Blair	22:20.3
Dawson Moros	23:11.3
Kylar Cecilione	23:12.4
Thomas Vonseggern	23:33.9
Kaiser Creek	23:55.6
Jake Lamonde	24:14.6
Tyler Tenuity	24:16.7
Nicholas Johnson	24:35.1
Zack Reising	24:42.9
Jack Ragissun	24:45.6
Mitchell Shoff	24:55.0
Christopher Reutt	27:31.1

9-11 continued

Dylan Reese	28:01.0
Nicholas McCart	28:36.5
Katin King	33:16.0
Armando Santamaria	33:17.1
Ben Edelen	44:27.0

12-14

Brandon Holst	10:47.3
Drew Denson	11:25.5
Jacob Langgle	11:52.8
Austin Pollard	12:03.3
Zak Unrue	12:08.7
Devin Raney	12:12.4
Kenny Rhodes	12:45.1
Jared Williams	13:04.9
Wesley Garrett	13:08.5
Taylor Neff	13:10.8
Brad Ivey-Glines	13:43.9
Briar Reck	13:47.9
Tommy Jandris	13:54.6
Chase Rousseau	14:28.7
Micheal Groppe	14:30.7
Tim Campbell	14:45.1
Tyler Falscroft	14:47.6
Jack Moore	15:11.1
Michael Lamonde	15:48.8
Cameron Sutton	16:08.0
Nathan Bierman	16:09.3
Travis Hoibraten	16:26.9
Jacob Mellick	16:33.7
Jacob Carter	17:01.6
Tyler Gutwein	17:35.4
Jacob Meader	17:43.1
Cody Wyckoff	17:48.1
Zachary Onovi	17:50.4
Bryan Levy	18:15.5
Hunter Altman	18:31.3
Thomas O'Connor	18:33.4
Aaron Blaylock	18:40.9
Austin Strenecky	19:05.3
Mason Margut	19:08.7
Alex Budnick	19:12.7
Alec May	19:30.9
Mark Sebetka	19:37.7
Michael Reutt	19:52.2
Garrik Lau	20:15.9
Bryan Crocker	20:27.6
Sean Gaffney	26:00.0
Blake Nixon	26:46.8
Kevin Sieck	28:52.7
Jonathan Hall	29:27.5
Chris Hart	33:46.6
Toby King	34:55.0

15-19

Luke Redito	10:46.2
Travis Waters	11:20.5
Nick Flint	11:37.3
Nick Rousseau	12:29.2
Aaron Chapman	13:03.8
Josiah Britton	13:14.8

15-19 continued

Nicholas Emerson	13:18.7
Bobby Hermida	13:22.7
Caleb Ison	13:28.5
Allen Britten	13:40.3
Travis Pemberton	14:49.7
Gage Wikel	15:14.5
Alex Maceo	18:05.9
Jamie Schmitt	18:10.6
Alfred Marsden	18:50.0
Aaron Goodermuth	19:31.5
Thomas Lowry	25:36.4
Michael Hill	38:28.8

20 - 24

Jon Raynor	12:56.4
Benjamin Wood	13:22.8
William Welch	13:52.4
James Gillealey	14:15.9
David Milstid	15:02.8
Michael Falvella	15:22.8
Charles Szostak	15:37.7
Michael New	16:27.9
Jeff Sherker	16:40.7
Carlo McDonald	16:43.4
Guy Habercom	16:47.5
Tom Ebert	16:55.9
Tommy Milbourne	17:47.3
Jordan Gary	17:58.4
Eric McKenna	28:19.9

25 - 29

Paul Timmons	11:58.6
Chris Workman	12:11.8
Joseph Joseph	12:22.5
Brad Evers	12:25.3
Robert Schatzman	12:52.0
Justin Moody	14:06.8
Bryce Harrington	14:07.6
Steven Stengle	14:20.8
John Heminghaus	14:57.7
Gabriel Barfield	15:00.6
Phil Hatcher	15:19.6
Josh Stringer	15:38.3
Brett Keener	15:45.7
Adam Fatka	15:47.3
Brian Timmons	16:21.5
Steven Macko	16:29.5
Michael Domizioli	16:35.9
Michael Haig	16:48.4
Mike Melachrinis	18:11.3
Timothy Forcier	18:25.6
Brian Alston	18:32.2
Chris Streiff	19:32.6
Matt Barrowman	19:36.4
Bill Doncaster	19:38.3
Doug Drummond	19:54.2
Brad Marovich	20:43.3
Scott Murdoch	20:57.8
Chris Dunkel	21:10.0
Clifton Blumenberg	21:30.4
Matthew Wade	22:01.9

25-29 continued

Timothy James	22:17.6
James Smith	24:23.3
Rob Lowe	27:09.0
Robert Bruckart	36:00.3

30 - 34

Jonathon Campbell	10:26.5
Thaddeus Austin	10:44.9
Steve Hedgespeth	10:48.7
Andres Perez	11:16.4
Jeremy Stewart	12:07.4
Jacek Frankowicz	12:24.6
Ramon Cordero	13:30.5
Dale Dukes	13:40.7
Charles Goodson	13:46.4
Jeremy Phelps	14:05.5
Jeffery Koeberl	14:10.8
Brian Kurinsky	15:19.3
Bill Hudkins	15:30.8
Benjamin Longmore	15:43.7
Jeff May	15:55.5
John Hoibraten Jr.	16:27.3
Harry Kiraly	18:04.1
Tim Strange	19:16.8
Vincent Abitino	20:04.2
Scott Sabetsky	22:05.0
Steve Kopman	22:22.0
Michael Cox	24:55.2
Dustin Drummond	25:03.4
Eric Ward	25:33.5
Robert Mercado, Jr.	27:40.4
Ryan Kahre	33:07.3
Josh Rinker	34:45.8

35 - 39

Shane Streufert	10:51.2
Paul Fleming	11:03.6
Brandon Kern	11:07.2
Jason Gash	11:51.5
Thomas Jenkins	12:05.3
Sean Michaels	14:03.4
Joseph Turnbach	14:06.8
Robert Toms	14:57.4
David Destefano	15:19.9
Randy Hines	15:51.4
Bryan Cheek	16:44.3
Ryan Herold	18:06.0
Dan Miller	18:10.2
David Kington	18:24.9
Jason Pasik	19:09.3
Brad Rarick	19:18.6
Sean Ortiz	19:31.3
Rudy Valentin	19:38.9
Ron Norris	19:50.0
Mark Petrillo	19:58.8
Robert Thompson	20:52.5
Greg Lau	22:48.7
Stan Hart	24:23.2
Chip Wessel	24:42.0
Peter Ricci	25:54.9
Bill Floyd	31:47.9
Jeffrey Smith	39:46.8

40 - 44

Frank Kapr	11:30.6
Larry Malcom	12:24.9
George Kirk	13:58.2
Brent Baysinger	14:41.5
Ashley Fleeman	14:56.4
Scott Baker	15:56.8
Francis Dufresne	16:24.8
Paul Treadway	16:24.9
Christopher Waterman	16:41.6
John Mellick	16:55.3
Rob Landers	17:06.9
James Cashin	17:08.9
Larry Wilcox	17:21.6
James Chiravalle	17:22.0
Dean Murphy	17:27.8
Chris Bursk	17:33.9
Frank Eckert	17:55.3
Lee Stromenger	18:39.6
Bill Crocker	18:48.0
Robert Griswell	18:55.8
Curtis Dugger	20:11.9
Steve Barberie	20:37.2
Billy Pentz	21:44.8
Scott Sutherland	22:11.9
Joe Raley	22:50.6
Chris Cecilione	23:12.4
David McCarthy	23:36.4
Jim Ouellette	24:09.0
Steven Huff	27:29.7
Bradley Blair	27:37.9
Donald Osumi	31:16.9
Michael Burns	31:57.8
Terrence Beck	36:11.7

45 - 49

Michael Adams	11:13.0
Doug Nichols	12:15.9
Keith Kowalske	12:42.0
Dave Hernandez	12:59.0
David Maltby	13:28.1
Michael Waters	14:04.8
Joseph Boudro	14:19.6
Keith Winsten	15:33.1
Lew Schwartz	15:52.9
Bruce Sieck	15:54.7
Guy Chabot	17:48.8
Clyde Bridge	18:33.2
Rick Roach	18:36.9
Joe Strenecky	18:54.0
Russell Scott	19:18.5
David Langhorne	19:41.5
Charlie King	19:43.0
Stephen Watts	20:23.3
Jj Woolsey	22:46.0
Bill Neff	22:53.1
David Hall	23:14.3
Marc Jaime	23:20.0
Wally Bowles	23:59.2
Steve Hebert	24:45.5
David Schmitt	25:33.3
David Bucy	28:30.0

45-49 continued

Greg Johnson	29:59.4
Pete Ninesling	30:20.6
Ted Himonetos	33:22.8
Iain Peters	35:51.9
Mike Migliore	41:20.2

50 - 54

Pat Jonas	11:09.1
Joe Hultgren	11:26.9
Matt Mahoney	12:10.7
Michael Slomins	12:14.1
Charles Zoss	13:29.7
Bart Ferguson	13:38.1
Michael Gaffney	13:54.3
William Miller	16:09.8
Ken Flieder	18:16.2
Neil Aaronson	18:30.6
Mathias Margut	19:08.8
Stephen Novicki	20:18.2
Gilbert Russell	21:07.4
Adrian Brung	21:52.7
Randy Shiver	23:04.6
Bryan Myers	23:42.2
William Moore	24:35.6
Danny Marshall	24:51.2
Frank Simmons	25:12.5
Craig Stephans	32:20.5
William Anderson	33:09.7

55 - 59

Jerry Bird	12:25.0
Bud Timmons	12:56.8
John Farner	13:48.0
Fariborz Zanganah	14:49.5
Larry Wiseman	15:44.6
David Szostak	16:29.9
Scott Means	18:31.5
Jim McClary	20:14.9
David Ryall	20:36.9
James Memmott	21:44.4
Robert Bruckart	25:22.5
Larry Sills	25:26.4
Harv Hobson	25:42.5
Thomas King	26:21.6
Jim Clamons	30:15.9
Jonathan Hawes	37:02.8

60 - 64

Grady Cash	12:39.6
David Grant	12:53.4
Gary Castner	13:35.1
Jim Schroeder	14:19.4
Carl Bonds	14:33.8
Ray Brown	14:35.4
David Farrall	16:23.5
Teen Sum	16:55.6
Paul Vanhemel	16:58.8
Vern Thomas	18:05.6
David Sobek	18:59.5
Ed Duley	19:26.7
Tom Lazar	20:15.7

60-64 continued

Scott Kennedy	20:49.4
Kent Cooper	22:09.9
Douglas Bailey	27:01.6
Pat Deabenderfer	31:34.4

65 - 69

George McAfee	15:16.8
Michael Petrillo	20:04.4
Frank Maloney	20:17.4
Steve Winterfeldt	24:16.0
Drew Noble	29:44.8

70 - 74

Tom Ward	15:28.9
Bob Dinsmore	17:49.1
Chuck Vitalie	28:06.6

75+

Bob Pecor	18:22.9
Ed Hardy	22:20.1
Henry Campbell	24:02.4
Ray Szostak	32:52.1
Herman Serafini	55:31.7

Masters (40+)

Cathy Friedel	13:04.4
---------------	---------

8 and under

Alexa Baker	15:57.0
Margeaux Madeux	17:36.0
Kendall Robb	18:15.7
Carlee Reddy	19:07.4
Sydney Fortier	19:15.3
Ariana Valentin	19:36.4
Ali Brunner	20:51.2
Emily Hamilton	20:58.7
Paige Schlenker	21:30.0
Maya Toland	21:45.3
Katelyn Owl	22:48.9
Isabella Weiner	23:12.8
Zoe Moore	23:15.0
Margot Jaime	23:19.6
Catherine McCarthy	23:37.3
Sarah Drack	24:33.0
Natalie Moore	24:35.8
Kayla Hannah	24:38.3
Allison Snyder	24:49.3
Kamryn Marshall	24:50.0
Cassidy Johnson	24:51.4
Jennifer Bridge	25:01.8
Molly Newlin	25:34.2
Alexia Andrews	25:36.0
Kaylyn Kneen	25:36.6
Isabella Tomasura	25:43.4
Emma Gordon	25:53.2
Camryn Ricci	25:57.0
Sophie Sinclair	28:23.7
Taylor Davis	29:24.7
Casey Stringer	30:40.1
Audrey Johnson	32:05.9
Veronica Santamaria	33:15.0
Madison Rinker	34:40.8
Mercedes Rinker	34:49.3
Haylie Kiraly	35:36.1
Georgia Ryson	35:41.7
Sabrina Kiraly	35:58.9

9 - 11

Jordan Michaels	13:59.9
Kali Massa	16:20.1
Peyton Corbin	17:02.2
Katarina Jernberg	17:05.5
Erica Mijan	17:09.4
Deanna Cross	17:13.7
Ally Jaime	17:19.2
Maddy Madeux	17:21.1
Malea Sieck	17:33.5
Monica Blaue	17:58.7
Molly Turnbach	18:07.5
Thompson Lhoste	18:42.8
Alex Baysinger	18:43.5
Hunter Riggs	18:46.1
Alissa Stockman	18:50.4
Macie Monborne	19:00.4
Ashley Williams	19:00.5
Annalisa Koeberl	19:07.2

9-11 continued

Molly Redito	19:34.0
Erin Barney	19:51.1
Elana Sieck	19:59.0
Savannah Dugger	20:11.3
Jocelyn Lott	20:16.5
Ella Filippelli	20:34.2
Paulina Arnoff	20:57.1
Sydney Lau	21:11.5
Juliaun Scott	21:16.8
Julie Murphy	21:25.6
Hannah Pizatella	21:27.6
Julia Pellisce	21:28.4
Karianne Jandris	21:40.6
Sydney Sinclair	21:48.3
Sabrina Smith	22:09.6
Carley Baker	24:09.7
Tynesha Morgan	25:18.3
Hannah Keats	25:54.3
Starr Blankenship	26:21.3
Emily Ortiz	26:30.6
Makayla Brewer	26:48.8
Maddy Landers	29:31.2
Julia Long	29:46.2
Rachel White	30:15.2
Ashton Raley	32:46.6
Ashley Peters	35:51.8
Nicole Ann Edwards	35:52.3
Mia Herbert	35:55.9

12-14

Emily Chapman	12:48.5
Sarah Day	12:53.9
Kristen Owl	13:32.6
Kimberly Strohfus	13:48.3
Mackenzie Baysinger	14:44.7
Rebecca Fleeman	14:56.3
Julia Wooley	15:54.0
Monet Madeux	16:23.3
Tiffany Flom	17:09.2
Alyssa Jordan	17:45.5
Mallory Peterson	18:25.0
Olivia Ninesling	21:01.6
Sunni Kington	21:16.8
Nora Glover	21:26.2
Katy Pentz	21:43.1
Jesse Kessler	21:52.8
Tyler Wailes	22:42.5
Morgan Enoch	23:16.0
Breana Hall	23:19.1
Casandra Ricci	24:56.1
Elizabeth Edelen	25:19.1
Rylee Rigney	25:54.3
Alexa Raley	32:46.8
Raina King	34:54.4

15 - 19

Elizabeth Green	12:56.0
Stephanie Bird	13:08.4
Desiree Smith	15:40.4
Kristy McCoy	15:51.5
Kara Johnston	16:00.3



Tracy Smith scores the overall female victory at the Cheetah Chase 3K.

FEMALE**Overall**

Tracy Smith	11:49.4
Meredith Vanveen	12:19.0
Alexa Gemma	12:28.8

15-19 continued

Laura Szostak	16:46.5
Michele Gray	17:10.0
Ellen Ninesling	17:29.5
Ariana Zanganeh	17:37.3
Jenna Ison	17:52.4
Molly Winsten	18:15.5
Megan Nosowicz	18:39.4
Aliza Bonvallat	19:32.6
Madeline Helsel	19:45.1
Melissa Holloway	19:47.6
Ariel Little	19:51.2
Peeraya Sawangkum	20:04.5
Sarah Mennen	20:09.9
Tatiana Zanganeh	20:33.1
Brittany Cheatwood	25:11.3
Sara Rokes	25:46.6
Meghan Rokes	25:46.9
Kari Goodermuth	28:25.9
Paula Himonetos	30:28.9
Amber Smith	31:03.9
Ashley Hoibraten	31:47.1

20 - 24

Carolyn Horst	14:31.7
Renee Brinks	18:15.6
Rebecca Genovese	18:40.9
Nicole Beckett	18:42.6
Erin Rodriguez	19:18.9
Jennifer Nelson	19:20.9
Jackie Smith	19:32.9
Krita Hart	19:52.4
Amanda Johnston	20:08.7
Crystal Doty	20:34.4
Jennifer Milbourne-Barn	20:41.5
Jill Kelnhofer	22:37.4
Kerilee Krzywicki	23:00.7
Kendra Krzywicki	23:13.8
Trina Simpson	23:44.3
Sarah Hamman	24:42.7
Tabitha Abraham	26:14.3
Cali Szostak	32:52.7
Alicia Salter	35:17.7
Priyanka Parikh	37:11.7

25 - 29

Amy Clamons	13:14.4
Patti Olszewski	13:39.6
Cara Evers	13:56.4
Jacqueline Boughner	14:48.2
Emily Halliburton	15:03.3
Shannon Buchanan	15:16.9
Brittany Doncaster	15:44.7
Sarah Campbell	16:20.3
Jessica Smith	16:47.5
Elise Waltman	17:29.8
Rachel Spivey	17:31.4
Amantha Murphy	18:18.9
Heidi Kirchhoff	18:21.3
Jessica Drummond	18:22.0
Megan Heffernan	18:22.9
Nikki Koehne	18:24.5

24-29 continued

Kimberly Ascroft	18:24.7
Jamie Stengle	18:32.3
Julie Gooch	18:32.5
Stephanie Thron	18:33.9
Sarah Clamons	18:54.4
Leala Dunn	18:59.5
Jamie Marovich	19:04.1
Stacey Camp	19:09.6
Margarita Martinez	19:12.6
Patricia Lucas	19:31.8
Wyndy Nussbaum	19:32.9
Jennifer Stokes-Holtrop	19:50.2
Jacqueline Ramirez	19:53.2
Christina Mennen	20:09.5
Erin Lauscher	20:58.4
Susanne Cervenka	21:18.1
Jaclyn Whiteman	22:07.4
Margaret James	22:17.0
Blair Wade	22:17.7
Paula Salazan	22:32.7
Paige Herr	22:55.2
Michelle Russell	22:59.6
Victoria Santamaria	23:47.4
Tristan Clouse	25:15.1
Andrea Sills	25:25.1
Ryan Drummond	26:23.3
Katie Brewer	26:49.7
Julie Noble	27:13.9
Rebecca Farmer	27:59.0
Kelley Jones	28:00.4
Roochira Rodela	28:28.9
Amy Ebert	28:49.6
Amy McKenna	28:50.8
Erin Dicarolis	33:05.3
Laruen Huffman	33:21.6
Robyn Nelson	33:52.1
Theresa Hoszowski	33:52.5
Audrey Tetro	34:18.0
Eileen Bridenbecker	35:16.0
Janine Bruckart	36:00.5
Maria Bise	36:29.4
Isabel Osbon	37:11.2
Cara Melachrinis	39:18.5
Isa Hodge	41:20.7

30 - 34

Kate Chapman	14:06.2
Sally Memmott	16:28.7
Katie Rush	16:41.2
Kelly Semenko	17:01.3
Rebecca Taylor	18:32.6
Rene Hardee	18:41.6
Katrina Dahdah	19:16.3
Crystal Hoibraten	20:51.9
Erica Knight	21:03.0
Terra Goheen	21:05.3
Lisa Capra	21:19.6
Karish Hudkins	21:32.7
Robin Grodecky	21:36.9
Michelle Viegas	22:14.9
Erin Murdoch	22:26.8

30-34 continued

Tammy Forcier	22:47.3
Krissy Guttendorf	23:04.8
Becky Deppe	23:20.4
Candy Revercomb	24:10.3
Heather Cherepkai	24:10.4
Lisa Marble	24:23.2
Denell Hastings	24:30.9
Karen Drack	24:33.8
Jennifer Mirenda	25:20.6
Jamie Ward	25:33.6
Anna Heiney	26:18.6
Holly Hendrick	27:13.6
Jessica Nixon	28:25.4
Kate Davis	29:24.9
Erin Ricci	29:43.5
Melissa Long	29:47.0
Katie McKinley	31:04.4
Tina Vanover	31:04.7
Terra May	32:59.9
Maria Pantloni	33:04.3
Lorey Watkins	33:53.2
Kimberly Orlowski	34:26.3
Loretta Rinker	34:50.8
Tracy Cox	35:04.2
Ann Kiraly	35:37.0
Vanessa Bocchino	48:08.9

35 - 39

Julie Hannah	13:18.5
Lisa Harrington	13:37.0
Sharon Kelly	14:31.9
Erin Schuck	14:46.7
Charlotte McClure	14:59.4
Jennifer Ogburn	15:58.7
Kimberly Frey	16:42.7
Felicity Cunningham	16:44.0
Laura Corbin	17:03.9
Michelle Mielke	17:21.6
Brooke Shlisky	17:37.2
Heather Koeberl	18:23.4
Shannon Kammer	18:59.1
Jennifer Kalra	19:05.3
Katie Fleming	19:07.8
Kristen Kehrer	19:08.5
Cori Riggs	19:10.4
Katrina Stone	19:31.3
Heidi Hughes	19:34.6
Wendy Dunegan	19:40.7
Amy Marino-Vitani	19:50.2
Jodie Fortier	20:01.8
Shelley Stone	20:13.0
Donnie Castner- Carr	20:15.8
Cristi Holland Lau	20:30.5
Michelle Love	20:34.3
Andrea Burda	20:40.7
Rima Andrews	21:12.6
Lynette Barberie	21:22.9
Samantha Guettler	21:29.5
Shelly Schlenker	21:30.4
Leeanne Herold	21:32.6
Tammy Naber	21:44.9

35-39 continued

Jennifer Smith	21:53.5
Viviana Rodriguez	22:28.6
Martha Melendez	22:40.5
Deborah Weiner	23:12.8
Kathryn Lott	23:14.4
Trishina Destefano	23:59.9
Susan Wailes	25:21.6
Espana Ortiz	26:28.6
Donna Michaels	26:47.5
Teri Moore	27:05.1
Lisa Meglio	27:23.9
Michelle May	27:54.7
Dana Smith	29:43.6
Maria Bruno	33:15.5
Lynnda Floyd	33:21.8
Cathy Pierson	35:16.3
Sandy Walker	35:16.3
Veronica Gorman	36:12.4
Jennifer Palmer	36:31.0
Dawn Mulkey	37:09.1
Barbara Rondinelli	37:10.9
Kathi Landers	37:14.0
Carlyn Smith	39:47.7

40 - 44

Robin Hernandez	13:29.5
Sarah Guttery	13:37.4
Ana Cristina Canales	15:10.5
Michelle Smurl	15:10.6
Linda Foster	16:33.7
Lori Levy	16:56.7
Lina Cashin	17:52.3
Eugenia McCane	18:13.6
Jane Blaue	18:21.0
Lynn Jaime	18:25.0
Susan Eaton	18:30.8
Mary Pat Altman	18:32.0
Andrea Lucas	18:34.5
Shandy Monborne	19:00.7
Pamela Espenschied	19:07.9
Yvonne Raley	19:12.8
Patricia Rich	19:28.1
Kathy Pellasce	19:39.5
Cindy Roach	20:00.2
Robin Henderson	20:04.0
Teresa Hines	20:04.7
Michele McCarter	20:13.3
Rhonda Stromenger	20:23.7
Joanne Barney	20:41.2
Dawn Vonseggern	20:43.5
Kimberly St. Amand	21:04.2
Tracy Lewis	21:12.0
Karen Sutton	21:49.6
Cheryl Cooper	21:52.4
Cindy Duperval	22:55.3
Tina Kiger	23:14.8
Monica Hall	23:16.9
Kim Johnston	23:23.0
Lara Sieck	23:57.3
Gail Bantugan	24:08.4
Judie Trank	24:40.3

40-44 continued

Pamela Neff	24:50.1
Dawn Crocker	25:03.7
Renee Simmons	26:03.6
Elizabeth Flom	27:30.1
Lisa O'Brien	27:37.0
Rhonda Hubbard	28:07.1
Shannon Cross	28:21.3
Leisha Sinclair	28:24.4
Cindy Hosken	29:19.2
Lisa Barnes	29:57.9
Robin Tooke	29:58.2
Ellen Little	30:19.1
Jennifer Ninesling	30:21.9
Dawn Hare	35:42.7
Vicky Gargano	40:56.3

45 - 49

Michelle Sirounis	14:58.8
Terry Ferrisi	15:09.3
Mariangie Blake	16:01.9
Cindy Gaffney	16:10.2
Laurie Paul	17:24.3
Mary Dier	17:27.6
Michele Duester	17:33.4
Kathy Carswell	17:48.6
Olga Gonzalez	18:10.6
Suzette Minch	18:20.8
Kathy Goodermuth	18:54.6
Carol Brinks	19:37.5
Charlene Cain	19:50.4
Skyhawk Fadigan	20:10.9
Julie Harrison	20:23.8
Carol Wickwire	20:34.1
Cathy Chapman	20:37.9
Arleen Pitts	20:42.6
Cassie Williams	20:49.3
Laura Dumas	21:11.3
Karen Speed	21:17.8
Lynn Francisco	22:13.3
Lisa Blair	22:21.1
Lisa Gruessner	22:22.8
Kathy Owl	22:52.5
Kathy Smith	23:08.7
Pam Cheatwood	23:09.0
Jeanette Russo	23:30.3
Sharon Kenney	23:41.4
Heike Baucom	23:45.0
Linda G. Palmisano	23:49.8
Karen Kessler	24:34.3
Deborah Craven	24:43.0
Karen Fulton	24:45.7
Norris Gray	24:50.4
Gianni Zanganeh	25:11.7
Susan Newlin	25:33.6
Carla Tomasura	25:43.5
Casey Hahn	25:46.2
Mary Trainor	26:02.7
Celeste Velie	26:38.2
Kim Aaronson	27:47.8
Kathy Sherry	28:04.5
Kim Hannan	28:45.8

45-49 continued

Lori Kruger	29:24.5
Cheryl Davis	30:21.2
Sharon Stringer	30:42.0
Linda Smith	31:04.0
Susan Costner	31:27.2
Lori Cooper	31:34.7
Karen Hebert	32:48.6
Helene Allred	35:04.3
Barbara Allred	35:04.4
Connie Stephans	35:30.7
Mila Herbert	36:01.7
Brenda Rueb	36:04.2
Janine Jordan	37:39.7
Lori Migliore	41:19.4

50 - 54

Robin Moran	13:38.5
Janet Erlacher	16:03.9
Melanie Delman	17:03.9
Barbara Gervais	17:14.7
Diane Caruso	17:52.1
Nancy Sharp	18:09.0
Carol Miller	18:48.3
Pauline Jonas	18:50.0
Mia Little	19:50.4
Sally Liebler	19:57.7
Andrea Collins	19:57.7
Joann Bucy	22:47.9
Gail Wiseman	23:04.7
Seher Swenson	23:08.8
Rachel Bonham	23:12.7
Cynthia Habercom	23:20.4
Jackie Watson	23:29.6
Dalys Dunn	24:05.7
Leslie Giammarco	24:26.9
Sharon Nielson	24:49.4
Paula Eastman	24:53.4
Joanne Gomber	24:59.8
Denise Bridge	25:01.6
Cheri Ryall	25:13.8
Marie Verderame	25:33.3
Kathy Mos	25:53.2
Mary Compton	26:05.3
Toni Rousseau	26:09.2
Janet Szostak	27:10.0
Terri H. Moeller	27:17.1
Sue Lazar	27:21.9
Debbie Holliday	27:56.8
Nancy Hadley	28:17.7
Pat Novicki	28:19.1
Gail Means	28:37.0
Marlene White	30:15.2
Pat Villanueva	31:33.9
Suzanne Wilk	32:23.1
Rebecca Anderson	33:11.0
Cherie Cook	33:54.8
Cindy Tetro	34:18.0
Diane McPadden	34:46.8
Melissa Wilcox	34:50.4
Patricia Coburn	35:19.7
Pamela Beck	36:10.9

50-54 continued

Lou Ann Hawes	37:08.2
Vicky Raimer	40:54.2
Rosemary Leveille	40:56.5
Joellen Diers	44:26.8

55 - 59

Sue Strout	14:11.4
Anne Doerflein	16:21.4
Linda Belanger	16:48.6
Kim Raney	17:16.7
Jo Anne Goodson	17:49.0
Claudine Mooty	18:33.2
Maria Trieste	23:07.4
Mary Ann Bowman	23:15.8
Luanne Memmott	24:16.2
Deb Holland	24:26.3
Lisa Farrall	25:33.3
Pam Hobson	25:43.6
Sharon Kennedy	26:23.1
Cathy Stelling	26:26.0
Norine Burr	26:32.5
Sally White	26:56.5
Linda Johnson	26:59.1
Debra Thompson	27:05.6
Mary Clamons	30:15.8
Donna Hite	30:58.0
Pam Himonetos	33:22.3
Kathy Alaskiewicz	33:33.2
Susi Ray	33:33.7

60 - 64

Anne Dockery	13:10.4
Barbara Vanhemel	18:56.6
Merrylee Norris	26:16.6
Irene Lane	26:42.8
Suzanne Johnson	29:17.8
Sally Deabenderfer	31:35.0
Barbara Joy Vanveen	32:18.1
Mary June Joseph	32:43.2
Brenda Williams	34:59.4
Stevie Weimer	35:19.5
Marlene Sassaman	35:26.1
Nancy Grzesik	35:42.4
Patsy Heinitz	50:34.7

65 - 69

Willy Moolenaar	16:06.6
Wanda Hizer	27:23.1
Paula Vitalie	28:04.7
Carol Gendle	30:56.8

70 - 74

Katie Marsh	26:01.4
Nancy Pecor	28:18.1
Joan Nunnally	37:40.3

CORPORATE TEAM RESULTS**1. Harris - 58:41**

Paul Fleming, Pat Jonas, Michael Adams, Paul Timmons, Amy Clamons (13:15)

2. Health First - 1:05:29

Jacek Frankowicz, Nick Rousseau, Aaron Chapman, Charles Zoss, Jordan Michaels

3. Energized Educators - 1:31:45

Randy Hines, Barbara Gervais, Scott Means, Cindy Roach, Teresa Hines

4. Florida Today - 1:32:17

Dale Dukes, Kevin Phillips, Sean Williams, Cassie Williams, Susanne Cervenka

5. The Eye Institute - 2:25:48

Erica Knight, Tabitha Abraham, Debbie Holliday, Eileen Bridenbecker, Cathy Pierson

OPEN TEAM RESULTS**1. Running Zone - 53:50**

John Davis, Steve Chin, Jonathon Campbell, Steve Hedgespeth, Tracy Smith

2. PACA (Park Avenue Christian Academy) - 1:07:51

Jacob Langgle, Zak Unrue, Wesley Garrett, Sarah Guttery, Jacob Carter

3. TEAM - 1:10:28 - 1:10:28

Jason Gash, David Maltby, Sue Strout, Carl Bonds, Sarah Campbell

4. CAV (Church at Viera) Runners' Club - 1:20:01

Larry Malcom, Josiah Britton, Micheal Groppe, Linda Foster, Morgan Enoch

5. 6 Fingers - 1:31:44

Charles Szostak, Josh Stringer, David Szostak, Laura Szostak, Janet Szostak

6. McGladrey - 1:32:42

Michael New, Guy Habercom, Jamie Marovich, Matt Barrowman, Brad Marovich

7. Sieck Family - 1:46:19

Bruce Sieck, Malea Sieck, Elana Sieck, Lara Sieck, Kevin Sieck

8. Latitudes - 1:51:52

Heidi Hughes, Charlene Cain, Jacqueline Ramirez, Norris Gray, Robert Mercado, Jr.

9. Turtle Power - 2:01:14

Tom Ebert, Nicole Beckett, Eric McKenna, Amy Ebert, Amy McKenna

10. Rinker - 2:53:54

Madison Rinker, Michael Rinker, Josh Rinker, Mercedes Rinker, Loretta Rinker

SCHOOL PARTICIPATION ((x)=number of students)

Lewis Carroll (30), Longleaf (19), Audubon (14), West Melbourne (10), Park Avenue Christian Academy (8), Holland (7), St. Mary's Cougars (6), Manatee (4), Meadowland (4), Jupiter (3), Our Lady of Lourdes (3), DeLaura (2), Discovery (2), Ocean Breeze (2), Ralph Williams (2), Westshore (2), Williams (2), Clearlake Middle (1), Cocoa Beach Jr. High (1), Freedom 7 (1), Gardendale (1), Johnson (1), Kennedy (1).

LET'S RUN OVER IT 5K

March 13th, 2010
Melbourne, Florida

MALE			40-44 continued			8 and Under		
Overall			Tim	Gannon	34:23.8	Rachel	Koshy	47:44.7
Art	Anderson	19:19.1	Andrew	Schmidt	47:59.5			
Joe	Hultgrew	19:42.6				15-19		
Matt	Mahoney	20:59.0	45-49			Brenna	Koretsky	34:50.9
			Bruce	Crain	23:25.6	Amber	Anderson	34:55.0
Masters (40+)			William	Preston	23:44.3	Kimber	Keeling	42:25.2
Don	Kearns	21:39.9	Steve	Gustafson	28:09.7	Emily	Richardson	46:41.2
			Mike	Krebs	30:41.3			
9-11			50-54			20-24		
Kyle	Ruiz	27:19.4	Tim	Murphy	24:03.7	Meghan	Finnegan	32:56.8
Rahul	Koshy	36:02.6	Garry	Branch	24:31.6	Sarah	Hamman	39:19.0
Peter	Laser	51:18.2	John	Seymour	28:14.1	Erin	Menges	57:50.5
	-		Rex	Gomez	36:50.7			
12-14			Mike	Evans	39:59.1	25-29		
Josh	Paul	26:34.1				Kristina	Latraverse	24:25.7
Zach	Krebs	27:09.9	55-59			Patricia	Lucas	33:43.0
Ross	Wagner	27:52.3	Ted	Amgott	23:49.2	Chrissy	McCormack	36:08.9
Jared	Gannon	34:21.7	Glenn	Sundin	25:07.2	Rena	Vincent	54:04.2
	-		Peter	Koretsky	29:26.7	Danielle	Mascolo	54:15.9
15-19			Richard	Werber	31:28.6			
Sebastian	Crain	23:16.3	Robert	Bruckart	38:57.7	30-34		
Anthony	Lowers	24:31.6				Jessicah	Nichols	27:53.5
Jon	Walenski	24:47.8	60-64			Memory	Nix	28:19.6
Glenn	Ii	27:36.4	Jim	Schroeder	23:47.2	Kelly	Semenko	29:39.4
			Gregory	McKay	28:22.3	Kelly	Farmer	34:21.3
20-24			Charles	Fain	33:45.5	Marilyn	Sharp	34:50.2
Chris	St	23:20.8	Allen	Piontkowski	37:15.7	Allysen	Rainier	36:38.5
Adam	Walenski	24:32.5	Gary	Dam	51:32.5	Jennifer	Jackson	36:39.2
Tony	Molina	57:50.6	David	Parker	54:02.2	Christie	Dam	50:47.1
						Stacey	Dam	50:47.5
25-29			65-69			35-39		
Hedison	Mui	25:16.9	Charlie	Yescott	23:55.6	Mary	Koretsky	25:56.0
Bryan	Sessions	26:50.5	Jerry	Green	34:58.7	Davina	Friese	26:36.1
David	Fahmie	27:28.4	J.M.	Dolan	36:22.2	Alexandra	Jordan	28:37.4
			Rich	Czarnowski	49:42.9	Shannon	Ward	32:53.4
30-34						Jessie	Bellstedt	33:08.3
Joshua	Maitlen	25:16.9	70-74			Becky	Maitlen	33:58.6
James	Samartino	27:55.8	Arbie	McInnis	36:54.8	Kim	Rodriguez	34:06.8
Ron	McGrier	33:29.7				Stacey	Tutsie	46:41.9
Matt	Rogers	44:00.6	75+			Gita	Koshy	47:45.1
Ian	Steele	47:47.4	Ed	Hardy	38:05.2	Elizabeth	Velez	58:42.8
35-39			FEMALE			40-44		
Arun	Koshy	47:57.2	Overall			Sandy	Swickert	28:54.2
			Sandra	Gannon	22:46.6	Sharon	Loines	34:28.3
40-44			Casey	Whitman	23:24.0	Jeanne	Stallings	35:33.4
Dan	Dugan	21:41.6	Angie	Preston	23:35.8	Kelli	Paul	37:45.1
Chris	Hanger	21:47.1				Cheryl	Mazalewski	40:51.7
William	Conyers	23:40.5				Heather	Richardson	46:41.9
Neil	Schanstra	24:03.4	Masters (40+)			Loretta	Demetrius	51:50.9
Robert	Blackwood	24:16.3	Paige	Stanley	25:17.9			
Francisco	Ruiz	27:19.5						
Carl	Belles	31:22.9						

45-49

Denise	Canina	26:01.2
Ilse	Berube	29:46.7
Joy	Wagner	30:23.4
Louisa	Harley	39:43.0
Kathy	Smith	40:15.5
Margaret	Laser	51:23.4

50-54

Melanie	Delman	29:08.3
Lesley	Collingsworth	30:27.0
Lorraine	Kourofsky	33:41.0
Patricia	Dela	33:56.7
Sherri	Shamet	37:19.7
Barbara	Bortner	37:36.3
Rachel	Bonham	38:03.7
Sally	Werber	44:30.5
Pam	Evans	45:51.1
Joyce	Durrett	49:08.9
Donna	Farrow	49:10.7
Alexandra	Larson	54:02.3
Alison	Cermak	00:05.6

55-59

Maureen	Morley	30:42.3
Donna	McKinley	31:07.6
Nancy	Dean	49:09.2
Marilyn	Dam	51:20.9
Cynthia	Sundin	51:27.6
Joyce	Harlow	58:43.7

60-64

Susan	Dohring	37:15.8
Maureen	McBean	54:17.0

70-74

Pat	Dixon	35:15.8
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75+

Annette	Hardy	40:09.0
Roberta	Osterling	02:43.4

SPRINT INTO SPRING 5K

March 14
Melbourne, FL

MALE**Overall**

Art	Anderson	18:49
George	Meerdo	19:38
Kyle	Meerdo	19:42

Masters (40+)

Matt	Mahoney	21:04
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9 and Under

Jeffery	Gahres	25:57:00
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10-14

Jeremiah	Wades	20:45
John	Gahres	22:29
Sam	Lack	25:24:00

15-19

Donald	Gahres	21:12
Charlie	Sweetman	36:52:00
Joshua	Wilgeroth	54:49:00

20-24

Eric	Avellar	22:27
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25-29

Chi	Cam	20:22
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30-34

Jack	Frankowicz	19:49
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35-39

Tristan	Webbe	20:32
Richard	Davis	21:25
Rick	Romolo	22:13
Peter	Megna	22:25

40-44

Marc	McDilda	24:55:00
Rich	Koller	24:55:00
James	Horan	25:03:00
Brian	Ritenour	37:31:00

45-49

Neal	Levine	21:44
Keith	Winston	25:06:00
Shayne	Williams	25:21:00

50-54

Robert	Heard	21:48
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55-59

Howard	Kideckel	24:22:00
Gary	King	24:24:00
Rick	Riji	26:07:00

65-69

Gerry	Fahey	30:08:00
Harris	Richman	54:49:00

70+

Ron	Hoar	26:10:00
Bob	Ghormley	26:44:00

FEMALE**Overall**

Kristen	Owl	22:30
Kristina	Latraverse	23:43
Veronica	Quintana	24:10:00

Masters (40+)

Terry	Ferrisi	24:42:00
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9 and under

Emma	Heard	35:51:00
Katelyn	Owl	37:12:00
Lily	Winsten	40:25:00

10-14

Liz	Gahres	28:26:00
Victoria	King	45:22:00

15-19

Susana	Acosta	29:06:00
Shelby	Kirk	30:11:00
Molly	Winsten	31:28:00
Nicole	Curley	37:29:00
Hannah	Cantu	59:50:00

20-24

Crystal	Doty	34:29:00
Elyse	Montfort	35:57:00
Aleeza	Wilgeroth	45:38:00

25-29

Stephanie	Kotkin	45:36:00
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30-34

Lynn	Preuss	25:59:00
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35-39

Tracy	Griffin	36:21:00
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40-44

Robyn	Horan	29:10:00
Lisa	O'Brien	44:03:00
Marla	DelRio	45:22:00
Trudi	Onek	48:27:00

45-49

Kathy	Owl	25:16:00
Skyhawk	Fadigan	33:08:00
Julie	Harrison	35:25:00
Marlene	Winsten	42:29:00
Sue	Rogers	46:38:00

55-59

Marlene	Kideckel	26:13:00
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60-64

Nancy	Richman	52:25:00
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RUN FOR YOUR LIFE 5K

March 20, 2010

Titusville, FL

FEMALE

Overall

Stephanie Crosby	20:58.0
Sandra Gannon	20:59.0
Anna Thorne	21:40.0

Masters (40+)

Sue Strout	22:23.0
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8 and under

Samantha Toledo	32:44.0
Maya Collier	32:49.0
Caroline Goessel	38:51.0

9 to 11

Hannah Flemming	25:29.0
Haley Hostetter	25:33.0
Summer Holt	26:23.9
Victoria Willis	29:40.0
Molly Turnbach	30:40.0
Jessica Berry	36:15.0
Reyna Behymer	36:55.0
Megan Berry	37:07.0
Anna Huff	38:40.7
Hannah Thurston	40:00.0
Hannah Collins	45:32.0

12 to 14

Elizabeth Norris	25:35.4
Jessica Langley	26:30.0
Kelly Ellison	28:16.0
Rachel Andrews	30:33.0
Sarah Payzant	30:35.0
Mariah Marti	31:01.0
Macy Holder	33:12.0
Lori Ulrich	34:29.0
Nicole Nolan	35:27.0
Katrina Crider	41:05.0
Hannah Richey	41:39.0
Hallie Fisher	41:40.0
Maddee Leonhard	46:33.0
Ashley walker	46:33.9
Alisa Richey	57:22.0

15 to 19

Sierra Pollard	23:50.0
Amanda Slayman	25:44.0
Mary Payzant	31:05.0
Frances Burnette	33:08.0
Chelsea Mack	37:58.0
Amy Cooper	47:28.0
Emilee Nolan	57:20.0
Alexis McCain	57:21.0

20 to 24

Krysti Cooper	23:54.0
Kimberly Humphrey	26:33.0
Chelsea White	27:29.7
Marie Marti	29:51.0
Kara Downs	31:10.0
Cassandra Jacobs	33:55.0
Kristie Keyes	38:27.0
Danielle Peabody	38:40.0
Brittany Nobs	44:35.0
Kalynn Miller	44:49.0

25 to 29

Tammy Klementowski	22:24.0
Jacklyn Garlock	26:06.0
Meghan Christie	26:23.0
Rene Dunne	26:53.0
Jamie Sylvester	27:25.0
Kate Schindler	27:54.0
Stephanie Tomlinson	28:38.4
Rachel Rayburn	29:29.0
Lydia Loyd	33:57.9
Marianne Ruark	36:18.0
Marjorie Lee Fickey	37:05.0

30 to 34

Melissa Kastanias	22:10.0
Kerstin Dea	22:29.0
Danielle Hostoles	22:39.0
Kate Howick	23:36.0
Megan Broome	26:39.0
Aimee Hurst	27:25.6
Mandy Gilmore	28:38.0
Bryanna Bynum	31:59.0
Amy Okrasinski	37:29.0
Melanie Bateman	38:51.4
Lisa Reul	42:12.0

35 to 39

Stephanie Jenkins	24:03.0
Leslie Talbert	24:08.0
Julie Pomerleau	26:01.0
Traci Stiffler	26:08.0
Amy Demers	27:41.0
Lori Holder	27:48.0
Stephanie Legare	28:26.0
Amy Sowards	28:52.0
Jessica Vanatta	29:58.0
Barbara Allison	30:31.0
Donna Carr	32:58.0
Debi Pollard	33:33.0
Jill Goessel	37:30.7
Heather Trapp	38:24.0
Page Howard	39:40.0

35-39 continued

Karma Poole	41:26.0
Melanie Turnbach	43:04.0
Holly Bennett	45:32.9
Katy Lehtio	49:12.0
Gretchen Walker	05:39.0

40 to 44

Christine Kennedy	24:41.0
Eugenia Berry	24:47.0
Marisa Flint	25:53.0
Sharon Sieber	26:18.0
Kim Payzant	28:56.0
Maria Huff	29:14.0
Jayne Wilkerson	30:15.0
Diane Klazon	31:46.0
Susan Varga	33:41.0
Alice Schultz	35:05.0
Sherry Sanker	35:30.0
Beth Toledo	37:51.0
Suzanne Richey	42:13.0
Sue Thurston	49:11.0
Gail Cisco	51:30.8
Lisa Baggett	52:28.0

45 to 49

Patricia Taurasi	24:12.0
Chiqui Behymer	24:27.0
Theresa Langley	26:45.0
Kimberly Badgett	28:23.0
Kristy Mount	29:12.0
Bridgett Cooper	29:35.0
Malinda Andrews	35:10.5
Charlotte Brunelle	35:15.0
Terri Burdine	35:37.0
Holly Curtis	36:53.0
Donna Lilley	37:34.0
Janine Kennedy	41:41.0
Catherine Norris	43:18.0
Natalie Rymer	43:40.0
Lisa Perdue	51:27.0

50 to 54

Karon Pittman	25:45.0
Paula Muxlow	28:56.6
Donna Kraft	29:02.0
Nancy Sharp	29:54.0
Jeanne Stagi	31:28.0
Patty Folsom	33:56.0
Nancy Storey	36:37.0
Kimberly Humphrey	41:01.0
Judy Allender	43:50.0
Maggie Sizemore	50:07.0
Patti Gaddis	53:26.0
Dawn Cummings	54:52.0

55 to 59

Marlene Kideckel	26:07.0
Nancy Johnston	28:56.9
Gwyn Hayman	28:57.0
Maureen Morley	29:10.0
Rhonda Howard	30:09.0
Jackie Haines	49:51.0
Debbie Sandstrom	54:23.0

60 to 64

Shirley Kump	45:52.0
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65 to 69

Maddie Garand	51:14.0
Roxanne Verwys	51:49.0
Adrienne Harrell	59:37.0

MALE**Overall**

Ryan White	17:16.0
Austin Thaddeus	18:08.0
Danny Taurasi	18:14.0

Masters (40+)

Art Anderson	18:15.0
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8 and under

Daniel Legare	23:45.0
Bryce Davis	33:34.0
Matthew Legare	35:10.0
Preston Tindall	38:03.0
Alex Poole	41:12.0

9 to 11

Mason Jones	20:40.0
Ryan Garrett	20:57.0
Jonathan Pugh	22:50.7
Collin May	23:06.0
Christopher Mead	23:58.0
Timothy Legare	25:26.0
Trevor Denson	25:32.0
Jason Garrett	26:40.0
Michael Andrews	27:26.0
Ryan Collyer	32:39.0
Stephen Schultz	35:02.0
Marc Ulrich	35:26.0
Timmy Maynard	37:59.0

12 to 14

Drew Denson	18:46.0
Jason Howick	19:36.0
Jacob Langgle	19:39.0
Wyatt Willis	19:55.0
Sean Ulrich	20:25.0
Wesley Garrett	21:35.9
Cody Wyckoff	24:20.0
Samuel Flemming	27:06.0
Zachary Onovi	27:51.0
Luke Gehlman	32:26.0

15 to 19

Taylor Collier	18:49.0
Tim Unrue	19:50.0
Craig Boger	20:30.0
Connor Johnston	22:02.0
Nicholas Andrews	22:50.0
Jacob Schreiner	47:27.0
TJ Walker	47:28.8

20 to 24

Adrian Urquiola	19:59.0
Cameron Cote	20:28.0
Ivan Gonzalez	23:42.0
Tyler Vollmer	29:17.0
Nick Mack	30:38.0
Clarkson Ritenour	32:54.0

25 to 29

Billy McMillan	18:52.0
Christopher Han	25:47.4
Josh VanCleaf	35:37.0

30 to 34

Aaron Fournier	20:50.0
Jeff May	25:47.0
Les Dunne	26:49.0
Bryan Sowards	30:18.0

35 to 39

Mike Doyle	19:35.0
Dave Chapman	19:35.6
Richard Davis	21:33.0
Joseph Turnbach	21:48.0
Mike Pollard	23:47.0
Ron Jeremy	35:28.0

40 to 44

Howard Kanner	18:18.0
Frank Kapr	18:31.0
Juan Pinzon	22:17.0
Bradley Berry	23:51.0
Daniel Talbert	25:14.0
James Chiravalle	27:47.0
William Bradshaw	29:15.0
Chaz Wendling	29:22.0
Michael Legare	31:16.0
Anthony Costa	33:57.0
Jeffery Hack	34:13.0
Colin Bateman	34:52.0
Scott Thurston	49:11.7
Dayne Deeds	51:41.0
William Wilson	05:39.5

45 to 49

Jeff Gleacher	19:29.0
David Taurasi	19:44.0
Tony Stokes	19:51.0
Brian Hicks	21:35.0
Todd Denson	23:45.9
Patrick Keach	23:48.0
Crawford Moore	25:02.0
Danny Leggett	26:31.0

45-49 continued

John Andrews	27:29.0
Darrell Hibbs	28:05.0
Randall Crosby	29:17.7
Keith Flint	31:11.0
Jim Garand	34:05.0
Rusty Crider	41:38.0
Daniel Bratt	49:01.0

50 to 54

Brian Kessler	18:22.0
Roger Travis	18:46.0
Joe Hultgren	18:47.0
Tim Collier	19:04.0
Matt Mahoney	19:53.0
Frank Norris	25:39.0
Keith Thompson	26:16.0
Richard Warren	27:35.0
Ken Flieder	29:42.0
Steven Brunelle	30:13.0
Kevin Berry	33:13.0
Timothy Richey	45:39.0

55 to 59

Jerry Bird	20:32.0
Daniel Stanley	20:46.0
Bud Timmons	21:50.0
Howard Kideckel	24:06.0
Michael Haney	37:30.0

60 to 64

Jack Gill	20:26.0
David Grant	21:21.0
Gary Castner	23:11.0
Joseph Becker	25:35.0
Greg McKay	26:36.0
Bruce Baker	28:32.0
Stan Johnston	31:20.0
JB Kump	45:52.9

65 to 69

Michael Zeitfuss	21:51.0
Chuck Urrutia	23:32.0
Ed Harrison	29:42.4
Richard Verwys	51:48.0

70 to 99

Charles Haverland	49:02.0
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Chuck Urrutia at 2009 Space Coast Mary

SET THE PACE 5K

March 27, 2010
Rockledge, FL

David Farrall Receives Set the Pace 5K Age Group Award By...*someone's* (Dave Farrall) tongue-in-cheek

(AP) David Farrall, infamous member of the Space Coast Runners, placed second in the 60-64 age group at the Wuesthoff Set the Pace 5K. Prior to this race, Dave had finished one or two places out of medal contention for the last two racing seasons. Dave was on a recovery run, due to an ITB or sciatica problem, and just wanted to see if he could go the distance.

He attributes his second place finish to the fact that his fellow age group competitors, Ray Brown, Gary Castner, Jim Schroeder, Dave Grant, and Frank Webbe chose not to show up for the race. For that fact he is reported to have been very grateful.

If Ed Rowley would have chosen not to show up that morning, Mr. Farrall would have gotten FIRST place.

David should not look a gift horse in the mouth. Take what you can get.

Complete Set the Pace 5K results start on the following page.



Center in red: A still injured Dave Farrall crosses the finish line of the Eye of the Dragon 10K. Cedric Ching photo.

MALE**Overall**

Kevin Butler	17:43.9
Art Anderson	18:25.8
Bruce Bayliss	18:46.0

Masters (40+)

Doug Nichols	19:45.1
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9 and under

David Dacosta	30:00.3
Ryan Choppe	30:06.5
James McVey	32:36.3
Bryce Davis	36:42.5
Travis Phillips	42:00.9

10-14

Nicholas Choppe	23:35.8
Zachary Savary	27:39.8
Robby Waller	28:18.9
David Ward	31:38.6
Steven Nowak	32:06.3
Corey Rosser	32:32.2
Nicholas Marotta	37:15.4
Jonah Adams	43:55.9
Alec Vanelli	1:02:59

15 - 19

Joseph Dolgowicz	23:54.9
Ryan Eberle	25:23.2
Glenn Sundin II	26:02.8

20 - 24

Jason Wessner	26:49.9
Jeff Sherker	27:27.7

25 - 29

Jonathan Pokorny	22:45.9
David Fahmie	25:35.1
Michael Grant	27:21.3
Brandt Williams	27:33.6
Kennith Adams	29:28.8
Chris Dunkel	31:40.7
Nick Sebring	00:12.9

30 - 34

Jonathan Dea	19:05.2
Scott Rigenbach	23:12.2
Dennis Boudreaux	23:57.2
Richard Phelan	27:08.9
Shaun McDowell	44:31.4

35 - 39

Mike Doyle	19:37.2
Jim Schaeffer	19:43.2
Matthew Hall	19:52.8
Richard Davis	21:42.1
Chris Tyler	27:14.7
Doug Grandey	32:12.2
Edward Dunn	34:30.9
James Conway	42:04.8

40 - 44

Boaz Da Costa	21:50.4
Thomas Parker	25:34.4
Harry Prosser	25:45.7
Ty Bowen	26:31.9
Jeff Girten	27:23.4
Dean Murphy	27:45.3
Chris Waterman	28:07.7
Steve Osborne	28:59.2
Chris Sands	30:02.4
John Mellick	30:02.8
Robert Sherker	43:13.7
Anthony Crouse	49:54.2
Mike Lynch	09:15.3

45 - 49

Doug Czerwinski	24:32.6
Jeff Poor	25:22.2
Gary Letchworth	25:37.2
Rick Roach	29:03.9
Michael Lewis	32:25.1
Michael Patterson	34:56.6
Peter Bahniuk	35:31.0
Douglas Waller	38:21.1
Jasper Warren	40:17.7
Thomas Phillips	42:01.3
Mark Brewer	1:04:31

50 - 54

Michael Slomins	20:19.6
Walt Turner	22:56.6
Rich Warren	27:12.4
Ken Flieder	29:50.7
Jeff Murphree	30:43.1
Richard Malecki	31:33.2
Henry Warren	41:23.5
Frank Travassos	44:11.6
Timothy Saunders	55:23.5

55 - 59

Tom Dietz	19:58.6
Michael Miller	20:30.6
Jerry Bird	20:56.7
Glenn Sundin	23:43.2
Thomas Eberle	24:57.3
Arleigh Sharpe	27:28.2
Owen Leland	27:45.6
Moe Desrosiers	33:39.4
Angel Gonzalez	46:08.8
Dean Racioppi	46:35.0
Danny Sangster	1:03:53

60 - 64

Ed Rowley	20:46.1
David Farrall	26:04.4
Greg McKay	26:42.1
Archie Adams	46:33.4
Gree Gathercole	53:28.4

65 - 69

Gerry Fahey	27:36.1
Doug Wilson	48:20.1
Alan Russo	1:04:03

70 - 74

Bob Ghormley	25:58.9
Ron Hoar	26:23.7
Jim Dunkel	32:32.3
James Morrell	38:02.7
Stanley Romaine	46:07.3

75+

Ed Hardy	35:22.8
Hermann Gerhard	48:30.1

FEMALE**Overall**

Kara Kyrarnios	21:53.9
Stephanie Bird	21:59.8
Kay Rowley	22:51.1

Masters (40+)

Julie Cloney	23:27.8
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9 and under

Margaret Ward	37:18.4
Qui'nisha Stuckey	42:48.6
Kimora Bruce	50:52.1

10-14

Lauren Boshart	31:00.3
Tamesha Moore	32:39.9
Naomi Le Sieur	32:57.9
Danielle Osgood	41:39.7
Cicely Conway	42:05.2
Grace Boshart	42:35.2
Cindy Tuten	01:00.5

15 - 19

Hannah Smouse	31:05.4
Grace Patterson	34:55.8
Shawndy Dunn	48:55.0
Taylor Young	59:45.5
Logan Young	59:45.7

20 - 24

Stephanie Sherman	27:22.2
Renee Brinks	30:01.7
Bryanna La Londe	31:00.9
Kelly Wessner	37:18.0

25 - 29

Eileen Conway	27:00.9
Erica McCain	27:40.6
Lauren Stallbaum	29:08.7
Nikki Koehne	29:34.1
Kimberly Ascroft	29:42.3
Stacy Ingram	30:45.9
Patricia Lucas	31:13.4
Jaime Walter	31:55.8
Maria Sunde	34:51.7
Amanda Pearson	35:25.8
Amanda Darling	35:26.8
Candy James	36:11.7
Jillian Stout	54:17.8
Melissa Carr	1:00:13

30 - 34

Cristie Sinclair	25:17.0
Christine Black	25:49.6
Mem Nix	25:59.5
Katie Dibernardo	26:37.1
Emily Boudreaux	27:07.8
Kelly Semenko	28:02.1
Kimberly Gallaher	28:10.1
Marcia Jeddrie	28:11.3
Kristin Cusimano	28:19.7
Allison Dempsey	28:48.2
April Stewart	29:07.8
Stephanie Webb	29:17.2
Krista Lukens	30:03.5
Paige Welch	39:48.5
Elana Pitcher	40:02.5
Kathryn McDowell	41:48.0
Shannon McVey	50:42.2

35 - 39

Tonya McDuffie	26:09.2
Dee Singleton	28:52.9
Amy Parker	33:00.6
Eileen Bentley	35:33.7
Lisa Conway	35:47.6
Molly Vangenechten	37:54.7
Megan Schmidt	38:47.1
Leeanne Herold	39:48.6
Robin Carlson	51:39.7
Natalie Richard	54:18.2
Angela Dunn	1:11:03

40 - 44

Jill Vanelli	24:49.6
Robin Kyramarios	26:22.3
Becky Grant	29:04.7
Susan Eaton	29:39.1
Kira Juranek	29:53.6
Sherry Heard	29:55.1
Jeanette Roach	36:05.1
Wendy Bernier	36:48.2
Sharon Osgood	41:42.5
Debra Cox	42:42.6
Theresa Cox	42:43.0
Kelly Fields	42:44.8
Elizabeth Flom	43:18.5
Jennifer Pait	54:17.7
Clinita Lynch	1:04:12
Imelda Ungos	1:07:36
Mary Rose Policarpio	1:07:36
Emily Wright	1:11:04

45 - 49

Connie Paxson	27:09.1
Barbrette Roth	28:10.4
Mary Dier	28:26.0
Flo Holden	28:56.2
Monica Sutton	29:19.0
Marjy Harrison	29:21.9
Doris Travassos	29:35.2
Katheryn Carswell	29:49.0
Mary Ward	30:49.4

45-49 continued

Carol Brinks	31:56.5
Lori Chabot	35:16.4
Janet Letchworth	40:39.6
Karen Kessler	42:28.9
Jeanette Hughes	42:40.5
Cheryl Sink	43:34.2
Lori Cooper	44:06.3
Gayle Sherman	51:36.3
Pat Young	1:07:13

50 - 54

Wanda Bibens	25:43.8
Judy Bailey	25:53.9
Carol Ball	26:32.1
Rosanne Bessenaire	28:19.9
Nancy Sharp	29:10.5
Karen Sanchez	29:38.9
Kathy Gay	31:04.2
Andrea Collins	32:21.8
Lauren Romeo	32:25.8
Cynthia Kolombo	32:57.9
Kelly Bergdoll	33:39.3
Susan Smouse	39:16.2
Denise Devito	44:05.7
Patricia Johnston	46:32.8
Betty Racioppi	46:35.8
Cynthia Sundin	48:54.8
Laura McGlothlin	50:21.3
Gail Beyers	51:40.2
Wanda Gathercole	53:03.1
Brigette Sebring	1:00:13
Joanne Russo	1:04:04
Cheri Carman	1:07:18

55 - 59

Maureen Morley	29:08.9
Martha Dudzinski	43:02.9
Helen Adams	46:32.2

60 - 64

Sharon Romaine	31:13.7
Judith Pastor	37:55.7
Susan Pitman	37:55.7
Vicki Simms	40:25.8
Patsy Heinitz	1:06:55

65 - 69

Petra Gerhard	34:13.7
Angela Staab	37:34.5
Sandra Barbaro	39:18.9
Sula Tucker	40:26.7

70 - 74

Beverly Grimes	1:02:57
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75+

Annette Hardy	37:48.5
Angela Saldana	39:03.6
Roberta Osterling	1:01:07

SET THE PACE**20 Years Ago****March 10, 1990**

The race was sponsored by Fitness Plus, Wuesthoff's gym and wellness facility at the time. Bob Michaels directed both the facility and the race. During Michaels's tenure with Fitness Plus, the Set the Pace Classic 5K drew record and speedy crowds. Pull tags recorded 525 finishers crossing the same Orange Avenue finish line that is still used today. Here's a look at the 1990 winners:

Male Overall

Jouni Isola, 15:25
Keith Gorski, 15:38
Doug Butler, 15:52

Female Overall

Delight Abreu, 18:39
Cindy Wright, 19:24
Nancy Huy, 19:28

Male Age Group Winners

10 & under: Eric usher, 23:43
11-13: Shawn Walters, 20:03
14-15: Ross Akin, 17:39
16-18: Chris Kohlsteddt, 16:08
19-24: Steve De Salvo, 16:51
25-29: Jorge Abreu, 16:37
30-34: James Glass, 16:57
35-39: Bob Perry, 17:00
40-44: Pat Chambers, 17:09
45-49: Marty Schwam, 17:50
50-54: Bob Sarver, 19:11
55-59: Jack Halken, 21:39
60+: Don Dore, Sr., 22:06

Female Age Group Winners

10 & under: Katie Zinafun, 27:27
11-13: Stacy Slaughter, 23:45
14-15: Rachel Ezell, 23:21
16-18: Angie Garrett, 22:01
19-24: Liz McGlarmery, 21:00
25-29: Dede Henrich, 20:00
30-34: Carol Strother, 22:01
35-39: Brenda Dayton, 20:35
40-44: Gloria Mesa, 22:31
45-49: Bonny Wolf, 22:52
50-54: Pat Dixon, 23:33
55-59: Shirley Sponsler, 25:41
60+: Patricia Marshall, 26:17