

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 6

June/July 2010



Robin Moran grins after receiving overall age-graded third place female as well as first place in the 50-54 age group in the 2009-10 Space Coast Runners Runner of the Year Series. The awards banquet was held on May 15 at the Indian Harbour Beach Recreation Center. Check out all of this year's award winners beginning on page 29. All award photos courtesy of Gene Ramba.

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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 .psd. Contact Patti Sponsler at psponsler@cfl.rr.com for more information.

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2010-2011 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Running on Island Time 5K

August 21, 2010
Time: 7:30 a.m.
Divine Mercy Catholic School
Merritt Island
<http://www.dmccs.org/5k/>

Chain of Lakes 5K

October 9, 2010
Time: 8 a.m.
Titusville
Marty Winkel, 537-3526
runs alot@cf.rr.com

Space Coast Classic 15K And 2-Miler

November 6, 2010
Time: 7:30 a.m.
Windover Farms, Melbourne
Cyndi Bergs, 514-6955
[See page 24 of this newsletter](#)

Space Coast Marathon and Half Marathon

November 28, 2010
Time: 6:00 a.m.
Riverfront Park, Cocoa
Denise Piercy, 751-8890
www.spacecoastmarathon.org

Reindeer Run 5K

December 11, 2010
Time: 8 a.m.
Cheri Down Park, Cape Canaveral

Sun n Fun 4-Miler

January 15, 2011
Time: 8 a.m.
Port Canaveral
Marlene White, 783-6535
marlenewhite@cfl.rr.com

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Melbourne
Jerilyn Bird, gwboms@aol.com

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

February 26, 2011
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

Downtown Melbourne 5K

April 2, 2011
Males: 7:30 a.m.; Females: 8:15 a.m.
Downtown Melbourne
Frank Webbe, 674-8104
webbe@fit.edu

Space Walk of Fame 8K

April 9, 2011
Time: 8 a.m.
Space View Park, Titusville
Marty Winkel, 537-3526
runs alot@cf.rr.com



**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 ten races of varying distances that provide a great incentive to get fit!

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>

Spotlight on



Race: 5th annual Running on Island Time 5K
Runner of the Year Series: Race number one of the 2010-2011 season

Date: August 21, 2010

Time: 7:30 a.m.

Location: Divine Mercy Catholic School, Google/MapQuest 1940 N. Courtenay Pkwy, Merritt Island 32953

Benefits: School scholarships and academic program materials for students.

Race Directors: Debbie Wells and Kara Springer

Course: www.dmccs.org/5k/2010/ProposedCourse.pdf

Kids run: Free with prizes for all finishers

Amenities: Laid-back island theme with steel drums and unique awards including live palm trees to top three male and female; great race shirts; post-race party including home made treats; 20 to 30 gift certificate give-a-ways.

Info/entry form: <http://www.dmccs.org/5k/>



Upper Left: Race volunteers Matt DeNote and Kara Springer grin during last year's Running on Island Time 5K.

Above: Start of the 2009 Running on Island Time 5K



2009-2010 SEASON IN REVIEW

THE PREZ SEZ

On Saturday, May 15, 2010, we celebrated our 40th annual meeting. This was an opportunity for many of our members to enjoy an evening out with friends and family celebrating individual successes. For those of you who could not join us, here are some of the highlights we shared of this past season.

The 2009-2010 race series was a great success! We had an increase in participants in all four of the SCR races---Eye of the Dragon (EoD), Space Walk of Fame (SWoF), Space Coast Classic (SCC), and the Space Coast Marathon and-Half-Marathon which registered a record-breaking 2,500 participants. In addition, we added 2-mile races at EoD, SWoF, and SCC. Our kids' series continued to grow with more than 200 kids participating this past season. The 2009 marathon was also a RRCA State Championship race---this brought an opportunity

for our overall male and female to scoop up another award and earn the challenge of competing in Regionals. The EoD growth this year challenged our ability to accurately and quickly score four different races---so we utilized D-tag chips with the support of Running Zone. This certainly took a lot of pressure off of the finish line volunteers and the race director! As our races grow, we will continue to look to make things better for our participants and volunteers and appreciate any feedback and suggestions. In addition to our races, we held fun runs and socials in Palm Bay and Cocoa with some of our favorite stops at Ryan's Pizza, Murdocks, Tropical Café, and Café Unique'.

Our commitment as a running club is to provide back to the community. This past year, we gave back in many ways through our scholarships and contributions to Special Olympics, Team in Training, Diabetes Association, Space Walk of Fame Museum, Titusville Running Series, and water to Pinewood Elementary School. Finally, we upgraded some of equipment purchasing new finish line flag stands, mileage markers, and storage boxes for the Henry Campbell scoring system.

With the 2009-2010 race series behind us, we look forward to the 2010-2011 race series! Starting us off in August will be the Running on Island Time followed by Chain of Lakes, 25th anniversary of the Space Coast Classic, Space Coast Marathon and Half-Marathon, Reindeer run, Sun-n-Fun, Tooth Trot, Eye of Dragon, Downtown Melbourne, and Space Walk of Fame.

Below we announce this year's slate of elected officers and board of directions.

2010-2011 Executive Officers

- Cyndi Bergs, President
- Tammy Foster, Vice President
- Carol Ball, Treasurer
- Cedric Ching, Secretary

2010-2011 Board of Directors

- | | |
|-----------------|-------------------|
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| Nick Flint | Charlie Van Etten |
| Dave Hernandez | Tristan Webbe |
| Robin Hernandez | Dick White |
| Morris Johnson | Marlene White |
| Mary Ramba | Marty Winkel |
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We look forward to another **great** year of racing!

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ACROSS FROM BREVARD COMMUNITY COLLEGE**

THE PASSING LANE

With Ron Hoar

A Shirt From Another Era

I searched my closet for a shirt--a tank top--that I could wear on my hot June Sunday morning long run (as in 4.2 miles). Not able to find my well worn Maine tank proclaiming “Maine--The Way Life Should Be”, I pulled out another from the few remaining tank tops in my running wardrobe. Several years ago I had gone through the 300 plus shirts and agonizingly let many of them go.

Staring at the words on the back of this shirt, I felt a reluctance to wear it on this run. Adding to the situation I had totally stopped running for about three weeks just after the Downtown Melbourne 5k. I had been nursing myself back to health from severe sciatica that resulted from pulling a large palm tree root ball to the street. Now after just a few two milers during the week, I wanted to go for a longer run than I had done in a month. I was reconciled to a slow pace of around ten minutes per mile and that shirt seemed to be a contradiction to my plan.

I had gotten the shirt while living in Dallas and being a member of the JC Penney corporate running team. We fielded a masters coed team (I was already a grand master then). Those were the years when I could hold my own with all but a few of the runners in my age group in the Dallas-Fort Worth metroplex. I had retired the shirt when I did-- more than a dozen years ago.

Now I sensed a feeling of embarrassment about wearing the tank top--and not because it was tattered or worn. On the contrary, the shirt appeared to look as good as new. That was all the more reason not to show it off on this Sunday run.

Briefly I thought about running without a shirt. But I quickly pushed that thought aside as I noted my rounded belly which had become the prime beneficiary from the additional 15 pounds that had settled on my body since the mid 1990's. That presentation on the streets of Windover Farms didn't paint a pretty picture in my mind. Just too much of a contrast to a lean and mean 152-155 pound appearance of many years ago.

So it was back to considering that little used tank top. I knew that I would be running the same streets frequented by Coach Doug Butler and many of his Holy Trinity running team members. Even if I got out early I still might not avoid them. They would quickly overtake me, while reading those large words on the back of the tank as they approached. And since they run an out and back there would be at least a three mile opportunity for them to catch me and my top.

I swallowed some pride, pulled on the tight fitting shirt and ventured out for my run--at a little later time than my usual Sunday run. And behold--I returned home without being spotted.

So a couple of Sundays later --again with high heat and humidity--I opted for that top again rather than a tee shirt. I thought I might miss them again with a later start, but less than halfway on my “out” on Windover Way, that long parade of fit high schoolers and their coach passed me--fortunately going in the opposite direction as they completed their “back”. I took an extra deep breath and continued my ten minute plus or minus per mile pace. My running watch had malfunctioned at about the same time I did a few weeks earlier. So running without a watch I could only estimate my pace which was probably plus rather than minus.

With just two more Sundays before heading to Maine--and one of those being my premiere appearance in a “walk” event-- I may still be able to avoid being exposed in that shirt that reads “JC Penney RACING Team” (emphasis by author).

Oh well--maybe they will think I'm race walking.

**6th Annual Titusville
YMCA
Family Challenge
Triathlon**

For those of you who have loved and participated in this race for the past five years, the 2010 race will not disappoint. This year we will focus ever more on bringing families together under the banner of fitness. This years race is solely brought to you by the Titusville YMCA Family Fitness Center. All profits will be used to support the YMCA Scholarship Program. This program provides help tp families and individuals with Y Memberships.



2009 Sponsors & Give Aways

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Perrines Produce	Bagel World
Sunrise Bread Co	Dr Daly
Quillens	Reids Auto
Valentinos	Louis BBQ
Beef-O-Bradys	Merle Norman
Ten Speed Dr	PSJ Vet Clinic
Running Zone	FLRunners.com
SC Multisport	Gretta Matheny
Dixie Crossroads	Fred Kodesch
Linda Kodesch	Cocoa Vet Hosp
Carrabbas	Ramada Inn
Cracker Barrell	Olive Garden
Lowes	Outback
Home Depot	BP Fuel
Sears	Cathy Ojeda

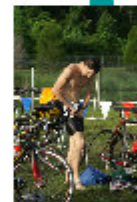
Race Information:
Marty Winkel
Phone: 321 537-3526
runsafot@cfl.rr.com

Facility Information: Carl Simcox
Titusville YMCA
2400 Harrison St (Corner of Park & Harrison)
Titusville FL 32780
321 267-8924

**6th YMCA
Family Challenge
Triathlon**



*July 24 2010
Titusville
YMCA Family Center*



**A one of a kind fitness
event for Athletes,
Families...**

Sat at 7:00 AM

**Sponsored By:
Titusville YMCA
Family Fitness Center**

Sat July 24, 7 AM
 Registration Begins 1Hour Prior
 Body Marking and Transition Close 15 Min Prior

Location: Titusville YMCA Family Fitness Center
 2400 Harrison Ave Titusville 32780
 321 267-8924 Attn Carl Simcox

100 Yd Pool Swim—Wave Start (3 Min Interval)
 4 Mile Bike—Closed Loop
 2 Mile Run—Out and Back
 Aid Stations—Transition, 1/2, 1 1/2
Helmetts are mandatory

CATEGORIES

Male & Female—Top 3 Overall, 1st Master + Age
 Groups 9&U then 5 Year Groups thru 65- 69
 Teams 3 Deep in 2 categories

- 1) **ROBIN FISHER STATE FARM FASTEST FAMILY IN FLORIDA** — (Immediate Family) Traveling Trophy 3 Competitors 1 Discipline Each
- 2) **RUNNING ZONE FASTEST FRIENDS-3** Athletes Combined Times Entire Race (M-F & CoEd)

All Profits to YMCA

ENTRY FEE (Saturday) Field Limited to 200
 Individual—\$30, After 7/09—\$40—No Day of Race
 Relay—\$90, After 7/09—\$100—No Day of Race
 \$5.00 Discount for Y Members

Mail completed entry form and write checks to:
 Titusville Racing Series
 Po Box 2
 Titusville, FL 32781

All Athletes Receive:T-Shirt, Water Bottle, Goodie Bag, Sunrise Bread Co Energy Rolls, Bagel World Bagels, Perrine's Produce Homemade Ice Cream, Energy Drinks, Oranges, Bananas

Course Record Holders

Male: Trey Andrews-24:49 (2006)
 Female: Devin Spoerle-28:14 (2008)
 Male Master: Tom Lowery-25:13 (2007)
 Female Master: Sarah Gutery-28:42 (2005)
 Family Relay: Bounanni Bad Boys—25:28 (2009)
 Team Relay: Triblisterteide—25:23 (2008)
 Family 3x3:Killer Birds-1:17.27 (2009)
 Friends 3x3: Farmers Tan—1:23.34 (2009)

*Our Goals.....
 Families Together in Fitness.....
 Friends Overcoming Obstacles....*

This race is not meant to be a one day affair, or another opportunity to pile the family into the SUV so Mom and Dad can cheer from the sidelines. Our goal is to bring the whole family together for a summer of fitness. Dinner conversation will turn to how the training is going. Desert may become a few extra laps as a family. On race day Mom's in the pool as Dad and Sister ready themselves for the bike or run. Who knows you may bring home the **Robin Fisher State Farm Fastest Family Vase.**

Whatever the result on race day may be the real benefits are long term. You have just spent a few weeks working together as a family. When on the way home Junior turns to Mom and says "I bet with a little more training you can take a minute off your swim. We will have to start training earlier next year." We've met our GOAL



Individual: M ___ F ___ Age: 9&U ___ 10-14 ___ 15-19 ___ 20-24 ___ 25-29 ___ 30-34 ___ 35-39 ___ 40-44 ___ 45-49 ___ 50-54 ___ 55-59 ___ 60-64 ___ 65+___

Relay Team Name _____ Fisher Fastest Family _____ Running Zone Fastest Friends: Male _____ Female _____ CoEd _____
Teams attach a page with Team Name and Members. Must have three members. Each member must also complete registration form.

Athlete and Parent Release: I, the undersigned am fully aware of the rules & regulations governing the YMCA Family Challenge Triathlon. I am also aware the program does not provide insurance coverage for any injuries sustained during my participation in the event. I and my heirs waive and release any right to any claims I may have against YMCA and personnel. In addition I waive any right to pictures taken of me during the competition. Further: I certify that I have no physical limitations and accept responsibility for personal equipment used by me during the competition. I understand all of the above and accept the provisions for my participation in the YMCA Family Challenge Triathlon.

Print Name: _____ Shirt Size: _____ Street: _____
 City: _____ State: _____ Zip: _____ Phone: _____ Email: _____
 Under 18, Parent: _____ Emergency Contact: _____ Phone: _____
 Authorized Signature: _____ Date: _____

A Mile With...

Lisa Petrillo



Name: Lisa Petrillo

Family: Husband, Mark and Weimaraner-child, Cooper

Ages: My husband and I are both 36, and Cooper will be two-years-old in September.

Occupation or Dream profession: I work part-time for the City of Satellite Beach as an administrative assistant. My dream would be to have my own successful business, preferably traveling all over the world making jewelry, selling it at shows and teaching jewelry making classes.

Number of Years Running: 23

Began Running Because/To: I was good at it. In 8th grade, having never run longer than a mile, I went out and ran 5 miles with the high school cross-country team and felt like I could keep going. These days, I could never go very long without running because it is my stress reliever.

I Knew I Was Hooked When: I placed in my first race. I had found something I was good at, and I enjoyed it.

Race PRs (Personal Records): 5K - 20:23 my freshman year of high school, and I'm still trying to run that again! My 5K PR since high school - 22:19; 10K - 50:24; Half Marathon - 1:50



Mark, Lisa and Cooper visit the Sheldon Church ruins inn Beaufort County, SC.

Most Satisfying Race Performance: Probably my first half marathon, which was Disney in 2009, because it was a big accomplishment for me after having had knee surgery several years prior. I wasn't sure if I'd be able to run that far ever because my knee was always bothering me. It turned out I just needed to slow down my training instead of trying to do too much too soon and too fast.

Favorite Race: The Cooper River Bridge Run 10K in Charleston, SC because it was beautiful running over the bridge, and it was the largest race I've ever ran - 40,000 runners and walkers!

Favorite Place(s) to Run: My favorite place that I've run at was Red Rock Canyon in Nevada. It is so scenic, and although it can get hot, there is no humidity. When I ran there last, I saw a roadrunner and a coyote! Locally, my favorite place is River Road in Cocoa in the early morning.

Running Partner(s): Cooper, Erin Schuck and my buddies at Coach Butler's running camp.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: The Dalai Lama

Funniest or Oddest Thing I've Seen While Running: I ran past a giant Whoopee cushion at the Ghostly Ghecko 5K last year, but I may have been the strangest thing he's seen since I was a shark attack victim...and Cooper was dressed as the shark!

Training Philosophies: I think it is very important to listen to your body. If you want to prevent injuries, you have to know when to ease up and not push yourself too hard. I think joining a running camp is a great way to train. It has the structure that many people find beneficial, and the camaraderie cannot be beat!

One Piece of Advice That I Would Give to a New Runner: Follow some sort of training plan, either from a running magazine/website or running camp instead of trying to wing it on your own. Easy runs are just as important as hard runs.

Running Goals for the Next Year: I plan to run my first marathon, the Space Coast marathon, in November. I also plan to run every race in the 10/11 Running Zone Race and ROY series with the goal of placing in my age group at the end of the year for both series.



Other Sports & Interests: I did my first triathlon last month and recently started biking more. I love to spend time outdoors with my husband and Cooper. I make jewelry in my free time and sell it online and at local craft shows.

Favorite Reads: Any books by Deepak Chopra, jewelry and running magazines.

When Nobody is Looking I Like to: Eat dark chocolate syrup right out of the jar.

Favorite Meals: Chicken Korma, pierogies, sushi, and a Philly cheesesteak when in PA

Dream Vacation: Europe, Africa and Belize

I Think That SCR Could Do A Better Job: I think they are doing a great job! I went to the SCR series awards dinner for the first time this year, and I was very impressed with it!

Left: Lisa poses with Super Cooper!



Supporting the Sentinels Of Freedom Space Coast



**RUNNER
REGISTRATION FORM**

Saturday, August 7th, Wickham Park

Registration begins at 6:30AM; Race begins at 7:30AM

Entry Fees:

Early Entry Fee.....\$25
Day-of Race Entry Fee.....\$30

Location:

Wickham Park, Melbourne
(Enter off Parkway)

Race Directed by:

www.runningzone.com
(321) 751-8890

Contact:

Ritch Workman- (321) 292-1880
ritch@ritchworkman.com



All registrants receive a free Workman Warriors T-shirt!
(Shirts are only guaranteed to registrants that pre-register on or before July 26th)

Entry Form

SEND APPLICATION TO: 33 Suntree Place, Suite D, Melbourne, FL 32940
Make Checks Payable to The Sentinels Of Freedom Space Coast, \$25 for Pre-registration, \$30 Day-of. No refunds; part of your fee may be tax deductible.

Name _____ Birthdate _____ Age on Race day _____
Includes donation of \$ _____ to Sentinels Of Freedom. Total Payment enclosed \$ _____
Address _____ City _____ State _____ Zip _____
Telephone _____ E-mail _____ Gender _____

Shirt Size: (circle one) YM S M L XL

WAIVER: I know that running in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to; falls, contact with other participants, the effects of weather, including heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Sentinels of Freedom and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18 years old) _____

The Sentinels Of Freedom Space Coast is a non-profit 501(c)3 organization - www.SentinelsOfFreedomFL.org - TIN 26-2041849 - phone: (321) 266-8810
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WALK THIS WAY

By Dave Hernandez

On June 6, local running clubs across the nation teamed up with Weight Watchers to provide their members with the first annual Weight Watchers 5K Walk It Challenge. Weight Watchers and RRCA provided sponsorship and funding.

Space Coast Runners Cyndi Bergs and Carol Ball stepped up as race directors for the Brevard event, Below, Dave Hernandez gives us an account of that special morning which drew 170 walkers to the finish line and the start of a more active and healthy life-style.

Because of this partnership, SCR was able to donate \$1,000 to the Central Brevard Sharing Center for their food bank helping to provide food for the increasing ranks of the unemployed and underemployed in this county. A huge thanks to all who helped with the event!

Several volunteers from SCR were on hand to set up the finish line, time, marshal, and to provide fluids for the first annual Weight Watchers 5K Walk It Challenge. It was a well attended walk with about 170 participants strolling the out & back through Windover Farms in Melbourne on an absolutely beautiful morning! It was a great event for SCR to get additional community exposure as well as an opportunity to raise funds since Weight Watchers provided the marketing and shirts

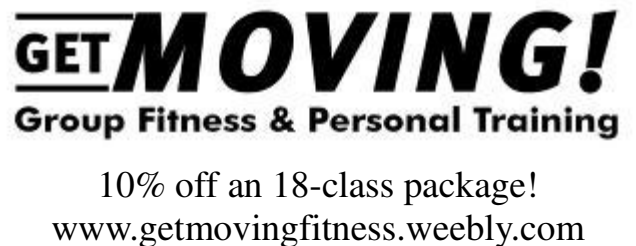
I manned the half-way turn around point, shouting words of encouragement along with the splits. After the last walker passed, I went to the finish line and helped Mo (Johnson) and Tammy (Foster). It was truly refreshing to see the looks on the walker's faces and to feel their energy! Most of them were competing in their first ever "race". After the run, Jim Van Veen and Kathy Ojeda gave well-received lectures about running and proper diet.

As "runners"- it's easy to take for granted the amazing gift that God has blessed us with! The look of accomplishment and joy that these walkers had as they finished was simply awesome. It is a wonderful feeling to be able to help other people accomplish their goals simply by volunteering to help just one Sunday morning!!! As is usually the case- I definitely got more out of it than I put into it!!



SCR MEMBER DISCOUNTS

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



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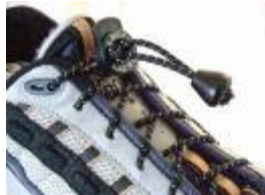
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Product rep

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www.youravon.com/lnessel
Web orders get shipped directly to you.

Questions?
321-514-2944
leeswims@mac.com

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



Courtesy of Pete Carabetta. Thanks, Pete!

To show our appreciation, we want to give you \$1 off our new Purple Lock Laces and also any other color of Lock Laces that you purchase from now on. All you have to do is put the word "REPEAT" in the customer code box when you order online via our website www.locklaces.com.

Feel free to give this code to your family and friends as well so that they may receive the discount too for knowing such a cool person like you!

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



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SPACE COAST RUNNERS

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



www.Active.com



www.marathonandbeyond.com



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



www.metlife.com



www.Crocs.com
15% online order discount
code: rrca2009



www.ortholite.com



www.fuelbelt.com
10% online discount code:
RRCA



www.RRM.com



www.Gatorade.com

[http://www.sportsauthority.com/graphics/corp/
runner.pdf](http://www.sportsauthority.com/graphics/corp/runner.pdf)
Click for \$10 off any \$50 on-line purchase



www.Hertz.com
Discount Code 42136



www.Sportscienceusa.com
10% online discount
code: RRCA2009



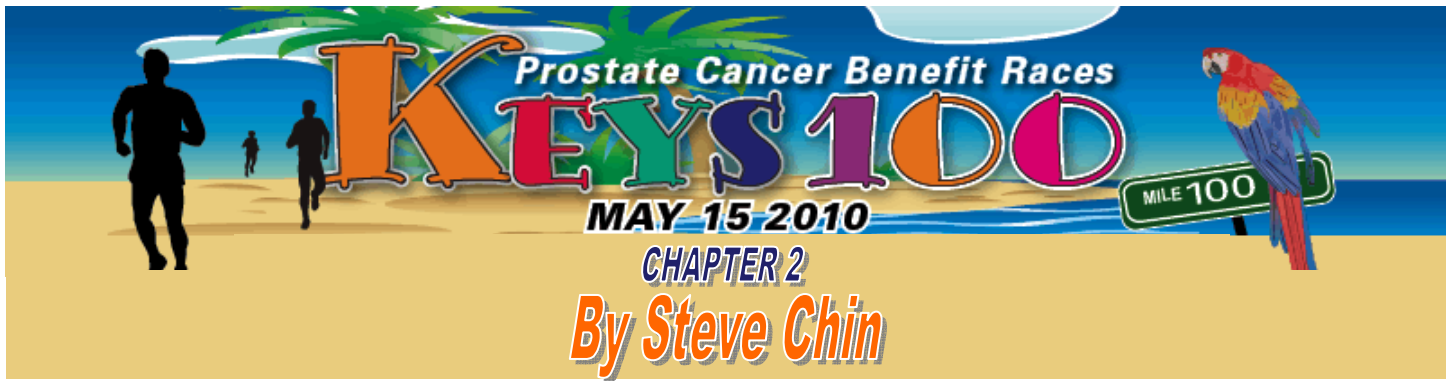
www.IpicoSports.com
Special pricing for RRCA clubs



www.Womensrunningmag.com



www.KSwiss.com



Hard to believe it has been a year since my first Keys 100 relay race but time flies and here I am in Key Largo again, having my usual pre race meal of pizza and beer but this year with different teammates. Missing my team from last year but enjoying this year's team made up primarily of my regular training partners and friends, Crate, Davis, Larson, Streufert and Toledo. The six of us will make up the 2010 team of **“Shut the **** Up and Run!!!”**

I have a slightly different mission this year however. In addition to running a tough competitive race on a beautiful 100-mile course, this year I want to win this thing and I want to win it badly! With that said I now consider last year's race to be a scouting mission and I will use that experience to provide my team with the best chance of finishing this race ahead of last year's winners and any other competition that might show up.

Last year's winners, The Keys Athletes made up primarily of high school and college kids with a great support crew finished the race in 10:46:08 (previous course record). With that in mind I estimated we would have to run 6:15 per mile to stay comfortably ahead of them. So as my team started to come together, based on each runner's 5K pace it looked very possible to maintain this pace but it would be a challenge.

What I didn't figure was that that last year's winner wasn't challenged and was able to cruise into the finish at their own comfortable pace. How much faster would they be? We were about to find out.



Local team (l to r) of Pedro Toledo, Steve Chin, Jessica Crate, Shane Streufert, Scott Larson and John Davis not only WON the Keys 100 relay, but set a COURSE RECORD! Congrats to all of you!

So off to Key Largo we go to pick up race packets, decorate the party wagon, meet and reunite with other relay teams and individual Ultra runners and just soak up the pre race atmosphere that is always so motivating. As I always say at these ultra relay events, there is nothing more comfortable than being surrounded by hundreds of people that are just as crazy as you.

Race day is here and we are awake by 0430 to get to the start line at mile-marker 101 by 0600. We see the familiar faces of Jim Schroeder, John Pyle and Joe Ninke preparing for the 100 mile individual (all three of these guys are nuts). with approx 68 teams registered there are almost twice as many as I remember from last year so this race is growing quickly. Team themes and vehicle decorations are great, hard core runners with a wacky sense of humor! The excitement is overwhelming in anticipation of the start of the races.

Off we go on a 100 mile journey that will eventually end at beautiful Smathers Beach in Key West. The first thing we notice as the gun goes off is how many runners are going out really fast. Did I underestimate how competitive this race would be or are these guys just future kills for us to run down? My strategy is to start off running a 5K leg each and we do just that averaging around a six-minute pace and making all the proper kills along the way to Islamorada. We quickly find ourselves in a three team race with “Keys Athletes” and “Faster we run, sooner we drink”. As we notice Keys Athletes are running shorter, faster two-mile legs we make the necessary adjustment and now the race is on. Just south of Islamorada we have dropped team FWR-SWD and it is just us and TKA and the lead change is frequent at this point.

As we approach Marathon, the halfway mark, both teams shift to one-mile legs and the pace drops down to a 5:30 average as we near the challenging seven-mile bridge. Temps are in the high eighties and the sun is directly overhead as it is time for each team to send a runner out to cross the bridge with no exchanges allowed. After running this leg last year I defer this year’s journey to Davis as I know he will enjoy running the seven miles of steamy asphalt with cool, tranquil turquoise waters below. Both teams start their runner within 200 yards of each other, we have the lead at this point but anything can happen on the bridge. As the team party wagons pass the runners at the halfway point they are running together almost as if they have both decided to just survive and start the race again at the end of the bridge? As Larson and I wait for Davis to come in we quickly discover that is no longer the case. Here comes Davis with no sign of the competition! The tag is made and off goes Larson with what is now a substantial lead, Davis just killed the bridge averaging a 6:10 pace!

We are amped up now and hoping they are discouraged as we continue to kill mile after mile, at a pace surprising even to ourselves, we increase our lead to 3:00 by mile-marker 25. For the first time all day we have enough of a lead that we don’t see their runners exchanging anymore. Finally we think the young team (average age being 22) has lost hope and that their endurance has faded as they watch the more experienced team (average age being 36) run away from them.



Another local team, ‘Couch Bernie’s Potatoes’ conquered the Keys 100 to honor their friends and loved ones battling prostate cancer. Proceeds from the event went to fight the disease. From left to right are Rick Foresteire, Danny Barrett, Veronica Sim, Charis Gaines, Tracey Donnelly and Rick Foresteire, Jr.

Approaching Sugarloaf Key, where the breeze stops due to walls of mangrove and the heat rises into the nineties we start to see TKA again. These pesky kids are really starting to irritate me now, running half-mile legs to catch back up, we will kindly do the same in an attempt to hold them off going into Key West.

Somewhere south of mile-marker 10 we time our lead and discover they have closed to within approx 1:20 and the nerves start to rattle. They are catching us but will they have enough real estate to do it? As we enter Key West I am in a very familiar situation resembling last year’s race. This is going to be a foot race to the finish again?

Exactly that! Rounding the corner on US1 heading toward the finish about two miles away, both teams make exchanges as often as possible with the traffic being a major hurdle. There are no shoulders to pull over on so the hazard lights go on and both sliding doors of the party wagon are open and

we are going to finish this in an all out sprint. Both teams staging runners along the final stretch, it is hard to determine how far back they are due to all the obstacles along the final route but we know we can see them and we know they are fast. Crate, Davis, Chin, Larson and then back to Davis in the last mile, keeping a fresh runner out there to hold off the kids. Finally after the last handoff to Davis we see the finish line and as we are joined by Streufert and Toledo we all run across the finish line at full speed as the adrenaline is peaked. We just won the Keys 100 relay, we earned this victory and it felt good!

The Keys Athletes would come through the finish 45 seconds later, as a team and as a great group of competitors, well respected by the elder team that just experienced one of their most epic races to date.

The margin was less than half a second per mile. What a race and what a weekend! A great job to all relay team runners and individual ultras that ran this year, amazing accomplishments by many runners in all three races. I was able to spend time with the winners of the 50 and 100 mile individual races and they are all incredible runners with a great spirit. See you next year for what is sure to be another great time.

<u>Place</u>	<u>Team</u>	<u>Finish Time</u>	<u>Pace</u>	<u>Misc</u>
1 st	OA Shut the **** Up and Run!!!	9:41:50	5:49:10/mi	New course record
2 nd	OA The Keys Athletes	9:42:35	5:49:55/mi	Motivation for 2011

Thanks to everyone that supported us remotely (FB) during and after the race and of course a ton of thanks to our support crew of Brittany Streufert, Beth Toledo and Donna and Kyra Davis. We couldn't have done it without you. Also thanks to the team of "Running with Scissors" for jumping the party wagon early on in the race. Whatever you do, don't turn off the van!!!

For those of you who expressed interest in running Keys100 next year go to www.keys100.com and mark your calendars for May 14 and 15 of 2011. I will assist in organizing teams or just providing general info on the race if needed.



NOW ON FACE BOOK



Thanks to Bob Maggio and Tammy Foster, Space Coast Runners now has a presence on Face Book. With this almost real-time medium, we can all keep up-to-date on the latest club happenings; set up workouts, talk with one another, share photos and provide feedback to the Board. Come join us!

www.facebook.com/group.php?gid=62598104088&ref=ts



2nd Annual
Get Up & Go
5K / 10K
A Titusville Racing Series Event
Saturday
August 28, 2010

Presented by Christ Community Church
Race Location: FOX LAKE PARK; Titusville, FL

LOCATION

Fox Lake Park is located at the west end of Fox Lake Drive – just 1 ½ miles west of the corner of Fox Lake and Carpenter Roads. For more information contact the Race Director, Sarah Guttery, at sguttery@cfl.rr.com; 321-917-2670

DATE AND TIME

Saturday, August 28, 2010
 5K Run/Walk: 7:30 a.m.
 10K Run/Walk: 7:30 a.m.
 Kids' Races: 9:00 a.m.

CHECK IN AND PACKET PICK-UP

Check in starts at 6:00 a.m.
 Packets may be picked up race morning at Fox Lake Park

REGISTRATION ALSO AVAILABLE @ACTIVE.COM

AWARDS

Top 3 Male/Female Overall
 Top Male/Female Masters
 Top 3 finishers in 15 age groups Male & Female
 Ribbons to all kids' race participants.

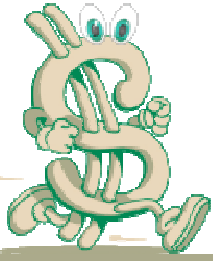
ENTRY FEES

Entry fees are nonrefundable
 \$25 Adults
 \$15 Students
 Kids' Races Free

REGISTRATION

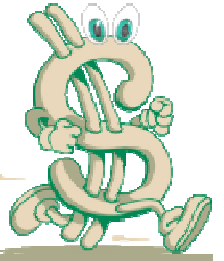
Walk, run or mail completed entry form to:
Get Up & Go 5K / 10K
 4295 Garden Street
 Titusville, FL 32796
Make checks payable to: Christ Community Church

Get Up & Go 5K 10K ♣ Saturday, August 28, 2010 ♣ Registration Form		Race Number: _____
Last Name: _____ First Name: _____ 5K___ or 10K___		Method of Payment:
Age: _____ Date of Birth: _____ (must be filled) Male: _____ Female: _____		Cash: _____ Check: _____
T-Shirt Size: Y/ L Adults/ S M L XL XXL		
Address: _____		
City: _____ State: _____ Zip: _____		Make check or money order payable to: Christ Community Church
Daytime Phone: _____ Evening Phone: _____		
Email Address: _____		
___ Yes! I would like to receive more information about Christ Community Church		
<u>Incomplete or unsigned forms will not be accepted.</u>		
I hereby release Christ Community Church, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.		
Signature (under 18 requires a parent to sign): _____		
Date: _____		



THE ‘CA-CHING’ OF RACING

By Patti Sponsler



With the economy still swirling in the toilet, there have been a few comments about the price of local road races. Below we offer an explanation.

“Get rid of the t-shirts, the bagels and the gold statues. Let’s just race.”

The last sentence of the e-mail I received summed up the writer’s frustration with the cost of road racing.

His rant reminded me of the harsh judgments I’d passed the first time I filled out a race entry form after a hiatus of several years fueled by chronic injury.

I’d never really thought about the costs of putting together a good event and it took the patience of a kind race director to educate me. He also gently suggested that, before I threw rocks, I should live in the glass house a while.

That’s advice we can all take to heart.

Before an event is even advertised, bucks will have already been plunked down for local permits, liability insurance, police support, the staging venue, timing systems and port-o-potties.

And that’s just the warm-up.

The ca-ching of the cash register continues as art work, advertising, applications, brochures and postage are procured and mailed.

If the costs ended there, maybe the average day-of-race 5K entry fees of \$25 to \$30 could be reduced. However, people vote with their feet and that means folks come to the races that give them what they want.

For more than two decades Space Coast Runners, one of the largest running clubs in the state, has offered free fun runs throughout the county. Participants are offered a chance to race on a measured course and then socialize a bit afterward-sometimes with the added incentive of food, drinks and give-a-ways.

The bigger fun runs and socials might draw 50 walkers and runners. Multitudes, however, paid and flocked to the races that offered unique t-shirt designs, electronic timing, awards, post-race parties and series points.

It doesn’t take Einstein’s IQ to realize that racing has become less about racing, per se, and more about the experience the event offers.

And so, the new minimum standard evolved to include quality t-shirts, awards, food, music and other post-race amenities.

Racing had become a prime example of supply meeting demand and those demands help elevate the cost.

To generate earlier cash flow, organizers offer discounts to those who preregister. Those entries also help de-

termine how many and what sizes of t-shirts to order as well as better estimate of the necessary quantities of fluids, cups, food, race numbers, race bags and other requirements.

The number of awards to buy is almost a no-brainer – a whopping minimum of 92 distinctive trophies are required to cover the standard award categories for both sexes.

Over the years, I've reviewed the financials of numerous races. There is no Enron-style book-cooking involved, just the simple recordings of income and outgo, with the latter often overshadowing the former.

With the United States trying to dig out of the Great Recession, local municipalities have had to tighten their belts. Services such as usage fees, police and EMS that were once provided gratis or at a very reduced price to local events are now hitting race cash coffers hard.

Those fees have become so high in some towns that race directors have to decide between taking a chance on breaking even - such as last year's beloved Eye of the Dragon - or pulling the plug on the event. Although participation at last year's race broke records, the race lost about \$1,000 due to increased fees charged by the city.

When we do hear of profitable races, it is usually in the context of the amount that has been donated right back into the community charities and schools.

Most race directors have two goals: provide a safe and challenging avenue for family fitness and raise money for local charities.

While the former is mostly successful, the later is often a stretch goal, usually achieved only through obtaining cash or in-kind sponsorship from local businesses.

In return, these sponsorship entities get their name associated with supporting healthy endeavors and gain charitable name recognition beyond the tux and bucks gentry.



Race directing is truly a labor of love and for that we should be grateful. If these generous souls and their multitude of equally charitable volunteers ever decide to charge even minimum wage for their work, few of us could afford to race.

Knowing that my race dollars are helping to keep me healthy and happy is enough. Knowing that my entry is also helping support local schools, civic groups and charitable organizations convinces me that I'm truly getting a bargain.

For those who would like a no t-shirt option, check out this year's Nov. 6 Space Coast Classic 15K. Not only is the race a bargain at \$18 for SCR members who pre-register but give up the shirt and you pony up only \$13! When was the last time you saw a race that cheap? Race info/app on page 24 of this newsletter or on-line at <http://mattmahoney.net/tmp/10scc15k.pdf>

25 TH
**Space Coast Classic 15k
 & 2 MILE**

**A Space Coast
 Runner of the Year Event**
 Proceeds Benefit the Florida Diabetes Camp

LIMITED TO 500 PARTICIPANTS

November 6, 2010



RACE WILL BE CHIP TIMED

THE JOINT
 ...a chiropractic place



Race Information

Race Date Saturday, November 6, 2010
Race Time 7:30 am - 15k
 7:35 am - 2 Mile
 9:15 am - Kids' Runs

Location Windover Farms
 4025 Windover Way, Melbourne

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

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

Packet Pick-up All registrations received by November 1, 2010 will be able to pick-up race packets at Running Zone on Thursday 11/4/10 and Friday 11/5/10. Packet pick-up also available race day morning from 6 am—7:15 am.

Awards

15k

Overall 1st, 2nd, 3rd Male & Female
Master 1st Male & Female 40+
Grand Master 1st Male & Female 50+
Senior Grand Master 1st Male & Female 60+
Age Group 1st, 2nd, 3rd Male & Female in five year age groups starting 10-14 through 75+
Walkers Top 10 receive awards

SCROY points awarded for 15 & over only for 15k

2 Mile

Overall 1st, 2nd, 3rd Male & Female
Age Group 1st, 2nd, 3rd Male & Female 9 and under, 10 -14, 15-19, and ten year age groups starting at 20 through 70+
Walkers Top 10 receive awards

Entry Form

Mail check payable to *Space Coast Runners* to:
 Space Coast Classic 15k & 2 Mile
 1170 Granada Ave.
 Merritt Island, FL 32952

On-Line at <http://www.Active.com>
Race Day* from 6:00 to 7:15 am at the pavilion.
 *Shirts not guaranteed with race day registration

Entry Fees

	Postmarked by 11/1/10	After 11/1/10
<input type="checkbox"/> 15k or 2 Mile	\$23	\$28
<input type="checkbox"/> SCR member	\$18	\$23
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$23
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$13	\$18
<input type="checkbox"/> Students thru Grade 12	\$15	\$18

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member

Email address: _____

Event(s): 15k ___ Run 15k ___ Walk

2 Mile ___ Run 2 Mile ___ Walk

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

Adult sizes: [XS] [S] [M] [L] [XL] [XXL]
 Age on 11/6/10 _____ Male Female

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2010 Space Coast Classic 15k & 2 Mile and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

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

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

EVEN A BOMB SCARE COULD NOT STOP THE FARRALLS!

By Lisa Farrall

Dave and I ventured to Pittsburgh, Pennsylvania for the Pittsburgh Marathon, held on 2 May. It was Dave's 42nd marathon and my first half-marathon. My sister-in-law had talked me into doing this race last Thanksgiving. I told her that I would walk it because I'm no runner. Another marathon? Of course Dave said "Yes, when are we leaving?"

It was a well-organized, well-managed marathon. Registration online was a breeze (filled up fast –16,000 participants). Packet pickup was smooth and the expo was one of the best we had seen in a while.

The weather was warmer than expected and cloudy. After about 10 minutes, it began raining, but it was a light rain and was actually refreshing. It rained most of the race. Pittsburgh is quite picturesque with its ethnic neighborhoods, skyscrapers, sports venues, and the bridges over the three rivers - many of which we crossed. There were bands all along the way and many spectators along the course. There were plenty of friendly volunteers.

I was walking at a good pace and felt good. I knew that I would easily beat my three-hour goal and would be at the finish about 2:46. As I neared the last half-mile, police began to direct us away from the finish line. It was very confusing. We did not know where we were going and the runners/walkers were shouting out "why are we going this way?" We were directed inside the train station where we went up a flight of stairs, down another, and then out a door. We finally made it to the finish line and along the way I found out that the participants were rerouted because of a bomb scare. We later discovered that the bomb squad blew up the suspect package and found it to be a microwave with ravioli in it! Hey, only in Pittsburgh! I finished the half-marathon in 3 hours, 2 minutes.

My poor sister-in-law was a little behind me in the marathon as her legs began to bother her. Her group of runners was actually stopped for about eight minutes while the bomb squad did their work. I felt bad for her because while waiting, her muscles began to cramp even more.

Dave (the injured, slow one—note, he went over his bike handlebars about 10 days previous) finished the marathon in 5:05. He was totally unaware of the happenings at the finish line till I called him on his mobile phone to tell him what had happened.

So, even a bomb scare could not deter the Farralls from completing a Marathon and Half-Marathon!



Athletes and spectators walk by the Microwave and ravioli. It was da bomb!



Pictured above: 2010 Half-Marathon race medal

5... 4... 3... 2... 1...

**BLAST
OFF!**

SPACE COAST HALF-MARATHON TRAINING CAMP

August 29 through November 28 (Race day!)

Running Zone Foundation and Coaches Bernie Sher, Linda Cowart and Barry and Michele Birdwell have teamed up to offer the Health First Health Plans 13-week training camp to prepare both beginner and experienced athletes to run or run/walk the Space Coast Half-Marathon in Cocoa Village on Nov. 28. Read all about the beautiful Space Coast course and generous race amenities at www.spacecoastmarathon.com



Whether your goal is to complete your **FIRST** or **FASTEST** half-marathon (13.1-mile race), this camp is for **YOU** and includes:

- *Daily on-line training schedules.
- *Mid-week and Sunday morning coached group sessions.
- *Running Zone 'Get Out and Run' goodie bags.
- *Fluids provided at all group workouts
- *Fitness, fun and group camaraderie.
- *Various workshops with guest speakers discussing topics including:
 - Running Zone Shoe Clinic
 - Injury Prevention
 - Nutrition
 - Mental Training

Sunday morning camp workouts will be held at 6:30 a.m. at Oars and Paddles Park, Indian Harbour Beach and at Riverfront Park in Cocoa Village. The first group workouts are Sunday, August 29.

Thursday evening camp workouts will be held at 6:30 p.m. at Running Zone & at Pro Health Viera and Merritt Island.

Entry Fees: The cost of the Space Coast Half-Marathon Training Camp is \$75.00 for Health First Health Plans members and \$100 for non-members. See reverse side for entry form.

Kickoff Meeting

Find out more at our informational kickoff meetings. During this period you will learn more about the program, meet your coaches, pick up camp materials and get answers to all your questions. Join us for one of the following at 6:30 p.m. on:

- Monday, August 23: Melbourne Pro Health & Fitness Healthplex
- Tuesday, August 24: Merritt Island Pro Health & Fitness Healthplex
- Thursday, August 26: Viera Pro Health & Fitness Healthplex

Have questions now? Contact Running Zone at 321.751.8890

TOM WARD'S WARRIOR SPIRIT

By Roger Rouiller

Melbourne Beaches Tom Ward has bought -- perhaps too much -- into all of my 'Warrior' talk in his training and racing but it has paid off for him. Since starting his comeback four years ago at age 69, he has been very methodical and dedicated in his training but this past year has been brutal for him. He developed a breathing problem and his race times plummeted.

Last year he geared his training for the January 2010 Walt Disney World Marathon but his breathing became so horribly labored in the race that it took everything for him to finish in the very slow time of four hours, forty-eight minutes and 44 seconds. He sought medical help and was diagnosed as having "athletic-induced asthma". Some good runners have this problem and have successfully managed it and continued to run well. But Tom's management didn't work, his ability to breathe continued to deteriorate. It was painful for me to watch him at the May 8 Gecko 5K as I could see he was working incredibly hard but going nowhere, his finishing time a super slow 26:48. He sought medical help again. This time doctors diagnosed his problem as heart disease with 85 percent blockage in his left and right coronary arteries. So on May 12, doctors implanted a stent; his breathing immediately improved and he immediately started running again.

Tom is a retired Marine Corp Lieutenant Colonel and his goal this year has been the June 12 Marine Crossroads 17.75K (11.03 miles) in Quantico, Virginia, which was run in honor of the Marine Corp's 1775 birthday. But of course, because of his surgery just one month prior, he had no business running this relatively long race over hilly, rough terrain. But he decided the 'Warrior' thing to do was to run it anyway and use it as a test to see if he could return to competitiveness. This was a dubious decision that I doubt anyone would have recommended, but it was his decision and he pulled it off.



Tom Ward showing fine form at the finish line of the Firecracker 5K on July 3, 2010 in Melbourne. Barry Jones photo

Although he was apprehensive in the early miles, he got to feeling better and better as the race progressed -- he could breathe again -- and he says he began to really enjoy the "running adventure". By the time he hit the last mile, he was loving it -- and sensing "victory" he kicked it in to finish in 1:56:04; 3:56 faster than his two-hour goal.

Tom's long drought is over and he is extremely grateful. And exquisitely satisfied because he knows down deep he took the plunge and did his best -- he knows "Hey, I was a warrior out there today!"

Will Tom be able to regain his speed all the way and achieve his goal of competing with the best in the nation in two years when he enters the M75-79 age division? There is no way of knowing. I do know that he has the warrior spirit that will enable him to become all he can be, and by so doing I know in the end he will have no regrets.

Tom's example shows us that the "slings and arrows of outrageous fortune" can be overcome!



2009-10 RUNNER OF THE YEAR SERIES CHAMPIONS



Barbara Krause
Masters (40+)



Anne Dockery
Grand Masters (50+)



Susie Koontz
Sr. Grand Masters (60+)



Emily Chapman
1st 10-14



Stephanie Bird
1st 15-19



Kelsey O'Connor
2nd 15-19



Jackie Schmoll
1st 25-29



Lisa Petrillo
2nd 35-39



Sandra Gannon
1st 40-44



Robin Hernandez
2nd 40-44



Angie Preston
3rd 40-44



Terry Ferrisi
4th 40-44



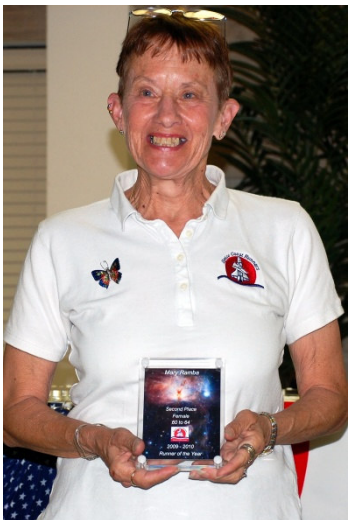
Christy Zieres
2nd 45-49



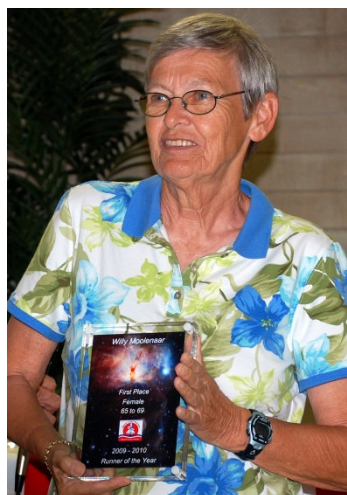
Robin Moran
1st 50-54



Marlene White
3rd 50-54



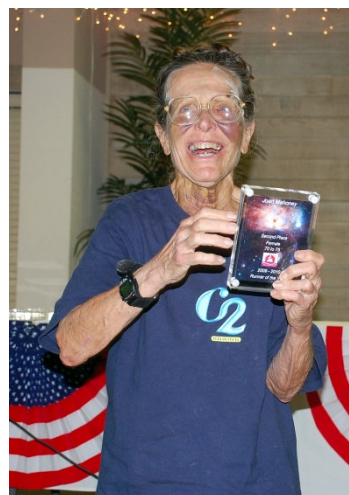
Mary Ramba
2nd 60-64



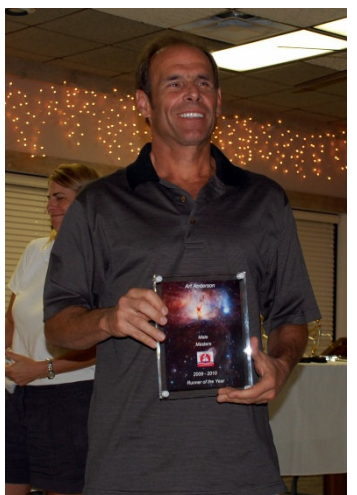
Willy Moolenaar
1st 65-69



Katie Marsh
1st 70-74



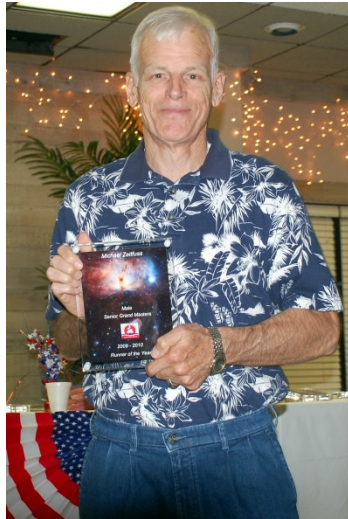
Joan Mahoney
2nd 70-74



Art Anderson
Masters (40+)



Matt Mahoney
Grand Masters (50+)



Mike Zeitfuss
Sr. Grand Masters (60+)



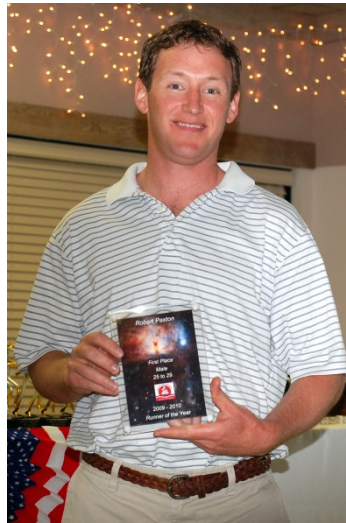
Dylan Fain
1st 9 and under



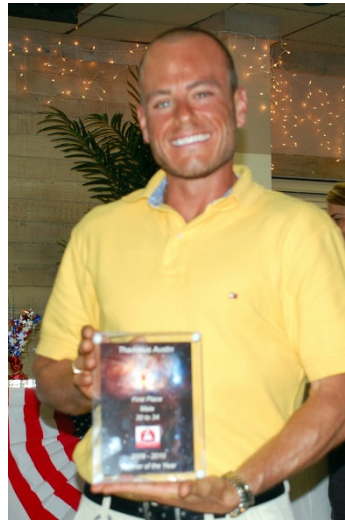
Jared Hayes
1st 10-14



Christian Hayes
2nd 10-14



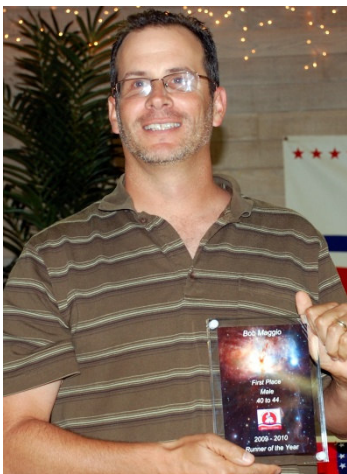
Robert Paxton
1st 25-29



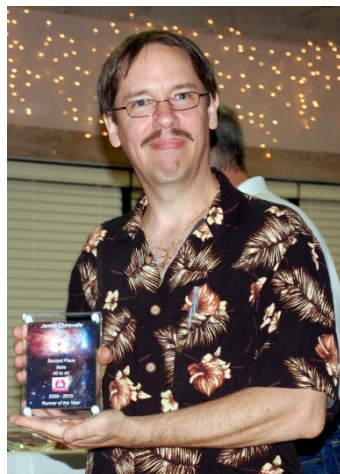
Thaddeus Austin
1st 30-35



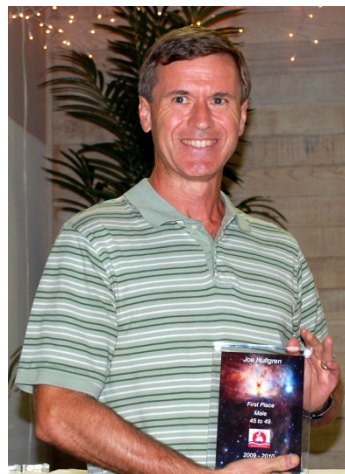
Tristen Webbe
2nd 35-39



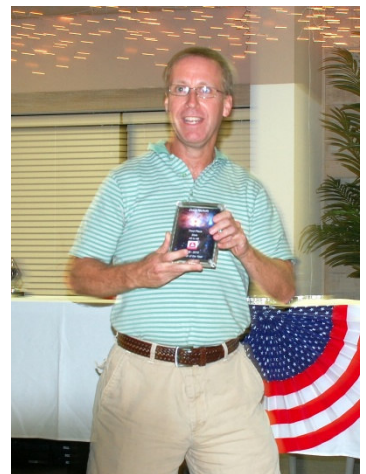
Bob Maggio
1st 40-44



James Chiravalle
2nd 40-44



Joe Hultgren
1st 45-49



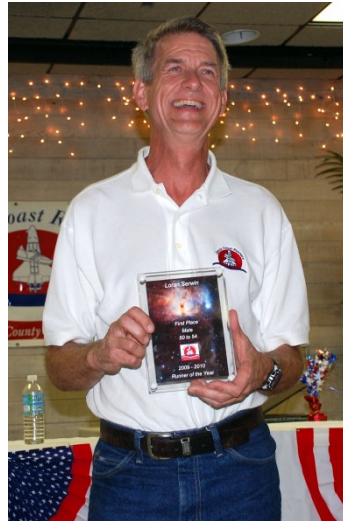
Doug Nichols
3rd 45-49



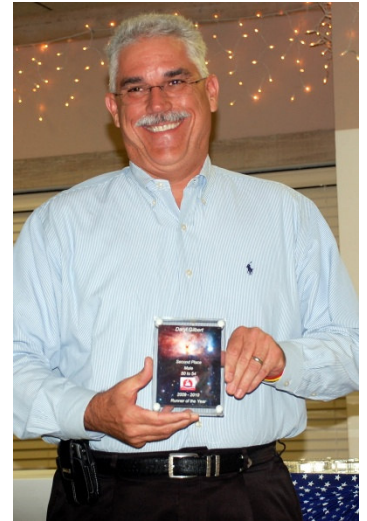
Kurt Holst
4th 45-49



Dave Hernandez
5th 45-49



Loran Serwin
1st 50-54



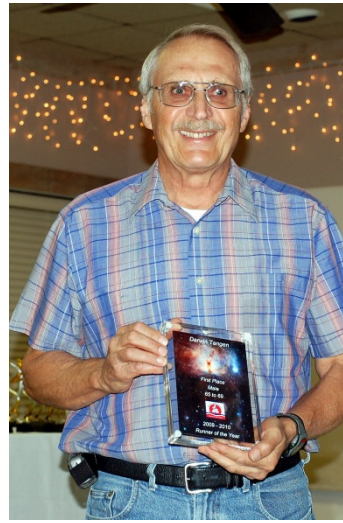
Daryl Gilbert
2nd 50-54



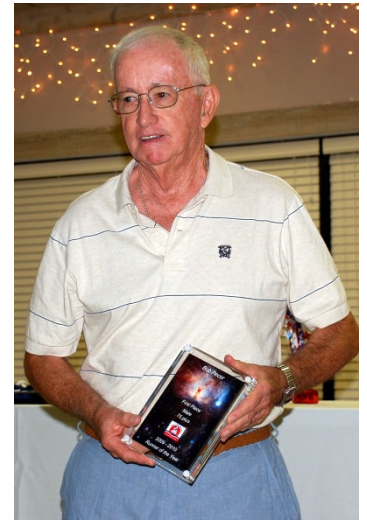
Jerry Bird
1st 55-59



Gary Castner
1st 60-64



Darwin Tangen
1st 65-69



Bob Pecor
1st 75+

AWARD WINNERS NOT PICTURED

FEMALE

- Beth Whalen, 1st OA
- Tracy Smith, 2nd OA
- Cathy Friedel, 3rd OA
- Nyssa Holmquist, 1st 9 and under
- Kaia Holmquist, 2nd 10-14
- Sabrina Smith, 3rd 10-14
- Erin Schuck, 1st 35-39
- Theresa Miller, 1st 45-49
- Kim Badgett, 3rd 45-49
- Debbie Rescott, 2nd 50-54
- Melanie Delman, 4th 50-54
- Sue Strout, 1st 55-59
- Jacquelyn Kellner, 1st 60-64

MALE

- John Davis, 1st OA
- Stephen Chin, 2nd OA
- Steve Hedgespeth, 3rd OA
- Jared Gannon, 3rd 10-14
- Howard Kanner, 1st 35-39
- Bruce Furrow, 3rd 35-39
- Michael Adams, 2nd 45-49
- Don Dore, 2nd 55-59
- Wolfgang Jensen, 3rd 55-59
- Ray Brown, 2nd 60-64
- David Farrall, 3rd 60-64
- Morris Johnson, 1st 70-75

2010 SPACE COAST RUNNERS GOLDEN SHOE WINNER... DAVE HERNANDEZ

This year, the club awarded Space Coast Runners Board Member, Dave Hernandez, the Golden Shoe award. Below is the nomination as authored and read by Marty Winkel at the awards banquet on May 15:

I believe we started awarding the Golden Shoe in 1991. The purpose of the Golden Shoe was to allow the Space Coast Runners Club to give annual recognition to an individual who has demonstrated over a sustained period of time his or her dedication to the sport of running along the space coast. The award has nothing to do with an individual's running accomplishments.

The following are the previous Golden Shoe Recipients in the order that they were recognized: Gary Harbison (1991), Harold Tucker (1992), Rhonda Butler and Marty Winkel (1993), Bill Dillard (1994), George Revels (1995), Henry Campbell (1996), Terry Hayden (1997), Dave Farrall (1998), Kenn Winn (1999), John Chioma (2000), Linda Thompson (2001), Barry Jones (2002), Marlene White (2003), Ross Clarico (2004), Gene Ramba (2005), Patti Sponsler (2006), Loran Serwin (2007), Barbara Linton (2008), and Carol Ball (2009).

Like everyone just mentioned, this year's recipient needs no introduction. Over the past few years, he (that was hint #1) is frequently seen at the finish line (hint #2) at many of the races in Brevard County doing the timing (hint #3). If you get to the race early enough you will see him delivering the equipment (hint #4) regardless if he is timing or not. Obviously, he is the one to return the equipment after the race. I would hope everyone would also know that he is an SCR Board member (hint #5) and has been one for years.

Everyone should know by now that we are talking about Dave Hernandez. What I'm sure most people do not know is that Dave is usually the first one to volunteer to do timing and bring the equipment. There have been several occasions when we struggled to find someone to do the timing and a vast majority of the time it was Dave who said he would do it. From personal experience, just this year, Dave bailed me out when a race I was scheduled to do the timing moved their race to coincide with another race I was timing that day. Dave volunteered to do the timing of one of the races.



Marty Winkel, left, reads the nomination that earned Dave Hernandez, right, the 2009-10 SCR Golden Shoe Award. Cindy Bergs, center, holds the plaque she is about to present Dave at the May 15 SCR Awards Banquet. Gene Ramba photo.

I think everyone here owes Dave Hernandez a minimum of a round of applause and a great big "Thank You, Dave" for doing all that you do for us.

2010 SPACE COAST RUNNERS HALL OF FAME INDUCTEE... BERNIE SHER

This year, the club inducted Coach Bernie Sher into the SCR Hall of Fame, joining other notable athletes who have been recognized for their contributions to the local running community. Past inductees include Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Sr., Terry Hayden, Tom Hoffman, Jack Kenworthy, Bob Lawton, Mary Ramba, Rebecca Sparks, Harold Tucker, Marlene White and Marty Winkel.

Below is the induction as authored and read by Marty Winkel at the 2009-10 SCR awards banquet on May 15:

We can start reading this year's Hall of Fame inductee nomination at anyone of the following paragraphs and you will know who we are talking about. So, for simplicity and ease of understanding we'll start at the top. First, I would like everyone to stand up and as soon as you know you are not this person I would like you to sit down. I think we will only have one person standing within the first 10 words. Let's see.

*This man's a
*retired Air Force Lt. Colonel
*and Coach

(expect everyone but Bernie to be sitting down)

Bernie didn't begin racing until age 40. It turned out that hard work and some natural talent gave him multiple age-group wins at all distances as well as a personal best of 2:58 at the Boston Marathon. Bernie has completed sixteen marathons



Coach Bernie Sher says "thanks" during his induction into the Space Coast Runners Hall of Fame. Gene Ramba photo.

We do know that Bernie qualified for the Hawaiian Ironman World Championships four times and competed there three times (95, 97, 98). He placed 5th in the 55-59 age group in 1995 and was one of the first men in the US to break the five hour barrier at the half Ironman distance (1.2-mile swim, 56-mile bike, 13.1-mile run) in that age group. To put things in perspective, at the May 2009 Iron Man race at Disney, only one man in the age group went sub-five hours and he was mere 55 years old. Later that year, at the Miami Man Half Iron Man, no one went sub-five. Bernie helped break the perception that people held that old people can't go that fast. The last time Bernie broke this barrier was at age 59.

In addition to being an accomplished runner and triathlete, Bernie has, and continues to give back to the running community. He was a Space Coast Runners Club Board member for three years - 2002, 2003 and 2004. Bernie has volunteered at multiple races and can be seen at many running events coaching and supporting all runners and triathletes.

In 2003 Bernie volunteered to direct the Space Coast Mara-

thon. He had a vision of turning the marathon into something more than it was at that time. He knew if it was managed differently, it could be a premier event not only for SCR but, nationally. As the Race Director, he assigned authority and accountability to team captains who were responsible for various functions (finish line, aide stations, course ops, etc.) He moved the course to Cocoa to run along the Indian River; and certified it through USATF. Certifying a 5K course takes a seasoned certifier a minimum of eight hours of measuring and filing out the applicable paper work. Certifying a marathon course is the equivalent of certifying almost nine 5K courses. Bernie also added a pre-race pasta-dinner at the Raddison and invited guest speaker, Hal Higdon. The event drew a record 500+ registrants and netted the highest proceeds in SCR history (\$10,000). The proceeds put the club in the black financially and provided SCR the ability to contribute \$3,000 to the Women's Center, at that time the largest donation ever contributed by SCR. Bernie's efforts proved that SCR could produce a class event and give back substantially to the community.

In addition to directing the marathon, Bernie started a marathon training camp for registered participants. Keep in mind that directing a 5K is a major endeavor. Directing a marathon is magnitudes greater. That didn't matter. Bernie's passion to help runners of all abilities accomplish their goals and his extensive running knowledge resulted in several of his campers placing in their age groups and/or qualifying for the Boston Marathon. One of his campers, first time marathoner Tammy Foster, was the overall female winner at the Space Coast Marathon. Through running and tri clinics, as well as one-on-one coaching, Bernie has helped scores of people achieve their personal best at races from 5K though the Ironman which consists of a 2.4-mile swim, 112-mile bike and 26.2-mile run. One of his Ironman trainee's, Brenda Jones, placed ninth overall at her first Ironman - the Great Floridian. Admired by his campers, trainees and friends, Bernie is respectively know as "Coach Bernie".



In 2004 Bernie, a cancer survivor, was selected by the Lance Armstrong Foundation to ride with Lance and the Tour of Hope Team. The eight-day ride, from Los Angeles to Washington, D.C. was an event sponsored by Bristol Myers Squibb and the Lance Armstrong Foundation to raise awareness about cancer clinical trials. During the six-month training period and along the Tour route, athletes spoke publicly at rallies, to national news media - Bernie and two others appeared on NBC's TODAY show, local media and organizations about the hope that is growing for those stricken with the disease.

It is with great pride that the Space Coast Runners Club is inducting athlete, volunteer, and Coach Bernie Sher into the Space Coast Runner Hall of Fame on this date, May 15, 2010.

Bernie Sher, far right, poses with some of his Tour of Hope teammates on an outdoor Washington DC stage after finishing the eight-day ride from Los Angeles to Washington, D.C. to raise cancer awareness and the hope of clinical trials. The ride was sponsored by Bristol-Myers Squib and the Lance Armstrong Foundation.