

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 7

August 2010



THE SEASON BEGINS! See page 5

IN THIS ISSUE

Features

- Spotlight On Running on Island Time 5K ... 5
- “They” are You and I ... 9
- The ‘Other’ Road to Boston ... 19
- Paying it Forward ... 20
- Runners Aren’t Posers ... 30

Monthly

- Who We Are ... 3
- The Passing Lane: Summer Running ... 7
- Keeping Tabs ... 14
- The Tri Angle ... 25

Race Info

- Runner of the Year Series ... 4
- Workman Warriors 5K ... 8
- Get up and Go 5K ... 23
- Wickham Park 63K/39M Fun Run ... 28
- Titusville Racing Series ... 31
- Space Coast Classic 15K ... 34
- Space Coast Marathon and Half ... 35

Resources

- Running Zone ... 6
- August Fun Run/Walk/Social ... 13
- Discounts for SCR/RRCA members ... 15
- Investments in the Long Run ... 16
- Another Field Trip: Girls’ Weekend Out ... 18
- SCR Now on Facebook ... 22
- Space Coast Half-Marathon Training Camp ... 24
- Disney Marathon Florida’s Finest Team Search ... 29
- In the Chamber (of commerce) ... 33



2009-10: WHO WE ARE

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

VOLUNTEER OFFICERS AND STAFF

PRESIDENT:

Cyndi Bergs, mcbergs@att.net

VICE PRESIDENT:

Tammy Foster, tefoster@cfl.rr.com

SECRETARY:

Cedric Ching, Cching@cfl.rr.com

TREASURER:

Carol Ball, cball1@cfl.rr.com

MEMBERSHIP/ROY CHAIR:

Loran Serwin, Lserwin@cfl.rr.com

NEWSLETTER:

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

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

Columnists:

Ron Hoar, rhoar@cfl.rr.com

Ed Springer, springer993@gmail.com

Kara Springer, karaniedermeier@hotmail.com

Photographers:

Cedric Ching, cching@cfl.rr.com

Robin Hernandez, robinsarunner@cfl.rr.com

WEB (www.spacecoastrunners.org):

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

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

FACEBOOK:

Tammy Foster, tefoster@cfl.rr.com

Bob Maggio, bmaggio.bm@gmail.com

VOLUNTEER BOARD OF DIRECTORS

CHAIRMAN:

Tammy Foster, tefoster@cfl.rr.com

DIRECTORS:

Linda Cowart, landclearing@bellsouth.net

Nick Flint, nickruns@bellsouth.net

Dave Hernandez, daveisarunner@yahoo.com

Robin Hernandez, robinsarunner@yahoo.com

Morris Johnson, johnsonmr@acm.org

Mary Ramba, mramba@aol.com

Loran Serwin, Lserwin@cfl.rr.com

Ed Springer, springer993@gmail.com

Charlie Van Etten, Charlie.fla@mindspring.com

Tristen Webbe, twebbe@cfl.rr.com

Dick White, dickwhite@cfl.rr.com

Marlene White, marlenewhite@cfl.rr.com

Marty Winkel, runsalot@cfl.rr.com

Christy Zieres, zieresc@bellsouth.net



ADVERTISING:

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

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

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
runsalot@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 xx 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
runsalot@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: FIRST RACE IN 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

VOTED ONE OF THE TOP 50 RUNNING STORES IN AMERICA

RUNNING ZONE



All Your Favorite Brands

Shoes • Apparel • Accessories

Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

321-751-8890

www.runningzone.com

We want you to feel good when you exercise!

**10% DISCOUNT TO ALL
SPACE COAST RUNNER MEMBERS**

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

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

THE PASSING LANE

With Ron Hoar

Summer Running

Many of us will change our running program in some way for the next few months as we encounter higher temperatures and greater humidity. The biggest change could be in how we manage our body. Florida summer running conditions require that you take in many more ounces of fluids before, during and after your runs. That may seem obvious but it requires a change of habit. It's easy to overlook that need--particularly before and during the run when you don't feel thirsty. So it means forcing ourselves to drink more than just a few sips. Don't be concerned that you feel full and a little bogged down by that extra water that might even slosh around in your stomach. Or wait ten minutes before you head out for your run.

Experts say we should drink 10 to 15 ounces before we begin our run. And after your run you should drink a pint of liquid for every pound you lose during the run. You might be surprised at how much weight you lose during a long summer run. Weigh yourself before and after to see for yourself.

Let me tell you from experience that the consequences of dehydration can be very unpleasant. I did not at all enjoy my overnight stay in a hospital last September--and that was in Maine weather. I had passed out apparently from dehydration. There is little advance warning that you're in danger. You may feel a little less stable but not necessarily dizzy. Two years ago I had awakened in the morning and didn't feel "quite right"--it was hard to describe-- not dizzy, but a little disoriented or unstable. That time my wife took my blood pressure and found that it was extremely low. We went to the internet and found that one cause of low blood pressure is dehydration. That seemed to apply so I began to drink lots and lots of water. Within a few hours my blood pressure was back to normal and I was feeling fine.

I did come close to another bad scene several years ago. I was at a business conference on Sanibel Island and with a free afternoon I opted to do a long run in preparation for an upcoming marathon rather than play golf. I had taken a small bottle of water but that didn't last long on my 12-15 mile run. I had nearly returned to the resort when I began to get disoriented. I immediately stopped, tried to stay in the shade and as soon as possible found someone that could give me some water.

I have learned from my latest two encounters which occurred in the night that if you wake and feel sweaty without an obvious reason, you are probably dehydrated. It's time to get a BIG drink if that happens.

Many runners taper off on their running for a couple of months during the summer--reducing mileage as well as the intensity of the runs. I would not have thought of a summer hiatus when I lived in Texas where there wasn't much of a break in the race calendar. And of course tapering off doesn't happen for those planning a fall marathon.

One of my Dallas friends--a top competitor in his age group--believed that taking a month off from all running in the early summer actually helped him to run better in the fall. He felt that with a break he was more focused and came back with greater desire. Psychological. He also only ran selected races, targeting specific ones for his best effort. At age 40 he ran a 35:28 10k, so his philosophy worked for him.

Most of you won't have the good fortune that I have for the summer--being able to spend the summer in a cooler, less humid climate. I'll be spending the summer at our Rangeley, Maine summer home plying those hills where in a three mile run I'll have a Google Earth calculated elevation change of about 360 feet.

Now—if we can all just stay injury free....



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
A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE: 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. REGISTRATION NUMBER C12890

“THEY” ARE YOU AND I

By Patti Sponsler and Christy Tagye

It's easy to say “I wish the club would...” It's much more challenging to say “I'm going to ...” and then do it - faithfully.

Space Coast Runners - an all volunteer club - is lucky to have so many people who are willing to step up to volunteer for race management; host social events; maintain the web, keep the books...the list is a long one.

With the 2010-11 SCR Runner of the Year season about to kick off with the Running on Island Time 5K on Aug. 29, we'd like to introduce you to some of our selfless club members who consistently and faithfully provide free group training not only for the SCR membership but for all of those who might be interested.

We think you'll be impressed with the opportunities these people have provided throughout the county to help all of us live healthier lives and make new friends - some who will become life-long buddies.

Below we work from south to north in the county to make the introductions.

DAVE and ROBIN HERNANDEZ - Palm Bay



Some of the Palm Bay crew gives a 'thumbs up'! Photo courtesy Robin Hernandez.

SCR Board members Dave and Robin Hernandez eat, live and breathe running. After all, how many couples do you know who met at a road race and then had a running-themed wedding?

Although Dave had started a Tuesday night fun run in the Palm Bay area several years ago, the couple recently realized that the growing contingent of south county athletes needed a local venue for their long runs and speedwork.

“There really wasn't anything down here,” said Robin. “There was lots going on in other places but getting there was a long drive.”

As Dave and Robin are go-getters and generous by nature, it didn't take long for them to get two new groups going.

In addition to the Tuesday evening fun runs from the Palm Bay Recreation Center, the couple also set up speed sessions on Thursday evening at the Palm Bay High School track and long runs on Sunday mornings from their own home.

“We have a good group of people coming together,” said Robin, who has seen her own already high level of fitness increase by attending thrice-weekly workouts. “Having others around pushes you and it is not as grueling as trying to do it by yourself.”

The core group consists of some current and previous SCR heavy hitters of all ages including long-time member, Bill Dillard. At 86, the former board member and Hall-of-Famer is still out certifying courses and bringing fruit and calling track times at the workouts.

Athletes of all abilities are welcome at all workouts and Dave and Robin let the sweaty Sunday crew jump in their pool post-run. For more information, contact Robin at robinsarunner@yahoo.com

Linda Cowart/Suzie Enlow - Cocoa Village

The flashing lights on Linda Cowart's SUV parked along the river's edge offer the first signs of life in the pre-dawn darkness of Indian River Drive. The petite Cocoa woman wrestles two 10-gallon coolers to the ground, stacking one filled with Gatorade on top of the other filled with water. She'll repeat the scene two miles down the road as she also stops to pound in the mile-markers that will tell runners and walkers how far each has journeyed.

An hour later, as Cowart turns onto Harrison Avenue in Cocoa Village, several dozen sleepy-eyed athletes are stretching and exchanging muted chatter. As Cowart exits her vehicle; shoelaces are double-tied, Garmin's are locked onto satellites and the last sip of sports drinks are downed before the crowd moves to an invisible starting line.



Some of the Sunday morning Cocoa Village runners and walkers pose for a Barry Jones photo. Far right, in front row are Linda Cowart, white cap; and Suzie Enlow, black cap.

It's 6:30 a.m. and another weekly fun run is about to begin.

The Sunday-morning excursions began more than two years ago when Cowart decided to offer a free and safe venue to help others find encouragement and camaraderie while achieving their fitness goals.

"I wanted to serve others in the community and provide an upbeat and healthy environment," said the competitive athlete and triathlon/running coach who also co-manages her husband's two businesses while nurturing three teenage sons.

Knowing that the weekly task would be a huge commitment of time and expense, Cowart was grateful when close friend and training partner, Suzie Enlow, offered to share the load.

"I thought it was a great idea," said Merritt Island's Enlow, who was already juggling her own competitive running and triathlon training with motherhood and managing her husband's insurance company. "I usually participate in races so I don't get to volunteer in that way. I thought this was a good way to help the running community."

After choosing Cocoa's Riverfront Park as their base of operations, the pair of 40-somethings spread the word that all were invited to run each week on the tree-shrouded roads paralleling the Indian River. Fluids would be provided along the route at no charge and participants could choose the pace and distances that suited them.

"We wanted it to be free and open to everyone in the community," said Enlow. "People didn't have to belong to a club or group. The thing was to get people out moving."

And that they did. Some two dozen athletes showed up at the inaugural event and the group now averages 20 to 50 participants weekly, depending on upcoming races.

Currently, the group heads north out-and-back on Indian River Drive where the cooling breezes off the water are a welcome relief in the record-breaking heat. Outdoor showers are available after each run and at this time of year it doesn't seem at all strange to see fully-clothed athletes standing under the faucets' cool stream.

"People run anywhere from a seven to 10+-minute-per-mile pace," said Cowart. "Distances vary with a total of 14 miles from the park to the fire station at U.S. 1 and back. There is also optional hill work in the Highpoint neighborhood or City Point Road or bridge work from Cocoa to Merritt Island and back."

If you have any questions about the Sunday workouts - which sometime also offer pot-luck breakfasts and group yoga afterward - contact Linda at landclearing@bellsouth.net or Suzie at suzieenlow@gmail.com

CAROL BALL - Walkers in Cocoa Village

Since Cowart and Enlow launched the first free Sunday morning fun run in Feb. 2008, the number of participants has mushroomed. The growth also spurred the addition of pot-luck breakfasts, Thursday evening socials and the addition of an additional group catering to walkers.

When knee surgery and subsequent arthritis ended Carol Ball's competitive running days, she soon realized she needed an alternate fitness plan.

"When I got out of the denial phase, I decided I'd better do something," laughed the 53-year-old United Space Alliance employee who lives on Merritt Island. "I thought walking would be good for me and hoped that others would want to join in."

Ball's growing group became the catalyst that convinced some local race directors to offer separate divisions and awards for walkers during the 2009-10 running season and she hopes that trend will continue.

If you are interested in walking on Sunday mornings, contact Ball at cball1@cfl.rr.com Start times and distances vary throughout the year.

ELIZABETH RING - Central Brevard

Come join Elizabeth Ring and other athletes - including the Up & Running team - on Tuesday evenings for some free speed work. While many in the group have been meeting regularly, Aug. 16 would be a great night for new folks to start as the group will be doing a one-mile time trial on the Rockledge High School Track. Based on an individual's data and training goals, Ring will provide goal times to hit on subsequent Tues. sessions.

"Camaraderie is important," said Ring, who also developed and coaches the large walking/running program for Harris Corporation. "We will keep it centrally located, mostly in Cocoa Beach with some workouts done at Rockledge (High) and Hoover (Middle School in Indialantic)."

For those who are interested in the Tues. night workouts, contact Ring at Elizabeth.Ring@yahoo.com to be put on her distribution list. Each week you'll receive an e-mail telling you where the group meets and what you can expect from your workout.

CHRISTY TAGYE- Port St. John



Pictured above are back row: Jeff , Artie, Mark, Kyton, Angie. Front Row: Christy, Kim, Maudie. Not pictured: Kathy, Michael, Kyton Jr. - Christy Tagye photo.

Was it a flash of lightning...an over-sized lightning bug...some new life form??? Between 5:30 and 6:30 a.m. along the roads of Port St. John, strange flashes of neon yellow and blinking red have been spotted. Reports have been consistent for a year and a half now but Port St. John's mystery, until now, has been shrouded in darkness.

Now the secret of the neon yellow flashes and blinking red lights are revealed. A group of bleary-eyed runners and walkers gather to wake each other up, plod along for about a mile, then begin to cut up and really have more fun than any group deserves to have that early in the morning. The PSJ Run Group has been meeting before the sun rises at Fay Lake Wilderness Park for about a year and a half. The group now runs in the road after learning the hard way what concrete sidewalks can do to the lower extremities.

This motley crew takes over the roads of PSJ (at least a few of them) for an hour each Monday, Wednesday and Friday to encourage, joke around with each other, and oh yeah, get a bit of exercise. As cars come along, the group turns into a

single file line and the friendly morning drivers of PSJ move over a bit to help keep the group safe. The group has had many runners but there has been a steady group who faithfully show up, yes even in the freezing winter of 2010, these runners came out with something to prove – Florida runners are EXTREME runners! Hot or cold these runners are TOUGH! This group is very supportive of each other; coming out to each other's events; cheering on PR's, successes, keeping each other motivated through injuries, and other frustrations.

The group includes Jeff – Mr. Give Me More Miles!, Artie – Mr. Entertainment whose job it is to keep the group laughing; Mark – Age ain't nothing but a number; Kyton – running without a stroller is for whimps! Angie – fightin' sleep vs. fightin' the sun! Christy – why are we up this early? Kim – Energizer Bunny; Maudie – Speedy; and Kathy –“Coach”. The PSJ Run/Walk group is always looking for new additions or folks just passing through. The group's e-mail address is psjrunwalk@gmail.com.

A HUGE thanks to Christy Tagye for taking time to write up this portion of the article!

MARTY WINKEL - Titusville

Three years ago, after a long Saturday run, two Titusville athletes asked Marty Winkel what they could do to get faster.

Winkel, a competitive runner who had also completed at least one marathon in every state, suggested they join him in his Tuesday evening track workouts.

Fast forward to 2010 where Marty continues to provide coaching to a much larger group at 5 p.m. on the Jackson Middle School track.

“All the workouts are based on a two-mile time trial,” said Winkel a multi-year past SCR president and current board member. “I email the workouts on Sunday and also include a tempo workout that they can do on their own on Thursdays.”

Marty welcomes all from the beginners to seasoned vets looking to up their edge.

“We have a fairly wide range of runners,” he said. “Some of them have been with me going on three years and are still setting PRs.”

If you'd like to partake in the free coaching and workouts, contact Winkel at runsalot@cfl.rr.com

OTHER GROUP RUNS

Melbourne

Running Zone offers free fun runs from their store and through Wickham Park on Thursday evenings at 6:30 p.m. On the last Thursday of each month they also offer free pizza, dollar beers and free give-a-ways. Contact the store at 321.751.8890 for more information.

Cocoa Village

Daddy Ultra Runs offers free fun runs from their store down to Rockledge Drive on Wednesday evenings at 6 p.m. Contact them at 321.806.3935 for more information.



Back by Popular Demand!!!!

****Space Coast Runners****

August Fun Run/Walk/Social

Thursday, August 19th, 5:30 pm



*Neighborhood Grill and Bar
520 to Sykes Creek, Merritt Island*

Meet at 5:30 to Run or Walk (~ 4 miles)

Join us for Free Appetizers and door prizes at 6:30 !!

(Wear a shirt with SCR logo for extra door prize ticket)

2 for 1 drinks available all evening

Please RSVP to cball1@cfl.rr.com by Aug 12th

KEEPING TABS

The **JULY FUN RUN** combined fun and fitness with a loftier goal – helping out the less fortunate in our community.

Approximately 40 runners and walkers gathered on the beach at dawn at Lori Wilson Park in Cocoa Beach to enjoy the sound of the surf and the perfect beach conditions. They brought along enough non-perishable food items to fill a large box to overflowing, to be donated to the food pantry at Lutheran Church of the Resurrection on Minutemen Causeway.

The food pantry serves over 200 individuals and families each month who are struggling to make ends meet. This donation helps to keep this outreach mission going and is greatly appreciated by the pantry staff and congregation.

In addition to helping the community, participants in the fun run helped themselves to a variety of prizes for their efforts. As each individual finished, they had their pick of a table laden with dragons, lizards, Polynesian surfers, palm trees, flamingo globes, and lots of trinkets for the kids. T-shirts from previous races were available for anyone who missed the original event.

Fruit, baked goods, and snacks provided refreshment. For the low admission price of a can of food, participants had a fun run and good company. –Submitted by Marlene White, fun run organizer

A huge **THANKS** to all those who helped with this month's (and last month's) newsletter including Carol Ball, Cyndi Bergs, Steve 'the Chinster' Chin, Linda Cowart, Suzie Enlow, Lisa Farrall, Cooper Goodfellow, III, Dave & Robin Hernandez, Ron Hoar, Barry Jones, Matt Mahoney, Lisa Petrillo, Gene Ramba, Elizabeth Ring, Roger Roullier, Loran Serwin, Kara Springer, Christy Tagye, Marlene White, Marty Winkel.



WELCOME new members Laura Andreski, Palm Bay; Cindy Bishop, left, Merritt Island; Ty Bowen, Merritt Island; Donna, Jacob and Noah Carr, Melbourne; Patricia Delacruz, Melbourne; Mike Duncan, Merritt Island; Les & Rene Dunne, Palm Bay; Andy Dutra, Melbourne; Ken Hill, Merritt Island; Joseph & Max Hofmeister, Melbourne; Charles, Julie, Lindsay, Susie & Trey Plyer, Melbourne; Aaron Prupas, Rockledge; Lani Ragan, Melbourne; Ashley Raum, Indian Harbour Beach; Kenneth Rhoden, Merritt Island; Ruth Robert, St. Cloud; Arleigh Sharpe, Merritt Island; Terry & Tom Shepherd, Merritt Island; Anju & Brooke Shlisky, Melbourne; Debra Weber, Merritt Island; Midori Wiles, Melbourne; Sarah Zimmerman, Indian Harbour Beach.

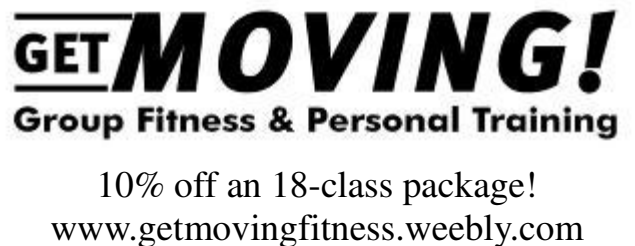
CONGRATS to local **Peachtree 10K** finishers (Atlanta, July 4, 50,959 finishers -- largest 10K in world) Danny Benitez, 45:10; Martina Bergeron, 1:26:57; James Coleman, 1:01:47; Jessie Coleman, 1:00:18; Judy Coleman, 1:09:56; Katherine Coleman, 1:04:50; Joshua Eberle, 1:00:31; Karen Eberle, 1:08:00; Ryan Eberle, 1:06:47; Thomas Eberle, 1:02:56; Autumn Evans, 45:31; Daryl Gilbert, 1:05:39; Melissa Gilbert, 1:32:47; Jim Grady, 1:32:47; Elizabeth Henderson, 1:21:52; Ulreen Jones, 1:22:34; Steve Koski, 1:03:50; Lisa Neal, 1:34:22; Michael Rich, 52:24; Kingsley Roberts, 1:09:11; Patsy Roberts, 1:16:21; Karen Suarez, 1:12:20; Rick Suarez, 1:02:57; Jim Van Veen, 42:05, left; Meredith Van Veen, 41:39; Steve Winterfeldt, 1:34:31.



CONGRATS to **Run from the Cops 10K** (St. Sebastian River State Preserve) finishers Ron Abel, 2nd 20-29, 39:08; Thaddeus Austin, 1st 30-39 (3rd OA but no award), 37:03; Gary Castner, left, 2nd 60-69, 54:18; Andy Dutra, 41:16; Kelsey Frye, 1:25:51; Jonathan Howse, 50:20; Herman Jex, 1:25:39; Renee Jiannine, 1:06:04; Matt Mahoney, 1st 50-59, 41:10; Megan Pendergast, 1st OA, 46:09; Jennifer Phelan, 1st 40-49, 54:43; Jim Schaeffer, 2nd 30-39, 41:58; Keri Scharnagl, 1st 20-29, 48:11; Roger Travis, 3rd 50-59, 41:57; Tak Yip, 50:31.

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

200 S. Miramar Ave. Indialantic
(across from Wendy's)
321.727.1170

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

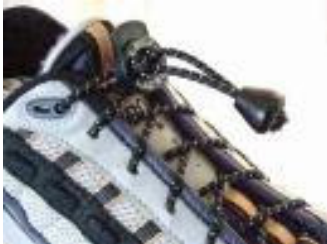
FRICION. FREEDOM.



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



SCR members receive a **10% discount!**
 602-B Brevard Ave., Cocoa, 321.806.3935



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!



Right now you can get Running Times for just \$1 an issue!

Running Times is dedicated to the front of the pack ... to runners like you who live for the challenge and competition. Each issue provides insight and inspiration from the world's best runners and all you need to know about the racing scene, along with tips from top coaches, scientists, and athletes on how to take your running to a new level.

Through this online offer, you can take advantage of this special rate of just \$1 an issue. That's an **80% savings off the cover price.**

Running Times delivers the best in running news, race coverage, nutrition secrets, and race strategies to keep you at the front of the pack. All this and more delivered to your doorstep for just \$1 an issue!



Investing for the Long Run ...

... Because life is not a sprint, it's a marathon

Robert J. Rall, CFP®

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

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



4730 Seminole Trail
 Merritt Island, FL 32953
info@rallcapital.com | www.rallcapital.com
 321-452-1251 (ph) | 888-452-8851 (fax)



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

Another SCR field trip....
GIRLS WEEKEND OUT!

Race at a Glance

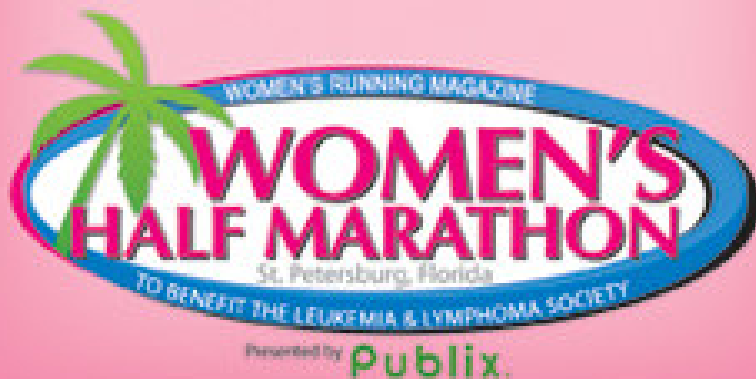
Date/Time: Sunday November 21, 2010, 7 a.m.

Course Time Limit: Walkers welcome! Participants must maintain a 20-minute-per-mile or less pace.

Hotel: Many SCR ladies are registered at Hotel Indigo, one of the three host hotels listed on the website. Come join us!

<http://www.womenshalfmarathon.com/stpetersburg/>

St. Petersburg, FL
NOVEMBER 21, 2010



2010 Race medal and necklace



The Ultimate Goodie Bag

All half marathon participants will receive the ultimate goodie bag—a reusable, recycled designer tote bag.



THE ‘OTHER’ ROAD TO BOSTON

By Carol Ball

This is the story of how four ladies “qualified for Boston” without running a step.

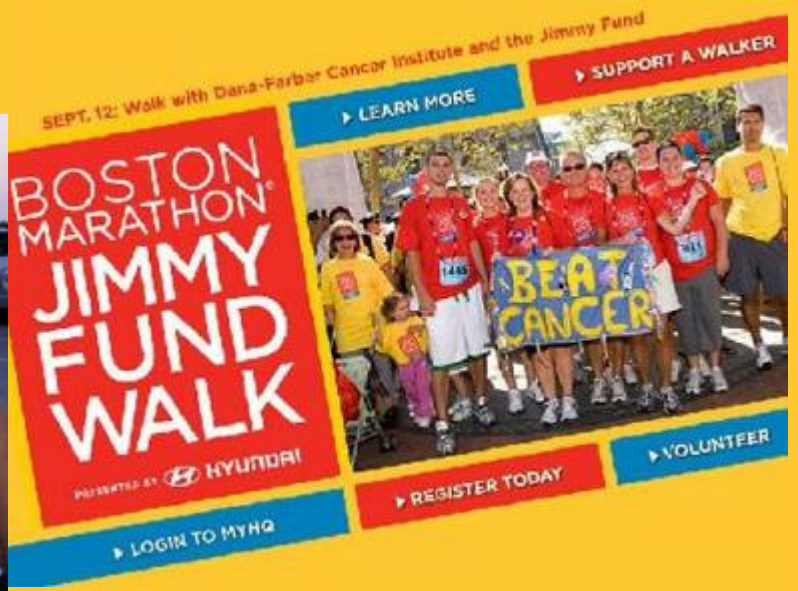
A few months ago, Space Coast Runners members Ty Bowen, Kim Badgett, Lani Ragan, Debbie Horst, Diane Hardos and myself (also known as Space Coast Walkers) were out walking with the Cocoa Village Sunday Fun Run group along scenic River Road. As usual, we talked the entire time about all sorts of things happening in our lives. Kim and I were probably commiserating again about not being able to run when Lani asked if we had ever heard of the Jimmy Fund Walk in Boston. This walk follows the entire Boston Marathon course and raises much needed funds for the Dana-Farber Cancer Institute for cancer study and treatment.

This intrigued us, and over the next few weeks, we researched and discussed the possibility of forming a “team” and raising the funds necessary to walk in this event. Kim, Lani, Debbie and I finally took the plunge, bought plane tickets and registered. We were committed! We set up a training schedule and have started meeting at 5:30am on Sundays for our long walks (we are up to 17 miles) in order to beat the heat. During the week we meet at various locations to train shorter distances. We are excited and our goals are to complete the marathon in seven hours and help the fight against cancer!

If you would like to join us in Boston on September 12, 2010, sign up at www.JimmyFundWalk.org and join the team “Space Coast Walkers”.

If you would like to donate to our team, follow this link: [Space Coast Walkers Team Donations](#) and click on “General Team Donations”.

We sincerely thank you for your support!



Kim, Lani, Debbie and Carol

PAYING IT FORWARD

Carol Ball has been an active member of Space Coast Runners for many years. She has been our president, vice president and this season, our treasurer. She also formed the walking contingent of our club after knee damage forced her to give up running - a sport in which she excelled as a Masters (40+) Runner.

On the previous page, Carol Ball describes how she and three others will be walking 26.2 miles on September 12 to help combat breast cancer. Carol knows how vital it is that this war be won as she and one of her sisters, Patty Gay, have battled the foe for almost a decade now.

Below is a story that FLORIDA TODAY ran on the two sisters in 2002. We hope it shows why - almost a decade later - Carol is so determined to help win the fight and how large a part the magic of movement played in both her and Patty's recovery.

SISTERS RACE AGAINST CANCER **Patti Spenser for FLORIDA TODAY**

Carol Ball, 45, of Merritt Island has been a champion runner for several years. Her fleet feet and strong competitiveness have set her ahead of the field.

Ball's sister, Patty Gay, 43, of Cocoa, also is bringing home plenty of trophies in this, her first season of racing.

The sister's graciousness and easy humor belie the fierce determination they each possess. That determined spirit has helped them prevail so far in the one competition they cannot lose: the fight against breast cancer.

Both have been diagnosed with a form of breast cancer - ductal carcinoma in situ - that cannot be seen or felt through self-examination. It can only be detected by mammography. Both are beating the disease.



Lots of SCR members showed up to say good-bye to Patty Gay before she moved to Arizona in 2004. In the front row Carol Ball, in blue sweater, hugs her sister, Patty, in pink. The two became close allies in their battles against breast cancer.

Range of emotions

Fear. Anger. Denial. Those were the emotions Ball felt when a suspicious area was found in a routine mammogram in January, 2000.

“Anyone who has been through the nightmare can attest to all the emotions that are worse than the disease itself,” Ball said.

The disease shouldn't have been there. Ball was healthy. Ball was a competitive runner. Ball's family had no history of breast cancer.

After more tests, much research and many consultations, Ball made the difficult decision to have a bilateral mastectomy with immediate reconstruction.

The decision was not easy but Ball found she had a host of support. Her family, friends and co-workers at Kennedy Space Center, where she is a senior parachute technician with United Space Alliance, rallied around her.

“I've discovered that through the challenges of life, friends and family can make the most difficult situations manageable,” she said.

Run to survive

Running also became Ball's strong ally.

“I used it to help me through cancer,” she said. “It drove me crazy to sit around for even a week during recuperation. I really had to take it easy, but I was determined to not let cancer take control of me. Running was and is my physical and mental tool of survival.

Despite the grim diagnosis, Ball still managed to place second in her very competitive age group in the Space Coast Runners Runner of the Year series.

In May, 2001, Ball ran in the Susan G. Komen Race for the Cure 5K at Daytona International Speedway. It was a family affair that Ball described as “a triumphant day! I ran the 5K and won second place in the Survivors' category.”

Her daughter and sisters, Patty Gay and Donna Neill, also ran.

It was at this race that Gay, director of operations for Quantum Services, began her running career.

“We went to race to honor Carol and her win in her battle with breast cancer,” said Gay. “Our plan was to walk the non-competitive race, instead we ran the whole thing.”

Disease returns

Two months after the Race for the Cure, Gay received some unbelievable news. She was diagnosed with the same kind of cancer her sister had fought. Gay was now running her own race with the disease and turned to her sister for support.

“Remembering everything I had been through, and understanding the importance of support, I began calling her every day. I soon realized that not only was I helping her, I was healing myself. Some small good could come from my experience,” said Ball.

Through the experience, the sisters grew closer. Says Gay: “We learned the value of supporting each other and the significance of having someone who's been there to talk to, lean on and be your friend.

Gay elected the same successful course of treatment her sister had undergone. Although there were several surgeries and some major complications, Gay not only continued to run but also stopped smoking and stuck faithfully to the Weight Watcher's eating plan.

By the end of November, 2001, Gay was cancer free, smoke-free and had lost 70 pounds. Her race times dropped as well and she began moving up in the Space Coast Runners' women's 40-44 age group rankings.

Fight rages on

It would have been easy for the sisters to be thankful for their recovery and simply continue on with their lives. They have, instead, chosen to use their experiences and health to help others in the battle against breast cancer.

In mid-April, they joined 2,500 others in the Avon Breast Cancer 3-Day, one of several fund-raising efforts of the Avon Breast Cancer Crusade. Avon's goal for the 60-mile, three-day walk was to "benefit all women, with a special emphasis on reaching the medically under-served, including low-income, elderly and minority women, and those with inadequate health insurance."

The goal was lofty but Ball and Gay met the challenge, raising more than \$8,000 for their 60-mile effort.

"No one was a stranger. We made lots of new friends," Gay said of their 72-hour journey. "There was an indescribable toll on the body. Never have we hurt so bad but felt so good and laughed so hard. The emotional journey took us through highs and lows, laughter and tears."

The sisters continue to run. Both will likely receive awards at the Runner of the Year picnic in June. Ball is the female Master (40+) points leader and Gay is ranked fifth in the 40-44 age group.

Ball's fellow competitor, Kathy Ojeda, 42, of Merritt Island, nominated her for the Road Runner Club of America's Female Road Runner of the Year award.

"Carol has served as an inspiration for so many in our local running community because of her courage and athletic achievement in the face of adversity," Ojeda said.

The nomination was endorsed by Space Coast Runners.

Lesson learned

"We have learned that things happen for a reason and we believe that our purposes is to take our experience and use it to help others. We intend to keep helping in the fight to find a cure for breast cancer," the sisters wrote in a joint e-mail.



**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

<p>Get Up & Go 5K 10K ♣ Saturday, August 28, 2010 ♣ Registration Form</p>		Race Number: _____
<p>Last Name: _____ First Name: _____ 5K___ or 10K___</p>		Method of Payment:
<p>Age: _____ Date of Birth: _____ (must be filled) Male: _____ Female: _____</p>		Cash: _____ Check: _____
<p>T-Shirt Size: Y/ L Adults/ S M L XL XXL</p>		
<p>Address: _____</p>		
<p>City: _____ State: _____ Zip: _____</p>		
<p>Daytime Phone: _____ Evening Phone: _____</p>		
<p>Email Address: _____</p>		
<p>____ Yes! I would like to receive more information about Christ Community Church</p>		
<p><u>Incomplete or unsigned forms will not be accepted.</u></p>		
<p>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.</p>		
<p>Signature (under 18 requires a parent to sign): _____</p>		
<p>Date: _____</p>		
		<p>Make check or money order payable to: Christ Community Church</p>



5, 4, 3, 2, 1... **Blastoff!**



Running Zone Foundation joins Coaches Bernie Sher, Linda Cowart and Barry and Michele Birdwell to offer

Health First Health Plan's
Space Coast Half-Marathon
13-Week Training Camp
August 29 - November 28 (Race Day!)

First or Fastest?

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

Join us at one of the following
Informational kick-off meetings
and meet your coaches:

- **Monday, August 23 at 6:30 pm** – Melbourne Pro Health & Fitness Healthplex
- **Tuesday, August 24 at 6:30 pm** – Merritt Island Pro Health & Fitness Healthplex
- **Thursday, August 26 at 6:30 pm** – Viera Pro Health & Fitness Healthplex

\$75.00 for Health First Health Plans members and \$100 for non-members.



*For more information and to register,
contact Running Zone at 321-751-8890
or visit www.spacecoastmarathon.com*





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

PUBLIX: WHERE RACING IS A PLEASURE



Melbourne's Ed Donner didn't look back.

He didn't need to.

As the 33-year-old wealth manager rounded the final turn into the finish chute of the Aug. 1 Publix Family Fitness Weekend Triathlon in Melbourne Beach, there was nobody in sight behind him. (Donner, left taking the win)

After taking the victory in fifty-two minutes and 45 seconds, Donner had time to recover his wind and down some water before congratulating runner up Chad Wilkinson, a 36-year-old amateur elite triathlete from West Palm Beach, who dallied in Donner's dust by 1:42, taking second place in 54:27.

"I felt good out there today," said Donner, who got into the sport only four summers ago and has already inked more than a half-dozen Ironmans (PR: 10:13:35) and multiple Half IMs including the 70.3 World championship for which he has again qualified for the Nov. race with his age group win and PR time of 4:28:39 at IM FL 70.3 in May. "I've been doing more speedwork - sometimes four sessions a week."

While third-place winner Kenton Harris out-swam him on the smooth quarter-mile ocean course at Spessard Holland Park, Donner laid down the fastest bike split of the day, averaging 25.4 miles per hour on the 10-mile out-and-back stretch along south A1A. He then also laid to rest the myth that larger guys can't run. At 181 pounds but no perceptible body fat, Donner zipped through the three-mile run course in 18:36, averaging 6:12 per mile on a morning fraught with heat and humidity.

"He (Harris) always beats me on the swim," Donner said after congratulating his 24-year-old Melbourne training partner and then paying him a compliment. "Watch out for this guy. He is getting faster all the time. We play a game to see where I will catch him on the bike. I didn't get him until the last mile and transition today."

Donner shared that he received some additional motivation for today's race from another training partner and girlfriend, Satellite Beaches Kaitlin Shiver.

"She won the Colorado race yesterday and told me I better take the win today," he said.

The Colorado race turned out to be USA Triathlon's Elite Development Race in Colorado Springs and Shiver's first shot at a draft-legal race. Her four-second victory - over elites already on an Olympic path - opens the door for her to compete in ITU Continental Cup events and the road to the 2012 London Olympic Games.

More on that to come... In the meantime you can read the USA Triathlon press release about Kaitlin and the here: http://www.usatriathlon.org/news/2010/07/31/dye-shiver-grab-usat-elite-development-titles/37601?ngb_id=12

Angela Bronco, the first woman to cross the finish line, had a few tense moments as she waited to find out if she had,



indeed, taken the ladies' victory. The 34-year-old, Deerfield Beach elite amateur had started in the first wave and didn't know if anyone in the waves that started behind her could break her 1:00:20 finish.

"I recently got married and had cut back on my training for a while," she beamed after learning that Viera's Jessica Crate, 25, had finished 10 seconds behind for second place. "This is my second win in two weeks now."

Crate, left, who is one of Brevard's best runners - male or female - made no bones about the fact that she is hooked on a new sport.

"This course was perfect today," said Crate, who marched into multisport just this past spring and vaulted to a second place, in-the-money finish in the Surfcoast Tripecta series. "I really have fun doing triathlons and am going to stick with them."

Melbourne Beaches Tricia Rydson, 37, left, took third in 1:02:21.

Congrats to all the athletes who raced today's inaugural Publix Family Fitness Weekend Series stop in Brevard. It was amazing to see so many locals giving it their all and having such a great time doing so. It takes a lot - emotional, mentally and physically - to even get to the starting line and it was really cool to watch those who finished - especially for the first time - realize that the perceived limits of possibility had just been stretched a bit further.

Thanks to ESM and Multirace for bringing another fun and high-quality event to our county and a special high-five to all the volunteers.

We snapped off some shots of quite a few locals. The photos and their captions are available at <http://www.facebook.com/album.php?aid=2074360&id=1438221447&I=e845865474> The photos are also available in video form at <http://www.facebook.com/video/video.php?v=1570697634198>

Complete results are available at <http://www.multirace.com> and below is a list of Brevard locals who scored hardware:



Publix Family Fitness Tri local award winners (out of 364 total finishers):

Male: Art Anderson, left, 51, Melbourne, 2nd 50-54, 1:06:04; Brad Daszynki, 28, Melbourne, 1st 25-29, 56:36; Ed Donner, 34, Melbourne, 1st OA, 52:45; Rob Downey, 60, Melbourne Village, 1st 60-64, 1:06:30; Ashley Fleeman, 43, Melbourne, 1st Clydesdale, 185+, 40+, 1:05:11; Kenton Harris, 24, Melbourne, 55:48; Hywel Jones, 55, Cocoa Beach, 3rd 55-59, 1:03:20; Jason Jones, 17, Cocoa Beach, 1st 15-19, 59:10; Jacob Kahn, 24, Melbourne, 2nd Clydesdale, 200+, 39 and under, 1:11:24; Joseph Kattwinkel, 13, Palm Bay, 2nd 10-14, 1:22:40; William Kelly, 60, Melbourne Beach, 2nd 60-64, 1:13:08; Matt Mahoney, 55, LEFT, Melbourne, 3rd Fat Tire, 1:11:10; Bruce Milburn, 24, Merritt Island, 1st 20-24, 1:02:57; Chris Miller, 61, Satellite Beach, 3rd 60-64, 1:13:15; Patrick Murphy, 46, Melbourne Beach, 3rd 45-49, 1:03:36; Ben Park, 47, Melbourne, 2nd Clydesdale, 200+, 40+, 1:10:47; Luke Redito, 15, Melbourne, 3rd 15-19, 1:04:10; Ken Rodgers, 38, Rockledge, 1st 35-39, 56:35; Eric Rothery, 37, West Melbourne, 3rd Clydesdale, 185, 39 & under, 1:13:53; Jim Schaeffer, 40, Melbourne, 2nd Clydesdale, 185+, 40+, 1:05:49; Chris Seinkner, 42, Indian Harbour Beach, 1st Masters (40+), 55:57; Al Steinginga, 43, Indialantic, 2nd 40-44, 1:02:53; Richard Tankersley, 48, Melbourne, 3rd Clydesdale, 200+, 40+, 1:12:53; Jamie Twigg, 35, Indialantic, 2nd Fat Tire, 1:09:02; Adam Ullein, 28, Palm Bay, 2nd 25-29, 57:06.



Female: Kristin Apotsos, 37, Melbourne Beach 1st 35-39, 1:07:36; Stephanie Bird, left, 20, Rockledge, 1st 20-24, 1:16:10; Denise Canina, 50, Indian Harbour Beach, 3rd 50-54, 1:15:46; Megan Campbell, 34, Satellite Beach, 2nd 30-34, 1:07:56; Tasha Camps, 40, Melbourne Beach, 1st Masters (40+), 1:05:34; Chris Crotty, 54, Satellite Beach, 2nd Athena, 1:22:38; Jessica Crate, 25, Viera, 2nd OA, 1:00:30; Suzie Enlow, 47, Merritt Island, 3rd Masters (40+), 1:07:07; Laura Farina, 26, Melbourne, 2nd 25-29, 1:08:11; Cathy Friedel, 47, Satellite Beach, 2nd Masters (40+), 1:06:27; Casey Gilbert, Melbourne Beach, 2nd Fat Tire, 1:20:03; Karen Hughes, 45, Indialantic, 3rd 45-49, 1:14:18; Kelly Hunter, 45, Cocoa, 3rd Fat Tire, 1:21:09; Kate Junco, 29, Indian Harbour Beach, 3rd 25-29, 1:19:04; Lori Kruger, 48, Indialantic, 1st 45-49, 1:09:57; Kathleen Lawler, 56, Merritt Island, 3rd 55-59, 1:35:06; Becky Moody, 40, Melbourne Beach, 3rd 40-44, 1:11:30; Robin Moran, 53, Indialantic, 1:10:37; Honor Murphy, 46, Melbourne Beach, 2nd 45-49, 1:11:55; Angie Preston, 44, Merritt Island, 1st 40-44, 1:08:51; Tricia Rydson, 37, Melbourne Beach, 3rd OA, 1:02:21; Lisa Saturday, 50, Palm Bay, 1st 50-54, 1:38:33; Nicole Therrien, 41, Melbourne, 2nd 40-44, 1:10:01; Teresa Williams, 49, Merritt Island, 1st Athena, 1:18:14.

Publix Family Fitness Duathlon local award winners (out of 110 total finishers):

Male: Danny Barrett, 45, Cocoa, 2nd 45-49, 1:04:53; Sean Black, 42, Melbourne, 2nd Masters (40+), 57:08; Steve Chin, 42, LEFT, Satellite Beach, 3rd OA, 56:05; Mike Coffell, 37, Mims, 3rd 35-39, 1:19:24; James Fain, 36, West Melbourne, 1st 35-39, 1:01:45; Dave Farrall, 62, Melbourne Beach, 3rd 60-64; Chris George, 38, Melbourne, 1st Clydesdale 200+, 1:24:34; Herb Jordan, 55, Satellite Beach, 2nd 55-59, 1:11:07; Paul Kellner, 16, Malabar, 1st 15-19, 1:09:24; Lawrence Pacelli, 59, Melbourne Beach, 1st 55-59, 1:05:04; Michael Rich, 31, Melbourne, 3rd 30-34, 1:09:34; Bryan Steele, 34, 2nd 30-34, 1:09:29; Michael Zeitfuss, 66, 1st 65-69, Satellite Beach, 1:20:18.

Female: Maria Casino, Melbourne, 1st 30-34, 1:20:25; Taneal Coffell, 34, Mims, 3rd 30-34, 1:26:29; Katie Collins, 35, Melbourne Beach, 1st Fat Tire, 1:22:53; Sharon Chambliss, 51, 1st 50-54, 1:27:43; Lyndsey Colman, Melbourne, 2nd 15-19, 1:27:39; Wendy Heatley, 40, Melbourne, 2nd 40-44, 1:27:57; Willy Moolenaar, 69, Indialantic, 1st 65-69, 1:28:11; Tina Murphy, 38, Melbourne Beach, 3rd 35-39, 1:15:41; Jennifer Nelson, 25, Melbourne, 3rd 25-29, 1:25:00; Pat Renish, 51, Indialantic, 3rd OA, 1:09:53; Barbrette Roth, 47, Rockledge, 3rd Fat Tire, 1:26:27; Andrea Shaffer, 37, Viera, 2nd 35-39, 1:13:51; Carla Shofner, 55, Melbourne, 1st 55-59, 1:24:13; Candy Thomas, 51, Melbourne, 3rd 45-49, 1:37:21; Dorothy



Above, right, Space Coast Runners Masters champ, Steve Chin, place third OA in the Publix Family Fitness Weekend duathlon. It was the first multisport race for Chin who, along with Jessica Crate and John Davis, had run 17 miles the day before. Danny Barrett who took 2nd in the 45-49 duathlon age group, had run 18 miles the day before the race as well.

WICKHAM PARK 63K / 39M Fun Run

Come and Help Celebrate 'Animal' Jim Schroeder's Birthday
Sunday, 29-August-2010
7:30 AM Start Time

This will be a shortened 5K trail loop repeated 12 times; a 13th loop is optional to span 63K. The loop is modified by continuing south instead of exiting right to the west off Sahara Street at mile 1.9 and rejoining the traditional course at mile 2.6. This avoids the wettest part of the course. It also skips the water fountain normally at mile 2.5, but that should not be a problem with the earlier than usual start. Directions are available from a hot link off Matt's Birthday Page at <http://mattmahoney.net/wickham/birthday.html>. The run will be no fee, no registration, no aid, no t-shirts, no awards, no wimps, just show up to run and sweat. There are water and toilets available at the start / finish, but food, sports drinks, ice, electrolyte tablets, Ibuprofen and other supplies are self supported. After each loop, write down your time each loop on the supplied log sheets. The course might be marked with flour.



Left and above: Jim Schroeder and pals enjoyed the 62K run to help celebrate Jim's birthday last year!

Need more info? jameseschroeder@gmail.com

Walt Disney World® Marathon Florida's Finest Team search

Search of Florida residents to race Walt Disney World® Marathon as Florida's Finest Team

The Walt Disney World® Marathon Weekend takes place January 6-9, 2011.

The marathon race committee will select Florida residents to compete in the race as part of the Florida's Finest Team. Florida's Finest Team Members receive:

- Walt Disney World® Marathon entry
- Florida's Finest goodie bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights and three (3) days
- Two (2) one-day/one-park tickets for *Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios™, or Disney's Animal Kingdom® Park*
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida's Finest Team Member will receive:

- Two (2) one-day/one-park tickets for *Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios™, or Disney's Animal Kingdom® Park*
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- One guest of the Florida's Finest Team Member will receive entry into the *Walt Disney World® Marathon, Half Marathon or Family Fun Run 5K* (fee is not waived). Guest race application must be submitted by November 15, 2010.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2010. The Team, with a brief biography on each, will be announced in the November/December 2010 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2010:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Birth date and age on January 9, 2011, race day;
3. Running career highlights;
4. Marathon(s) completed 2006 thru 2010 (include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2006 thru 2010 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: flrunn@cfl.rr.com or mail to: Florida's Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819; Tel 407.352.9131. This magical opportunity is open to all Florida residents. To participate in the 2011 *Walt Disney World® Marathon* as one of Florida's Finest, submit the information today.

RUNNERS AREN'T POSERS

BY NAOMI MANNINO



But maybe they should be.

Submitted by
Carol Ball

Runners just want to run – but borrowing some yoga techniques can help you run safer, smarter, stronger and healthier!

Christine Felstead was a long-time, hardcore runner and fitness instructor. But at the same time, she found it hard to bend over and tie her shoes and felt the tightness and daily effects of her worsening posture. "How could this happen to me? I am fit and healthy. I am a runner!" she said. So she tried massage, the chiropractor...and yes, she stretched. But it wasn't until she tried yoga that she saw real benefits to how she felt and more importantly how she ran.

According to the American Yoga Association, the whole system of yoga is built on three main principles: exercise, breathing and meditation. Many different types of yoga are based on Spirituality, but Hatha Yoga is the type focused on physical movements and breathing techniques. According to Felstead, now a yoga instructor who created the video, *Yoga for Runners*, there are simple techniques to incorporate into your running routine and to improve how you feel, especially during running. According to the Yoga Health Foundation, it doesn't have to be a class or long routine. Regular, and even not-so-regular, yoga practice has benefits for a healthier body and a happier run. "I know that given an extra five minutes, you'd rather run...instead, take the time to do these stretches before and after you run, and you'll really notice a difference. I know because I've been there," advises Felstead.

JUST BREATHE: It's a song, but it's also a great mantra for runners. "When you're running, you don't realize how shallow and unregulated your breathing becomes because you're concentrated on running and take your breathing for granted," says Felstead. "Runners may think that yoga or stretching is not aerobic work but when you focus on your breathing, it builds your lung capacity in a different way." Simply lie on the floor and

just feel the breath come in through the nose and out through the nose, focusing on it. "Every time you take in a deep breath it's massaging your internal organs. Use this breathing as your timer during all postures and stretches to remind you to focus on your breathing, plus it keeps the stretch length on each side the same," Felstead recommends.

EQUAL STANDING: Your posture pattern from the day carries into your running, explains Felstead. In an office job where you're sitting, your hamstrings, hip joint and low back are static with your head likely downward-facing toward a desk, work or keyboard. When you run, that pattern repeats: Hip joint in 90° angle, hamstrings repetitively contracting, lower back static, head downward-facing. "A common complaint from runners is tight shoulders, which is actually from the sitting, but it adds to the strain of running. Yoga counteracts this by moving in a different way," says Felstead, who suggests the simplest pose called Equal Standing.

Toes are front-facing with heels and backside against a wall. Align shoulders over hips, hips over knees and knees over ankles. Move your head back to the wall with chin back and lengthen your neck. Draw up your breastbone so shoulder blades slide down your back. This symmetrical posture aligns weight-bearing joints and the body awareness transfers directly into your running to counteract upper-body stiffness.

STRENGTHEN & STRETCH:

The most common runner's complaint is hamstring tightness and one of the best yoga poses for this is called the Downward Dog. "It is easy to do, doesn't look weird and benefits the whole body," Felstead says.

Begin on hands and knees, shoulder distance apart with fingers spread. Press shoulders back and move hips up and back as you move onto your feet and lengthen

your spine. This one exercise stretches and strengthens wrists, fingers, shoulders, hips, lower back, hamstrings, Achilles tendon... and feels great. Do it before and after you run holding and concentrating on five full breaths (in and out), Felstead says.

Runners also complain of hip and glute tightness (also due to sitting!) and the best way to relieve that is to open up the hip area with a pose called The Pigeon, says Felstead. Start this pose sitting on the floor with one leg bent in front and one leg bent in back. Slide the back leg straight backward and let the other hip come toward the floor.

Raise shoulders back with head straight supporting yourself with hands on the floor next to your hips. Then, lean forward stretching hands out in front, placing head on the floor (called the resting pigeon). "You will feel the stretch through your head, shoulders, rib cage, hips, quads and glutes, down to your ankles and toes," Felstead says.

MUSCLE BALANCE: With four muscles in the quadriceps, runners tend to have tight and over-developed outer quads and weak inner quads, explains Felstead. This creates a tugging sensation at the knees and can throw off muscle balance all the way down to the feet resulting in a propensity for knee, ankle and foot injuries caused by the repetitive motion of running. Felstead advises a simple wall-sit in correct alignment: feet shoulder width apart, knees over ankles, thighs as parallel as you can get to the floor. Place a block between knees to force the inner quads to work. Start with a one-minute hold, concentrating on breathing.



SEPTEMBER IS NATIONAL YOGA MONTH!

For our full line of yoga gear from great brands like Gaiam, ALO, Manduka and more, visit our YOGA/PILATES/TONING section under EXERCISE at WWW.DICKSPORTINGGOODS.COM.

OFFICIAL ENTRY FORM

Send completed entry form with fee to:

Titusville Racing Series

P.O. Box 2

Titusville, FL 32781

Make check payable to: Titusville Racing Series

*Adult Series (all 5 races):

\$80.00

*Student Series (all 5 races):

\$70.00

*Adults receive a 20% discount when signing up for the series.
Students receive a \$5 discount when signing up for the series.

Get Up & Go 5K/10K August 28, 2010

5k 10k (check one)

Chain of Lakes 5K October 16, 2010

Light the Way 5K January 22, 2011

Run for Your Life 5K March 19, 2011

Space Walk of Fame 8K April 2, 2011

Amount enclosed: _____

or register at www.spacecastrunners.org - Titusville Racing Series

Name _____

Address: _____

City: _____ State _____ Zip _____

Phone(daytime) _____

Email address _____

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

Sex: Male _____ Female _____

Shirt Size: YL S M L XL XXL _____

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.
In consideration of my entry being accepted, I intend to be legally bound and hereby for myself, my heirs and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race (series) and my representatives, successors or my association with an entry or participation in a Titusville Racing Series event(s). If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race (series). I have read the above release and understand it presents a risk of physical injury. Knowing this, I am entering this event (series) at my own risk.

Signature _____ Date _____

Signature of Parent _____ Date _____
for those under 18



Fifth Annual

Titusville Racing Series



2010-2011

Titusville Racing Series
P.O. Box 2
Titusville, FL 32781

Titusville Racing Series

2010-2011

WELCOME RUNNERS!

SCR and the Titusville Racing Series (TRS) invites you to participate in the 5th annual Titusville Racing Series. Our series consists of 5 races: two 5K road races, one 5K cross-country race, one 8K road race and one 5K/10K road race. There will be one drop when scoring this series. Enter all five races and receive a 20% discount for adults and \$5.00 discount for students. Series registrations must be received prior to the start of the 2010 - 2011 series.

TRS RACES:

Get Up & Go 5K/10K

Saturday, August 28, 2010
Christ Community Church, Titusville, FL 8 AM
www.christcommunitytitusville.org
This race runs along Carpenter Road, gently rolling residential roads. Runners can enter either the 5K or 10K for series points.

Chain of Lakes 5K.

Saturday, October 16, 2010
Chain of Lakes, Titusville, FL 8 AM
www.spacecoastrunners.org
This fifth annual cross-country course is one and a half loops around the Chain of Lakes, one of the most scenic courses along the Space Coast.

Light the Way 5K.

Saturday, January 22, 2011
Park Avenue Christian Academy, Titusville, FL 8 AM
www.gilchristeducationalfoundation.org
This fourth year race is a fast, flat, scenic course run as a single loop along residential roads.

Run for Your Life 5K.

Saturday March 19, 2011
IRC United Methodist Church, Titusville, FL 8 AM
www.emergingministries.com
This race, in its 8th year, is an out and back course run on residential roads with slightly rolling hills.

Space Walk of Fame 8K.

Saturday, April 2, 2011
Space View Park, Titusville, FL 8 AM
www.spacecoastrunners.org

This race previously known as the Indian River Festival 8K is a two loop course and is now in its thirty-third year.

AMENITIES

Each Titusville Racing Series event will have uniquely designed t-shirts for all participants. Awards for each individual race will be given for the following places:

Top 3 male/female overall

Top male/female Master

Top 3 male/female in 15 age groups from 8 & under through 80+

Door prizes and refreshments will also be provided. TRS awards will be given to the top 12 men and top 12 women determined by age graded results.

REGISTRATION & FEES

Please make checks payable to and mail registration forms to:

Titusville Racing Series

P.O. Box 2

Titusville, FL 32781

For Reference Only: Adult Single Race \$20.00

*Adult Series \$80.00

For Reference Only: Student Single Race ... \$15.00

*Student Series..... \$70.00

*Adults receive 20% discount when signing up for the series. Students receive \$5 discount when signing up for the series

ELIGIBILITY

All participants are eligible for the series and will accumulate TRS points by participating in a TRS race. Points will be given based on Age Graded results. TRS Final awards will be rewarded at the annual Space Coast Runners awards ceremony.

SCORING AND POINTS

Points will be awarded starting at 200 for the best age grade time down to 1 for the 200th finisher of each sex. Finishers after 200 will receive 1 point. At the end of series, individuals who accumulate the most points will receive awards. The standings after each race will be calculated & displayed on the SCR web page.

PRIZE MONEY

Over \$1,700 in total prize money will be awarded.

-1 st Place Male & Female.....	\$ 150.00
-2 nd Place Male & Female.....	\$ 125.00
-3 rd Place Male & Female.....	\$ 100.00
-4 th Place Male & Female.....	\$ 90.00
-5 th Place Male & Female.....	\$ 80.00
-6 th Place Male & Female.....	\$ 70.00
-7 th Place Male & Female.....	\$ 60.00
-8 th Place Male & Female.....	\$ 50.00
-9 th Place Male & Female.....	\$ 40.00
-10 th Place Male & Female.....	\$ 30.00
-11 th Place Male & Female.....	\$ 25.00
-12 th Place Male & Female.....	\$ 20.00

FOR MORE INFORMATION:

Marty Winkel: 321-537-3526

runsarat@cfl.rr.com

Titusville Racing Series Director

Race Director

- Chain of Lakes 5K

- Space Walk of Fame 8K

Sarah Guttery: 321-917-2670

sguttery@cfl.rr.com

Race Director

- Get Up & Go 5K/10K

- Light the Way 5K

- Run for Your Life 5K

New Partner Reception

**Hosted by the Chamber's
Rising Stars Leads Club
Tuesday, August 17th
5:30 p.m. to 7:30 p.m.
Murdock's Bistro & Char Bar
600 Brevard Avenue, Cocoa**

***Hors d'oeuvres will be provided
during this 'networking' event.
A cash bar will be available.
Win fabulous door prizes!***

IN THE CHAMBER (of commerce)

Does it seem strange to see the above ad in our newsletter? Not really when you consider that Space Coast Runners is now part of the Cocoa Beach area Chamber of Commerce.

Linda Cowart, who is the club's liason, wants us to know that we can go to Chamber events as representatives of Space Coast Runners. We also have a page on their website and Linda would welcome your input to that page. Log on to www.cocoaeachchamber.com/home/pages/BusinessDirectory.cfm and type in the key word(s) Space Coast Runners.

For more info on this new partnership, contact Linda at landclearing@bellsouth.net

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



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

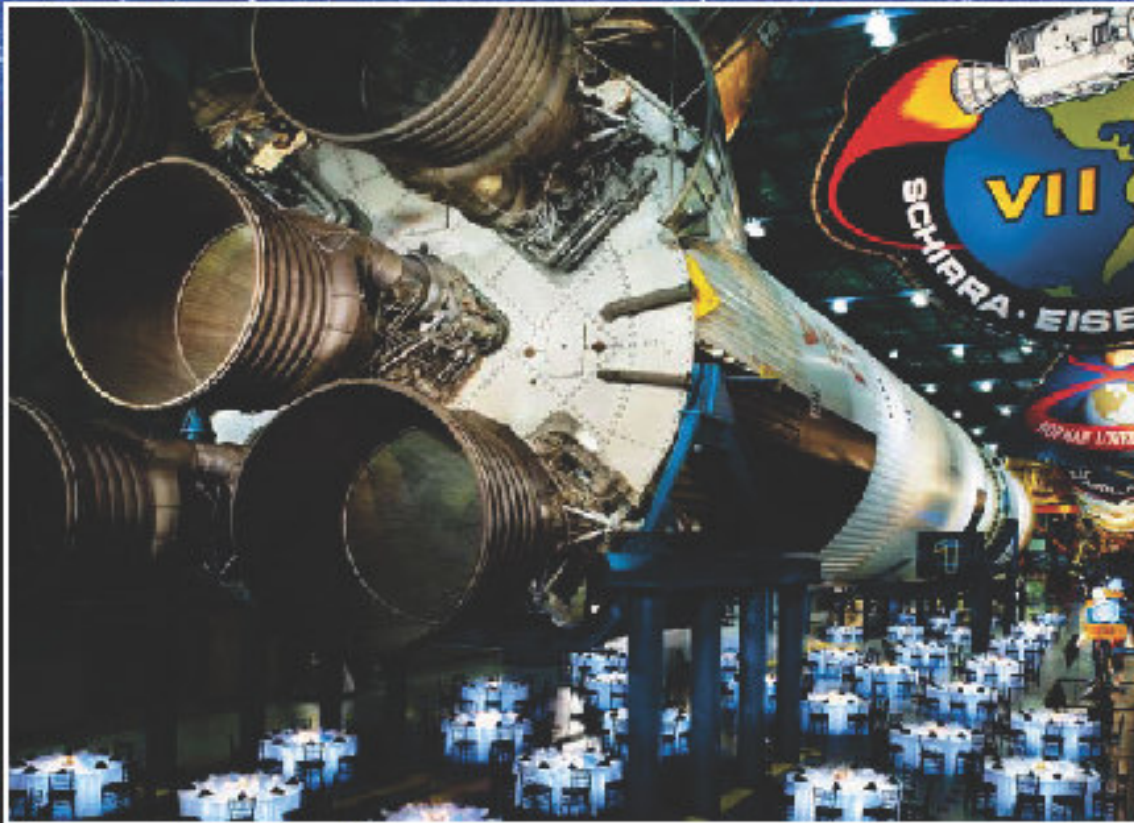
Entry Fees	Postmarked by 11/1/10	After 11/1/10
<input type="checkbox"/> 15k or 2 Mile	\$23	\$28
<input type="checkbox"/> SCR member	\$18	\$23
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$23
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$13	\$18
<input type="checkbox"/> Students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

Space Coast Marathon & Half Marathon

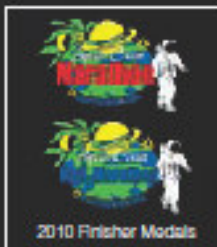
The only Space-themed Marathon & Half-marathon on the Planet



Pre-race pasta dinner at Kennedy Space Center

November 28, 2010 ★ Cocoa, Florida

- ★ **NEW FOR 2010:** Health & Fitness Expo and Pre-race Dinner at Kennedy Space Center Visitor Complex
- ★ Visit America's premier space location
- ★ Space-themed event, activities & photo ops
- ★ Astronaut medals & space certificates for all finishers
- ★ Opportunity to win tickets to "Astronaut Training Experience (ATX)"
- ★ Kennedy Space Center Visitor Complex admission discounts to all participants
- ★ Beautiful waterfront course
- ★ Dick Beardsley – Keynote Speaker
- ★ A full pancake, egg & sausage breakfast and pizza for all finishers
- ★ Set a PR with this year's PaceTeams!
- ★ Large beach towels with race logo for all finishers



2010 Finisher Medals

Register online now at
SpaceCoastMarathon.com
321-751-8890

