

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 9

October 2010



Come join Space Coast Runners in Titusville on October 16 for the Chain of Lakes 5K. The race is the second in the 10-race 2010-11 Runner of the Year Series! Entry info on page 5.

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2010-11: 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
Divine Mercy Catholic School
Female OA: Jessica Crate, 17:28
Male OA: Ezekiel Zauner, 17:09

Chain of Lakes 5K

October 16, 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

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
Doug Willard, 868-1954
F7running@gmail.com

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Melbourne
Jerilyn Bird, gwbooms@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
EyeoftheDragon@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



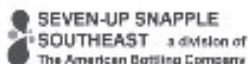
**You don't have to be fast...
To have a blast!!**

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>

This is a Space Coast Runners
& Titusville Racing Series Event,
Sponsored by



SATURDAY, October 16, 2010 • 8:00 AM • Chain of Lakes • Titusville, Florida

**(Behind Brevard Community College on N. US 1)
Registration available through www.active.com**

COURSE

Distance: 5K Cross Country & Pedway - 2 1/4 mile on paved pedways, .85 Miles on Grass - Scenic, flat. - The course follows the trails around the Chain of Lakes.

AID STATIONS AND SPLITS

Splits at all mile marks. Aid station near the 1.5 mile mark.

Proceeds to benefit Emerging Leaders

ENTRY FEES*

- \$ 20 Registration
- \$ 17 Early Registration (by October 8th)
- \$ 15 Student (18 & younger)

*SCR members receive \$1 discount for pre-registered runners. Sorry, No refunds!

PACKET PICKUP AND LATE REGISTRATION

Packet pickup and day of race registration will be at the Chain of Lakes starting at 7:00 a.m.

AWARDS

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female
- Grand Masters (50+) overall - male & female
- Senior Grand Masters (60+) overall - male & female

AGE GROUPS

- 9 yrs. & under
- 10 to 14 yrs
- 15 to 19 yrs
- then, every 5 yr. age divisions through 70+

RESTRICTIONS

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

T-SHIRTS

T-shirts to all registered 5K participants

DOOR PRIZES

All participants and race volunteers are eligible for door prize drawings. You **MUST** be present to win. Door prizes will be drawn during the Awards Ceremony.

AWARDS CEREMONY

The Awards ceremony will be held following the 5K.

TITUSVILLE RACING SERIES

This race is the second in the **Space Coast Runner of the Year** and **Titusville Racing Series** races. The next TRS event is the **Light the Way 5K** on January 22, 2011. **Run For Your Life 5K** on March 19, 2011 and culminating with **Space Walk of Fame 8K** on April 9, 2011.

YOUTH SERIES

Space Coast Runners Youth series: (1/4, 1/2, and 1 Mile) will start after the 5K race.

CHAIN OF LAKES 5K XC • SATURDAY, October 16, 2010 • REGISTRATION FORM

Last Name

First Name

Address

City

State

Zip Code

Male

Female

Amt. Endorsed

Date-of-Birth

Age/Day of Race

Telephone (Area Code + Number)

Adult Shirt Size

 YL S M L XL

ALL PROCEEDS BENEFIT



Make checks payable to:
Titusville Racing Series
Mail to: Chain of Lakes
c/o Space Coast Runners
P.O. Box 2
Titusville, FL 32781

I hereby release Emerging Leaders, United Way of Brevard, Brevard Parks & Recreation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent, if under 18)

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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ACROSS FROM BREVARD COMMUNITY COLLEGE**

THE PASSING LANE

With Ron Hoar

The Reality Brought Home - It's Lack of Stamina

My late August hike up Saddleback Mountain in Maine wasn't for the physical activity that such an endeavor provides. It was to complete the installation of the broadcast facilities for a new radio station I've been involved with during the summers of the past three years.

I still remember the race up that same mountain that I did in 1992. I hadn't been up the mountain on foot since then. Over about only a mile in distance the terrain goes from an elevation of 2400 feet to 4000 feet--a rise of 1600 feet. This summer's hike seemed much more difficult than I remember the run.

This trip up the mountain--18 years later-- was arduous--a stark reminder of something I already knew, but I guess hadn't wanted to accept. My stamina has dramatically declined. A review of my recent race times should have told me that as well, but it was becoming so highly fatigued by the hike that brought the point home. And it's not that I haven't been running on hills. No matter what direction my training runs go--I have to contend with hills in this mountainous western area of Maine. And two of the three races I ran through August featured significant hill work.

So now it's for me to add to my training runs an appropriate plan to rebuild my stamina. Otherwise I know that my steep increase in race times will continue. At least for this one 72-year-old, there aren't aspirations for even holding the line on those times, but it would be nice to level off the rate of increase.

So now what to do. Speed work is suggested by the articles I've read. I've never been one to do speed work correctly. I have always run them too fast--at an all out pace. I have done some 400 meter work outs this summer, but I really need to step up to 800 meter runs to improve my stamina for the 5k. I can still finish 5k's with a pretty good kick for the last 300 to 400 meters and that probably results from my short distance speed work.

When I was in my mid 50's I was running all distances from the 5k to the marathon. Speed work was on the calendar for twice a week. One of our sessions would often be a "ladder". We'd start with maybe only 200 meters, and then do a 400, an 800, a 1200 and a 1600. Then we would drop back down ending with the 200. The resulting 4 ¼ miles total got us in great shape for those longer distance races.

But now I need less of those longer distances. So I've concluded that what I need to do is run six repeat 800 meters at just under my current race pace with about a two minute rest break. That will give me three miles total of hard effort.

Now all I need is the commitment to "just do it" and not next week, this week. Can I do that? I, as well as many other runners my age find that it is increasingly hard to step up the motivation. Maybe it's because we've been there, done that. And we've earned the right to just taper off. I'm a little reluctant to even make this plan public. But maybe that will be the motivation to make it happen.

Now--if I can just get by this foot problem, I think I'm ready!

Junior League of Central & North Brevard Presents



Pumpkins in the Park 11th Annual 5K Run and Fitness Walk

6:30 p.m. Friday, October 15, 2010
Cocoa's Taylor Park, Cocoa Village

Proceeds from the race support the
Junior League of Central & North Brevard
and its community projects & outreach initiatives:
Cynet House Foster Home
Kids in the Kitchen
Annual Scholarship
Community Voluntarism

Finish Line
Managed by



USATF Certified Course
(FL-01036DL)

REGISTRATION :

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: (_____) _____

E-mail Address: _____

Team Name: _____

Sex: M F Date of Birth: _____ Age on Race Day: _____

T SHIRT SIZE: S M L XL XXL

5K Run/Walk 15 and up ***\$27** _____

5K Run/Walk 14 and under ***\$17** _____

5K Run/Walk School Team Challenge Member ***\$17** _____

Free Children's "Lil Pumpkins" Run/Walk **FREE** _____

Cynet House Fund Donation **\$** _____

***add \$5 for all entries postmarked after October 12th** **\$5** _____

Total **\$** _____

Checks must be postmarked by Oct. 12th and payable to :
JLCNB
240 Parnell St.
Merritt Island, FL 32953

Register online at <http://register.runningzone.com/>
and click on the Pumpkins in the Park 5K link.

In consideration of my being accepted I intend to be legally bound and do hereby for myself my heirs and executors waive all rights and claims for damages which may hereafter accrue to me against the Junior League of Central and North Brevard, the County of Brevard, all race sponsors, volunteers, participants, and all officials of the race for any and all damages or injuries which may be suffered by me in connection with my entry and participation in the Pumpkins in the Park 5K. 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 take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I have read the above release and understand that it prevents risk of physical injury. Knowing this I am entering this event at my own risk.

Signature: _____

Parent Signature (if under 18 years of age): _____

EVENTS INCLUDE:

- 5K Run/Walk starts at 6:30 p.m. at Cocoa's Taylor Park
- Free "Lil Pumpkins" Kids Run/Walk
- Free T-shirt with paid pre-registration for the 5K Run/Walk
- Finish line management by Running Zone
- Register by October 12th and save \$5.00
- Costume Contest

AWARDS FOR:

- Top Overall Male and Female
- Top Masters (40+)
- Top Wheelchair
- Top 3 Each Age Group
- Team with the Most Participants

PACKET PICK-UP: Pre-registration packet pick-up at Running Zone on Thursday, Oct. 14 from 10am-6:30pm
Day of race packet pick-up at Taylor Park from 5:30-6:15pm

AGE GROUPS: 0-9 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-69 70-79 80+

DIRECTIONS: From Interstate 95 take exit 201 east onto State Road 520 for 4 miles. Turn right on Brevard Ave. Cocoa's Taylor Park address is: 430 Delannoy Ave. Cocoa Village, FL 32922

*T-shirt sizes are not guaranteed

*Pumpkins in the Park is a rain or shine event, no refunds will be issued

FOR MORE INFORMATION CONTACT:

JLCNB: _____ (321) 453-5718
www.brevardjuniorleague.org



J
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CENTRAL & NORTH BREVARD
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THE GREAT ALASKAN MARATHON CRUISE

By Nancy Rowan

I have always wanted to take a running vacation, however, the rustic living accommodations of most summer running camps does not appeal to me. These camps typically have you stay in a cabin with several people you've never met. So I was excited when I saw an advertisement for a running cruise. There were two cruises being offered - a Caribbean one in February and an Alaskan Cruise in July. We opted for the Alaskan Cruise as my husband Roger is a department chair at a college and it is difficult for him to take time off during the school year.

The cruise advertised that you would run a race on the boat and then run a race in all the ports. The total mileage would add up to 26.2 miles - thus the name The Great Alaskan Marathon Cruise. Although daunting to Roger, this didn't sound too bad to me. I knew I could run 30 miles in 24 hours (Sunset to Sunrise Relay) so it was definitely doable. When the time came for our departure we became apprehensive because during the time period between registration and departing, Roger had knee surgery and I developed a very painful shin splint. The only thing I was really looking forward to was running in the 50 degree forecasted weather and visiting our son, Rory, who was out west for the summer.

We arrived in Seattle late in the week and were able to get in a couple of days of site-seeing before the cruise departed. We visited Pike's Place Market and experienced the flying fish and we visited the Space Needle. We also visited REI's headquarters and Nike Town. Being runners, we loved that! Rory took the train over to Seattle from Portland, Oregon and we attended the Mariners vs. Yankees game together. I didn't realize all the businesses that are headquartered in Seattle. In addition to REI, there is Amazon.com, Costco, UPS and Starbucks. Bill Gates also lives in Seattle and Microsoft is headquartered there as well.



Roger and Nancy Rowan experience Alaska's beauty on the Great Alaskan Marathon Cruise.

We boarded the MS Rotterdam on Saturday which is part of the Holland Cruise Line and set sail that afternoon. After we boarded the boat, we checked in and received a marathon duffel bag, a long sleeve tech shirt, a fleece marathon vest and our four race numbers for each staged race. When we got to our room we had a bottle of champagne and chocolate covered strawberries waiting for us. A girl could definitely get used to that. Sure beats the

pasta dinners. We were then given a briefing on the week's activities. I knew that the cruise was being hosted by Coach Jenny Hadfield and John "The Penguin" Bingham, but I never knew they were married. We were told there would be a 3-mile prediction run on the boat on Sunday, a 10-Mile shoot out in Juneau on Monday, and a 10K Poker Run in Sitka on Wednesday and a 7-Mile prediction run in Ketchikan on Thursday. We were required to predict our overall combined time at this time too because the overall winner of the "marathon" would be the person closest to the pin. I started out with 4:39, but then as they started explaining the difficulty of the courses I slowly started adding minutes to each of my races and ended up turning in 4:55:02 as my predicted time. Roger turned in 5:13:30. We then went to dinner where we were assigned a table with other runners. We rotated tables each night so we got a chance to get to know as many of the runners as possible.

When Sunday morning arrived we met in a special theater as a group where we had a runner-specific breakfast of bagels, peanut butter, etc. We were informed that the deck where we were to run had 90 degree turns not curves; was wet and there was a 21 knot wind. Oh no, did I allow enough time in my prediction? There were four heats. We were supposed to find someone in another heat and keep their time since they weren't allowed to wear a watch and count their laps (3 miles = 10.5 laps) for them. I finished 3:16 under my predicted time and Roger finished 1:40 under his prediction.



The next day was the scheduled 10-Miler. We arrived in Juneau around noon. Before leaving the boat we were informed the course had changed. The trail we were going to run would be more challenging than originally believed. What an understatement! We had to climb 155 stairs to get to the start line. As we stood at the start line we looked ahead as the road rose straight up. We were only on pavement a half mile and the rest was trail. The gun went off and everyone ran about 10 steps before succumbing to walking. Even the race leaders had to walk. It took me 30 minutes to complete two miles. I knew my time was doomed. I thought at this rate it will take me hours. My mind quickly shifted from my plight however when I noticed the breathtaking scenery. The bridges, the waterfalls, the blueberries, there was just so much to take in. Roger was clicking the camera every few minutes. We arrived at the turnaround back to back. Anyone who knows me knows I rock the downhills and I have to say I did, but with every landing of my right leg the pain reverberated through my shin. It didn't stop me though. Even though I had a small path at some points with a cliff on the

The 155-stair climb to the start of the 10-Miler

other side, I flew. I passed everyone that was still on the trail. I actually had two runners yell at me to be careful and slow down. I arrived back at the start in 1:45:11. I was stoked, but where was Roger? I waited and waited and was really getting worried about him. Finally he crossed the finish and said he liked going uphill (go figure), but with his knee in a brace he could barely run any of the downhill portion. I ended up beating what I had allowed for the race by about five minutes, but he was 29 minutes slower than predicted. I really felt sorry for him.

Tuesday we got a break from running and the boat pulled up alongside of Hubbard Glacier where we got to experience watching a glacier calving. That's where big portions of ice break off or detach. It was beautiful. On Wednesday we arrived at Sitka and our good fortune ran out. It was overcast and lightly raining. This made the 50 degree weather feel much colder. My shin was killing me. I was in so much pain. Roger and I decided to run together. The race was a poker run. The race started by going over a bridge and receiving our first card for our poker hand and then going back over the bridge. As I went over the bridge I saw a huge bald eagle sitting atop a pillar. As I went down the bridge all I wanted to do was cry from the pain. The best part of this run was a forest we ran through that was filled with various sizes and colors of totem poles. The worst part, aside from the pain, was we had to navigate using a map. I think we made a wrong turn somewhere because my GPS said we ran 6.5 miles - it was suppose to be 10K - and there were people at the finish line when we arrived that were behind us earlier in the race and never passed us. Roger and I ended up both being about 11 minutes over our predicted times.

On Thursday we arrived in Ketchikan for our 7-Mile trail race. This ended up being my favorite run. I had taken anti-inflammatories and wrapped my shin in titanium tape and was good to go. They bussed us out



The Mountain and the trail the Rowans had to climb during their race in Juneau

about 25 minutes away in three school busses to Last Chance Campground. That sounded promising, NOT! The first thing they told us was "see this lake, it's a salmon lake and where there are salmon there are bears". We had already encountered one bear in Juneau and since I was wearing pink on race day I became a little nervous. Would I be mistaken for salmon? The run turned out to be beautiful and the weather a little warmer. We ran alongside the Alaskan Pipeline at one point. That was pretty cool. I finished the race within 40 seconds of my prediction. When I turned in the predictions, Roger told me for his time to add 6 minutes or so to whatever I put down for my time. When he crossed the finished line they told him he was right on. He came over and asked what I had turned in and he had finished within .08 seconds. After the race, I went and stood in the freezing lake for about 15 minutes and that really helped my shin.

On Friday we all got together for the awards ceremony before visiting Victoria, BC, which was just beautiful. We each received our Penguin Marathon medal and the winners were announced. Each day they gave the male and female winner a yellow hat similar to the yellow jersey you get for winning a stage at the Tour de France. Roger was awarded the yellow hat for the day before. Of course, being a runner I'm competitive no matter how slow I get so I had already added up my times and I was an unbelievable 57 seconds off from my overall prediction. I had completed the marathon in 4:55:59. They announced the male winners. They said they had two guys that were within two and half minutes, however the overall male was about one and half minutes off his predicted time. I was so excited. I just knew I had won the whole thing on the women's side. Then they announced the winner and would you believe some girl was one second off her time - yeah, I didn't believe it either - LOL! Oh, well. I told Roger since I predicted his time in Ketchikan and he didn't even know what it was he had to share his yellow hat with me.

I would highly recommend this experience for three reasons:

#1 We met a lot of great runners that I can't wait to see in the future.

#2 We saw the most beautiful parts of Alaska that you would never see if you just did the typical tourist stop with the other cruise passengers. Victoria Island, BC was gorgeous too.

#3 Do you know how much you can eat when you're running like that and still not gain weight?!!!



Thank you, Running Zone, for all you do for our running community. We can see why - for the fifth year in a row - you have been voted one of the 50 Best Running Stores in America!

CONGRATULATIONS!!!

**RUNNING
ZONE**

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>



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at
KENNEDY SPACE CENTER VISITOR COMPLEX

S A T U R N



Make History at the Saturn 5k!

- Run or walk by a full-scale Space Shuttle mock-up, T-38 jet, Astronaut Memorial and more en route to a glorious finish in the Rocket Garden
- Race Start Counted Down by a veteran Space Shuttle Launch Commentator
- Free Rocket Garden Kid's Run
- Awards presented by a veteran NASA astronaut
- Event tee-shirts and post-race fruit and drinks to all runners
- Encased commemorative race coin produced by the Highland Mint to all registered runners!

PARTICIPATE & WIN \$500!

**SPACE COAST COMPANY CHALLENGE
SPACE COAST SCHOOL CHALLENGE**

Winning team receives money donated to school or charity of choice*



Saturday, November 13, 2010
Countdown for a 7:30am Start
Kennedy Space Center Visitor Complex

For more information & online entries visit:
spaceraceksc.com

Presented By:



Additional Sponsorship By:



Benefiting:



FLORIDA TODAY



Reading Owl

Photo Manipulation. Image courtesy of NASA



Presented by:



KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Carol Ball, Danny Barrett, Cindy Bishop, Robin Hernandez, Ron Hoar, Bob Rall, Nancy Rowan, Gary Stutte, Running Zone, Loran Serwin, Marty Winkel

CONGRATS to **Rock n' Roll Half-Marathon** finishers (Virginia Beach, Sept. 5, 14,767 finishers) Wendy Darlow, 2:30:42; Anya Givens, 2:18:51; Joy Hess, 1:40:17; Howard Kanner, 1:28:00; Denise Piercy, 2:03:10; Don Piercy, 1:30:10; Trisha Piercy, 1:59:41; Tracy Smith, 1:38:00, Meredith Van Veen, 1:31:37.

CONGRATS to **Hospice of Volusia 5K/10K** finishers (Ormond Beach, Sept. 19, 528 finishers) Ed Springer, 1st AO 10K, 38:55; Kara Springer, 1st OA 5K, 20:26.

CONGRATS to **Miracle Miles 15K** finishers (Orlando, Sept. 25, 1,715 finishers) KELLY ANDERSON, 1:22:21; JOHN AUSTIN, 1:23:51; EUGENIA BERRY, 1:28:22; BRADLEY BERRY, 1:33:11; JEFF BOSTON, 1:44:53; ROSEMARY BROWNING, 2:10:44; KRISTINE BRUBAKER, 1:30:05; ANDREW COLLAMORE, 1:32:34; JULIE DEILY, 2:25:46; GINA DEMING, 1:36:49; CURTIS DEMING, 2:01:41; MARY DORSEY, 1:48:23; JANICE GAGNIER, 2:04:34; CHRIS HAN, 1:32:39; TRAVIS HIERS, 1:05:36; SUSAN HOUTS, 1:28:20; JASON HOWICK, 1:19:19; KATE HOWICK, 1:35:24; DAN HOWICK, 2:02:40; SUE HOYT, 1:31:13; MELISSA KASTANIAS, 1:14:02; AUDRA KEMMERLING, 1:58:10; TANYA KUELBS, 2:04:53; JULIE LARSEN, 1:56:18; CHELSEY MARTIN, 1:36:28; TERESA MORGAN, 1:24:28; ROY NICHOLAS, 2:23:54; CINDY NICHOLAS, 2:23:55; KEVIN OLIVER, 1:21:40; SHIALINE PAYNE, 1:43:30; JOHN SCHMIDT, 2:04:47; RACHEL SIMS, 1:30:20; RICHARD SPIRA, 1:42:18; RACHEL SPIVEY, 1:29:52; CAREY SWARTZ, 1:25:26; SARAH THURSTON, 1:26:52; GRACE TORRES, 2:25:45; ANITA VANDERWYST, 1:33:33.

CONGRATS to **Toronto Waterfront Marathon** finishers (Toronto, Canada, Sept. 26, 2,714 finishers) Danny Barrett, Boston Qualifier, 3:24:09; Tammy Foster, Boston Qualifier, 3:31:45, Gary Stutte, 4:04:47.

CONGRATS to **Ironman Augusta 70.3** finishers (Augusta, GA, Sept. 26, 1.2-mile swim, 56-mile bike, 13.1-mile run) Linda Cowart, 5:31:55; Leeann Nawrocki, 1st 20-24, 70.3 Worlds Qualifier, 4:54:30; Tricia Rydson, 5:03:10.



Tammy Foster and Danny Barrett snarf down Subway after qualifying for Boston at the Toronto Waterfront Marathon in Canada on Sept. 26. Gary Stutte photo. (Ruthlessly stolen from Facebook! :))

CONGRATS to **HalfMax Half Iron Distance** finishers (Myrtle Beach, SC, Oct. 2, 781 finishers: SWIM CANCELLED, 56-mile bike, 13.1-mile run) Jackie Clifton, 4:41:23; Suzanne Coullias, 4:49:49.

CONGRATS to **Jacksonville Marie Corps Half-Marathon** finishers (Jacksonville, Oct. 2, 1,756 finishers) Tom Brown, 2:01:01; Melanie Carlson, 2:30:13; Curtis Curry, 2:48:54; Bill Floyd, 2:40:28; Rick Foresteire, 3:19:22; Paul Fountain, 2:03:08; Elizabeth Gmerek, 3:02:43; Karen Hedenschoug, 2:05:01; Andrea Lucas, 2:47:46; Sue Miller, 2:04:31; Joe Newton, 1:53:24; Andres Perez, 1:25:43, 4th 30-34; Lisa Yancy, 2:01:35; Christine Zaya, 2:47:45; Rudy Zayas, 2:07:14.

Space Coast Lightfest

5K Run Among The Lights

Sunday, November 21 - 2010 | Start: 6:00 p.m

Run among festive lights at Wickham Park
Join us for the Post Race Dinner and Awards

T-Shirts & Dinner for 1st 475 entrants

Race Sponsors



Location

Wickham Park (enter off Parkway)
Race Day Registration at 4:45 p.m.
Early packet pick-up
at Running Zone Nov. 19 & 20

Race Directed By:



Contact:

Al Nuttall-759-5395 | aanuttall@earthlink.net
Kathy Cobb-258-2731 | cobbk@brevardcc.edu
Habitat for Humanity Office | 728-4009
www.brevardhabitat.com

To Register Go To:

<http://register.runningzone.com/>
751-8890

Entry Fees:

Now until November 12, 2010.....\$26
November 13 through Race Day.....\$31
\$5.00 discount if 12 or under on Race Day

Presented by the Eau Gallie Rotary Club and Habitat for Humanity of Brevard County, Inc. benefiting local charities

ENTRY FORM (Please Print)

SEND APPLICATION TO: Eau Gallie Rotary Club, P.O. Box 360501, Melbourne, FL 32936-0501 (or drop off at Running Zone). Checks payable to Eau Gallie Rotary Charities Corp, \$26 until 11/12/10, \$31 through race day. Sorry, no refunds; Part of your fee may be tax deductible.

NAME _____ BIRTH DATE _____ AGE ON RACE DAY _____
Includes donation of \$ _____ to Eau Gallie Rotary Club and Habitat for Humanity of Brevard County, Inc. Payment enclosed \$ _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL ADDRESS _____
TELEPHONE# _____ SEX _____ SHIRT SIZE YM S M L XL (Circle one)

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 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 the 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 Eau Gallie Rotary, Habitat for Humanity of Brevard County, Running Zone 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) _____



Space Coast Art Festival Turkey Trot 5k

Thanksgiving Morning 7:30 am
5k Road Race / Walk and Youth Run

A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Youth Runs of 1/4, 1/2, and 1 mile for the young gobblers. Get your Thanksgiving off to a healthy start and create a great holiday tradition with your family and friends!

Race benefits the Cocoa Beach Jr/Sr High School Track and Cross-Country programs, and the Space Coast Art Festival

Location & Schedule

Race starts and ends at the Baliwick Mall, located just north of Minuteman Causeway on Brevard Avenue

6:30 - 7:15 am	Registration at Eagles Nest
7:30 am	5k Run / Walk
8:30 am	Free Little Gobbler Runs
8:45 am	Awards Ceremony

Registration

Register on-line at www.Active.com, by mail, or at packet pickup. Teams may only register by mail or at packet pickup.

\$20	Entries Postmarked before Nov. 15
\$25	Entries after Nov. 15 & on Thanksgiving
\$75	Family / Friends of Four Turkey Team

Turkey Team must carry a 12 lb. turkey over the course. It must stay with the team and the team must stay together throughout the 5k. The turkey may not be pushed or pulled in a wheeled vehicle. Team keeps the turkey. **TEAMS MUST PRE-REGISTER!!**

Make checks payable to: Space Coast Art Festival

Mail completed application to:

Space Coast Art Festival
30 Country Club Road
Cocoa Beach, FL 32931
(Race fees are non-refundable)



Race hotline: 321-783-6535

<http://www.fleascoastrunners.com/Races-TurkeyTrot5K.html>

Email: TurkeyTrot5k@cfl.rr.com

Awards

Unique Thanksgiving awards will be presented to:

- Top 10 Overall Male Finishers
- Top 10 Overall Female Finishers
- Top Masters Male & Female
- Finisher closest to the Middle of the Pack
- Top Turkey Team
- Top Finisher from the CBJSHS Class of 1980, Class of 1975, and Class of 1970
- Best costume - Male, Female, Turkey Team
(No duplicate awards)

Amenities

- Race t-shirt to first 600 registrations. Register early to guarantee shirt size!
- Post-race refreshments
- Door prizes

Join us Thanksgiving weekend for the 47th Annual Space Coast Art Festival in downtown Cocoa Beach!! Exclusive Art Festival shirts available for purchase at Turkey Trot packet pickup and on race day.

Packet Pickup

Tuesday, Nov. 23 and Wednesday, Nov. 24 from 5 - 7 pm at Juice N Java Café, 75 N. Orlando Ave, Cocoa Beach
Race day morning at Eagles Nest in Baliwick Mall, 20 N. Brevard Ave, Cocoa Beach

The Turkey Trot 5k welcomes the Cocoa Beach Jr/Sr High School Class of 1980, Class of 1975, and Class of 1970 Reunions. Kick off your reunion weekend festivities by meeting your classmates at the race!

Space Coast Art Festival 2010 Turkey Trot 5k



Name _____ Address _____

City _____ State _____ Zip _____ Phone _____ Male Female

Email _____ Age _____ Team Entry? Yes Team Name _____

Race Shirt (included with entry) YM S M L XL XXL (Art Festival shirts for sale at race) CBJSHS Class of 1980 1975 1970 No

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant Signature _____

Date _____

Parent's Signature (if under 18) _____

Date _____

WE WALKED THE WALK!

By Carol Ball

“If anyone had told me when I was 50 and started working out that I'd be walking the Boston Marathon® course at age 57, I'd have told them they were crazy!” – comment from Debbie Horst, one of four SCR Walkers who finished the Boston Marathon® Jimmy Fund Walk on September 12, 2010.

The Boston Marathon® Jimmy Fund Walk is the largest participatory event benefiting the Jimmy Fund and Dana-Farber Cancer Institute. It is the only event, other than the Boston Marathon® itself, sanctioned to travel along the famed 26.2-mile route from Hopkinton, Mass., to Boston. Since its inauguration in 1989, the Walk has raised more than \$66 million for research and care to support patients with all forms of cancer.

Staying in a hotel near the Copley Square Finish, we took the shuttle bus to the marathon start and began our journey at 6am. The temp was in the 50's at the start - pretty cool for these Florida gals! Just about every two miles we were welcomed with cheers, tons of snacks, drinks, and porta potties. And, at mile 16 we were provided with a quick lunch! Though we were somewhat pampered, the walk was definitely enduring. Luckily, our training carried us through, and around 2:30pm we were coming into the finish and collecting our medals!

Not only did Debbie, Lani Ragan, Kim Badgett, and myself finish the walk, but together we raised \$1,550 for the Dana Farber Cancer Research Institute in Boston. A record-breaking 8,500+ walkers completed this 2010



From left: Lani Ragan, Carol Ball, Debbie Horst and Kim Badgett raised \$1,550 for Dana Farber walking the Jimmy Walk Marathon.

marathon, half marathon, 5-mile, or 3-mile walk and raised more than 6.6 million dollars for cancer treatment and research!! It was so rewarding knowing that we had contributed to this cause!

This quote from Debbie sums up all our feelings:

“The Jimmy Fund Walk started out for me as a challenge and a personal goal to be met. It certainly turned out to be much more than I expected. I had no idea how much it meant to so many of the participants and how very personal it was for most of the walkers. I was humbled by all the people thanking us for doing the walk and had tears many times throughout the day when I saw people with pictures of their loved ones on their shirts who they were walking in memory of. It was so wonderful to see messages of hope too and I especially loved walking behind that little boy who had the sign on his back saying he was in remission. Although most of these people had been touched by cancer, they were smiling, laughing and had joined together to do something positive.

The other positive and unexpected thing that came from this adventure is what good friends we’ve become while training for this. That’s certainly an added bonus.”

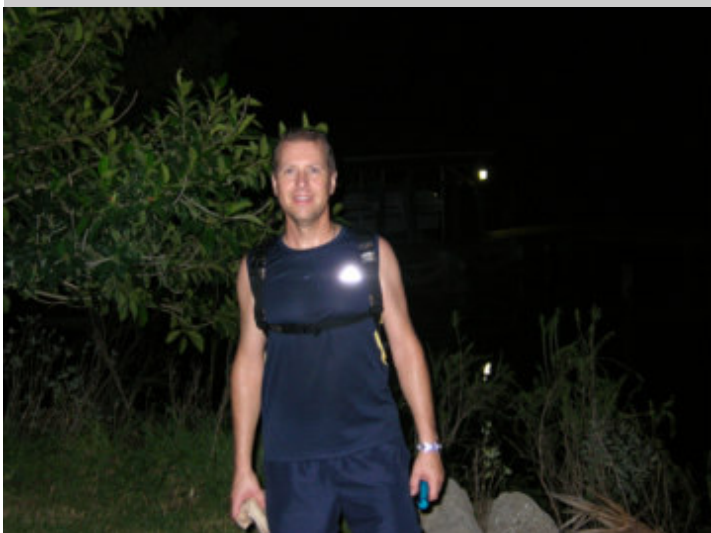
A huge Thank You goes out to all who supported us in our training (encouragement out on River Road) and fundraising. You helped us fulfill all our goals!

For more information, log on to: www.JimmyFundwalk.org

Walking in Spirit

Bowen completes marathon in tandem, locally

While the four girls were completing their mission in Boston, faithful training partner Ty Bowen decided to challenge himself to walk the Space Coast Marathon course. Starting at 3:35am Sunday morning, Ty headed south from Riverfront Park for the first 13 miles. Another Space Coast Walker, Diane Hardos, met Ty before he got back to the village, brought him a breakfast bagel, and joined him for 11 more miles. Near his finish, Sara and Noah Hosburgh, with children Solana and Shaw showed up to accompany Ty. Keeping a brisk sub-15 minute mile pace, Ty finished the marathon in 6:32!



Who was Jimmy?

The boy who launched the Jimmy Fund

From his first radio broadcast that launched the Jimmy Fund in the late 1940’s to his countless recent appearances at Jimmy Fund events, Inar Gustafson - the Jimmy Fund’s original “Jimmy” -an inspiration to hundreds of thousands of people throughout New England.

Jimmy’s story began in 1948, when Gustafson was a 12-year-old patient of Dr. Sidney Farber, founder of the Children’s Cancer Research Foundation - eventually renamed the Dana-Farber Cancer Institute - and a pioneer of modern chemotherapy.

Dubbed “Jimmy” to protect his privacy, Gustafson was selected to speak on Ralph Edwards’ national radio program, “Truth or Consequences,” which broadcast from the boy’s hospital room. The appeal, aired across the nation on May 22, 1948, generated more than \$200,000 in one year to support Dr. Farber’s research - and the Jimmy Fund was born, launching an effort that continues to bring hope to thousands of children and adults facing cancer throughout the world.

Right: A young “Jimmy” poses with the uniform the Boston Braves gave him when they visited him in his hospital room in 1948.



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





BE PART OF THE FUN!

VOLUNTEERS WANTED

Space Coast Marathon Weekend

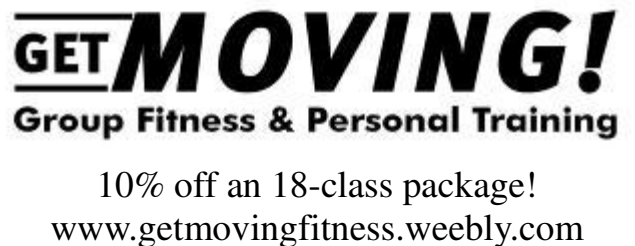
November 27-28, 2010

All volunteers will receive a Space Coast Marathon Volunteer T-shirt; \$10 Running Zone Gift Certificate and free entry into a Running Zone or Space Coast Runners Series Race!

Contact Running Zone at 321-751-8890 to sign up!

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!

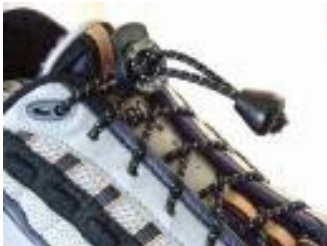
FRICION. FREEDOM.



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!



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... 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)



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code: rrca2009



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Click for \$10 off any \$50 on-line purchase



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Special pricing for RRCA clubs



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www.KSwiss.com



**THE BEST HALF
IS YET TO COME.
OUC Half Marathon and 5K**



**REGISTER TODAY AT
OUCHALFMARATHONAND5K.COM**



Orlando in December! What a great place for your personal best. Register today for this 34-year-old Orlando tradition.

- Scenic course through downtown Orlando, FL
- Timing provided by Chrono Track Systems D-Tag
- The Finish Line Fiesta offers entertainment, food, beverages and a beer garden
- Half Marathon participants will receive an upgraded performance shirt
- 5K participants will receive an OUC 5K t-shirt
- All runners will also receive an OUC Half Marathon or 5K Finisher medal upon completion of race



A Florida Citrus Sports Event



All proceeds benefit the Florida Citrus Sports Foundation MVPs.



A Mile With...

CINDY BISHOP



Name: Cindy Bishop

Family: Husband Larry, daughter Liana, son Dan, daughter-in-law Caroline.

Age: I'm 51. This year I've run my fastest 5K ever, bicycled my fastest ever (43.4 mph coming down Sugar-loaf in Clermont) and did lots of other crazy cool things. This has been the best year of my life. If this is 51, bring on 61, 81, 101...

Occupation or Dream profession: I'm an attorney and a mediator. Next year a lifelong dream comes true when my first book is published, "Mystery at Laurel Creek", a novel for middle-grade readers.

Number of Years Running: Six years.

Began Running: To get exercise. One night I suggested to Larry we go outside for a walk after dinner. He walked so fast, I had trouble keeping up with him, so I started jogging a bit. Larry saw me jogging, and he started running. I had to start running to keep up with him and haven't stopped since.

I Knew I Was Hooked When: I refused to bail out of a local race this past January – even though as I drove to the race it was 37 degrees, streets were icy, sleet was falling from the sky, and I even saw snowflakes – in Melbourne. Race Day means Race Day!

Race PRs (Personal Records) 5K: 24:28, Half marathon: 2:00:28, Marathon: 4:31:57.

Most Satisfying Race Performance(s): Definitely the New York City Marathon in November 2009. The highlight of the race for me took place in between mile 16 and 17 (after we had just run the Queensboro Bridge, the most grueling of the 5 bridges we ran during the 26.2 miles). I ran right by the Memorial Sloan-Kettering Cancer Center. I was running the marathon as a charity runner with Fred's Team, named for Fred Lebow, who died of cancer years after founding this race. We Fred's Team members raised money for pediatric cancer research at Memorial Sloan-Kettering Cancer Center. Doctors, nurses, families, and most important, many of the kids who had received or are receiving cancer treatment were right there in front of the hospital, cheering me on as I ran by. Some of the kids, done with their treatments, looked as healthy as could be, others were bald and lying on hospital beds, but all were cheering for me, calling out my name, and making me feel like the biggest rock star in the world. The leader of Fred's Team was in front of them, yelling out, "Cindy, this is for you!"

Favorite Race(s): The St. Petersburg Turkey Trot in Clearwater, Florida, which we run every Thanksgiving as a family.

Favorite Place to Run: Tropical Trail, Merritt Island. The palm trees on either side of the road, framing the Banana River on one side and the Indian River on the other side, the dolphins swimming in the sun dappled rivers as I run by, the bright orange sunrises on my morning run and the golden sunsets on evening runs – it is paradise on earth!

Running Partner(s): Larry and the 5 p.m. gang at Doug Butler's running camp.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Easy one – Oprah Winfrey! She is an amazing person who has done so much, including empowering women, getting people to read books, and letting everyone know that anyone can run a marathon. I would love to meet her and running with her would be awesome!

Funniest or Oddest Thing I've Seen While Running: Alpacas grazing on my neighbor's front lawn. A double take moment while running!

Training Philosophies: Just Do It. It's my philosophy for life too.

One Piece of Advice That I Would Give to a New Runner: Join Doug Butler's running camp. Just take out that part of your brain that tells you what you should be doing while running and turn it over to Doug. Do everything he tells you to do and you will get healthier, stronger, run faster and further, and meet great like minded people.

Other Sports& Interests: Bicycling, Writing, Travel, hanging out with family and friends

Favorite Reads: "Mystery at Laurel Creek" of course!

Favorite Meal: That pasta dinner before a marathon. Everyone is jittery, there's so much energy in the room, and the pasta tastes so good...and you know that it'll help you run those 26.2 miles easier.

Dream Vacation: Larry and I started a project to bicycle in all 50 states in the fall of 2008. We've had some amazing adventures in the 28 states we've biked in so far. My dream vacation is biking the rest of the 22 states. What a great way to see our beautiful country!



Cindy Bishop, #61, takes third place overall at the Sandy Hook Lighthouse 5K Run for the Blind in her home county in New Jersey on May 1, 2010. Photo courtesy Cindy Bishop.



**CAPE CANAVERAL'S 15TH ANNUAL REINDEER 5K RUN/WALK FOR
UNITED WAY OF BREVARD COUNTY**

**L-O-N-G SLEEVED RUNNING SHIRTS, REFRESHMENTS, KIDS FUN RUN,
AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS**



LOCATION: CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA.
****PARKING AT CAPE VIEW ELEMENTARY,
8440 ROSALIND AVENUE****

TIME:	8:00 A.M.	5K RUN/WALK
	9:00 A.M.	<u>SCR YOUTH SERIES RUN</u> (¼ mile, ½ mile & 1 mile fun runs) (FREE to kids 10 & under)
	9:15 A.M.	PRESENTATION OF AWARDS
	9:45 A.M.	DOOR PRIZES

DATE: SATURDAY, DECEMBER 11, 2010

PACKET PICKUP: FRIDAY, DECEMBER 10, 2010
RUNNING ZONE (across from BCC on Wickham Rd.)

PRE-REGISTRATION FEE: **\$25.00 – BEFORE DECEMBER 4, 2010**
(Space Coast Runners will receive \$1.00 discount – Pre-Registration Fee Only)

ON-SITE REGISTRATION FEE: **\$30.00**

RAIN OR SHINE!!

Complete this Pre-registration form, attach your check made payable to **City of Cape Canaveral**.
Mail to: United Way of Brevard County, Attn. Suzanne Sparling, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name _____ First Name _____ M.I. _____

Address _____

Telephone (Home) _____ (Office) _____

Male _____ Female _____ Running _____ Walking _____

Age on 12/11/10 _____ D.O.B. _____ T-Shirt Size S M L XL XXL (Circle One)
****The First 400 Registrants Receive T-Shirts****

Restrictions: For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 15th Annual Reindeer Run 5K Run/Walk. 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 responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signed _____ Date _____
(Signature of parent or guardian is required if participant is under 18 years of age)

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

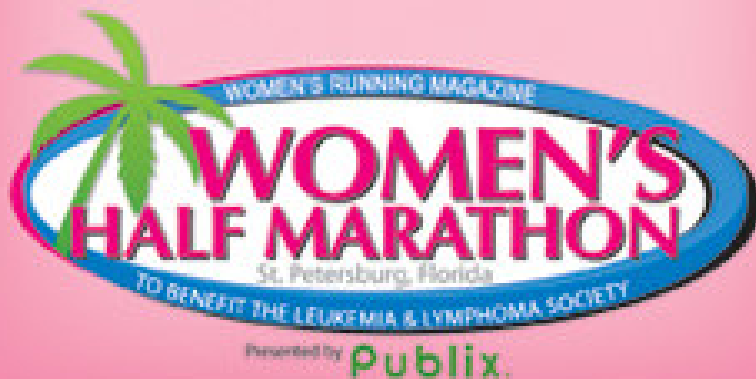


2010 Race medal and necklace



The Ultimate Goodie Bag

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SPACE COAST RUNNING REPORT

On 94.1 FM

Central Brevard County residents can hear the Space Coast Running Report on Windover Farms Radio - 94.1 FM.

Hear two different reports each week:

- + The Monday-Tuesday report provides weekend race results, upcoming races, interviews, high school results
- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

The 36-week series runs Aug 16-Dec 21 and, after a hiatus, from Jan 17-May 17

AIR DAYS

Monday

Tuesday

Thursday

Friday

TIMES

4:45, 5:45 PM

6:45, 7:45 AM & 4:45, 5:45 PM

7:45 AM & 5:45 PM

6:45, 7:45 AM & 4:45 PM



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

TURTLE KRAWL RACE REVIEW

By Robin Hernandez

I awoke early morning for the excitement of a new race in town. The Turtle Crawl 5K sounded fun and was for a good cause. Dave and I had left the house and approached the parking area of the race site (192 on the boardwalk parking area) and it was packed full of people. We got a great parking spot and I was looking for my friends and training partners Ron Abel, Andy Dutra and Matt Mahoney through the crowd. I found them and we were all so excited to run this new course. Dave got the race packets and when he returned I was thrilled to see that it was in a bag that you can use when you go food shopping. The race shirt was wonderful. It was made of Dri-wick fabric and the colors and the design were nice.

We put on our race numbers and started to warm up on the course area. Anne Dockery and Doug Nichols joined us as we ran across the boardwalk under a nice overcast sky. We couldn't believe what a great turnout there was.

Race time had come and it was chip-timed from the Running Zone. We all lined up and heard a speech from Race Director, Mark Petrillo. He told us that the race was really going to help out the Sea Turtles and how much it meant to him. The gun went off and we all raced down the boardwalk area and across A1A into a nice neighborhood. It was a nice flat course with some turns that went onto a path and then back out the neighborhood and over A1A to the finish. I was approaching the finish line to see Andy as he was running next to me yelling at me to "kick it in". I thought I was the overall female but there was a girl that I didn't see that ran who left right after the race. I was still happy getting second overall. Who wouldn't be? I was also excited to hear that Able, Dutra and Art Anderson were first, second and third overall male and that Barbara Krause took third overall with Anne Dockery receiving Masters (40+).

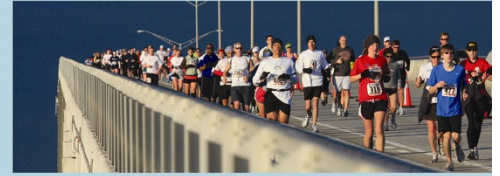


Overall 2010 Turtle Krawl Champion, Ron Abel.

After the race I found Dave and the gang. We all had some good food to eat after the race. They had pizza, fruit and cookies. We took lots of pictures and had fun getting our awesome awards. The plaques for Overall winners and the age group medals were real nice. After the awards they had door prizes. Unfortunately, Dave and I didn't win any. The race also had so much food left over they gave Dave and I a bunch to take home.

I have to say Mark Petrillo, with the help of his wife Lisa, did a wonderful job at this race. It was so much fun, the course was nice and all the pictures that were posted from everyone on Facebook were great. I would recommend this race to anyone that wants to do an excellent 5K! Check out all of the Turtle Krawl results at www.runningzone.com/results/2414?type=a and view the photos on Facebook on the Turtle Krawl page.

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