

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 10

November 2010



Palm Bay's Ron Abel takes early command of the Chain of Lakes 5K in Titusville on Oct. 16. The race was number two of the 10-race Space Coast Runners Runner of the Year Series. Photo courtesy of Steve Colella. Check out all the great race photos Colella is offering at http://yourphotosnow.com/Sports/Chain-of-Lakes-5K/14213796_wyf2w#1049959246_r5hXU More photos, story and race results begin on page 32 of this newsletter.

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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.

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

Columnist:

Ron Hoar, rhoar@cfl.rr.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.

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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
Titusville
Female OA: Jessica Crate, 18:19
Male OA: Ron Abel, 17:23

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>

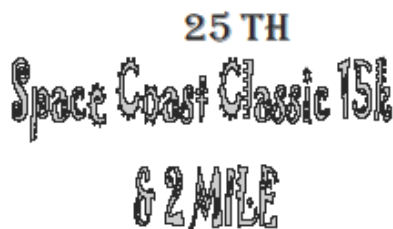


SPACE COAST CLASSIC 15K CELEBRATES 25th ANNIVERSARY

This month marks the 25th Anniversary of the Space Coast Classic 15K. Time has taken the race through several Race Directors and the streets of Melbourne. For the last several years, the SCC has settled into a nice, flat course through the neighborhood of Windover Farms and recently a 2-mile course. Runners and walkers have the opportunity to enjoy a quiet neighborhood race with the occasional sightings of wildlife. Despite the double-loop for the 15K, the course remains one of the more popular, drawing participants from Orlando to Ft. Pierce. This year, the race has partnered with Running Zone to offer chip timing. The increased participation over the past couple of years and addition of the 2-mile course requires the ability to utilize an electronic timing system.

The commitment and support of the community has helped sustain this event. Again, this year, all proceeds from the race will go to support children with diabetes to attend summer camp through the Juvenile Diabetes Society. Many thanks goes out to all who have supported this event in the past and continue to make it a success for the community.

Looking for something to do this weekend? Come join us celebrate the 25th anniversary by participating as a runner or walker or donate a couple hours of your time volunteering. Race day registration will start at 6 a.m. and the race will start at 7:30am. If you are interested in volunteering, contact Cyndi at mcborgs@att.net. -- by Cyndi Bergs



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

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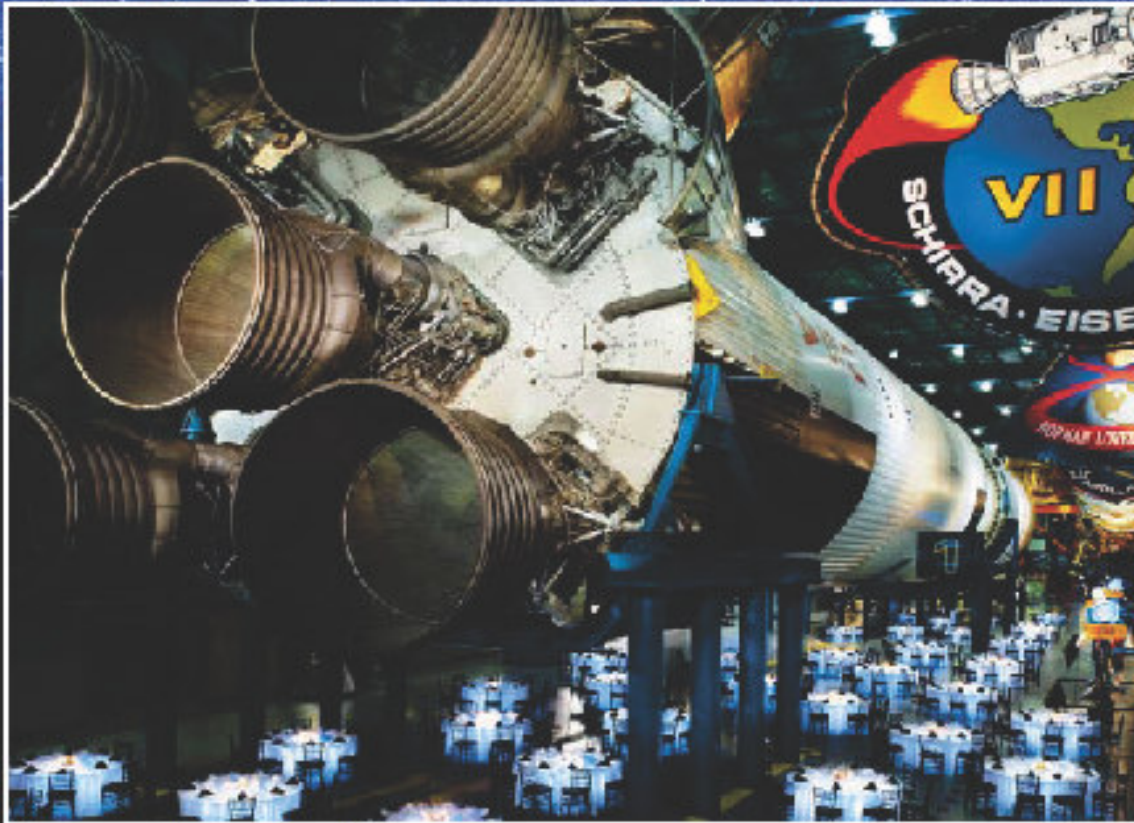
**10% DISCOUNT TO ALL
SPACE COAST RUNNER MEMBERS**

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**

Space Coast Marathon & Half Marathon

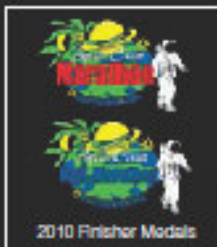
The only Space-themed Marathon & Half-marathon on the Planet



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



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



The 39th Space Coast Marathon and Half Marathon – Florida's Oldest and Most Exciting Marathon

Simply Out of this World: You can search the galaxy far and wide but there is no other race like this! Get ready for a gorgeous, waterfront marathon and half marathon course, unique space themed amenities and prizes galore.

By Noreen Cohen at CoolRunning.com

Posted Wednesday, 27 October, 2010

The countdown to the 39th Annual Space Coast Marathon in Cocoa Village, Florida has begun! Running Zone and the Space Coast Runners welcome you to the only space themed marathon in the country. This unique event will blast off on Sunday, November 28, 2010, on a beautiful USATF certified waterfront course along Florida's famed east coast.

The Space Coast Marathon is renowned for providing runners with a quality exceptionally well organized race experience with thrills beyond compare in road racing. Last year's event drew over 2,500 athletes from 41 states and 17 countries! This year's race is shaping up to be better than ever. The Kennedy Space Center Visitor Complex is proud to partner with the Space Coast Marathon by hosting the Pre-Race Pasta Party and the Health First Health Plans Health and Fitness Expo.

There aren't many earthlings who will be able to resist the absolutely delightful space themed activities that are part of this fabulous running event. Get ready for fun with the best space costume contest, custom astronaut medals, space certificates, photo opportunities with astronauts, official long sleeve technical t-shirts, discount coupons to the Kennedy Space Center Visitor's Complex and much more!

Runner's World has distinguished the Space Coast Marathon as the race with the best participant perks and as "the race of the month" for the November of 2008 issue.

Just one of the exciting perks is the opportunity for race participants to win tickets to Astronaut in Training Experience at the Kennedy Space Center Visitor Complex. This amazing interactive program offers participants a true taste of the space flight experience. Exciting and intense, the Astronaut in Training Experience offers a realistic look at what goes on every time NASA launches a manned mission. For more information on these programs, please visit www.kennedyspacecenter.com

Course Highlights

Start your race to the roar of a space shuttle countdown and liftoff rumbling from the Jumbotron overhead. Enjoy the space themed props along the way and at the finish line. The spectacular sunrise is just the beginning of this rare treat as you race along the lovely Indian River and Intracoastal Waterway. Participants will be treated to 14 space-themed aid stations offering water and sports drinks along the USATF-certified, partially shaded and mostly flat course that parallels the Indian River. This year's start will first send the marathoners north while the half-marathoners head south. The finish line for all runners is the Riverfront Park in Cocoa Village.

Set a PR with this year's pace teams. Pace groups provide fun and excitement for both first time and experienced marathoners who are looking to reach their running goals. The space coast marathon will be offering pace groups led by experienced pacers for a wide variety of finishing times, including Boston Marathon qualifying standards.

Post Race Celebration

Celebrate your triumphant finish with a delicious, complimentary pancake, egg and sausage breakfast and pizza following the race. All finishers will also receive a large beach towel with the race logo, space certificates and uniquely designed medals and photo opportunities with astronauts.



RRCA STATE CHAMPIONSHIPS

Once again, The Space Coast Marathon and Half-Marathon have been chosen as the RRCA state championships! In addition to receiving the races' unique space awards, the RRCA will provide special state championship awards to the top runners in both events.



SPECIAL RACE AWARDS FOR TOP SCR FINISHERS!

Space Coast Runners will be giving additional race awards to the top three SCR finishers in both the full and half-marathon.

Awards Ceremony

The awards ceremony for both the marathon and half-marathon will take place at Riverfront Park Pavilion. This year's ceremonies will be enhanced by a terrific keynote speaker, Mike McCulley, a former president and CEO of United Space Alliance and space shuttle pilot. Mr. McCulley flew on STS-34 in 1989 and has logged a total of 119 hours and 41 minutes in space!

Unique awards will be given to the top three overall male and female masters (over 40), top three male and female grand master (over 50) the top three finishers starting with 15-19 and ending with 75+. There will also be awards for the best space costume. Those wearing the top two best costumes as judged by participant applause will win cash prizes. For additional details, please visit [http:// www.spacecoastmarathon.com./](http://www.spacecoastmarathon.com/)

Meet Dick Beardsley

The Space Coast Marathon is pleased to announce best selling author, motivational speaker and world class marathon champion Dick Beardsley as the guest speaker sponsored by New Balance. Motivating, inspirational and captivating, Mr. Beardsley will be the keynote speaker at the Pre- Race Pasta Dinner on Saturday, November 27th at the Kennedy Space Center Visitor Complex. He will also be a part of the Sunday morning activities including the awards ceremony.

Best known for his 1982 Boston Marathon "Duel in the Sun" with Alberto Salazar, Dick is also a two-time Olympic Trials Marathon qualifier. He is a two-time winner and course record holder of the Grandma's Marathon in Duluth Minnesota and has won the London and Napa Valley Marathons. His best selling book Staying the Course chronicles the stunning race that made him a celebrity and the difficult years that followed including his recovery from a near fatal farm accident. Dick is a highly acclaimed speaker brimming with enthusiasm for the sport of running and the trials and tribulations of life. You won't want to miss learning about his unique journey of self discovery.

Pre- Race Pasta Party

This thrilling event will take place at the Apollo/Saturn V Center at the Kennedy Space Center Visitor Complex on Saturday, November 27th from 6:00 to 8:00 p.m. Don't miss this chance to dine under the historical and colossal Saturn V moon rocket which will be suspended above the tables. Enjoy dramatic multi-media shows and hand on displays that provide an inspirational look into America's quest to reach the moon.

Register Today

Take advantage of on line registration today. Be a part of the only space-themed marathon in the country and Florida's oldest marathon. Begin your countdown to this out-of-this-world adventure in running that is sure to be a memorable experience for years to come. Please visit the race website www.spacecoastmarathon.com



**THE 2010 HEALTH FIRST HEALTH PLANS
HEALTH AND FITNESS EXPO....**

YOU WON'T BELIEVE WHAT YOU'LL FIND !

Join us at the Kennedy Space Center Visitor Complex at the Dr. Kurt H. Debus Conference Facility on Sat., Nov. 27 from 9 a.m. - 7 p.m.

Exhibitors will feature the newest designs in running gear and shoes, as well as the latest developments in sports, fitness and nutrition. Late registration and race packet pickup are also available during the expo.

This event is open to the public, so bring your friends and family members! What you'll find may just be out of this world!



THE LEGEND CONTINUES



**Dick Beardsley, #3,
Alberto Salazar, #2 and Alberto Mendoza, 133**

For a brief moment in the early '80s Dick Beardsley became the most famous runner / athlete in the world - by losing a race. In the 1982 Boston Marathon, Beardsley, foiled by a motorcycle that cut him off near the end, finished two seconds behind Alberto Salazar in a contest often called one of the most memorable in marathon history. It was the closest finish ever at the world's premier marathon, and both runners broke both the course and the American records.

The story of Dick's running career alone is the stuff of legends, but it is the story that comes after that draws people in and keeps them listening. Dick is a true survivor. After retiring from running, Dick had a series of near fatal accidents that left him addicted to pain killers. His story of overcoming extreme obstacles speaks to anyone who loves competition, who has survived catastrophe, or who has pursued a seemingly impossible goal.

MEET DICK BEARDSLEY
at **RUNNING ZONE**

Sat., Nov. 27, 10 a.m - noon



BE PART OF THE FUN!

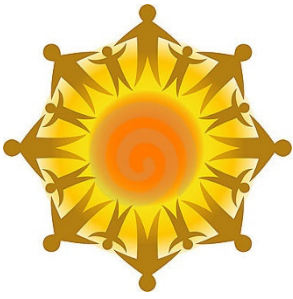
VOLUNTEERS WANTED

Space Coast Marathon Weekend

November 27-28, 2010

All volunteers will receive a volunteer shirt, a \$10 off coupon to Running Zone, a chance to win a free pair of shoes from Running Zone, a discount coupon to KSC Visitors complex, and a choice of complimentary entry into a number of local races including Running Zone Race Series, Space Coast Runner of the Year Series and Titusville Race Series.

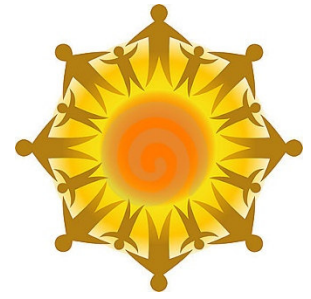
Contact Running Zone at 321-751-8890 to sign up!



THE PASSING LANE

With Ron Hoar

Full Circle—Back to My Running Roots



I don't spend much of my time in the past. I prefer to live the now. Yet somehow I felt compelled this summer to return to the very beginning of my running life.

Maybe it's my age. Even though we may be perfectly healthy at the moment there is always the chance that the running careers of any of us could come to a sudden end-- especially as we get older. It's said--and I guess observed--that in older age we return to our childhood. I wasn't looking to return to my childish ways but I did want to revisit the roots of my running.

That strong desire came when I was scouring the web for Maine races. Two races just about jumped off the screen at me. One was a 5K on the wooded trails at the University of Maine in Augusta. I remembered that 33 years ago when I had just started my running life I would occasionally join a couple of co-workers for an occasional short noon hour run in those woods. I couldn't resist the opportunity to run there again.

So I drove the hour and a half to the race site, unaware of what that course would have in store for me. The small field of about 25 of us headed off on a grass soccer field and then encountered a sharp downhill. After going through a soggy drainage area we went a short flat distance before entering the heavily wooded area. From that point on it was up, down, up, down, sharp turns left, sharp turns right. I was soon at a loss to know whether I was going north, south, east or west. While most of the hills were of short duration, they were steep enough to leave me gasping (which doesn't take all that much these days). It seemed like an endless course and in the last mile there was a long uphill of perhaps 600 meters to put endurance to the test. After that last hill it was along a flat field for maybe another 600 meters, then up a short but steep hill and across the soccer field to the finish. I had to mark this one down in my book at 30:22--easily my worst 5K time in my 22 years of running races.

The second race that intrigued me was the Manchester Apple Festival 5K. That would be run in an area adjacent to the housing development where I lived for fifteen years prior to moving to Plano, TX in 1979. My son, not yet a teenager at the time, would go to that apple orchard with his buddies and enjoy one (or more) of those juicy fruit in the fall. I didn't know precisely where the race would go but had some memory of the roads in the area and therefore was expecting a relatively flat course.

About a hundred runners including two small busses of a school cross country-team started off with a sharp downhill on a gravel road. But then there was a change of terrain as the road went uphill to the main highway. We stayed on that quite flat highway for only about a quarter mile before taking a side road and immediately encountering an uphill of some significance. I had been on that road many years before and had not remembered it as being very hilly. But hilly it was--for nearly a full mile to the turnaround. I checked my watch and I had clocked a dawdling 16:12--I was heading for an even worse time than in that prior race. But I like those down hills where I can stretch out my stride. Knowing that it was mostly down for the rest of the race I was enticed to push my hardest to the finish. At the last hundred meters and a sharp uphill I charged by two runners to complete the race in 29:50. My return was 13:38--not exactly flying at a pace of 8:48, but much better than the out at 10:27.

Every year of our running turns a new page. This was my summer to complete the circle and return to those roots of my first running. While my summer performances were not what I had hoped for it was still consoling to remember that I had gone from a fair weather, casual and non competitive runner of 33 years before and then 11 years later taken up the torch-- becoming a competitive age group runner--before the dregs of age and decreased passion slowed me down and brought me back to where it all began--full circle.

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Carol Ball, Cyndi Bergs, Linda Cowart, Dave and Lisa Farrall, Robin Hernandez, Ron Hoar, Joe Hultgren, Running Zone, Loran Serwin, Marty Winkel.

CHANGING DIRECTIONS

The Space Coast Runners Sunday morning fun runs will starting heading south along Rockledge Drive from Cocoa Village instead of north beginning on December 5, 2010. Start time will be 6:30 a.m. and water and Gatorade will be provided at miles two and four along the route. All runners and walkers are welcome to join the fun!

COURSE CARNAGE IN VERO



They came, they raced, they kicked butt.

The Palm Bay Annihilators and other Brevard locals plundered half of the top ten awards at the Hang Ten on the 10s 10K in Vero Beach. Sadly, the race only offered awards to top male, top female and ten-year age groups so below we give you a look at the top ten overall finishers first, with local names colored in red:

1. Brian Heisler, 35:56; 2. Sean O'Flaherty, 36:33; 3. **Ron Abel, 36:38;** 4. **Thaddeus Austin, 38:07;** 5. Cary Allen, 38:36; 6. **Art Anderson, 39:37;** 7. **Andy Dutra, 39:53;** 8. Brian Masters, 40:15; 9. **Tracy Smith, 40:21, first female OA;** 10. Dale Roby, 40:57;

On the ladies race, Tracy 'T-Sizzle' Smith took top honors in 40:21 with Robin Hernandez following for what should have been second overall in 42:52.

Congrats to all our locals who flew 10 toes on the nose including Ron Abel, 1st 20-29, 36:36; Mike Acosta, 51:56; Art Anderson, 1st 50-59, 39:37; Thaddeus Austin, 2nd 30-39, 38:07; Andy Dutra, 2nd 20-29, 39:53; Robin Hernandez, Masters (40+), 42:52; ; Debra Johansen, 1st 40-49, 46:22; Matt Mahoney, 2nd 50-59, 43:20; Tracy Smith, 1st OA, 40:21.

Above from left to right: The Palm Bay Annihilators and SCR members sip daintily from their award mugs. Left to right: Andy Dutra, Tracy Smith, Ron Abel, Art Anderson, Robin Hernandez, Matt Mahoney.

SCREAMING THROUGH SCRANTON

C-squared makes running look effortless. In spite of their injuries, Jessica Crate and Steve Chin pulled off personal bests and Boston qualifiers at the Steamtown Marathon in Scranton, PA on 10/10. Crate, who was running on a foot she shredded in the Indian River on her way to the overall Health First sprint tri win the weekend before, knocked out a 2:51:38 and third place female overall.

Chin, who had been battling hamstring issues, finished in 2:55:08, just seconds short of his 2:55 goal.

"I know I was on pace for a 2:48 finish when I hit the 13.1 mark and that was certainly not the plan," said Chin, whose Garmin failed to link up before the race. "I had no idea what kind of pace I was on until some girl on the side of the road down the final stretch yelled out 'you're at 2:52 and change - just a couple blocks to go'."

"As I approached the finish, I could see the clock read 2:54 so I tried to pick up the pace but I didn't have much gas left," he continued. "The hills had shredded my legs so I will take the PR and apply what I have learned from this race to my next one."



We believe him, but also wonder if wearing a shirt threw him off his game? The usually shirtless-Chin was forced to layer up as the Scranton starting temps hovered in the 30s.

Pat Renish rounded out the Scranton Boston Qualifiers with her 4:05:29 finish. CONGRATS to all three!

left, Steve Chin and Jessica Crate share a post-race smile after knocking out marathon personal bests.

CONGRATS also to Hartford Marathon finishers Sarah Guttery, 44, **BQ**, 3:40:30; Kyle Hunter, 3:15:15; Fiona Wright, 47, 4:59:44 (the day after finishing her 75-mile hike). Hartford Half-Marathon finishers Elizabeth Gmerek, 49, 2:39:31; Lisa O'Brien, 43, 3:02:14. **Mohawk-Hudson River Marathon** finisher Cindy Bishop, 51, **PR, BQ**, 3:59:12.

THE SHORT AND LONG OF IT

The Publix Family Fitness Series triathlons and duathlons are sprint races which are usually well run and often offer extra activities such as a 5K or kids' race so the whole family can be involved.

While the events are short, the nine-race season is a long one spanning this year from April 3 through October 10, when the Series Championship was held in St. Lucie's Town of Tradition.



"The best thing about the Series is that you have something to look forward to and train for," said Palm Bay's Sue Stidham, left, a speedy swimmer who started doing triathlons 15 years ago. "Normally I set a big race goal for April and then don't do much else after that. Having a sprint to focus on every couple of months makes you want to keep training."

To be eligible for Series awards, athletes must have completed a minimum of four events and race organizers offered a special price - four for \$200 or \$50/race - to draw some large fields.

With an alluring price and the fact that the events are held in beautiful venues around the state, Stidham and her friends turned the weekend races into mini-vacations.

"We like to gamble," laughed the proud grandmother of an adorable two-year-old who has inherited her 'Granny Sue's' love of the water. "We planned our races in towns near casinos."

Although Stidham placed third Athena in the final race and second overall for the Series, the medals and recognition are not her motivation.

"We are so blessed to be able to go out and do this," said Stidham, who spends most Saturday mornings coaching kids in Special Olympics. "I had a lot of friends who aren't alive anymore. You have to appreciate everything that God gives you."



CONGRATS to all of the local race number nine **Family Fitness Weekend triathlon** finishers Garry Branch, 1:05:41; Liz Cerow, 1st 55-59, 1:10:32; Kevin Murtha, 1:13:43; Sue Stidham, 3rd Athena, 1:19:53; Teresa Williams, 2nd Athena, 1:12:52. Family Fitness Weekend duathlon finishers Sean Black, 3rd Master (40+), 53:22; Roger Travis, 1st 50-54, 53:39; Dorothy Wells, 3rd Masters, 1:10:10.

Family Fitness Weekend Series Triathlon champs Garry Branch, 4th 50-54; Rob Downey, left in the middle on the podium, 1st 60-64, Sue Stidham, 2nd Athena; Teresa Williams, 1st Athena. Family Fitness Weekend **Series Duathlon champs** Roger Travis, 3rd Master; Dorothy Wells, 1st 50-54.

NO WOOL REQUIRED

They support Team-in-Training but don't always wear purple and although most hold Space Coast Runners memberships, they rarely show up for the races.

This early-rising band of marathon marauders refers to themselves as "Team Black Sheep".

"My wife and I were fill-in TNT coaches for Barry and Michelle (Birdwell) during the summer," said Bob Rall, the unofficial shepherd of the flock. "Because of our much smaller size, we did a lot of things differently and started referring to ourselves as 'the Black Sheep'.



Although the formal coaching stint ended, several of the Sheep continued training together and - in spite of 4:30 or 5 a.m. start times - continued to grow.

Above some of Team Black Sheep from left to right: Gina Rall, Bob Rall, Charlotte McClure, Tegan Litt, Brittany Streufert, Shane Streufert.

"The name still fits to some degree," said Rall, who has checked off 21 marathons in 17 states toward his quest for the '50 States' marathon moniker. "We are a group of strictly long-distance runners, so we have to start our runs earlier than the SCR group runs. Several of us are members, but we are outside of the mainstream from our mostly faster, shorter-distance friends."

The flock trained for the Chicago Marathon during summer's swelter and hoped that race day would bring cooler pasture.

Instead, the starting crowd was greeted with the unseasonable warmth that has dogged the event in two of the three previous years.

"We train in the heat but we start at 4:30 and don't contend with the sun," said Rall. "The race started at 7:30 and was sunny from the gun. At mile 13, I noticed that I was getting more fatigued than usual. At the next water station I noticed that they had raised the warning from green to yellow and by noon it had changed to red. It was a stifling heat."

After the 2007 race - which was turned into chaos by record heat - race officials were well prepared this year with abundant fluids, ice, sponges and medical support.

Although the heat did hinder anticipated athletic performance, few bowed out. Of the record 38,132 at the starting line, race officials said 36,159 finished, also the highest in the event's history.

Slower finishes did little to deter the Black Sheep experience, however. (Some of the Black Sheep finishers from left to right: Gina Rall, Bob Rall, .)

"We do it for the camaraderie," said Rall. "Naweed (Akram, a Black Sheep member) has a business down here and also owns an Indian restaurant in Chicago. We went over there afterward and he rolled out the red carpet for us. It was special to sit around and share war stories with really good friends."

The Black Sheep welcome new friends. If you'd like to run with them contact Rall at bobrall@gmail.com.

CONGRATS to all local Chicago Marathon finishers (Team Black Sheep members in red) Heather Akram, 19, 4:27:07; Naweed Akram, 54, 5:09:04; Kelly Anderson, 23, 4:15:44; Jeff Barrows, 46, 5:29:26; Chiqui Behymer, 45, 4:47:44; Megan Campbell, 34, 3:57:52; David Cook, 56, 6:20:53; Gregory Halpin, 54, 4:50:09; Jordan Halstead, 45, 4:01:56; Christopher Han, 29, 5:37:27; Cynthia Jackson, 36, 4:49:30; Ronnie Klementowski, 35, 6:29:46; Kevin Litt, 34, 6:03:54; Tegan Litt, 33, 5:09:16; Charlotte McClure, 38, 4:15:13; Mike Mos, 53, 4:30:12; Patti Olszewski, 27, 4:19:22; Juan Pinzon, 44, 4:52:28; Cathie Poor, 49, 5:38:35; Bob Rall, 53, 4:21:42; Gina Rall, 39, 5:09:16; Rachel Rayburn, 28, 5:30:32; Brittany Streufert, 38, 4:47:32; Shane Streufert, 38, 3:36:55; Marie Thomas, 45, 6:19:26; Allan Whitehead, 54, 4:52:53; Scott Wilmont, 40, 3:29:45. -- Patti Sponsler via Spacecoastmultisport.com



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S A T U R N



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- Free Rocket Garden Kid's Run
- Awards presented by a veteran NASA astronaut
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PARTICIPATE & WIN \$500!

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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

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Photo Manipulation. Image courtesy of NASA

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-750-5305 | 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) _____

Running 101: Dealing With Post-Run Muscle Soreness

Use these tips to make it a little easier to roll out of bed in the morning

By Matt Fitzgerald

Muscle soreness is a normal consequence of exercise. In most cases it is mild, emerging shortly after a workout is complete (if not during the workout) and lasting no longer than a day or two. But sometimes the pain is intense, and when it's intense it is almost always delayed, emerging the morning after the workout and lasting as long as three or four days.

Known as delayed-onset muscle soreness (DOMS), this rarer type of pain occurs after workouts that are unusually long or intense. Naturally, what constitutes an unusually long or intense workout differs between individual runners, and may also differ for any single athlete over time. For beginners, and for those who are returning to training after time off, virtually any workout is unusually long and intense, and that's why DOMS occurs most frequently and is most severe at the beginning of the training process.

A certain amount of DOMS is unavoidable at this time. However, there are ways to minimize it, and minimizing DOMS is a worthy goal, because that muscle pain is a sign of muscle injury. By ramping up your training in a way that limits morning-after pain you will not only spare yourself discomfort but you will also keep your muscle tissues healthier and get fit faster, because you won't have to take days off to recuperate.

The most obvious way to limit DOMS at the beginning of the training process is to ease into your training and ramp up your training workload slowly. Your first run after time off should be very short and moderate-intensity—no longer than 20 minutes and light enough so that you could hold a conversation throughout it. Even if you feel you could do much more, resist the temptation. The thing about delayed-onset muscle soreness is that it is *delayed*, so you can't predict how much DOMS you will experience later based on how you feel during the workout.

You must also resist the temptation to increase your training workload aggressively after that first workout is under your belt. No matter how fit you are, a run that is significantly longer or more intense than those you are accustomed to will cause significant DOMS. So, by all means, increase your training, but do it slowly, with no workout ever being more than slightly tougher than any of the preceding ones.

The Repeated Bout Effect

There's another effective way to limit DOMS that is very nearly the opposite of the one I just described. You can actually increase your muscles' resistance to the



muscle damage that causes DOMS very quickly by causing a small amount of muscle damage with a few short bursts of maximum-intensity effort. This method is based on the observation in scientific research that exercise-induced muscle damage triggers rapid cellular adaptations that protect the muscles from similar damage in subsequent workouts. This phenomenon is known as the “repeated bout effect.” What’s great about it is that you don’t have to stress your muscles to the point of inducing severe DOMS to take advantage of it. Stimulating just a little soreness now will spare you from experiencing a lot more later.

To inoculate your muscles against future damage, insert a few short sprints (for example, four x 10 seconds with one-minute passive recoveries between sprints) into your third or fourth workout after a layoff. I don’t recommend sprinting in your first workout because you need to give your body a chance to gain or regain some basic coordination in your activity before you go all-out. Otherwise the risk of acute injuries such as muscle strains is high. You can further reduce the risk of acute injuries by sprinting on a steep hill rather than flat ground.

Also take advantage of the repeated bout effect when you introduce speed training into your program. If you begin with a full-fledged speed workout, you may find it hard to get out of bed the next morning. Instead, start with a truncated session consisting of just a few fast intervals. This will inoculate your muscles against the strain of faster running so you can handle your first full-fledged speed workout much better.

Other Measures

Some of the most commonly practiced measures to limit post-exercise muscle soreness actually don’t work. Many runners believe that cooling down with easy jogging after a hard run prevents DOMS by flushing lactic acid out of the muscles. But lactic acid doesn’t cause post-exercise muscle soreness and cooling down at the end of workouts does not reduce muscle soreness the next day. Research has also shown that ice baths fail to prevent DOMS and massage is ineffective as a treatment for it.

Pain medications such as ibuprofen and acetaminophen do provide temporary relief from muscle soreness; however, you should never train so hard that you must resort to it. Save the medication for after your races, when you really need it! Non-steroidal anti-inflammatory drugs actually impede muscle tissue repair, so you wouldn’t want to rely on them daily, anyway. What’s more, exercise itself is analgesic, so on those days when you find your muscles sore from your last workout you will probably actually get some relief from a light recovery session.

While cooling down after a hard workout does not prevent DOMS, warming up before one does. A good warm-up literally warms, lubricates, and increases the elasticity of the muscles, preparing them to handle high-intensity work with less strain. Think about what waking up in the middle of the night and being forced to sprint 100 yards would do to your body compared to a similar sprint performed mid-afternoon after a thorough warm-up!

An effective nutritional means of limiting the muscle damage underlying DOMS is consuming carbohydrate with protein during workouts. A 2007 study by researchers at James Madison University found that a carbohydrate-protein sports drink consumed during an exhaustive cycling workout reduced muscle damage by 83 percent compared to a carbohydrate-only sports drink. As a result, performance in a second workout undertaken the following day was improved by 40 percent in the carb-protein group compared to the carb group.

Muscle soreness will always be a part of the running experience. But you can limit DOMS by increasing your training slowly, by doing a few all-out sprints early in the training process to trigger the repeated bout effect, by warming up thoroughly before hard runs, and by consuming carbohydrate with protein during runs.

About the Author:

Matt Fitzgerald is a senior editor at Competitor Group, with regular contributions to RunNow.com, *Triathlete*, *Inside Triathlon* and *Competitor*. Matt has written 17 books, and counting, including *Brain Training For Runners* and *Racing Weight*.



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 _____

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.



10% off to all SCR members!
www.runningzone.com



10% off annual membership!



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*bicycles excluded



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www.getmovingfitness.weebly.com

YOUR BUSINESS HERE

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page.

Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month.

Contact Bob Rall, Bob@RallCapital.com



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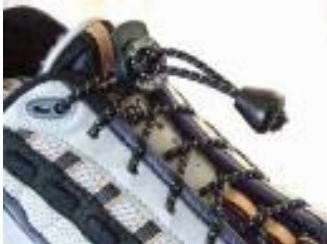
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Courtesy of Pete Carabetta. Thanks, Pete!

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.

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SPACE COAST RUNNERS

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A Mile With... Joe Hultgren



Name: Joe Hultgren.

Family: Wife of 30 years, Priscilla; daughters, Amanda and Laura; Sons, Jason and Joey; granddaughters, Lily & Luna.

Ages: Priscilla & I are 51 and our children 30, 24, 28 and 22.

Occupation or Dream profession: I currently work for ADP as a software developer and enjoy what I do, just would rather do it three days a week instead of five. At this point in my life I can't imagine another career even though retirement seems so far away.

Number of Years Running: Nine years plus high school.

Began Running Because/To: Well; my brother started running and placing in races, so I figured why not me too. A lot of information is now available that we didn't have 30 years ago, like special shoes, and stretching routines that actually work. I didn't run for many years because I thought I had bad knees...turns out that I just didn't know how to stretch properly.

I Knew I Was Hooked When: I dropped some weight and started to run well, and felt even better. I also ran track & cross-country in high school (a long time ago). That was a lot of fun, especially in a small school, so running again allowed some fond memories to resurface.

Race PRs (Personal Records): 3K, 11:26; 5K, 18:27; 8K, 31:42; 10K, 41:17; 15K, 1:05:11; Two miles, 12:00 (All in the past year) - planning to break these again real soon.



Joe enjoying some time on the slopes of Vail in February 2010.

Most Satisfying Race Performance(s): I'd like to think it hasn't happened yet, but the Downtown Melbourne 5K 2010 was real sweet. Ran an 11-second pr that was not expected. Also ran a relay marathon in 2002, that was a blast! I ran with my brother and a few of his co-workers. We wound up with the age group win, third was only 43 seconds behind us.

Favorite Race(s): I like the Downtown Melbourne. It's a great course for spectators and with the men & women running separate, we all get to see and cheer on our friends. I also like the 3K run at the zoo the Running Zone puts on. That is very unique.

Favorite Place(s) to Run: I really enjoy running with my friends at camp. Sunday long runs down Melbourne Ave. and over the causeway...can't think of a better course than that.

Running Partner(s): Kurt, Tony, Doug, Thomas and fellow campers at Set Goals Not Limits.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: That's a tough question, as there are so many historical figures I would like to have met. I'll have to say I'd like to run with my brother Randy more often. He has been my mentor in so many ways and got me started on running in JR high, then again at age 41.

Funniest or Oddest Thing I've Seen While Running: My morning run takes me over the 17 and 18th holes at the golf course and I like to get off the road and run on the grass. One morning I was surprised to see a golfer since the sun had just come up & he was almost finished. I soon figured it out how he got to hole 17 so fast as I watched him pick up the ball, ride in the cart (sometimes with ball in hand). I chuckled inside knowing he was picking and choosing when and where he wanted to golf. Then it dawned on me that's what we all do in our spare time, pick & choose. I choose to run, he choose to golf. We were both out there doing what we wanted to do.



Joe (middle) winning the coveted Jingle Bell 2-Miler stuffed stocking.

Training Philosophies: Do what works for you to achieve your own goals. Over the past nine years I've run a couple years as a competitor, but most years I ran just to relieve stress. Training just needs to align with your goals.

One Piece of Advice That I Would Give to a New Runner: Every mile counts. Start out slow and don't add miles too quickly. Running with a group can really keep up the motivation. If you haven't done much for several years (like me at age 40), think of it as a life style change and don't worry about everyone else.

Other Sports& Interests: Snow skiing. Ironically I learned to ski the year I moved to Florida 30 years ago. I try to go once a year with my older brothers.

Favorite Reads: I'm not much of a reader, but do enjoy reading fiction when traveling. Books by Tom Clancy, Dan Brown, John Grisham and several dozen Star Trek books.

Favorite Movies: The Princess Bride has to be one of the best films of all time.

Favorite Meal: I love almost all foods. I'd have to say that variety is the best, though I could eat pasta six days a week. For dessert, Priscilla makes the best apple pie I've ever had, but she also does pumpkin, blueberry, cherry, raspberry...

Dream Vacation: It would have to start with no cell phones and no email or at least no work. I'd love to travel the country and visit our many national parks.

I Think That SCR Could Do A Better Job: I think SCR does a great job. Thanks to all who serve as officers, board members, race directors and volunteers that and keep the club running.



Reindeer Dash 5K Race & Jingle Bell Walk

Saturday, December 4, 2010 8:00 am.

Viera Regional Park

2300 Judge Fran Jamieson Way, Viera

Sponsorships: \$100 donation to Brevard County Parks & Recreation receives recognition on our Race T-Shirt!
(check made out to: BCPR and mail to: 2300 Judge Fran Jamieson Way, Viera 32940)

Cost: Day of Race - \$18 runner /\$12 walker
Pre-Registered (mailed) before November 29, 2010- \$14 runner /\$11 walker

Registration: 7:00am-7:45am, Saturday, December 4, 2010
The registration, start, & finish is at Viera Regional Community Center

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

Costume Contest: Best Holiday Themed costume will win a Prize!!

T-shirts: High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*
Plaques: First Place Overall & Masters & First Place Runner each age Group (Male/Female)
Medals: Second and Third Place Runner Each Age Groups (Male/Female)
Age Groups: (M/F) 0-9. then standard 5 years increments to 80+

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

Make checks to: Brevard County Parks & Recreation
Mail to: Reindeer Dash C/O Viera Regional Community Center, 2300 Judge Fran Jamieson Way Viera, FL 32940

NAME: _____ PHONE: _____

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

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

T-SHIRT SIZE (ADULT): S M L XL (YOUTH): S M L

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

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 yrs). _____ DATE _____

PEAK PERFORMANCE MARATHON AND HALF-MARATHON

Portland, Maine

October 3, 2010

By Dave and Lisa Farrall

My wife, Lisa, started thinking about doing the marathon and half-marathon in Maine about the first of the year. When our request for a timeshare trade in Maine came through, our plans began to take shape.

We did not really train much as I was suffering with a hamstring problem. Lisa had knee and hamstring problems. [Lisa—in fact, I had recently been released from physical therapy.] However, we both had a strong desire to finish.

After we arrived in Maine, we discovered a New Balance outlet store about a half-hour drive from our timeshare in Bethel. We did drop some cash there! That discovery was a great find.

Our timeshare was a two-hour drive from the marathon start, so we got a hotel room in South Portland. [Lisa—a cheap hotel room!] The packet pickup and expo were on the University of Southern Maine college campus. The expo was average, but there were many good snacks to eat. There was a long line for the shirt pickup for no reason that we could see. We did not attend the pasta dinner.

The Farralls have a tradition of warming up for each marathon by exploring the area or city on the afternoon before the race. So, we walked around the old part of Portland, Old Port. There is lots of history there; we really enjoyed ourselves. We ate pasta at a local pizza joint called Anthony's and loaded up again at Ruby Tuesday.



Dave and Lisa Farrall pose for a photo before the start of the Peak Performance Marathon and Half-Marathon in Portland, ME



Near Cape Elizabeth, ME

We both slept well. The race had a late start time—7:45 a.m. which was a plus. The college had a four-story garage which was free for the participants—another plus. The weather at the start of the race was sunny and in the low 40’s. [Lisa—cold for me, but I dressed appropriately. I had a sweatshirt that I thought I would toss during the race, but never did!] A cannon boomed and we were on our way with 3,600 other marathoners and half-marathoners. I decided to walk the first 20 minutes then run the next 20 minutes. This was for a two-fold purpose. Since it was chip scoring, I could start off with Lisa. I also wanted to see what effect walking first instead of running had in the great scheme of things.

Lisa and I started off together. I went ahead of her about 10 steps. I kept looking back to find her. Then she wasn’t there. She had passed me and I didn’t realize it. Lisa yelled over to me to start running. If she hadn’t done that, I might have walked the entire marathon.

There were a few small rolling hills on the course between miles 5 and 17. The rest of the course was flat or downhill for the final nine miles. The hills did not bother me. I think the cool weather had some play in that. [Lisa—the hills bothered me!—so hard to train for those in Melbourne.]

On one hill late in the second half, I came behind a National Guard unit that was walking the course in full gear with backpacks. I ran past them up a hill and felt like saying “Old guys rule.” There were groups of well-wishers which were appreciated. Water stops were plentiful; there were many volunteers on the course. Port-a-potties were not plentiful on the course, so you know what happened! [Lisa—that was one of the worst occurrences for me; had to go to the bathroom at mile 5.]

I made the split at 2:30 and Lisa power walked her half-marathon in 3:02. [Lisa—when I saw mile 12, I was so thrilled, that was the longest 1.1 mile I have ever walked. The finish was by a small bay and I could see the other walkers and runners in the distance and I never seemed to get closer!]

As I was making my way back to the finish line, I realized we were running with traffic instead of against traffic and it was a little unnerving. I worried about this for a couple miles and then sank back into high hypnosis and did not care. About four hours into the race, my wheels fell off. There was no more running left in me for the day. I had nothing left even though the road was downhill. The last two miles were the worst of all. As Lisa mentioned, the finish line was in sight, but in the distance around Back Bay. It looked like one endless circle! Finally it was over (5:08) and I was so glad.

There were plentiful snacks, including yogurt and fruit after the race. The college allowed the runners to use their gymnasium showers which was much appreciated. This is a good marathon, albeit not as scenic as we thought it would be.



Portland Lighthouse



**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. SCR YOUTH SERIES RUN
(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)

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



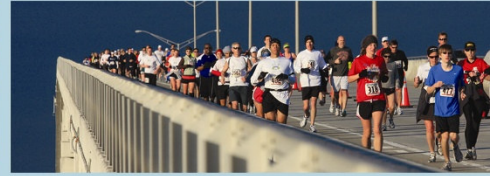
NOW ON FACE BOOK



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

JOIN RUNNING LEGENDS KEITH BRANTLEY, ZOLA BUDD, BILL RODGERS, FRANK SHORTER & MORE AT EAST CENTRAL FLORIDA'S PREMIERE DISTANCE RUNNING EVENT



20 BANDS – POST-RACE CONCERT – WALKERS WELCOME



Qualifier for the Boston Marathon

Connect with us via facebook



5K & 8K SATURDAY, FEBRUARY 5, 2011



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 6, 2011

WWW.THEMELBOURNEMARATHON.COM

"ONE OF AMERICA'S BEST HALF-MARATHON COURSES" - BILL RODGERS



STRIVING TO BE A GREENER EVENT
(This application was printed on recycled paper)



CHAIN OF LAKES 5K

October 16, 2010

Titusville, FL

Runner of the Year Race #2

“It’s always so nice to get up on a Saturday morning and get ready for a race not knowing who will be there and what type of race I will have - meaning will I win it from the start? Will I have to work for it all through the check points? Or will it be a match to the finish with the finishing kick to decide the winner?”

---Ron Abel, *SpaceCoastMultisport.com*, January 29, 2008

The question “will I win it from the start” was not even on Ron Abel’s radar as he lined up for the start of the Chain of Lakes 5K in Titusville on Oct. 16.

Although the race was the second in the 10-race 2010-11 Space Coast Runners Runner of the Year Series, it was the first Series race that Abel had been able to make due to his nightly on-call status to keep the water flowing in West Melbourne.

“I was going for pace, not place,” said the 27-year-old father of three and thyroid cancer survivor. “I was hoping (Steve) Chin was going to race to help keep the pace.”

Chin, who had busted out a 2:55:08 personal best marathon the week before, had decided not to race, opting instead to encourage others toward the finish line.

Going out front alone, Abel chose to stick with his pace plan.

At mile one, I was at five minutes and 34 seconds,” he said. “I looked back and there was no one really with me. I felt good and I felt strong so I just kept going.”

Abel kept it steady, averaging 5:35 for the 3.1 miles to take the win in 17:23.

Merritt Island’s Thadeus Austin, pulled in 26 seconds later to take second in 17:49. West Melbourne’s Steve Hedgespeth, a three-time SCR overall Series champ, was third in 17:55.

“The weather was perfect,” said Abel, who placed second overall in the SCR Series in 2003 and 2007, of the early season cold front that had dipped the temperatures into the mid-50s at the 8 a.m. start. “It was nice to be out again.”

Perhaps his new training philosophy will put him on top of his game again this year.

“I used to go out and race myself into shape,” he said. “This year I am doing more structured training. I feel better and much stronger. My goal this year is to remain injury-free and then go for the 16s (16-minute 5K) next year.”

Viera’s Jessica Crate made it two for two in this season’s races, taking the ladies’ top spot in 17:28, which was also good enough for fourth overall.

Cocoa Beaches Ceal Muldoon Walker hit the line for second in 19:20 followed by Ormond’s Alex Gemma, who placed third with her 20:09.

Space Coast Runners wants to thank Marty Winkel for directing the event as well as all the volunteers who gave up their Saturday morning plans to help make the race a success!

Up next is the Space Coast Classic 15K, ROY #3, on Nov. 6 at Melbourne’s Windover Farms. The race is number three in the ROY Series and complete information and registration is available at <http://mattmahoney.net/tmp/10scc15k.pdf>

-- Patti Sponsler

FEMALE		25-29 continued		40-44	
Overall		Rachel Mandel	28:18:00	Sandra Gannon	21:46
Jessica Crate	18:19	Kate Schindler	29:03:00	Angie Preston	21:52
Tracy Smith	19:18	Jamie Toon	29:51:00	Traci Luman	21:58
Alexa Gemma	20:17	Jennifer Lee	30:14:00	Sarah Guttey	23:57
		Natalie Douglas	42:20:00	Eugenia Barry	25:53:00
Master (40+)		Amy McKenna	51:59:00	Michelle Smurl	27:01:00
Jackie Clifton	20:31			Stephanie Legare	28:01:00
		30-34		Angela Shoe	29:15:00
Grand Master (50+)		Melissa Kastanias	22:14	Laura Cole	29:44:00
Robin Moran	22:07	Tammy Klementowski	22:Jenny	Sharon Loines	31:51:00
		Evans	22:40	Tina Borchers	34:29:00
Sr. Grand Master (60+)		Casey Gilbert	25:35:00	Debbie Streiber	35:21:00
Jacquelyn Kellner	28:44:00	Rene Dunne	25:54:00	Monica Hall	35:21:00
		Amy Dokos	27:36:00	Tracy Minnear	49:13:00
9 and under		Christy Starr	29:17:00		
Tricia Suffern	21:46	Angie Tabin	34:52:00	45-49	
		LeAnn English	36:09:00	Robin Hernandez	20:44
10-14		Misty Mercuant	36:10:00	Terry Ferrisi	23:29
Kara Kyrmarios	23:00	Johanna Russe	36:53:00	Molly Kirk	24:42:00
Hannah Flemming	27:23:00	Heather Doerr	56:55:00	Christine Kennedy	25:13:00
Haley Mount	34:48:00	Amanda Abate	39:17:00	Theresa Langley	28:31:00
		Shelley Bernier	53:56:00	Fiona Wright	28:22:00
20-24		Jacquelyn LeClaire	37:11:00	Jo Connell	29:26:00
Emily Brindley	25:00:00			Vanessa Judson	32:21:00
Krysti Cooper	25:34:00	35-39		David Klazon	33:33:00
Krista Spell	28:48:00	Lisa Petrillo	20:52	Michelle Radford	35:51:00
Amanda Hoffmeyer	32:52:00	Christy Tagye	24:15:00	Cathy Norris	42:24:00
Stacey Hintz	36:03:00	Julie Pomerleau	26:23:00	Valarie Suffern	49:13:00
		Mandy Gilmore	27:54:00		
25-29		Barbara Allison	29:39:00	50-54	
Debra Weber	22:27	Allison Stauffer	31:40:00	Karon Pittman	25:09:00
Jennie Weatherington	25:37:00	Aletha Daniels	33:45:00	Patty Fulsom	29:37:00
Barbara Falemyer	27:01:00	Laura Moxley	36:33:00	Deborah Hutchinson	31:01:00



A bunch o' award winners! Front left to right: Joe Hultgren, Pedro Toledo, Doug Nichols, Thaddeus Austin. Back left to right: unidentified, Tammy Klementowski, Lisa Petrillo, Shane 'shark fin' Streufert, Tracy Smith, Andy Dutra, Jessica Crate, Jim Schroeder, Robin Moran, Ron Abel, Robin Hernandez, Dave Hernandez, Terry Ferrisi, Howard Kanner. Far right: R2D2 disguised as a trash can.

50-54 continued

Jeanne Stagi 31:36:00
 Donna Crowe 37:26:00

55-59

Roberta Chaildin 35:42:00

60-64

Maureen Morley 29:41:00
 Mary Ramba 30:31:00
 Teri Smurl 47:06:00
 Gloria Doerr 56:53:00

65-69

Susie Koontz 29:04:00

70-74

Katie Marsh 44:54:00
 Joan Joesting 1:08:40

MALE**OVERALL**

Ron Abel 17:23
 Thadeus Austin 18:02
 Steve Hedgespeth 18:04

Master (40+)

Mike Fretz 18:11

Grand Master (50+)

Joe Hultgren 18:27

Sr. Grand Master (60+)

David Grant 21:07

9 and Under

Daniel Zegare 25:04:00
 Cameron Mizell 27:50:00
 Austin Hayes 28:02:00
 Matthew Legare 32:21:00
 Chase Pfeiffer 42:12:00

10-14

Mason Jones 19:50
 Colton Toms 20:22
 Joshua Labayne 21:13
 Noah Elder 22:08
 Dylan Norris 22:26
 Dawson Toms 22:35
 Jared Hayes 22:51
 Christian Hayes 23:23
 Trevor Denson 23:26
 Jacob Carter 23:45
 Ryan Garrett 23:55
 Jason Garrett 23:56
 Caleb Ferguson 24:28:00
 Brett King 25:00:00
 Eli Wyckoff 25:18:00

10-14 continued

Cody Wyckoff 25:45:00
 Nathan Bierman 26:30:00
 Jonathan Flemming 26:38:00
 Zachary Onovi 26:44:00
 Timothy Legare 27:07:00
 Jason Tobin 27:50:00
 Connor Pfeiffer 28:55:00
 Garrett Buebingham 30:06:00
 Christopher Sacik 31:12:00
 Dakota Withers 35:56:00

15-19

Taylor Collier 19:36
 Austin Belton 22:05

20-24

Danny Taurasi 19:23
 Ben Anderson 26:36:00

25-29

Andy Dutra 18:41
 Chris Eastwood 21:01
 Daniel Hedman 22:51
 Johnny Daniels 23:51
 Ed Taylor 24:21:00
 Eric Kirby 24:22:00
 Aaron Atkinson 24:47:00
 Aaron Storey 25:01:00
 David Schatz 25:20:00
 Christopher Han 28:23:00

30-34

Aaron Fournier 19:27
 Robert Paxton 21:41
 Christian Kenneth 23:09
 Les Dunne 25:33:00
 Rex LeClaire 26:49:00
 Eric Wrigley 37:36:00

35-39

Shane Strenfert 18:43
 Dave Chapman 18:57
 Richard David 21:00
 Bruce Furrow 22:07
 Ron Norris 22:24
 Craig Daniels 24:11:00
 Charles Thibault 27:21:00
 Bryan Doerr 27:37:00
 Todd Bogne 28:57:00
 Trevor Mueller 29:16:00

40-44

Howard Kanner 18:23
 Sean Black 18:44
 Pedro Toledo 18:46
 Joe Castner 18:51
 Frank Kapr 19:10

40-44 continued

Chris Loines 19:37
 William Conyers 22:56
 Harry Prosser 24:51:00
 Brad Barry 24:54:00
 Joel Perez 29:43:00
 Mike Legare 35:28:00

45-49

Doug Nicholas 19:16
 Jeff Gleacher 19:20
 William Preston 22:04
 Dave Hernandez 22:25
 Greg Hayes 22:54
 Todd Denson 23:44
 Daniel Leggett 24:56:00
 Kevin Wyckoff 25:18:00
 Brian Litterilla 28:11:00
 Chris Bainbridge 28:20:00
 Randell Crosby 28:57:00

50-54

Art Anderson 18:38
 Tim Collier 18:52
 Roger Travis 19:00
 Keith Kowalske 21:42
 Jorge Rivera 23:13
 DAVid Maltby 24:04:00
 Tyrell Hawkins 27:40:00
 David Mailhot 27:56:00
 Daryl Gilbert 29:11:00
 Ken Flieder 33:47:00

55-59

Rich DiSebastian 19:17
 Matt Mahoney 19:24
 Michael Miller 20:52
 Bud Timmons 21:39
 Tom Hoffman 25:15:00
 Arleigh Sharpe 25:52:00
 David Cook 33:26:00

60-64

Jim Schroeder 23:18
 Joe Becker 26:15:00
 David Farrall 27:34:00
 Owen Leland 29:21:00
 R.C. Koontz 39:24:00

65-69

Gary Castner 23:16
 Dennis Testa 27:06:00

70-74

Darwin Tangen 28:44:00

75-79

Bob Pecor 30:54:00
 Henry Campbell 38:04:00



Local Halloween road races brought out the best (?) in many athletes. See if you can guess who some of these SCR members might be! Most photos taken at Running Zone's Ghostly Gecko 5K by Barry Jones at TriHokie.com Complete race results and tons more photos (more than 700 runners are on-line at www.runningzone.com)