

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 33, Issue 3

March 2011



We saw the final mission of the Space Shuttle Discovery begin in the month of February. A picture-perfect launch on a picture-perfect day! An era is ending on the Space Coast. It was wonderful to be such a big part of history. Our shuttles served us well.



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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, through running and walking at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at [Space Coast Runners Club](#). We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month. In March, the meeting will be held at Pro-Health & Fitness Center in 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 **25th** of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or .psd. *Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.* Contact Bob Rall at bob@rallcapital.com for more information.

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
Windover Farms, Melbourne
15K Female OA: Jessica Crate, 57:37
15K Male OA: Erik Blosser, 52:37
2 Mile Female OA: Melissa Taylor, 12:30
2 Mile Male OA: Mike Fretz, 11:53
15K Walker Male OA: Ty Bowen, 1:52:11
15K Walker Female OA: Carol Ball, 1:52:11
2 Mile Walker Male OA: Richard Reeves, 39:24
2 Mile Walker Female OA: Alicia Salter, 45:00

Space Coast Marathon and Half-Marathon

November 28, 2010
Riverfront Park, Cocoa
Marathon Female OA: Melanie Peters, 2:57:38
Marathon Male OA: Oscar Orozco, 2:40:25
Half-Marathon Female OA: Dot McMahan, 1:15:40
Half-Marathon Male OA: Ruairi Moynihan, 1:13:11

Sun n Fun 4-Miler

January 15, 2011
Port Canaveral
Male OA: John Davis, 22:09
Female OA: Jessica Crate, 24:18

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Male OA: Ryan Oates, 17:51
Female OA: Lisa Petrillo, 20:07

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

February 26, 2011
10K Male OA: Ben Fish, 36:36
10K Female OA: Jessica Crate, 39:19
10K Walk Male OA: Raymond Jenkins, 1:10:29
10K Walk Female OA: Wendy Dietz, 1:12:47
2M Male OA: Kenny Rhodes, 13:37
2M Female OA: Mary Hofmeister, 14:31
2M Walk Male OA: Paul Avord, 22:27
2M Walk Female OA: Marie Verderame, 26:45

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: 8:00 am
Space View Park, Titusville
Marty Winkel, 537-3526
runsalot@cfl.rr.com

For Current Runner of The Year Standings, [Click Here](#)

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.



**Space Coast Runners Annual Meeting
and
Runner of the Year Celebration Dinner**

Saturday evening, May 7, 2011, 6 pm

Indian Harbour Beach Community Center

Tickets: \$10/ adults, \$5/under 12

“ROY Tickets”

516 S Plumosa St #15

Merritt Island, FL 32952

(Checks payable to Space Coast Runners)

By April 23rd !!!!

Menu

Chicken Parmesan
Baked Ziti w/ meat
Baked Ziti w/ 3 cheeses (no meat)
Italian Green Beans
Caesar Salad
Rolls and Butter
Dessert
Iced Tea
Lemonade

Agenda

State of the Club
Golden Shoe
Hall of Fame
2011 SCR Scholarships
*****Dinner *****
Annual Financial Report
2011/2012 Officers/Board
Ran Every Race Awards
Youth Series Awards
RUNNER OF THE YEAR Awards

Space Coast Runners Hall of Fame and Golden Shoe Awards



We are currently looking for 2011 nominations for the SCR Hall of Fame.

Written nominations may be made by any active SCR member and submitted by April 1st to the Hall of Fame nominating committee.

From the SCR Guidelines: The nomination must include the candidate's name, number of years he or she has been a member, the year or years the candidate is being recognized, and the candidate's accomplishments. The nomination must include justification on why the candidate is being nominated and contain sufficient detail to allow the committee to make an objective decision. If available, a photo would be appreciated.

Past recipients: Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Marlene White, and Bernie Sher.

Also, we are accepting nominations for the annual Golden Shoe Award.

The recipient does not have to be a member of SCR. The only requirement to be selected as the recipient of the Golden Shoe Award is that the individual has a positive influence on the sport of running based on his/her contributions to the community. Final choice is that of the current SCR President.

Past recipients: Gary Harbison, Harold Tucker, Rhonda Butler, Marty Winkel, Bill Dillard, George Revels, Henry Campbell, Terry Hayden, Dave Farrall, Ken Winn, John Chioma, Linda Thompson, Barry Jones, Marlene White, Ross Clarico, Patti Sponsler, Loran Serwin, Barbara Linton, Carol Ball, and Dave Hernandez.

Please reply by April 1st, 2011. Email: mcbergs@att.net, or snail mail to: Cyndi Bergs, 1170 Granada Ave, Merritt Island, FL 32952



Meet Your SCR Board of Directors

Mary Ramba

I was asked how I became part of the SCR's board.

When I started running and doing races, I wanted to run the very best and fastest that I could run. I joined Rebecca Spark's running camp and trained under her excellent coaching and leadership. Rebecca asked if I would be interested in becoming a member of the SCR's board.....and that was the very beginning of a wonderful, long, and continuing journey. I was elected to the Board of Directors in June of 2000. I assisted Patti Sponsler with the newsletter for a short period and served as vice-president a number of times. How did this all start?

The Marathon Mary of today is nothing like the Mary in 1997. In 1997, I weighed nearly 200 pounds and had a very serious drinking problem. I couldn't seem to drink only a couple of glasses of wine. That is truly an understatement. My son's wife, Judith, was pregnant with their first child and I wondered how I could be the best Grandma to her with my problems.

On May 5th of 1997, I had my last drink. I also went to a doctor to see about about losing weight and doing it under his guidance. I followed his program of weight loss to the very last period and started walking as exercise and a means to get outside and away from the temptations of drinking. I also worked out at Health First on Merritt Island. It was there that Jack Kenworthy came up to me and asked if I would like to run a marathon and raise money for a very worthy cause...Team in Training. I did have to ask what a marathon was and how far. Talk about being overwhelmed. I joined the team and off I went. My early trainers, Rebecca Sparks and Doug Butler not only helped me run that very first marathon but worked with me to run smarter and faster.



Mary as we know her now, running with a smile!

Meet Your SCR Board of Directors

Mary Ramba *continued*

I have completed 20 some marathons all over the US. My favorites..?.it's hard to single just one out....would be Alaska, Tucson, New York, Marine Corp, and on and on. Of course my greatest marathon is Boston....it was my shining achievement and greatest joy. That was in 2000. I think it is the wonderful friends I have made, the people I have met, and my family's great support which has made all of this possible. My long distance running partner, Frank Webbe, has run with me for most of my running career and we depend on each other for support and encouragement. My husband, Gene, has carted me all over the U.S. and supported SCR's with delivering race equipment, timing and scoring too many races to even begin to count. He has also supported and encouraged all my efforts, not only running but all of life's many achievements encountered in our near 43 years of marriage. He's a keeper for sure.

I run to be happy and healthy, some days healthy and happy. I also attribute running to increased sanity, sobriety, and spirituality. Running is my means to increased faith, family and friends. My "job" in life and as a runner is to encourage others to achieve their goals and get others out on the trail to their own goals of better health through continuous exercise, whether it be running, walking, biking, swimming, or some other healthy form of life. I also greet everyone I see along the way. Everyone needs a smile and happy hello!

I am so very proud of all that Space Coast Runners has done in the past and continues to do. One very important goal of SCR's is to bring our races to people of all levels of running and walking and all ages! We have expanded our races to include 2 milers and of course the kid's running series. The many social runs and gatherings continue to build lifetime lasting friendships, encourage each other, and to have fun! I was so very honored and overwhelmed when I was inducted into SCR's Hall of Fame in 2008. I never expected such an honor and still shake my head in amazement when I see my plaque.

Mary and Gene in 1996



“It takes faith and the courage to risk failure in order to realize one's destiny. Having had my share of failures throughout my career I know that it is well worth the risk.” —Ryan Hall, American long distance runner and winner of the 2008 United States Olympic Marathon Trials

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ACROSS FROM BREVARD COMMUNITY COLLEGE**

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Mary Ramba, Dave and Lisa Farrall, Brittany Streufert, Hernan Garcia, Loran Serwin, and the Running Zone. Special **THANKS** to Rick Andrews of Andrews Photography and Andrew Roth of Roth Media Group for their race photos.

HAPPY BIRTHDAY TO: If you see these folks out running or walking this month, wish them a Happy Birthday. **3/2:** Coach Doug Butler; Deborah Horst; **3/4:** Donna Slomins; **3/7:** Joseph Hofmeister; **3/10:** Jennifer Pait; **3/11:** Diane Hardos, Janiene Pape, Bruce Furrow, Jonathan Calderon; **3/12:** Suzie Enlow; **3/13:** Daniel Sea; **3/14:** Loran Serwin; **3/15:** Elizabeth Bress, Thomas Jenkins; **3/16:** Austin Hays; **3/17:** Eric Cicero; **3/19:** Amy Paroline; **3/21:** Christi Curtis, Dale Rothenberger; **3/24:** Mike Dahan; **3/25:** Abbey Scalise, Kara Springer, Lang Alexander, Kimberly Yates; **3/26:** James Fain, Susie O'Connell, Cedric Ching, Heidi Lorenzi, Andrew Preston; **3/27:** Patti Sponsler; Sherri Boyd; **3/28:** Nyssa Holmquist

WELCOME NEW MEMBERS

February's new members: Mark Schuster, Heather Walker, Cristina Engel, Ed Engel, Brandon Engel, Devon Engel and Betsy Butler. Welcome! See you on the roads.

YOUR BEST TRI

Triathlon newbies and intermediate enthusiasts will want to check out the Your Best Tri training camp that begins on March 19 and offers group coaching in blocks of four, eight and 12 weeks.

New to the camp this year is the addition of CompuTrainer Spin Scan analysis to baseline your current level of cycling fitness and makes fast and measurable improvements throughout the program.

Quest Aquatics will again provide fundamental swim skill and stroke development, heated pool and open water training and video playback stroke analysis.

And, to make sure that the final leg of the race is as fast as the first two, each camper will complete a running time trail to ensure that they will be training at the proper pace throughout the camp.

For complete information about the camp, click on the link at the top of the site and/or attend the informational meeting on Tuesday, March 15 at 6 p.m. at the Triathlon Training Store at 660 Cox Road, Suite 3, in Cocoa.

Coaches Suzie Enlow (258—2624); Linda Cowart (868-2898) and Mike Rochelle (482-8898) would also be more than happy to answer any questions that you

KEEPING TABS

SURF COAST TRIATHLON SERIES KICKS OFF APRIL 10 WITH RON JON TRIATHLON COCOA BEACH

The 2nd Annual Surf Coast Trifecta multi-sports series kicks off on April 10, 2011 with the Ron Jon Triathlon Cocoa Beach. The three-event series is followed by the State Farm Space Coast Bikeathon (duathlon) in Viera on May 15 and wraps up in south Melbourne Beach's Sebastian Inlet State Park on June 19 with the Dad's Day Triathlon. Information on the series and registration are available at www.surfcoasttrifecta.com

HEADING SOUTH

The Space Coast Runners Sunday morning fun runs now head south along Rockledge Drive from Cocoa Village instead of north. Start time is 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!

STAR KIDS TRIATHLON RESCHEDULED FOR APRIL 10, 2011 IN COCOA BEACH

The inaugural Star Kids Triathlon (open to children ages 6 to 14 years), which was originally scheduled for December 19 in Indian Harbour Beach, has been rescheduled for April 10, 2011 and moved several miles up the road to Cocoa Beach. The event will now coincide with the Ron Jon Triathlon in Cocoa Beach, giving opportunity for both children and parents to participate in a triathlon on the same day.

SPECIAL OLYMPICS GETS \$2000 FROM SPACE COAST RUNNERS

Special Olympics of Brevard was presented with a check for \$2000 from Space Coast Runners at the recent Eye of The Dragon 10K awards ceremony. Special Olympics is a charitable beneficiary from the funds raised at the Space Coast Marathon and Half-Marathon. The funds will be used to purchase uniforms and equipment for our local athletes.

BOSTON'S QUALIFYING TIMES REVISED

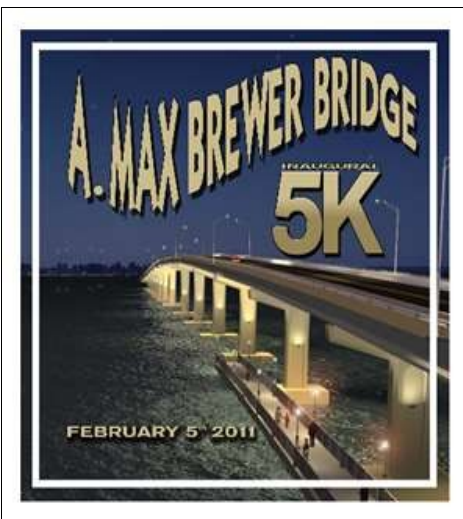
For the first time in 33 years, the Boston Marathon has tightened qualifying standards. The qualifying times have been lowered by 5 minutes in all age categories. "The new plan allows the Boston Marathon to remain true to its historical origins as a footrace in the tradition of the Olympic marathon," said Tom Dederian, a coach for the Greater Boston Track Club. Also, in an effort to ensure that the fastest marathoners are guaranteed entry, the Boston Athletic Association is also changing the registration process. The event closed in a record 8 hours and 3 minutes for this year's race, which shut out thousands of qualified runners. They will institute a rolling registration process, which allows top qualifiers to register first.

KEEPING TABS

MAUREEN IS GOING HOME!

We received a note from Maureen Pecor's dad telling us that Maureen was able to go home in February after a hospital stay that began in November. For those of you who know Maureen, that will be good news. For those that don't know her, it's simply an amazing story of a fierce battle that one of our fellow runners has been fighting. Maureen had a double lung transplant in April of 2000. She had an incredible recovery and climbed 12 mountains and ran 40+ SCR races. Due to "chronic resection," she needed a second lung transplant, which she had done at the end of 2010 at Shands in Gainesville. But the drugs used to prevent her new lung from rejecting ended up doing damage to her kidneys. She was on dialysis through the beginning of the year. On January 18th, Maureen had surgery again. This time it was to receive a donor kidney from her sister, Michelle. The word from the parents is that both girls are doing well and that the transplant has been "unusually successful." Maureen was able to come home to Melbourne on February. She is recovering well and hopes to be able to visit her sister in Texas during the summer. Welcome Home Maureen!

TITUSVILLE CELEBRATES THE OPENING OF THE A. MAX BREWER BRIDGE



After two years of construction, the A. Max Brewer Bridge in Titusville, was ready to open. The new bridge runs over the Indian River, connecting Titusville to Kennedy Space Center. It is over 65 feet high and replaces a 60-year old swing bridge that had been in poor condition for years. The city celebrated with a big party that included a 5K race that ran across the bridge. They thought they might have a decent turnout. They never expected almost 800 participants! Race Director Marty Winkel gathered his resources and partnered with another race director. They were able to pull off a very successful first-time event that, according to Marty, will become an annual event. Congratulations to all involved.

In the race, Jeremy Butler was the Overall Champion, crossing the line in 17:33. Drew Denson was second in 18:13, and Jacob Langgle finished third in 19:03. Pedro Toledo was the Male Masters Champion in 19:55. For the Ladies, Eva Vituci was the Female Overall Champion, coming in at 20:23. Claire Castillo was second and Kati Craig was third. Female Masters Champion was Janet Canfield, with a time of 22:45. For complete race results, [CLICK HERE](#).

KEEPING TABS

5K RUN/WALK FOR AUTISM AWARENESS



On Saturday, February 26th, the 5K was held at the Scott Center for Autism Treatment on the FIT campus. The Scott Center is dedicated to providing the highest quality treatment, training and applied research to improve the quality of life of children with autism and related disabilities in Central Florida. All proceeds from the event went to benefit families in Brevard County affected by autism.

Over 250 runners and walkers came out for the event. Michael Pearce of Cape Canaveral was the Overall Male Champion, crossing the finish line in 17:16. Dave Chesny, from Melbourne, was second in 17:22, and Ron Abel of Satellite Beach was third in 17:30. Male Masters Champion was Chris Reesh, Palm Bay, with a time of 19:24. For the ladies, Deanna Loafman, of Boca Raton, was the Overall Female Champion, coming in at 19:39. Julie Fleck of Viera was second in 22:28. Keri Scharnagl, Palm Bay, was third in 23:25. Katia Dubec-Hunter was the Female Masters Champion, crossing the line in 24:13. For complete race results, [CLICK HERE](#).

“When you put yourself on the line in a race and expose yourself to the unknown, you learn things about yourself that are very exciting.”

Doris Brown Heritage, Five-time World Cross-Country Champion



SAVE THE DATES

**SERIES LIMITED
TO 500 ENTRANTS**

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OR
ENTER ALL**

**REGISTRATION WILL OPEN
JANUARY 1ST, 2011**



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FAT TIRES, ATHENA, CLYDESDALE
& AGE GROUP WINNERS**



STOP 1 RON JON TRIATHLON COCOA BEACH, FLA APRIL 10, 2011

1/4 MILE RIVER SWIM • BIKE 12.5 • 5k RUN



STOP 2 SPACE COAST BIKEATHON VIERA, FLA MAY 15, 2011

20 MILE BIKE • 6.2 MILE RUN

**2010 Surf Coast Trifecta Champions
Mallory Dunn of Daytona Beach
and Kevin Grogan of Clermont**



**Dad's Day
TRI**

STOP 3 DAD'S DAY TRIATHLON SEBASTIAN INLET STATE PARK MELBOURNE BEACH, FLA JUNE 19, 2011

1/4 MILE OCEAN SWIM • BIKE 15 • 5k RUN

**REGISTER AT
WWW.SURFCOASTTRIFECTA.COM**



29th Annual Downtown Melbourne 5K Run and Walk

Saturday, April 2, 2011

A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Men 7:30 AM * Women 8:15 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts two blocks W of US 1 on New Haven Ave in Downtown Melbourne. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+)

Age Groups (top 3 male & female)

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

Corporate Challenge

- All members must be employees of the same company, with a minimum of 5 members, one must be of the opposite sex.

Registration

- On line at Register.RunningZone.com ending March 31st
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone ending March 31st (3696 N Wickham Road, Unit C, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Packet Pick-Up

- Friday, April 1st from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

Race Management by:



2011 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Entry Fees: \$20 until April 2nd
(\$19 for SCR Members)
\$25 race day

Make checks payable to
The Haven
and send to:
Running Zone
3696 N Wickham Road
Melbourne, FL 32935

Last Name (Please print) _____

First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____ Telephone _____

Email _____ / /

Age on Race Day _____ M ___ F ___ S ___ M ___ L ___ XL ___ Y ___ N ___
Gender T-shirt Size Space Coast Runners Member?

Corporate Challenge Team Name _____ (if applicable, see above for details)

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities 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 this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

Run a Mile With....Dave and Lisa Farrall

Names: Dave and Lisa Farrall

Family: 5 birds: Quigley, Taco, Richard, Sweetpea, and Sunny

Ages: DAVE: 62; LISA: 56

Occupation: DAVE: Patient Care Technician; LISA: Contracts Mgr

Running for How Long? DAVE: 31 years; LISA: I don't run, but have been power walking for about 3 years, although I tried running in the past.



Began Running because: DAVE: I went from a manual labor job to a desk job and did not want to get “secretarial spread.” LISA: I began power walking to keep weight off and help my heart.

I Knew I Was Hooked When: DAVE: I had my first runner's high. I was running up Riverside Drive, and it felt like I was in the back of a bus. I could not run any faster nor could I slow down. Someone else was in control. Or was it when I got my first age group award? I just want more of both of these! LISA: When I trained for my first half-marathon and then actually finished one!

Race PRs (Personal Records):

DAVE: Oh, yes!! PRs!! What great memories of the past! 5:30 mile, 19:02—5K, 33:54—8K, 41:33—10K, 1:05—15K, 1:35—1/2 marathon, 3:20—marathon; Chilly Willy Duathlon February 13, at Fort Desoto Park in St Petersburg. I finished the 5K run, 10 mile bike, and a 5K run in 1 hr. 29 minutes and 59 seconds..

LISA: 39:24—5K, 1:18—10K, 1:59—15K, 3:02—1/2 marathon;

Continued on next page...

Run a Mile With...Dave and Lisa Farrall

Continued

Most Satisfying Race Performance(s): DAVE: That is difficult! Probably the marathon I ran to qualify for Boston (Brandon, Florida) in 1993. Or nowadays, the last race that I finish. LISA: My first half-marathon, Pittsburgh.

Favorite Race(s): LISA: Eye of the Dragon

DAVE: beach runs or marathons

Favorite Place(s) to Run: LISA: Parks, the beach; DAVE: Barefoot on the beach and the long stretch of South Brevard Avenue from Snug Harbor to Minuteman Causeway, great place after a training run at Snug Harbor to unwind and cool down.

Running Partner(s): LISA: I will walk with anyone who likes to walk. DAVE: Walking with my wife, and running with the "Up and Running Racing Team"

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: LISA: Ludwig van Beethoven; DAVE: Jeff Galloway or Larry the Cable Guy

Funniest or Oddest Thing I've seen while running: LISA: The guys with the carved-out pumpkins on their heads in the 2009 Ghostly Gecko. DAVE: Dick Whitmore mooned me once while I was running.

Training Philosophies: DAVE: Run to Eat, Eat to Run! Start off slow and taper. LISA: Keep going and encourage others to be fit.

One Piece of Advice That I Would Give to a New Runner: LISA: For a new walker, I would say to start out with a half block and then add a half block and keep adding till you have a good distance. One cannot start with the desire to walk 5 miles the first time out! DAVE: Keep the fun in running. Don't take running so seriously, which is hard to do. Run to have a good time, not for a good time.

Other Sports & Interests: BOTH OF US: Golf and reading; LISA: Yoga, acting, singing, playing piano and violin; DAVE: Cycling

Favorite Reads: LISA: Anything by Lisa Scottoline; DAVE: Books that are light easy reads, no particular author, am currently reading a book by Lisa Scottoline.



Run a Mile With...Dave and Lisa Farrall

Continued

Favorite Movies: LISA: Gone with the Wind, My Cousin Vinny; DAVE: Invincible

When Nobody is Looking I Like to: LISA: Sing Rock and Roll; DAVE: eat chocolate

Favorite Meal: BOTH OF US: Anything Italian; DAVE: pies and cakes with either chocolate or peanut butter for dessert;

Dream Vacation: Germany, International; Maine, States (Both of us)

I Think That SCR Could Do A Better Job: LISA: Space Coast Runners is a great group, but I would request more awards for walkers. DAVE: Work with race directors to schedule their races so that we don't have two races on the same day.



Editors note: A nice trend we have been noticing lately is the number of couples running together. To celebrate, here is our first “Run a Mile with...” Couples Article. Thanks to Dave and Lisa for being the guinea pigs. GREAT JOB! If you would like to be featured in “Run a Mile With...”, send me an email at bob@rallcapital.com



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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.

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SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH-FIRST PRO-HEALTH AND FITNESS CENTERS!! They graciously allow us to use a meeting room in one of their facilities for our SCR Board Member Meeting each month.

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Melbourne Beaches Marathon & Half-Marathon Weekend

February 4-6, 2011

The first weekend in February was a pretty big weekend for running/walking enthusiasts on the Space Coast. It was the weekend of the Melbourne and Beaches Music Marathon and Half-Marathon. The weekend events included the Florida Today 8K and 5K on Saturday, followed by the marathon and half-marathon on Sunday.

The weekend kicked off with a pasta party Friday night at The Rossetter House in old Eau Gallie. The outdoor, tented event attracted a relatively small group for the dinner. But the dinner, while not bad, wasn't the attraction. The Running Legends who were in attendance were!



Frank Shorter and Bill Rodgers talk with the attendees at the Friday night Pasta Party.

I didn't become a runner until late in life, but even as a non-runner, the names, Frank Shorter, Bill Rodgers, Zola Budd, and Keith Brantly meant something to me. Now that I am a runner, and have a better understanding of what they accomplished, these names mean even more! Shorter and Rodgers were, at one point, the top two marathon runners in the world, and they were both from the U.S.! The Friday night pasta party offered the opportunity to meet these legends up close and personal. And they were all very personable. All four were available for pictures, conversation and autographs before the dinner started. After dinner, they all took the stage, with Keith Brantley acting as emcee. There was no formal presentation, just conversation. And what a conversation it was!



Rodgers, Budd, Shorter and Brantly...four running legends on stage at the Pasta Party

Frank Shorter is the only American to win two Olympic medals in the marathon. He won the gold medal in the 1972 Olympics in Munich and the silver medal at the 1976 Games in Montreal. He was also the national 10K champ in 1971, 1974, 1975 and 1977, after winning the NCAA Championship at that distance in 1969, while attending Yale. At the pasta party, he talked about running with Steve Prefontaine, the running legend who died at the age of 24. He also talked about his involvement in the United States Anti-Doping Agency, and his enthusiasm was apparent. He even discussed some new testing procedures that will allow the agency to go back and check old samples.

Melbourne Beaches Marathon & Half-Marathon Weekend

February 4-6, 2011

Bill Rodgers didn't win gold in the Olympics. After picking up the mantle of America's Best Marathoner from Shorter, 1980 was supposed to be Bill's year. The games were to be held in Moscow, and Bill was favored to win. He never got a chance because the U.S. boycotted the games because of the Soviet invasion of Afghanistan. Since he didn't get to run for the gold, he focused on the big U.S. races, Boston and New York, and he found some success. He won both races four times between 1975 and 1980!

Zola Budd found fame at age 17 in 1984 when she broke the women's 5K world record with a time of 15:01. Unfortunately, the race was in her homeland of South Africa. Because of the apartheid policy in place in South Africa at the time, the International Amateur Athletic Federation refused to ratify the performance. She showed them. In 1985, she broke it officially with a time of 14:48.

(Right, Budd at the Pasta Party)



Zola is best known for her 1984 Olympic performance in the 3000 Meter race. She took advantage of an opportunity to apply for British citizenship so she could run in the 1984 Olympic Games in Los Angeles. That race defined her legacy. The race was billed as a duel between Budd and American world champion Mary Decker. Running in her trademark barefoot style, Budd moved to the front of the pack of leaders because she was being spiked. Decker was close behind her when, just past the halfway mark in the race, Budd's foot hit Decker's thigh, in the first of three collisions between the two. The third collision caused Decker to stumble and fall to the infield. She was unable to finish the race. When the American crowd saw their champion sprawled in the infield, they rained boos down on Zola. She continued to lead for awhile, but knew that she couldn't get on the winner's podium with the anger of the crowd. She faded and finished 7th. She tried to apologize to Decker later in the tunnel after the race, but Decker blew her off. Listening to Rodgers and Shorter at the pasta party, they indicated that the anger towards Budd was misdirected, and that maybe Decker was the beneficiary of some misplaced sympathy.

Zola moved to the U.S. three years ago, when she felt her kids were old enough to handle the move. She says that Americans are so open and thankful and she wanted her kids to grow up in that environment. They ended up in Myrtle Beach, SC after her husband searched for the best area for his love of golfing.

Keith Brantley's running career has spanned nearly three decades. He is considered to be one of the U.S.'s most successful distance runners in the 1980's and 1990's. He represented the U.S. in the 1996 Summer Games in Atlanta, finishing 28th in 2:18:17. In 1995 he was the U.S. 10K, 25K and Marathon Champion. He won the U.S. Marathon Championship again in 1998. He now concentrates on coaching runners and triathletes of all ages.

Melbourne Beaches Marathon & Half-Marathon Weekend

February 4-6, 2011

Florida Today 8K

The race events started Saturday morning with the Florida Today 8K and 5K. In the 8K, Rob Ahrens, of Clarks Summit, PA was the Overall Champion with a time of 25:50, about 2 ½ minutes ahead of the second place finisher, Merrill Hausenfluck of Tampa. Melbourne Beach's Gary Gates took third in 30:19.

For the ladies, Jessica Crate finished fifth overall and took the Overall Female Championship with a time of 30:30. For complete 8K results, [CLICK HERE](#).

Florida Today 5K

In the 5K, Ben Shippers of Ames, IA was the Overall Champion, coming in at 17:34. Greg Cauller of York, PA and Jon Babcock, of Orlando, finished second and third respectively. On the female side, Natasha Yaremczuk of Paris, France was the Overall Female Champion in 18:41. Jessica Crate finished second for the women, after completing the 8K earlier. Lynn Knothe, of Wilmington, DE finished third. For complete 5K race results, [CLICK HERE](#).

Melbourne Beaches Marathon and Half-Marathon

Many of the nation's top Master's runners competed on Sunday morning because the Melbourne Beaches Half-Marathon was the official 2011 USA Masters Half-Marathon Championship. The races started together in downtown Melbourne, headed north on US1, over the Eau Gallie Causeway, south on Riverside Drive, then over the Melbourne Causeway. Half-Marathoners made one trip, full marathoners made the journey twice.

In the half-marathon, nearly 1000 runners/walkers enjoyed the cool, slightly cloudy conditions. The top three overall finishers for the men were also the top three in the Masters division. So, Mark Andrews, of Rochester, NY was the Overall Champion and the Male Masters Champion, finishing the 13.1 miles in 1:10:32. Malcolm Campbell, of Marietta, GA and Dennis Simonaitis, of Draper, UT finished second and third in both categories. For the ladies, Heather Magill, of Wilmington, NC crossed the line first, in 1:17:57. Angela Cobb, from Indialantic, placed second and Lori Kingsley, of Wysox, PA, finished third.

Kingsley was the first female Master to cross the line, so she took the Female Masters Championship with her time of 1:21:10. Terri Rejimbala of Tampa, and Cassandra Henkiel, of Austin, TX took the second and third slots. For complete Half-Marathon results, [CLICK HERE](#).



Brantly (left) and Shorter (right) talk to the crowd at the Friday Night Pasta Party.



Melbourne Beaches Marathon & Half-Marathon Weekend

February 4-6, 2011

Nearly 300 runners and walkers completed the marathon. Overall Champion was Jesse Hugo, from Portland, ME, who crossed the line in 2:35:53. Benjamin Fish, of Iowa City, IA finished second, 14 minutes behind the leader. Keith Kleinjan, of Versailles, KY was third. The Male Masters Championship went to Jeremiah Ryan of Sarasota, who finished in 3:05:07. On the ladies side, Kirsten Kolb of Anchorage, AK was the Overall Female Champion in 3:21:14. Eva Chase, of Davenport, Fl finished second and Consuela Lively, from Winter Park, finished third. The Overall Female Championship went to Carolyn Bujak, of Palmyra, NJ who crossed the line in 3:31:04. For complete results of the marathon, [CLICK HERE](#).

Hand-Cycle Division

The race also attracted a large number of hand cycle racers. More than 50 finished the marathon, which meant they took their cycles over the causeways four times! And what an exciting race. Mark Ledo, of Maple, Ontario, and Dane Pilon both came across the line in 1:14:39. Third place finisher, Oscar Sanchez, was 1 second behind the two leaders. Ledo was listed as the Champion. For the ladies, Muffy Davis was the top female finisher, coming in at 1:32:04. For complete results of the Hand-Cycle division, [CLICK HERE](#).



Above L: Starting line for Marathon and Half-Marathon; Above R: Bill Rodgers crosses the finish line of the half-marathon;
Bottom L: State Rep Ritch Workman finishes the half; Bottom R: Florida Tech's Anthony Catanese crosses the finish in the half



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5K on the Parkway February 5, 2011



322 runners and walkers came out early on February 5th to run the first annual 5K on the Parkway. The event was held at East Coast Christian Center in Merritt Island. This family-friendly event was represented well with participants ranging in age from six-year-old Micah Moore to Betty LeGrand running strong at 80 years old. Many families who participated were able to run the race together, including the Callenberger family who also sponsored the event, and even East Coast Christian Center's Senior Pastor, Dan Stallbaum, finished as well. Funds were raised and donated to East Coast Christian Center's thriving High School and Middle School ministry, "The New Thing," so students could have the opportunity to attend summer camp.— Barry Moore, Race Director

49-year old Bret Halliday, crossed the finish line first, in 18:24, to take the Overall Champion spot and winning by almost two minutes. Stephen Dishong and Bryan Moore finished second and third respectively. Terry Neuhart was the Male Masters Champion in 20:39. On the female side, Aprille Roberts was the Overall Female Champion with a time of 24:13. Monica Pappas was second and Tausha Bains finished third. Kay Kirklin was the Female Masters Champion. For complete results, [CLICK HERE](#) Thanks to Andrew Roth for the photos!



Tooth Trot 5K

February 12, 2011



A very cool and windy, but clear day greeted more than 320 runners in the Tooth Trot 5K held in Wickham Park on Saturday, February 12th. I know it was cold because Matt Mahoney ran in a shirt! The course started by wrapping around the BCC parking lot, then out onto Wickham Road, south to Parkway. Participants entered Wickham Park for a loop, then back out onto Parkway, Wickham, and back to the finish line in the BCC lot.

Ryan Oates was the **Overall Champion**, coming in at 17:51. The real battle was for second place. **Drew Denson** and **Steve Hedgespeth** both clocked a time of 18:08.8...a dead even finish!

Mike Kodya was the **Overall Male Masters Champion** with a time of 18:31. For the ladies, **Lisa Petrillo** was the **Overall Female Champion** with a time of 20:07. **Shannon Matthews** was second in 20:43 and **Julie Hannah** finished third in 21:11. **Pam Meier** was the **Overall Female Masters Champion** in 21:54.



Above: Ryan Oates (L) crosses the finish line first to take the Overall Champion position. Lisa Petrillo wins the Female Overall Champion and (R) Drew Denson and Steve Hedgespeth cross the finish line together. Thanks to Rick Andrews of Andrews Photography for the photos!

Tooth Trot 5K

February 2, 2011



Above: Chris Tullos of Adult Dental Clinic as the Tooth Fairy. Lisa Farrell sings the National Anthem—take that Christina Aguilera!!

Tooth Trot 5K

February 2, 2011

Overall Male Overall Winners

Pl	Name	Age	Time	Pace
1	Ryan Oates	20	17:51.0	5:45/M
2	Drew Denson	15	18:08.8	5:51/M
3	Steve Hedgespeth	32	18:08.8	5:51/M

Overall Male Masters Winners

1	Mike Kodya	57	18:31.7	5:58/M
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Male 1 to 9

1	Joshua Kraver	8	25:08.9	8:06/M
2	Austin Hayes	9	26:32.7	8:34/M
3	Braden Krupp	9	26:49.5	8:39/M
4	Jackson McVay	9	27:02.2	8:43/M
5	Matthew Houston	8	27:07.3	8:45/M
6	Niko Hernandez	9	29:30.3	9:31/M
7	Aeddon Burns	9	30:03.4	9:42/M
8	Graeme Burns	7	30:28.9	9:50/M
9	Joshua Savary	8	41:53.7	13:31/M
10	Nicholas Sidor	8	42:01.4	13:33/M
11	Lawson McNeely	7	43:47.3	14:07/M

Male 10 to 14

1	Michael Wilson	12	20:32.5	6:37/M
2	Sean Kennedy	12	22:21.0	7:13/M
3	Christian Hayes	12	22:35.8	7:17/M
4	Jared Hayes	11	22:40.9	7:19/M
5	Zachary Savary	14	23:09.2	7:28/M
6	Alex Hernandez	12	23:15.4	7:30/M
7	Collin Goodwin	12	23:41.2	7:38/M
8	Alex King	14	24:33.5	7:55/M
9	Shane Bennett	12	24:57.2	8:03/M
10	Jacob Spann	14	24:58.5	8:03/M
11	Benjamin Wooley	10	27:22.7	8:50/M
12	Jonathan Poor	13	30:03.9	9:42/M
13	Ander Hanson	10	33:25.3	10:47/M
14	Joshua Gambrell	12	35:01.9	11:18/M
15	Justin Grodecky	12	36:14.6	11:41/M
16	Nicholas Johnson	12	42:34.3	13:44/M
17	Benjamin Dilecce	11	42:58.4	13:52/M

Male 15 to 19

1	Jacob Langgle	15	18:14.9	5:53/M
2	Trevor King	15	19:43.2	6:22/M
3	Bobby Hermida	16	20:22.5	6:34/M
4	Alec Kennedy	16	22:05.9	7:07/M

Male 20 to 24

Place	Name	Age	Time	Pace
1	James Daffer	24	21:32.0	6:57/M
2	Allan Paske	24	47:01.2	15:10/M

Male 25 to 29

1	Pete Vaughn	25	19:06.3	6:10/M
2	Craig Rooke	27	23:09.0	7:28/M
3	Sundeeep Rawal	29	25:28.5	8:13/M
4	Ryan Osorio	29	27:49.1	8:58/M
5	Jeff Sherker	25	32:55.3	10:37/M

Male 30 to 34

1	Bj Graham	34	18:45.2	6:03/M
2	Thaddeus Austin	34	18:54.5	6:06/M
3	Ramon Cordero	33	19:32.9	6:18/M
4	Michael Hageman	33	20:04.8	6:28/M
5	Erik Paulsson	33	20:34.5	6:38/M
6	Robert Paxton	31	20:37.2	6:39/M
7	Drew Cordes	34	21:23.4	6:54/M
8	Mike Mirda	30	22:39.0	7:18/M
9	Ryan Caudill	32	26:18.8	8:29/M
10	Timothy Baker	33	32:44.7	10:34/M
11	Jason Holmes	34	40:58.8	13:13/M
12	Matt Diesel	30	43:39.2	14:05/M
13	John Rivers	30	54:53.5	17:42/M

Male 35 to 39

1	Julio Castillo	36	20:06.3	6:29/M
2	Edison Martinez	38	21:08.6	6:49/M
3	Ben Buchanan	38	21:28.0	6:55/M
4	James Krupp	36	24:18.3	7:50/M
5	Loren Goldfarb	39	24:24.3	7:52/M
6	Les Dunne	35	24:48.4	8:00/M
7	Daniel McCarthy	35	24:57.9	8:03/M
8	Brian McVay	35	28:50.5	9:18/M
9	Bruce Furrow	36	28:56.0	9:20/M
10	Mike Doyle	38	30:42.2	9:54/M
11	Corey Grodecky	39	37:55.3	12:14/M
12	William McCardell	39	43:20.9	13:59/M

Male 40 to 44

1	Sean Black	42	18:40.7	6:01/M
2	Joe Castner	42	19:32.3	6:18/M
3	Jaih Jackson	41	22:22.0	7:13/M
4	Ron Roff	40	23:43.3	7:39/M

Tooth Trot 5K

February 2, 2011

Male 40 to 44 cont'd

PL	Name	Age	Time	Pace
5	William Conyers	41	25:15.7	8:09/M
6	Scott Goodwin	44	26:16.5	8:28/M
7	James Chiravalle	44	27:48.0	8:58/M
8	Edward Boston	44	27:54.8	9:00/M
9	Paul Hosburgh	41	30:29.8	9:50/M
10	Bill Wisniewski	40	32:13.5	10:24/M
11	Doug Johnson	43	32:26.4	10:28/M
12	Lazaro Gonzalez	41	32:32.2	10:30/M
13	Brad Bagwell	40	41:49.9	13:29/M
14	David Tse	44	45:54.4	14:48/M

Male 45 to 49

1	Jeff Gleacher	46	19:18.9	6:14/M
2	Doug Nichols	47	19:37.0	6:20/M
3	John Andrews	48	20:54.6	6:45/M
4	Neal Levine	46	21:17.3	6:52/M
5	Greg Hayes	47	22:09.0	7:09/M
6	Dan Smith	47	22:12.2	7:10/M
7	William Preston	49	22:25.9	7:14/M
8	Todd Denson	46	23:42.5	7:39/M
9	Dave Hernandez	46	23:43.9	7:39/M
10	Joseph C Boudro	49	24:07.5	7:47/M
11	Doug Czerwinski	49	24:31.7	7:55/M
12	Jeff Poor	49	26:36.1	8:35/M
13	Will Kennedy	45	27:16.8	8:48/M
14	Bob Pittman	49	27:58.7	9:01/M
15	Gordon Coffey	48	30:06.4	9:43/M
16	Richard Rousseau	45	37:20.8	12:03/M

Male 50 to 54

1	Joe Hultgren	51	18:42.4	6:02/M
2	Art Anderson	51	18:52.6	6:05/M
3	Roger Travis	52	19:39.7	6:20/M
4	Keith Kowalske	50	21:33.0	6:57/M
5	Ralph Miller	54	22:14.4	7:10/M
6	Joe Eaton	51	23:07.8	7:27/M
7	David Maltby	50	23:16.0	7:30/M
8	Don Hilts	50	26:15.3	8:28/M
9	Joe Eaton	51	33:32.7	10:49/M
10	Ken Flieder	52	33:43.8	10:53/M
11	Raymond Bessenaire	53	38:12.2	12:19/M
12	Frank Travassos	53	45:36.5	14:43/M
13	Johnny Middleton	52	48:07.5	15:31/M

Male 55 to 59

PL	Name	Age	Time	Pace
1	Matt Mahoney	55	20:42.4	6:41/M
2	Michael R Miller	56	21:26.0	6:55/M
3	Michael Slomins	55	21:35.4	6:58/M
4	Keith Kerley	58	22:08.4	7:08/M
5	Jerry Bird	56	22:30.5	7:15/M
6	Alan Zoellner	55	24:11.1	7:48/M
7	Arleigh Roy Sharpe	59	25:09.9	8:07/M
8	Jaime Ruiz	55	26:21.9	8:30/M
9	John Hamm	58	27:24.1	8:50/M
10	Harv Hobson	57	27:38.5	8:55/M
11	Daryl Gilbert	55	28:10.0	9:05/M
12	Jim McClary	58	32:45.1	10:34/M
13	James Memmott	56	32:50.9	10:35/M
14	Maryann Bowman	58	40:42.7	13:08/M
15	Robert Crum	59	43:09.0	13:55/M

Male 60 to 64

1	David Grant	64	21:05.5	6:48/M
2	Bud Timmons	60	22:18.9	7:12/M
3	Jim Schroeder	63	24:44.0	7:59/M
4	Bob Gudas	63	25:01.1	8:04/M
5	Ray Brown	63	25:04.1	8:05/M
6	David Farrall	62	25:26.0	8:12/M
7	Frank Webbe	63	26:21.0	8:30/M
8	Paul Van Hemel	61	27:51.4	8:59/M
9	Greg McKay	63	28:52.7	9:19/M
10	Vern Thomas	64	30:05.8	9:42/M
11	Joseph Uzel	60	39:49.2	12:51/M

Male 65 to 69

1	Gary Castner	65	23:30.8	7:35/M
2	Dennis Testa	66	25:37.9	8:16/M
3	David Wofford	69	28:15.5	9:07/M
4	Robert Husek	66	29:30.8	9:31/M
5	Frank Maloney	66	29:42.4	9:35/M
6	Rich Czarnowski	67	44:50.9	14:28/M

Male 70 to 74

1	Bob Ghormley	72	27:00.6	8:43/M
2	Arbie McInnis	73	36:47.1	11:52/M
3	Morris Johnson	73	37:49.8	12:12/M
4	James Morrell	71	38:01.2	12:16/M

Tooth Trot 5K

February 2, 2011

Male 75 and over

PL	Name	Age	Time	Pace
1	Greg Pron	80	28:57.9	9:20/M
2	Bob Pecor	76	30:07.8	9:43/M
3	Jack Lightle	79	31:16.9	10:05/M
4	Don Nygaard	77	34:18.8	11:04/M
5	Henry Campbell	77	44:44.1	14:26/M

Overall Female Overall Winners

1	Lisa Petrillo	37	20:07.2	6:29/M
2	Shannon Matthews	33	20:43.5	6:41/M
3	Julie Hannah	37	21:11.1	6:50/M

Overall Female Masters Winners

1	Pam Meier	47	21:54.2	7:04/M
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Female 1 to 9

1	Jayla Mercer	9	29:33.0	9:32/M
2	Selah Hageman	8	29:54.1	9:39/M
3	Nyssa Holmquist	9	30:02.0	9:41/M
4	Danielle Doyle	9	30:35.0	9:52/M
5	Kaylee Kraver	7	32:01.9	10:20/M
6	Anna Grenevicki	6	32:14.2	10:24/M
7	Audrey Johnson	9	32:26.1	10:28/M
8	Sydney Castillo	9	36:22.9	11:44/M
9	Charlie Murray	7	36:43.3	11:51/M
10	Abby McNeely	9	43:43.8	14:06/M
11	Jessica Gambrell	9	43:54.5	14:10/M
12	Destinee Hernandez	7	50:13.6	16:12/M

Female 10 to 14

1	Julia Wooley	13	29:08.9	9:24/M
2	Savannah Lee	11	31:32.8	10:10/M
3	Naomi Lesieur	10	33:52.5	10:55/M
4	Lauren Boshart	14	34:30.9	11:08/M
5	Audrey Kirk	11	35:07.9	11:20/M
6	Kaia Holmquist	12	36:43.7	11:51/M
7	Sara Sidor	10	37:57.8	12:15/M
8	Brianna Pittman	13	39:44.3	12:49/M
9	Rachel White	12	41:05.3	13:15/M
10	Lina-Maria Ruiz	12	41:36.4	13:25/M
11	Grace Boshart	11	43:37.4	14:04/M
12	Qui'Nesha Stuckey	10	44:38.6	14:24/M
13	Rachel Pittman	10	44:50.0	14:28/M
14	Sabrina Douglas	13	47:45.8	15:24/M

Female 15 to 19

PL	Name	Age	Time	Pace
1	Tess Salisbury	19	25:05.0	8:05/M

Female 20 to 24

1	Stephanie Bird	20	22:15.7	7:11/M
2	Krysti Cooper	23	25:05.9	8:05/M
3	Kara Haack	21	28:19.5	9:08/M
4	Dina Roper	21	28:38.6	9:14/M
5	Chelsea White	24	29:11.3	9:25/M
6	Erin Rodriguez	22	31:35.1	10:11/M
7	Angie Uzel	23	34:47.3	11:13/M
8	Trisha Hornbeck	20	44:26.8	14:20/M
9	Deidre Danley	24	47:01.2	15:10/M

Female 25 to 29

1	Sabra Cawby	25	28:15.0	9:07/M
2	Patricia Lucas	28	29:51.0	9:38/M
3	Chrissy McCormack	29	30:12.8	9:45/M
4	Danielle Kraus	27	31:02.1	10:01/M
5	Jasmyn Jeffers	29	32:41.1	10:33/M
6	Makenna Diesel	28	33:27.5	10:47/M
7	Mara R Baker	28	33:28.2	10:48/M
8	Nicole Hover	28	33:29.4	10:48/M
9	April Arguin	28	34:05.8	11:00/M
10	Erin Louscher	29	36:18.6	11:43/M
11	Rachel Ellsworth	26	38:04.5	12:17/M
12	Tara Radford	25	42:15.5	13:38/M
13	Diane Crosby	26	42:52.8	13:50/M
14	Tyla Faby	25	43:38.9	14:05/M
15	Erin Rivers	27	54:53.9	17:42/M

Female 30 to 34

1	Melissa Kastanias	33	22:21.3	7:13/M
2	Melanie Reddick	32	22:53.3	7:23/M
3	Rene Dunne	30	24:24.0	7:52/M
4	Trinity Graham	31	25:53.6	8:21/M
5	Alea Burke	33	26:56.3	8:41/M
6	Rachel Spivey	30	27:07.6	8:45/M
7	Meghan Mosebar	33	27:09.0	8:45/M
8	Kelly Semenko	33	27:37.3	8:55/M
9	Cathy Kennedy	30	29:14.6	9:26/M
10	Darcy Dyer	30	29:15.0	9:26/M
11	Leann Castner	34	29:25.5	9:29/M
12	Shannon Day	30	29:53.8	9:38/M
13	Jamie Younkin	34	30:06.4	9:43/M
14	Jessica Tingler	34	31:12.4	10:04/M

Tooth Trot 5K

February 2, 2011

Female 30 to 34 cont'd

PL	Name	Age	Time	Pace
15	Wendy Wheeler	30	33:03.8	10:40/M
16	Jamie Mueller	31	33:17.4	10:44/M
17	Tami Glover	30	34:21.1	11:05/M
18	Ragan Krupp	30	36:51.2	11:53/M
19	Kristin Mirda	31	37:45.9	12:11/M
20	Jessica Yacopino	33	40:44.8	13:08/M
21	Nancy Baker	33	41:30.1	13:23/M
22	Hilary Prill	32	42:14.2	13:37/M
23	Veronica Callaghan	30	43:21.1	13:59/M
24	Tracy Hernandez	33	50:12.9	16:12/M

Female 35 to 39

1	Odilie Bagwell	37	25:56.5	8:22/M
2	Joy Olson-Mcvay	35	26:57.9	8:42/M
3	April Castillo	35	27:05.0	8:44/M
4	Colleen Sossi	36	27:29.9	8:52/M
5	Kris Burchfield	39	27:55.0	9:00/M
6	Leigh Umberger	36	29:01.4	9:22/M
7	Michelle McDonald	39	33:30.7	10:48/M
8	Carole Gonzalez	38	33:52.2	10:55/M
9	Tabitha Best	35	34:38.6	11:10/M
10	Kelli McKinley	35	35:21.4	11:24/M
11	Jodie Murray	36	36:23.7	11:44/M
12	Teri Moore	38	39:25.0	12:43/M
13	Lori Grodecky	35	41:29.9	13:23/M
14	G. Sidor	35	42:01.3	13:33/M
15	Rose Dilecce	38	42:44.2	13:47/M
16	Marlena Johnson	37	42:44.2	13:47/M
17	Cynthia Barnum	35	43:28.8	14:01/M

Female 40 to 44

1	Tina Kraver	44	22:36.2	7:17/M
2	Mary Hofmeister	43	23:23.2	7:33/M
3	Angie Preston	44	23:53.1	7:42/M
4	Stephanie Wooley	43	25:11.9	8:07/M
5	Terri Jones	42	26:07.1	8:25/M
6	Michelle Smurl	42	26:47.2	8:38/M
7	Becky Houston	44	27:40.4	8:55/M
8	Susan Eaton	42	28:58.8	9:21/M
9	Jennifer Hosburgh	41	32:57.2	10:38/M
10	Tricia Kuhblank	42	34:33.4	11:09/M
11	Diane Choppe	41	36:06.1	11:39/M
12	Samantha Guetler	40	36:16.2	11:42/M

Female 40 to 44 cont'd

PL	Name	Age	Time	Pace
13	Michele Gordy	41	36:51.2	11:53/M
14	Bernadette Pittman	44	40:21.4	13:01/M
15	Sonia Garza	40	40:45.1	13:09/M
16	Shawna Clough	41	42:40.4	13:46/M
17	Connie Patterson	44	46:09.5	14:53/M

Female 45 to 49

1	Cathy Friedel	48	21:55.0	7:04/M
2	Sandra Gannon	45	22:41.2	7:19/M
3	Christine Kennedy	45	24:59.1	8:04/M
4	Kelly Hunter	45	25:30.0	8:14/M
5	Cathie Poor	49	26:02.3	8:24/M
6	Kelly Palace	49	26:50.3	8:39/M
7	Ilse Berube	46	28:20.8	9:08/M
8	Traci Bourke	49	28:52.0	9:19/M
9	Terry Ferrisi	46	29:24.4	9:29/M
10	Maria King	46	30:39.3	9:53/M
11	Doris Travassos	49	31:44.2	10:14/M
12	Stephany Benken	45	32:47.0	10:35/M
13	Molly Kirk	46	35:11.9	11:21/M
14	Michelle Radford	47	35:18.3	11:23/M
15	Karen Speed	49	36:03.3	11:38/M
16	Llelin Fernandez	48	38:56.8	12:34/M
17	Jill Whalen	49	42:53.0	13:50/M
18	Theresa Hornbeck	47	44:30.7	14:21/M
19	Cathy Norris	49	47:31.4	15:20/M
20	Lisa Forester	49	47:55.7	15:27/M
21	Kasey Rousseau	45	49:00.4	15:48/M
22	Sandra Gibson	47	52:14.2	16:51/M
23	Alicia Ruiz	46	53:44.1	17:20/M

Female 50 to 54

1	Robin Moran	53	22:16.5	7:11/M
2	Marlene White	53	24:46.0	7:59/M
3	Rosanne Bessenaire	54	28:10.9	9:05/M
4	Lesley Collingsworth	53	28:24.1	9:10/M
5	Joann Bohenek	54	29:21.9	9:28/M
6	Florence Holden	50	29:51.0	9:38/M
7	Barbara Scheurer	50	30:02.1	9:41/M
8	Sherri Shamet	51	32:57.6	10:38/M
9	Nancy Mann	52	33:21.5	10:45/M

Tooth Trot 5K

February 2, 2011

Female 50 to 54 cont'd

PL	Name	Age	Time	Pace
10	Sharon Rivera	53	34:46.4	11:13/M
11	Irma Howell	50	34:57.3	11:16/M
12	Vicki Lavendol	52	36:02.8	11:37/M
13	Kim Snyder	51	37:58.9	12:15/M
14	Terrie Uzel	54	38:14.2	12:20/M
15	Michele Fitch	50	41:53.6	13:31/M
16	Pat Villanueva	52	42:47.0	13:48/M
17	Lori Cooper	50	42:47.2	13:48/M
18	Angela Middleton	50	52:13.8	16:51/M
19	Robin Rivers	50	55:10.1	17:48/M



Female 55 to 59

1	Kathy Kerley	55	30:37.8	9:53/M
2	Blanche Morrison	59	34:46.6	11:13/M
3	Pam Hobson	56	35:23.6	11:25/M
4	Luanne Memmott	57	35:56.3	11:35/M
5	Susan Vaughn	55	37:52.8	12:13/M
6	Lisa Farrall	56	39:29.5	12:44/M
7	Judy Laroche	56	41:31.9	13:24/M
8	Debra Wohlert	57	42:49.9	13:49/M



Female 60 to 64

1	Jacquelyn Kellner	62	28:04.2	9:03/M
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Female 65 to 69

1	Barbara Van Hemel	65	29:40.9	9:34/M
2	Susie Koontz	65	29:57.4	9:40/M
3	Nancy Johnston	65	33:42.3	10:52/M
4	Angela Staab	68	42:39.8	13:45/M
5	Sula Tucker	69	42:54.1	13:50/M



Female 70 to 74

1	Yvonne Cisar	73	41:14.3	13:18/M
2	Katie Marsh	73	44:01.8	14:12/M
3	Joan Joesting	73	04:05.0	20:40/M

Female 75 and over

1	Angela C Saldana	83	40:58.5	13:13/M
2	Roberta Osterling	76	58:41.2	18:56/M

Tooth Trot 5K

February 2, 2011

A Message From the Tooth Trot 5K Race Director, Jerilyn Bird...

The 13th Annual Tooth Trot 5K held on Saturday, February 12, 2011 to benefit Give Kids A Smile was a success for the Brevard County Dental Society (BCDS) and the 360 runners/walkers who came out for this fun community event. The Tooth Trot is held each year in February to commemorate Children's Dental Health Month and Give Kids A Smile (GKAS). GKAS is a national program of the American Dental Association to provide free oral health care services to children from low-income families. This program also highlights the ongoing challenges that low-income families face in finding dental care.

In Brevard County, the dental society joined forces between Give Kids A Smile and the Tooth Trot 5K. Through GKAS, member dentists of the BCDS provide oral health care at no cost from the initial screening to providing the dental care each child needs. Though many believe that dentists receive tooth paste, tooth brushes, floss and dental brochures for free, these items are purchased by dentists through dental supply companies and the American Dental Association. Funds are needed to purchase educational materials for the parents and children as well as provide quality educational materials such as dental coloring books, dental care videos, and games for those children awaiting their turn to see the dentist on screening day. Last year, free oral health care was provided to over 125 children in Brevard County.

The Tooth Trot 5K provides a memorable and fun event for the community with the emphasis on children's dental health – good food, great prizes and a visit from the tooth fairy is always included. In addition to the care offered through GKAS for needy children in Brevard, the Adult Dental Care Clinic of Brevard provides free oral health care for many qualified adults each year through BCDS member dentists. This year, 52 member BCDS dentists sponsored the Tooth Trot and 24 dentists and their spouses and family members came out as volunteers or runners. The Brevard County Dental Society is sincerely grateful to Space Coast Runners for including the Tooth Trot 5K in the 2010-2011 Runner of the Year series and hope to continue as a series race in the future. Thank you from the entire Tooth Trot 5K committee!

www.starkidstri.com



where *every kid* is a star

Sunday, April 10, 2010

Awards to top
three boys and girls
in each age group

10:00 a.m. Start

Cocoa Beach Country Club

All finishers
receive medals.

The Star Kids Tri is a USAT-sanctioned event and is open to kids ages 6-14 and, for awards purposes, will be broken into the following age groups and distances:

Betelgeuse (ages 6 & 7) – 50-yard swim, 3.7-mile bike, 1/2-mile run

Polaris (ages 8 & 9) – 100-yard swim, 3.7-mile bike, 1/2-mile run

Orion (ages 10- & 11) – 100-yard swim, 3.7-mile bike, 1-mile run

Regulus (ages 12 & 13) – 150-yard swim, 3.7 mile-bike, 1-mile run

Sirius (14-years-old) – 150-yard swim, 3.7-mile bike, 1-mile run



TRIATHLON
COCOA BEACH
APRIL 10 • 2011



Starkids Tri
in conjunction with



Ron Jon Triathlon
Cocoa Beach, FL

1/4 Mile River Swim • Bike 12.5 • 5K Run
REGISTER ONLINE AT WWW.SURFCOASTTRIFECTA.COM

Hernan's Alaskan Run

Susitna 100- Race Across Frozen Alaska *by Hernan Garcia*

On February 19th, I was part of the start of the Susitna 100 Race Across Frozen Alaska! The event took place starting out of Point McKenzie and meandered around snow mobile trails for about 50 miles to the south end of Lake Alexander before returning to the place where it all began. We went through a total of 5 mandatory check points where warm food and drinks were available to the cyclists, skiers and runners who took part of the race.



The event started promptly at 9 AM with a wonderful sunny day and temperatures (balmy) around -15 degrees F. Yep, no mistake, there is a minus sign in front of the 15! Being a Florida boy, I surely was prepared for this as you can imagine.

The race rules require all runners to carry a sled with a minimum of 15 pounds of emergency gear (tent, sleeping bag, food, etc.). Since I did not know what to expect, I took extra gear just to be safe. My bag weighed about 30 pounds, and this does not include the water you take to drink in between the 20 miles which separate each checkpoint.

The race rules require all runners to carry a sled with a minimum of 15 pounds of emergency gear (tent, sleeping bag, food, etc.). Since I did not know what to expect, I took extra gear just to be safe. My bag weighed about 30 pounds, and this does not include the water you take to drink in between the 20 miles which separate each checkpoint.

So, at exactly 8:58 AM, I connected to my sled for the first time and two minutes later, I am running! The first two miles were torture as the sled was going everywhere expect where I wanted it to go. Not only this, but it was upside down 99% of the time. You would figure out that since I am a Naval Architect, I would have this one figured out, but..... So, I spent 20 minutes or so repacking my bag and securing my sled better. Mission accomplished, and after a bit



Hernan's Alaskan Run

continued

By now, about one hour has gone by and I started sipping on some needed water out of my Camelbak..... or so I thought! The stupid thing was as solid as concrete! This is a military grade insulated Camelbak with insulated hose! I have not even done 5 miles yet and I was in deep..... snow. No worries I said, I still have a nice insulated pouch in the bag with an emergency bottle I was carrying, so I unpacked my greatest invention only to find it frozen solid as well!!!

Time to learn from the experts of course, take away all my layers, put the Camelbak against my first layer, and dress up again! Problem solved, within one hour the water was back to its liquid state and it never froze again!

This is how it all started, so I was very busy trying to figure things out. Everything is hard since you really cannot expose your skin for too long to the weather and you can't just stop, sit and take a breather as it will be nippy to do so.

The cyclists and skiers who participated in the race left us early on, and the 40 or so runners who started were by now, spread all around the field. Occasionally, you would encounter another participant, exchange a couple of words, and keep going. Eating while running proved to be a difficult task as well. I was wearing a double layered balaclava throughout the day (3 layers at night), and the one exposed to the outside was frozen solid. In order to eat, you would take your glove out, grab something from your pocket, lower your balaclavas, stuff your mouth, raise the balaclavas, and put your glove back on. Within 30 seconds, the gloves came out again the the balaclavas had to be lowered in order to be able to grasp some air, as it is really impossible to breath with frozen nostrils and a mouth full of food!!

The course took me 37 hours and change to complete, not the slowest 100 miler in my career, but certainly not the quickest. Even though the pace was certainly slow, the amount of energy consumed in order to stay warm and keep moving demanded quite a bit of me. As a fellow South African racer put it at the end of the race: "it was very nice to set foot on mother earth

when the race was done, as opposed to that continuous white mushy stuff". This white mushy stuff tested my nerves throughout the whole race, as it not only demanded a lot of energy to move across, but most importantly, it kept talking to me all the time either after each step or each time my sled moved.....

Overall, this race is amongst the nicest I have taken part of. Alaska is impressive and as in every nice place in the world, its

people are just as nice! Thank you all for your continued support while I was running and specially to my new friends in Alaska!



**2nd ANNUAL
LET'S RUN OVER IT 5K RUN/WALK**
COLON CANCER IS PREVENTABLE, TREATABLE AND BEATABLE!

SATURDAY, MARCH 19, 2011 AT 7:30 AM
Holmes Park * Melbourne, FL

TIMETABLE:
Friday, March 18th – 10:00 am – 6:30 pm
 Packet Pickup & Registration at Running Zone (321) 751-8890
 across from Wickham BCC Pavilion

Saturday, March 19th – Holmes Park
 6:30 am Packet Pickup & Registration
 7:15 am Late Registration for 5k ends
 7:30 am 5k Start!!!

*Awards Ceremony immediately following all races

Directions: From US1 heading south, turn left on Rt. 192
 (Melbourne Causeway). Turn right on Front St. Turn right on
 Melbourne Ave. Parking on right.

FEES:	Until 3/19	Race Day
Registration Fee	\$20.00	\$25.00

SORRY, NO REFUNDS

AMENITIES:

- Raffle Prizes
- Plenty of Refreshments
- Health Fair after Race at Holmes Park

AWARDS:
 5K – Top 3 Overall M-F, Top Masters
 Age Groups (top 3 male & female)

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

LET'S RUN OVER IT 5K OFFICIAL ENTRY FORM
 Send completed entry form with fee to: Melbourne GI Center , 1051 South Hickory St., Ste. K, Melbourne, FL 32901
 Make check payable to: GREATER ORLANDO SGNA

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ Sex: Male Female

Please note shirt size: S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Let's Run Over It 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. 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 of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

 SIGNATURE SIGNATURE OF PARENT FOR THOSE UNDER 18 DATE

Dances With Wolves Green Swamp

February 12, 2011 contributed by Brittany Streufert



Alligator skull was the 1st place award for the 50M relay
Minus the arm

On Saturday, February 12th the 3rd annual Dances with Dirt Green Swamp Race festivities began in Dade City, Florida which is located in Pasco County. The races commenced in Withlacoochee River Park on a chilly morning with a mid-30's temperature reading at the start. Races include a 50K Ultra, a 50-Miler, Marathon, Half-Marathon, 10K, and a 50-Mile Relay.

Three local Space Coast teams were there to participate in the 50-Mile, 5 Person Team Relay, each member running 2 of 10 legs. Each leg averages 5 miles so over the course of a day, each

runner covers around 10 miles. Teams drive a vehicle to the next exchange and the fire drill continues.

The trail run was deemed “dry” compared to the previous years but there was plenty of sugar sand, uneven trails, river crossings and cypress tree roots to keep runners on their toes. The course is marked by colored flags and you have to be alert as some teams (Pimp My Stride) got lost along the way late in the race.

Team Soles in Motion, captained by Steve Chin, took the lead on the very first leg with Ron Abel pulling ahead and they never looked back. Shane Streufert, the birthday boy, crossed the finish line to seal the first place victory coming in ahead of the second place team by 1 hour, 29 minutes. John Davis sums it up by saying, “DWD is one of the racing highlights of the year for me. Where else can you have a river crossing as part of a race? Fantastic trails, crazy terrain, and a great group of friends to run it with – can't wait for next year!”

50 Mile Relay – Space Coast Runner Participants

- 1—Soles in Motion 5:47:27 (Ron Abel, Steve Chin, Jessica Crate, John, Davis, Shane Streufert) pictured at right
- 3—Got the Runs 7:22:26 (Autumn Evans, Jay Claybaugh, Kurt Holst, David Donovan, Pat Renish)
- 4—Pimp My Stride 7:38:25 (Pedro Toledo & friends)

50 Mile (31 participants)

- 8 Mark Jackson, West Melbourne 9:42:11
- 20 Kevin Cezat, Cape Canaveral 10:43:17

Marathon (27 participants)

- 7 Megan Campbell, Satellite Beach 4:42:05



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FIRE & FUN!



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GREAT FOOD,

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Champions MudBash is a day of Mud Running, Fire Jumping, Beer Raising Madness! Champions will conquer a 3 mile course full of "insane" obstacles, mud pits, fire and fun! You will celebrate your feats with live music, entertainment, great food and cold beer!



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NOVEMBER 5, 2011 SOUTH FLORIDA

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Starfish Strut 10K & 5K

February 19, 2011



The third annual Starfish Strut was held this past weekend on February 19th at Windover Farms in Melbourne. This is the second year the event was held at Windover Farms and also the second year to include both a 10K and 5K. The Starfish Strut is managed by the MIMA Cancer Center with all proceeds going to the MIMA Foundation. The MIMA Foundation uses the money from this event to create patient assistance grants for cancer patients in Brevard County. This year's event featured over 215 runners of all

ages, the youngest winner was 8 years old. It is a wonderful family event complete with activities for kids including a bounce house, ice cream and kid's run. Come out and join us next year on February 18th 2012. —Paul Kolarik, Race Director

Editor—In the 5K, Ron Abel cruised to a two minute win to take the Overall Champion award with a time of 17:49. Trevor Widick was second, and 16-year old Bobby Hermida finished third. Michael Slomins was the Male Masters champ. For the women, Kim Hunger took the Overall Female Championship in 18:52. Lisa Petrillo was second and Julie Hannah took third. Cristina Canales was the Female Masters champion. For complete results, [CLICK HERE](#)

In the 10K, Ed Donner was the Overall Champion with a time of 35:41. Thad Austin and Art Anderson took second and third, respectively. Felix Hottenstein was the Male Masters Champ. For the Ladies, Debra Johansen was the Female Champion with a 46:02. Angela Handa finished second and Marci Pesi was third. Pam Giese was the Female Masters Champ. For complete race results, [CLICK HERE](#)



Eye of the Dragon 10K & Tail of the Lizard 2-Mile

February 26, 2011



Eight down, two to go. The 23rd annual Eye of the Dragon 10K and Tail of the Lizard 2 Mile run/walk marks the eighth race of the Space Coast Runner of the Year Race Series. The Downtown Melbourne 5k and the Space Walk Hall of Fame 8K/2M are the only two ROY races remaining this season.

Considered by many to be their favorite local race, this year's race didn't disappoint. A slightly different starting arrangement this year, designed to ease congestion at the start. The 10k race started a few minutes ahead of the 2-Miler. Both races headed north on Pineapple before turning around for a trip over the Eau Gallie bridge and back. A cool, bright morning very quickly turned warm and the direct sunshine on the bridge made it seem hotter.

Over 350 runners and walkers finished the 10K. Ben Fish, from Melbourne Beach, crossed first to take the Overall Championship in 36:36, a pace of 5:54. John Davis finished second in 37:19 and Steve Hedgespeth finished third in 37:28. Mike Jarchow, from Oshkosh, WI celebrated his escape from the frozen tundra by taking the Male Masters Championship with a time of 37:34. Pat Jonas of Palm Bay was the Male Grandmasters Champion in 40:07, and David Grant of Viera was the Male Senior Grandmasters Champion, logging a 44:47.

For the ladies, Satellite Beach's Jessica Crate continued her winning ways, taking the Overall Female Championship with a time of 39:19. Alexa Gemma took second with a 42:17 and Robin Moran placed third in 46:02. Pam Meier, of Rockledge, was the Female Masters Champion in 46:43. Janet Canfield, from Titusville, was the Female Grandmasters Champion with a 47:20, and Karen Bowler, from Clermont, was the Female Senior Grandmasters Champion in 54:23.

For complete 10K race results, [CLICK HERE](#)

Above: Runners on your marks...; Above-right: The lead pack in the 10K is led by eventual winner, Ben Fish. Steve Hedgespeth and John Davis are right on his shoulder.

Right—Female 2nd place finisher Alexa Gemma heads to the finish.



Eye of the Dragon 10K & Tail of the Lizard 2-Mile

February 26, 2011

continued



In the 2-miler, 15-year old Kenny Rhodes came across the line first in 13:37 and won the Overall Championship. Enguels Morales finished 8 seconds behind the leader, but only one second ahead of third place finisher, Jared Hayes. Male Masters Champion was Shannon Johnson, with a 14:50.

Mary Hofmeister came in at 14:31 to take the Overall Female Championship. Joan Meadows was second and Ashley Blanchard placed third. Marisa Flint was the Female Masters Champion in 16:28.

This race is also a bit unique because it offers awards to the top finishers in the walking category. Walkers are monitored by USATF officials and we had some elite walkers participate in the event. In the 10K, Raymond Jenkins, of Winter Garden, was the Overall Walking Champion. His time was 1:10:29, about a minute faster than second place finisher Michael Petrillo, of Chester Springs, PA. Bruce Carr, of Lake Mary, was the third place male walker. Wendy Dietz, of West Melbourne, was the Overall Female Walking Champion in 1:12:28. Carol Ball, of Merritt Island, was 19 seconds behind her to place second. Yvonne Grudzina-Glaser was third. In the 2-Mile Walk, Marie Verderame was the Overall Female Champion in 26:45. Paul Alvord was the Overall Male Champion in 22:27.

For complete 2 Mile and Walking race results, [CLICK HERE](#)

EYE OF THE DRAGON 10K

TAIL OF THE LIZARD 2 MILE



Gasparilla Distance Classic

February 26-27, 2011 contributed by Brittany Struefert

Although the full marathon was officially gone, there was still plenty of running and walking to be done during the pirate-themed 2011 Gasparilla Distance Classic Weekend. The 15k and 5k races were run on Saturday, February 26th; the half marathon, 5K and 3K events on Sunday. For the weekend, Gasparilla attracted more than 25,000 entries - 12,000 for Saturday's 5k (a record), 5,000 for the 15k, 6,400 for the half marathon and 2,200 in the 8k with over one hundred of the participants being local runners from the Space Coast area.

Runners at Sunday's half marathon saw a new starting line on Bayshore Boulevard and race watchers saw new records set at the finish line. Elias Gonzales, a Tampa native, set an event record for the half marathon, covering the 13.1-mile course in 1:11:09. Not to be outdone, a new women's record was set next by local elite runner, Jessica Crate of Satellite Beach, with a time of 1:20:06. Running for redemption this year, Jessica finished with a great amount of determination after having placed second in 2010 when the lead vehicle took her and several of the top runners off course.

In the Masters Division, Steve Chin of Satellite Beach gave it his all and secured a third place finish. His pre-race goal was to come in under 1:20 and he did just that with a time of 1:19:51 (14th overall). "My goal was a new PR, previous was 1:19:55, but I was hoping to run much faster and make up for the breakdown I had at the finish of Space Coast Half Marathon." said the 42-year old Chin. "It took everything I had to finish where I did, there was nothing left in the tank. It worked out perfectly though as I was within 50 yards of Jessica Crate the whole time and got to watch and run with her as she won her biggest race...so far."

Thaddeus Austin of Melbourne (a 1:24:33 finisher) who has already run twelve races thus far in 2011 including two full marathons and five halves said, "Gasparilla was a very smooth race - well organized and without problems. I highly recommend it, but I do miss the full marathon." The question it seems for 2012 is whether we'll see a SCR compete in the Michelob Ultra Challenge which consists of running and finishing all four of the weekend's races.

Gasparilla Awards to Local Runners

Half Marathon

1st Women Overall:

Jessica Crate 1:20:06

3rd Masters Men Overall:

Steve Chin 1:19:51

5th Males 30 – 34:

John Davis 1:22:20

5th Females 35 – 39:

Julie Hannah 1:36:24



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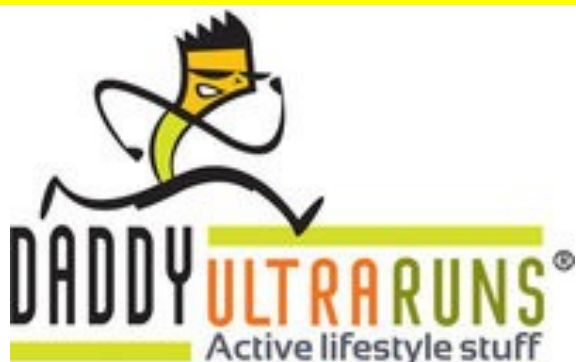


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SPACE COAST RUNNING REPORT

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



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