

*On-line with the*

# **SPACE COAST RUNNERS**

*Promoting Running and Fitness in Brevard County, FL*

June/July 2011



It was awards month for SCR. Above is the trophy given to all those who completed all races in the 2010-2011 SCR Series. ROY Winners and more inside this double Summer issue!



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## 2011-12: WHO WE ARE

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 June, the meeting will be held Monday, June 20th at Pro-Health & Fitness Center in Viera.**

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# 2011-2012 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## **Running on Island Time 5K**

August 20, 2011  
Divine Mercy Catholic School

## **Tiger Dash**

January 28, 2012  
Holy Trinity High School

## **Chain of Lakes 5K**

October 15, 2011  
Titusville

## **Tooth Trot 5K**

February 12, 2012  
BCC Wickham Park Pavilion

## **Space Coast Classic 15K and 2-Miler**

November 5, 2011  
Windover Farms, Melbourne

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

February 25, 2012  
Eau Gallie Civic Center

## **Space Coast Marathon and Half-Marathon**

November 27, 2011  
Riverfront Park, Cocoa

## **Downtown Melbourne 5K**

March 31, 2012  
Holmes Park, Melbourne

## **Reindeer Run 5K**

December 10, 2011  
Cape Canaveral

## **Space Walk of Fame 8K**

April 14, 2012  
Space View Park, Titusville

**JUST ANNOUNCED!** The Brevard County Series Showdown will take place **June 9, 2012**. The Space Coast Runners' Series, The Running Zone Series and the Titusville Racing Series will stage a **Champions Race**. You can qualify by winning **ANY** award in **ANY** of the 3 series. More details to follow!

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.



# Meet Your SCR Board of Directors

## Dick White

I AM A RUNNER – I guess I always have been – whether running after farm animals (mostly my brothers) during my childhood, running laps for goofing off in gym class, Cross Country in high school, or chasing after a tennis ball while trying to play semi-pro level in the 70’s. If practice was “rained out” I would run for whatever time was slotted. I remember that when I decided to go back to college “so I could get a real job”, I could still fit a run in here and there.



In the early 80’s, a new sport was born – TRIATHLON. One race and I was hooked - but that’s another story.

I met my wife in 1993 through a mutual running friend while she was directing the Kids' Run of a local 5K. I volunteered to help her as she directed a 5K in her hometown of Chalfont, PA (the pattern began). Marlene had never done a triathlon at this point. but she had already run Marine Corps, Boston and various Maryland Marathons. We began our life together running and we never stopped. I enticed her to move to FL by entering her in the inaugural Disney Marathon. I figured that once she enjoyed the nice warm weather in January she’d never go back to PA (those that were there remember the sub-30 degree temp that morning). We spent that year doing many 10Ks, 1/2 marathons, triathlons, and centuries, culminating in the Clermont Half Iron Distance Triathlon, while I lived in Wesley Chapel, FL (just north of Tampa) and she commuted from Philadelphia as often as possible.

Marlene decided to return to Boston for the 100th anniversary marathon of 1996. The first available qualifier was a small marathon in Brandon, FL in December 1994. I still hadn’t run a marathon at this point but with a full year of long distance tri-training under me I was sure I could pace her to a necessary 3:45 qualifying time. I applied under an obscure rule that allowed medical personnel a direct entry – DENIED. Next year I’m back in Brandon with a hope and a prayer and the support of family (Mad Dogs Triathlon Club) to break my needed 3:20. That was close ... but WE were just warming up. Disney (again) in Jan ‘96, Charlotte Observer Feb ‘96, then Boston in April. Time now to cozy up for the summer Triathlon Season.



*Continued on next page....*

# Meet Your SCR Board of Directors

Dick White *continued*



There was a very loving wedding in June and a move in July to our new life together in Cocoa Beach and Brevard County. We soon met life-long friends through the Mad Dogs Tri Club and were introduced to Space Coast Runners by the same friends. I attended a SCR meeting a few years later and the reigning president (on his third or fourth tour of duty), Marty Winkel, was asking if anyone knew someone who was qualified to be the treasurer of SCR. I offered that Marlene is a Certified Managerial Accountant and might be interested (me and my big mouth).

But I'm getting ahead of myself – 1997 brought another Disney, Big Sur, and Marine Corps Marathons. We had so much fun we decided to have a go at the 50 states plus DC club that we heard so many people talking about. AND, after a fourth consecutive Clermont Half Ironman, we decided it was time to go all out and enter the full Great Clermont Iron Distance Triathlon for 1998.

What was it John Lennon so famously stated? “Life is what happens while you’re busy making other plans.” September 1, 1998 Rachel was born, and “life as you know it will never be the same”. She did accompany Mommy and Daddy to the Ironman and Fred Somers generously rolled Marlene’s entry over to 1999 (try to find someone who’ll do that anymore). We had our own “return to flight” in May of 1999 when 9 months after childbirth we ran the Sugarloaf Marathon in my home state of Maine so Rachel could meet her relatives and Mommy and Daddy would have a trusted babysitter so far from home. After Ironman, we stayed with Marlene’s sister to run Hartford in October. That’s when I knew the 50 states thing was really going to happen...eventually.

Marlene was the SCR treasurer for 7 years. She has directed the Eye of the Dragon 10K since 2005, five races for Freedom 7 Elementary School, and now the Space Coast Art Festival Turkey Trot 5K. I’ve been helping throughout, primarily by setting the course markers and water stops for her races. I’ve done the same for the 2008 & 2010 Space Coast Classic 15K, 2002 Space Coast Half Marathon, and the 2004 Space Coast Marathon and Half. I've also helped at many other races when asked, and I want to thank the many other people who have helped out at our races when asked. Two years ago I decided that getting SCR club news after the fact, with no voice in the matter, was no longer sufficient for me. I volunteered for one of the open Board Member slots.



# Meet Your SCR Board of Directors

## Dick White *continued*

Those of us who have “been around awhile” have seen a big change in our role in the Brevard County running community. From being the only game in town, our race series is now one of three established series. Many of the races in our community are reaching out to embrace the family fitness market to increase entries. I view my role on the Space Coast Runners Board as a voice to keep the committed runners, of all ages, as first concern in our club races. We have the longer courses (8K, 10K, 15K, Marathon & Half) – most of the other races in the county are a 5K or less. As a group, though, the Space Coast Runners Board would like to hear from YOU, our members, as to what you would like to see more – or less – of at our races. It did not go unnoticed that we had Runner of the Year Awards this year that nobody qualified for. If there are specific reasons you didn’t come out to our races, please let us know. Our email addresses are listed in the newsletter for just that reason. We are here to represent you. No one on the board makes any money from the time and energy we give to this club - we are runners, here to support runners, but we need your input. I see you writing all over Facebook - contact us directly so we can improve this club for everyone.

Marlene and I are both going to finish our quest for 50 states plus DC in the next 12 months. She will finish in Rehoboth Beach, DE on Dec 10, 2011, and me in Cleveland, OH, May 20, 2012. I decided a long time ago that Cleveland would be my last, as when I'm finished, I belong in the Hall of Fame – The Rock n’Roll Hall of Fame. Let’s Rock!

Run Strong, Run Long

Dick White





# *Space Coast Runners Summer Social*

*Saturday, July 16th*

*2-4 pm*

*Pizza Gallery, Viera*

*Not a Run or Walk,.....*

*Come join us for Free food, drinks, giveaways, and fun!*

*We want to have enough food for all, so*

*Please RSVP by July 9th to [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)*

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# KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Carol Ball, Loran Serwin, Jessica Crate, Linda Cowart, Brittany Streufert, Lorna Holland, Rob Downey, Jessica Schwartz, the Hayes Family, Matt Mahoney and the Running Zone. SPECIAL THANKS to Steve Colella of [YourPhotosNow.com](http://YourPhotosNow.com), Walter Kiely of [Walter Kiely Photos](http://Walter Kiely Photos), James Horst of [photozbyJWHorst](http://photozbyJWHorst), and Josh Stern of [Wildside Online Inc](http://Wildside Online Inc).

**HAPPY BIRTHDAY TO:** If you see these folks out running or walking this month (actually June and July since this a double summer issue), wish them a Happy Birthday. **6/1**—Alyssa Anderson, Edward Armitage, Tae Schroeder; **6/2**—Nancy Buonanni, Ricky McDonald, Rodney Walker; **6/5**—Barbara Rolsing, Jo Shim; **6/6**—Phillip Robles; **6/7**—Kathy Ojeda, Jonathan Dea; **6/8**—Ben Waldrop; **6/10**—Ben Dillard; **6/12**—Heather Anderson; **6/13**—Jason Brennan; **6/14**—Maureen Pecor, Nancy Sharp; **6/15**—Dave Hernandez; **6/17**—Mike Smith; **6/18**—Dylan Fain, Anju Shlisky; **6/19**—Rory Rowan; **6/20**—Cathy Norris, Ed Harrison, Tadzia Thurn; **6/23**—Tanya Kuelbs, Jeff Gleacher; **6/25**—Cindy Taylor, Connie Paxson, Cheryl McPhillips; **6/26**—Amanda Ellison; **6/27**—Gareth Johnson; **6/28**—Brandon Holst; **6/29**—Derek Fortmayer; **6/30**—Lori Kruger, Ashley Raum, Lexi Deese; **7/1**—Kimberly McDaniel; **7/3**—Jay Claybaugh; **7/5**—Marty Winkel; **7/7**—Braden Krupp; **7/8**—Christy Zieres; **7/9**—Shannon McGregor; **7/10**—Travis Robbins; Daniel Legare; **7/11**—Chris Loines; **7/12**—Roger Travis; **7/15**—Christian Hayes; **7/16**—Barbara Krause; Jane Cleland; Douglas McMahan; **7/17**—LeAnn Castner; Dan Smith; **7/18**—Sarah Lowe-Shroeder; Ed Engel; **7/20**—Anita Travis; **7/21**—Erika Johansen; Heather Walker; Jonathan Bloch; **7/22**—Ron Bolding; Sheila Walker; **7/23**—Michael Zeitfuss; **7/24**—Erin Schuck; **7/25**—Robin Hernandez; Dennis Testa; Jim Schaeffer; Jessica Crate; Susan Smith; Bruce Snyder; **7/26**—Felicity Cunningham; **7/27**—Annie Caza; **7/28**—Art Anderson; Terri Huckaby; **7/29**—Maureen Morley; Ashley Raymond; Angela Cobb; **7/30**—Shelby Kirk; Matthew Legare; **7/31**—Jerry Bird; Suzie Martin;

## **WELCOME NEW MEMBERS**

May's new members: Susie Meltzer; Benjamin Bloch; Jonathan Bloch; Marie Bloch. Welcome! See you on the roads.

## **RAN ALL RACES IN THE SPACE COAST RUNNERS SERIES**

On the cover, there is a picture of the award that went to everyone who participated in all 10 races of the SCR Series. Congratulations to: Rene Dunne, Terry Ferrisi, Sandra Gannon, Joan Joesting, Jaxquelyn Kellner, Susie Koontz, Robin Moran, Cathy Norris, Michelle Smurl, Gary Castner, Les Dunne, Jeff Gleacher, David Grant, Greg Hayes, Christian Hayes, Jared Hayes, Austin Hayes, David Maltby, Michael Miller and Doug Nichols.

# KEEPING TABS

## HEADING NORTH

The Space Coast Runners Sunday morning fun runs now head north along Indian River Drive from Cocoa Village. 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!

## SPONSORSHIP OPPORTUNITY

Do you own a business? Want to promote your business to a group that is active, fit and involved in the community? Space Coast Runners is seeking sponsors for the 2011-2012 Race Series. There are different sponsorship levels available, but all will help to get your business exposure to Brevard County's large, and growing, running and walking community. Details of the sponsorship will be in next month's newsletter, but if you can't wait, contact Carol Ball at [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com).

## RAGNAR ANYONE?

190 miles. 12 runners (6 for an Ultra team). 2 vans. It's the Ragnar Relay. The second Ragnar Florida Keys will take place on January 6-7, 2012. Starting in Miami and finishing in Key West, this relay offers a unique opportunity to run near the ocean and across the southern end of the state of Florida. You'll cross multiple bridges, including the famous Seven Mile Bridge, and will end in the southernmost city in the continental U.S. Ragnar is offering a 10% discount to teams from Space Coast Runners. [CLICK HERE](#) for more info and enter code FL11GRRC , all in caps, at time of registration.

## CHI RUNNING CLINIC

On May 21st, several local runners gathered at Physical Addictions in Indialantic for a 5-hour clinic on Chi Running. Dr. Alan Miller, a Certified Chi Instructor from Ft. Lauderdale, traveled here to teach the basics of the running style that blends movement principles from the ancient martial art, T' Ai Chi with running or walking. The group spent the morning learning the principles and the afternoon putting those principles into practice. Danny Smith, of Island Stride Sports, then videotaped everyone for a frame-by-frame analysis of their technique and tips on how to improve. The runners who participated were: Paige Sierra, Rob Pellize, Ron Roff, Sarah Manierre, Susie O'Connell, Mark Johnson, Lawrence Roberts, Jerry Bird, Steve Curtis, Danny Smith, Gina Rall and Bob Rall.





# KEEPING TABS

## **BEACH RUNNING WORLD CHAMPIONSHIPS SET FOR SATURDAY, NOVEMBER 19. USATF-SANCTIONED EVENT TO TAKE PLACE AT LOW TIDE ON HARD-PACKED SANDS OF COCOA BEACH.**

Cocoa Beach, Fla. - Beach running is a passion for many and, along with trail and off-road running, is one of the fastest growing segments of the outdoors sporting industry. There are many great beach running events held internationally and throughout the United States, but there has never been one event brazen enough to call itself a World Championship Beach Run - until now.

The inaugural Beach Running World Championships are set for Saturday, November 19 on the hard-packed sand beaches of Cocoa Beach, Fl. The race time coincides with a low tide and should offer a quality running surface for the athletes.

The United States Track & Field-sanctioned beach run will feature both a 10-k and half-marathon with both races being held on an out and back course. The races are open to all, and walkers are welcome.

## **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.

Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff that is dedicated to a well-rounded, total fitness experience. We offer a wide variety of classes from kick-boxing to yoga to swim lessons for the kids. And even a complete mind and body weight-loss program called LIVFIT.

When you join any Pro-Health & Fitness Center, you become a member at all four locations – Merritt Island, Melbourne, Viera and Palm Bay. It's like four gyms for the price of one!

For more information visit our website at [Health First Pro-Health & Fitness Center](#) and become a fan on our Facebook page!

### **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](mailto:bob@rallcapital.com) for more information.**





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# 2011 Space Coast Runners Hall of Fame Inductee Susie Koontz

She is known to many as the Energizer Bunny. After 9 Ironmans, 36 marathons, 5 Goofys, hundreds of triathlons from sprint to half-ironman distance, and countless road races, Susie Koontz just keeps on going. A Space Coast Runner of the Year award winner for the past 11 consecutive years – she hasn't missed placing for an award in a single year from 2000 to 2011.



Susie started running in 1978 at the tender age of 32 and has

never looked back. She quit smoking, has struggled through injuries, and wrestled with motivation, to become one of those individuals who inspires by example.

Susie's first road race was the Run for Your Lungs 5k in Kennesaw, GA in 1978. She had never run a step as an adult but lined up on race day with a friend and finished in about 35 minutes. She unwittingly gained her first running convert in the process, her husband RC. If the ladies could complete a 5k in that time, he was sure he could do better. Thus began a three decade odyssey to conquer some of the most renowned challenges in running and triathlon. While some of the accolades are Susie's alone, most were accomplished with her life partner by her side – either in the event or cheering her from the sidelines.

In 1979, the Koontz's were intrigued by an article about a triathlon in Tennessee. They bought new bikes, completed a 40 mile ride, and entered their first triathlon -the Calloway Gardens Half-Ironman. From that point on, they completed an average of 15 tris a year. In 1988, they signed up to race a Half-Ironman in Savannah, GA. It was a Kona qualifier, and RC was certain Susie would win her age group and qualify. True to his prediction, Susie won her age group in her first attempt at a Half-Ironman. Due to her inexperience in the event, the race director refused to award her the entry, but after jeering and heckling from the crowd and RC's subtle persuasion, Susie earned her first entry to the Ironman World Championship. She repeated the performance 7 years later and was part of a contingent of Brevard athletes who traveled together to conquer Kona in 1995.

*Continued on next page...*

# 2011 Space Coast Runners Hall of Fame Inductee

Susie Koontz

*Continued*

When Walt Disney promoters opened the running world to the Magic Kingdom, Susie and RC were right there to sign up for the first marathon in 1994. Together, they have finished every Disney Marathon, members of an elite group who have done so. This in spite of Susie's injuries from two separate car accidents and RC's 3 knee surgeries. As if the marathon wasn't enough, Susie signed up for the Goofy race in its second year, and has completed 5 of the 6 Goofys to date, winning age group awards in the process.

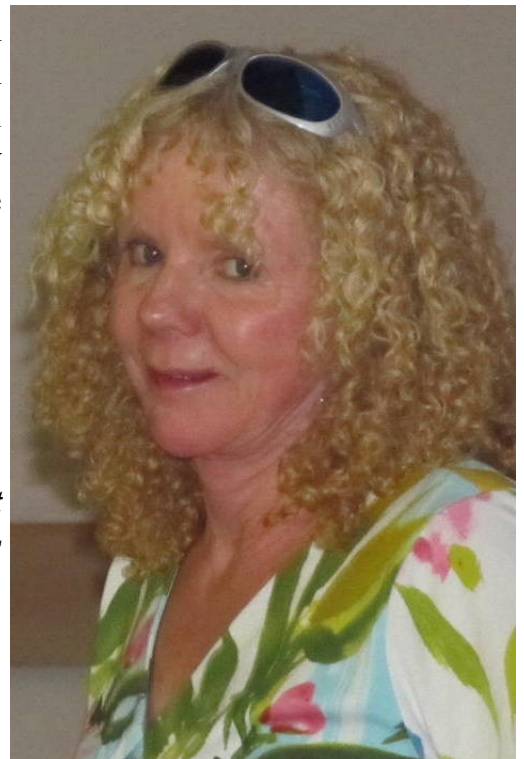
In addition to the Disneys, Susie has run 18 marathons in 12 different states from Big Sur in California to Wine Glass in New York. She says she's not completing the 50 states, but she'll be facing Mount Desert Island in Maine and Rehoboth Beach, DE later this year to add 2 more states to her list of accomplishments.

On the local front, Susie is a regular winner in Brevard County road races and triathlons. We can't even begin to tally the number of age group, masters, and senior grand master awards she's earned. New to Brevard County in 1989, she quickly started cleaning up at the races. Her support of the local running community and charities is evidenced by the hundreds of road races she has entered with her dollars and her time. Not only does she run the Space Coast races, she is a regular volunteer at club events, helping not only on race day but with bag stuffing and packet pickup before the events.

Her tenacity and dedication to the sport are an inspiration to all. As Dr. George Sheehan once wrote, "Success means having the courage and endurance, and above all, the will to become the person you are... Heroism is ever available to each of us. Through ordinary experiences, the ordinary person can become extraordinary...each of us needs to find our own personal arena, our true talent, our gift, our vocation. We all must be heroic, but in our own way." Susie is a hero to many of us. The heart and soul contained in that tiny 5 foot frame is a role model to many and an inspiration to all.

CONGRATULATIONS SUSIE!!

***"The challenge of a significant physical journey on foot unleashes some primitive connection to our identity as human beings."—Jeff Galloway, Marathon***





# 2011 Space Coast Runners Golden Shoe Award

## Linda Cowart

Linda Cowart was awarded the 2011 Space Coast Runners Golden Shoe Award at last month's Awards Dinner Meeting. Linda has been a longtime member and friend of SCR. At press time, the article detailing her contributions to the club, and the running community was not available, so we will run it in the newsletter next month. In the meantime, here is the criteria the committee considers when selecting the Golden Shoe Award Winner. I'm sure you'll agree that Linda is a worthy recipient of this year's award. Congratulations Linda!

'GOLDEN SHOE' AWARD—The Golden Shoe Award is a prestigious award given annually by the Space Coast Runners, Inc. This award is not given to recognize an individual's accomplishments or ability in running. But rather, the award is given in order to recognize, commend, and thank that person on his/her continued demonstrated commitment and contributions to the sport of running and to the runners of the Space Coast.



Photos: Above left—Linda receiving the Golden Shoe award from Christy Zieres. Above—putting in some miles. Left—some brief words from the winner at the awards dinner.

# 2010-2011 Runner of the Year Awards

## Female Overall Winners



**Jessica Crate**  
First Place Overall  
Second Place Age-Graded



**Lisa Petrillo**  
Second Place Overall  
Third Place Age-Graded

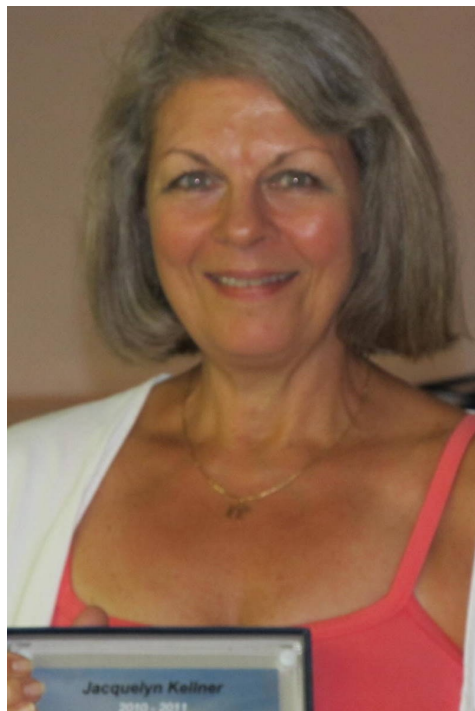


**Robin Moran**  
Third Place Overall  
First Place Age-Graded

**Anne Dockery**  
Grand Masters Champion



**Jacquelyn Kellner**  
Senior Grand Masters Champion





# 2010-2011 Runner of the Year Awards

## Male Overall Winners



**John Davis**  
First Place Overall

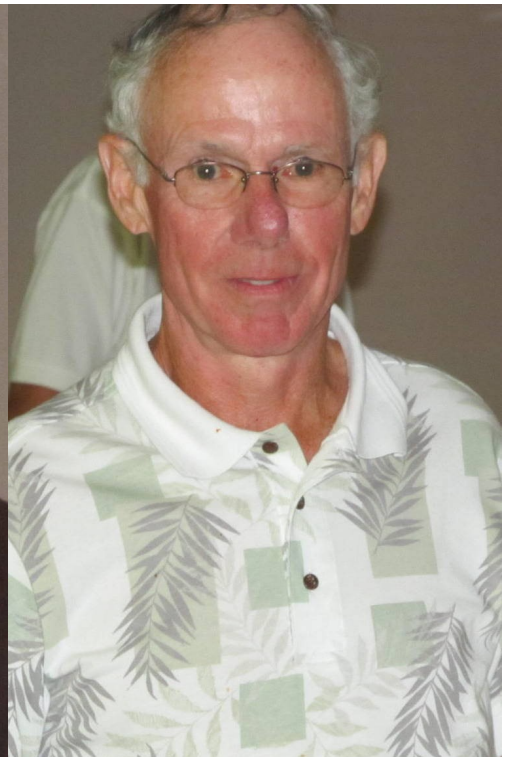


**Thaddeus Austin**  
Third Place Overall

**Joe Hultgren**  
Masters Champion  
1st Place Overall Age-Graded

**Art Anderson**  
Grand Masters Champion  
2nd Place Overall Age-Graded

**David Grant**  
Senior Grand Master Champ  
3rd Place Overall Age-Graded



# 2010-2011 Runner of the Year Awards

*continued*



**Rachel White**  
First Place, Age 10-14



**Audrey Kirk**  
Third Place, Age 10-14



**Rene Dunne**  
First Place, Age 30-34



**LeAnn Castner**  
Second Place, Age 30-34



**Donna Davis**  
Third Place, Age 30-34



# 2010-2011 Runner of the Year Awards

*continued*



**Brittany Streufert**  
First Place, Age 35-39



**Christy Tagye**  
Second Place, Age 35-39



**Terry Ferrisi**  
First Place, Age 45-49



**Christine Kennedy**  
Second Place, Age 45-49



**Molly Kirk**  
Third Place, Age 45-49

# 2010-2011 Runner of the Year Awards

*continued*



**Marlene White**  
First Place, Age 50-54



**Blanche Morrison**  
First Place, Age 55-59



**Susie Koontz**  
First Place, Age 60-64



**Katie Marsh**  
First Place, Age 70-75



**Joan Joesting**  
Second Place, Age 70-75



# 2010-2011 Runner of the Year Awards

*continued*



**Austin Hayes**  
First Place, Age 9 and under



**Jared Hayes**  
First Place, Age 10-14



**Christian Hayes**  
Second Place, Age 10-14



**Andy Dutra**  
First Place, Age 25-29



**Les Dunne**  
Second Place, Age 30-34



**Shane Streufert**  
First Place, Age 35-39



# 2010-2011 Runner of the Year Awards

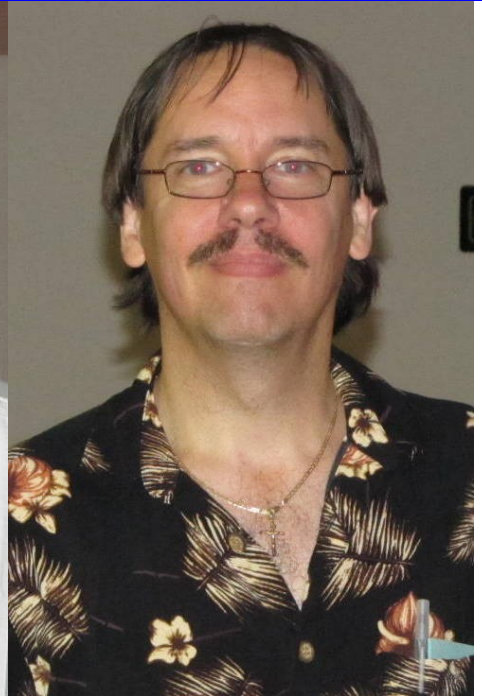
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**Ron Roff**  
Third Place, Age 35-39



**Joe Castner**  
First Place, Age 40-44



**James Chiravalle**  
Second Place, Age 40-44



**Jeff Gleacher (the tall one)**  
First Place, Age 45-49



**Greg Hayes**  
Third Place, Age 45-49

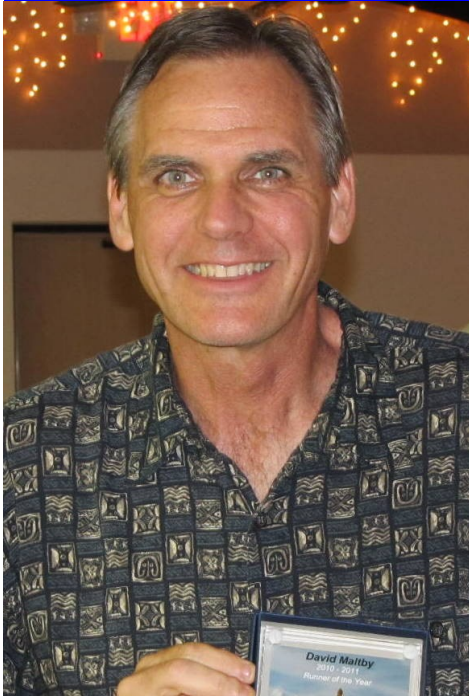


**Keith Kowalske**  
Second Place, Age 50-54

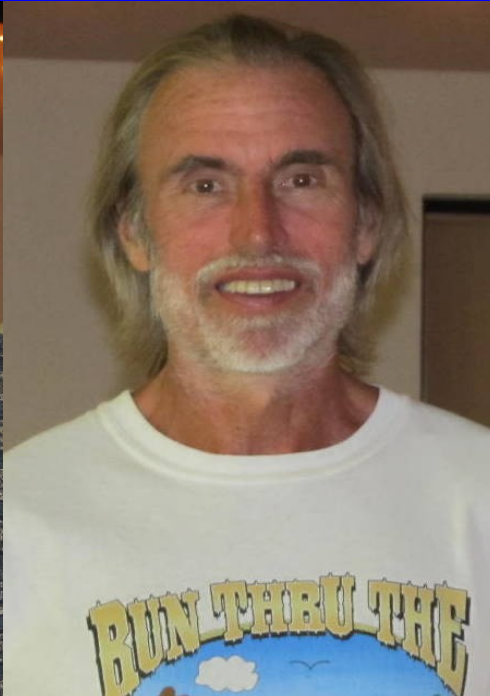


# 2010-2011 Runner of the Year Awards

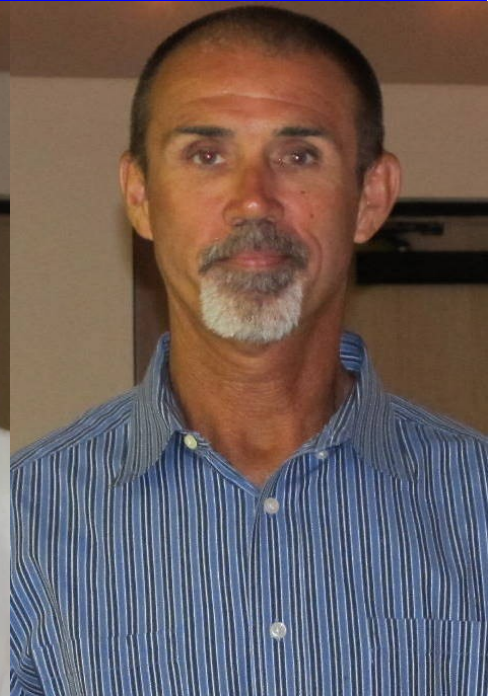
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**David Maltby**  
Third Place, Age 50-54



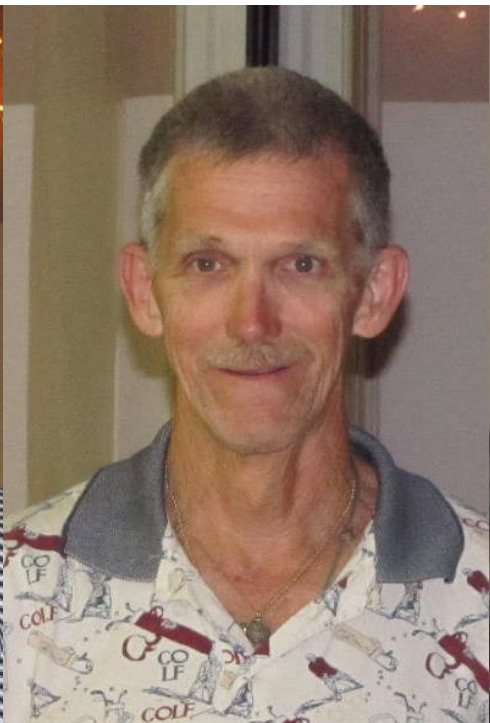
**Matt Mahoney**  
First Place, Age 55-59



**Mike Miller**  
Second Place, Age 55-59



**Gary Castner**  
First Place, Age 60-64



**Dave Farrall**  
Fourth Place, Age 60-64



**Darwin Tangen**  
First Place, Age 70-75

# 2010-2011 Runner of the Year Awards

*continued*



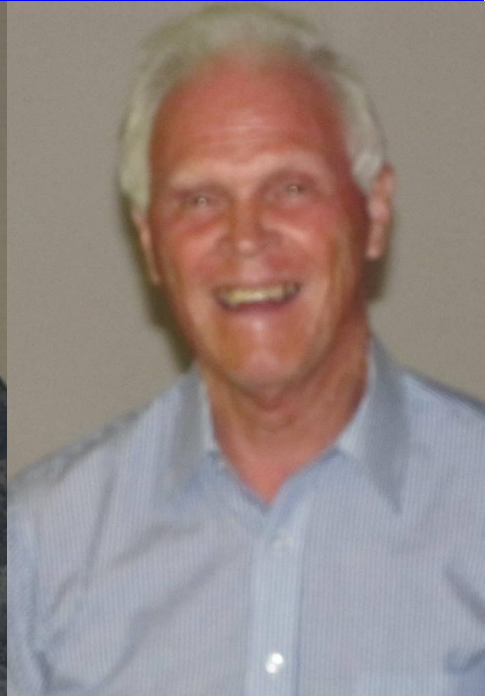
**Mo Johnson**

Second Place, Age 70-75



**Bob Pecor**

First Place, Age 75 +



**Henry Campbell**

Third Place, Age 75 +

## Award Winners not pictured

Sandra Gannon	Female Masters Champion
Steve Hedgespeth	Male Overall Second Place
Nyssa Holmquist	Female, First Place 9 and under
Kaia Holmquist	Female, Second Place 10-14
Angie Preston	Female, First Place Age 40-44
Michelle Smurl	Female, Second Place Age 40-44
Debbie Rescott	Female, Second Place Age 50-54
Lisa Farrall	Female, Second Place Age 55-59
Maureen Morley	Female, Second Place Age 60-64
Ron Abel	Male, Second Place Age 25-29
Robert Paxton	Male, First Place Age 30-34
Bruce Furrow	Male, Second Place Age 35-39
Howard Kanner	Male, Third Place Age 40-44
Doug Nichols	Male, Second Place Age 45-49
Roger Travis	Male, First Place Age 50-54
Bud Timmons	Male, Third Place Age 55-59
Ray Brown	Male, Second Place Age 60-64
Jim Schroeder	Male, Third Place Age 60-64
Jack Lightle	Male, Second Place Age 75 +



# Space Coast Runners Scholarship Winners 2011

## Shane Shackelford

Space Coast Runners awards two scholarships each year. Winners are selected based on the following criteria: 1)—they must be a graduating senior; 2)—either be a member of Space Coast Runners, or a family member of a member, OR have participated on their high school track or cross country team; 3)—must submit a letter of not more than 250 words on how they fit running into their life; 4)—must complete a Brevard School Foundation Scholarship application, which is available from the school guidance office. Rising seniors are encouraged to apply through their guidance counselors next spring. This year, SCR presented two awards of \$1000 each from 24 entries. One went to Shane Shackelford of Melbourne High, and one to Saylor Kelly, of Cocoa Beach High. Here are their winning essays:

### Shane Shackelford:

“You run on the cross country team? You must be insane!” This is the reaction I received countless times when a peer learned that I belong to my school’s cross country team. But what is it that makes people say that running for a team is “insane,” implying that we runners literally have a “permanent disorder of the mind?” What is it that sets running apart from basketball, football, baseball, and all the other numerous “normal” sports teams? Well, the difference is simple; to be a runner you must be constantly committed to your training, and to do so you must possess time management skills.

Time management is the key to success in running. For me, fitting running into my busy schedule can be tough, as running cross country requires you to constantly train, even outside of practice or even the cross country season. It’s often difficult to make time to get my miles in on the weekend of off season, with school, work and other extra-curricular activities, but in order to fit running into my life, I set it as a high priority. I am dedicated to my training, and in order to get my run for the day in, I wake up early and run before the day even begins.

This is a level of motivation and commitment that many other sports do not require, however it is absolutely necessary to be a successful runner.

GREAT JOB SHANE!!



# Space Coast Runners Scholarship Winners 2011

## Saylor Kelly

### **Saylor Kelly:**

My life is a puzzle, and there are several places where running fits into it. Running puts me at peace when I'm stressed, and drives me to be better on days when I feel impervious. When I'm overwhelmed, and all I want to do is hide away from everything, I know that I can't simply escape my problems by locking myself in my room. Running is a way for me to tune out everything around me. Not only does it offer me a sense of freedom, like I can go wherever I want, and I don't have to turn back to face the chaos of my life until I'm ready, it also gives me a chance to think. My mind can focus on my own thoughts because nobody is around for more than a few seconds to interrupt them. When I'm on a run, the rest of the world is fleeting, and I'm not tied down to any of it. When I'm not using running as an outlet, I'm taking it as an opportunity to excel. I strive to do my best during every workout. Otherwise, I may as well be watching from the bleachers. I've always found it rewarding when I surprise myself by surpassing what I thought was my physical limit. It shows that nothing is impossible as long as your heart and mind are in sync. In short, running is like a puzzle piece, and my life wouldn't be complete without it.

Pictures: Saylor, receiving her scholarship award from Carol Ball at the SCR Awards Dinner.



***“The obsession with running is really an obsession with the potential for more and more life.”—George Sheehan***





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# Lactate Threshold: What Does It Really Mean?

*Contributed by Linda Cowart*

At the Triathlon Training Store, we have developed the best testing protocol for the CompuTrainer Cycling sessions we are providing for our clients. During this process we have found many terms that are sometimes very similar in meaning. Very confusing. Why can't all these articles and scientists be consistent with the terms they use? Do they want us to think they have discovered something new? Let us take a look at just a few terms I have come across and discuss the most efficient way to determine an athlete's Lactate Threshold (LT).

Terms such as "Lactate Threshold, "Functional Threshold Power" (FTP), " Anaerobic Threshold" (AT) and "Maximal Lactate Steady State" (MaxLass or MLSS) have been commonly used. What is the difference between all these terms? This answer is nothing, they are all the same.

At the Triathlon Training Store, we have developed the most effective testing protocol for determining Lactate Threshold and, just as important, it can be repeated easily to reassess your fitness and functional threshold power as you progress through your training program.

Lactate Threshold is the core physiological measurement that we use to develop your training program. It is the single best physiological indicator of endurance capacity and performance, which allows us to track your progress through your training program. Lactate Threshold is determined by performing a 20 minute time trial on the CompuTrainer, which is a very controlled setting, allowing you to ride without interruption. We are measuring your power output, in watts as you ride. A watt is an absolute measurement of the force you are applying to the pedals regardless of terrain or weather. We are looking at the average power output, measured in watts, for the full 20 minute time trial, which is used to calculate your Lactate Threshold, or in cycling terms: Functional Threshold Power (FTP).

So when we are working at a Lactate Threshold effort what does that mean? A lot of it is based on what you perceive your effort to be. You will determine the maximum energy output that you can maintain for the duration of the test. If you start out too hard you will go over your threshold and then have to back off of your effort to maintain the workout, so pacing is very important. It is an effort that your muscles can still match energy supply to energy demand, just on the edge of muscle fatigue that would keep you from maintaining your pace. This is what most people refer to as the burn. Your effort is measured by your average wattage produced and defines Functional Threshold Power (FTP). Training intensities based on Functional Threshold Power (FTP) is the most effective way to improve POWER.

Linda Cowart is a Level 1 USAT coach, owner of Triathlon Training Store, Inc., and coach with Your Best Tri LLC. If you would like more information about the CompuTrainer Cycling sessions starting June 26, 2011, go to [triathlontrainingstore.com](http://triathlontrainingstore.com) or email [triathlontrainingstore@gmail.com](mailto:triathlontrainingstore@gmail.com)



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Another *Smooth Running* production



# Edinburgh Marathon—Edinburgh, Scotland

Contributed by Brittany Streufert

1901 was the year my grandfather was born in Scotland. One hundred and ten years later, I would run a marathon in his country with three generations of my family watching me do it.

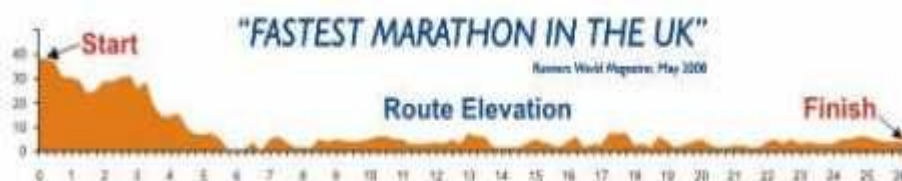
Marathons are not easy, at least not for me. So I decided if I was going to put myself through all the training and the anguish, I might as well do one that had a personal meaning. I had received a brochure for the Edinburgh Scotland Marathon in my 2010 Chicago Marathon race packet.



The course looked downhill and flat (positives for a Florida runner). According to Runner's World it was the fastest marathon in the United Kingdom (could I finally meet my 4:30 goal?). Now it was time to convince my husband, Shane, that this was a marathon that I was meant to run. It was my heritage. It would be a run for my family.

He didn't make it easy but on January 1<sup>st</sup>, a mere 15 days before the race entry cutoff Shane surprised me with an official email saying that he had indeed registered me for the full marathon. It was time to start running with a purpose. I trained hard and put the required miles in each week. Charlotte, Marie, Karen, Susie, Gina, Tegan, and Lauren – they were by my side training each week. It felt great to have the support of my fellow runners. My mom and cousin Michele would be going to Scotland with me. I would have my overseas support.

We arrived in Glasgow on May 19<sup>th</sup> and from that point on everything fell in to place. I met tons of family who couldn't wait to meet the "American runner". I was asked countless times "what was I thinking and did I think I could do it?" On Sunday morning, May 22<sup>nd</sup> I boarded a train with six family members in Cumbernauld to travel to Edinburgh. The weather was cool (51°) with heavy wind and some rain. Speaking with several Scottish runners, their main concern was that it was going to be too hot. I did not think that I was going to have that problem.



*Continued on next page...*



# Edinburgh Marathon—Edinburgh, Scotland

Contributed by Brittany Streufert

The race began, the bagpipes were sounding, and I was running in Scotland! The weather was really mixed with sunny skies followed by rain showers. Considering you were overlooking the historic capital city and the North Sea a good deal of the race, the elements didn't seem so bad. Spectators lined the streets with their cheers of "Well Done!" sounding right and left. When I reached the last 6 miles of the marathon the winds were very strong, right in your face. I was not surprised to see the newspaper headlines the



next morning read, "Gale Force Win" touting Phil Nichols first place finish. I saw my family cheering at Mile 25. And then I finished - ahead of my goal in a time of 4:22:07 – a 25 minute PR. Scotland was a success and my heart was full from all the support given to me by friends and family on two continents. It made my run so very special.

*Well Done, and Thanks, Brittany!!—BR*



# Gazelle's Gazette

*Contributed by Jessica Crate*

*Editor's note: This is the third in a series of articles contributed by our local elite runner, Jessica Crate, who is attempting a comeback in her quest for a spot in the Olympic Trials after an injury derailed her attempt in the Boston Marathon. We hope that you recover well Jessica and that you come back stronger than ever.—BR*

## MAY'S COMEBACK JUST IN TIME FOR SPRING TRAINING

Last week, upon final clearance from the Doc, I laced up my Newtons, strapped on my Garmin and iPod and went out for my first 'speed' workout in 30 days since the wheels fell off in Boston, MA on April 18th. (Seems like a long time ago to me!) My first real 'comeback' run was the Gecko 5k after not running for 2 weeks and it's been a slow, painful road back to recovery since. This past month was full of multiple visits to various doctors and specialists to confirm a stress reaction, possible bone spur on the left foot and PF in both. No major fracture, but still taking the necessary precautions and re-inventing the training wheel to prevent any future injuries.



I had a great "first work out". 1 mile warm-up, then a ladder workout of a 200m, 400m, 600m, 800m climb and back down with decreasing splits for a total of 5 miles. Definitely not what I'm used to and it was tough, but not too shabby for someone who has done little to no running in the last three weeks. Thanks for the push guys! Over the last 30 days, I have done mostly cycling and swimming workouts, with a mixture of p90x and recently, only running 3-4 days/week.



This morning, Memorial Day, I headed out for a 5k race. Steve asked me if I was nervous to get out there. I wasn't. Though I did not know what to expect, I knew it would be what it would be and I would give it my best shot to see how the legs and foot would hold up for the triathlon next weekend.

*Continued on next page...*

*“Nonrunners cannot see how they can afford the time to run every day. But runners cannot imagine getting through a single day without it.”—Kevin Nelson, *The Runner's Book of Daily Inspiration*.*



# Gazelle's Gazette *continued*

*Contributed by Jessica Crate*

Overall, I was pleased with the run. Not because my feet and legs behaved or because I ran sub 6:00 minute miles after being pretty much sedentary. However, my reasons for smiling were probably a little deeper than that.... Any athlete will tell you that the return back from injury is like seeing a long lost friend; getting back on the road made me happy because I really missed it.

Hitting the road, breathing hard, feeling the burn, seeing other runners (and bikers and smiling dogs and sun and the ocean), cooling down and the feeling of a long hot shower are all part of a way of life that has been missing over the last 30 days. Endurance athletics are threaded through me completely. It is a real passion. I would encourage you to relish in the recovery phases and appreciate the time when you are not. Running is a gift.... Enjoy each and every run and if you don't, take a break and figure out how to get that zeal back!



Running, (biking and swimming too) is one of the few things that is 100% up to me. Running is controllable, independent and totally un-reliant on others. When I get on the road or in the pool, I either "have it" or I "don't". If I perform well or if I don't, the mirror is the only thing I need to look at to determine what can be improved or who deserves the high five.

Very few things in life are truly like that. Work? Teamwork is at the core. Relationships? Same...Teamwork. Friendships? Takes two. Endurance athletics (minus the equipment!) is completely up to me.

Running, I missed you...but I am back to stay!

So the plan for the next couple months is to continue with the cross-training and low mileage to make sure that I am fully healed and recovered. I am focusing on several upcoming triathlons, with the Pineapple Man being the next stop. The end goal is to do my first Olympic distance in August before taking another stab at an Olympic Trials qualifier in the ING NYC Marathon in November. In the meantime, I look forward to seeing you all out on the roads or in the water! Keep on keeping on. Life is good. Be healthy! :-D



Thanks Jessica!—BR

# Run a Mile With...The Hayes Family

## Greg, Nancy, Christian, Jared and Austin

**Name:** Greg Hayes

**Family:** Wife of 14 years, Nancy; Sons, Christian, Jared and Austin

**Ages:** Greg-47, Nancy-39, Christian-12, Jared-11 and Austin-10

**Occupation or Dream profession:** Greg - Deputy Director for Space & Missile Systems Center at Patrick AFB. Nancy - Stay at home mom.

**Number of Years Running:** As a family, we have been running for approximately three years.



**We Began Running Because/To:** The boys participated in a triathlon at Patrick AFB when they were younger. They really enjoyed it and wanted to try running in some of the local races. Their first race was the Dino Dash in 2008. Nancy and I entered the race as well so that we could keep our eyes on them. Easier said than done!

**We Knew We Were Hooked When:** Early on, Jared showed the most interest in running so we would go as a family to watch and support him. Over time, some or all of us would enter the races with him and eventually it became something we did as a family. We look forward to the friendly competition and the atmosphere before and after the races.

**Race PRs (Personal Records):** This past season, Jared, Christian and I have run a sub-22 minute 5K while Austin has run a sub-25. I think they are about to leave me in the dust this upcoming season.

**Most Satisfying Race Performance(s):** Lately, I have been doing well with the short races (3K's and 2 miler's). However, my most satisfying race was the Space Coast Half-Marathon in November. It was my first half-marathon and I set a goal to finish in under 2 hours. My time was 1:57:32. Afterwards, I thought I was going to die!

**Favorite Race(s):** I really enjoy the "cross-country" races like the Chain of Lakes 5K and the Tiger Dash 5K. The boys like the Running Zone series races especially the Zoo Run and the Jingle Bell Run.

*Continued on next page...*



# Run a Mile With...The Hayes Family *continued*

## Greg, Nancy, Christian, Jared and Austin

**Favorite Place(s) to Run:** For convenience, we just run around our local area. Occasionally for something different, we will go to the Eau Gallie causeway or Wickham Park.

**Running Partner(s):** The whole family. Nancy is running right along with me and the boys when we train. During races, she prefers to watch and cheer for us.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** The boys would enjoy running with Ryan Hall so that they could get his autograph.

**Funniest or Oddest Thing I've Seen While Running:** Nothing specifically comes to mind but the Ghostly Gecko brings out some interesting costumes.

**Training Philosophies:** Set realistic, achievable goals and PERSEVERE!

**One Piece of Advice That I Would Give to a New Runner:** Make sure to get evaluated and fitted for the proper shoe. A good running shoe will help avoid being sidelined with injuries.

**Other Sports& Interests:** We enjoy camping, hiking and riding mountain bikes on the various trails in Florida. You can usually find me in front of a TV during a Gator football game.

*Continued on next page...*



*Photos: Left: The Hayes boys with their triathlon medals. Above: The entire family on a camping and biking trip.*

## Run a Mile With...The Hayes Family *continued* Greg, Nancy, Christian, Jared and Austin

**Favorite Reads:** We all look forward to reading the latest issue of Runner's World magazine. Otherwise, one of us is usually reading email, etc. on the internet.

**Favorite Movies:** The boys like the Harry Potter movies and our all-time family favorite is RV.

**Favorite Meal:** The night before a race, we always have homemade Italian spaghetti.

**Dream Vacation:** Taking our RV and exploring the country.

**I Think That SCR Could Do A Better Job:** SCR is doing a fantastic job! Hats off to the SCR officers, board members and volunteers for giving us plenty of opportunities to sweat and meet people throughout Brevard County.

**Photo:** A happy group of runners after each taking an age-group award in the SCR Series. Shown below with their award for running all of the Series races. Way to go guys!





# Founder's Day 3 Mile

May 1, 2011

There are so many unusual running events across our nation that it would be arrogant to label the Melbourne Village Three Mile Run as 'unique'. Regardless, on the schedule of races offered in Brevard County, the term does fit.

The 20-year legacy saw a record number of 94 finishers on May 1<sup>st</sup>. How strange it must seem that so small a number of runners could have so much significance. Regardless, emails come each year from runners who have enjoyed their experience and those messages are important to continuing the event.

The history can be found on a website enticing enough to attract even some reluctant road runners among the best who are tempted to come try something different. <http://villagerun.blogspot.com/> Many have returned and those who run the trails will not soon forget the hard packed, often narrow lanes.

Andy Dutra set a new record time with his 17:24 followed by Mike Fretz, just 2 seconds behind at 17:26. Lisa Petrillo easily won the women's race in 19:57. The course requires focus on the race markers and this year again saw about eight runners follow someone who made a wrong turn.. The mistake added over a half-mile to the distance for these fine runners.

Our small Town of 730 residents takes pride each year in offering this race. Notably, the entire day-long Founder's Day celebration is often scheduled to accord with the Space Coast road running race schedule to avoid overlapping conflicts. The race is funded with a simple Town budget line item of \$250 each year to provide food, beverages and unique age group award certificates. With no sponsors there is no need for T-shirts and there is no entry charge.

Many years ago cities and towns often sponsored road racing. These were usually small competitive events. When running became more popular, non-profit agencies discovered a new funding source and town recreation departments gave up their interest.

The Town of Melbourne Village expects to continue the tradition of a municipality providing a unique fun race, free to all.

-Submitted by Rob Downey, Race Director



PHOTODESIGN: ROB DOWNEY



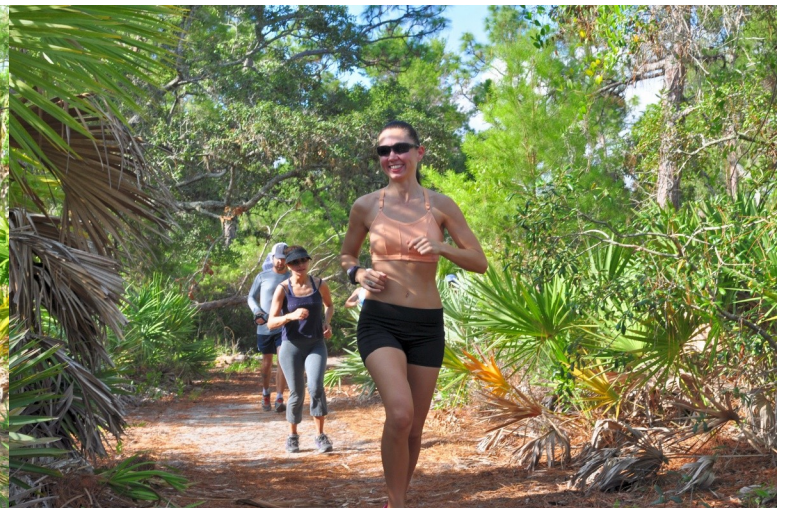
# Wickham Park 200

May 29, 2011

Joe Ninke of Sebastian broke his own course records for both 100 miles (18:54:58) and 200 miles (42:14:09). He was the only finisher in both races. He won the fake pebble for 100 miles and fake rock for 200. He also won the 50 mile race in 8:56:46.

The course is 50 miles per day for 4 days. Each stage starts at 7:30 AM and must be completed by 8:00 PM to be eligible to run the next stage. There were 78 starters, 57 who finished at least a marathon, and 13 who finished at least 50 miles.

The race is at Wickham Park. Each stage is 13 laps of 3.75 miles on flat, sandy trails followed by a 1.25 mile out and back. The course was marked with arrows drawn with flour, which were mostly faded by the second or third lap on the first day. Any runners who had not memorized the route by then probably got lost. The turn around for the last segment was marked by a large piece of broken cinder block (a fake rock). On the last lap of the last day, whoever is in the lead must carry it back to the finish as their award. *Continued on next page...*





# Wickham Park 200 *continued*

May 29, 2011

The weather each day was in the low 80's F with a dewpoint of about 68 F. It was usually sunny, but during the last stage a tropical wave moved over central Florida bringing clouds and cooler weather during the middle of the day. This helped Joe to a faster pace on the final day. Yesterday's split was less than 7 minutes under the cutoff. His 50 mile splits were 8:56:46, 9:58:12, 12:23:28, 10:55:43.

The race has no fee, no aid, and no awards for the marathon or 50 miles. However there are water faucets and bathrooms at the start of each lap and a water fountain at mile 2.5. For the last 2 days, as Joe ran alone, he set up a table with two large coolers containing all his food and drinks so he could get in and out quickly. Runners also have to write each lap split on a clipboard to have their times recorded. The race clock is a watch next to the clipboard.

—contributed by Matt Mahoney

Wow! Sounds like fun...sorry I missed this one! Not!—BR

[CLICK HERE](#) for complete results.



Photos courtesy of Steve Colella of [YourPhotosNow.com](http://YourPhotosNow.com)



# Not One More Child Drowns 5K

May 14, 2011



To raise awareness and funds for swimming

lesson scholarships in Brevard County, the Infant Swimming Resource of Brevard County hosted a 5K at Wickham Park. More than 90 runners and walkers came out for the family friendly event.

Beth Whalen was the Overall Champion, crossing the finish line in 18:23. Kim Hunger took second for the ladies, and third overall, in 19:01. Lisa Petrillo rounded out the top 3 for the ladies, crossing in 20:38. For the men, Art Anderson was the Overall Male Champ, with a time of 18:41. James Daffer was second in 19:36, and Justin Ryals finished third in 21:32. [CLICK HERE](#) for complete race results.

"Event Management and Photos By WildSide Online Inc."





# YMCA to Parrish 3 Mile

May 21, 2011



On Saturday, May 21, 2011, 277 participants came out for the 3<sup>rd</sup> Annual 3-Mile Challenge—Parrish Health & Fitness Center vs. the Titusville YMCA. Three years ago the first race started with 170 participants and has continued to grow in size and enthusiasm each year. Members from both facilities, community members, and runners and walkers of all ages and physical fitness levels were encouraged to participate in this fun fitness event. Running (or walking) for a good cause, the Parrish Health & Fitness –YMCA partnership benefits YMCA summer scholarships for kids who cannot afford the programs. The race also involves a little friendly competition, of course—the facility with the most participants wins! After the YMCA took home the participation trophy the first two years, Parrish surged back this year with 183 runners to take home that honor. Mark your calendar for next year's 3-Mile Challenge (Date to be determined). It will be bigger and better than ever and we hope to see you there. —Jessica Schwartz, Race Director



The race started at the YMCA on Harrison Street, down Royal Oak Drive to Knox McRae, then turned south through a residential neighborhood to SR 50 and the Parrish Health and Fitness Center. Jacob Langle, 15 years old, took the Overall Championship Award in 18:27. Art Anderson, who is older, took second in 18:44, and Frank Kapr crossed third in 18:49. The Male Masters Champion was Chris Loines with a time of 18:55. For the ladies, Caryn Treder was the Overall Champion with a time of 21:34. Tammy McElmelmo finished second in 23:41 and Chiqui Beymer was third in 24:15. Kathy Simonsen was the Female Masters Champion with a time of 26:54. [CLICK HERE](#) for complete race results.



Photos courtesy of [Walter Kiely Photos](#).





# Weight Watchers 5K Walk-it Challenge

May 22, 2011

On May 22, Space Coast Runners hosted the Weight Watchers Walk-It Day 5K Challenge at Windover Farms in Melbourne. This event was sponsored by Weight Watchers and Road Runners Club of America, our parent organization. There were 50 clubs chosen across the nation to host events with a combined participation of about 22,900 walkers (and runners)!



We had 264 finishers – a 58% increase over last year! The finishers were very enthusiastic, as many had never done an event of this type before! It was so exciting to watch people just happy to accomplish their goals! **Paul Gitzen of Get Moving! Group Fitness and Personal Training** lead a warm up. **Jimmy Horst, sports photographer**, took great shots of all the finishers. Everyone got a T shirt and a medal, and many won door prizes! New Balance Melbourne and Road ID donated gift certificates and we made up gift baskets filled with WW treats, socks, hats, water bottles, etc.

A special thanks to SCR volunteers, Tammy Foster, Marty Winkel, Ty Bowen, Tristan Webbe, Ed Springer, Debbie Horst, Molly Kirk, Mo Johnson, Dodie Johnson, and Christy Zieres.

Carol and Cyndi

Photos by Jimmy Horst of [photozbyJWHorst](http://photozbyJWHorst)



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# Blueberry 5K

April 30, 2011

Inspired by the "2nd Chance" adoption of Aleksa Cornish, April Holland, age 18, hosted a 5K to raise money for the family's adoption expenses (and for the organization they adopted through, called Reece's Rainbow). April lives on a blueberry farm in Mims, FL, so that was where the April 30th race started and ended. The course consisted of paved country neighborhood streets, a grass path through the woods, and "Rails to Trails" before the final stretch through a ripe blueberry field. It was a beautiful day and all runners were free to pick blueberries after the race. Eight year old Aleksa Cornish attended the race with her parents, 7 siblings, 4 grandparents and several aunts and uncles!



April and Aleksa

The story began over 3 years ago when Mike and Meredith Cornish, of Titusville, FL, fell in love with 4 year old Aleksa , through pictures and reports from friends who had visited an orphanage in Ukraine. Aleksa had Down Syndrome, like their 2nd child, Brianna. The Cornishes raised the required money and worked through all the red tape, hoping to adopt Aleksa. When they arrived in Ukraine, they found that (as with all orphans with disabilities), upon turning 5 years old, Aleksa had been transferred to a mental institution. The director of this institution refused to allow Aleksa's adoption.

Sadly, Mike and Meredith left behind "the daughter of their heart" but over time, went on to adopt 3 other children with Down Syndrome, and a child with cerebral palsy from Ukraine and the U.S., to join the family with their 3 biological children (one with Down Syndrome). Then, 3 years later, through a series of amazing events (that they freely credit as miracles from God), the Cornishes were given the opportunity to meet once again with the director of Aleksa's institution. Instead of needing to argue and plead for Aleksa, Mike and Meredith were amazed when the director asked their forgiveness for his decision 3 years earlier, and assisted them at the court hearing to make 8 year old Aleksa a member of the Cornish family.

To learn more about this amazing family you can read their blog at:

<http://cornishadoptionjourney.blogspot.com/>

April raised about \$4000 for the Cornish family, and the Cornishes asked that \$1200 be shared with another family who is adopting their 3rd child with Down Syndrome, from Bulgaria.—  
Contributed by Lorna Holland.

# Blueberry 5K *continued*

April 30, 2011

In the race, 15 year-old Drew Denson crossed the line first in 18:02 to take the Overall Championship Award. Zach Shaver was second in 18:12, and Jaccob Iangle finished third in 18:21. Rick Hanley was the Male Masters Champ with a time of 20:28, and Art Anderson was the Grand Masters Champ in 18:52.

For the ladies, Kara Springer was the Overall Champion, crossing in 23:13. Danielle Hustoles placed second with a time of 23:42, and Kristen Scemle was third in 23:59. Female Masters Champ was Christine Kennedy, coming across the line in 24:06, and Female Grand Masters Champ was Rhonda Howard, with a time of 29:26.



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

Pictures: Post race goodies on the blueberry farm.



***“Every day gives you an opportunity to improve. With every run, you can try to be better. Not just a better runner, but a better person.”—John “The Penguin” Bingham, *The Courage To Start****



# Keys 100

Contributed by Brittany Streufert

Back to beat the heat and any team that dared to challenge them, Team Soles in Motion defended their 100 Mile Team Relay title with a convincing win over the 84 other teams that set out to conquer the Keys. The 6-person squad of Space Coast runners Steve Chin, Jessica Crate, John Davis, Shane Streufert, Pedro Toledo along with Ohio's Dan "Woody" Burnett covered the 100 miles which began in Key Largo at Mile Marker 101 and finished on A1A at Smathers Beach in Key West in a time of 10:16:15.

Teams were required to run intervals at least 2 miles long while enjoying the scenery of the Atlantic Ocean on the left and the Gulf of Mexico on the right. Soles in Motion runners averaged 6 minutes, 9 seconds per mile for the entire distance. John Davis led off the relay with his 2-mile leg and handed off tied for second. Streufert ran the team into the lead and they never looked back. His second leg of the race did not start off well, Streufert was held up for several minutes as the Snake Creek drawbridge at Mile 85.5 went up. "About a mile into my second leg of the day, I got caught at a raised drawbridge and was looking back constantly to see if the second place team was going to catch up. Fortunately, they never did." At the Seven Mile Bridge the team had a substantial 25 minute lead, after the bridge they literally ran away with the southern half of the race, beating the second place team by 51 minutes.

Space Coast Runners had yet another impressive showing in the Keys with Team No WINE-ing! (Betsy Butler, Devra Fains, Jeff Jordan, Chris Loins, Matt Mahoney, Brittany Streufert).



Photos: Left, Team No WINE-ing. Above: John Davis hands off to Shane Streufert.

# Keys 100 *continued*

Contributed by Brittany Streufert

This group of Brevard County racers had never run a relay together yet formed an admirable bond that led them to place 10<sup>th</sup> in the relay in a time of 12:12:20. Captain Betsy Butler said, “It was by far one of the coolest experiences of my life! It was a class act with organization and safety as well as fun. The camaraderie was tight, but this trip with fellow Space Coast runners really strengthened our running relationships and bonds. I look forward to many more years of participating in the Keys 100.”

The event also included an individual ultramarathon race of 100 miles, which ran the same Key Largo to Key West route. The 100-miler saw local runners, Hernan Garcia and Jim Schroeder capture awards. Garcia finished 9<sup>th</sup> place overall and 2<sup>nd</sup> Male Uncrewed in a time of 22:23:10. Schroeder who struggled in 2010 overcame all hurdles this year to finish in first place for 60+ Males in a time of 30:22:00.



Photos: Above—Team Soles in Motion (minus John Davis, who must have been doing the running when this was taken.) Right—60+ age group winner Jim Schroeder in the UltraMarathon.



# 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](mailto:PSponsler@cfl.rr.com).



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## SHARE YOUR RUNNING OR WALKING STORIES WITH US

We’ve all seen great, funny, strange, or just plain weird stuff happen while out on the race circuit or during our training sessions. We would like to hear your stories. Put them in an email and send them to [bob@rallcapital.com](mailto:bob@rallcapital.com). We’ll share them with the rest of our fitness community.



# 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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