

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

August 2011



We don't normally put photos from specific races on the cover, but this one is special. On the left is Corporal Robert Smith, United State Marine Corps holding his daughter Natalie after completing the Workman Warrior 5k race in Wickham Park. Cpl Smith lost his leg in a bomb blast while serving our country in the Iraq war. He is the local honoree of Sentinels of Freedom Space Coast, the charity served by the race. On the right is State Rep. Ritch Workman.



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RUNNING

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. We'll share them with the rest of our fitness community.



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. **The next meeting will be held Monday, August 15th 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

NEW FOR THIS YEAR! 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!

The Runner of the Year (ROY) Race Series kicks off this month!

You can find the complete 2011-2012 ROY rules by [CLICKING HERE](#)

SCR Sponsor Spotlight

Two local companies, each led by a President/CEO with strong ties to the Space Coast running community, have stepped up to become sponsors in the SCR Runner of the Year Series. Rall Capital Management and Rapid Automation Design will both be sponsoring three of the SCR races as part of their sponsorship package. The races are: The Space Coast Classic 15K on November 5th; the Eye of the Dragon 10K/2-miler on February 11th, and the Space Walk of Fame 8K/2miler on April 14th.



Rall Capital Management, founded by Bob Rall in 2004, offers comprehensive financial planning and institutional-style portfolio management services on the Space Coast.

With over 20 years of experience in the financial industry, Bob started the firm to serve the investment and planning needs of successful, goal-oriented, and busy people (sounds like runners!), bringing confidence and clarity to their financial world. A dedicated marathon runner, Bob saw many similarities between managing an investment portfolio and training for a marathon and often writes them in his “Investing for The Long Run” newsletter. As a CERTIFIED FINANCIAL PLANNER™, and Registered Investment Advisor, Rall Capital Management operates on a fee-only basis. To learn more about Rall Capital Management, [CLICK HERE](#).



RAPID | AUTOMATION | DESIGN

Rapid Automation Design was founded in 2006 by John Davis. His vision to provide customers with quality services, innovative solutions and best-in-class products through exceptional engineering talent continues to drive the company. The firm’s goal is to provide engineering solutions that increase their customer’s market share, put their customers on the leading edge of technology and make those customers #1 in their industry.

Rapid Automation Design offers expertise in System Design, Embedded Design, Software and Complex Logic Design. The firm has years of proven experience in the electronics industry. Many customers have turned to their solution team with unique problems that couldn’t be solved with off-the-shelf equipment. The company has met the challenge by designing and building products to effectively meet those unique needs. To learn more about Rapid Automation Design, [CLICK HERE](#).

There is still time to be a sponsor. If you own, or work for, a business that would like to support the Space Coast Runners, please contact Carol Ball at CBall1@cfl.rr.com

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Ty Bowen, Carol Ball, Jessica Crate, the Krupp family, and the Running Zone. SPECIAL THANKS to Barry Jones of TriHokie Images.

HAPPY BIRTHDAY TO: If you see these folks out running or walking this month, wish them a Happy Birthday. **8/2**—Beth Timmons, Bill Floyd, Stephanie Bird, Christine Kennedy, Jadyn Cleland; **8/3**—Bob Pecor; **8/4**—Ron Hoar, Lelia Holmquist, Candy Smith, Ty Bowen; **8/5**—Steven Tagye; **8/6**—Audrey Kirk; **8/7**—Kristin Apotsos, Dudley Ojeda; **8/8**—Matt Mahoney, Don Piercy, Kelsey Robbins; **8/9**—Cathie Poor; **8/10**—Kaia Holmquist; **8/11**—Raymond Fleeman, Debra Johansen; **8/13**—Brittany Streufert; **8/14**—Cherie Serafini -Cook, Melissa Smith; **8/15**—Piyam Brown, Greg Maxwell; **8/16**—Jack Kenworthy; **8/18**—Mary Hofmeister, Rene Dunne; **8/20**—Hank Serafini, Robert Wright, Sherry Thorpe; **8/21**—Denise Unrue, Jim Schroeder; **8/24**—Don Dore, Morgan Kirk; **8/25**—John Robson; **8/26**—Jessica Tingler; **8/27**—Nikolas Harvan; **8/29**—Austin Joiner, Kaitlin Badgett; **8/30**—Bob Ghormley, Kelsey O' Connor; **8/31**—Marisa Flint, Jared Hayes;

WELCOME NEW MEMBERS

Charlotte McClure, Marie Thomas, Karen Sanchez, Jim Haithcoat, Ruth Rodriguez, LeAnn Castner, Jose Nunez, Harry Prosser, Christina Tucker, Mike Acosta, Chris Gaines, Karen Suarez, LeAnn English, Robin Williams, Jen Lepper, Matthew McDougal, Jim Werring, Roberta Osterling, Paula Steere. Welcome! See you on the roads.

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. Contact Carol Ball at cball1@cfl.rr.com.

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.

KEEPING TABS

LOCAL FUN RUNS

We are lucky to have a very active local running/walking/fitness community. Because of the geographic makeup of our area, it's hard to have a central spot to meet friends and other like-minded fitness enthusiasts to train with. Our community has solved that problem by offering several different locations and times for fun runs. Here's a brief summary of fun runs available in the area, but for more details on each, [CLICK HERE](#).

DAY	LOCATION	TIME	ORGANIZER
SUNDAY	COCOA, RIVERFRONT PARK	6:30AM	SPACE COAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	6:00AM AND 7:00AM	PINES PLODDERS
MON-WED-FRI	FAY LAKE WILDERNESS PK, PSJ	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	6:30PM	PEDRO TOLEDO
TUES & THURS	ISLAND STRIDE SPORTS, IHB	6:00PM	DAN SMITH
TUESDAY	VARIOUS-MELB & COCOA BCH	6:00PM	ELIZABETH RING
TUESDAY	PALM BAY COMMUNITY CTR	6:30PM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WED & THURS	EAU GALLIE CIVIC CTR	6:00PM	RUNNING ZONE
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACE VIEW PARK, TITUSVILLE	7:00AM	PEDRO TOLEDO

If there are fun run groups that are not listed here, send an email with details to Bob@RallCapital.com.

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. They offer a wide variety of classes from kick-boxing to yoga to swim lessons for the kids. And there's 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 their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their Facebook page!

Carol's Corner

Contributed by Carol Ball, SCR President

I'm BAAAAACK!

Yes, now that I am a casualty of the recent KSC workforce reduction, I decided to again take on the role of SCR President to fill my idle time (what was I thinking?). I just LOVE this Club and all its members! I believe that we can all benefit both physically and mentally from an active lifestyle that involves having fun with others. The purpose of our Club is to create opportunities for just that to happen!

The new SCR Runner of the Year Series will begin this month with Running on Island Time 5K at Divine Mercy in Merritt Island on August 20th. Spread the word! New this year is a Walkers category! In an effort to include those folks that can no longer run (like me), or who simply chose to walk, we have been encouraging our Race Directors to include Walkers Awards in their races. Beware - this walking stuff is not easy! Not as hard on the joints, but a workout nonetheless! We would like all walkers to be able to maintain a minimum 20 minute per mile pace in our events, in consideration of the time element for the race personnel.



Also NEW this season! The Brevard County Series Showdown! Running Zone Foundation, Space Coast Runners, and Titusville Race Series will join forces at the end of the Brevard County race season to present this Championship Event on June 9th, 2012. Here's how it works. Win any Series Award (age group ,overall, age graded), in any of the 3 Series, and you will qualify to run the FREE Championship 5K Race! But that's not all.... Special awards will be given to anyone winning an award in ALL THREE SERIES during the season! There will also be an OPEN 5K Race for the rest of us, with medals to all finishers. Afterwards it is PARTY TIME for all and Awards for each of the Series will be presented!

So join us on the roads; at the races, fun runs, and training camps, and let's all have fun!
—Carol

Thanks Carol! And Welcome Back!—BR

“At first an ordeal and then an accomplishment, the daily run becomes a staple, like bread, or wine, a fine marriage, or air. It is also a free pass to friendship.”

—Benjamin Cheever, Strides



Space Coast Runners Membership Application



Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to all Space Coast Runner races (pre-registered entries only) and several other races.
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Fill out the following form and return it with a check to: Space Coast Runners, P.O. Box 2407, Melbourne, FL 32902-2407

New Membership Renewal Individual – \$30 Family – \$35 Full-time Student – \$15

Name: _____ Phone: _____

Address _____ Age: _____ Sex: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Email: _____

If Family Membership, list names, dates of birth and sex: _____

Additional sponsorship options: Supporter – \$20 Sponsor – 50 Benefactor – \$100

I would like my contribution to help: SCR Youth Running Series Space Coast Classic 15K Eye of the Dragon 10K

Space Walk of Fame 8K Space Coast Marathon

I would like to volunteer at club races (circle races above)

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

**Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*

Meet Your SCR Board of Directors

Ty Bowen

I've never really been a runner. I've also never held much interest in the usual sports one participates in during high school and college. My passion was BMX freestyle riding and race cars. It was not uncommon for me to always have scraped knees and grime under my finger nails. My BMX days may be over, but I'm still a gear head, and enjoy my performance cars.

My first taste of running came after I entered college. While I was in Air Force ROTC, we had to meet minimum physical requirements, which included running 1.5 miles in under 12 minutes. I didn't enjoy the PT tests, but would average 10:30s and my best was a 9:59, which I chalked up to many years of riding bikes.

Four weeks of officer training at Vandenberg AFB was an eye opener into the world of running every day. Even though I had my first experience with serious shin splints, I can remember talking with my fellow cadets about how I wanted to continue running after training was over. But like New Year's Resolutions, that goal was not upheld, and the frequent running faded away.

Military cut backs and losing my 20/20 eyesight ended my possible career as an Air Force Pilot. By that time however, I had taken up skydiving, and was as happy to jump out of aircraft as I was to fly them. I guess you can say I enjoy adrenaline sports. After graduation, I worked in the skydiving industry designing and testing equipment for sport jumpers and military customers. It was very satisfying to work with our Special Forces and design gear to suit their demanding requirements.

Continued on next page...



**Ty in front of Shuttle Atlantis
after her final
trip on the STS-135 mission**



Are you kidding me???? —BR



2010 SC Marathon Expo with other board members. 10

Meet Your SCR Board of Directors

Ty Bowen *continued*

The next step in my career brought me to Kennedy Space Center to work on the recovery parachutes for the Shuttle and Constellation programs. It is there that I would get my next taste of running, as I met my wonderful girl friend, Carol Ball. She had recently had knee surgery and was working on getting back to running. I could see how incredibly important running was to her, and wanted to help her get back however I could. Even though she was recovering, she could still leave me in the dust easily!



Ty and Carol at the 2010 Space Coast Marathon

Sadly, Carol has not been able to run competitively since, but we started walking, which grew into a new sport for us. I now eat healthier, feel better, and have reduced my cholesterol by 42 points! She has been a tremendous inspiration in many ways, and I've found a physical activity I enjoy that doesn't involve wheels or wings (I would love to get into road bikes though!).

It wasn't long before we were joined by other walkers, and recovering runners and the SCR walking group started to take shape. Once up to speed, we began entering local races as walkers, with the goal of always getting quicker, and encouraging others to join us. We have been actively promoting walking in our community and working with race directors to include walking categories in their events. I would like to encourage all walkers and even runners to join us on the road and at the races (all SCR races are walker friendly). It is a great way to get exercise and you may even win an award! See you out there. —Ty

Chillin' at Grand Lake, CO



Thanks Ty!!—BR

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

**3696 N. WICKHAM ROAD, MELBOURNE
ACROSS FROM BREVARD COMMUNITY COLLEGE**

Space Coast Runners Social

July 16, 2011

No starting line, no finish line, no timers, no running...just runners coming together for food, drink, prizes and friendship at the Space Coast Runners Social held at Pizza Gallery and Grill



Barbara thought it was nice we all got together for her birthday! At least we sang to her.



3RD ANNUAL

Another *Smooth Running* production

LONG DOGGERS

Radically Relaxed Grill & Brew



BEACH CHALLENGE

5K RUN / WALK

SATURDAY, SEPT 17, 5PM

WITH SPECIAL DIVISIONS: Big Dog, Bikini, Boardshorts

Indialantic, Florida

POST RACE PARTY WITH LIVE MUSIC!
Event tee and free beer or beverage to each runner

REGISTER ONLINE!

VISIT LONGDOGGERSBEACHRUN.COM

Gazelle's Gazette

Contributed by Jessica Crate

Editor's note: This is the fourth 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



Can you believe that we're already halfway through 2011?! WOW. The things we have accomplished just blows my mind, but I know that we are all capable of MORE. I know that your dreams are BIGGER, that your passion runs DEEPER and that your focus is SHARPER! Mine sure is! Especially after recently celebrating my "marathon" birthday of 26.2 years, which ironically plays well into my goals this year.

My goal for 2011 is to reach new heights, conquer new goals and bring out the BEST in each of you... So, what do I have in store for the rest of 2011?!

My first goal is training specifically for the Olympic distance triathlon at Age Group Nationals in Burlington, VT [on August 20th](#) and making Team USA. Shortly after I will resume the marathon training regime for the ING NYC Marathon in November, with my eyes on a PR & Olympic trials qualifying time.

I'm excited to share my adventures with you through my new website as you keep up with me on this journey. 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 my current lifestyle. Endurance athletics are threaded through me completely. It is a real passion. I would encourage you to relish in every moment and appreciate the time you are out getting active. 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!



Continued on next page...

Gazelle's Gazette *continued*

Contributed by Jessica Crate

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...the same. Teamwork. Friendships? Takes two. Endurance athletics (minus the equipment) is completely up to me.



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 just recently finished 1st OAF in the Bluewater Olympic Triathlon in Ontario, Canada and 1st OAF in the Melbourne Beach Sprint Tri. I am focusing on several upcoming triathlons, with the Jacksonville Sprint Tri being the next stop. The end goal is to do my first USAT Olympic distance in August before taking another stab at an Olympic Trials qualifier in the ING NYC Marathon. In the meantime, I look forward to updating you on racing & training, but more importantly, providing you with the latest in nutrition, products, events, and motivation! Keep up with me or join me! See you out on the roads or in the water!

Keep on keeping on. Life is good. Be healthy! :-D

Thanks Jessica!—BR

“Running should be a lifelong activity. Approach it patiently and intelligently, and it will reward you for a long, long time.”—Michael Sargent

“I ran to be free; I ran to avoid pain; I ran to feel pain; I ran out of love and hate and anger and joy.”—Dagny Scott, Runner's World Complete Book of Women's Running



6th Annual "Running on Island Time" 5K Race/Walk



Benefiting Divine Mercy Academy
 Visit www.dmccs.org/5k for more information
 Saturday, August 20th, 2011 7:30 AM
 1940 North Courtenay Parkway, Merritt Island



2011 - 2012 SCR Runner of the Year (ROY) Kick-off Race

- **NEW THIS YEAR: Electronic Bib Timing**
- Technical shirts guaranteed for first 350 registrants
- Door Prizes & Yummy Post Race Refreshments
- *Unique Awards for Runners and Walkers*

FEES:

Early Register (postmarked 8/13): \$23
 \$2 Discount for SCR Members for Early Registration
 After 8/13 or Day of Race Registration: \$30
 Students/Alumni: \$18
 Kids Fun Run: FREE
Checks payable to Divine Mercy Catholic Academy

MAIL:

Registration forms and payment to
 Divine Mercy Academy
 c/o 5K Race
 1940 N. Courtenay Parkway
 Merritt Island, FL 32953

RUNNERS AWARDS:

Top 3 Overall M & F, Masters M & F,
 Grand Masters M&F, Senior Grand Masters M&F

Age Groups (Top 3 M&F)

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

NEW!!!! WALKERS AWARDS:

Top 10 M & F

TIMES:

6:00AM: Packet Pickup and Day of Registration
 7:15AM: Day of Race Registration Ends
 7:30AM: 5K Run/Walk Begins
 8:45AM: Kids Fun Run Begins
 *Awards to Follow Kids Run

Running On Island Time Official Entry Form

Name: _____ Walker Runner

Address: _____

City: _____

Phone: _____ Email: _____

Date of Birth: _____ Age on Race Day: _____

Sex (circle): Male Female Shirt Size (circle): YM YL AS AM AL AXL AXXL

In consideration of my 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 on 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 Running on Island Time 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

Safety First with SCR

Article contributed by Ty Bowen

On June 4, 2011, Health First conducted a free CPR training course in the Viera Space Coast stadium. They initially expected about 500 people to attend, but they exceeded that number in the first few days of promotion. In total, they received over 2000 RSVPs for the free training! Several Space Coast Runners were in attendance, including Carol Ball, Lisa Farrall, Cyndi Bergs, Marisa Flint and myself. It was great to see so many people interested in learning life saving skills.

We did not know what to expect for a training environment, and were surprised to see it was held on the baseball field outdoors! Numerous volunteer medical professionals were on hand to conduct the CPR training. We were lined up in rows and passed the training units along as each person received individual instruction for adult and infant CPR. It was amazing how quickly they were able to train so many people.

In addition to the CPR course, the Eagles Foundation, an employee-funded organization, partnered with Health First to donate 5 AED units to selected groups which could benefit from having such devices available. An AED is an Automated External Defibrillator, which is used to address ventricular fibrillation, the most common cause of sudden cardiac arrest, or heart attack. An AED is designed to evaluate the heart rhythm, and deliver a shock across the heart, if required, to get it beating normally. If this is administered within the first few minutes after the heart has stopped, the victim has a greater chance of survival. For every minute of delay, the chance of survival declines by 7% to 10%.

Space Coast Runners entered the drawing and was chosen to receive a free AED! This will be an incredible life saving device to have on hand at SCR events. Before receiving the AED, I had to attend a seminar at the Health First Training Center to learn about maintaining and operating the unit. The instructor was David Schmitt, the Lead Continuing Education Instructor. The class was very informative, including hands on training. The unit is very easy to use, and actually talks you through the steps! While we hope that this AED unit will never be called into service, it is comforting to know that it will be available at the finish line at SCR events to support our running and walking community.



Photo (L to R) Pam Bridges and Dee Rogers, Eagles Committee Members; Larry Garrison, Health First, Toby Gutierrez, Space Coast Soccer, Ty Bowen, SCR, and David Schmitt, Instructor, Health First

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Work hard, be strong! What are YOU prepared to do?

Run a Mile With...The Krupp Family

James, Ragan, Braden, Jackson and Lillian

Name: The Krupp's

Family: James, Ragan, Braden, Jackson, Lillian

Ages: 36, 31, 10, 3, 2

Originally from: James: Ohio
Ragan: Oklahoma
Kid's- Brevard County

Grew up where?:
James: Titusville
Ragan- South Florida

Occupation:

James- In between jobs
(Professional Dad)

Ragan- Practice Manager with American Dental Partners

Dream profession: James- Professional Fishing Guide/Personal Trainer,
Ragan – Community Involvement

Number of Years Running: We just started last year. Our 1st Family 5k was the Watermelon Run in Winter Park last year on July 4th. We've done about 15 5K's as a Family since then.

Began Running Because/To: Jamie - I watched my Boss die of Cancer and decided it was time to quit my horrible habit of Smoking. My wife suggested we start running. I figured I played 14 year's of Soccer, ran Track and Cross Country in High school, this should be "No Problem". Boy was I wrong! For the first couple of weeks I couldn't run to the end of the street without stopping to catch my breath. But, in time it became easier. Running went from a painful reminder of my former lifestyle to a form of relaxation and stress relief.

Ragan – To be a healthy example to my children. And to better myself physically.

Braden – "Because I wanted to be an athlete"



Jamie, Ragan and Braden (sandwiched in the middle)



Continued on next page....

Run a Mile With...The Krupp Family

James, Ragan, Braden, Jackson and Lillian continued

I Knew I Was Hooked When: Jamie - I ran my first 5k last year. I didn't realize how much I missed the thrill of competition.
Ragan – I crossed my 1st finish line, which was a struggle, and became emotional. I wanted to do it again and do it better!
Braden – It was exciting.

Race PRs (Personal Records): James-23:11 Ragan-33:45
Braden- 26:49

Most Satisfying Race Performance(s): Jamie - I would have to say the Firecracker 5k this year. Although it was really hot, I PR'd by 1 second.
Ragan – I had a young woman who had never run a 5K before pacing off of me which I found funny yet flattering.

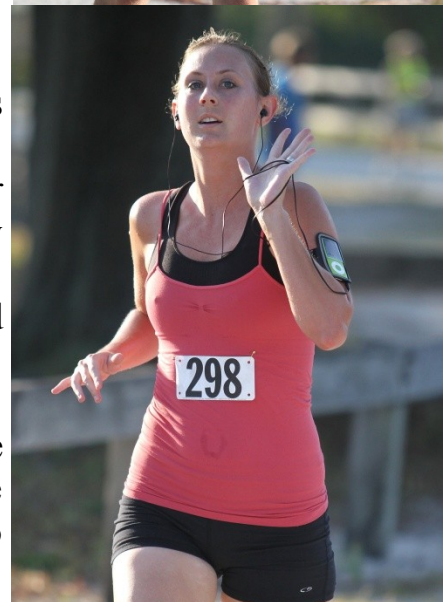
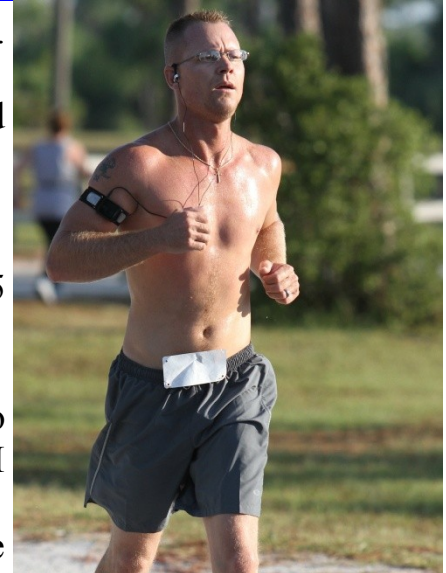
Favorite Race(s) and Why: Jamie - Any race done as a Family is a special memory.
Ragan - Watermelon Run a year ago – it was the beginning of our journey, what got us hooked. We were so proud! The Ghostly Gecko is a blast too!
Braden – Church at Viera to benefit Hope Counseling – the award was awesome!

Favorite Race Distance and Why: 5k's- It's the only distance we've done so far. Ragan & I are both training for the Space Coast Half Marathon. Can't wait to see what it feel's like to finish a longer distance like that.

Favorite Place(s) to Run: Jamie - We run all over our neighborhood's in Port Saint John.
Ragan – I'd like to see us venture out of the neighborhood, maybe attempt some trail runs.

Continued on next page...

A family that runs together, stays together. If you have a running family, and would like to be featured in "Run A Mile With...", send an email to Bob@RallCapital.com.



Run a Mile With...The Krupp Family

James, Ragan, Braden, Jackson and Lillian continued

Running Goals: James- Our goal as a Family is to run all the races in the SCR Series as well as the Running Zone series. My personal goal is to continue to improve without injuring myself. I want to see how well I can do in the series standings in my Age Group. I'm currently 9th after the first race.

Ragan – to continue to progress. I can't wait to say I completed a Half Marathon, to me that would be an accomplishment. I'd love to do the Warrior Dash and really see what I'm made of!

Braden – to PR at 20 minutes.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:

Jamie - Lou Holtz, I'm a Huge Notre Dame fan!

Ragan – I'd love to one day be able to run alongside my husband. If I could only catch him!

Funniest or Oddest Thing I've Seen While Running: Jamie & Ragan – We've both had our battles with dogs, they come out of nowhere!

Training Philosophies: Jamie - "Somewhere in the world someone is training when you are not. When you race him, he will win." Tom Fleming's Boston Marathon training sign on his wall. Although I'm not at the top of my "Game" or even my Age group, I think this way. I'm a little competitive.

Ragan – keep moving, you can throw up later haha!

One Piece of Advice That I Would Give to a New Runner: Jamie - Keep at it!!! The beginning is the toughest part.

Ragan – Have a support system, get involved with the community, volunteer at Half & Full Marathons for inspiration.

Braden – You're doing great! Keep it up!

Other Sports& Interests: Jamie - Fishing, Golf, Anything in the Wilderness as a Family
Ragan – Active member of The Junior League of Central & North Brevard & of course my family keeps me pretty active!

Braden – watching football, playing soccer & baseball.



Continued on next page....

Run a Mile With...The Krupp Family

James, Ragan, Braden, Jackson and Lillian continued

Favorite Reads: Jamie – Runner’s Magazine & Florida Sportsman, Ragan – Anything, I love to read.

Favorite Movies: Jamie - Braveheart, Rudy (like I said, “big Notre Dame fan”)

When Nobody is Looking I Like to: Jamie & Ragan- Dance silly with my kids.

Favorite Meal: James- I’m a Meat & Potatoes type of guy.
Ragan – Sushi, I’m NOT a meat & potatoes kind of girl! HA!
Braden - spaghetti

Dream Vacation: Jamie - I want to go see the Notre Dame Campus in South Bend Indiana.
Ragan – I dream of traveling the world, learning other cultures.
Braden - Hawaii

Why did you join SCR? For motivation. We’ve met a lot of great people and hope to become even more involved in the running community.

*Hmmm...I wonder if
Jamie might be a Notre
Dame fan?—BR*

*THANKS GUYS!! GREAT
JOB! KEEP UP THE
GOOD WORK.—BR*

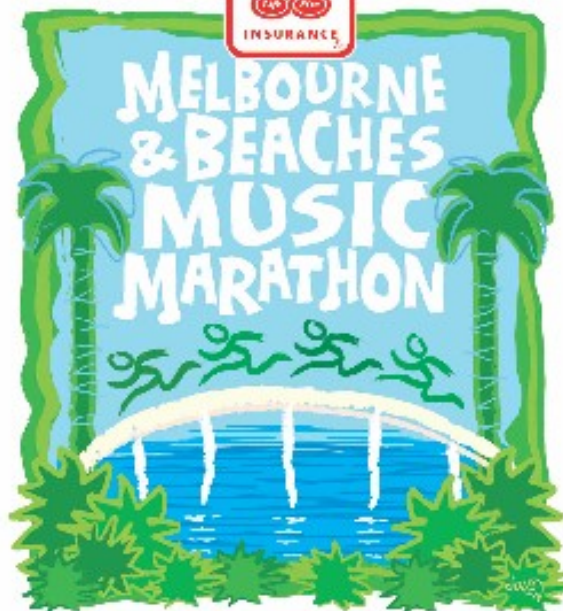


**The Running members of the Krupp family:
Ragan, Braden and Jamie**

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- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- One guest of the Florida's Finest Team Member will receive entry into the *Walt Disney World®* Marathon, Half Marathon or Family Fun Run 5K (fee is not waived). Guest race application must be submitted by November 15, 2011.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2011. The Team, with a brief biography on each, will be announced in the November/December 2011 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2011:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Birth date and age on January 8, 2012, race day;
3. Running career highlights;
4. Marathon(s) completed 2006 thru 2011 (include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2006 thru 2011 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: flrunn@cf.rr.com or mail to: Florida's Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819; Tel 407.352.9131. This magical opportunity is open to all Florida residents. To participate in the 2012 *Walt Disney World®* Marathon as one of Florida's Finest, submit the information today.



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Firecracker 5K

July 4, 2011

The 2011-2012 racing season started off with a bang with the Firecracker 5K held on our nation's birthday. It was a HOT morning as over 750 runners lined up at the starting line at the Liberty Bell Memorial Museum for the start of the Running Zone Race Series. A ringing of a replica of America's Liberty Bell, started the race and the season was underway.



The race, and the racing season got off to a fast start

The hot temperatures didn't seem to have much affect on some scorching times posted by the leaders. James Post was the Overall Champion, crossing the line in 16:07. Chris Rego finished second in 16:37 and Michael Fisher was third in 16:58. Doug Butler was the Male Masters Champ with a time of 17:16.

For the ladies, Jessica Crate started the season as she left off last season, crossing the line in 17:45 and taking the Overall Female Champion award. Angela Cobb was second in 17:52 and Teresa Ristow finished third with a time of 18:12. Jackie Clifton took the Female Masters Champion award in 19:57. For complete race results, [CLICK HERE.](#)

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



Photos: L—Jessica Crate, 1st OA Female; R—James Post, 1st OA Male



Firecracker 5K

July 4, 2011



Workman Warriors 5K

July 23, 2011

Nearly 200 runners/walkers gathered at the far end of Wickham Park on a hot Saturday morning to race through the sandy trails while raising money for the Sentinels of Freedom Space Coast. It's the second year that State Rep Ritch Workman has organized the event, which ended with the presentation of a check of just over \$13,000 to the Sentinels. Funds raised go to provide a 4-year life scholarship, providing financial support, to local wounded veteran Marine Cpl. Robert Smith.



Dillon McGhee was the Overall Champion, crossing the finish line in 18:09. John Davis was second in 18:17 and Brian Gase finished third in 19:04. Sean Black was the Male Masters Champion with a time of 19:55. On the ladies' side, Sue O'Malley was the Overall Female Champion, coming in at 22:34. Allyson Pagan finished second in 22:45, and Althea Hewitt was third in 22:49. The Female Masters Championship was claimed by Cathie Poor, with a time of 26:09.

The race also had a team division. A team was made up of at least 8 participants, with the top 8 times from each team combined for the overall time. The team from Rall Capital Management took top honors, with a combined time of 3:20:14.



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



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- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

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Tuesday

Thursday

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