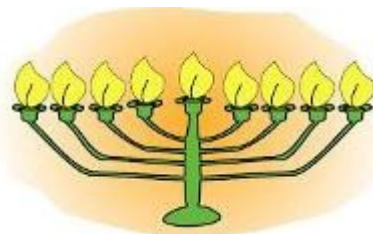




SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

January 2013



The racing season took a little holiday break, so not a lot of races to report on for December, but the season (if not the weather) surely heats up again this month. Several races to choose from this month, the results of last month's races, and more....inside.

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FROM THE EDITOR



Can you believe it is 2013 already? The days, weeks, months and years just seem to be flying by. The new year is a great time to reflect on what we've accomplished over the last year and put our New Year's resolutions in place to make sure our future is bigger and better.

New Year's resolutions are really just goals, and not many groups set goals better than runners. We set goals to run better; to run a certain event, or events; to get faster; run longer; get more fit; or to return to the sport we love after an injury. What are your goals for the New Year? They say that if you tell others your goals, you are more likely to reach them because of the accountability factor. So, if you would like some extra accountability, go to the SCR Facebook page and let the community know what your plans for 2013 are. I'll start it off...here and on the Facebook page.

I have a very simple and straightforward goal for 2013. I would like to be able to return to running. I have been fighting a knee injury for a couple of years now. After the Marine Corps Marathon in October, I have committed to taking 3-4 months off to see if the rest helps. In the meantime, I have crossed over to the dark side and have started cycling...and finding that I really am enjoying it. I have already set some cycling goals for the year. My running goal for the last several years has been to complete a marathon in all 50 States, joining Marty, Dick, Marlene, and Fiona in a pretty exclusive group. Unfortunately, that doesn't look like it's going to happen. So this year, I would like to return to running and maybe be able to run in some of our local races. What's YOUR running or walking goal for 2013?

Bob



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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 SpaceCoastRunners.org. We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month.

The next SCR Board Meeting will be held: 7pm; Monday, January 21st at the Health First Pro-Health and Fitness in Viera.



CONNECT WITH SPACE COAST RUNNERS

Are you into Social Media?

Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club happenings; area races and fun runs; set up workouts; talk with other runners and walkers; share photos; and provide feedback to the Board. Come join us!

WEBSITE: www.spacecoastrunners.org

Website Editor: Loran Serwin, Lserwin@cfl.rr.com

Results/Calendar: Matt Mahoney, Matmahoney@yahoo.com

Facebook Manager: Rene Dunne, ReneDunne@aol.com



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 Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- 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.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:
Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

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: _____

I would like to volunteer: SCR Youth Running Series Space Coast Classic 15K
(check appropriate boxes) Eye of the Dragon 10K Space Walk of Fame 8K Space Coast Marathon

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 2012-2013 SCR Board of Directors



Carol Ball
President

cball1@cfl.rr.com



Mary Ramba
Vice-President

mramba@aol.com



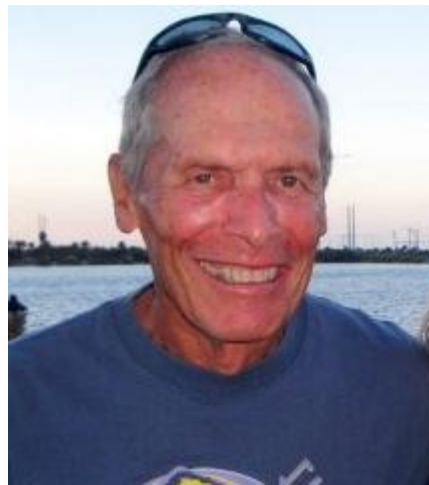
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Meet your 2012-2013 SCR Board of Directors



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Carol's Corner

Contributed by Carol Ball, SCR President

Happy New Year, Space Coast Runners!

As we head into our 2013 chapter, I wish everyone a healthy, injury free running journey! While races are quite often the culmination of all our training, I think the "fun runs" are where the social part of running is. This is where we make and build our friendships, share training tips, locations, and advice. Check out the list of fun run locations in this newsletter and on our website. Grab a friend, runner or not, and get to one of these fun runs. Encourage a family member to get active. You will meet friendly folks, happy to help you get involved in the sport.



Space Coast Runners also hosts socials during the year, but I would like to see us have a few more. In the past we have met at several Brevard locations such as Riverfront Park, Ryan's Pizza, and DaddyUltraRuns in Cocoa Village, Pizza Gallery in Viera, and Fishlips in Port Canaveral. If anyone has any ideas for a new location, I would like to know about it. It could be a park or restaurant, with or without a fun run.

I am also looking for ideas for Club **giveaways**. We have done SCR logo visors, caps, koozies, ornaments, car magnets, lights, T shirts, etc. What are your favorites, or what other items would you like to see offered?

We will be planning for the next ROY series in the coming months. Which races would you like to see again? Which not so much? Why? Any you would like to see considered?

This is YOUR club, and the SCR Board is committed to you, so please give me some input! I am at the Cocoa Village Fun Run nearly every Sunday, or email me (cball1@cfl.rr.com)

Thank you!

Carol



SCR News and Notes



WELCOME TO OUR NEW CLUB MEMBERS!!

Make sure to say HELLO and extend a warm SCR welcome to our newest club members: **Rebecca Skillen, Shelley Christian, and Mark, Jade and Ruby Vanderwyst.**

SPECIAL THANKS TO THE FOLLOWING FOR THEIR HELP IN THIS MONTH'S NEWSLETTER:

Carol Ball, Loran Serwin, Running Zone, Matt Mahoney, Jim Schroeder, Kimberly and Harry Prosser, Doug Carroll, and ESPECIALLY TO: Keekoh Caza, Cooper Petrillo, and Duchess and Kasper Hernandez.

RACE DISCOUNTS!!

SmoothRunning, LLC is offering all SCR members a 15% discount to any race in the Melbourne Marathon Weekend. If you are participating in the 5K, 8K, Half-Marathon or Full, visit their website at www.themelbournemarathon.com and enter the code: GOSCR when you register.

RUN OUT THE OLD, RUN IN THE NEW.

The New Year's Eve 5K was held on December 31st in Melbourne Beach. A free, fun run, the race results are age-graded by subtracting 10 seconds for each year over age 35. Matt Mahoney and Joan Joesting-Mahoney served as Race Directors and ran the race. 21 participants came out for the run and the pot luck post race spread. But for yet another year, no one has started and finished the race in the same year.

HEADING SOUTH!

The Cocoa Village fun Runs have changed direction. The group meets at 6:30 every Sunday at Riverfront Park. Water and Gatorade will be available at the 2 and 4 mile (approximately) marks.

SCR News and Notes



BY POPULAR DEMAND....THE BIRTHDAY LIST IS BACK!!

HAPPY BIRTHDAY!

Wish a Happy Birthday to the following folks when you see them:

January 1—Robert Bruckhart and Phil Hatcher; **2nd**—Blanche Morrison, Joe Castner and Karen Rodriguez (with a G); **3rd**—Henry Campbell and Willy Moolenaar; **4th**—Aeddon Burns, Lorayn Goldsmith and Patrick Greene; **5th**—Ryan Preston and Shelley Christian; **6th**—Harry Prosser; **7th**—John Hardos; **8th**—Rik Ojeda; **9th**—Rebecca Sparks, Brian Kennedy, Noah Ogburn and Martha Brown; **11th**—Sandra Gannon, Becci Carmichael, Jodi Campbell, Ron Bailey and Kristen Tinker; **12th**—Angela Staab, Rick Unrue, Jeremy Flint and Arleigh Sharpe; **13th**—Jim Haithcoat; **14th**—Melanie Delman, Bailey Deese and Joan Thibodaux; **16th**—Donna Neill and Greg Hayes; **17th**—Linda Foster and Douglas Gearhart; **19th**—Janice Gagnier and Jade Vanderwyst; **20th**—Doug Norris and Cristina Nunez; **21st**—Tom Hoffman, Hannah Deese, Charis Gaines and Lacy White; **23rd**—Kara Hedgespeth, Mary Joseph, Michael McCauslin and Patti Hatcher; **24th**—Audrey Joiner; **26th**—Karen Hughes; **27th**—Kristen Beck; **28th**—Dennis Dailey; **29th**—Shawn Burns; **30th**—Keith Flint, Jennifer Karla and Benjamin Gearhart; **31st**—Katie Marsh.

And for those with a birthday early in February...**1st**—Risa Holmquist; **2nd**—Owen McCrudden, Coby Karl and Ok Sun Sharpe; **3rd**—Laura Sardella, Colin Hedgespeth and Ron Roff; **4th**—Greg Butler and Terry Weber; **5th**—Tracy Dutra (formerly known as Simso), Marlene White, Steve Colella and Pamela Castellana; **6th**—Quinn Kanner.

HAPPY BIRTHDAY TO ALL!!



The SCR Series Runs into 2013!

2012-2013 Race Series

Featured SCR Race of the Month



HOLY TRINITY EPISCOPAL ACADEMY

16th Annual Tiger Dash Cross Country 5K & 1 Mile Run

Experience a cross country 5K on a great course or choose to race the 1 Mile on Holy Trinity Upper School's rubberized track.

WHERE ► Holy Trinity Episcopal Academy
5625 Holy Trinity Drive
Melbourne

WHEN ► 8:00 am
Saturday, January 26, 2013

WHAT TO EXPECT ► The day's events begin at the HT Upper School where runners are treated to a manicured campus course. Runners will experience the natural terrain and much, much more. The `Lil Tiger Fun Run starts at 9:45 and is free. Proceeds benefit Holy Trinity's Cross Country and Track & Field programs. Awesome awards for male/female overall, masters, wheelchair and age group in the 5K and overall male/female in the mile.

Running On Island Time 5K	✓
Turtle Krawl 5K <i>NEW!</i>	✓
Chain of Lakes 5K	✓
Fall Into Winter 5K <i>NEW!</i>	✓
Space Coast Classic 15K	✓
Space Coast Half Marathon & Marathon	✓
Reindeer Run 5K	✓
Tiger Dash 5K	Sat, Jan 26, 2013
Tooth Trot 5K	Sat, Feb 9, 2013
Eye of the Dragon 10K	Sat, Feb 23, 2013
Downtown Melbourne 5K	Sat, Mar 30, 2013
Space Walk of Fame 8K	Sat, Apr 13, 2013

Check out the SCR Runner of the Year Series Standings today!

[Click Here for the Results](#)



For Complete 2012-2013 ROY Rules

[Click Here](#)

2012-2013 Space Coast Runners

Youth Series



Photo: Steve Cateilla, YourPhotosNow.com

7 FUN RUNS • FREE! PICK THE DISTANCE

For ages 12 & under –
1/4, 1/2 or 1 mile distances.

Participation awards for ALL!



Run for Fun!

For more information visit
www.spacecoastrunners.org

Space Coast Runners

Youth Series

The Space Coast Runners Youth Series consists of 7 non-competitive FUN runs for ages 12 and under. The series purpose is to include youth in organized runs and encourage participation and an interest in running and fitness.

There will be no charge for these runs, but parents will be required to sign a waiver before the runs for their children to participate.

Choice of distances are 1/4 mile, 1/2 mile and 1 mile. (Children should run distances commensurate with their ability).

There will be participation awards at each race. All children who complete 4 of the 7 series runs will be recognized and receive an award at the SCR ROY Awards in May 2013.

Contact: Ragan Krupp
Email: raganlr@hotmail.com



Run for Fun!



Space Coast Runners is a non-profit organization whose purpose is to promote running as a means of healthful exercise at the community level.

2012-2013

Youth Series

RUN DATES

Chain of Lakes

Saturday, October 13, 2012

Titusville, Approx. 8:45 am

Fall into Winter,

Saturday, October 20, 2012

Coconuts, Cocoa Beach,
Approx. 8:45 am

Space Coast Classic

Saturday, November 10, 2012

Ryckman Park, Melbourne Beach
Approx. 9:00 am

Reindeer Run

Saturday, December 1, 2012

Cherie Down Park,
Cape Canaveral,
Approx. 8:45 am

Eye of the Dragon

Saturday, February 23, 2013

Eau Gallie Civic Center,
Melbourne,
Approx. 9:15 am

Downtown Melbourne

Saturday, March 30, 2013

New Haven Ave, Melbourne,
Approx. 9:00 am

Space Walk of Fame

Saturday, April 13, 2013

Space View Park, Titusville,
Approx. 9:15 am



Local Fun Runs & Walks

It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed.

Day	Location	Time	Organizer
Sunday	COCOA,RIVERFRONT PARK Heading North	6:30AM	SPACECOAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	7:00AM	UP & RUNNING FITNESS
MONDAY	PIZZA GALLERY AT THE AVENUES	6:00PM	RUNNING ZONE
MONDAY	LONGDOGGERS, INDIALANTIC	6:00PM	JESSICA CRATE
MON-WED- FRI	FAY LAKE WILDERNESS PK, Port St. John	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	5:30PM	PEDRO TOLEDO
TUESDAY	ISLAND MULTISPORT, IHB	6:00PM	JESSE HALL
TUESDAY	PALM BAY RECREATION CTR	6:00AM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WEDNESDAY	EAU GALLIE CIVIC CTR	6:00PM	RUNNING ZONE
THURSDAY	SATELLITE BEACH LIBRARY	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACEVIEW PARK, TITUSVILLE	7:30AM	PEDRO TOLEDO





www.rallcapital.com

Robert J. Rall, CFP®

A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.



Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.

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Marty Winkel

321-537-3256

sceventmgt@gmail.com



Run a Mile with

Harry & Kimberly Prosser

THE FACTS



Originally from: Harry (43) was an Air Force brat, born in Ohio and raised in Florida, Spain and Oklahoma, returning to Florida in 1981. Kimberly (45) is a native, born at Wuesthoff Hospital in Rockledge.

Family: Daughter Amber, 22 (NYC) and son Colin, 20 (home)

Occupation: Harry is managing director of AquaDraulics Plumbing Supply, for all your faucet, sink, toilet, accessories, water heater & irrigation needs (shameless plug). Kimberly is the emergency management director for Brevard County.

FOR THE RECORD

Number of Years Running: Harry began his running career at Eau Gallie High School, where he ran the 400-meters and 800-meters in track. After taking a few decades off, he returned to the sport three years ago. Kimberly tried running with him then and hated it. A year later, friend Robyn Kleinschmidt talked her into (and through) it. The first 5K in which she ran (not run/walked) the entire distance was the 2011 Suntree Turkey Trot.

Began Running Because/To: Harry: After two years of my doctor telling me that I needed to lose weight, my cholesterol was too high and was going to require medication, and that I needed to exercise, I finally listened and began to run. I have lost nearly 40 pounds, dropped body fat percentage, and can now eat anything (almost). Kimberly: At first it was a social thing with Robyn. Then I realized how many more calories I burned & earned! I use the MyFitnessPal app religiously (some would say, obsessively) to log everything I eat, drink and exercise, and have lost 25 pounds.

I Knew I Was Hooked When: Harry: After training for several months with my friend Jon White, I ran my first 5k race (Reindeer Run in Cape Canaveral 2009). I totally enjoyed the competition, but mostly the experience after the race of watching all of the people hanging around having a great time and collecting their awards. I began to train more, and run in more races. Kimberly: I stopped making excuses not to run. (It's sprinkling? I'd get wet from sweating anyway. Stomachache? It's gonna hurt whether I run or not.) Also, after I signed up for Coach Butler's summer camp. You're not just there for fun.

Race PRs (Personal Records): Harry: 5K is 20:52.5; half-marathon is 1:42:28. Kimberly: 5K is 26:33; half-marathon is 2:04:12 **BREAKING NEWS...Just before we went to press, it is being reported that Kimberly has smashed through her 5K PR...posting a 25:01 at the BSYO Symphony Sprint on January 5th. CONGRATULATIONS KIMBERLY!**

“Don't get hurt” - Harry's advice to new runners

THE FAVORITES & MORE

Favorite Race(s): Why? Harry: I have always enjoyed running the Eye of the Dragon 10K race. I like running on Pineapple Ave (I rode my bike along that road as a kid, going to the library), and enjoy the finish line...coming off the bridge and around the final turn into the home stretch. Even when the race goes long, it's still my favorite one. Kimberly: I haven't been running that long, so most courses I have only done once or twice. But I train on River Road every Sunday, so I'll choose the Space Coast Half-Marathon...a familiar course and a really cool medal. (Now if I could just find those water stations!).

Favorite Race Distance: Why? Harry: It's a toss up between the 10k and the half-marathon. The 10k is easier to work into a normal training routine, but finishing a half-marathon just sounds cooler. Kimberly: The half-marathon is my favorite. You pretty much have to train for it, so somebody who's a couch potato can't spontaneously show up one day and beat you. Plus, you burn a ton of calories, and I love to eat!

Favorite Place(s) to Run: Harry: I like running the "Rock" in the center of Rockledge. We live a half-mile off the marked path, so it is convenient to run from the house. I also like that the distance can be lengthened or shortened by cutting through the different neighborhoods along the route. And no matter how long I want to run, I am never more than 3 miles from home.

Kimberly: River Road in Cocoa and Rockledge—residents and drivers there are friendly, if you are, and the speed limit is low. And I like to run "The Rock" - the path along Murrell/Eyester/Roy Wall where the City has marked the distances on the sidewalk. I wish there was a lighted track where we could do speedwork after it starts getting dark early.

Most Satisfying Race Performance: Harry: Over a seven-month period, I participated in the Advocare/Epic Sports Sprint Duathlon Series at Moss Park in Orlando. I won the overall Duathlon Series Championship for 2012. Kimberly: The 2012 Space Coast Half-Marathon, when I beat my goal time (2:10:00) by almost 6 minutes, and the 2012 Jingle Bell 2-miler, when I cracked the 8-min-mile mark with a 15:48.



Running Goals: Harry: It's a stretch goal, and will take a couple of years of training and effort, but I would like to run the Boston Marathon at least once. Kimberly: To go faster!

Running Partner(s): Harry doesn't have a regular running partner but is accepting applications :) Kimberly's running partner is Nancy Wingo; they run at about the same speed but both constantly push each other to go faster and farther. We are both members of Jackson's Jets & Joggers, which is a terrific running team of friends.

One Piece of Advice That I Would Give to a New Runner: Harry: don't get hurt. Kimberly: I have no original advice. Everything comes from coaches Doug Butler, Suzie Enlow and Rick Foresteire. "Don't just go out and run; have a purpose." "Your goal is to run negative splits." "Don't overdo it; the idea is injury-free running."

THE FAVORITES & MORE

Other Sports & Interests: Harry: I began riding a bike in July 2011. I participated in my first duathlon that same year with encouragement and race prep from Chris Waterman. I like the sprint distance, and look to add swimming in the coming year to compete in my first triathlon. Also, this past October, I completed my first Intracoastal Waterway Century ride.

Kimberly: I am always looking for opponents in Words With Friends (send me a request to kchp1998). I also cycle, but not nearly as frequently or as far as Harry does. My furthest distance is the Space Coast Metric Half Century. We are season ticketholders and big UCF football fans, and have been good luck charms for the team in the 2010 Liberty Bowl and the 2012 Beef O'Brady's Bowl.

When Nobody is Looking I Like to: Eat cookies.

Favorite Meal: Harry: A good meal in a nice restaurant with family and friends. Kimberly: I love seafood, Mexican, Indian, Lebanese, Greek, sushi, and trying new dishes and flavors... we're foodies... but I hate to cook.

Dream Vacation: Any vacation that is planned by someone else would be a dream for me. I just want to show up and enjoy.



LAST BUT NOT LEAST

Why Did You Join SCR? Being part of the running community helps us improve, is a great source of inspiration and support, and we meet interesting, talented people (like the newsletter editor).

Editor's note: This is one SMART couple!

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Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Mississippi Blues Marathon & Half-Marathon

January 5, 2013—Jackson, MS
Contributed by [Carol Ball](#)



SOUTHERN HOSPITALITY AT ITS FINEST

Last May, Ty and I attended the RRCA Annual Convention in Memphis, TN. Every year there is a silent auction with varied items that member club convention attendees donate to raise money for various programs. We saw one of the auction items that intrigued us – a Jan 2013 Mississippi Blues Elite Race package, including 2 nights stay at the Old Capitol Inn Bed & Breakfast, 2 entries to the marathon or half marathon, admission to the elite pre-race pasta dinner, and elite breakfast on race day – a \$650 value! So, since we are attempting to run a half marathon in every state, this would add to our list. Long story short, we ended up winning the package!

Now fast forward to this past weekend, y'all. We flew to Jackson, MS on Friday morning, Jan 4. I had been in contact with Bryan Lagg, Elite Athlete Coordinator, so that he could register us in the race and book the B&B. We found out that there was no airport shuttle, so Bryan said to just give him our arrival information and he would have us picked up. We were soon to find out that hospitality was the name of the game here in Jackson, MS! We were met at the airport by Matthew Brinson, a very personable fellow who said we must be hungry, arriving at 11am (12noon to us). He proceeded to describe several local choices and treated us to a delicious lunch. We were then driven to our B&B, which was within walking distance of the race expo, the pasta dinner and about one block from the race start and finish! Convenient and very nice accommodations!

We got settled in and headed out to pick up our race packets. It was a nice expo, well organized, and even had one booth with clothing and other items for \$9.99 each! We picked up a couple nice pair of Saucony gloves w/ lights, and 2 Asics long sleeve running shirts. Everyone at the expo was so friendly with their Southern drawl accents. The race packets were drawstring bags including a tech shirt and the usual contents, but also a Mississippi Blues harmonica!



Long Distance Relationships

Mississippi Blues Marathon & 1/2-Marathon cont'd

The elite pasta dinner was very nice, surrounded by Elite runners from all over the country, many originally from Kenya. Bryan was very accommodating, making sure that all the elite participants would have their specific needs met on the course, beyond the scheduled water stops. The first three men and women were each supplied with their own bike escorts! We learned that the race is capped at 3,000 runners in order to keep it well managed and to give everyone a home town race experience. There were 47 states and 11 countries represented this year.



Matthew, Ty, Carol and Bryan

The weather race morning was mid 30's with little wind. We had heard stories of temps in the teens at previous year's events! We met up with our friend, SCR member Lani Ragan, and it was really nice to be able to stay inside our B&B lobby until 10 minutes before race start. The course was rather hilly for us flatlanders, but we made the best of it and truly enjoyed the down hills. The course volunteers and citizens were all out cheering us on with signs and music, thanking us for coming. Ty and I are both battling knee issues so we were pleased to finish with respectable times. It was an uphill finish in front of the impressive Jackson Old Capitol Building Museum (Pictured below), with glittery blue guitar medals, and mylar blankets for all. The post-race spread was awesome with red beans and rice, hot tomato bisque, pizza, turkey subs, peanut butter and banana sandwiches (made by Elvis), cookies, hot chocolate, and beer, all served in a huge tent with propane heaters. A live blues band was playing on the stage adjacent to the food tent.

The male marathon course record was broken by nearly 2 minutes (2:16:48), earning the finisher, Craig Leon, 28, of Eugene, Oregon, a \$1,000 bonus in addition to the \$4,000 purse and an electric blues guitar! We found out that he was 45 seconds behind the leader with 2 miles to go and ran those last miles at a 5 min/mile pace! Truphena Tarus, 28, of Georgetown, Texas, was the top female, with the female course record time — 2:36:30. She also won \$5,000 and a guitar.



Lani and Carol at the start

Long Distance Relationships

Mississippi Blues Marathon & 1/2-Marathon cont'd

From their website: The Mississippi Blues Marathon and Half-Marathon continues to earn praise and is now being recognized as one of the “don't miss events of the year!” The Road Runners Club of America's *ClubRunning* magazine published an article in its September edition ([Club Running](#)) highlighting races around the country offering a substantial value in entry fees, race swag and more. The Blues were praised for a well-organized event, hospitable volunteers and an “unparalleled medal.”



Ty and I found this race to be a very well organized event featuring a challenging course, good weather, and excellent Southern hospitality!

Thanks Carol and Ty...and CONGRATULATIONS!—BR



**FRIENDS OF CHILDREN
OF BREVARD, INC.
FOR THE
GUARDIAN AD LITEM (GAL) PROGRAM**

PRESENTS THE 2ND ANNUAL

2013 GAL SUPER HERO RUN
JANUARY 12 @ 8AM, SPACE COAST STADIUM
www.galsuperherorun.com to register online!

\$20 registration fee until Jan. 11
 Day of registration fee is \$25.00
 Sorry, no refunds apply.

TIMETABLE:

Friday, January 11 – 10:00 a.m. to 6:30 pm
 Packet Pickup & Registration at Running Zone across
 from Brevard Community College on Wickham Rd.

**Saturday, January 12 – Space Coast
Stadium**

7:00 am Packet Pickup & Registration
 7:45 am Late Registration Ends
 8:00 am 5k Start!!!
 9:15 am Free Superhero Kids' Run

Awards Ceremony immediately following the race.

AMENITIES:

- T-Shirts • Door Prizes • Race Packets • Food & Drinks
- SuperHero medals for over 100 winners!
- Helping children and having a great time!

AWARDS:

Male & Female: Top 3 Overall, Top Masters
 (40+), Age Groups (top 3 male & female), Team

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

THE GUARDIAN AD LITEM SUPERHERO RUN OFFICIAL ENTRY FORM

Send completed entry form with fee to: GUARDIAN ad LITEM, 2825 Judge Fran Jamieson Way, Viera FL 32940

Make Checks Payable to: Friends of Children of Brevard, Inc.

Name _____

Team Name (minimum of 5 team members and must be coed): _____

Address _____ City: _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ (for awards purposes only)

Sex: Male Female Please circle shirt size(unisex): No shirt S M L XL XXL(while supplies last)

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against The Guardian Ad Litem, Friends of Children of Brevard, Running Zone and other named organizations of this event, or any subsidiary or political division thereof, it's officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from The Guardian Ad Litem Superhero Run 5K though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. 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

For more info please log onto www.galsuperherorun.org or email: mail@friendsofchildrenofbrevard.org

Mail: Guardian ad Litem Office, 2825 Judge Fran Jamieson Way, Viera FL 32940



DASHING DOWN THE STREETS

The 17th annual running of the Reindeer Run featured runners and walkers hoofing it in Cape Canaveral.



There was dashing, but no snow was in sight. O'er the flat pavement they went on a sunny, slightly humid 65° morning. Many were dressed in festive attire as the 17th annual Reindeer Run commenced at 8:00am. Santa Claus would have been proud.

The 7th SCR Runner of the Year series race saw Shane Streufert, 40, finish fa-la-la-la first in a time of 17:06. The overall female title went to Cathy Friedel, 48, who merrily crossed the line in 20:42.

Cape Canaveral Mayor, Rocky Randels was on hand to greet the crowd and personally thank everyone for coming out. Participants were treated to a great post-race spread put on by the Cape Canaveral Police Athletic League.

(continued next page)



Matt Mahoney, Ben Buchanan and fellow holiday runners race to the Cherie Downs park finish line. (Photo: Doug Carroll)

Left: Shane Streufert, first place male
Right: Anne Dockery, second place female, Annie Caza, female masters winner, Cathy Friedel, first place female

The December run had 380 finishers. Participant's ages ranged from 6 to 85.



Reindeer Run 5K Continued

The Reindeer Run is the final leg of the Holiday Beach Classic Mini Series so medals were handed out to those who participated in all three events. A commemorative cannon was dedicated to the park in memory of Raymond Jameison by Richard Prickett who is the son-in-law of Jamieson, the first mayor of Cape Canaveral. Proceeds from the 5K benefit the Brevard County Police Athletic League. For full race results [click here](#).

MALE OVERALL

Shane Streufert	17:06
Steve Hedgespeth	17:24
Chris Loines	18:59

FEMALE OVERALL

Cathy Friedel	20:42
Anne Dockery	21:13
Denise Dancy	21:14

MASTERS DIVISION

Art Anderson	19:14
Annie Caza	21:28



Photos courtesy of Doug Carroll & a few from Brittany Streufert.





In Cape Canaveral

The movie, A Christmas Story, was filmed way back in 1983 but it quickly became a holiday mainstay. Sean and Allison Strauffer of Titusville brought the film to life before our very eyes as they recreated the infamous "Leg Lamp" scene at this year's 5K. Many marveled at the Stauffer pair as they made their way around the course. Allison finished a leg up on Sean in 34:21 as he followed a second behind in his box in 34:22.

Did you know that the style of the leg lamp was created by production designer Reuben Freed who had never before seen or heard of a leg lamp. Three leg lamps were made for the movie and all were broken on set during the filming. (TBS, A Christmas Story Fun Facts)



2013 WINTER Running Camp



Jan. 15th - May 7th
Individual and Group Runs
Tuesdays & Thursday nights
and Sunday mornings

Successful training for a 5k up to a Marathon



Coach Doug Butler, MS
—Sports Psychology

Named 2010 FHSAA
XC Coach of the Year

12 Florida Cross Country
State Championships

3 Florida Track & Field
State Championships

Coach Doug Butler has been training runners of all ages successfully for over 12 years. He has won more Florida High School Cross Country state championships than anyone in the history of the sport. He has coached legions of runners in all distances and provided training that has led to personal successes for many high school team and individual state champions, footlocker xc national qualifiers, Boston & New York City Marathon qualifiers, off-season college soccer athletes—anyone seeking to improve their fitness levels through running. Many of the runners he coaches train with him the entire year and some for several years continuing to set new personal records (PRs). If you aspire to improve your running, no matter what level you are at, Coach Butler will help you achieve your goals using both personalized training and teaching that a positive mental outlook will allow you to build the confidence you need to move forward towards your goals.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. This camp is geared for adults, but, students are welcome to join if they are not a member of a high school track & field team.

Runners meet two nights a week and on Sunday mornings for group training runs. If you prefer to run on your own, Coach will gladly set up your program and communicate with you via email, text or phone. You are still welcome to attend group runs if you choose.

The first night of camp (January 15th) will be at 6:30 p.m. at:
Running Zone - 3696 N Wickham Rd. in Melbourne just south of Post Rd.

Tuesday and Thursday evening runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

www.setgoalsnotlimits.com

First name _____ Last Name _____

Email: _____ Age _____

PLEASE PRINT YOUR EMAIL LEGIBLY

Phone _____

Weekly Miles _____ Current 5k time _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parent's Signature if runner is under 18 years

Date _____

FEES:

A late registration fee of \$20 will be charged to any registration postmarked after Jan 11, 2012

New runners \$175.00

Returning runners \$150.00

Seniors (60+) \$125.00

ANNUAL MEMBERSHIPS

New Annual Membership \$400

Annual Renewal \$350

Participate in year-round training

Sorry, all fees are non-refundable

Make checks payable to:

Set Goals Not Limits

Mail to:

Doug Butler

2730 Village Park Dr.

Melbourne, FL 32934

For more info contact:

Coach Doug Butler

coachdbutler@gmail.com

(321) 749-9778 (until 9 pm)



DOGGONE FUN!!

The 3rd annual Bayfront 5"K9" dog friendly race had all paws on deck to help save homeless pets and fight pet obesity.



Drs. Jen and Paul Sikoski, veterinarians at Palm Bay Animal Clinic, organized a unique event for dogs and their owners to get active and raise money to help homeless pets in the process. The 3rd annual race was held on December 2nd and it started at the Palm Bay Animal Clinic.

This race gave people an opportunity to get out with their beloved pets, get some exercise and raise money for a wonderful cause. Pet obesity is a growing epidemic, with an estimated 54% of overweight or obese pets.

The race benefits the North and South Animal Care Centers located in Titusville and Melbourne.



Bayfront 5K Continued

For full race results [click here](#).

DOGGIES

LARGE DOGS

Joplin Pinnick	21:36.7
Pogy Fuller	21:43.6
Cooper Petrillo	21:53.5

MEDIUM DOGS

Keekoh Caza	21:37.3
Duchess Hernandez	21:52.3
Hendrix Pinnick	22:13.7

SMALL DOGS

Maxx Wilson	24:47.2
Boo Boo Piercy	30:13.7
Billy T Heibert	30:13.9

HUMANS

MALE OVERALL

Jacob Smithe	17:33.9
Alec Reesh	18:48.0
Andy Dutra	18:53.1

FEMALE OVERALL

Tracy Dutra	19:48.6
Samantha Folio	21:25.6
Annie Caza	21:38.9

MASTERS DIVISION

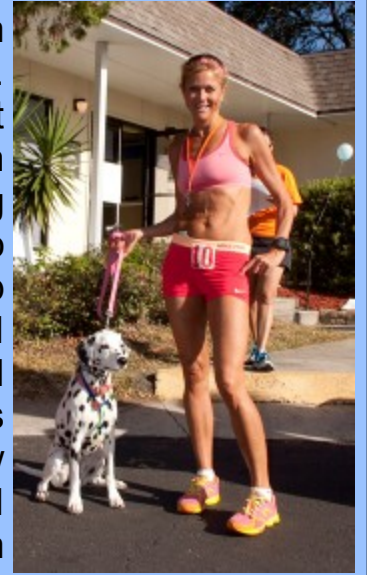
Mike Fretz	18:54.6
Sheila Pavlick	24:54.7



Photos courtesy of Doug Carroll

Bayfront 5K Continued

My name is Keekoh Caza winner of this year's race in the medium dog category. I train with my mom , Annie Caza, almost every day. Bayfront is by far my favorite event because it is the only time I get to race officially. This year was even better because as soon as Erin (Vader's mom) said go, I bolted ahead of everyone! I was not going to let any other dog ahead of me! At mile 1, the clock said 6:20, so my mom asked me to slow down a little. I really wanted to keep going fast, but running is a partnership between the 2 of us, so I stayed at her pace for the rest of the race. It was really cool because there were people cheering us on and they would all tell us I was the first dog (of course I knew this!), but a lot of people knew my name, so it was really cool to hear: "Go, Keekoh!" Then, when I saw the finish line, I got even more excited! I wanted to give mom that feeling of intense pride. She was ecstatic that we won! We train together all the time, sharing a victory like this was amazing! I also love that I get a real medal too!



Cooper Petrillo had a few words he wanted to contribute - "I LOVE this race! I don't know why dogs aren't allowed to run more races with their humans. I was so excited at the start that I could barely contain myself! I thought the course smelled great, and the water stop was nice, but I didn't need it. I saw several of my friends stopped for a drink though. The downhill at the end was awesome, but my mom had a hard time keeping up with me. She did good though considering she's been injured! The RZ staff cheered for me as I crossed the finish line and I was on top of the world. I was immediately offered a dog bowl of water, which I needed by then, and it was delicious. My mom and I threw ourselves on the ground in exhaustion, but I actually still wanted to run farther. It would be nice if there was a longer distance offered. I think the farthest

I've ever run is like 6 miles, but I'm pretty sure I could run at least 10! Maybe even a half marathon, whatever that is. Anyhow, the next best thing was all the goodies after the race. I couldn't have the biscuits because I am on a gluten free diet, but my parents brought my breakfast, so I gobbled that down while they ate hot dogs and hamburgers. Then I socialized with my friends and we compared times while sniffing each other's butts. Next was the awards, real nice bone-shaped dog tags, which I really liked. I came in second in my weight class and got one. My mom got a matching one too. It was truly the BEST day EVER, and I can't wait for next year's race!"

Bayfront 5K Continued



Hi everybody! I'm Duchess & I want to tell you all about the awesome dog 5K race that I ran with my Brother Kasper & my Dad! We LOVE running with our parents so we all really appreciate the super event put on by Doctors Jen & Paul of the Palm Bay Animal Clinic! Me & Kasper are "kind of" experts since we've raced this event all three years & it's the course our parents take on Sunday long runs! We have really seen this race grow in size & FUN! We got to run with over a hundred of our buddies! It's really something special for all of us to get together for a fun run with our parents! Plus it was super fun hanging out before & after the race barking, eating people food, drinking cold yummy water out of big pools, licking & sniffing each other! The weather once again, was perfect!

This years race was fast & great! Kasper & I had a secret plan at the start to run as fast as we could & when Dad tried to slow us down- we ran faster! He was holding on for dear life as we sprinted the first mile! We were the lead dogs until about a mile in when our super good trail running friend Keekoh & her Mom Annie caught up to us. We ran as a pack for awhile and then she pulled ahead at about mile 1.5. We could see her up there & tried to catch her for the rest of the race! Boy she's FAST! My Brother Kasper ran GREAT! He pulled Dad the whole 5K. I ran good also and pulled Dad almost the whole race, but backed off around 2.5 or so. We have really been running A LOT with our parents lately (we LOVE trails) & are glad it paid off! We turned onto the final leg & when we crossed the tracks... we TOOK OFF and BOTH dragged Dad through the finish line! What a great finish it was!! We were the 3rd & 4th dogs!!! RUFF!! RUFF!!

BTW: We dogs LOVE running- so do all of our 4 legged buddies! We would love it if you took your dog out for a run! Who knows? Maybe we'll see you at the race next year!! We're already training!

Thanks again Dr Jen & Dr Paul!
Happy running!Duchess Hernandez"Ruff, Ruff"





20 BANDS • POST RACE CONCERT • WALKERS WELCOME

1 - mile dog run
on Saturday
to benefit
Wagstrong.org!



Qualifier for the
Boston Marathon



5K & 8K SATURDAY, FEBRUARY 2, 2013 & 



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 3, 2013

1/2 MARATHON RELAY

LIVE STREAMING WEBCAST OF THE FINISH LINE

2012 USATF MASTERS CHAMPIONSHIP 1/2 MARATHON

 A ZERO WASTE, GREEN EVENT 



WWW.THEMELBOURNEMARATHON.COM

Ancient Oaks 100 Mile Endurance Run

By Jim Schroeder



The Ancient Oaks 100 Mile Endurance Run went off without a hitch in ideal weather, a pleasant 60 degrees at the start, followed by a somewhat warm and humid morning with a partly cloudy afternoon spotted with cooling sprinkles. Night time temperatures were comfortably cool, featuring partly cloudy skies illuminated by a nearly full and very bright moon. AO is held in The Enchanted Forest, Titusville, Florida, consisting of 29 loops of approximately 3.46 miles each for 100.34 miles total providing a 1/3 mile bonus distance. The field is invitational only and capped at 60 runners.

As we have come to expect in AO, RD Mike Melton puts on a terrific endurance run aided with an outstanding crew of volunteers. The runners are getting spoiled with hot soup, Ramen noodles, grilled cheese sandwiches and the ever delightful after midnight hot and cheesy pizzas. The usual PB&J, cookies, nuts, chips and candies are always available.



Ancient Oaks 100 Mile Endurance Run Continued

For full race results [click here](#).

MALE OVERALL

Sung Ho Choi	18:48:49
Andrei Nana	19:53:47
Kenny Matys (his first!)	21:50:05

FEMALE OVERALL

Tammy Wonning	26:00:41
Jen Pearson	26:57:39
Liz Bauer (her 34th!)	27:03:04

A highlight for me was running with Karsten Solheim, age 75, as he completed his 31st endurance run in 31:15:51, well under the 32 hour cut off. I was not too far ahead with a 29:40:03 finish placing me at 20th out of 58 while Karsten came in 24th out of 58. This 100 miler marked my first time out wherein I cruised through the night without hallucinations, vertigo, nausea, or dizziness. I credit my two pacers, Jodi and Joyce, who kept me moving forward at all times and my mind occupied, plus a brighter set of lighting gear (200 Lumens out of the headlamp and two 100 Lumen hand carried lights).



Who is ready for the Long Haul 100 in January? I know Bruce will be there. :-)

58 runners started; 29 finished, which is slightly higher than the usual AO finish rate



Peak When It Counts *One Mile at a Time*

Two Program Levels
Three Important Principles
Running - Cross Training - Yoga

Whether you are a novice or trained athlete, Up & Running Fitness is for you
Train with certified coaches Elizabeth Ring and Karen Hughes
Experience what everyone is talking about!

Get in racing shape with fun group workouts!

12-week program begins January 15, 2013

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

We meet three times a week: Tuesdays (key workout) at Hoover Middle School, Indialantic at 6:00 p.m., Thursday evenings (locations vary) at 6:00 p.m. for tempo runs and Sunday mornings at Oars & Paddles Park, Indian Harbour Beach at 7:00 a.m. for a long run. Thursdays and Sundays can be performed on your own, but the group environment is always more fun!

One Mile at a Time: If you're new to running then the ONE MILE AT A TIME program is for you.

Peak When It Counts: For those of you that have the miles under your belt and are looking to be more competitive in the sport; obtain a new personal best; add strength and flexibility, then join our PEAK WHEN IT COUNTS program.

Both programs include:

- 12-week schedules based on your personal goals
- Weekly group workouts to help push and motivate you!
- Cross training to strengthen your body while developing your running skills
- Yoga targeted specifically to athletes to increase strength and flexibility
- Technical tee shirt for all participants who finish the 12-week program

Fees: New participants: \$140; Sign up for all three 2013 camps - \$350

Returning participants: \$110; Sign up for all three 2013 camps - \$280

Contact us: info@up-running-inc.com Register online at uprunningfitness.com

'Tis the Season to run 2

The 8th running of the Jingle Bell 2 Miler was a fun and festive holiday family affair.



On December 15th, the streets of Satellite Beach were jingling as over fifteen hundred runners and walkers raced the fast, flat course in Satellite Beach. Just as the sun began to set the race took off into a mild, cool easterly wind and the neighborhood homes began to glow with their festive Christmas lights.

It was a close race as eighteen year-old Alex Brown of Melbourne (9:54) took first place overall just two seconds ahead of seventeen year old Tristan Brown (9:56). Team Running Zone's Pete Clusener rounded out the top 3 in a time of 10:06.

The first female to finish was Angela Cobb of Melbourne Beach. She blazed her way to capture the female champion's crown and was twelfth place overall in a time of 10:59. Melbourne's Beth Whalen (11:33) and Palm Bay's Kim Hunger (11:44) placed second and third. (continued)



1,507 Runners & Walkers jingled their way across the finish line !

Jingle Bell 2 Miler Continued

In the Master's Division, Shane Streufert (40) secured the men's title in 10:37. Cathy Friedel (48) won for the women in 12:40.

Race attendance was up by 90 participants compared to 2011. SCR runner turned cheering spectator for the night, Marie Thomas told us, "It was a steady stream of people from the start of the race. They just kept going by and they were all looking very festive. I could tell everyone was having a great time." The event benefited the Make a Wish Foundation Central & Northern Brevard County Chapter and Joe's Club.



For full race results [click here](#).

Photos courtesy of TriHokie Images and Doug Carroll who ran his first 5K at this year's event. Way to go Doug! (right)



**25TH ANNUAL
EYE OF THE DRAGON 10K
TAIL OF THE LIZARD 2 MILE**



USATF Certified Course **FL11120EBM**

GENERAL INFORMATION

Join Space Coast Runners in celebrating the 25th anniversary running of the Eye of the Dragon 10k! Commemorative medals to all finishers in the 10k and 2 mile.

Race Date Saturday, February 23, 2013

Race Time 8:00 am - 10k and 2 Mile
9:15 am - Kids' Runs

Location Eau Gallie Civic Center
1551 Highland Ave, Melbourne

Directions From I-95, take SR 518 east, cross US 1, turn left after 3 blocks
From US-1, go north or south to SR 518, head east 3 blocks

AMENITIES

Finisher medals for the 10k and 2 mile
Women's cut race shirts, while supplies last (pre-registration suggested)
D-Tag timing for 10k and 2 mile events
Post-race refreshments in the Civic Center
Door prizes during awards ceremony

EVENTS

10k Run

You may run or walk any part of this event. **You must be able to maintain a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on overall and age group categories, as noted in the Awards section.
SCROY points for 15 & over only for 10k

10k Walk

You **MUST WALK** the entire course. Running will be cause for disqualification. This event is scored separately from the 10k Run, and you will not be allowed to change your category mid-race. **You must be able to maintain a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on order of finish for male and female participants - NO AGE GROUPS.
SCROY points for 15 & over only for 10k

2 Mile Run

You may run or walk any part of this event. Awards are based on overall and age group categories, as noted in the Awards section.
SCROY points for 14 & under only for 2 mile

2 Mile Walk

You **MUST WALK** the entire course. Running will be cause for disqualification. This event is scored separately from the 2 Mile Run, and you will not be allowed to change your category mid-race. Awards are based on order of finish for male and female participants - NO AGE GROUPS.
SCROY points for 14 & under only for 2 mile

For safety reasons, no animals, baby joggers, skates, or headphones permitted in 10k & 2 mile

Kids' Runs

FREE 1/4, 1/2, and 1 mile runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

AWARDS

10k Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Grand Master 1st Male & Female 50+

Senior Grand Master 1st Male & Female 60+

Age Group 1st, 2nd, 3rd Male & Female in 5 year age groups from 10-14 through 80+.

SCROY points for 15 & over only for 10k

10k Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Age Group 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 80+.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 14 & under only for 2 mile

More Information:

EyeoftheDragon10k@cfl.rr.com
(321) 783-6535
<http://spacecoastrunners.org>

Mail check payable to *Space Coast Runners* to:
 Eye of the Dragon 10k
 30 Country Club Road
 Cocoa Beach, FL 32931

On-Line at www.Active.com

Race Day from 6:45 to 7:45 am at Civic Center

Entry Fees

	Postmarked by 2/3/13	After 2/3/13
<input type="checkbox"/> 10k or 2 Mile	\$25	\$30
<input type="checkbox"/> SCR or Gecko club member	\$20	\$25
<input type="checkbox"/> No Shirt (must pre-register)	\$20	\$25
<input type="checkbox"/> Student through grade 12	\$20	\$20

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member

Email _____

Event: 10k Run 10k Walk 2 Mile Run 2 Mile Walk

Age on 2/23/2013 _____ Male Female

Birthdate: _____

Shirt: [YM] [YL] [XS] [S] [M] [L] [XL] [XXL]

Women's cut shirt preferred (while supplies last) Yes

Not a member? Join SCR and save \$5 on race entry:
 Family \$35 Individual \$30 Student \$15

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

Signature (parent or guardian if under 18) _____ Date _____

**25TH ANNUAL
 EYE OF THE DRAGON 10K
 TAIL OF THE LIZARD 2 MILE**



**A Space Coast
 Runner of the Year Event**

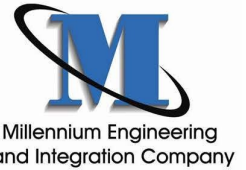
February 23, 2013

USATF Certified Course
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Cristina.Engel@TropRealty.com

“I go the extra mile....your Running Realtor”



Click Below:

Search for a home in Brevard County:

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Orange or Seminole County:

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<http://twitter.com/RunningRealtor1>

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 having four gyms in one! For more information visit their website at Health First Pro-Health & Fitness Center and become a fan on their Facebook page!



Brevard County Parks & Recreation & Health First present:
2nd Annual "ReCreate Your Life" Race Series



Pre-register for 5 races and receive prize!

(Check the box for the race you are entering)

- December 1**-Viera Regional Community Center: "Reindeer Dash 5k and Jingle Bell Walk" Viera (321)433-4891
Brevard Health & Wellness Expo Dec 1 8:30am-1:30pm FREE to attend, \$30/table due 11/28 Info:(321)433-4891
- January 19**-South Beach Community Center: "Shiver Me Timbers 5k and Walk" Melbourne Beach (321)952-3210
- February 16**-Rodes Park Community Center: "Forever Hearts 5k and Walk" W. Melbourne (321)952-3215
- March 2**-South Mainland Community Center: "5k at the Bay and Fun Walk" Micco (772)663-8748
- April 20**-Ted Whitlock Community Center: "Earth, Wind & Fire 5K & Fun Walk" Palm Bay (321)952-3231
- May 25**- Wickham Park: "Space Coast Mud Run and Kids 1k Challenge" Melbourne (321)255-4307

****Website for race details:** www.brevardcounty.us/RunBrevard

Sponsorships: See attached sponsorship package or visit website for details.

Cost: Day of Race - \$18 runner / \$12 walker
Pre-Registered (mailed) 7 days before each race - \$14 runner / \$11 walker

Registration: 7:00am - 7:45am, day of race. Race start 8:00am

Course: Start and finish is at each location, Race is on paved and unpaved roads through each park.

T-shirts: High quality cotton. *Guaranteed to first 100 Pre-Registered entrants per race.*

Plaques: First Place Overall & Masters & First Place Runner each age group (Male/Female)

Medals: Second and Third Place Runner in Each 5K each age groups (M/F)

Age Groups: (M/F) 0-9 then standard 5 years increments to 80+

More Info: Call (321)255-4400 or email southarea@brevardparks.com

Make checks to: Brevard County Parks & Recreation

Mail to: Brevard County Parks & Recreation 1515 Sarno Rd., Building A, Melbourne, FL 32935

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ DATE OF BIRTH: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ EMAIL: _____

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

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Brevard County Parks and Recreation Department, The Brevard County Commission, The State of Florida, Space Coast Runners, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photo graphs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may deemed appropriate under existing circumstances by personnel associated with the Brevard County Parks and Recreation Department. All photos taken by media or Parks & Recreation Staff can be used to market or promote other Brevard County Parks & Recreation Races. NO REFUNDS OR TRANSFERS.

SIGNATURE _____ DATE _____

PARENT / GUARDIAN SIGNATURE (If under 18 yrs) _____ DATE _____

2ND
ANNUAL

Doughnuts for the Heart CHALLENGE™



NEW DATE!!
RESCHEDULED
DUE TO
HURRICANE
SANDY

Sunday, February 10, 2013

Race Time 7:30 am

**Wickham Park
Melbourne, FL**

ALL PROCEEDS SUPPORT AND BENEFIT



FOR INFO CALL: 321-615-6525
www.DoughnutsForTheHeart.com



Florida Charity Registration Number: CI 86752. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800.435.7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

DESIGN BY GPS 321-381-4477



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

JANUARY 2013



**Croom Zoom
50K
1/5—
Brooksville,
FL**

Matt Mahoney
Jessica
McCaskill



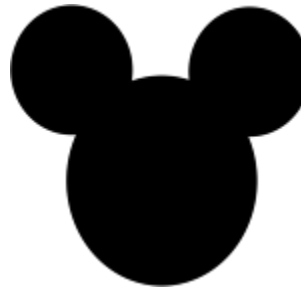
**Tinkerbell Half
Marathon
1/20—Anaheim, CA**
Harry Prosser,
Kimberley Prosser



**Ocala Half Marathon
1/20—Ocala, FL**
Les Dunne, Rene Dunne



**Naples News Half
Marathon
1/20—Naples, FL**
Donna Davis,
John Davis



**Walt Disney World
Half Marathon,
Marathon & Goofy
Challenge
1/12-13—Lake Buena
Vista, FL**

HALF MARATHON
Tommy Enlow, Charis
Gaines, Patti Sponsler,
Harry Prosser, Kimberley
Prosser, Debbie Rescott



MARATHON
Jan Gagnier, Chris Hain,
Jackie Kellner, Pat Kies-
selbach, Sharo Loines,
Nancy Wingo



GOOFY
Danny Barrett, Cyndi Berg,
Betsy Butler, Jim Caprara,
Craig Capron, Linda
Cowart, Suzie Enlow, Ma-
risa Flint, Kelly Hunter,
Susie Koontz, R.C. Koontz,
Andrea Lucas, Tricia
Lucas, Chris Loines,
Charlotte McClure,
Theresa Miller, Ron Roff,
Kelly Semenko, Christy
Tagye, Marie Thomas,
Christy Zieres



**Good Luck to all of our incredible January
athletes!**



Where In The World (continued)

JANUARY 2013



Marathon Bahamas 1/20—Nassau, The Bahamas

Gina Rall, Brittany Streufert, Shane Streufert



Rock 'n Roll St. Pete 1/2 Marathon 2/10—St. Petersburg, FL

Mike Acosta, Jessica Crate (pacer), Susie Meltzer



Miami Marathon & Half Marathon 1/26—Miami, FL

Jerry & Martha Brown
Steve Chin (pacer), Jesse Hall



Iron Horse 50 Miler 2/13—Florahome, FL

Joan Meadows

FEBRUARY 2013



Best Damn Race 2/2—Tampa Bay, FL

Kelly LaMaster



Myrtle Beach Half Marathon 2/16—Myrtle Beach, SC

Ed & Cristina Engel



Lost Dutchman Half Marathon 2/17—Apache Junction, AZ

Carol Ball, Donna Neill



Ralston Creek Half Marathon 2/10 — Arvada, CO

Carol Ball, Donna Neill



Livestrong Austin Marathon & Half Marathon 2/17—Austin, TX

Nan Pond

Check out all these great events. Send us your info today.



Where In The World (continued)

FEBRUARY 2013



A1A Marathon & Half Marathon
2/19 Tampa Bay, FL
Janiene Pape



Gasparilla Distance Classic
2/23 Fort Lauderdale, FL
Jessica Crate, Kelly La-Master, Ron Roff



Disney Princess Half Marathon
2/24—Lake Buena Vista, FL
Charlotte McClure, Connie Maltby, Emily Maltby



Tokyo Marathon
2/24—Tokyo, Japan
Cindy Bishop

MARCH 2013



Asheville Marathon
3/3—Asheville, NC
Daryl Gilbert, Kira Juranek
Bob Rall, Gina Rall



Long Play Race
5M to Ultra
3/3—Brooksville, FL
Single LP 33 1/3 Miles—
Cyndi Berg, Linda Cowart,
Charis Gaines
Double LP 66 2/3 Miles—
Danny Barrett, Hernan Garcia



Rock 'n' Roll USA Nation's Capital Half Marathon
3/17— Washington, DC
Les Dunne, Rene Dunne

APRIL 2013



The Hogeye Marathon
4/14—
Fayetteville, AR
Cindy Bishop

What races are on your schedule for 2013?
Email Bob@RallCapital.com



Where In The World (continued)

APRIL 2013



**Laufsport Saukel
Kempten Halbmarathon
4/14— Kempten,
Germany**
Dave Farrall
Lisa Farrall

MAY 2013



**Fargo Marathon
5/18— Fargo, ND**
Charlotte McClure,
Brittany Streufert, Marie
Thomas

DID YOU KNOW?

Fastest Mile Fireman's Carry

The fastest mile covered while carrying another person on one's shoulders is 15 min 11.87 sec by Ashrita Furman (USA) on 9 November 2005 at Liberty State Park, New Jersey, USA on Guinness World Records day. Example of the carry is shown below.



2013

Races to Check Out

GREAT ABACO 5K/10K

The 5K/10K Run/Walk is part of the Great Abaco Family Fitness Weekend of events in the Bahamas. You can also participate in the 1 mile Open Water Swim, Sprint & Olympic Triathlons (individual & relays) or the Kids 1-Mile Fun Run.

MARCH 24, 2013



March 22-24th 2013

7 CAMPUS SCRAM- BLE

The 5K Relay Race at Center City Park in downtown Greensboro, NC will have 4 biscuit-themed obstacles.— the Grit-Iron Tires, the Flour Shower, the Buttermilk Slip n' Slide and the Jelly Belly crawl.

APRIL 13, 2013



BARE BUNS FUN RUN

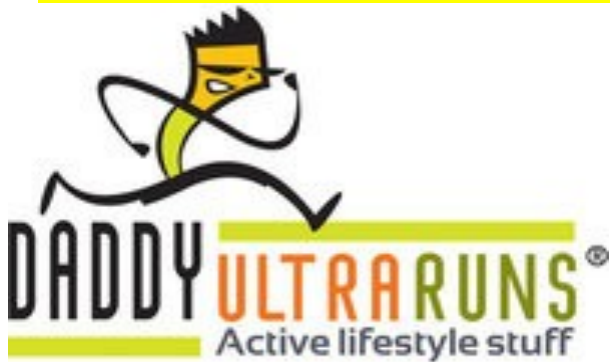
This USATF sanctioned 5K run/walk is held at Mountindale Sun Resort in Oregon is clothing optional. Last year's inaugural event had 25 finishers and a winning time of 18:22.

AUGUST 4, 2013



SCR MEMBER DISCOUNTS

The businesses listed below offer SCR members a 10% discount



GET MOVING!
Group Fitness & Personal Training

10% off an 18-class package!
www.getmovingfitness.weebly.com



BREVARD ZOO



MELBOURNE



It's your future...be there healthy.



YOUR BUSINESS HERE??

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you a free small ad space. For other ads, we charge \$25 for a half page and \$50 for a full page. Contact Bob Rall, Bob@RallCapital.com