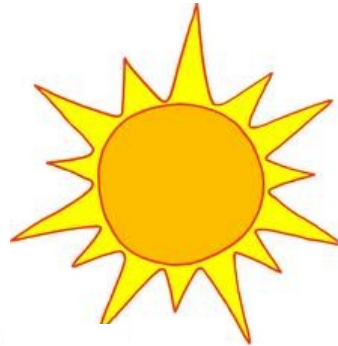




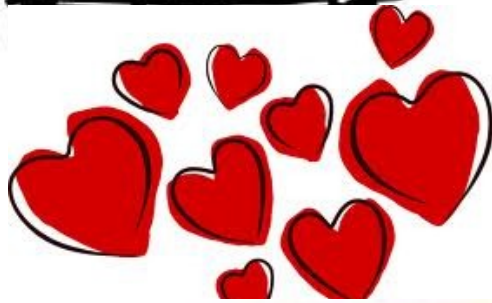
# SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness  
in Brevard County, FL

February 2013



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The racing season picked back after the holiday season. We had a Solar Bear Run, a Symphony 5K, an important SCR ROY race, a Shiver-Me-Timbers pirate-style race and all kinds of Super Heroes coming out to defend truth, justice and the American Way! All that...and more....inside.

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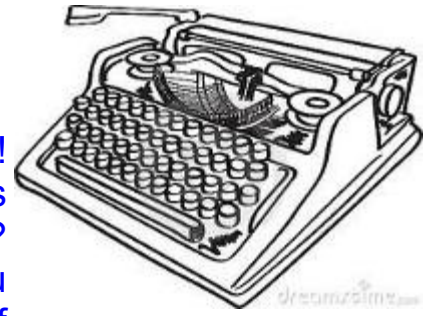
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# FROM THE EDITOR



Ok, we're 5 weeks into the New Year! How are your New Year's resolutions coming along? Keeping with them? Already modified them? I know you haven't given up on them, because if you are reading this, then you are a runner...and runners are some of the most disciplined people I know.

Who else do you know that will go out for a 10-mile run, get back to where they started and see that they are 0.2 miles short on their Garmin, so they run around the parking lot until they click 10?

Or, who else do you know that will get out of bed at 3:30 or 4:00am, on a Saturday or Sunday no less, because their training plan calls for a LONG run and they want to beat the heat, and/or they have to get to their kid's baseball/soccer/football game?

Or, maybe they are scheduled to get in some speed work. They meet their regular running group late on a summer afternoon and ignore the blackening sky and thunder in the (not-so) distance. They have to get their workout in.

I had breakfast with a running friend the other day. We discussed how busy life is and all the things we want to get done, but struggle to find the time to do. Once we take out the hours we need for work and sleep, there's just not enough time to do all the things we want to do. But runners find a way to make sure they get their workouts. Even injured runners, who may become cyclists, spin class participants, pool runners, etc., stay steady with their training.

So, what does all this mean? Look around at the other runners when you are at a race, or just on a training run. We come in all shapes and sizes. That tells me that being a runner isn't a body-thing. It's a mind-thing. And it's a good thing.

*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](http://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; February 18th 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](http://www.spacecoastrunners.org)

Website Editor: Loran Serwin, [Lserwin@cfl.rr.com](mailto:Lserwin@cfl.rr.com)

Results/Calendar: Matt Mahoney, [Matmahoney@yahoo.com](mailto:Matmahoney@yahoo.com)

Facebook Manager: Rene Dunne, [ReneDunne@aol.com](mailto: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](http://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



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Vice-President**

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# Meet your 2012-2013 SCR Board of Directors



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**Tristan Webbe**

[twebbe@cfl.rr.com](mailto:twebbe@cfl.rr.com)



# Carol's Corner

Contributed by Carol Ball, SCR President

It is February – the month for LOVE! As runners, we all know that what we do is so good for our overall health and well being. We sleep better, enjoy fewer illnesses, reduce our stress levels, and build self confidence through our physical endeavors.

How many of you run with your significant others or loved ones on a regular basis? If so, this is good! You are caring for one another with the support and encouragement of practicing a healthy pastime.

But, what about the other people in your life who are taking less than good care of themselves. (Think - parents, brothers, sisters, coworkers, or even your children!) Could you convince them to consider an activity such as yours? Let them know that it is because you love and care for them that you want them to begin a running, walking, swimming, or biking program. You know it works – the challenge is making them realize the life enhancing benefits that you now enjoy.

This Valentines Day, instead of chocolates and candy, show your love by getting someone off the couch and out the proverbial door for some good old exercise. Accompany them to a local specialty shoe store for a proper shoe and accessory fit. Help them set some realistic goals. Hopefully this will become a lifestyle change for the better. All because of your LOVE!

Carol

PS Space Coast Runners will have a team at the Corporate 5K on Thursday, March 14 and we would LOVE to have you on our team! Any pace welcome – it's for fun! We are paying half of the fee for the first 10 entries – so email me TODAY at [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com) for the discount code!



# 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: **Patricia, Darin and Peter McBride, Michael, Sandy and Maxwell Walker, Pete Quinlan, and Heide Jaksetic.**

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

**Carol Ball, Loran Serwin, Running Zone, Matt Mahoney, Kristen Tinker, Doug Carroll, Elizabeth Ring, Allison Stauffer and Pedro Toledo.**

## **WE NEED YOU!!!**

Attention all Space Coast Runners Members: We need volunteers for the 25th Annual Eye of the Dragon 10k and Tail of the Lizard 2 Mile race on Saturday, February 23rd. If you are not running, please come help—or if you are—bring someone along who can help! We need course monitors at intersections on Pineapple Ave, help with race set-up and registration. PLEASE call Marlene at 321-783-6535 or email her at [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com) TODAY!

## **HEADING SOUTH!**

The Cocoa Village fun Runs are now heading south. 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.

## **DISNEY RUNNING CLUB CHALLENGE**

We had a lot of SCR Members participate in the Disney Half, the Marathon, and quite a few who were just plain Goofy! But not many knew about the Running Club Challenge. The Space Coast Runners Team placed 2nd out of 16 teams! Congratulations to **Jim Caprara, Raul Ruiz, Christina Mitsakos, Cyndi Bergs, Theresa Miller, Linda Cowart, Betsy Butler, Pamela Gearhart, Christy Tagye, Kelly Hunter, Jacquelyn Kellner, Marisa Flint, Suzie Enlow, Christy Zieres, Craig Capron, Andrea Lucas, Ron Roff, Pat Kiesselbach, Danny Barrett, Henry Smith, and RC Koontz!!**

# SCR News and Notes



Special Kudos go out to Janice Gagnier, who completed the Savage Seven Marathons in Winter Springs. 7 marathons, 7 days, 183.4 miles in a week! Starting on December 26th, and ending on January 1st, participants ran 50 laps around the Winter Springs High School parking lot every day for 7 days! Way to go Janice!

★ HAPPY ★  
BIRTHDAY!

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

February...**1st**—Risa

Holmquist; **2nd**—Coby Karl and Ok Sun Sharpe; **3rd**—Laura Sardella, Colin Hedgespeth and Ron Roff; **4th**—Greg Butler and Terry Weber; **5th**—Tracy Dutra, Marlene White, Steve Colella and Pamela Castellana; **6th**—Quinn Kanner; **7th**—Vern Thomas; **9th**—Nancy Hayes, Ben Buchanan, Ryan Buchanan and Meredith Rea; **11th**—Terry Hayden; **12th**—Darwin Tangen, Shane Streufert, Terry Shepherd and Linda Schultz; **13th**—Tim Gannon and Brad Thomas; **14th**—Kendall Enlow, Cindy Bishop and Raena Karl; **15th**—Mark O'Donnell; **16th**—Kathryn Varnes and Don Nelson; **17th**—Killian McCoy and Kurt Holst; **18th**—Lorelei Jacobs; **19th**—Ralph James, Sue Strout and Joe Lento; **20th**—Joseph Joseph; **22nd**—Debbie Unrue and Christy Tagye; **25th**—Ryan Farner and Robin Moran; **27th**—Denise Piercy; **28th**—Jackie Schmoll; **29th**—(hey wait! There is no February 29th on my calendar!)—Morgan Scott.

And for those with an early March Birthday...**1st**—Pamela Gearhart; **2nd**—Doug Butler and Deborah Horst; **4th**—Donna Slomins; **7th**—Joseph Hofmeister and John Healey; **8th**—Kira Juranek and Maxwell Walker.





# February may be a short month but we have two great races for you to run!

## Featured SCR Race of the Month



### The 25th Annual Eye of the Dragon 10K & Tail of the Lizard 2 Mile

Join SCR in celebrating the 25th running of the Eye of the Dragon 10K! Commemorative medals to finishers in the 10K and 2 mile events.

**WHERE ►** Eye of the Dragon 10K & Tail of the Lizard 2 Mile Run/Walk  
1551 Highland Avenue  
Melbourne, FL 32935

**WHEN ►** 8:00 am 10K & 2 Mile  
Saturday, February 23, 2013

**WHAT TO EXPECT ►** Awards for both runners and walker categories. USATF certified course. Feel the burn on this scenic yet challenging course, guaranteed to fuel your inner-dragon. Proceeds benefit the Space Coast Runners Scholarship Fund.

## 2012-2013 Race Series

Running On Island	✓
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	✓
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**

## 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](http://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](mailto: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 CENTER	6:00PM	RUNNING ZONE
THURSDAY	EASTMINSTER PRESBYTERIAN	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACEVIEW PARK, TITUSVILLE	7:30AM	PEDRO TOLEDO





# Fun Run Spotlight Titusville Runners



Looks like a fun group that is not afraid to dress 'outside the box'!



Being the Gateway to Nature and Space is only one reason why Titusville has become so popular recently with runners on the Space Coast. In addition to the picturesque scenery around the city, Titusville's award-winning Max A. Brewer Bridge has opened up an entirely new backdrop for the runners' weekend long runs. "The Bridge", as it's referred to by locals, now gives those on foot easy access to the vast expanse of the Canaveral National Seashore, Black Point Wildlife Drive, and the Marina. A newly refurbished downtown area adds charm to running through the historic buildings and landmarks located within, all just a few blocks from The Bridge. Whether just a few miles or a marathon distance, Titusville has what you're looking for.

From phenomenal gyms with reliable child care to great trails with beautiful views of the parks and Indian River to cute breakfast spots to meet after a run, Titusville makes a great home to a group of solid, committed, fun bunch of crazy folks who run rain or shine. Or cold. Or hurricane.

The Titusville Runners enjoy participating in everything from ultras to 5K's to Dances with Dirt Relays. The Bridge really has become their favorite training run. You can find them there every Saturday morning. It's a small, but fun group that has been growing!

For more information, contact Pedro Toledo at [mртоledo2@yahoo.com](mailto:mртоledo2@yahoo.com).



[www.rallcapital.com](http://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.

Investing for the  
Long Run ...

... Because life is not a  
sprint, it's a marathon



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# Run a Mile with

## Kristen Tinker



### THE FACTS

**Originally from:** Wichita, Kansas

**Grew up where:** Wichita, Kansas, college in San Antonio, Texas, and lived 5 years in Tucson, Arizona

**Family:** Hubby Mark (married 20 years!), Children: Harrison (11), Garrett (7), and Addison (5)

**Age:** I'm 43...ouch!

**Occupation:** Educator. I was a K-8 principal, a special education teacher, and a reading specialist before having children.

**Dream profession:** Pediatrician or Performer/ singer

### FOR THE RECORD

**Number of Years Running:** I've run all my life but only became a competitive, long-distance runner in the last 5 years. My latest venture is pacing marathons. I'm ready for a different running challenge, one that's not about my goals but helping others achieve their own ambitions.

**Began Running Because/To:** We temporarily lived in the Whitley Bay condos. I remember standing on the balcony one early, Sunday morning in November and seeing a mass of runners along the road. Our whole family was so curious about the occasion, that we walked into Cocoa Village to see what was happening. I remember sipping an Ossorio's café mocha and realizing that runners from all ages, sizes, and skill levels were running 13.1 and 26.2 miles (Space Coast Marathon). My husband, Mark, had encouraged me for years to enter races, and I had declined with the idea that only elite runners could compete. It was that "café mocha moment" that opened my eyes to a whole new world. I decided then to enter my first race, the Space Coast Half marathon, in 2008, the following year. "If they could do it, I could do it!"

**I Knew I Was Hooked When:** Within 24 hours of finishing, and swearing I'd never do something so foolish again, I realized I had to run another half marathon to see if I could improve my time. What's more, I am hooked every day because it reminds me daily of my inner strength.

**Race PRs (Personal Records):** 3:27:16 marathon (Space Coast Marathon, 2012); 1:40:04 half marathon (Melbourne and Beaches Music Half Marathon 2012)

**"Believe in yourself"** - Kristen's advice to new runners

## THE FAVORITES & MORE

**Favorite Race(s): Why?** My most memorable race was the Boston Marathon. I ran in 2011 and 2012, and both times the experience was unforgettable. I'll never forget running alongside three 80 year-old runners (the oldest was 83), several fully-outfitted firefighters, a gentleman who'd lost his wife to cancer last year, and a couple who recently lost their 5 week old child to Leukemia. Everyone ran for a different reason, and the character of each individual combined with the incredible crowds in Boston was unforgettable. I've never experienced such tangible energy! Totally inspiring!

**Favorite Race Distance: Why?** I love the half marathon and marathon. 5K's scare me...I have never attempted one!

**Favorite Place(s) to Run:** One of my favorite training runs is to head out to Cape Canaveral on an early Sunday morning. By the time you hit the last bridge going into Cocoa Beach, the sun is rising, and it's unforgettably beautiful. It reminds me how lucky we are to live in Florida and to run and train here year round!

**Most Satisfying Race Performance:** To achieve your PR is always satisfying. I'd trained hard to run the NYC Marathon in November 2012. When it was canceled hours after picking up my bib, I realized I had to find another race. Naturally, Space Coast Marathon was the second choice being only weeks away. The Space Coast Marathon is such a beautiful course and a professionally run, well-organized race. We are lucky to have this in our backyard. To reach my PR, place first in my age group (I NEVER WIN!), and shake hands with Bart Yasso all in Cocoa Village. That's pretty incredible!

**Running Goals:** Complete the 5 Marathon Majors

**Running Partner(s):** Howard Kanner and Steve Oliver...the River Road guys

**Funniest or Oddest Thing I've Seen While Running:** I'm always surprised by the costumes people wear for races. I admire their wit, confidence, and ability to run in costume. I'm especially intrigued by the couple who ran the Miami ING Marathon in a wedding dress and tuxedo to celebrate their 25<sup>th</sup> wedding anniversary!!!

**Training Philosophies:** You can always do more!

**One Piece of Advice That I Would Give to a New Runner:** Believe in yourself, know that you will continue to improve, and start slowly.





## THE FAVORITES & MORE

**Other Sports & Interests:** I love cooking, gardening, and all physical activity in general. As a child, I swore I'd be the first female to play professional baseball in the Major Leagues.

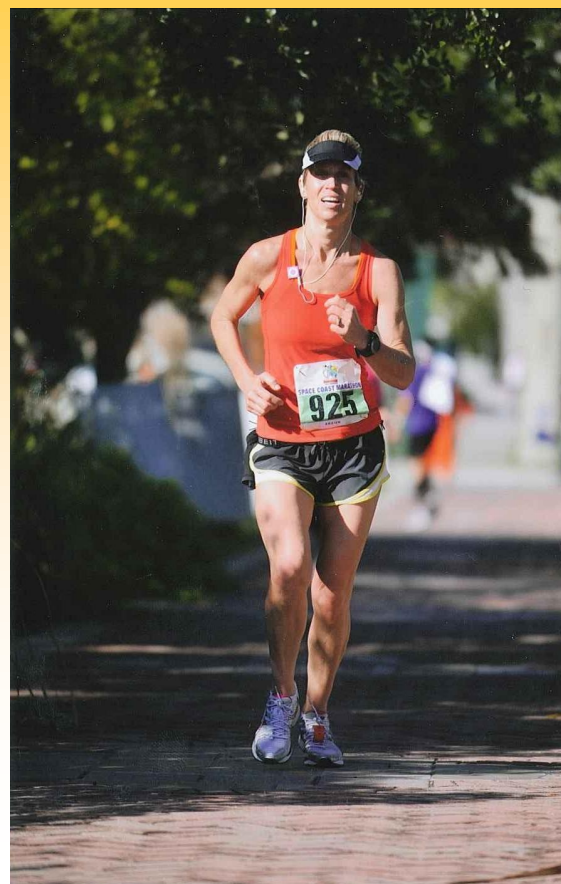
**Favorite Reads:** I'd love to have time for reading more cerebral material, but at this point in my life, short "fast food for the brain" is fantastic... I'm addicted to magazines!

**Favorite Movies:** I enjoy action/adventure, but silly humor can always bring me to the floor with laughter. And, I cannot resist Ferris Bueller's Day Off...always a favorite.

**When Nobody is Looking I Like to:** Dance with my arms in the air and sing loudly at the top of the bridges during long training runs.

**Favorite Meal:** I love soup....all varieties.

**Dream Vacation:** Anywhere I can sip a fruity drink, take a nap, be with my family, and go for a run!



## LAST BUT NOT LEAST

**Why Did You Join SCR?** I had "mooched" the free Sunday morning Gatorade and water for far too many years when I realized it was time to commit. The truth of it is I was intimidated by all the incredible runners involved with SCR and thought if I stole the water and kept a low profile, I'd go unnoticed! Totally backwards logic! I finally got busted and decided it was time to contribute.



*Voted One of the Top 50 Running Stores in America*

# **RUNNING ZONE**



***All Your Favorite Brands***

**Shoes • Apparel • Accessories**

**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**[www.running-zone.com](http://www.running-zone.com)**

*We want you to feel good when you exercise!*

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

***Store Hours:*** Monday - Friday 10:00am-6:30pm  
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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



**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](mailto: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](http://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  
**FL1120EBM**

**EVENT BENEFITS THE SPACE COAST  
 RUNNERS SCHOLARSHIP FUND**



**SPONSORS**



[aspecialoccasionmusic@yahoo.com](mailto:aspecialoccasionmusic@yahoo.com)





## **Space Coast Runners Annual Meeting**

## **Runner of the Year Celebration Dinner**

**Saturday evening, May 18, 2013, 6 pm**

**Indian Harbour Beach Community Center**

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

**“ROY Tickets”**

**516 S Plumosa St #15**

**Merritt Island, FL 32952**

**(Checks payable to Space Coast Runners)**

**By May 1st !!!!**

### Agenda

State of the Club

Golden Shoe

Hall of Fame

2011 SCR Scholarships

\*\*\*\*\*Dinner \*\*\*\*\*

Annual Financial Report

2013/2014 Officers/Board

Ran Every Race Awards

Youth Series Awards

**RUNNER OF THE YEAR SERIES Awards**

# Solar Bear Fun Run

The 3rd annual Solar Bear New Year's Day Fun Run kicked off the new year and got people motivated to start it off right!

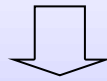
Kati Craig and Steve Chin did a great job in planning and coordinating this great fun run!

Front Street Park near downtown Melbourne was the start for the 5 milers, heading west over the causeway and through the neighborhoods to end at Ocean Ave. in Melbourne Beach.

Those that wanted an additional challenge were invited to run the 13.1 route, which started earlier at Ocean Ave. and that brought them to the 5 miler start.

Everyone had smiles on their faces before, during and after!

Can you pick out your friends in this group photo???



This fun run has grown exponentially since it's first year—let's keep it going for 2014!



# Solar Bear Run, Continued

Photos courtesy of Doug Carroll





# 3rd Annual **A. MAX BREWER BRIDGE 5K & SCS Fit Fest**

Proudly Hosted By Sculptor Charter School

**Ready, Set, GLOW! Saturday, February 23, 2013**

**SCS Fit Fest- 4:30pm ~ 5K Run- 6:00pm**

**Registration Info:** Register & pay online @ [www.raceit.com](http://www.raceit.com) -or- complete & return adjacent registration form, with entry fee, to **Sculptor/A. Max Brewer Bridge 5K, P.O. Box 2, Titusville, FL 32781**. Make checks payable to **Sculptor Charter School**.

**Adult** - \$25 (Early Bird- \$20)  
**Student** (under 18) - \$20 (Early Bird- \$15)

**Early Bird Discount: \$5 OFF-** Register by Feb 13<sup>th</sup>  
 Late Registration- Day of Race, begins at 4:30pm.

**Participant Packet Pick-up Times & Location:**

**Friday, 2/22/2013- 4:30pm-7:00pm -or- Day of Race, 2/23/2013 starting at 4:30pm @ Space View Park-West, Orange Ave & Us-1, Titusville. Packet will include** Souvenir T-shirt and exclusive participant gifts including GLOW-ing Accessories! **All 5K participants also receive a complimentary Chili Cook-Off Taste-Band!!!**

**Recognition Ceremony:** Immediately following run/walk end. One Male & One Female Runner will be recognized in each of the following categories:

- Top 3 Overall**
- Top Masters(40+) Overall**
- Top 3 Finishers per Age Group**

**SCS Fit Fest:** Prior to race, take a stroll in Space View Park West while meeting local health vendors & community wellness representatives.

- \* **Chiropractor**
- \* **Shaklee Reps**
- \* **Massage Therapist**
- \* **Local Vendors**

**Free onsite cholesterol & blood pressure screenings provided by CVS/Caremark.**

For more information, please contact: **Clarissa Kirk (321) 355-2527**  
[kirk.clarissa@sculptorcharter.org](mailto:kirk.clarissa@sculptorcharter.org)

**Sculptor Charter School**  
 1301 Armstrong Dr, Titusville, FL 32780  
[www.sculptorcharter.org](http://www.sculptorcharter.org)

**Event Map:** 5K Route: Start on Broad St near US 1, head east to Indian River Ave, left on Indian River Ave then right on A. Max Brewer Parkway. Follow across A Max Brewer Bridge and proceed east approx 1/2 mile. Follow turn-around, as designated, then travel back across the bridge. Turn left on Indian River Ave then turn right on Orange St. Follow to US 1, turn left, cross finish line at Chili Cook-Off.



**Run right into another memorable event with your complimentary Chili Cook-Off Taste-Band, included with your 5K Registration Fee!**



**5K Registration Form**

Participant Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

DOB \_\_\_\_\_ Age on 2/23/13 \_\_\_\_\_

**Please circle:**

Male / Female ~ Adult / Student

T-shirt Size: Adult- S M L XL XXL  
 Or Youth S M L

**Amount enclosed: \$ \_\_\_\_\_ Early Bird**

*In consideration of the entry for the A. Max Brewer Bridge 5K, I, for myself, my heirs, executors and administrators, waive and release all claims against Sculptor Charter School (B.I.C.S.), City of Titusville, DOT, SCEM, and all contractors, photographers, promoters, sponsors, supporters and volunteers, for all claims of damage, injuries, demands, actions in any manner as a result of my/family's participation in the event.*

Signature (parent/guardian/responsible party) \_\_\_\_\_ Date \_\_\_\_\_

**Reminders:** Make checks payable to Sculptor Charter School. Registration forms with payment may be returned to Sculptor or mailed to Sculptor/A. Max Brewer Bridge 5K, P.O. Box 2, Titusville, FL 32781.





# Symphony Sprint 5K

## Music To Our Ears

The Brevard Symphony Youth Orchestra hosted the Symphony Sprint 5K at Wickham Park on January 5th.

It helped raise funds to support the educational, non-profit organization.



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

### MALE OVERALL

Art Anderson	19:01.1
Jeff Cook	20:16.4
Harry Prosser	21:21.4

### FEMALE OVERALL

Debra Johansen	22:13.2
Cindy Bishop	24:20.2
Kimberly Prosser	25:01.4

### MASTERS DIVISION

Joseph Boudro	22:40.6
Nancy Wingo	26:09.9



The youngest runner in the race was 5 years old!

## Space Coast Runners Hall of Fame and Golden Shoe Awards

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

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



*From the SCR Guidelines:*

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

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

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

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

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

Please reply by April 1<sup>st</sup>, 2013. Email: [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)





5th race of the series

# 6th ANNUAL BREVARD ZOO'S MONKEY MADNESS 3K SATURDAY, MARCH 2<sup>ND</sup>, 2013 AT 7:00 AM Brevard Zoo, Viera, FL



### TIMETABLE:

Tuesday - Friday, Feb. 26<sup>th</sup> thru Mar. 1<sup>st</sup> 10:00 am – 6:30pm (or register at register.runningzone.com) Packet Pickup & Registration at Running Zone across from The King Center on Wickham Rd.

### Saturday, March 2<sup>ND</sup> – Brevard Zoo, Viera, FL

6:00 am Packet Pickup & Registration  
6:45 am Late Registration ends  
7:00 am 3K Start – No Monkey Business!!!  
7:35 am 3K Start – The Scenic Route!!!  
8:15 am Li'l Monkey Kiddie Run - FREE!

\*Awards Ceremony immediately following all races (all results from both races are combined for the awards)

#### Directions to Brevard Zoo:

Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. The Zoo is 1/2 mile on the right

### AMENITIES:

- Random Giveaway 1 day Disney Tickets and 1 hotel night stay for two!
- Check out Zoo Animals along the course
- 50% off Admission for All Participants on Race Day
- Free Li'l Monkey Kiddie Run
- Benefits Brevard Zoo
- **NEW THIS YEAR!!!** Two separate start times with combined results for awards

### AWARDS:

Male & Female: Top 3 Overall, Top Master (40+), Top Wheelchair

Age Groups (top 3 male & female)			
8 & Under	25 - 29	50 - 54	75-79
9 - 11	30 - 34	55 - 59	80-84
12 - 14	35 - 39	60 - 64	85+
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	



### BREVARD ZOO'S MONKEY MADNESS

Send completed entry form with fee to: Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935 Make check payable to: Running Zone

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex:  Male  Female

Email address \_\_\_\_\_

Phone (daytime) \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Open Team Name \_\_\_\_\_ (min. of 5 team members and must be coed)

Corp Team Name \_\_\_\_\_ (same as Open Team but EMPLOYEES ONLY)

Corporate Cup Challenge - Company Name: (includes friends & family) \_\_\_\_\_

Choose size category for company- circle one: <100 <1000 1000+

School Team Challenge: (Elementary and Middle Schools Only) \_\_\_\_\_

Please check shirt size: Sizes: XS S M L XL XXL

Kid's Registration:  \$15.00 \*\*Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical shirt.

Youth Medium  Adult Small

FEE:	Until 3/1	Race Day
3K Run/Walk	\$28.00	\$31.00
Optional Kid's Reg.	\$15.00	\$20.00

SORRY, NO REFUNDS

NO MONKEY BUSINESS <20 MIN. 7:00AM

SCENIC ROUTE >20 MIN. 7:35AM



### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may be accrued to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Race Series event. 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, 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 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 at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_





# SPOTTED!

## Super Runners & Walkers racing through the streets of Viera

January 12, 2013—Space Coast Stadium



Amid a sea of costumed runners and walkers in Viera, Art Anderson ran like a speeding bullet, unable to be stopped even by a mid-race collision with another runner, as he claimed the overall title with a time of 19:14 at the second annual Guardian ad Litem Super Hero 5K Run, hosted by Friends of Children of Brevard at the Space Coast Stadium in Viera.

Young and old dressed as Batman, Superman and a host of other heroes to participate in the event. Once again, the statuesque Transformer Bumblebee was in action at the finish line to support the athletes.

Young Alexa Baker, age 9, of Melbourne, claimed the overall women's title by running a time of 22:07. Ages of the participants ranged from five (continued next page)

The 5K race begins and the racers are off at the speed of light to an unstoppable start!



Left: Maya and Patricia Edmond are ready for the fog to lift and the race to start.

Center: Art Anderson crosses the finish line in 1st place.

Right: Alexa Baker steps across the finish first for women.

The race had 239 finishers all helping to support the Guardian ad Litem Program





# The G.A.L. Super Hero 5K Continued

years old to eighty seven years old. It's incredible to see eight different generation of athletes all together on a Saturday morning running for a terrific cause. For full race results [click here](#).

## MALE OVERALL

Art Anderson	19:15
Joe Lento	20:22
Peter McMahan	20:29

## FEMALE OVERALL

Alexa Baker	22:07
Kate Engel-Chapman	22:43
Brittany Streufert	23:51

## MASTERS DIVISION

Matt Mahoney	20:47
Gayna Hansen	26:20

Photos courtesy of Bob Rall & William Chardavoyne



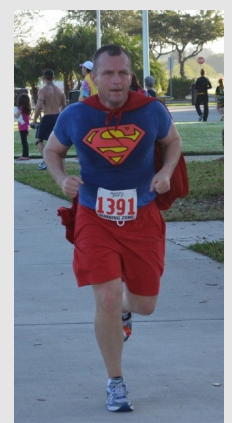
Above: Ray and Rosanne Bessenaire pose pre- 5K.



Above: Megan Hecht of Cocoa Beach celebrates her finish time.

Left: High fives for everyone at the finish line. Bumblebee greets Alex Pollan of Melbourne

Below Left: The Kid's Dash was lots of fun for everyone. Below Right: Super finisher, John Hewett



**POW!**



March 9 • 2013

7:30 AM

Gleason Park

Indian Harbour Beach

\$25 before 3/8 • \$30 day of race

Registration forms may be downloaded at  
[www.runningzone.com](http://www.runningzone.com)

for more information contact Susie Burke  
 321 759 5960 [susieburke414@gmail.com](mailto:susieburke414@gmail.com)

- \* ALL NEW STROLLER DIVISION!
- \* FREE Technical Tee for 1st 300 Registered!



### What is Sally's House?

Sally's House is a long term residential recovery home for women and their children. At Sally's House, mothers can keep their children with them as they work to redirect their lives. Since 1993 more than 1000 women and children have benefited from the extensive programs and care provided while residing at Sally's House. As a result, 71 drug free babies have been born; saving lives and countless tax payer dollars.

Race Sponsors as for 2/05/13:



Race Management By:



Dr. Jim Cobb  
 Brevard Vision Associates







January 19, 2013  
 South Beach Community Center • Melbourne Beach



# Shiver Me Timbers 5K

## Arrrrghhh matey!

Hosted by the Brevard County Parks and Recreation Department, this pirate-themed 5K was held on January 19th.



The race started at the South Beach Community Center in Melbourne Beach. It was the second race in the 2nd Annual Recreate Your Life Run Brevard Series.



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

### MALE OVERALL

Mike Fretz 19:17

### MALE MASTERS

Rick Buck 23:47

### FEMALE OVERALL

Laurie Paul 25:15

### FEMALE MASTERS

Trish Golay 26:95

Photos courtesy of Ashley Kuvlesky Photography. Visit her Facebook page [here](#)



# Brianna Marie Foundation



INAUGURAL RUN/ WALK-- Free children's run and activities  
Saturday, March 16, 2013  
Supporting the advancement of fetal lung therapies.

**When:**

*March 16, 2013 @ 8:00 AM (Rain or Shine)*

**Where:**

*Wickham Park 2500 Parkway Drive, Melbourne, FL 32935*

**Hosted by:**

*Brianna Marie Foundation with amenities provided by Running Zone*



**REGISTER ONLINE**

**[WWW.BRIANNAMARIEFOUNDATION.COM](http://WWW.BRIANNAMARIEFOUNDATION.COM)**

**Who are we:**

The Brianna Marie Foundation, Inc. is a public charity with tax exempt status under Internal Revenue Code Section 501(c)(3).

The organization was developed to raise funds to foster future research and development aiding in the advancement of fetal lung therapies of a fatal illness known as Fetal Hydrops (or Hydrops fetalis) which effects 1 in 600 to 1 in 4000 pregnancies in the United States.

Hydrops fetalis is a serious condition in which abnormal amounts of fluid build up in two or more body areas of a fetus or newborn.

Brianna Marie, daughter of Aran and Patrick Hissam was diagnosed with Fetal Hydrops in November of 2011 and given a zero percent chance of survival. Brianna was born on March 16, 2012 and was with us for 15 hours before God took her back as his angel.

Despite what the initial diagnosis was, Aran and Patrick (residents of Suntree) fought with some amazing doctors for their daughter's life. So much was learned about fetal hydrops, fetal lung growth, and the successes brought on by fetal therapies. From being told by some that we would never see lung growth to seeing significant growth post surgery tells how much can be done to help with the right physicians and correct knowledge.

The Brianna Marie Foundation, Inc. is a registered foundation with the State of Florida. "A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-485-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE" REGISTRATION#: CH27086. The Brianna Marie Foundation, Inc. is a public charity with tax exempt status under Internal Revenue Code Section 501(c)(3.)

**Contact us:**

**Email:** [contactus@briannamariefoundation.com](mailto:contactus@briannamariefoundation.com)

**Website:** [www.briannamariefoundation.com](http://www.briannamariefoundation.com)





# Brianna Marie Foundation Inaugural 5K

Race Management by



**SATURDAY, MARCH 16, 2013 AT 8:00 AM**  
**Inside Wickham Park**

**TIMETABLE:**

**Friday, March 15<sup>th</sup> 10:00 am – 6:30 pm**  
Packet Pickup & Registration at **Running Zone**  
across from Wickham BCC Pavilion

**Saturday, March 16<sup>th</sup> – Wickham Park**  
Wickham Park 2500 Parkway Drive, Melbourne, FL 32935  
(The start will be in the back of the park, pavilion #4)  
6:30 am Packet Pickup & Registration  
7:45 am Late Registration for 5k ends  
8:00 am 5k Start  
9:15 am Free Kids Run will begin!  
\*Awards Ceremony immediately following the race

*Bring the whole family for a fun morning at Wickham Park!!*  
*The Brianna Marie Foundation was created to support the advancement of fetal lung therapies, to learn more visit:*  
[www.briannamariefoundation.com](http://www.briannamariefoundation.com)

**AWARDS:**

M-F: Top 3 Overall, Top Masters (40+),  
Age Groups (Top 3 M-F)  
8 & Under 25 - 29 50 - 54  
9 - 11 30 - 34 55 - 59  
12 - 14 35 - 39 60 - 64  
15 - 19 40 - 44 65 - 69  
20 - 24 45 - 49 70 - 74  
75+

<b>FEES:</b>	<b>Until 3/15</b>	<b>Race Day</b>
<b>5K Run/Walk</b>	<b>\$25.00</b>	<b>\$28.00</b>
<b>Students</b>	<b>\$20.00</b>	<b>\$28.00</b>
<b>Kids Run</b>	<b>FREE</b>	

**SORRY, NO REFUNDS**

**Brianna Marie Foundation 5K OFFICIAL ENTRY FORM**  
Send completed entry form and check payable to: Brianna Marie Foundation  
601 Rossmoor Circle, Melbourne, FL 32940

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (daytime) \_\_\_\_\_  
Email address \_\_\_\_\_  
Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_

Please check shirt size: Sizes: YM S M L XL XXL

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

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

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
SIGNATURE OF PARENT FOR THOSE UNDER 18

\_\_\_\_\_  
DATE

# Zauner Captures 16th Annual Tiger Dash Title

January 25, 2013

Holy Trinity Episcopal Academy Upper School



Overall race winner, Zeke Zauner is in full stride as he makes his way to the finish line.

Runners hit the cross country course at Holy Trinity in near perfect weather conditions on Saturday, January 25<sup>th</sup> for the 16<sup>th</sup> running of the school's Tiger Dash 5K. Held at the upper academy the course features a winding double loop on grass and finishes with almost a full lap on the school's track.

Coach Doug Butler got the action started as he led the front runners in his trusty golf cart across the course. Local FIT runner, Zeke Zauner, 19, quickly took the lead and went on to claim the win by running a blazing 16:14. John Davis, 35, made his return to the SCR race series with a strong second in a time of 17:01 followed by his running partner, Shane Streufert, 40, who finished in 17:11. The men's Masters title went to Art Anderson of Melbourne with a time of 19:30.

For the women, Emily Chapman, 16, set the pace and brought home a new PR by running a stellar time of 18:54. One second was the difference in times between the second and third place finishers. Brittany Erekson, 25, of Palm Bay (21:07) edged out Leslie Bollhoefer, 19, of West Melbourne (21:08). Sandra Gannon, 47, brought home the women's Masters title in a time of 21:51. Two heats of the one mile run immediately followed the 5K. Fifty seven runners made up mostly of young kids ran the track for time. The top three finishers in the mile were Melissa Taylor, 35, of Indian Harbour Beach (5:41), Bryan Baker, 11, of Melbourne (5:09) and Alexa Baker, 9, of Melbourne (5:26).

The post-race festivities included a great spread of fruits, muffins and baked goods. No one went away hungry. Plaques were handed out to all the day's winners with great commentary from Coach Butler. For full race results [click here](#).

**201 Participated in this year's Tiger Dash 5K & 1 Mile Run**



# Tiger Dash 5K & One Mile Run Continued



Photos courtesy of Doug Carroll





Nolan's Irish Pub & Paddy Cassidy's Irish Pub  
present

# LUCKY LEPRECHAUN 5K RUN/WALK

Saturday, March 16, 2013

8:00 am - 5k Run/Walk

9:00 am - Family Fun Run

Race benefits Cocoa Beach  
High School Project Graduation

## Registration

### By Mail

Mail entry with check payable to  
Cocoa Beach Project Graduation  
123 DeLeon Road  
Cocoa Beach, FL 32931

### On-Line

[http://www.active.com/running/cocoa-beach-fl/  
lucky-leprechaun-5k-2013](http://www.active.com/running/cocoa-beach-fl/lucky-leprechaun-5k-2013)

### Race Day Registration

From 7:00 to 7:45 am at Eagles Nest

## Awards

**Overall** 1st, 2nd, 3rd Male and Female

**Master** 1st Male and Female 40+

**Age Group** 1st, 2nd, 3rd Male and Female in age  
groups 0-8, 9-11, 12-14, 15-19, and 10 year age  
groups from 20-29 through 70+

*No duplicate awards*

## Amenities

T-Shirt with 5k entry (*T-shirts not guaranteed  
for race day registration*)

Post race refreshments

Door prize drawings

Finisher prize to all children in Family Fun Run

For More Information, contact Linda Ciel  
(321) 784-4382 or [auggiec@earthlink.net](mailto:auggiec@earthlink.net)  
[www.cbhsprojectgrad.webs.com](http://www.cbhsprojectgrad.webs.com)

### Sponsored by:



GORDON & CORNELL  
ATTORNEYS AT LAW



Entry Fee	Postmarked by 3/1/13	After 3/1/13
5k Run/Walk	\$20	\$25
Name _____		
Address _____		
City _____ State ____ Zip _____		
Phone _____ Birthdate _____		
Email _____		

Age on 3/16/2013 \_\_\_\_\_ Male Female

T-Shirt: Pre-register early to guarantee your shirt size!

*T-shirts not guaranteed for race day registration.*

Circle one. Youth sizes: YM YL

Adult sizes: S M L XL XXL

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

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. And happy you'll be when you run this race!  
Irish Blessing (adapted)



SCR welcomes our newest sponsor of the Runner of the Year Series...Millennium Engineering and Integration.  
Thank you for your support!



Millennium Engineering and Integration Company  
[www.meicompany.com](http://www.meicompany.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 having four gyms in one! For more information visit their website at [Health First Pro-Health & Fitness Center](http://Health First Pro-Health & Fitness Center) and become a fan on their Facebook page!



**Saturday, March 23<sup>rd</sup>**  
**2nd Annual PUMP N' RUN**  
 Race begins at 8:00am  
 Registration begins at 6:30am

2400 Harrison Street  
 Titusville, FL 32780



**The More you Bench, the Faster you Run!**

Join Space Coast Cancer Foundation to Pump N' Run Against Cancer. Each participant will have an opportunity to do maximum bench press repetitions, followed by a 5K run, or elect to participate in the 5K run only.

**Time Deduction**

30 seconds per rep will be deducted from the competitor's final 5k time for the Pump and Run Division. Bench weight will be determined by gender and individual age and weight, which will be measured prior to the bench press.

**Lifting Technique**

Lift starts with the bar in the extended position. Feet must remain in contact with the floor throughout the lift (no hooking bench support with feet/legs). Bar must touch the chest and be fully extended on each press - stopping terminates the lift. No bouncing bar off chest. Shoulder and rear must stay in contact with the bench during lifts. If necessary, plates may be placed under lifters' feet.

**Age Groups & Guidelines**

Go to [sceventmgt.com](http://sceventmgt.com) Pump N' Run Age Groups for Pump N' Run 5K and 5K are the same

**Lifting Schedule and Packet Pick Up**

Bench press will be held at the YMCA on:

- Thursday, March 21, 7:00am - 9:00am  
5:00pm - 7:00pm
- Friday, March 22, 7:00am - 9:00am  
5:00pm - 7:00pm
- Saturday, March 23, 6:00am - 7:45am (pre-race)

**Awards**

- Pump  
Top 3 Overall Male & Overall Female
- Pump & Run 5K  
Top 3 Overall Male & Overall Female  
3 Deep in 10 year age groups
- Run 5K (no pumping)  
Top 3 Overall Male & Overall Female  
3 Deep in 10 year age groups

**Course Description**

The course runs from the YMCA on Park Ave., right on Knox McCrae, right on Harrison St., returning to the YMCA.

**ONLINE REGISTRATION IS AVAILABLE AT RACEIT.COM**

**Registration: \$25 in advance or \$30 on event day**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **M.I.** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Pump N' Run 5K**  **or Run 5K**  **Male**  **Female**  **Age on 3/23/13:** \_\_\_\_ **D.O.B:** \_\_\_\_\_

**Shirt Size (check one):** **Small**  **Medium**  **Large**  **XL**  **XXL**

**Release form:** I assume all risks associated with my entry 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 on my behalf, waive and release the directors and sponsors of this race including the YMCA and Space Coast Cancer Foundation from all claims or liabilities of any kind arising out of my participation in the Pump N Run. 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.

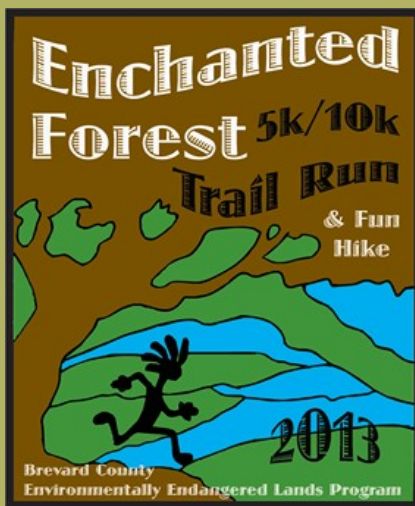
**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_  
 (SIGNATURE OF PARENT FOR THOSE UNDER 18)

**Checks payable and send to:**  
 Space Coast Cancer Foundation  
 490 N. Washington Ave, Titusville, FL 32796



**For more information, please call:**  
 Shannon Simmons : 321-268-4200 Ext. 3500  
 Marty Winkel : 321-537-3526.





# Through the Woods

**Trail runners were thrilled to participate in this new 2013 event**

**January 6, 2013—Enchanted Forest Nature Sanctuary**



Overall 5K winner Jake Shuman heads towards the finish line.

One of the early races of 2013 was held for the first time at the Enchanted Forest Nature Sanctuary in Titusville. Held on a sunny and humid Sunday afternoon, the course was great for trail runners of all skill levels. The event offered a 5K and a 10K option to participants with the 10K racers running the course twice. Race Director, Mike Knight was amazed at how much interest was shown in running the trails.

Once the gun sounded the runners were off into the sanctuary running up to and along a high scrub ridge which descended into the ancient oak hammock area and then on to the shaded Magnolia Loop trail. After traversing two boardwalks runners had a short climb back up to the scrub ridge which followed back to the Education Center where the finish line was waiting for them.

Jake Shuman, 19, was the first to finish the 5K much to his surprise in 24:31. On break from college where he plays safety for the Amherst College football team Shuman said, "I never ran through the woods like that before. It was a great run, beautiful forest." Autumn Neilson-Herring ran a 25:24 for second place overall and was the top female finisher. The Master awards went to Gary Castner (27:47) and Marisa Flint (32:05).



**Trail Runners Unite! There were 70 Finishers in the 5K & 62 Finishers in the 10K.**



## Enchanted Forest Trail Run 2013 (continued)

In the 10K Jim Van Veen from Vero Beach captured the title in a time of 40:23 with Sean Black winning Masters for the men in 47:07. Felicity Cunningham gave it her all to win first overall for the women running 52:58. Paige Sierra of Merritt Island took the Masters category in 55:56.

Unique awards were handed out in the Education Center following the races. All proceeds benefited trail development and maintenance projects in Brevard County. For full race results [click here](#).

Photos courtesy of Brittany Streufert.



Top: Age group winners received keepsake Enchanted Forest medallions.

Left: Women's 5K winner Autumn Neilson-Herring shows her determination on the course.

Above left: Men's Master winner shows off his awesome walking stick that he received .

Above right: Karen Sanchez starts the second loop of her 10K trail run.





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](http://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](mailto: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 \_\_\_\_\_



# Where In The World

## ARE SPACE COAST RUNNERS RUNNING?

### FEBRUARY 2013



**Best Damn Race**  
2/2—Tampa Bay, FL  
Kelly LaMaster



**Ralston Creek Half Marathon**  
2/10 — Arvada, CO  
Carol Ball, Donna Neill



**Rock 'n Roll St. Pete 1/2 Marathon**  
2/10—St. Petersburg, FL  
Mike Acosta, Jessica Crate (pacer), John Davis, Susie Meltzer, Brittany Streufert, Shane Streufert



**Iron Horse 50 Miler**  
2/13—Florahome, FL  
Joan Meadows



**Myrtle Beach Half Marathon**  
2/16— Myrtle Beach, SC  
Ed & Cristina Engel



**26.2 with Donna**  
**The National Marathon to Fight Breast Cancer**  
2/17—Jacksonville, FL  
Shelley Christian



**Lost Dutchman Half Marathon**  
2/17—Apache Junction, AZ  
Carol Ball, Donna Neill



**Livestrong Austin Marathon & Half Marathon**  
2/17—Austin, TX  
Nan Pond

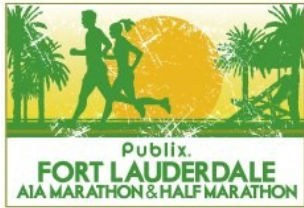
Hope all your FEBRUARY races are FABULOUS!





# 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, Donna Davis, John Davis, Kelly LaMaster, Ron Roff



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



**Tokyo Marathon**  
2/24—Tokyo, Japan  
Cindy Bishop

## MARCH 2013



**Asheville Marathon**  
3/3—Asheville, NC  
Daryl Gilbert,



**Orange Blossom Half Marathon**  
3/3—Tavares, FL  
Harry Prosser, Kimberly Prosser, Nancy Wingo



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



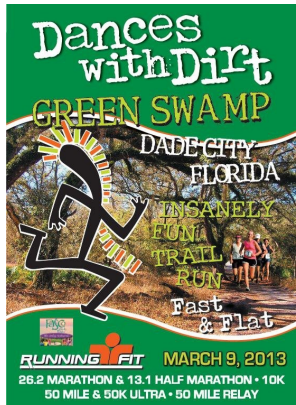
**Gate River Run 15K**  
3/9—Jacksonville, FL  
Shelley Christian, Harry Prosser, Kimberly Prosser

Is YOUR next Race on our Schedule?



# Where In The World (continued)

## MARCH 2013



**Dances with Dirt  
Green Swamp 100K,  
Relay, Marathon, Half  
Marathon**

**3/9—Dade City, FL**  
Steve Chin, Jay Clay-  
baugh, Jessica Crate,  
John Davis, Joe Hultgren,  
Scott Larson, Ed Springer,  
Shane Streufert



**Rock 'n' Roll USA  
Nation's Capital Half  
Marathon**

**3/17— Washington,  
DC**

Les Dunne, Rene Dunne,  
Carol Ball, Lani Ragan



**The Yuengling Sham-  
rock Marathon, Half  
Marathon, & 8K Run**

**3/17—Virginia Beach,  
VA**  
Yvette Nelson

## APRIL 2013



Marathon, Half-Marathon & Relays  
[www.hogeyemarathon.com](http://www.hogeyemarathon.com)

**The Hogeye  
Marathon**

**4/14—  
Fayetteville, AR**  
Cindy Bishop

## APRIL 2013



**Laufsport Saukel  
Kempten Halbmarathon  
4/14— Kempten,  
Germany**

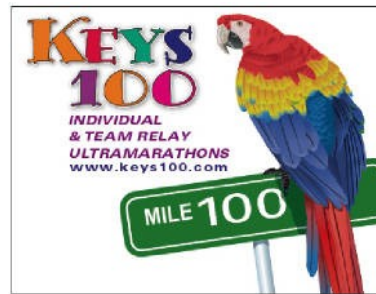
Dave Farrall  
Lisa Farrall



**Lake Minneola Half  
Marathon, 12K & 8K**

**4/20—Clermont, FL**  
Harry Prosser, Kimberly  
Prosser

## MAY 2013



**Keys 100 Ultra  
Marathon Races  
5/18—The Keys, FL**

Harry Prosser, Kimberly  
Prosser, Christina Rus-  
sel, Kurt Russel, Chris  
Slusher, Nancy Wingo



**Fargo Marathon  
5/18—Fargo, ND**

Charlotte McClure,  
Brittany Streufert,  
Marie Thomas



**Cellcom Green Bay  
Marathon**

**5/1—Green Bay, WI**  
Doug Nichols

# EMAIL us your RACE PLANS for 2013

Email [Bob@RallCapital.com](mailto:Bob@RallCapital.com)



# 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](http://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](mailto:Bob@RallCapital.com)