



SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

March 2013



February was an important month in the SCR Race Series. Two Runner of the Year events in the month, both celebrating milestones. The Melbourne Music Marathon weekend filled the streets with music and runners. And of course, February is all about the hearts. All that...and more....inside.

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FROM THE EDITOR



It was a busy month for runners and walkers on the Space Coast last month. We had two of our Runner of the Year Series events celebrate milestones...the 25th Running of the Eye of the Dragon, and the 15th Annual Tooth Trot 5K. That leaves us with two to go in the Series, still enough time for changes in what is a very solid leaderboard.

The month started with a very busy weekend of running and walking as the Melbourne Music Marathon took over the streets of Melbourne for a variety of different events including a 5K, 8K, a dog run, kids run and, oh yeah, a full and half-marathon.

Lots of SCR members traveled during the month to participate in a variety of events. This month, we have our most extensive list of reports on out-of-town races as part of our "Long Distance Relationships" feature. Thanks to those who took the time to file a race report for us. They are fun to read and can help others decide whether it is an event they would like to participate in. If you travel to an event, we would love to hear from you.

In fact, we'd love to hear from you about anything running or walking related. A great example is an article this month contributed my Nan Pond about her experience with the Hanson training plan for her first marathon. Should you use their training plan? Read Nan's report and you can decide.

We are also happy to introduce a new feature this month. Longtime friends of the Space Coast running and walking community, and Certified RRCA Coaches, Barry and Michele Birdwell, have agreed to contribute a regular column for us. Called "Reasonable Running," they will write about a variety of things that will benefit both the newer, and the more experienced runners and walkers amongst us. Barry and Michele helped me develop my love for running and got me through my first marathon. I'm excited to have them onboard.

Until next month...have fun and be safe out there.



B&B



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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; March 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

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

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

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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



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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 March!

I hope everyone enjoyed the Eye of the Dragon 10K this year! Marlene and Dick again did an awesome job directing this race, celebrating its 25th year! Marlene did her research and gave out some special recognition awards:

Course record, male: **Jerry Lawson** (32:03)
Course record, female: **Jessica Crate** (37:38)
Most wins, female: **Rebecca Sparks** (8 – 1992, 1995, 1997, 1998, 1999, 2000, 2001, 2003)
Most wins, male: **Doug Butler** (7 – 1990, 1991, 1992, 1995, 1998, 1999, 2004)
Completed 24 of 25 Eye of the Dragon races:
Gary Castner and Matt Mahoney
Completed 20 of 25 Eye of the Dragon races:
Susie Koontz and Dave Farrall



Congrats to all the runners and walkers at our biggest event yet – 699 Finishers! Thanks to all the volunteers, especially those who come out year after year to help out.

A **Big** Thanks to our Sponsors:

SpaceX – race bag goodies and door prizes

Cold Stone Creamery Merritt Island – cash sponsor

Viera Pizza– cash sponsor and Mascot appearance

Rapid Automation Design – cash sponsor

Millenium Engineering and Integration Company/Barbara Linton – cash sponsor/post-race refreshments

Running Zone – timing services

Island Multisports – cash sponsor

INI Productions – Finishline Announcements and Music

Melbourne Music Marathon Weekend/Smooth Running – cash sponsor

Dick White, Sports Therapist – co-race director , course setup, water station management

Clow Chiropractic – cash sponsor

A Special Occasion Music – civic center sound system

Publix – baked goods

Tropical Teez – race shirt design and printing

Wendys – waterstop cups

Powerbar – race bag goodies and PowerGels

So, it is that time of the season for planning ahead. There are only 2 more races in the ROY series- Downtown Melbourne 5K on March 30 and Space Walk of Fame 8K/2Mile on April 13. The SCR Board is currently planning the 2013-2014 ROY season and we need input! Look for a survey coming out soon and please fill it out promptly. You can also email me at cball1@cfl.rr.com .

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: **Jeanine, Jeremy and Nora Nolan; Bill, Krista, Luke and Ben Branan; Kristy, Chris, Seth Alec and Ian Reesh; Tom Wright; Darrel, Daniel and Dalton Foster; Abe Oros; Jim Frey; Chris Ramsey; Suzanne Johnson; Joel Fenlason; Anthony Semento; Lynette and James Quinlan.**

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

Carol Ball, Loran Serwin, Running Zone, Matt Mahoney, Doug Carroll, Ashley Kuvlesky, Jennifer Ogburn, Barry Jones of TriHokie Images, Rosanne Besseniare, Karen Rodriguez (with a G), Nan Pond, and Barry and Michele Birdwell.

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.

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!

SCR News and Notes



HAPPY BIRTHDAY!

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

March...**1st**—Pamela Gearhart; **2nd**—Doug Butler and Deborah Horst; **4th**—Donna Slomins; **7th**—Joseph Hofmeister and John Healey; **8th**—Kira Juranek, Maxwell Walker, Luke and Ben Branan; **9th**—Michael Walker; **11th**—Diane Hardos, Janiene Pape, Bruce Furrow, and Jonathon Calderon; **12th**—Suzie Enlow; **14th**—Peter Carabetta, Loran Serwin, Karon and Karon Pittman; **16th**—Austin Hayes; **17th**—Eric Cicero and Chris Rea; **18th**—Lisa Hamelin; **19th**—Susie Meltzer, Boyce Estes and James Quinlan; **21st**—Christi Curtis; **22nd**—Ragan Krupp; **24th**—Devin Lubor and Lynn Grande; **25th**—Kara Springer, Kimberly Yates, Mandy Bailey and Hayden Van Kramer; **26th**—Susie O’Connell, Cedric Ching, Andrew Preston, Tena Hochard, Annelise Buchanan and Keith Wadsworth; **27th**—Patti Sponsler and Sherri Boyd; **28th**—Nyssa Holmquist; **30th**—Mike Beck and Krista Branan.

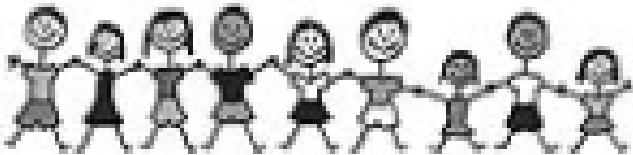
And for those with a birthday in early April...**1st**—Bernadette Beck, Bernie Sher, Jared Gannon and Yvette Nelson; **2nd**—Anne Doerflein, Karen Furton-Sparks and Cyndi Bergs; **3rd**—Doug Nichols; **4th**—Madden Lorraine, Susan Then and Brenna Friedel; **5th**—Victoria Deen; **6th**—Charlotte McClure and Travis Pond; **7th**—Dick White and Jeffrey Hizer; **8th**—Tony Tagye.

HAPPY BIRTHDAY TO ALL!!



Must-Run in March

Featured SCR Race of the Month



A run for the children

The 31st Annual Downtown Melbourne 5K

This beloved 5K is back for its thirty-first running through the streets of downtown Melbourne. Men run first this year with the women heading to the start line forty-five minutes later.

WHERE ► Downtown Melbourne 5K
Holmes Park—914 Melbourne Ave.
Melbourne, FL 32901

WHEN ► 7:30 am (Men) & 8:15 (Women)
Saturday, March 30, 2013

WHAT TO EXPECT ► USATF certified course where many personal bests have been set. Great post-race festivities and food. Proceeds benefit The Haven for Children whose program's goal is to nourish and protect the children in its care and guide them towards positive self-growth.

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

[Click Here for the Results](#)



**For Complete
2012-2013 ROY Rules**

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	✓
Eye of the Dragon 10K	✓
Downtown Melbourne 5K	Sat, Mar 30, 2013
Space Walk of Fame 8K	Sat, Apr 13, 2013

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 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



Melbourne Music Marathon Kicks Off 5th Annual Event!



The 5th annual Melbourne Music Marathon was held on Feb 2 and 3. It consisted of a 5K, 8K, Kids Run, Dog Run, Marathon, 1/2 Marathon, 1/2 Marathon Relay and a Hand Cycle Marathon—whew!

The marathon and 1/2 marathon started in downtown Melbourne, ran along the river, and over 2 scenic causeways. The weather was perfect.

5K

*Overall

Zach Braswell	18:55.5
Kaitlin Donner	17:12.6

*Masters

Danny West	19:20.5
Cathy Friedel	20:49.1

8K

*Overall

Keith Snodgrass	29:52.5
Natasha Yaremczuk	28:13.3

*Masters

Susie Meltzer	33:01.0
Tony Bills	31:31.2

1/2 Marathon

*Overall

Kevin Castille	1:06:43
Molly Watcke	1:18:10

Marathon

*Overall

Ben Fish	2:44:48
Robyn Miller	3:13:29

*Masters

Scott Clark	2:49:43
Karen Sobrino	3:16:42

Hand Cycle

Mark Ledo	1:10:51
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The 5th anniversary race had a great 5" finisher medal for the half marathon and marathon racers!

For full results click [here](#)

There were over two dozen musicians/bands that performed during the weekend event!

Melbourne and Beaches Continued



Photos courtesy of
Smooth Running



Melbourne and Beaches Continued

Photos courtesy of
Doug Carroll.



Long Distance Relationships

WHAT SCR RUNNERS HAD TO SAY ABOUT THEIR RECENT OUT OF TOWN RACES



Running Is...Better In The Bahamas!

**The 4th Annual Marathon Bahamas
Marathon * Half Marathon * Relay
Susan G. Komen Bahamas Race for the Cure 5K
Nassau, Bahamas—January 19 & 20, 2013**



More than 3,000 people from around the world participated in the Marathon Bahamas race weekend that covered the streets of beautiful Nassau and Paradise Island. On Saturday, the 5k race took place on Church Street at the foot of the Sidney Poitier Bridge and ended on Paradise Island where scores of breast cancer survivors were celebrated. The Race for the Cure had a record turnout as the sea of pink winded through the roads. It's emotional and inspiring, even to watch.

At 6am Sunday morning Junkanoo Beach was filled with a record number of racers awaiting the start of the marathon, half-marathon and team relay. As the gun sounded runners took off through downtown Nassau headed towards the most challenging part of the course, the two bridges. As daylight broke and temperatures rose local SCR runners began to cross the finish line. My husband, Shane Streufert placed fifth overall in the half marathon which was good for first

place in his age group. Twenty-nine year old Angela Cobb, was the top overall full female marathon winner, breaking her 3hr: 00min 2012 record, to set a new course record of 2hr: 54 min.

Not only is the Bahamas a picturesque location to run but this event has a very special meaning. Myself, Gina Rall and Shane were running in memory of my college roommate, Tracy Cartwright, a native Bahamian who passed away in 2011 from breast cancer at the age of 39. With all proceeds benefiting five local cancer charities we were running to help eradicate the disease and give hope to finding a cure.

-Brittany Streufert

"Bahamian hospitality was awesome—from the crowd support to the volunteers on the course—definitely worth a trip to the Island (mon)."

—SCR member Gina Rall placed 1st in the women's 40-44 age group.





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

Jessica McCaskill

THE FACTS



Originally from: Long Island New York

Grew up where: Upstate NY until 1st grade then moved to Hicksville (Long Island) until 6th grade then finally landed in East Northport (Long Island) where my family still is. Moved to FL 6 days after college graduation

Family: Husband Andrew McCaskill; Dog- Daisy and Cat- Fat Man....then Father-Greg, Step Mother-Debbie, Mother-JoAnn, older Brother-Justin, and two sisters-Christina and Colleen. I'm the second oldest after my brother Justin.

Age: 32

Occupation: Teacher in elementary school---computer activity class and IDC (In school Detention Center counselor) Yes, we have detention in elementary school.

Dream profession: A job where I can go to the bathroom when I want to and have lunch prior to 3p.m. Ahhhh.....luxury. I would love to have a job that put me outside all day when it's nice out, but then allow me to work in a cubicle when it's blazing hot or raining.

5K—25:21
10K—55:01
15K—1:22:47
Half Marathon—2:00:00
Marathon—4:21:24
50K—5:46:00
50mile—10:58:57

FOR THE RECORD

Number of Years Running: 4 years—seems a lot longer. I can't remember what it was like to not be running. It has become such a enormous part of me and my life.

Began Running Because/To: My husband was going to BCC during the day then working over nights, so it was a little lonely at home. I had been going to the gym on a regular basis and was getting bored of being inside doing the same Zumba, Kickboxing and spin classes and was looking for a change. I had heard of the Thursday night fun runs at Running Zone on the radio and it sparked my curiosity.

I Knew I Was Hooked When: At my first RZ Thursday night fun run, trying to keep Flo Holden in my sights, I was by the dog park when I had to stop because I was on the verge of "tossing my cookies". I was instantly hooked because of how difficult I had found running the 3.3 miles. I'm the type of person that has to accomplish something that seems too difficult to achieve, and at that moment running 3.3 miles without puking was difficult. I was determined that I would be able to run the whole RZ Thursday night fun run course without getting sick....after that the distances I wanted to achieve just kept on getting longer.

"HAVE FUN...running is FUN" - Jessica's advice to new runners

THE FAVORITES & MORE

Favorite Race(s): Why? My first marathon was the 26.2 with Donna (to support breast cancer research) in Jacksonville Beach. There was 26.2 miles of support from people, not only did they have the usual GU/water/Gatorade stations every 2 miles or so; but at every house there were people (a little tipsy mind you) yelling, screaming, cheering you on, providing snacks and drinks! The temperature was freezing (17 degrees), but still the crowds were never ending, people were out on their driveways with fire pits where Joan Meadows and I stopped to warm our frozen hands. A-M-A-Z-I-N-G!!!!

Favorite Race Distance: Why? 13.1. A 5K is just too short, and a marathon makes me lazy for the rest of the day a ½ is just right.

Favorite Place(s) to Run: I will run anywhere, in any condition just please not at 5 a.m. No real favorite places, just love to run with friends and have a good run!

Most Satisfying Race Performance: I would have to say the SC Marathon was the most emotional finish for me. The idea that I would ever run a Marathon is just mind boggling to me, but to PR in it.....priceless. The 50K and the 50 Mile are in a different category, I'm still shocked that I ran those and live to tell about it. They were the hardest races that I have ever done (and probably ever will do), both emotionally and physically draining. When I finished those races there was not a huge crowd or my family there to yell and scream in support; the finish was more internally heart felt. Knowing that I went from not being able to run 3.3 miles without puking, to running 50 miles is just indescribable.

Running Goals: Now that you know my PR for a ½ marathon is 2 hours flat....my running goal is to break 2 hours! Distance goals, none for now...but supposedly in 8 years I'll be running a 100K (62 miles) to celebrate Joan Meadows turning 62; right Joan?

Running Partner(s): Cindy Broome, Erin Shuck, Joan Meadows, Tom Ward and Flo Holden are the usual suspects.

One Piece of Advice That I Would Give to a New Runner: Wear good shoes and socks. Use lots of body glide because chafing hurts. HAVE FUN...running is FUN!!

Funniest or Oddest Thing I've Seen While Running: You see some strange things while running; let's see....I got chased by a dog that Joan Meadows (A.K.A. The Dog Whisperer) saved me from, I saw a zebra (Ribbons) in Malabar, almost got hit by a SUV while in a cross walk, saw the brown bear riding a bike (turned out to be a guy with a LOT of back hair), I have a training buddy who seems to be constantly bleeding from random places on his body, I helped save a dog and find its owner, I saw a guy peeing while he was running—that took some coordination. I've seen a lot of funny, random and odd things while running; and I've truly enjoyed seeing those things with my friends!

Training Philosophies: Surround yourself with lots of fun people to run with, make your training runs fun. I'm a believer in lots of miles at whatever pace you run them, its kept me injury free and has sped me up quite a bit. Do whatever works for YOU.



THE FAVORITES & MORE

Other Sports& Interests: Running has been the main part of my hobbies, but I hope to enjoy riding my bike, spend mornings with my husband and maybe get into pilates or yoga again.

Favorite Reads: I loved the book “Room”; such a wonderful read once you get past listening to a 5 year old try to tell a story.

Favorite Movies: Casablanca and Rear Window; I can watch those everyday and never get tired of them.

When Nobody is Looking I Like to: Drink OJ from the container, I swear it tastes better.

Favorite Meal: SUSHI. Oh my, sushi.....love sushi—minus the avocado. Also, French Onion soup---minus the cheese.

Dream Vacation: Anywhere where it’s quiet with lots of outdoors activities. Just me, my husband and a bar.



LAST BUT NOT LEAST

Why Did You Join SCR? I joined because of the camaraderie, to be part of a group.

I Think That SCR Could Do A Better Job: Letting us pick up our race packets on a Thursday. I like to wear my shirt to work; but can't when I can't it up until Friday. It would also be nice to have more 10 and 15K's in the ROY series. —Thanks Jessica!!

If you, or someone you would like to throw under the bus, would like to be featured in our “Run A Mile With...” column, send an email to Bob@RallCapital.com

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Runners • Walkers • Triathletes

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**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**



Happy 25th Dragon

1989—2013

A look at this fiercely fun race's history

FACT: Largest attendance at race day was this year as **2013** saw 464 participants run or walk in the 10K run and 235 in the 2 mile.

When the Eye of the Dragon started running the streets of Melbourne and the Eau Gallie Causeway in 1989, the dual event was an instant hit. Runners either loved it or loathed it and the latter found themselves returning year after year to duke it out with the dragon. And every year the dragon does not disappoint, leaving participants talking about the bridge, the weather and even the course's distance.

As the legendary race celebrates its 25th anniversary we had a chance to catch up with race director Marlene White who has led the dragon the past ten years along with her husband, Dick White who works just as hard from behind the scenes.

SCR Ten years as a race director is a long time. What are some of your most memorable race moments during your tenure?

MW There have been many memorable things about this race. In 2012 the race was chosen for the RRCA Florida State 10K Championships. And in the early 2000's Bill Dillard and Kathy Ojeda's dad staffed the 10K turnaround on the

causeway. They would hand out Kathy's chocolate chip cookies to any racer who needed the energy boost for the climb back up the causeway. Bill staffed the turnaround for many years before and after the chocolate cookie days. He was such an icon at the spot that in 2012, Dave Farrall had a turnaround sign made in his honor. One year a resident insisted on leaving the library mid-race to head north on Pineapple Avenue. Volunteers attempted to stop her but she drove through the finish chute anyway. She was promptly stopped by the Melbourne police officer on duty but I never heard what happened to her after that.

SCR Has the event ever been postponed or cancelled?

MW No. There were some pretty frigid days when the race was held in January, but no snow, ice, or hurricanes to cancel it.

SCR What has been the biggest challenge putting the 10K and 2-miler together?

MW We now have four events, so timing has to be the biggest challenge. In 2010, the board decided to add two walking events. Timing and

Continued on next page...

scoring four events was going to be a challenge with the Henry Campbell system, so I approached Don Piercy at the Running Zone about taking over the timing. Fortunately for us, Don deals with that headache, and quite well, I might add. Four simultaneous events was a first for him, but he worked it out and we have had accurate, quick results every year since.

In 2010, we switched to the new course for the first half. Now racers can see where the competition is at various points in the race. It also makes the logistics much easier for us.

SCR What makes this race really special?

MW The causeway. People either love it or hate it.

This race is one of only a few 10k races left in Brevard County. Years ago, the 10k race distance was the norm, with a 5k often added as a secondary race. Now, there is at least one 5k, and often several, almost every weekend from September to May in the county, but very few 10ks.

SCR Tell us about the race awards that people are always talking about.

MW I was thrilled in 2005 when I found dragon statues to use as awards. I had been thinking about dragon awards since I took the race over but couldn't find any. One day at the Eau Gallie Flea Market, I came across a vendor selling dragon figurines. I made her my day, and possibly her year, when I told her I wanted to order about 160 statues (we had fewer award categories in those days). She was able to supply us

with statues for a few years but then I decided to look for a medieval dragon instead of oriental dragon. I found a wholesale website with good variety, and have been using that source ever since. The dragons make this race very unique.

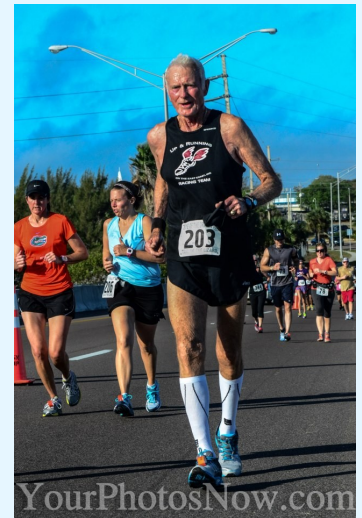
SCR Any other final thoughts?

MW The SCR board puts a lot of effort into making this a success. We try to make it such a fun party that people want to come back – homemade treats, dragon artwork by Tropical Teez, good quality shirts, dragon awards, lots of race-themed door prizes, 258 award categories across 4 events, running books signed by elite athlete authors for door prizes, and having the first place awards autographed by elite runners.

Generous sponsors make it possible for us to offer great amenities. This year, in honor of the 25th anniversary, we added finisher medals. Without our cash and product sponsors, we could never provide this level of quality and still keep the entry fee as low as it is. For our club members, it is one of the least expensive races in the county. And, our newest sponsor, SpaceX has us partnering the dragon in the sky with the dragon on the causeway.

The City of Melbourne has been very gracious to allow us to put on this race for so many years. They make all the arrangements with the Florida Department of Transportation to close one lane of the causeway for us. The police are great to work with and help us keep things running smoothly.

Continued on next page...



96% Attendance Rate

What's noteworthy at EOD



► Meet Gary Castner (left) and Matt Mahoney (right). They've competed at the Dragon 24 out 25 times since the race's inception. Mahoney missed the race in 2000 but don't call him a slacker. He ran a 50 mile race that day instead elsewhere. Check out Matt's amazing race stats below. To honor their amazing 96% participation rate, Marlene White presented the duo with special dragon awards at the post race awards ceremony.

1989 Jan 15, 44:06	2003 Jan 11, 41:46
1990 Jan 28, 42:04	2004 Mar 7, 42:07
1991 Jan 27, 41:49	2005 Mar 6, 43:57
1992 Jan 26, 39:38	2006 Mar 4, 42:24
1993 Jan 16, 41:49	2007 Mar 3, 42:58
1994 Feb 12, 41:27	2008 Mar 15, 42:34
1995 Jan 21, 40:16	2009 Mar 14, 42:56
1996 Jan 20, 45:03	2010 Feb 27, 41:47
1997 Jan 18, 41:37	2011 Feb 26, 41:58
1998 Jan 17, 40:59	2012 Feb 25, 45:01
1999 Jan 16, 42:38	(*6.52 mi)
2001 Jan 13, 42:10	2013 Feb 23, 44:14
2002 Jan 12, 42:37	

FASHION FLASH AT EYE OF THE DRAGON



PRETTY IN PINK! Lots of ladies were sporting the rosy shade in solids, prints & ruffles with coordinating hair accessories to match.



BARE BLACK
The men's field went with a minimalist look for their running attire at EOD. Many paired their basic black shorts with bare chests. Is this a trend or due to temps?

Pictures courtesy of Doug Carroll



Eye of the Dragon 10k and Tail of the Lizard 2 Miler

The 25th anniversary was a
fire-breathing success!

February 23rd in down-
town Eau Gallie and over
the causeway



10k Results

Overall Male	
Steven Hedgespeth	35:57
Shane Streufert	37:00
Jerry Lawson	37:54
Male Masters	
Mike Fretz	39:20
Male Grandmasters	
Joe Hultgren	41:08
Male Senior Grandmasters	
Don Kearns	45:30

Overall Female	
Julie Hannah	43:19
Jennifer Ogburn	45:37
Annie Caza	46:01
Female Masters	
Susie Meltzer	46:17
Female Grandmasters	
Robin Moran	46:37
Female Senior Grandmasters	
Anne Dockery	47:14

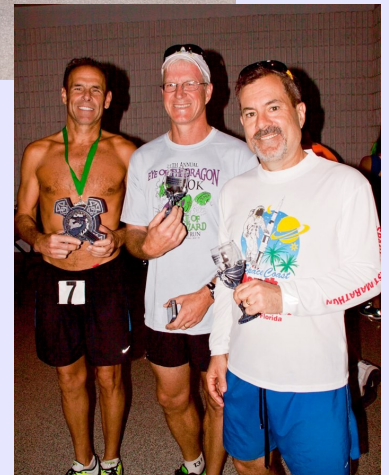
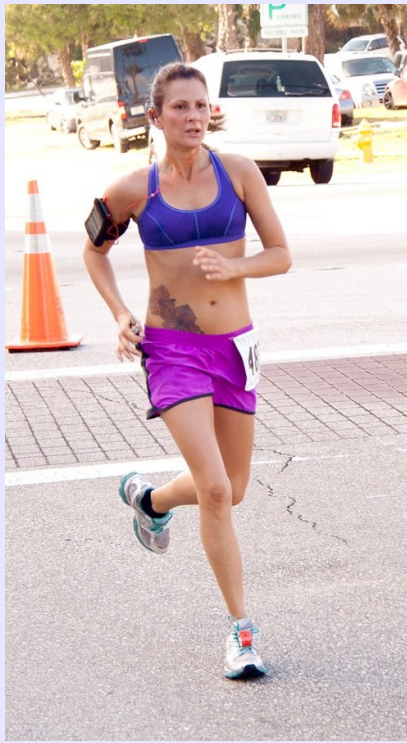
2 Miler Results

Ron Abel	11:41
Jared Hayes	12:24
Jonathan Howse	12:29
Female Walker	
Valerie Zarsavsky	25:40
Male Walker	
Jeff Myers	23:01

Eye of the Dragon and Tail of the Lizard (continued)



The dragon-themed awards at this race never disappoint!



31st Anniversary of the Downtown Melbourne 5K Run and Walk

Saturday, March 30, 2013



A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

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

Location

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

Space Coast Runners Youth Series

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

Awards

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

Age Groups (top 3 male & female)

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

Corporate Challenge

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

Registration

- On line at Register RunningZone.com ending March 28th at 11:00 pm
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Packet Pick-Up

- Friday, March 29th from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Information

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

Race Management by:



2012 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$20 until March 29th
(\$19 for SCR & Gecko Club Members)
\$25 race day

Make checks payable to

The Haven

and send to:

Running Zone
3696 N Wickham Road
Melbourne, FL 32935

Last Name (Please print) _____

First Name _____

M.I. _____

Address _____

City _____

State _____

ZIP Code _____

Telephone _____

Email _____

Date of Birth _____/_____/_____

Age on Race Day _____

M ___ F ___

S ___ M ___ L ___ XL ___

Y ___ N ___

Space Coast Runners Member?

Corporate Challenge Team Name _____

(if applicable, see above for details)

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

Reasonable Running

With Barry and Michele Birdwell
RRCA Certified Coaches



Plan Your Work and Work Your Plan

What's on your work schedule today? Does it shape up something like, an early morning staff meeting, mid-day client visit, a west coast conference call in the late afternoon?

A lot of us have calendars that are full of entries like these. Our work calendars drive daily activity and keep things on track. But what happens when the unexpected pops up? How do you handle it? You wouldn't let your commitments fail so you probably work the unexpected around your existing plan.

What about training? How do you avoid the unexpected from prohibiting your workouts?

We say treat your training plan just like a client. When it comes to your training schedule, it should be just as planned as your business schedule. Shape your success by putting your workouts on your WORK calendar. Include your training plan as part of your daily commitment...a commitment to yourself. Don't limit yourself by expecting to get in a few miles, if you can. Plan it on a calendar. One that has the workout, the when and the where you will tackle your training commitment.

Each day review your calendar and look ahead preparing for the unexpected. When that friend calls and says, "Hey, let's meet after work at 5:00 and check out this new restaurant." You respond with "I have an appointment, let's do it at 6:30?" Then, when 5:00 rolls around, lace up the shoes and hit the pavement. Once you hit your cool down, you get to wrap up the day with a shout out of "mission accomplished!"

Share your calendar with the whole family. Post it on the refrigerator for all to see. Use it as a planner and motivator. Cross off the workouts as you complete them. It is awesome seeing those hash marks on the calendar. They are signs of personal triumphs. They are signs of you overcoming all odds and obstacles that stood in your way.

Keep to your plan. Review it each day. Don't be satisfied by just knowing "I can do that (or could have)." Work a plan that enables you to say "I just did my workout and I feel great."

We look forward to sharing tips and tricks we have used over our 11 years of coaching endurance athletes. We hope you find them interesting and helpful. Follow us and provide us with feedback at [facebook.com/birdwellsrun](https://www.facebook.com/birdwellsrun).

Don't forget to "Pick 'em up and put 'em down."



Miles of Smiles

The 15th running of the 5K had runners & walkers grinning from start to finish

February 9, 2013—Wickham Park/BCC Pavilion

Participants of all ages got their speed on at this year's event.



Not every runner gets to start a 5K in February on a sunny, 55° morning but that's exactly what the 15th annual Tooth Trot 5K offered its participants this year. Over three hundred lined up at the start, some wearing team shirts saying "Sunshine Smiles" and "Gum Runners" to race a course that wended through the BCC campus and into Wickham Park.

Steve Hedgepeth, 34, who is in a tight points battle with Shane Streufert in the Space Coast Runner of the Year Series grabbed the win in 17:11. Streufert, 41, finished in second behind Hedgepeth running 17:54. Fourteen year old Mason Jones of Titusville placed third with his 18:03 finish.

For the women Julie Hannah, 39, ran her way to capture first with a time of 20:03. Following in second was twelve year old running sensation Marie Groppe in 20:40 and Autumn Neilson-Herring, 27, in third with a 20:48 finish.

In the Master's race the men's top spot was claimed by Mike Fretz of West Melbourne. Fretz ran 18:42. For the women it was Annie Caza's 20:58 which was good for the win.

Grandmaster's champion awards were also given to Anne Dockery, 64, finishing in 21:27 and Art Anderson, 53, running 19:14. (continued next page)



Steve Hedgepeth led the race from the get-go to win it in 17:11.

Getting better with age? Participation was up this year with 303 finishers.



Tooth Trot 5K 2013 (continued)

The Walkers competition was led by two out-of-towners as seventy-year old Michael Petrillo from Chester Springs, PA came in first (34:47) followed by Vernon Payne, 66, of Gahanna, OH (34:54). Norine Burr, 50, of Melbourne rounded out the top three (41:03).

The post-race party was in full swing at the BCC Wickham Pavilion. Race directors Jerilyn and Jerry Bird made sure there was plenty of eats as bagels, fresh orange juice and other treats were a plenty. The event organizers had over \$1,000 in prizes that were given out during the awards presentation. Young and old displayed their race bib numbers with great enthusiasm as they hoped to have their number called. Given the incredible number of prizes tons of folks went home smiling with a prize in hand.

The ninth race in the Space Coast Runners Series was presented by the Brevard County Dental Society. The annual Tooth Trot 5K benefits the Give Kids a Smile (GKAS) program which provides free dental care to children in need.

Those who placed overall and in age groups were treated to commemorative coffee cups filled with Ghirardelli hot chocolate and chocolate candies. For full race results [click here](#).

Photos courtesy of TriHokie Images.



Top: SCR member Annie Caza excitedly displays her race bib in hopes to have her number called.

2nd from Top: Jerry Brown leads the pack as Sandra Gannon, Dave Hernandez and Joshua Kraver pace right behind him.

Left: Eleven year old Carmine Lento of Cocoa Beach finishes a few steps in front on the nine year old Graeme Burns of Melbourne who one his age group.

Tooth Trot 5K 2013—Letter from the Race Director

15th Anniversary of the Tooth Trot

The 15th Annual Tooth Trot held on February 9th generated \$6,500 for Give Kids a Smile in Brevard and had almost 400 runners and walkers who participated in a healthy fun morning of running, walking, food and fabulous prizes! The 2013 Tooth Trot had two major sponsors, Bonadent Dental Laboratories and Patterson Dental, 61 dentist sponsors (members of the Brevard County Dental Society) and over 35 in-kind donors. Running Zone provided race management and timing this year which contributed greatly to a smooth, hassle-free morning that was enjoyed by participants and volunteers alike.



Many thanks to our in-kind donors: BJ's and Wal-Mart of Merritt Island for providing bottled water and bagels, Chick-fil-A for donating free chicken sandwich coupons, Road ID, Ocean Potion, and The Produce Place in Suntree for all the fruit. Several member dentists and sponsors donated over 50 gift cards to area restaurants and retailers, as well as premium electronic toothbrushes. Sponsors even donated Starbucks coffee gift packs and more. Judging by the frenzy during the drawings, everyone was thrilled with the selection of prizes! A successful event is dependent on the consistent, dedicated support of sponsors, donors and race participants! Thank you!

The Tooth Trot has a Facebook page that enabled us to market and build excitement for the race. We will continue to add to Tooth Trot 5K Facebook page to bring you the most up-to-date information for the 2014 Tooth Trot event. If you haven't already done so, we encourage you and your friends to "like" the Tooth Trot 5K on Facebook!

The Tooth Trot is one way the members of the Brevard County Dental Society reach out to the community we live and serve in. As you can imagine, an event of this size takes many hard-working people to make it a success. Did you know that Gary Herbeck, our DJ, is also a family dentist in Merritt Island? The Tooth Fairy has a day job as well as her normal "night" job and helps coordinate care for adults in need through the "Brevard Dentists Care" Program at the Health Departments in Titusville, Rockledge, Viera and Melbourne. Many helpers make a great event, including Doug Butler's students from the Holy Trinity Cross County and Track teams for providing experienced race monitors and calling of splits. Thanks also to the many students at the Viera High School Dental Aide Club for coming out to help in a wide variety of volunteer positions. They had so much fun they are planning to come back next year!

We hope to make next year's Tooth Trot 5K even better with more food, fun and prizes! Thank you, Space Coast Runners, for participating in the Tooth Trot and helping to provide educational materials and free dental care to over 200 children in our Brevard Community. You are APPRECIATED and we hope to see you next year at the 16th Annual Tooth Trot on Saturday, February 8th, 2014!

Sincerely,

Jerilyn Bird, Tooth Trot Race Director



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

Long Distance Relationships

WHAT SCR RUNNERS HAD TO SAY ABOUT THEIR RECENT OUT OF TOWN RACES

Daytona Beach Half-Marathon

February 17th

Contributed by
Rosanne Besseniare



The Daytona Beach Half-Marathon was Awesome! To get to the starting line, we got to travel through the tunnel that goes under the speedway, which brought us to the infield where there was an assortment of trucks, tents, RV's and other types of condos-on-wheels. Those NASCAR fans are serious!

Marcia Jeddrie, running her first half, Kirsten McDonough and I arrived at the starting line just in time for the national anthem. The first two miles were on the save track that is the Daytona Beach Speedway. Knowing that the race would be held here the following week made it seem extra special. It was a great experience that not a lot of people have an opportunity to enjoy.

It was 36 degrees, windy and cold that day...especially on the causeway heading over to the beach after we exited the track. It was definitely not a PR-kind-of-race because of the wind and weather, but with friends it was a fun event. After the race we were allowed to go to the grandstand to watch the qualifying races. I learned that it is really difficult to take a picture of a car going 195mph. Three of the drivers ran the half. I did see that, according to the race results, Matt Mahoney also ran the race...but I didn't see him. Maybe I just didn't recognize him with a shirt on??



Thanks Rosanne!—BR



6TH RACE IN THE SERIES

FLORIDA TODAY

LightingScience

Inspiring healthy moments



PIRATE PLUNDER 2 MILER



SATURDAY, APRIL 6TH AT 6:30 PM



Meg O'Malley's, Downtown Melbourne

HAI @ MELBOURNE

FREE – Little Pirate Kid's Run
With "Zippy" our Gecko Mascot



TIMETABLE:

Tue., April 2nd – Fri., April 5th 10:00 am – 6:30 pm
Packet Pickup & Registration at Running Zone
across from Wickham BCC Pavilion

Saturday, April 6th – Meg O' Malley's, Downtown Melbourne

5:00 pm Packet Pickup & Registration
6:15 pm Registration for 2 Miler ends
6:30 pm 2 Mile Start!!!
7:45 pm Little Pirate Kid's Run - FREE!

*Awards Ceremony immediately following all races

AMENITIES:

- Pirate Costume Contest!
- Awesome Technical Tees
- Great Pirate Awards
- Benefits M.O.R.G.A.N. Project!
- Random giveaway of a Vero Beach Disney 2 Night stay for 2 to enjoy their Pirate themed pool!



AWARDS:

M-F: Top 3 Overall, Top Masters (40+)

Age Groups (Top 3 M-F)

8 & Under	25 - 29	55 - 59
9 - 11	30 - 34	60 - 64
12 - 14	35 - 39	65 - 69
15 - 19	40 - 44	70 - 74
20 - 24	45 - 49	75 - 79
	50 - 54	80+

PIRATE PLUNDER 2 MILER OFFICIAL ENTRY FORM
Send completed entry form with fee with check payable to
Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935

Name _____
Address _____
City _____ State _____ Zip _____

FEES:	Until 4/5	Race Day
2 Mile Run/Walk	\$28.00	\$31.00
Kid's Reg.**	\$15.00	\$20.00

** (12 & Under-See Below for Details)
SORRY, NO REFUNDS

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: Unisex 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

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 Running Zone Race Series 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 _____

Using Hanson's Marathon Method as a First-Time Marthoner

a book/training plan review from Nan Pond

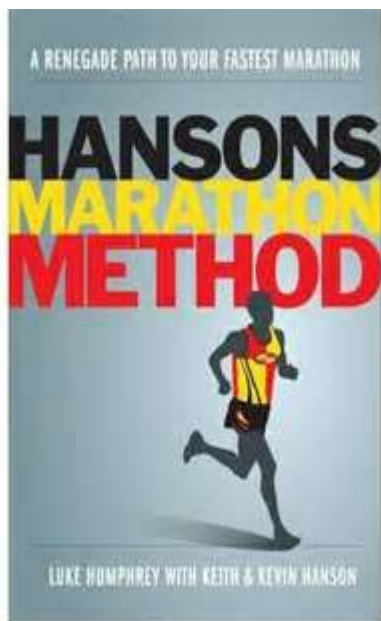
Disclosure: My ability to complete the training plan was cut short by a strained calf muscle 4 weeks before my marathon (non-dancers should not attempt Ballet Barre classes with tired legs) so my experiences with the plan should be taken with a large grain of salt, namely that I only completed 2 of the 3 16-mile runs, and didn't run for 2 of the 4 weeks before my race.

A book entitled (and describing) "Hanson's Marathon Method" was recently published, authored by Luke Humphrey, who runs for the Hanson-Brooks Distance Project, and co-authored by Keith and Kevin Hanson, the Project's coaches.

I decided to use the basic plan in this book to train for my first marathon, in part because I knew the Distance Project has produced some stellar runners so the training must work, and in part because I needed to pick something!



The plan was 18 weeks, averaging 40 miles a week with a peak week of 57 miles. Runs are scheduled 6 days a week, with the first 5 weeks focused on building a base of mileage. After that 3 runs each week were termed "Something of Substance" workouts, namely, long runs at slower-than-goal pace, "tempo" runs run at goal pace, and speed/strength workouts (speed for 5 weeks, then strength workouts for the last 7 weeks), culminating with a 10-day taper.



The book makes a very convincing argument for the physiological strain placed on a runner for a run over 3 hours in length. This, combined with an overall strategy of week upon week of cumulative fatigue, means that the longest runs in the plan are 3 16-mile runs. The argument made in the book is that this is training you to run the LAST 16 miles of a marathon, because you are starting on tired legs- the rest day is Wednesday and the long runs are scheduled for Sundays. Instead the focus is on spreading mileage throughout the week, with the longer run only being 25-30% of weekly mileage. Another key part of the training is hitting specific paces designed to make your body more efficient at using glycogen- the idea is to hit "the wall" around the same time you cross the finish line.

Continued on next page....

Using Hanson's Marathon Method as a First-Time Marthoner a book/training plan review from **Nan Pond**

In application, I found the plan to be very easy to use and well-defined. My race goal was 3:45, and the specific splits for every single workout were presented in a very comprehensive table. Very little math was required on my part, and I had a clear idea of what to do every day. The plan was effective in developing cumulative fatigue, but I never felt that a workout was beyond my capabilities, though some were at my limits. It did take a lot of time out of the average day, and clearly requires a greater scheduling commitment than a training plan that puts the bulk of weekly mileage on the weekends.

During the marathon, however, I realized some of the limitations that were built into the plan. Firstly, my 3:45 dreams were thwarted by my exclusive training in the Florida flatlands for a race in hilly Austin, TX. While my quads were certainly a limiting factor for the race, I think that a bigger issue for me was simply underdeveloped mental stamina. I think I could have finished closer to 3:45 or 3:50 (my finish time was 3:58) on a flat course, because the training did make me stronger and faster. Mentally, though, I was unprepared and definitely suffered. For a first time marthoner, every step after mile 16 was uncharted territory- and 10.2 miles of uncharted territory is a formidable challenge. While the physiological reasons for keeping long runs under 20 miles are quite convincing, there's a lot to be said for the mental training that only that much time on the roads can give you.



In conclusion- Hanson's Marathon Method plans was great as a training plan, well-structured, and made me faster, but I don't think it left me fully prepared mentally for my first full marathon. I would definitely recommend it to someone who already knows the distance and has already built up the mental stamina that comes from 20+ mile runs or completing multiple marathons. I would NOT recommend it to another first-timer.

Thanks Nan!!—BR

"You can never be sure. That's what makes the marathon both fearsome and fascinating. The deeper you go into the unknown, the more uncertain you become. But then you finish. And you wonder later, "How did I do that?" This question compels you to keep making the journey from the usual to the magical.—Joe Henderson, American runner, running coach and writer.

Last Race in The Space Coast Runners & Titusville Racing Series,

Sponsored by



SPACE WALK OF FAME
 April 13, 2013
 Titusville, FL

8K 2 MILE WALK/RUN
 All 4 races electronically Chip Timed

SATURDAY, April 13, 2013 • 8:00 AM • Space View Park • Titusville, Florida

Online registration available through www.sceventmgt.com

COURSE

Distance: 8K

Flat, double loop course. First loop is 2 miles and second loop is 3 miles. The course follows the Indian River and is mostly shaded.

Distance: 2 miles

first loop only (see map). The 8K and 2 mile runs will start together.

AID STATIONS AND SPLITS

Splits at all mile marks. Aid stations near the 1, 2 and 4 mile marks.

Proceeds to benefit Emerging Leaders

ENTRY FEES*

- \$ 25 Registration
- \$ 20 Early Registration (by April 1st)
- \$ 15 Student (18 & Under)
- \$ 12 3rd + family member - Early-registration

*SCR members receive \$1 discount for early registration. Sorry, No refunds!

8K AWARDS

Run

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Grand Masters (50+) overall - male & female
- Senior Grand Masters (60+) overall - male & female
- Top 3 Finishers age group - male & female
- Top 3 Clydesdale (200 lbs) Top 3 Fillies (150 lbs)

8K Walk

- Top 5 Male & Female

2 Mile Run

- Top 5 Male & Female

2 Mile Walk

- Top 5 Male & Female

PACKET PICKUP AND LATE REGISTRATION

Packet pickup and day of race registration will be at the Space View Park on Broad Street from 6:30 am to 7:45 am.

RESTRICTIONS

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are **PROHIBITED**.

DOOR PRIZES

All 8K and 2 mile participants and race volunteers are eligible for door prize drawings. You **MUST** be present to win. Door prizes will be drawn during the Awards ceremony. Main prize will be a Space Walk of Fame brick certificate

AWARDS CEREMONY

The Awards ceremony will be held following the Kiddie Run.

KIDS 1/4, 1/2, and 1 Mile RIBBON RUN

A free competitive event for children 10 years and younger. All finishers will receive ribbons. SCR Kids Run Series Event.

SPACE WALK OF FAME

The Space Walk of Fame Foundation is a not for profit [501(c)3] organization committed to raising funds to design and erect the Space Walk of Fame monuments in the Space View Park in Titusville. The intent is to not only recognize the manned space flight programs and the astronauts, but to also recognize the hands-on space workers. Anyone who ever worked on any of the manned space programs can have their name engraved on a brick in the surrounding area of the monuments.

SPACE WALK OF FAME 8K & 2 MILE RUN • SATURDAY, APRIL 13, 2013 • REGISTRATION FORM

Last Name

First Name

Address

City

State

Zip Code

Male

Female

SCR

Amt. Enclosed

Check One

8K Run

8K Walk

2M Run

2M Walk

Telephone (Area Code + Number)

Adult Shirt Size

Date-of-Birth

Age/Day of Race

I hereby release Space Coast Runners Club, Space Walk of Fame Foundation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.



Make checks payable to:
 "Space Coast Runners Club"
 Mail to: Space Coast Runners
 P.O. Box 2
 Titusville, FL 32781



Signature (Parent, if under 18)



Doughnuts for the Heart



Photos courtesy of
Doug Carroll



That's a lot of doughnuts....

The 2nd annual Doughnuts for the Heart race was held Feb 9th at BCC Pavilion/Wickham Park.

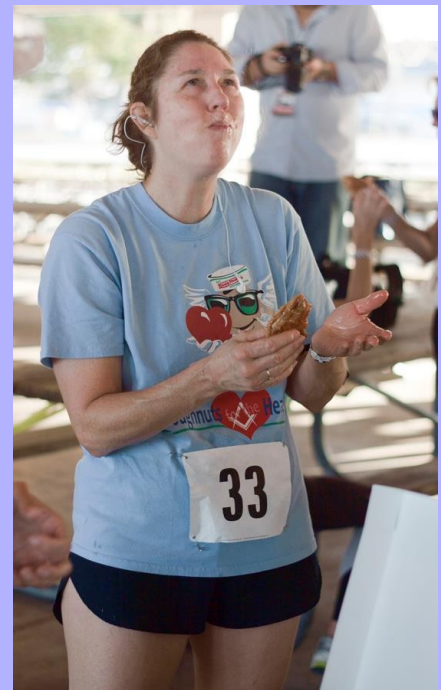
Here's the scoop—racers ran 2 miles out and back, ate a dozen Krispy Kreme original glazed doughnuts (2280 calories), then ran 2 miles out and back again. Those were the Challengers. There was also a Casual category for those that would rather just do the run and skip the donuts and then there were Teams.



Jon William's winning strategy—make doughnut balls, mix with water and don't think about it!



The Stack Strategy



Trish Savage praying to the doughnut Gods to just 'get 'em down'.



Two time participant Matt Mahoney getting into the zone. The doughnut zone.



More doughnuts? Really?

The leading male was Jon Williams from Miami with a 28:09 finishing time. For the females it was Brenda Wilson from Stuart with a 34:47 time. For full race results, click [here](#).

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 1st to the Hall of Fame nominating committee.



From the SCR Guidelines:

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

Past recipients: Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Marlene White, 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 1st, 2013. Email: cball1@cfl.rr.com

Soarin' Eagles 5K

February 9, 2013

Article contributed by
Jennifer Ogburn
Race Director

**2nd Annual Indialantic Elementary
Soarin' Eagles 5K Grows to
Support School Technology**



After a successful inaugural race in 2012, Indialantic Elementary School again hosted the Soarin' Eagle 5K on February 9, 2013. A larger crowd of nearly 200 runners and walkers from the community came out to race for fun and fitness. The race was kicked off by the school's chorus singing the national anthem and hosted by DJ's and announcers, Jesse Hall and Donna Bollinger. P.E. Teacher Mr. Strahle officially started the race sending the runners into the neighborhood around the school.



Nathan Wick of Melbourne, coming off a PR and age group win at the Melbourne and Beaches Half Marathon the week before, was the overall male winner in a time of 18:56.4. He was followed by William Kemmler (19:57.4) and Brian Kessler (19:58.4) duking it out for 2nd and 3rd respectively.

Jennifer Ogburn of Indialantic crossed the finish line first for the women in a P.R. time of 20:50.2, breaking the women's course record from 2012 of 22:42.5. Loni Serven (23:16.9) and Indialantic student Carter Register (24:56.6) followed her in 2nd and 3rd place.

Continued on next page...

Soarin' Eagles 5K cont'd

February 9, 2013

Over 94 Indialantic Elementary students came out to participate in the race, along with parents and teachers. To continue to encourage the students in running, medals were awarded in smaller age groups five-deep. Many of the students have continued throughout the year since last year's race as regular participants in the running club.

Their principal, Dr. Richard Dunkel, offered the "Beat the Principal" challenge again with a free lunch from Long Doggers awarded to any students who could beat their principal. Without much training this year, Dr. Dunkel turned in a respectable 26:05 for second in his age group, but was surpassed by sixteen of his students!



Money was raised by the school and sponsors for this race and funding will go to support the Parent Teacher Organization (PTO) projects in areas such as school security and technology for the classrooms.

For complete Race Results, [CLICK HERE](#).

For more pictures, [CLICK HERE](#).



Thanks Jennifer!!



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 _____

Long Distance Relationships

WHAT SCR RUNNERS HAD TO SAY ABOUT THEIR RECENT OUT OF TOWN RACES

Princess for a Day

Contributed by Karen Rodriguez

**The Disney Princess
Half-Marathon
The Happiest Place on Earth
February 24, 2013**

Disney's Princess Half Marathon weekend was one filled with magical memories! My sister Kathy and I signed up with a promise to each other of crossing the finish line together. With our princess costumes made, we were ready for a fun filled morning, come race day.

A flight attendant for Delta, Kathy had to work the day before the race, so I headed over on Saturday and met up with Charlotte McClure and Betsy Butler for an exciting afternoon at the Fit for a Princess Expo. The day was filled with laughs as we made our way to each exhibit. We each were rewarded with a free running sticker for stopping by the One More Mile exhibit and saying hello to Joe Midpacker...he was a ham! We also had a blast at the New Balance picture booth, where we took a series of silly pictures, holding and wearing props. I don't think any of us wanted to leave, but the afternoon was winding down. I made plans to meet back up with Charlotte and Betsy in the morning, and then headed to The Magic Kingdom to catch the Main Street Electrical Parade and fireworks. Yes, I was like a kid in a candy store...so excited! After that, it was off to bed, or at least back to our friend's house to wait for my sister to arrive.

Kathy's flight was seriously delayed, she didn't get in until midnight. But we were up at 2:00 a.m. (on just an hour of sleep) and ready to get the party started! With Kathy dressed as Snow White, and I as Jasmine, we headed off to Epcot. Once at the staging area, we found Charlotte and Betsy, snapped a bunch of pictures, laughed some more, checked our bags, and headed off to corral A. There was so much excitement in the air! 5:35

a.m. arrived quickly once in the corral, and on the Fairy Godmother's mark, we were off and running!

Continued on next page...



Princess for a Day continued



We planned to stop at every character stop to take pictures, and we did not deviate from that plan. Entering Magic Kingdom was amazing...the lights, the people, the cheers...it couldn't have been any better! We stopped on Main Street, and took pictures of each other with Cinderella's Castle as the backdrop. From there it was character after character...Buzz LightYear, the Mad Hatter, Gaston, Belle, Mickey and Minnie, Tianna...the list goes on. I think I counted about 20 times that we stopped to take pictures!

Once through Magic Kingdom, the course had us heading back to Epcot. A Toy Story soldier was appropriately placed at a tough ramp, at about mile 10.5. He wasn't cutting anyone any slack.



We were on our way to the finish. After a few more character stops, we found ourselves entering Epcot. You could feel the excitement building, and as we rounded the last turn, we saw Mickey and Minnie ahead, cheering on the finishers! As we held hands and crossed the finish line, we both cried...my sister because she was so tired and happy to be finished, and I because I had crossed the finish line with my big sis, whom I love so, so dearly.

There are races that we race, and then there are races that we should just run for fun. This was certainly one for fun. If you have never run a race with a friend or loved one just for fun, it is something that you must do! This was a first for me, and an experience I will never ever forget!



Thanks Karen...and Congratulations!—BR

Everyday Heroes 5K & Family Fun Fest

Saturday May 4th
7:30 am
Wickham Park
Amphitheater

Presented and Benefiting Swim Safe Forever

0600: Registration & Packet Pickup Begins

• Individual: \$25

• Kids Dash: Free

0715: Registration Closes

• Race Day Registration: \$30

• Ultimate Hero Challenge: Free

0730: Race Begins

New Name, Same Race! The "Not One More Child Drowns 5K" has become the "Everyday Heroes 5K & Family Fun Fest"

0830: First Flight Helicopter Lands

- This year we have made some changes hoping to honor our first responders and add some fun and creativity. Runners are encouraged to dress like their everyday hero.
- Children are invited to participate in a FREE Kids Dash following the awards ceremony.
- Ultimate Hero Challenge where participants from local first responder organizations (police, fire, ER, life guards, etc) are invited to race against each other to win possession of the Ultimate Hero Cup to proudly display until next year's race.
- Fun Family Activities: FREE bounce houses, FREE face painting, snow cones, popcorn, music, silent auction and raffle.

0900: Awards Ceremony

Kids Dash & Ultimate Hero Challenge to Follow

For Online registration, Sponsorship and or Volunteer Opportunities please visit our website at www.SwimSafeForever.org/fundraiser.

Register by April 17th to guarantee T-shirt

Awards Categories

Male/ Female: Top 3 Overall, Top Masters Age Groups

Male/Female: Top 3 in each age group: Starting at 5 and under, 6-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

Timing Provided by: Space Coast Event Management & Timing

Everyday Heroes
5K Registration
May 4th 07:30 am

Make Checks Payable to:
Swim Safe Forever, Inc.

Mail Registration To: Attn :Briana Craycroft
Swim Safe Forever Inc.
6456 DiModa Lane Apt # 110
Melbourne, FL 32940

Last Name: _____ First Name: _____ Male/Female: _____ Age: _____

Mailing Address (Include Apt # and/or CO) _____ City: _____ State: _____

Contact Phone Number: _____

Email Address: _____

Event:

___ Everyday Heroes 5K: \$25
___ Day Of 5K Registration: \$30
___ Kids Dash: Free

T-Shirt Size:

___ XS ___ S
___ M ___ L
___ XL

Raffle Tickets:

___ 1 Raffle Ticket \$5
___ 5 Raffle Tickets \$20
___ 1 Grand Prize Ticket \$10
(6 weeks of ISR Lessons)

Sponsor a Swimmer:

___ Donation Amount

Swim Safe Forever (SSF)

We strive to educate our community regarding the layers of protection and effective measures of water safety. In addition to education, Swim Safe Forever provides a scholarship program to families who qualify for financial assistance to help in giving their children the gift of survival with self-rescue swim instruction.

All proceeds from this event benefit SSF Education and Scholarship programs.

Safeguard Your Child

- It is not a lack of supervision, but a lapse of supervision that puts our children at risk.
- Designate someone as a "Water Watcher" when swimming. Take 15 minute shifts.
- Enroll your child in self rescue swim lessons.
- Check Surf Conditions before entering water.
- Swim in a Life Guard Protected Area.
- Teach your child to survive if caught in a rip current: do not panic, swim parallel to the shore until the current releases them. Float if tired.
- Dress your child in bright colors.
- Take a picture of your child in their swim attire. This may help if you need to search for your child.
- Wear Sun Protection to include clothing and sun screen.

Safety Tips for your pool

- Your child should never have access to a pool alone.
- Pool safety is vital in preventing tragedies. Create multiple layers of protection for your child.
- Permanent four sided pool fences that enclose the pool and are 4-6 feet in height with self latching and self closing gates.
- Always remove all pool toys from pool when not in use. Colorful toys lure children to the water.
- Do not leave furniture near your pool area that may allow your child to climb over the pool fence.
- Install high locks and alarms on ALL doors and windows that lead to the pool, don't forget pet doors!
- Always check your pool first if your child is missing.
- Do NOT dive in shallow water.

Online Registration & More Water Safety Info at: www.SwimSafeForever.org

COMPLETE BELOW AND MAIL SIGNED REGISTRATION ALONG WITH PAYMENT.

Everyday Heroes 5K & Family Fun Fest
At Wickham Park Amphitheater May 4th, 2013 07:30 am

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 thereafter accrue to me against Space Coast Time Management, Swim Safe Forever, its employees, sponsors, officials, volunteers, and supporters this race and any representatives, successors, or assign 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 "Everyday Heroes 5K & Family Fun Fest." 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 also give full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment. I attest and verify that I am physically fit and have my physician's permission to any and all the foregoing to use any photographs, videotapes, or any other rerecord of this event for any purpose of the event whatsoever. I have read the above release and understand that presents a risk of physical injury. Knowing this, I am entering this event at my own risk.

Signature

Date:

Guardian's Signature (If under 18)

If under 18 Signature of parent or legal guardian are required



Forever Hearts

The Forever Hearts 5k and Fun Walk was the third race of the Brevard County Parks and Recreation's Run Brevard ReCreate Your Life 5k Race Series. The race was held Feb. 16th. at Max K. Rodes Park in West Melbourne.



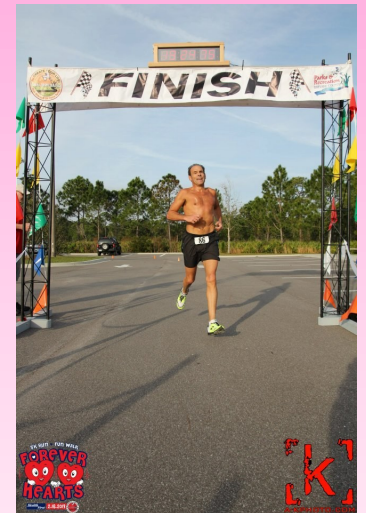
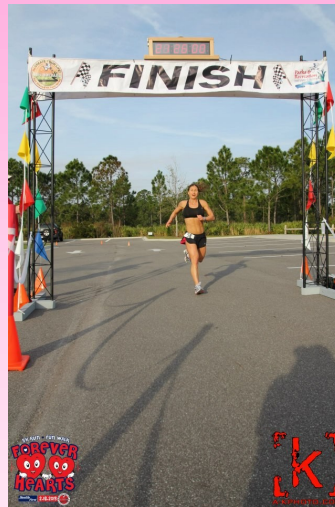
For full race results [click here](#).

MALE OVERALL
 Art Anderson 19:25

FEMALE OVERALL
 Charise Parker 21:26

MASTERS DIVISION
 Matt Mahoney 20:26
 Laurie Paul 24:44

Photos courtesy of Ashley Kuvlesky



Charise Parker and Art Anderson coming in for the female and male overall win!



Long Distance Relationships

WHAT SCR RUNNERS HAD TO SAY ABOUT THEIR RECENT OUT OF TOWN RACES



Ralston Creek Half-Marathon & 5K Run

February 10, 2013

Arvada, Colorado

Lost Dutchman Half-Marathon

February 17, 2013

Apache Junction, AZ

Contributed by Carol Ball



As most of you know, I am on a quest to do a half marathon in all 50 states. (Notice I say “do” instead of “run”) My sister, Donna lives just west of Denver, CO, and my sister Patty lives in Phoenix, AZ. Last year we found out that the Ralston Creek Half, in Donna’s city of Arvada was on Feb 10th, and the Lost Dutchman in Apache Junction, would be the 17th! So, a sister trip was planned!

I flew into DEN on Fri to try to acclimate to the altitude and cold. Not. Luckily, the race was less than a mile from Donna’s home, so we drove over and sat in the car until right before the start. It was a small event, capped at 650, but with a wave start. From the website:

The Ralston Creek Half Marathon and 5K will offer a three wave start. Wave-1 will start at 9:00am for half-marathon runners who plan to take longer than 2.5 hours to complete the course. Wave-2 will start at 9:45am for half-marathon runners who plan to take less than 2.5 hours to complete the course. Wave-3 will start at 10:00am for all 5K runners.

*This start procedure is designed to improve the finish line and post-race experience for the slower runners. The 45 minute gap in start times will allow the wave-1 runners time to spread out on the course before the faster runners begin. This start procedure was very well received in 2012. **Please be aware: runners starting in wave-1 who finish the race faster than 2:15 will be removed from the results and disqualified. Wave starts are timed so returning wave-1 runners and outbound wave-2 runners do not have to share the path.***

The Ralston Creek Half Marathon course follows a mix of roads and bike paths on the west side of Arvada. The opening 5 miles are fairly flat, with a barely noticeable gradual gain in elevation. Miles 5 through 6.5 are rolling, with one good climb leading to the high-point of the course atop Ralston Mesa at 7.75 miles. From there, the course is almost all downhill and flat to the finish, with the exception of a small bump around mile 8 and a very gradual uphill in the last half-mile.

Continued on next page...

Long Distance Relationships

Colorado and Arizona Halfs—cont'd

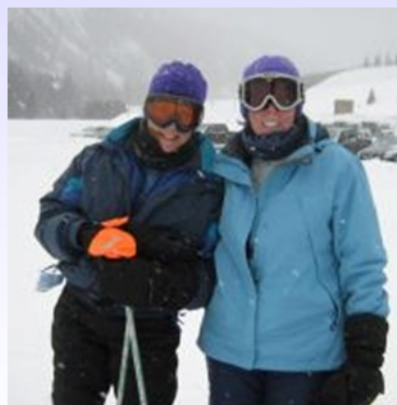
The temp at race start was a balmy 27, and there were patches of snow and ice on the course. The “one good climb” necessitated walking for these two girls, as it was a switchback! It was an adventure for sure, but we laughed through it. There was good food after with hot cocoa, breakfast burritos, home- made chocolate chip banana bread, and more! I spent the week at Donna’s visiting with her son and family, introducing her to Bikram Yoga, watching the snow, and shopping. We even fit in a one day ski lesson at Loveland Ski Area! We flew to Patty’s on Thursday, Valentine’s Day. On Friday, the 3 of us went hiking at the South Mountains for the afternoon. Saturday we headed over for the race expo in Apache Junction. It was held at the MultiGenerational Center with lots of vendors. We met 3 nice women, the younger 2 travelling from Chicago. Mother/Daughter/Granddaughter do this race every year. We took each others’ photos outside the expo hall with the Superstition Mountain backdrop.

This race was much larger than the week before, with a half marathon cap at 1,300. At the race start there was a couple in costume who had set up an area for photos including a “mining” donkey, a gambling card table, and other old west memorabilia. Fun!
From the race website:

The Half Marathon begins and ends in Prospector Park, and is an out-and-back over the last 6.55 miles of the Marathon course. You will notice a gradual incline as you run toward Superstition Mountain and an equivalent decline on the way back. There are no significant hills. (??!) The course is paved, but there are significant stretches of freshly graded shoulder if you prefer to run on dirt. The half marathon course is certified (AZ10015TLB)

It was a very scenic course, with rolling hills. I tried to run most of it, but ended up walking a bit of the uphill near the end – tough for this flatland Florida girl! I missed 4th place Age Group by 21sec, and 3rd by 1:26! Such is life. There was a nice feast after for runners only. I would definitely recommend this race.

We drove back to Patty’s and showered and sat out by her pool in the Arizona sun and had sister time. We had not done anything like this as far back as any of us could remember. We are hoping to be able to meet on an annual basis for another “sister” adventure!



Thanks Carol!



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

MARCH 2013



Asheville Marathon
3/3—Asheville, NC
Daryl Gilbert



5K Fun Run ~ Half Marathon
Tavares, FL

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



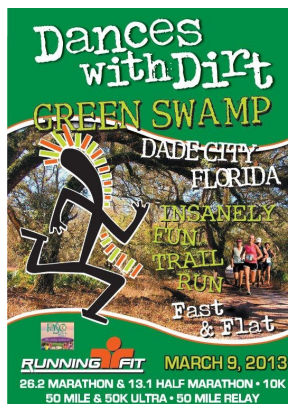
66 2/3 M
33 1/3 M
5 Mile
& 1/2
Marathon

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
David Bils, Annie Caza,
Shelley Christian, Harry
Prosser, Kimberly Prosser,
Doug Nichols, Ron Roff



**Dances with Dirt
Green Swamp 100K,
Relay, Marathon, Half
Marathon**
3/9—Dade City, FL
Ron Abel, Steve Chin, Jay
Claybaugh, Donna Davis,
John Davis, Autumn Ev-
ans, Julie Hannah, Joe
Hultgren, Barbara Krause,
Jennifer Ogburn, Lisa
Petrillo, Ed Springer, Kara
Springer, Shane Streufert



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



**The Yuengling Sham-
rock Marathon, Half
Marathon, & 8K Run**
3/17—Virginia Beach,
VA
Yvette Nelson



**Sarasota Half
Marathon & Relay**
3/17—Sarasota, FL
Jerry Brown, Christina
Engel, Karen Sanchez

Make the most out of your March races...the **HEAT** will be here soon!



Where In The World (continued)

MARCH 2013



The Hat Run
3/23— Havre de Grace, MD

Ron Roff

APRIL 2013



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



Laufsport Saukel Kempten Halbmarathon
4/14— Kempten, Germany

Dave Farrall,
Lisa Farrall



Athleta Iron Girl Half Marathon
4/14— Clearwater, FL
Cristina Engel



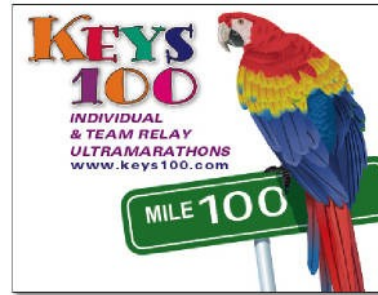
Lake Minneola Half Marathon, 12K & 8K
4/20—Clermont, FL
Harry Prosser,
Kimberly Prosser



The XTERRA Claw 10M Trail Run
4/28— Lithia, FL

Ron Roff

MAY 2013



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

Danny Barrett, Steve Chin, Jay Claybaugh, Donna Davis, John Davis, Rick Foresteire, Charis Gaines, Steve Hedgepeth, Scott Larson, John Ouweleen, Harry Prosser, Kimberly Prosser, Veronica Sims, Ed Springer, Kara Springer, Chris Slusher, Shane Streufert, Nancy Wingo



Will Brevard County bring the Relay medals back home in 2013?



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



Cellcom Green Bay Marathon
5/19—Green Bay, WI
Doug Nichols

JUNE 2013



Grandma's Marathon
6/22—Duluth, MN

Ron Roff

Is YOUR next Race on our Schedule?

Email Bob@RallCapital.com

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