



# SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness  
in Brevard County, FL

April 2013



RRCA BENEFITS COCOA BEACH H.S. PROJECT GRADUATION  
MARCH 16TH, 2013



A run for the children

The next-to-last race in the SCR Runner of the Year Series took place last month. We took a step back into time with the Re-Run 5k. We had races to remember Sally and Brianna. We also had Leprechauns, Monkeys and a battle of the corporate titans. All that...and more, inside.

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# FROM THE EDITOR



It's not often that the different things we are passionate about in our lives come together. But I'm lucky enough to have that happen this month. You see, my entire family (my wife Gina, my son, Adam and my daughter, Jenna) are coaches with Special Olympics of Brevard. We coach the track and field team for Central Brevard. The relationships we have developed with our athletes is a real passion for us.

One of my other passions is our local running community. Space Coast Runners has been a strong supporter of Special Olympics of Brevard and makes a sizable donation to them every year with part of our share of the proceeds from the Space Coast Marathon and Half-Marathon. So, that's a nice connection between two of my passions.

This month it gets even better. The annual Special Olympics Law Enforcement Torch Run passes through Brevard County on April 26th. I've been in the stadium at Disney several times when the Torch Run ends with hundreds of law enforcement officers, and their vehicles with lights ablaze, lighting up the darkness as they enter the stadium and officially kick off the Summer Games. It is truly a goose bump experience! The various law enforcement agencies come together to raise funds and make a significant donation that allows our disabled athletes to participate in an event that fosters competition, camaraderie, and inclusion for all people.

You can support their efforts by joining them on April 26th. There are 6 different legs of the Torch Run in Brevard County...from Palm Bay to Titusville. You are welcome to run with the officers, or you can support them along their route. Or you can buy a shirt or hat to show your support. No leg of the Brevard County event is more than 3 miles, and they would love to see you out there. For more information, go to Special Olympics Florida Law Enforcement Torch Run by [CLICKING HERE](#). Runners supporting Special Olympics...two of my passions coming together. I am a lucky guy!

*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](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; April 15th at the Health First Pro-Health and Fitness in Merritt Island.**



## 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)

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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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# Carol's Corner

Contributed by Carol Ball, SCR President

Happy April !

I am so proud of our Club! A couple of years ago we joined the RunDisney Club so that our members could enjoy discounts on Disney races. This past January, Linda Cowart headed up a group to run the Walt Disney World Marathon, Half Marathon, and Goofy Challenge. I bet none of our participants realized there even was a Running Club Challenge, so what a surprise when I was recently notified that we were winners! We won 2<sup>nd</sup> Fastest Team in the World out of 16 teams in the Marathon (only missing 1<sup>st</sup> by about 2 minutes), and 1<sup>st</sup> Fastest Team in the World out of ten teams in the Half Marathon!!

Marathon Participants: **Jim Caprara, Raul Ruiz, Christina Mitsakos, Cyndi Bergs, Theresa Miller, Linda Cowart, Betsy Butler, Pamela Gearhart, Christy Tagye, Kelly Hunter, Jacquelyn Kellner, Marisa Flint, Kathryn Koontz, Suzie Enlow, Christy Zieres, Craig Capron, Andrea Lucas, Ron Roff, Pat Kiesselbach, Danny Barrett, Henry Smith, and Richard Koontz**



Half Marathon Participants: **Betsy Butler, Theresa Miller, Linda Cowart, Cyndi Bergs, Christy Tagye, Kelly Hunter, Robert Ghormley, Ron Roff, Craig Capron, Kathryn Koontz, Charis Gaines, Patti Sponsler, Marisa Flint, Daryl Gilbert, Sr, Andrea Lucas, Christy Zieres, Debra Rescott, Tommy Enlow, Suzie Enlow, and Henry Smith**

Full Results: <http://www.trackshack.com/disneysports/results/wdw13/>

I just received word from RunDisney that registration for the **2014 WDW Marathon Weekend** starts April 9. If you are planning on participating, here are the instructions to get your SCR discount:

*This year to ease some minds we have instituted a new registration system for the Club Challenge. Instead of sending each club leader a link to sign up their club members: this year everyone will sign up using the main link. To ensure you are placed on your respective team/ club and receive your club discount you will need to complete two actions while registering.*

*In the question **“What club are you running with?”** you will need to select your club from the drop down list.*

*To receive your discount: enter your assigned team code in the discount box (**SPACECST14**)*

**NOTE: Codes are not retroactive!** *If you forget to put the code in we will not be able to reverse or refund you in the system! Also, PLEASE do not abuse your privilege by giving out this code to non-members.”*

*Carol's Corner continued on next page...*



# Carol's Corner *continued*

Contributed by Carol Ball, SCR President

Also, this year we entered a team in the Running Zone/ Florida Today Corporate Challenge 5K held on March 14 at Intersil in Palm Bay. Team members included: **Carol Ball, Jerry Bird, Melanie Delman, Mary June Joseph, Pat Kiesselbach, Chris Loines, Matt Mahoney, Harry Prosser, Joan Thibodaux, and Marie Thomas.** Through the cold and wind, we persevered and won 2<sup>nd</sup> Place Fastest Company 100-999 Employees, 2<sup>nd</sup> Place Fastest Co-Ed Team, and 1<sup>st</sup> Place Overall Female CEO!

We would like to again form a team for next years' Corporate 5K, so watch for it next year!

**Mark Your Calendars!** The Runner of the Year Awards Dinner will be back at the Indian Harbour Beach Community Center this year on Saturday, May 18<sup>th</sup> at 6pm. I need your RSVP by May 1<sup>st</sup> so that we can plan for the right amount of food. It will be a full Italian meal including vegetarian selections. ALL members are welcome and encouraged to attend, as it is also our Annual Meeting. You may pay in advance, or at the door, \$10 Adults, \$5 under 12. Please RSVP to [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com) with the number of guests.

Thank You!



That's some pretty nice stuff...way to go SCR!!!



# 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: **Abe Oros, Jim Frey, Chris Ramsey, Suzanne Johnson, Joel Fenlason, Anthony Semento, Lynette, Jonathan and James Quinlan, Angela Saldana, James, Sue Ellen and Mark Conant, Christine Ellegood, David Bills, John Newlove, and Ric Renfroe.**

**CORRECTION:** Last month's newsletter incorrectly reported that **Jennifer Ogburn** served as Race Director for the Soarin' Eagles 5K. The actual RD was **Cheri Brown**. We apologize Cheri. We know how much work goes into putting on a race and you get little credit, especially when the newsletter screws it up!

**SPECIAL THANKS TO THE FOLLOWING FOR THEIR HELP IN THIS MONTH'S NEWSLETTER:** Carol Ball, Loran Serwin, Running Zone, Matt Mahoney, Rene Dunne, Lori Rattay, Jessica Crate, Barry Jones of TriHokie Images, Doug Carroll and Barry & 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:**

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; **9th**—Joshua Farner and Steven Raymond; **10th**—Elizabeth Dore; **11th**—Kim Bissonnette; **12th**—Kayla Campbell, Kristen Strout and Mitch Varnes; **14th**—Micahel Catacutan, Nick Flint and Seth Reesh; **15th**—Roger Rowan; **16th**—Elwyn Brown, Eric Bissonnette and Rachel Redlien; **17th**—Cailin Buchanan, Carole McCoy, Danielle Slomins, Donald Nygaard, Joan Meadows and Lisa Farrall; **18th**—Connor McCoy and Hanah Estes; **19th**—Jenni Crook; **20th**—Lillian Robertson; **21st**—Alan Smith, Celia Mahler, John Jacobs, Lynnda Floyd, Taegen Burns and Zachary Unrue; **22nd**—Anthony Semento; **23rd**—Christina Martin; **25th**—Jessica McCaskill; **26th**—Suzanne Johnson; **4/28**—Shane Turner; **29th**—Benjamin Bloch, Beverly Greene, and Lana Jobes;

And for those with a birthday in early May: **1st**—Jeanine Nolan and Tom Ward; **2nd**—Keith Kowalske; **3rd**—Chuck Mathews, Donna Davis, Julian Scott, Greg Apotsos and Steve Hedgespeth; **4th**—Molly Kirk; **5th**—Wolfgang Jensen; **6th**—Charles Hannold, Chris Reesh, John Newlove, Mike Duncan and Nimish Shah; **8th**—Emily Maltby and Skip McCoy; **9th**—Aubrey Fortmayer.

**HAPPY BIRTHDAY TO ALL!!**



# Series Says... One Race Left!

## Featured SCR Race of the Month



### Space Walk of Fame 8K & 2 Miler

Great race for runners and walkers as they have their choice of two distances. Awards are also given to the Top 3 Clydesdale & Top 3 Fillies.

**WHERE ►** Space Walk of Fame 8K & 2 Miler  
Space View Park—188 E Broad St.  
Titusville, FL 32796

**WHEN ►** 8:00 am  
Saturday, April 13, 2013

**WHAT TO EXPECT ►** A flat, double loop course that follows the Indian River. Runs on mostly shaded residential roads. The first loop is 2 miles and second loop is 3 miles. Proceeds to benefit Emerging Leaders.

## 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	✓
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**

# SPONSOR SPOTLIGHT

Special Thanks to the Sponsors of the SCR Race Series!



Viera Pizza offers a great dine-in facility as well as our popular carry out and **FREE DELIVERY** within our area...pizza, pasta, salads & more!

**(321) 636-7696 • [www.VieraPizza.com](http://www.VieraPizza.com)**

Catering service to all of Brevard County!

- ◆ School Functions
- ◆ Corporate Events
- ◆ Private Parties

Pick up a C.Y.O.P. today (cook your own pizza) • Visit [Viera Pizza Eastside](http://www.VieraPizza.com) too!



**Join VIP today! Click Here...**  
Receive our VIP eMails with new specials, coupons, FREE Giveaways and more!

As the SCR Runner of the Year Series comes to an end this month, we would like to once again, Thank ALL of our Sponsors...it couldn't happen without you!

- Coldstone Creamery of Merritt Island
- Avatar Technologies
- Clow Chiropractic
- Island Multi-Sport
- Rapid Automation
- Running Zone
- New Balance of Melbourne
- Millennium Engineering & Integration
- Daddy UltraRuns
- Melbourne Music Marathon
- Viera Pizza

**THANK YOU!!!**

## 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

## Long Doggers Indialantic Monday Nights

**J**essica Crate and Al Steigniga host a fun, free run every Monday night at Long Doggers in Indialantic @6pm every week! Runners of all ages and paces are welcome to join for various distances.

Crate, Certified USATF Coach, now holds a 30 minute complimentary Natural Running Clinic before the run to help runners improve form, get faster, stay injury free and educate them on the running basics. The clinic begins on Mondays at 5:30pm.

The second Monday of the month, Steigniga and Crate host a post-run party with free wings, beer and raffle prize giveaways! See you Monday for a relaxed, fun run that echos the motto of LDs: "Relaxed Grill & Brew".

**SCR:** When did the group start?

**JC:** I started the group back in October 2010 when I was leading the training program for the Melbourne & Beaches Music Marathon. The run started with a small training group of 5-10 people that I was coaching, Al jumped on board to help host so runners could practice running the causeway and part of the race course for training purposes.

**SCR:** How many in your group now?

**JC:** The group has grown dramatically and we always have new people join or visitors from out of town jump in. The numbers can range from 10-50 people on any given day.

**SCR:** Why start the group?

**JC:** The group gained popularity over the 2 years I led the training program and we just kept it going. It doesn't interfere with any other running groups and is an awesome way to jump start the week, run off the Monday blues and meet some fun, energetic people. We wanted to promote health and fitness in the community and open it up to any and all people (dogs included) in a non-competitive environment. It's a great way to get encouragement and meet other people with similar goals.

**SCR:** Normal route and mileage?

**JC:** The normal route begins from Long Doggers and travels up Franklin, south on Riverside, up and over the Melbourne causeway. Runners can choose their pace and distance ranging from 1-10 miles.

For more info contact Jessica at [Jessica@jessicacrate.com](mailto:Jessica@jessicacrate.com)





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

Sponsored by



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](http://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 1<sup>st</sup>)
- \$ 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)



[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



4730 Seminole Trail

Merritt Island, FL 32953

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321-452-1251 (ph) | 888-452-8851 (fax)

Marty Winkel

321-537-3526

[sceventmgt@gmail.com](mailto:sceventmgt@gmail.com)



# Run a Mile with

## Lori Rattay

### THE FACTS

Originally from: Newburgh, Indiana

Grew up where: After my father retired, we moved to Satellite Beach where I attended high school.

Family: Husband Steve (of 27 years), Ryan (24 years old) and Skyler (23 years old)

Occupation: Credit review dept at Chase/Wingspan

Dream profession: Traveling, working in running/bicycle events.

### FOR THE RECORD

Number of Years Running: 3 years in May

Began Running Because/To: I had lapband surgery due to my weight of 240 pounds. In May 2010, I had a bicycle accident and broke my right arm and was in a cast, so walking/running was the only form of exercise I could do. So, I started walking, then eventually running with a cast on.

I Knew I Was Hooked When: I was seeing weight loss results and enjoying being outside in the fresh air.



**"No matter how slow you are, you are not at home on the couch"** - Lori's advice to new runners

## THE FAVORITES & MORE

Favorite Race(s): Why? All are good since I get to see all my buds.

Favorite Race Distance: Why? Half marathon because everyone knows I run for bling!

Favorite Place(s) to Run: I can run anywhere as long as I have friends to chitty chat with.



Most Satisfying Race Performance: On a Thursday night fun run at Running Zone, I was approached by Jessica McCaskill. She asked if I would like to do a 50-miler on Saturday with her, as Joan Meadows was unable to do it. So, the whole run all my friends had me convinced me I could do it, being that I just ran the Dopey at Disney (5K Friday, Half Marathon Saturday, Full Marathon Sunday). So, Friday Joan was able to transfer her bib to me, and Jessica and I left for Palatka to run the Iron Horse 50 on Saturday.

It was most satisfying because even though I really wasn't trained, the encouragement of all my friends and my determination made me believe I could accomplish this. I did complete it, not the fastest or slowest, but I did it. Funny how I turned 50 years old in September and ran 50 miles in the year I turned 50! Thanks to everyone who had a hand in this—Jessica, Joan, and all my Thursday night running buds!

Running Goals: Continue to run injury free

Running Partner(s): Whoever is available and wants to run with me.

One Piece of Advice That I Would Give to a New Runner: Get out there and go to group runs, meet people. Someone will always be faster or slower than you, so enjoy it. No matter how slow you are, you're not at home on the couch.

Other Sports & Interests: Anything outdoors and adventurous. Bike riding, camping, scuba diving, white water rafting, 4-wheeling, skydiving. I am always game for anything.

Dream Vacation: Go to Alaska

## LAST BUT NOT LEAST

Why Did You Join SCR? Joan talked me into it! I love the people that I have met.

*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.*

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

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

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

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

# Long Distance Relationships

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



## Rock 'n' Roll USA in the Nation's Capital March 16, 2013 Contributed by Rene Dunne

I was too thrilled when my husband, Les, told me I could pick any race and we could make it our vacation. I had wanted to do the Cherry Blossom 10 miler but when I saw that it was a lotto race I didn't want to have to go through the hassle. So, I went on the hunt and found the Rock n Rock USA half/full marathon. It is in Washington, D.C. just like the 10miler, and if I was lucky the Cherry Blossom trees would be blooming.

We packed up our car and headed north. When we got to DC we went straight to the expo at the US Armory. It was one big party for runners. There were photo booths with props, clothes to buy and each vendor seemed to have something they wanted you to have. It felt like I was trick-or-treating while walking through there. We finished up and headed back to the hotel to rest up for the following day.

We woke up nice and early even though our things were laid out the night before. We got dressed and jumped onto the metro. Once we got there we stayed down below for two reasons...one, we were meeting fellow runner Carol Ball there, and two, it was COLD!! Thankfully, we had some fashionable trash bags to wear, lavender scented!

Once Carol's train showed up we made our way up stairs to the starting area. The three of us were in corral #9 and they let the corrals go in three minute increments. Each time we moved closer I was getting more excited. You could see the Washington Monument off to the left. Finally, it was our turn...here we go!

*Continued on next page...*



*Looks like you got your cherry blossoms!*

# Long Distance Relationships

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



## Rock 'n' Roll USA



The course takes you through some of the tourist sections of DC. We went by the Lincoln Memorial, the Washington Monument, and out and back on the Arlington Bridge. (While you see a lot of these during the race I would recommend adding a day to your trip for just sightseeing) Then you head into the residential areas.

I loved it! The houses and streets looked like something you would see in San Francisco. The spectators were the best ever. But then again, when you are wearing a green tutu and a Viking hat you are bound to get cheers!

*(Editor's Note: I'll bet Les looked pretty snazzy in that tutu!)*

The course is not a flat course, it has several rolling hills. If you ever do this race, be prepared for the mile 6 hill. It was like running into a wall but I enjoyed the challenge. It is not a PR course mainly because of how crowded it is. But if you are looking to have a good time and get some sightseeing in, I highly recommend it!



*Oh, ok...so I guess it was YOU who was wearing the tutu with the Viking hat!  
Thanks Rene!*

# Lewis Carroll Trek for Technology



**Lewis Carroll Trek for Technology  
5K Run/Walk  
1 Skyline Blvd. Merritt Island, FL 32953  
Saturday, April 20, @ 8:00 a.m.**

## Timeline:

**Friday, April 19**

**7:00-7:45 a.m. – Packet pick up at Lewis Carroll**

**2:00-3:00 p.m. – Packet pick up at Lewis Carroll**

**Saturday, April 20**

**6:45-7:45 a.m. - Registration/packet pick up**

**8:00 a.m. – Race begins**

**9:00 a.m. – Free Kid's Run begins**

## Fees:

**Early Registration – Adult - \$20, Student - \$15 BEFORE April 10**

**Race day Registration – Adult - \$25, Student - \$20**

## Awards:

**Top 3 (14 and over)**

**Top 3 (13 and under)**

## Amenities:

**T-shirts – guaranteed if pre-registered**

**Door Prizes, Post Race snacks**

**Lil Tech Trek @ 9:00 a.m.**

**Runners age 6 and under only please**

## Lewis Carroll Trek for Technology 5K Run/Walk

**Make check payable to Lewis Carroll PTO**

**Send completed form and fee to 1 Skyline Blvd. Merritt Island, FL 32953**

**Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Email: \_\_\_\_\_**

**Gender: Male Female (please circle) Shirt Size: YM YL AS AM AL AXL AXXL (please circle)**

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK: Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the (School/District/PTO/Lewis Carroll Elementary), including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Florida. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line signature shall substitute for and have the same legal effect as an original form signature.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Signature of Parent (if under 18)

\_\_\_\_\_  
Date





# Monkey Madness 3K

Monkeying Around is Encouraged at  
This Race!

March 2, 2013—Brevard Zoo



Race Start #1

The Monkey Madness 3K took runners on a scenic route through the zoo—on asphalt, on grass, on trail, on rocks, and on wooden deck! The Art of Sand sculptures were on display as well, providing beautiful scenery.

Something new this year was having two race times instead of just one. Runners that were expecting a finish time of 20 minutes or less ran in the first race and then the second race started about 35 minutes later.

David Kilgore of Palm Bay ran away with 1st place for the men with a time of 9:11. Coming in second with a time of 9:37 was Lightning Storm from Melbourne. Third place went to Peter Clusener of Melbourne at 9:43. Male Masters champ was Shane Streufert of Viera with a time of 9:54.

For the women, Angela Cobb of Melbourne Beach came in first with a time of 10:49. Beth Whalen of Melbourne placed second in 10:52. Third place went to Kim Hunger from Palm Bay in 11:21. Female Masters champ was Tracy Dutra of Melbourne with a time of 11:57.

The awards were stuffed monkeys! The awards ceremony was held inside the zoo with a birthday celebration for Coach Butler.



Race Start #2

All race results can be found [here](#).

# Monkey Madness 3K 2013 (continued)

Photos courtesy of Trihokie Images  
at [www.trihokie.com](http://www.trihokie.com)



Coach Butler's big birthday  
deserves a big monkey cake!





## **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**



# Lucky Leprechaun 5K

They were wearin' the green in Cocoa Beach

March 16, 2013

***“May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face. May the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.”***

***—Traditional Gaelic Blessing***

Over 140 runners gathered together in Cocoa Beach on St. Patrick's Day eve to participate in the Lucky Leprechaun 5K to benefit Cocoa Beach High School Project Graduation. The course followed the same route as the other big holiday race in Cocoa Beach, the Turkey Trot. It was a bit chilly at the start of the race, and we're pretty sure the wind wasn't always at the runner's backs, but all seemed to have a good time on a clear, sunny day.



14-year Havard Lorentsen was the Overall Male Champion, coming in with a time of 19:18, more than a minute ahead of the closest competitor. Matt Sanchez was second in 20:30 and Geoffrey Bilder was third in 21:01. James Elder was the Male Master Champion, crossing the line in 22:20.

16-year old Silje Lorentsen kept it in the family by taking the award for Overall Female Champion, covering the 5K in 21:53. 12-year old Marina Schuster was second in 23:35, and Debbie Wells (who is older than that) crossed third in 24:36. Joan Meadows was the Female Masters Champion with a time of 25:46.



All race results can be found [here](#).

# 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

0715: Registration Closes

0730: Race Begins

0830: First Flight Helicopter Lands

0900: Awards Ceremony

Kids Dash & Ultimate Hero Challenge to Follow

- Individual: \$25
- Kids Dash: Free
- Race Day Registration: \$30
- Ultimate Hero Challenge: Free

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

- 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.

For Online registration, Sponsorship and or Volunteer Opportunities please visit our website at [www.SwimSafeForever.org/fundraiser](http://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: _____	Raffle Tickets:
Event:	T-Shirt Size:	<input type="checkbox"/> 1 Raffle Ticket \$5 <input type="checkbox"/> 5 Raffle Tickets \$20 <input type="checkbox"/> 1 Grand Prize Ticket \$10 (6 weeks of ISR Lessons)
<input type="checkbox"/> Everyday Heroes 5K: \$25 <input type="checkbox"/> Day Of 5K Registration: \$30 <input type="checkbox"/> Kids Dash: Free	<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	Sponsor a Swimmer: _____ Donation Amount

# Reasonable Running

With Barry and Michele Birdwell  
RRCA Certified Coaches



## Dieting and running do they mix?

We believe they do not belong in the same sentence. However we do believe we can manage our weight with a lifestyle that includes running.

In our travels we have had the good fortune to meet and attend a few seminars by the renowned Nancy Clark MS, RD, CSSD. We also give thanks to the likes of Barnes and Nobles and [Amazon.com](https://www.amazon.com) for enabling us to add her expertise to our library and bag of tricks.

She says our culture and hectic lives lead us to be on either end of the nutrient spectrum, not in the middle where we should be. Most of us are either stuffed or starved. We are either too busy to eat, or we are simply trying to cut calories. By the time we get home from our jobs we do not eat reasonably. We open up that box of healthy whole wheat crackers to refuel and 15 minutes later we have eaten the whole box. We don't just reach for the healthy snacks in our house, by the time we hit that starved spectrum we eat anything we can get our hands on.

Recently we were on a teleconference she was leading and this is what she recommended. She tells us to think of food as fuel. She says "Fuel by day and diet at night." You need the fuel to do your daily job and to support your workouts. She recommends thinking of each meal as your calorie bucket. Divide your daily calorie needs into approximately four buckets/meals. Breakfast, Lunch, a Second Lunch and Dinner. If you are going to cut any calories, then do it by having a reasonable dinner.

Once you get into this routine and your objective is weight management you are on your way to true self control. If you wake up ready to eat breakfast, then you know your metabolism is in proper balance. Do it! Fuel by day and diet at night.

If you have been trying to workout and cut calories you know it is pretty much impossible to do either well. You may be in that mode of "I have been good all day, but when I get home I always blow it. Girl Scout cookies... oh I have no will power." If you are not fueling by day, it is not your lack of willpower it is p-h-y-s-i-o-l-o-g-i-c-a-l. Your body takes over and does what it must.

Get in the habit of fuel by day and eating reasonable at night and you will be stronger in your workout and perform better at your job and manage your weight.

When preparing this article we looked to Barry's weight as our fact check. When we started running about 12 years ago he was some 37 pounds heavier, and he was not any taller. LOL. By maintaining a healthy lifestyle and with help from Nancy Clark all of us can manage our weight. Let's keep nutrition at the fore front of our training and as an integral part of our athletic lifestyle.

“Like” the Birdwells at [facebook.com/birdwellsrun](https://www.facebook.com/birdwellsrun)



# 1-2-3

## The 3rd Annual Running of the Sally's Friends 5k was Top Notch

March 9, 2013—  
Gleason Park—Indian Harbour Beach



Mike Fretz was on fire from the get-go as he blazed his way to a first place finish at the third annual Sally's Friends 5K & Fun Run. Fretz (pictured below right), 44 of West Melbourne won in a time of 17:44 on a brisk, sunny morning. The ladies were led by Anne Dockery, 64, of Melbourne Beach who ran a swift 21:26.

This feel good 5K is a great course for those racing and for the moms and dads who head out every day pushing their kids in strollers. The event even features a stroller division where Susan McBee from Middletown, Maryland claimed the top spot pushing her way to a 29:48 finish.

Capturing second place overall for the men and women were local runners Art Anderson (19:09) and Kristina Horn (22:26). Third places went to Jonathan Howse (19:15) and Lexi Fenton (22:42). In the Master's Division, Brian Kessler was your male winner (19:31) and Sondi Ryersee all the way from Pelee Island, Ontario won for the women (24:18).

All proceeds raised were to benefit Sally's House, a long term residential recovery home for women and their children.



The 5K had 177 runners, walkers & strollers race through Gleason Park.

[Click here for full results.](#)



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 \_\_\_\_\_





# Corporate 5K

## Companies and Organizations Across Brevard Run Together!

March 14, 2013—Intersil in Palm Bay

The 4th annual Corporate 5K kicked off at Intersil in Palm Bay on March 14th.

The top male finisher was Michael Fisher with a time of 17:08 and the top female finisher with a time of 19:56 was Julie Hannah.

A fun category was the top finishers that were also the CEO for their teams. For the males, it was Mike Acosta, CEO of Team Viera Pizza with a time of 21:30 and for the females it was Carol Ball, CEO for Space Coast Runners, with a time of 23:39.

The team categories were 1-99 employees, 100-999 employees, 1000-4999 employees and 5000+ employees. The top teams in each category were as follows:

Set Goals Not Limits Men 1:10  
Intersil 1:22  
DRS Technologies 1:23  
Harris 1:20

The big office party afterwards included company booths with giveaways and green beer in preparation for St. Patrick's Day. Long Doggers had food for sale to replenish after a windy run!

The beneficiary of the race was United Way of Brevard.



Julie Hannah getting 'the job done'.

Michael Fisher was most efficient and productive employee of the evening.



# Corporate 5K 2013 (continued)

Photos courtesy of Trihokie Images at [www.trihokie.com](http://www.trihokie.com)



The host company Intersil, provided a great race course!



The Running Zone delivers yet another successful and popular race!



Set Goals Not Limits team



## Peak When It Counts **One Mile at a Time**

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

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



*Get in racing shape with fun group workouts!*

12-week programs three times a year: January – May - August

**Registration for May 7<sup>th</sup> camp is now open**

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

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

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

Both programs include:

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

Fees:      New participants: \$140      Returning participants: \$110

Contact us at: [info@up-running-inc.com](mailto:info@up-running-inc.com)      Register online at [uprunningfitness.com](http://uprunningfitness.com)

# Brianna Marie 5K

March 16th

Wickham Park

*To Support the Advance of Fetal Lung Therapies*

The Inaugural Brianna Marie 5K was held at Wickham Park on March 16th. The event was held to raise funds to foster future research and development of fetal lung therapies, a fatal illness which took the life of young Brianna Marie only 15 hours after she was born.

Her parents, Aran and Patrick Hissam have established a foundation in their daughter's name.

In a very successful inaugural event, Mike Fretz was the Overall Male Champion, covering the 5K distance in 17:53. Andy Dutra was second in 17:56 and Michael Fronsoe placed third in 19:17. Manfred Dreilich was the Male Masters Champion with a time of 19:48.

On the ladies' side, Tracy Dutra took the award for Overall Female Champion, crossing in 19:30. Grace Goebel was second in 21:34 and Nadia Emerson finished third in 22:33. Kay Rowley was the Female Masters Champion, coming in at 23:14.

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

Lots of pink balloons and families participated in the inaugural event.

**A note from the Race Director and Brianna's mother, Aran Hissam:**

*My husband and I were overjoyed with the outcome. Since we started the foundation last September, in hopes for a great turnout at our first real fundraiser (the 5K), we raised in excess of \$25,000 in donations/sponsorships/race registrations. We had almost 400 people register for our run and we had a total of almost 500 people attend, including the children as we had a free children's run with a balloon release (jump houses, face painting, popcorn machine, snow cones, etc.) and our amazing volunteers.*

*[Continued on following page...](#)*



# Brianna Marie 5K

March 16th

Wickham Park

*To Support the Advance of Fetal Lung Therapies*

*A note from the Race Director and Brianna's mother, Aran Hissam: continued from previous page...*

*As a first time race manager, I had no idea what I was getting into when I signed up to do this. But it was one of the most rewarding things I have done in my life. I was able to bring my three amazing doctors together who supported us tremendously with Brianna. Dr. Bradford Wolk (a major sponsor and my local OB from Hibiscus Woman's Car), Dr. Timothy O'Leary (from Winnie Palmer in Orlando, and my fetal surgeon and the individual that our foundation is working with to advance fetal medicine, Dr. Ruben Quintero (from Jackson Memorial Hospital in Miami).*



*We had such great feedback. The one thing I wanted most was for our race to be organized and to start on time. I wanted Brianna to touch the hearts of everyone, and I think we succeeded on all fronts. We are already looking forward to our second annual event, next March 15th.*



*Dr. Ruben Quintero, Dr. Bradford Wolk, Aran Hissam, Dr. Timothy O'Leary*



Viera Pizza presents the 2nd Annual  
**EAT MY CRUST 5K  
 RUN/WALK**

7:00 am Sunday, May 5, 2013  
 Viera Pizza, 5450 Stadium Pkwy  
 Race benefits the Viera High School Athletic Dept.  
 Register online at [VieraPizza.com/EMC.htm](http://VieraPizza.com/EMC.htm)

**RACE DAY SCHEDULE**  
 Packet pickup & registration at Running Zone  
 Friday, May 3<sup>rd</sup> - 10am to 6:30 pm  
 Saturday, May 4<sup>th</sup> - 10am to 5pm

**SUNDAY, MAY 5<sup>th</sup> - RACE DAY**  
 6:00 am Packet Pick Up & Race Day registration  
 6:45 am Late registration ends  
 7:00 am Eat My Crust 5K Starts!  
 8:15 am Lil' Pepperoni Run for Kids - FREE!

**FOR MORE INFORMATION:**  
[www.vierapizza.com/emc.htm](http://www.vierapizza.com/emc.htm)  
 Like us on Facebook at [www.facebook.com/eatmycrust5k](http://www.facebook.com/eatmycrust5k)  
 Contact Brittany Streufert at (321)412-1830

**COURSE RECORDS**  
 Overall Male: 17:07      Overall Female: 17:37

**ENTRY FEES:**  
 Before 4/22-5K \$20      \$18 (student)  
 After 4/22-5K \$25      **SORRY NO REFUNDS**

**WIN A CUSTOM GOLF CART!**  
 Raffle drawing to be held at the race. Buy your tickets today!

**RACE INFO**

- Free T-shirt guaranteed with paid pre-registration
- Free Lil' Pepperoni Run for kids (8 & under) with the great Joey Pepperoni
- Pre-register by 4/22/13 and save \$5
- Students save \$2 when you pre-register
- Finish line management by Running Zone
- Rain or shine event, no refunds issued
- Super Post-race Pizza & Breakfast Buffet
- WIN an iPad 4 donated by Keiser University, a bike & tons of FREE giveaways**

**AWARD CATEGORIES**

- Overall & Age Group Winners to receive the BIGGEST 5K Race Medal in Brevard County!**
- Top 3 Overall Male & Female
- Top Masters (40+) Male & Female
- Top High School Finisher Male & Female
- Top 3 Each Age Group
- Top 3 Teams (team = min of 5 runners per team including 1 female)

**AGE GROUPS**  
 8 & under 9-11 12-14 15-19 20-24 25-29 30-34  
 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75+

**MAIL COMPLETED ENTRY FORM TO: 3268 LAMANGA DRIVE, VIERA, FL 32940**  
**Checks should be made payable to: Viera Pizza**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Sex (circle) M F Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Shirt Sizes (circle): XS S M L XL XXL Team Name: \_\_\_\_\_

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 Eat My Crust 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 understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian if under 18)





# Re-Run 5K

The Junior League of South Brevard Pulls Off Another Totally Awesome Race!

March 23, 2013—Squid Lips Melbourne



The 4th annual Re-Run 5K kicked off at Squid Lips on March 23rd. It was a blast from the past 80's and 90's as the runners and walkers went out and back over the Eau Gallie Causeway.

Mike Fretz of West Melbourne ran away with 1st place for the men with a time of 18:00. Coming in second with a time of 18:16 was Mike Jerue of Indian Harbour Beach. Third place went to Chris Loines of Merritt Island at 19:01.

Male Masters champ was Art Anderson of Melbourne with a time of 20:10.

For the women, Shaina Dobbs of Vero Beach came in first with a time of 21:57. Kristina Horn of Palm Bay placed second in 22:40. Third place went to Lexi Fenton from Merritt Island in 22:48.

Female Masters champ was Mary Hofmeister of Malabar with a time of 22:56.

The awards were upcycled gold-painted vinyl albums—totally cool! The after-party and awards ceremony was held at Squid Lips beach and deck. Racers munched on bagels, fruit, smoothies and beer!



Mike Fretz heading downhill for the finish.

All race results can be found [here](#).

# Re-Run 5K 2013 (continued)

Photos courtesy of Ken Horton and Junior League of South Brevard







# Team/Individual Registration

## 3 Mile Cross Country Challenge

### Florida Elks Youth Camp



24175 Southeast Highway 450, Umatilla, Florida 32784

#### Deadlines

Early Entry - Before April 1<sup>st</sup> - Team \$75.00 and Individual \$20.00

~~Late Entry After April 1<sup>st</sup> - Team \$100.00 and Individual \$25.00~~

**\* No Late Fee \***

Race Day  
Saturday  
4/27/13  
9AM  
Check in  
begins at 7AM

Name of Team: \_\_\_\_\_  
(Teams are 5-8 Individuals, top five count, cross country scoring)

Sponsoring Organization (School, Group, etc.) \_\_\_\_\_

Note: Each member of a team must complete a registration form. Forms for each team should be stapled together.

Last Name, First Name	Please write legibly	Age	Male/Female
Street Address			
City	State	Zip	T-shirt Size S/M/L/XL/XXL
Area Code	Phone Number	Email	
Emergency Contact Name		Emergency Contact Number	

### Release and Waiver of Liability

I, \_\_\_\_\_ (please print) desire to participate in this event. I realize that participation in this race carries with it certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, executors, administrators, heirs, next of kin, successors and assigns, waive and release anyone associated or affiliated with this event, the Florida Elks Youth Camp, the UHS Army JROTC, sponsors and advertisers of the event from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the event. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss of destruction of my personal property while at the event site or property.

I grant the Florida Elks Youth Camp, the UHS Army JROTC, and sponsors of the event the right to photograph and/or videotape me and further to use my name, face, likeness, voice, and appearance in connection with exhibitions, publicity, advertising and promotional material without reservation or limitation. I further agree I will not seek compensation for such photos and publicity.

Participant signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature if participant is under 18 \_\_\_\_\_ Date: \_\_\_\_\_

Please complete a form for each runner.

For more information contact LTC (Ret.) Minyard (352) 217-5116 or [minyardc@lake.k12.fl.us](mailto:minyardc@lake.k12.fl.us) or

Race Director - Gary Harblson (352) 408-9112 or [dodge1@centurylink.net](mailto:dodge1@centurylink.net)  
Former Cross Country/Track & Field Coach - Titusville High School  
Past St. John's runner

#### Awards

- Raider Cup - Top JROTC Team - Any Service
- Trophies 1/2/3 - Top Adult/College Teams
- Trophies 1/2/3 - Top High School/JROTC Teams
- Trophy - 1<sup>st</sup> Place Female/Male
- Trophy - 1<sup>st</sup> Place Masters (60+) Female/Male
- Medals 1/2/3 - In each of the following age categories:  
Under 9 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49  
50-54 55-59 60-64 65-69 70-74 Above 75

Sponsored by  
Umatilla High School  
Army JROTC

Chip Timed  
\* Team Registration  
Deadline - Friday April 19<sup>th</sup>



Make Checks payable to: UHS  
Umatilla High School Army JROTC  
320 N. Trowell Ave  
Umatilla, Florida 32784  
All Registration Fees are Non-Refundable



# Downtown Melbourne 5k For Him & For Her

2 Fast Races = Double the Fun

March 30, 2013—Melbourne, FL



One day, one course, back-to-back races designed to please. Plus a kid's fun run follows so they can release all the energy they've built up as cheering spectators. Set in downtown Melbourne, this awesome 5K separates the men from the women literally—at 7:30 am the guys pounded the pavement and the gals followed at 8:15 am.

The morning was filled with excitement as the hotly anticipated matchup of Shane Streufert and Steve Hedgespeth took place with both runners vying to secure the first place position in the Space Coast Runner of the Year Series which was up for grabs. Hedgespeth had placed ahead of Streufert in the previous two SCR races. The lead pack went out with John Davis quickly gaining the lead which he never relinquished. Streufert was pacing right behind and the two finished first and second. Ed Donner edged out Hedgespeth for third. Doug Butler, 50 ran his way to the men's Master Title (pictured far left).

Jessica Crate easily took the women's overall title finishing over thirty seconds ahead of Melissa Taylor and Tracy Dutra.



Photo Credits:  
Doug Carroll and  
Steve Colella



## Downtown Melbourne 5K (continued)

Proving that a PR is possible at any age, Anne Dockery, 64, broke the twenty-one minute barrier in the 5K, setting a course record for 60-64 women with a brilliant time of 20:46. Dockery was paced by running friend, Susie Meltzer, 48 who finished right behind Dockery. Anne's finish earned her the women's Master's Title. Anne is also the leader of the SCR Series for the women.

At the awards ceremony which followed at Manatee Park, race director Frank Webbe awarded plaques and framed certificates to all the winners with enthusiasm and at times, some added humor.

The SCR Runner of the Year Series finale race is the Space Walk Hall of Fame 8K on Saturday, April 13 at Space View Park in Titusville.



Left: Anne Dockery and Susie Meltzer celebrate their sub-21:00 times.

Bottom Left: Ron Ritter takes the turn with Tristan Webbe right behind.

Bottom Center: Checking the race times and standings.

Bottom right: Arylnne Aguilar of Palm Bay strikes a peace pose during the women's run.





# Where In The World

ARE SPACE COAST RUNNERS RUNNING?

APRIL 2013



**The Hogeye Marathon**  
4/14—  
Fayetteville, AR

Cindy Bishop



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

Ron Roff

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

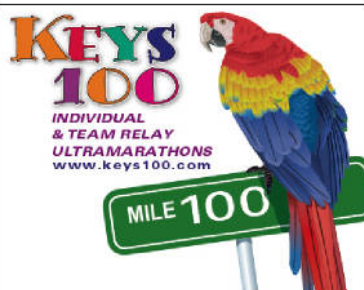
Dave Farrall,  
Lisa Farrall

MAY 2013



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

Cristina Engel



**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



**Lake Minneola Half Marathon, 12K & 8K**  
4/20—Clermont, FL

Harry Prosser, Kimberly Prosser



**Singer Island Half Marathon**  
4/27—Riviera Beach, FL

Mike Acosta, Susie Meltzer, Brittany Streufert

April 27



**Fargo Marathon**  
5/18—Fargo, ND

Charlotte McClure, Molly Kirk, Brittany Streufert, Marie Thomas

OOOH, it's April! Are you thinking about your **FALL** race schedule?



## Where In The World (continued)

MAY 2013



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

JUNE 2013

June 2nd, 2013  
**HALF MARATHON**



**Pelee Island Winery Half Marathon**  
6/2—Pelee Island, Ontario, Canada  
Pat Kiesselbach



**Grandma's Marathon**  
6/22—Duluth, MN  
Ron Roff

OCTOBER 2013



**Chicago Marathon**  
10/13—Chicago, IL  
Mike Acosta, Susie Meltzer

OCTOBER 2013



**Marine Corps Marathon**  
10/27—Washington, DC

Cindy Bishop, Betsy Butler, Steve Chin, Jay Clabaugh, Charlotte McClure, Ron Roff, Shane Streufert



Have you completed 10 or more marathons in at least 10 states? If so, you may be eligible to join the 50 States Marathon Club.

According to their website, the club currently has 3,114 members who have run a combined total of more than 184,000 marathons.

SCR member Dick White became certified 50 State finisher #694 on 5/20/12.

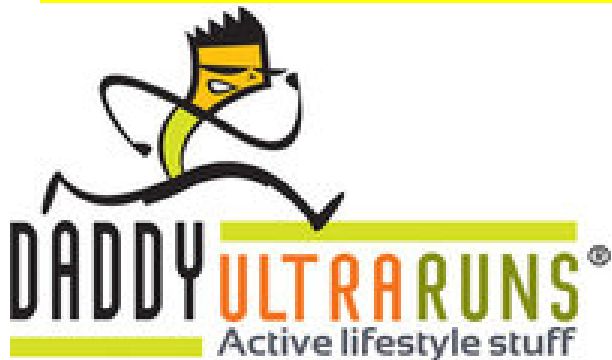
[www.50statesmarathonclub.com](http://www.50statesmarathonclub.com)

**Is YOUR next Race on our Schedule?**

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)