

May 2013

SPACE COAST RUNNERS

Newsletter

***Promoting Running, Walking and
Fitness in Brevard County, FL***



THE STARTING LINE

Last Month's Races

- 4/6—Pirate Plunder—page 21
- 4/13—Space Walk of Fame 8k & 2-Mile—page 24
- 4/20—Earth, Wind & Fire 5K and Fun Walk—page 27
 - 4/20—To Write Love On Her Arms—page 29
 - 4/26—Law Enforcement Torch Run—page 31
- 4/27—Melbourne Art Festival Flamingo 5K—page 34

Upcoming Events

The race season slows as we head into summer, but there are still a couple of good ones...

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- 5/25—Warrior 5K Run/Walk—page 28

Resources

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Featured

Up & Running Fitness Kids Running Camp—pg 16

Great way to get the kids started on the right foot! (pun intended!)

Reasonable Running with the Birdwells—pg 17

Barry and Michele discuss the importance of Rest

Run a Mile with Suzy Fleming Leonard—pg 18

You will laugh as you get to know Suzy!

Long Distance Relationship—Laufsportsaukel Halbmarathon—pg 36

Dave and Lisa Farrall run a half-marathon in Germany

WHERE IN THE WORLD? —page 39

Where are SCR members running in the future? Send us your upcoming races.



FROM THE EDITOR



I was sitting in my office on the afternoon of Monday, April 15th. I was busy helping a couple of clients get last-minute tax information together so they could get their return filed before the end of the day. As usual, I have one of my screens set to my Twitter feed, which has come to be one of my primary sources of breaking news.

Just before 3pm, the headlines started coming. Something about some explosions near the finish line of the Boston Marathon. At first, I figured it was some kind of celebration, but as the headlines kept coming...well, you know the rest of the story.

I jumped into the fray and quickly found out that all of the local runners I know who were there were safe. Like many of you, I turned on the television news and couldn't believe what had happened. Throughout the afternoon, my phone and email inbox were going crazy. Friends, family members, clients and acquaintances, who didn't know that I've been injured for a while, were contacting me to make sure that Gina and I were safe. (Little did they know that the only way I would ever qualify to run Boston would be on a charity exemption!) It was nice to know that so many cared.

Beyond the horror of the event, it was a very special day to be part of the running community. From the stories of Boston runners who had finished, but ran back to help the injured, to the letter in Florida Today from Patti Sponsler, to the Remember Boston events held in the county, I was prouder than ever to be a runner. What the bombers didn't consider was that runners, and particularly marathon runners, don't give up. Be proud to be a part of a special group that came together in a difficult time.



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. Our 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 online at SpaceCoastRunners.org. We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.

**The next SCR Board Meeting will be held at 7pm,
May 20th at the Health First Pro-Health and Fitness
in Merritt Island**

CONNECT WITH SCR



Visit us on
Facebook

Linked



twitter



Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us.

Website: SpaceCoastRunners.org

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

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

Facebook Manager: Rene Dunne, ReneDunne@aol.com

LinkedIn Group Manager: Bob Rall, Bob@RallCapital.com



Space Coast Runners Membership Application



Benefits of Belonging

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

Your Membership Supports

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



Join now at Active.com, on our web site or fill out the following form and return it with a check to:
Space Coast Runners, P.O. Box 2407, Melbourne, FL 32902-2407

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

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

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

Email: _____

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

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.*



FINISHED!

You Ran

Now Relax

2012-2013 Race Series

Top local runners and walkers from all over Brevard County faced off in twelve different races that spanned the 2012—2013 Space Coast Runners Runner of the Year Series.

- WHERE THEY RACED** ► Merritt Island
 Indialantic
 Titusville
 Cocoa Beach
 Melbourne Beach
 Cocoa
 Cape Canaveral
 Melbourne

Series winners and participants who crossed the finish line in all twelve races will be recognized at the annual Runner of the Year Awards dinner celebration. It will take place on Saturday, May 18th at 6:00 p.m.

WHAT TO EXPECT NEXT YEAR ► A terrific combination of races, distances and locales for runners and walkers as well as being convenient and fun for spectators.

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	✓

*Coming in next month's
issue...the SCR Awards*

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





2013-2014 SCR ROY SERIES Survey results

We would like to thank the 140 Space Coast Runners Members who responded to our survey and let you know that we listen! Here are the results:

Q1: Have you ever participated in the SCROY Series? Yes 76%, No 24%

Q2: How many years have you participated? 1yr 12%, 2-5yrs 56%, 6-10yrs 15%, 11-15yrs 9%, 16+ 8%

Q3: Favorite Race Distance: Marathon 5%, Half 40%, 15K 13%, 10K 24%, 8K 7%, 5K 30%, under 5K 3%

Q4: Preferred # races in series: 12- 40%, 10- 49%, 8- 13%

Q5: Important aspects of a race (top 5) #1 Course, #2 Timing, #3 Location, #4 Bathrooms, #5 Charity

**Q6: Series Race Satisfaction (top 5) #1 SC Marathon, #2 Turtle Krawl
3 Downtown Melbourne, #4 Eye of the Dragon, #5 Space Coast Classic**

Q7: Feedback (most common comments): Too many 5K's; add trail race; some thing other than T shirts offered; add a few longer races; shorter season

With the survey results in mind and looking at race attendance and other factors, **[here is the new series line up:](#)**

Running on Island Time 5K Aug 24, 2013

Turtle Krawl 5K Sept 14, 2013

Chain of Lakes XC 10K (NEW) Oct 12, 2013

Space Coast Classic 15K Nov 9, 2013

Space Coast Marathon & Half Marathon Dec 1, 2013

Reindeer Run 5K Dec 14, 2013

Tiger Dash 5K Jan 25, 2014

Tooth Trot 5K Feb 8, 2013

Eye of the Dragon 10K/Tail of the Lizard 2 Mile Feb 22, 2013

Downtown Melbourne 5K March 29, 2014

Space Walk of Fame 8K/2 Mile Apr 12, 2013

The survey feedback and suggestions will be forwarded to the series Race Directors so they will also know what you want! Please direct any questions or further feedback to cball1@cfl.rr.com



Space Coast Runners Annual Meeting

Runner of the Year Celebration Dinner

Saturday evening, May 18, 2013, 6 pm

Indian Harbour Beach Community Center

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

“ROY Tickets”

516 S Plumosa St #15

Merritt Island, FL 32952

(Checks payable to Space Coast Runners)

By May 1st !!!!

Agenda

State of the Club

Golden Shoe

Hall of Fame

2011 SCR Scholarships

*****Dinner*****

Annual Financial Report

2013/2014 Officers/Board

Ran Every Race Awards

Youth Series Awards

RUNNER OF THE YEAR SERIES Awards

2012-2013 Space Coast Runners

Youth Series



Photo: Steve Cofella, 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



SCR News



WELCOME TO OUR NEW CLUB MEMBERS!! Make sure to say HELLO and extend a warm SCR WELCOME to our newest club members: Ric Renfroe, Cortney Butler, Deborah Buono, Stacy Irwin and Jim Caprara.

Thank You!

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

Carol Ball, Loran Serwin, Matt Mahoney, Running Zone, Suzy Fleming Leonard, Dave and Lisa Farrall, Barry Jones, Barry and Michele Birdwell, Steve Cole, Doug Carroll, Ashley Kuvlesky, and John Redrup.



HEADING SOUTH! The Sunday Morning Fun Runs from Cocoa Village are now heading south. The group meets at 6:30 every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 and 4.

STARTING JUNE 2ND, WE WILL HEAD NORTH!!!



SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH AND FITNESS CENTERS!

They allow us to use a meeting room in one of their facilities for our SCR Board 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 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!

Make sure to wish these folks a Happy Birthday when you see them:



MAY 1	Tom Ward	15th	John Lucas	29th	Sandy Walker
	Jeanine Nolan		Tim Unrue		Tyler Piercy
2nd	Keith Kowalske		Graeme Burns	30th	Pat Mister
3rd	Chuck Mathews		Carina Jacobs	31st	Rick Foresteire
	Greg Apotsos	16th	Jerilyn Bird		Carol Scott
	Steve Hedgespeth		Meisje Connor		Drew Campbell
	Donna Davis	20th	Amy Farner	JUNE 1	Edward Armitage
	Julian Scott		Patricia Lucas		Alyssa Anderson
4th	Molly Kirk		Kira Furton-Sparks		Tae Schroeder
	Angela Wells	21st	James Chiravalle	2nd	Nancy Buonanni
5th	Wolfgang Jensen		Devon Engel		Ricky McDonald
6th	John Newlove	22nd	Tommy Enlow		Rodney Walker
	Nimish Shah	23rd	Debbie Rescott	3rd	Sabrina Smith
	Chris Reesh		Stephen Curtis	5th	Amanda Nunez
	Mike Duncan		David Bills	6th	Chandra Claycomb
8th	Skip McCoy	24th	Ken Smith		Phillip Robles
	Emily Maltby			7th	Kathy Ojeda
9th	Aubrey Fortmayer	25th	John Holmquist		Jonathan Dea
				9th	Keith Curtis
11th	Anne Dockery	26th	Nancy Wingo		
12th	Amanda Crook		Tristan Webbe		
13th	Ritch Workman		Ed Springer		
			Ian Reesh		
14th	Pat Kiesselbach	27th	Robert Hasto		

**HAPPY BIRTHDAY
TO ALL!!**

Carol's Corner

Contributed by Club President, Carol Ball

Hello Space Coast Runners

I am writing this column from Albuquerque, New Mexico, where Ty and I are attending the Annual Road Runners Club of America Convention. We will be attending seminars and picking up ideas by networking with other clubs from around the nation. There will be a full report in the June newsletter. The convention ends with the Bio-Park Society Run for the Zoo Half Marathon & 10K on Sunday.



You should have already received the Annual Election Ballot in an eBlast. This year we are presenting a list of the candidates along with a brief bio written by each. We want you to be able to recognize and utilize your SCR Board Members so that we can get feedback from the membership. Please vote by May 15th. The new slate will be announced at the Annual Meeting and ROY Awards on May 18th. I hope to see all of you there as we honor our award winners in the ROY Series, and also the Hall of Fame and Golden Shoe, and other awards as well.

After having served as your President for 2 terms, from 2006-2009, and again from 2011-present, I have decided to step down as your President and encourage new, fresh leadership. Ed Springer has agreed to take over and I have every confidence that he will continue to lead our Club with new ideas and plans. My hope is to see more young members get involved, while maintaining our strong base of older members on this Board. I plan to continue on as Club Treasurer and mentor to Ed. (Can't get completely rid of me!)

As always, please feel free to approach any of the Club Board representatives with your concerns and ideas either at the races, or by phone or email. Check the SCR website for contact info.

—Carol

Thanks Carol for your service! And thanks Ed, for stepping up!

2012-2013 SCR Board of Directors



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Tristan Webbe

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Kids Running Camp

Mondays, 5:30–6:45 PM

June 24th—August 12th

**Hoover Middle School
Track, Indialantic**

Introducing kids to the fun of running at a young age is an exciting way to help them develop healthy habits that they will stick with for life.

Focus on running technique; increase endurance and have fun with awesome running games!

Up & Running Fitness wants to promote the sport of running to the youth in our community by providing a fun, positive atmosphere for kids to develop fitness, self-discipline and a dedicated attitude. The benefits of running has a strong impact on their self esteem and will affect other areas in their lives.

Coaches Paula Steere and Elizabeth Ring will teach team spirit, good sportsmanship and a strong sense of personal pride and satisfaction!

Ages 7—12

Fee: \$95.00
8-Week Camp

The Camp is
Limited to 25
Participants

**Don't Delay,
Register Today!**

Fit

Fun

Team Spirit

Register online:
Uprunningfitness.com

Contact us:
info@up-running-inc.com



Reasonable Running with the Birdwells

REST will make you faster

Every training plan must include adequate rest. Just like a 5 mile tempo run is training, a rest day is a training day; do not overlook rest and recovery in your training plan.

Every time you work out, any workout, you are stressing the body and causing micro damage. Workouts always do some damage to muscle fibers and other body systems. It is only when you rest that your body is able to adapt to that stress and come back stronger. Think about it. It is rest that makes you better and makes you faster. If you push every day, you'll never allow your body to recover. If you never allow for recovery your body will not repair itself.

Stress + Stress = more damage = certain setback

Stress + Rest = Improved Performance.

Here are a couple of tips to aid your recovery and nothing is better than a rest day.

Get enough sleep. Sleep is one of the most important forms of rest and provides time for the body to adapt to the physical and mental demands of training.

Hydration is very important. Runners and walkers lose lots of fluids through perspiration. You need to drink while training and follow up by drinking more fluids after your workout. This will keep the muscles from tightening up. 6 to 8 ounces of water every few hours will kick start the recovery process.

Nutritional refueling is crucial part to recovery. Energy levels need to be boosted and the body needs to replenish the vitamins, minerals and nutrients used during the workout. Foods rich in protein and healthy carbs will do the trick and the sooner the better. In general you need to find the right foods that work best for you before training, while training and those for your recovery.

Cooling down properly after your run or walk is essential. Walk around to steady your breathing and lower your heart rate. If you suddenly stop you could cause cramping, fainting or vomiting. Give the body time to slowly get back to normal. Your organs are all revved up. Stopping suddenly starves them from the fuel they are demanding and thereby causing stress, damaging stress.

Stretch to help reduce stiffness and soreness. Target tight muscles and loosen them to increase blood flow, easily stretch everything from your hip flexors to your calves.

Ice sore spots or take an ice bath for 15 minutes. It helps reduce inflammation and reduces soreness

Last but not least **be good to yourself.** Get a massage to help reduce soreness. Do some passive rest activities like reading a book or listening to music to relax.

Next time you are kicking back, and someone asks. "What are you doing?" You can say "I am training"

Barry & Michele say *Peace! And pick-em-up-and-put-em-down*

Comments and other feedback welcomed at our [Facebook Page](#).



Run a Mile with

Suzy Fleming Leonard



THE FACTS

Originally from: Born in Mobile, Ala., because there was no hospital in Leroy, Ala.

Grew up where: Oakdale, La., a tiny town right in the middle of the state .

Family: Leonard, husband, also a runner, who is way, way faster than I am. Earl, our standard poodle, who can run about a mile and a half before he poops out.

Age: I'm 49. Steve is 41. Earl is 5.

Occupation: Custom content editor at FLORIDA TODAY.

Dream profession: Romance novelist, talk show host.

FOR THE RECORD

Number of Years Running: Four this time around, though I ran track in high school for three years because my younger sister taunted me and said I wouldn't make it through a week of practice. I completed one cross country race, and didn't finish last, because one girl threw up and another passed out. I also ran hurdles. I finished third one year in the Allen Parish Track Meet. There were four girls in the race and one jumped the gun and got disqualified. I also ended up in the hospital after that race, because I was showing off during the warm-up for the cute boy from the next town who was setting up the blocks. I caught my heel on a hurdle and went down on the cinder track, jamming my elbow into my kidney. Good times!

Began Running Because/To: I started running to spend time with my girlfriends. We started out walking over the Viera Boulevard Flyover, and decided we'd work our way up to running. I ran-walked my first 5K in October 2009. I started running every Saturday morning with a group of women in Viera, and one day managed to go five miles without stopping. At that point, I decided it was within the realm of possibility to run a half-marathon, so I started training. Oh, I also started running to lose weight, though that hasn't worked out so well for me. I've gained 8 pounds. And no, it's not muscle. It's breakfast at Ossorio after the Saturday morning and 2-for-1 wine at Murdock's after the Wednesday night run.

I Knew I Was Hooked When: When I started getting up at 5 a.m. on Saturday mornings to meet my friends in Cocoa Village at 6 a.m. I'm still not sure I'm hooked on running, but I'm addicted to the quality time I get to spend with my friends, and I love, love, love watching the sun come up over the Indian River as I chug along.

Race PRs (Personal Records): Ugh, do I really have to share this? My best race was the Corporate 5K in Palm Bay. I finished with a time of 34:28, and I ran my first sub-11-minute mile! (10:50).

THE FAVORITES & MORE

Favorite Race(s): Why? I love the Space Coast Half, because it's my regular running course. I know it so, so well. It's a great time of year, and I love that I get to see my husband, Steve, and other faster friends after they've reached the turnaround point. It keeps me going to see people I know, and maybe holding up a hand to slap me a high-five. I also like the Melbourne Music Marathon races, especially the FLORIDA TODAY 8K. The atmosphere in downtown Melbourne that weekend is so festive.

Favorite Race Distance: Why? I like 8Ks and 10Ks. I always feel a sense of pride when I finish a half-marathon, but to me, it's so grueling to train for and run that distance. I kind of feel like anybody can get off the sofa and at least walk a 5K. But running an 8K or a 10K is challenging without being downright evil.

Favorite Place(s) to Run: River Road, at sunrise. It's so beautiful. I meet a group of friends there most Saturdays, and we go for our run, then we all go to breakfast together. It's my favorite part of the weekend. I also love running there with the Wednesday night running group at Daddy Ultra Runs in Cocoa Village.

Most Satisfying Race Performance: Definitely the Space Coast Half in November. My goals were to 1) finish at least 10 miles without walking; 2) finish the race in less than three hours. My time was 2:52:30, and I ran the whole way! My friend Connie Harvey ran with me, and we chatted the entire time. Just as I was getting to the 10-mile point and thinking about walking, the women behind us thanked us for keeping them entertained and called us inspiring. Well, you can't walk when you're an inspiration, now can you?

Running Goals: Hmm, I guess my running goal is to someday place in my age group. Which probably won't happen until I'm in my 80s. But if I'm still running then – and I hope I am – I'll take it.

Running Partner(s): I started running with my friend Kathryn Gonzalez. She's gotten so fast! She amazes me. She ran 10 miles with me a month before giving birth to her son. I also love running with Rachal Barrial. Knowing she's meeting me on the road makes me get out of bed on a Monday morning. And then there's my Rockledge Drive group (which includes Rachal and Kathryn), Connie Harvey, Tracy Czajka and Janna Griffin. We gossip, rant, laugh, and before we know it, the miles are behind us. One evening when we were running, someone told a joke, and we were all cracking up as we trotted by a woman walking her dog. She said, "I wish I had that much fun when I'm exercising." We told her she should join us.



Funniest or Oddest Thing I've Seen While Running: You know what the T-shirt says: What happens on the long run stays on the long run. Seriously. I've learned the dangers of eating Mexican food the night before a 10-mile run.

“Join a running group.” - Suzy's advice to new runners

THE FAVORITES & MORE

Other Sports & Interests: I take ballet at Galmont Ballet in Viera. It helps with stretching and balance. I occasionally play mandolin and sing with a couple of guys I know from work. And I enjoy cooking, eating and drinking wine. I make a mean gumbo.

Favorite Reads: I like thrillers and fiction. My favorite books I've read recently are "Tornado Pinball," by Chris Kridler; "Extinction," by Mark Alpert; and "Gone Girl," by Gillian Flynn.

Favorite Movies: "Young Frankenstein," "Vanya on 42nd Street," "Blazing Saddles"

When Nobody is Looking I Like to: Sing at the top of my lungs. Or maybe that's when nobody is listening.

Favorite Meal: I grew up in Louisiana, so I really like food. I love steak and potatoes, Italian, Mexican. But if I had to choose, it would have to be pepperoni pizza with mushrooms and black olives.

Dream Vacation: A month traveling across Ireland, which I'm hoping to do next year.



LAST BUT NOT LEAST

Training Philosophies: I may be slow, but I'm faster than I was when I was sitting on my sofa.

One Piece of Advice That I Would Give to a New Runner: Join a running group. I was afraid to do that. I thought everyone would be serious and fast. If I hadn't started running with the folks at Daddy Ultra Runs, I probably wouldn't still be running. Some of the people who run there are very fast and very serious. They're also very encouraging. And they always yell out "Good job!" as they're flying by me. But there are also people who run at my speed, or who walk/run a little slower than I do. I've made some really good friends in the short time I've been running.





Yo Ho Ho! Time to Run for the Booty

April 6, 2013—Melbourne, FL



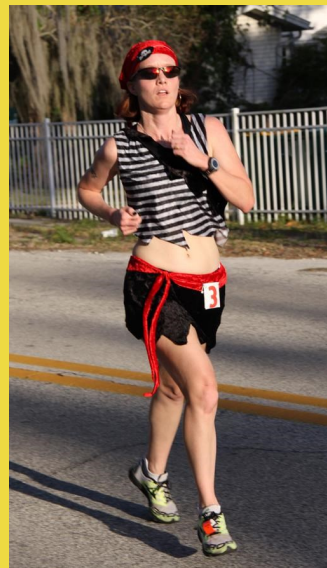
New time. New place. Fast course. The third annual Pirate's Plunder 2 Mile Run provided for a fun, pirate-themed two mile run through downtown Melbourne, a little up the 192 causeway and right back down, past a pirate ship to the finish. Held in the evening this year, runners lined up to start at 6:30 pm at the Running Zone race series event.

West Melbourne's Michael Fisher, 20, captured the overall Men's title in a blazing 10:09 with Peter Clusener, 35, right behind him by a mere two seconds with a time of 10:11. Shane Streufert, 41, of Viera, claimed third place with a 10:24 finish. The Male Masters Champion was Doug Butler, 55, who ran his way to a 10:52 finish despite taking a tumble in the first few meters of the race. Talk about determination!

On the ladies' side it was Jessica Crate, 27, who finished with a considerable lead in a time of 11:09

Continued...

Photo Credits:
Doug Carroll and
TriHokie Images



★ Attendance hit an all time high for the race! 907 Finishers ★

Pirates Plunder 2 Mile Run (continued)



for the overall Women's title. Beth Whalen, 26, from Melbourne placed second in 11:35 with Melissa Taylor, 35, of Indian Harbour Beach taking third in 11:46.

A great time was had by all at the pirate-themed after party at Meg O'Malley's. There were beers and pirate's booty for all and some very interesting costumes. A Captain Jack Sparrow look-a-like was on hand to congratulate all the overall and age group winners. It appeared the ladies enjoyed getting their picture taken with the handsome swashbuckler.



Above: Betsy Butler celebrates her 2nd place age group award with Captain Jack.

Top Right: Runners of all ages dash around the first turn towards the causeway.

Bottom right: Jared Hayes is in full stride on his route back to the finish line. Joe Hultgren follows with a look of

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

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ACROSS FROM BREVARD COMMUNITY COLLEGE**



Conquering Space

The 8K, 2 Mile & Beyond

April 13, 2013—Titusville FL

Space View Park

The final race of the 2012—2013 Space Coast Runner of the Year Series was held on a balmy morning at the Space View Park in Titusville. Viera's Shane Streufert toed the start line feeling fast and wondering how the streets of Titusville would treat him that morning. It had been two years since Streufert had raced the 8K event and he was hoping for a new personal best.

Streufert, 41, crossed the finish line in first with a time of 28:09 and earned himself a new PR by 2:03. Steven Sears, 45, placed second in 28:35 and Jeffrey Anderson, 19, rounded out the top three in 30:42.

For the women, the top three finishers represented three different decades. Sue O'Malley, 52, of Port Orange took the win in a time of 34:07. In second was Danielle Hustolee, 34, of Titusville in 35:28 and Susie Meltzer, 49, of Melbourne place third ten seconds later in 35:38.

The Masters division is broken into three different categories—Masters, Grand Masters and Sr [cont'd](#)



Photo Credits:
Steve Cole and
Bob Rall



Space Walk of Fame 8K & 2 Mile Walk/Run (continued)

Grand Masters. Top male and female for Masters went to Doug Nichols, 50, who finished in 32:27 and Anne Dockery, 64, who ran 35:49. For the Grand Masters, Art Anderson, 53, came in at 32:42 while Annie Caza took her title in 35:53. And the Sr Grand Masters' division saw awards go to Bud Timmons, 62, who finished in 37:52 and Susie O'Connell, 61, ran to her victory in a time of 46:54.

In the Walker Division the top three finishers were all men, led by Michael Petrillo, 70, in 58:02, Richard Alvord, 66, in 1:01:49 and Michael Succio, 42, in 1:07:02.

Special Olympics athletes did a great job at the water station assisting runners and walkers. Trophies were handed out at the post-race awards party which took place along the beautiful Indian River at the scenic Space View Park. It was a great end to this year's SCR series.



Above: Cocoa's Mark Conant (52) holds pace in front of Tristan Webbe and Sal Farino (73).

Top Right: Susie Meltzer (168) strides her way to a third place overall finish.

Far Left: Christine Kennedy (88) finds her groove just ahead of David Grant (8).

Far Right: Marissa Flint (142) blazes by in a streak of blue.





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 _____



Earth, Wind, & Fire 5K and Fun Walk

April 20, 2013

**Ted Whitlock Community Center
Palm Bay**



The Earth, Wind, & Fire 5K is the fifth race in the 2nd annual Run Brevard Race Series. The series is sponsored by Brevard County Parks and Recreation. The Run Brevard Race series include races held at various parks throughout southern Brevard County. The Earth, Wind & Fire race was held at the Ted Whitlock Community Center in Palm Bay.

Brevard County Parks and Recreation encourages participants of all ages to get healthy, get active, and enjoy the parks.

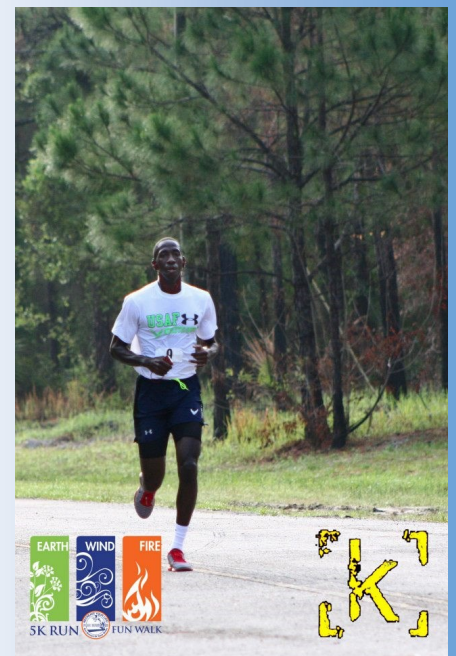
Photos courtesy of Ashley Kuvlesky. See more at A-KPhoto.com and on her [Facebook page](#).

OVERALL

Kevin Greene	19:44
Rene Dunne	24:15

MASTERS

Doug Glines	26:30
Jennifer Phelan	26:28





WARRIOR 5K RUN/WALK

TO BENEFIT HOPE4HEROES

Two Great Races! Register for one or BOTH and SAVE!

SATURDAY, MAY 25th, 2013 AT 7:30 AM

SATURDAY, NOV 9th, 2013 AT 7:30 AM

May 25th @ Port Canaveral at the Port Authority Main Building Parking Lot * Port Canaveral, FL
November 9th @ Space Coast Stadium * Viera, FL

Visit www.salutemilitary.com for more information
To register online, visit register.runningzone.com

TIMETABLE:

Friday before each Race: 10am – 6:30 pm
Packet Pickup & Registration at Running Zone

Saturday, May 25th – Port Canaveral Authority Building

6:00 am Packet Pickup & Registration starts
7:15 am Registration for 5k ends
7:30 am 5k Start!!!

Saturday, Nov 9 – Space Coast Stadium

6:00 am Packet Pickup & Registration starts
7:15 am Registration for 5k ends
7:30 am 5k Start!!!

*Awards Ceremony immediately following all races

AMENITIES:

- Awesome Event Tees
- Post Race Award Bracelet
- Fun Filled Race Packets
- Great Awards
- **Random Giveaway and Auction Items!**

AWARDS:

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

Age Groups (Top 3 M-F)	50 – 54	80+
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

FEES: Reg Race Day Both Races

5K Run/Walk	\$28.00	\$33.00	\$50.00
Kid's Reg.	\$16.00	\$20.00	\$30.00
(12 & Under-See Below for Details)			
Military ID	\$22.00	\$25.00	\$40.00

SORRY, NO REFUNDS / RACE HELD RAIN OR SHINE

The Hope4heroes Warrior 5K OFFICIAL ENTRY FORM

Send completed entry form with fee to and make check payable to:

Hope4Heroes 241 Provincial Dr., Indialantic, FL 32903

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____

Open Team Name _____ (min. of 5 team members with one person of opposite sex)

Corp Team Name _____ (same as Open Team but EMPLOYEES ONLY)

Check if Military Veteran Check if Wheelchair Division

Please check shirt size: **Mens:** S M L XL XXL **Womens:** S M L XL

Race Registration: May 25th November 9th Both Races

Kid's Registration: **Any child 12 years old or under will receive a cotton shirt. You may upgrade to a tech shirt by electing individual or team registration. 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 Warrior 5K 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 _____

TO
WRITE
LOVE
ON HER
ARMS.

RUN FOR IT 5K

SAT APRIL 20
SATELLITE BEACH, FL

WHAT WILL YOU RUN FOR?

The To Write Love on Her Arms (TWLOHA) organization held its first annual Run For It 5K in Satellite Beach at the Schechter Center on April 20th.

TWLOHA is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. The organization exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

The intent of the race was to both highlight the mental health benefits of physical activity and invest in the local community. Race director Holly Hallum did a fantastic job and it showed with one shy of 600 runners.



An amazing 599 registered runners, ages ranging from 5- 78!!

Run For It 5K, continued

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

MALE OVERALL

Andy Dutra	18:48
George Mason	19:08
Trevor Garson	19:43

FEMALE OVERALL

Tracy Dutra	20:00
Emily Nelson	20:41
Nicole Demars	22:56

MASTERS DIVISION

Art Anderson	19:44
Shelley Richardson	22:51



Law Enforcement Torch Run

On April 26th, the Law Enforcement Torch Run, LETR, came through Brevard County. Each year, law enforcement agencies from over 300 Florida agencies participate in a state-wide torch run to raise funds for Special Olympics. The LETR ends at Disney World on Friday, May 19th, when agencies from all over the state escort the torch its last few miles. The torch arrives at Special Olympics State Games at Wide World of Sports at Disney on May 17th. As a Special Olympics Coach, I can tell you, that when the law enforcement officers enter the stadium, flashing lights ablaze, in front of thousands of special athletes, it's a pretty special moment.

The Torch made six stops in Brevard County. Organized by Agent Randy Holiday of the Brevard County Sheriff's Office, the torch made it from Palm Bay to Titusville. Here are some pictures from the stop in Rockledge. —Bob Rall



Law Enforcement Torch Run



BCSO Agent
Randy Holliday





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Taking Flight

April 27, 2013—Melbourne, FL

Melbourne Art Festival 5K Flamingo Run



Photo Credits:
Doug Carroll &
John Redrup

W

hen flying in a flock, the top speed of a flamingo can be as high as 35 miles per hour. Well, the flock of runners that started out the 26th annual Melbourne Art Festival 5K Flamingo Run on Melbourne Avenue at 7:30 am might not have been that fast but they were most certainly ready to run.

Michael Fisher, 20, of Melbourne was the race winner in a time of 17:06 which included tackling the Melbourne causeway twice. Right behind the winner, sporting a black cast that didn't seem to slow him down was Malabar's Alex Hoffman, 19 who finished in 17:39. Fourteen year old Michael Wilson, also from Malabar, ran to a third place time of 17:47. SCR member Chris Loines won the Masters title in 19:15.

For the women the leading lady was Rebecca Fleeman, 17, of Melbourne. Her speedy time was 21:11. Twenty-two seconds later, Brittany Erikson, 25, from Melbourne Beach crossed for second with a time of 21:33. She was followed by Malabar's Amanda Beach, 14, who ran 21:53. Jill Waite, 48, from Melbourne was the women's Master champion in a time of 22:01.



★ **1,198 people crossed the finish line in this year's event!** ★

Melbourne Art Festival 5K Flamingo Run



★ Proceeds from the race are used to promote & encourage artistic endeavors, education, and appreciation in Brevard County. ★

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races/Events

Laufsportsaukel Halbmarathon

April 14, 2013

Kempton, Germany

Contributed by Dave and Lisa Farrall

Lisa had wanted to go to Germany since she was 16 years old. When we inherited a timeshare we had a chance to get closer to her dream. For the last three or four years, she had checked the Germany timeshare locations and none were available. Late last year she found an open week and clicked on it. We were going to Germany! Lisa's next step was to plan what we wanted to do and see. Dave's job was to look for either a half- or full marathon.

Dave found about six halves within a two-hour drive from our timeshare. We had a hard time narrowing the field because none of our choices had opened the registration. This was unlike the races in the States, where registration opens for the next year's race just after the previous race's finish. The registration for our list did not open till three months prior to each race. We were in contact with the Laufsportsaukel race director and as soon as she said registration was open, Lisa had our entries. We were the fifth and sixth registrations.



Above: Dave at St. Lorenz Basilica;

Above right: Dave and Lisa before the race.



We drove to Kempten on Saturday morning and toured the quaint city. There was a lot to see. Kempten is the oldest city in Germany, having been founded by the Romans. In fact there are some Roman ruins there. There is a palace there called the Residenz (built 1650) which was decorated in ornate rococo. Right near the Residenz is St. Lorenz Basilica (beautiful), the Kornhaus (1700), small shops, and the restaurant district full of outdoor cafes. *Continued on next page*³⁶

Long Distance Relationships *continued*

What SCR Members Had to Say About Their Recent Out of Town Races/Events



Packet pickup was well-organized. There was not much of an Expo. We found a great Italian restaurant to have our pasta dinner. As far as we knew there was no pasta dinner by the race organizers.

Another thing we found about Germany distance races is that they don't start until 1:00 or 1:30 PM. We did not have to wake up at "oh-dark 30" and get to the start. This was a little unusual. We had breakfast and then just read and relaxed.

The morning of the race we both felt cold. The temperature was about 40 degrees. We were not sure what to wear. As race time drew near, the temperature rose to the 60's. Shorts and singlet were perfect for Dave. It was a beautiful, sunny day.

When we arrived at the race site about 12:30 PM, we walked some of the well cordoned-off course. We both said it was a great course and that no one could get lost. The course was four loops (four 5K's) through the city and then along the Iller river on a bike path; very scenic. The Laufsportsaukel is an annual running festival with a kids' run, a 5K race, and the half-marathon. We had time to watch the end of the 5K. It was touching to see members of the Lions' Club pushing wheelchairs with the disabled.



As the race started, we decided to cross the starting line

holding hands. We kissed and then Dave took off running using a form of the Galloway method. Lisa, of course, was power walking and it was quickly apparent that she was the only walker in the race.

Dave was really feeling good during the first lap. He ran 21 minutes and walked for five minutes. As he finished each part of his routine, he felt better about having a good finish time that day. Two male Kenyans passed him while he was half-way through his second lap. They were running so effortlessly and so fast. Dave felt like he was standing still. The Kenyan women came by about 20 minutes later, just as effortlessly.

This half-marathon was a great course for both runners and spectators. The spectators helped all of us make it through the race and we provided them with entertainment, especially when we ran through the restaurant district. The wine and the beer...

Continued on next page...

Long Distance Relationships *continued*

What SCR Members Had to Say About Their Recent Out of Town Races/Events

drinking patrons cheered us on while we ran by. Lisa, in particular, being last, had quite a following. They would chant: "Lisa, Lisa..." Then one time she came by and the younger people were doing the "Wave." It made the race fun.

Dave was finishing his running segment and was only 3 or 4 kilometers from the finish and decided to walk a minute before running for the finish line. He was glad that he did that. Dave had some speed left and raced other runners the last kilometer to the finish. He ended up with a 2:11.

As Dave was coming into the finish, about 2K out, Lisa passed him going out for her last lap. Dave got his medal and went out on the course looking for her. When he found her, Lisa had her own police escort because she was dead last. The finish line announcer said Lisa's name and that she was from Florida three or four times. She ended up with a PR of 2:52:50.

Of course, there were beer tents and people serving brats on a bun. By the time Lisa arrived, most of the concessions were gone. We found the race a little unusual and very enjoyable.



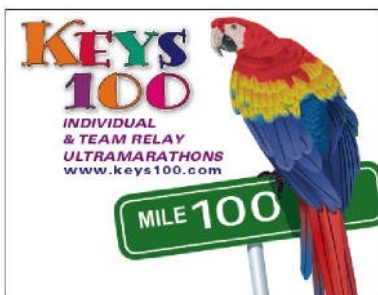
*Congratulations
Dave and Lisa!! And
THANK YOU for the
article!—BR*



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

MAY 2013



Keys 100 Ultra Marathon Races

5/18—The Keys, FL

Danny Barrett, Steve Chin, Jay Claybaugh, Donna Davis, John Davis, Tracie Donnelly, Rick Foresteire, Charis Gaines, Steve Hedgepeth, Julie Hannah, John Ouweleen, Harry Prosser, Kimberly Prosser, Jim Schroeder, Veronica Sims, Ed Springer, Kara Springer, Chris Slusher, Shane Streufert, Nancy Wingo



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, Ron Ritter

JUNE 2013

June 2nd, 2013
**HALF
MARATHON**



Pelee Island Winery Half Marathon

62—Pelee Island, Ontario, Canada

Pat Kiesselbach



Grandma's Marathon

6/22—Duluth, MN

Ron Roff



Rock 'N' Roll Seattle

6/22—Seattle, WA

Karen and Rick Suarez

Share your **RUN SCHEDULE** with SCR! email Bob@RallCapital.com



Where In The World (continued)

SEPTEMBER 2013

Air Force Marathon

9/21—Dayton, OH

Shelly Christian



OCTOBER 2013

Chicago Marathon

10/13—Chicago, IL

Mike Acosta, Susie Meltzer



Koln Marathon

10/13—Cologne, Germany

Nan Pond



Columbus Marathon

10/20—Columbus, OH

Doug Nichols



Marine Corps

Marathon

10/27—Washington, DC



Cindy Bishop, Betsy Butler, Steve Chin, Jay Claybaugh, Charlotte McClure, Ron Roff, Shane Streufert, Jerry and Martha Brown, Abe Oros, Micah Vanatta, Karen and Rick Suarez

NOVEMBER 2013



Soldier Marathon

11/9—Columbus, GA

Shelly Christian

FEBRUARY 2014

ING Miami Marathon & Half Marathon

2/2—Miami, FL

Jerry Brown, Martha Brown



Cool Summer Run!



Extraterrestrial Full Moon Midnight Marathon, 1/2, 10K, & 51K

August 17-18, 2013 (Midnight races!)

Rachel, NV near mysterious Area 51

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